# A taste of THE OMNI DIET: TABLE OF CONTENTS

## INTRODUCTION:

**TANA AMEN’S DRIVE BEHIND THE OMNI DIET**

- A Childhood of Pain .................................................. 1
- Searching for Answers .............................................. 2
- Putting a Plan into Action .......................................... 2
- A Road Map to Good Health ........................................ 3

## MAKING THE OMNI DIET A FUNDAMENTAL PART OF YOUR DAILY LIFE .......................................................... 4

## SAMPLE PLAN: WEEK 1 ..................................................... 5

## UNLEASH THE HEALING POWER OF FOOD TODAY:

**RECIPES TO LIVE BY**

- Brain-Smart Start Smoothie ......................................... 6
- Macadamia-Crusted Mahi Mahi .................................... 6
- Rainbow Chard Slaw .................................................. 7
- Seared Ahi with Cucumber Salad .................................. 7
INTRODUCTION:

TANA AMEN’S DRIVE BEHIND THE OMNI DIET

A Childhood of Pain

I love food.

As a child growing up in a low-income household with a single parent who worked long hours, I lived on Cap’n Crunch, Pop-Tarts, and frozen potpies—with ice cream for dessert. My family members suffered from obesity, heart disease, cancer, diabetes, and dementia.

Because of an undiagnosed autoimmune disorder that was wreaking havoc in my body, I suffered for years with childhood illnesses. By the age of four, I had undergone upper and lower gastrointestinal studies for severe digestive issues. A few years later, I was hospitalized for mononucleosis, and I had my tonsils removed. Frequent infections required many courses of antibiotics.

As a teenager, desperate to escape my family’s medical history and my own health demons, I exercised obsessively. Like many young adults, I thought if I exercised enough, I could eat whatever I wanted. I continued to live on processed foods, refined sugar, and caffeine. I looked thin and fit on the outside, but I was a mess on the inside.

At the age of 23 I received a devastating diagnosis: Thyroid cancer that had metastasized into my lymph nodes.

For eleven years, while my friends were falling in and out of love and studying for exams and starting careers, I endured surgeries and radiation therapy. The treatments and illness came with an array of health challenges, including a serious bout of depression. By the time I was in my thirties, living with thyroid imbalances and having already suffered through so much ill health, I was willing to do anything to feel well, including overhauling my diet.
Searching for Answers

So, using the U.S.D.A. Food Pyramid, I adopted what we all thought at the time was The Perfect Diet: 6-11 servings a day of grains, rice, and pasta; 5-9 servings of fruits and vegetables; 2-3 servings of meat; and 2-3 servings of milk. And I used fats, oils, and sweets sparingly.

Before I knew it, I was back in the hospital to have my gallbladder removed. Blood tests showed I had become insulin-resistant and had high triglycerides, high cholesterol, and a hormone imbalance.

My doctor pulled out his prescription pad to scribble down the names of a myriad of medications I would need to take—perhaps for the rest of my life. I needed medication, my doctor explained, because I had been dealt a bad genetic hand.

Frustrated by my perceived “failures,” I was tempted to believe him, give up, give in, take the drugs, and accept my poor health. That’s right, I felt like a failure, a genetic reject! After all, I was a health professional. I had access to the best medical care and the latest scientific research. Why then was I continuing to struggle with my own health?

When I insisted that there had to be a better way than giving in to a polypharmacy plan for every symptom and risk, I was told that I was “in denial.”

Putting a Plan into Action

That’s when I knew that I was going to have to be my own brand of health advocate. I have tremendous respect for doctors who dedicate their lives to trying to heal the sick. Heck, I’m married to one. But I realized that no doctor was going to understand my body or take my health or nutrition as seriously as I would. I had always been a fighter, and I decided this would be the fight of my life, literally.

Over the next 10 years, I embarked on a health crusade/nutritional adventure and ultimately developed The Omni Diet, which has helped thousands of people lose weight, reverse illness, and change their lives.

For the last decade, dieters have been asked to choose among Atkins and Paleo and The China Study and Forks over Knives. Are you pro-meat and anti-carb or are you a vegetarian or vegan? High-protein diets are touted for fast weight loss and peak performance. Vegetarian and vegan diets are lauded for reversing heart disease and
preventing illness. These nutritional philosophies and their followers look to the icons and research that support their positions, and the average dieter is left to Ping-Pong between polar theories on health and extreme weight loss diets. The truth is that your body doesn’t care about philosophy: it is practical, like me. When it comes to food, the body needs what it needs, and it is not an either-or proposition. We’re omnivores. I say, yes, your body needs protein from a variety of sources, including meat. I say, yes, your body needs a wide variety of plant-based foods. You can get extreme results without the deprivation of an extreme diet.

A Road Map to Good Health

It’s time to bridge the gap between meat eaters and vegetarians, health and weight loss, and offer readers a plan that provides both (1) an abundance of illness-fighting nutrients from whole, living foods and (2) high-quality protein to keep the brain sharp and the muscles and organs functioning at peak condition. That plan is The Omni Diet: 70% plant-based and 30% protein (including animal protein), which will restore energy, slash the risk of disease, optimize brain and hormone functioning, produce dramatic weight loss, and make the body healthy from the inside out.

The Omni Diet emphasizes foods that are scientifically proven to:

- Decrease systemic inflammation
- Optimize brain function
- Offer high-quality, nutrient-dense calories that satiate
- Provide maximum quantities and diversity of nutrients
- Decrease feelings of hunger and deprivation
- Break the chain of food addictions by balancing hormones
- Increase energy and youthfulness and feelings of well-being
- Fast weight loss

The Omni Diet is a carefully designed series of three, two-week phases, followed by a maintenance plan that offers a lifetime of healthy living. During each of the three phases I provide you with meal-planning guidelines and daily menus that feature an exciting variety of easy, delicious recipes along with commonsense advice and simple tips.
I also teach you how to create a supplement plan personalized for your specific needs; use exercise to magnify the health benefits of your new diet; and create a sleep plan that will insure that you’re getting both the quantity and quality of sleep you need for optimal health.

MAKING THE OMNI DIET A FUNDAMENTAL PART OF YOUR DAILY LIFE

Now that you know why The Omni Diet makes so much sense, you’re ready to discover how to make it a fundamental part of your daily life. The Omni Diet Program provides all of the step-by-step instructions, practical advice, and heart-to-heart encouragement you’ll need to make life-changing improvements in the way you eat, move, and live.

Once you commit to The Omni Diet, you’ll begin seeing dramatic results almost immediately. Your energy level and your feeling of well-being will soar, while your weight and your risk factors for a variety of diseases will begin a dramatic decline. Most of my clients notice that they begin to feel better—healthier, more empowered, and more alive—within a day or two of setting out on The Omni Diet. And it just keeps getting better from there.

The Omni Diet Program is divided into four phases. Phases 1, 2, and 3 guide you through the first six weeks; Phase 4 gives you a maintenance plan that will serve as a blueprint for a lifetime of healthy living. The program also includes dozens of super-tasty, super-healthy, easy-to-prepare recipes, along with a shopping list and meal plans that will help you hit the ground running.
# THE OMNI DIET: SAMPLE PLAN: WEEK 1

SAMPLE: Phase 1, Week 1 Success Menu

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Brain Berry Smoothie</td>
<td>1/4 cup raw almonds or sunflower seeds</td>
<td>Heirloom Tomato Salad</td>
<td>2 cups mixed veggies w/ 2 Tbsp. hummus (or split pea hummus)</td>
<td>Serrano Chile Shrimp &amp; Simple Green Salad</td>
</tr>
<tr>
<td>Day 2</td>
<td>Pacific Coast Scramble</td>
<td>Superfood Protein Bar (homemade) 1/2 cup mixed berries</td>
<td>Seared Ahi w/ Cucumber Salad</td>
<td>Large mixed green salad, (3 oz. hard-boiled egg or other protein) 1 Tbsp. raw seeds 1 Tbsp. olive oil &amp; lemon juice</td>
<td>Sizzling Chicken Sticks &amp; Veggie Kabobs w/ Chard Slaw</td>
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<tr>
<td>Day 3</td>
<td>Very Cherry Smoothie</td>
<td>Hard-boiled egg (2 for men) and 2 cups raw veggies w/ 2 Tbsp guacamole for dipping</td>
<td>Herb Marinated Chicken, Simple Mixed Green Salad w/ Grilled Rosemary Chicken Breast w/ 1 Tbsp. olive oil &amp; balsamic vinegar</td>
<td>2 Tbsp. raw nuts or seeds</td>
<td>Macadamia nut Crusted Mahi Mahi Roasted Brussels Sprouts and Shiratake Spinach Soup</td>
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<tr>
<td>Day 4</td>
<td>Brain Smart Start Smoothie</td>
<td>2 cups raw veggies w/ 1/4 cup guacamole</td>
<td>Peaceful Asian Pear Salad with Shrimp</td>
<td>Turkey Wraps</td>
<td>Bison Meat Loaf, Cauliflower Mashed “Potatoes,” &amp; Raw “Creamed” Spinach</td>
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<tr>
<td>Day 5</td>
<td>Chocolate Covered Strawberry Smoothie</td>
<td>1-2 cups celery sticks w/ 1 Tbsp raw almond or macadamia nut butter for dipping</td>
<td>Raw Creamed Spinach Salad and shrimp cocktail</td>
<td>2 cups raw vegetables w/ 2 Tbsp. hummus, guacamole, or salsa for dipping</td>
<td>Spice of Life Chicken with Citrus Kale Salad &amp; 2 cups steamed vegetables</td>
</tr>
<tr>
<td>Day 6</td>
<td>Cinnamon Spice Smoothie</td>
<td>2-3 cups Chopped veggies w/ Surprising Split Pea Hummus</td>
<td>Tasty Turkey Wrap</td>
<td>1 apple and 1/4 cup raw nuts or seeds</td>
<td>Crowd-Pleasing Cioppino, Collard Greens &amp; Antiox Detox Salad</td>
</tr>
<tr>
<td>Day 7</td>
<td>Seafood Omelet for Super Focus w/ 1/4 cup blueberries</td>
<td>1/4 cup raw nuts or seeds 1 small piece of fruit</td>
<td>Stay Sharp Chard Salad w/ added chicken breast (3 oz for women, 6 oz for men)</td>
<td>1 sliced tomato with avocado (about 2 Tbsp.)</td>
<td>“Spaghetti” w/ Turkey Meatballs &amp; steamed broccoli and Light Kale Salad</td>
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</tbody>
</table>
UNLEASH THE HEALING POWER OF FOOD TODAY: RECIPES TO LIVE BY

Brain-Smart Start Smoothie  SERVES 2

INGREDIENTS:
1/2 cup frozen organic blueberries
1/2 cup frozen cherries
1/3 banana
8 ounces pure coconut water
or unsweetened almond milk
1 large handful baby spinach (about 1 1/2 cups)
2 chard leaves or 1 small cucumber
2 tablespoons hemp seeds, shelled

1 tablespoon coconut butter
1 tablespoon goji powder
2 scoops vanilla or berry-flavored, sugar-free pea protein powder
(sweetened with stevia).
1 tablespoon freeze-dried greens (Green Vibrance® is one of my favorite brands)
1-2 droppers full berry- or vanilla crème-flavored liquid stevia

OPTIONAL: • soluble fiber • maca powder • bee pollen • aloe gel

PREPARATION: 1) Add all ingredients to blender bowl. 2) Turn blender on low at first, then increase speed. 3) Add additional almond milk or coconut water as desired to achieve desired consistency. 4) Pour into two large glasses and serve cold.

NUTRITIONAL INFORMATION PER SERVING: 305 calories • 25 g protein • 30.4g carbohydrates • 7.6g fiber • 14.2g sugar • 11.0g fat • 4.9g saturated fat • 0mg cholesterol • 288mg sodium

Spice of Life Chicken  SERVES 8

INGREDIENTS:
2 tablespoons sweet paprika
2 teaspoons garlic powder, granulated
1 teaspoon sea salt
1 teaspoon ancho chile powder
1 teaspoon ground ginger
1 teaspoon cumin
1 teaspoon onion powder
1 teaspoon black pepper
1 teaspoon fenugreek
1 teaspoon ground allspice

1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/4 teaspoon cloves
4 pounds skinless chicken legs
(hormone-free, antibiotic-free, cage-free)
2 tablespoons macadamia-nut oil
1 orange, split into wedges
1 lemon, split into wedges
1 lime, split into wedges
1/2 cup cilantro leaves

PREPARATION: 1) Preheat oven to 400°F. 2) Combine first 13 ingredients together in a small bowl. 3) In a large bowl, toss chicken, oil, and spice mix together. Massage spice mix into chicken. 4) Lay chicken in casserole dish. Bake for 40 to 45 minutes, basting occasionally. Bake until chicken reads 170°F on a meat thermometer, or when pierced the juice is clear and not pink. 5) Serve with fruit wedges and chopped cilantro for garnish if desired.

NUTRITIONAL INFORMATION PER SERVING: 201 calories • 28.8g protein • 3g carbohydrates • 1.1g fiber • 0.6g sugar • 11.0g fat • 1.9g saturated fat • 29mg cholesterol • 312mg sodium
Rainbow Chard Slaw  

**SERVES 8**

**INGREDIENTS:**

- 3 cups shredded or finely chopped Swiss chard
- 1 cup shredded purple cabbage
- 1/4 cup shredded carrot
- 1/2 cup chopped or slivered raw almonds (I like to soak them for 4-6 hours, time permitting)
- 1/4 cup macadamia nut oil or olive oil (macadamia nut oil gives this salad a unique flavor)
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon allspice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup raw hemp seeds
- 1/4 cup macadamia nut oil or olive oil (macadamia nut oil gives this salad a unique flavor)
- 1 tablespoon fresh oregano, finely chopped. or 1/4 teaspoon dried
- 1 tablespoon fresh basil, or 1/2 teaspoon dried
- 1/4 teaspoon pepper
- 1 tablespoon fresh oregano, finely chopped. or 1/4 teaspoon dried
- 1/4 cup raw hemp seeds
- 1/2 cup dried, unsweetened blueberries
- 1 to 2 teaspoons xylitol or 1 packet stevia

**OPTIONAL:** 1 tablespoon Vegenaise® • 1/4 teaspoon sea salt

**PREPARATION:** 1) Combine chard, cabbage, carrot, and nuts in a large bowl. 2) In a small mixing bowl, combine olive oil, vinegar, Vegenaise® (if using), allspice, cinnamon, nutmeg, oregano, basil, and sweetener. Whisk until mixture is blended well. 3) Toss with salad mix. 4) Allow salad to refrigerate for 30 minutes prior to serving, if possible, so flavors can marry. This salad actually tastes better the following day, after the flavors have a chance to absorb some of the dressing. 5) Top with hemp seeds and dried blueberries.

**NUTRITIONAL INFORMATION PER SERVING:** 236 calories • 23g protein • 10.2g carbohydrates • 2.9g fiber • 4.4g sugar • 12g fat • 1.4g saturated fat • 49mg cholesterol • 153mg sodium

Seared Ahi with Cucumber Salad  

**SERVES 2**

**INGREDIENTS:**

- 4 Persian cucumbers, thinly sliced
- 1/2 avocado, diced
- 1 tablespoon olive oil
- 2 teaspoons dill, chopped
- 1 shallot, finely chopped
- 1 teaspoon fresh lemon juice
- 1 lime, juiced
- 2 garlic cloves, minced
- 2 teaspoons fresh ginger, grated
- 1 teaspoon honey
- 2 ahi tuna steaks (4-6 ounces each)
- 2 teaspoons coconut oil
- 3 cups mixed greens
- Salt and pepper to taste

**PREPARATION FOR CUCUMBER SALAD:** 1) In a medium bowl, combine cucumber, avocado, olive oil, dill, shallots, and lemon juice, and season with salt and pepper. 2) Cover and refrigerate for 30 minutes.

**PREPARATION FOR TUNA:** 1) In a medium bowl, mix lime juice, garlic, ginger, and honey. 2) Season tuna with salt and pepper. Place fish in lime marinade, cover, and refrigerate for 15 to 30 minutes. 3) In a skillet, heat coconut oil over medium heat. Sear tuna for 1 to 2 minutes on each side (depending on how rare you prefer). Remove the tuna from skillet and slice into 1/4-inch-thick slices. 4) Dish cucumber salad on plates and top with the tuna.

**NUTRITIONAL INFORMATION PER SERVING:** 361 calories • 31g protein • 20g carbohydrates • 7g fiber • 6g fat • 13g saturated fat • 50mg cholesterol • 60mg sodium