

**EAT UP,
SLIM DOWN
(and get healthy)**

**The Secrets To
Ultimate Weight Loss**

Chef AJ



CALORIE DENSITY

CALORIE DENSITY

=

Calories/pound of food

Volumetrics Weight-Control

PLAN



Feel Full on Fewer Calories

Learn How to Lose Weight While Eating More

Includes 60 Simple, Delicious Recipes

A Safe, Sensible, Scientifically Proven Program

Barbara Rolls, Ph.D., and Robert A. Barnett

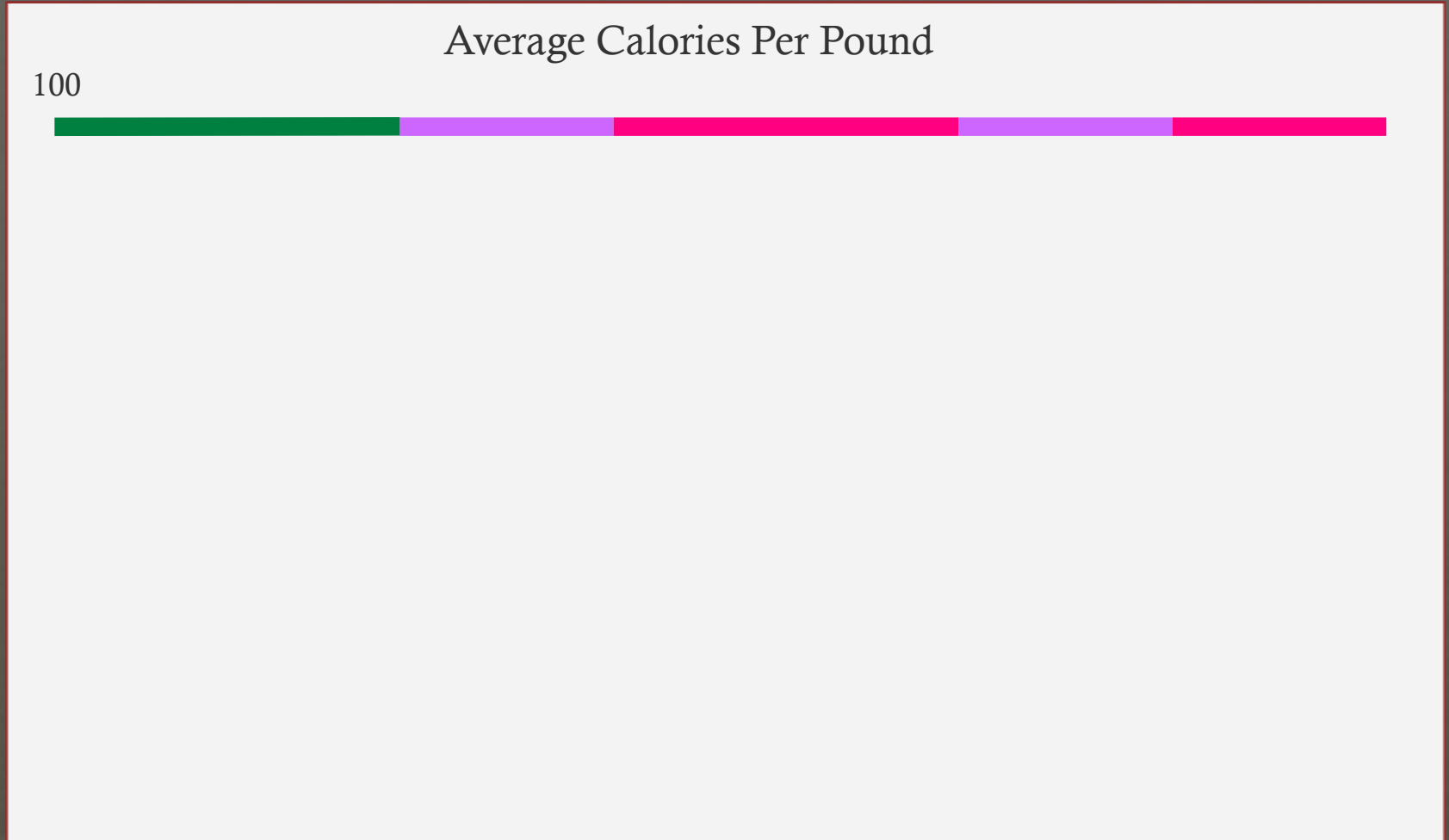
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CHEF AJ'S CALORIE DENSITY CHART

Average Calories Per Pound



CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART

Average Calories Per Pound

100



Non-Starchy
Vegetables

NON-STARCHY VEGETABLES



NON-STARCHY VEGETABLES

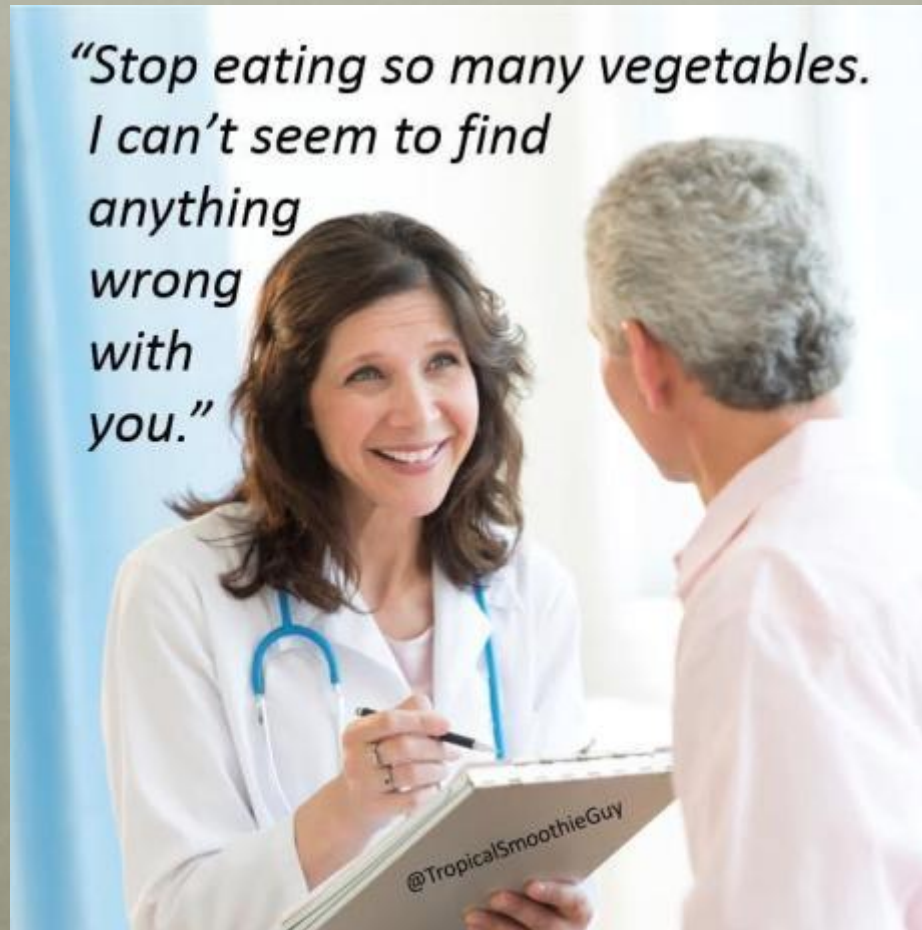
Amaranth	Broccoli	Hearts of palm	Salad greens
Chinese spinach	Cabbage	Jicama	Sprouts
Artichoke	Carrots	Kohlrabi	Squash
Artichoke hearts	Cauliflower	Leeks	Sugar snap peas
Asparagus	Celery	Mushrooms	Swiss chard
Baby corn	Chayote	Okra	Tomato
Bamboo shoots	Coleslaw	Onions	Turnips
Beans	Cucumber	Pea pods	Water chestnuts
Bean sprouts	Daikon	Peppers	Yard-long beans
Beets	Eggplant	Radishes	
Brussels sprouts	Greens	Rutabaga	



For the first time since 2007, the FDA has approved a new device to treat obesity. This amazing breakthrough is called a "vegetable."

- Conan O'Brien, 11/14, 2015

*“Stop eating so many vegetables.
I can’t seem to find
anything
wrong
with
you.”*



@TropicalSmoothieGuy



SKINNYMOM

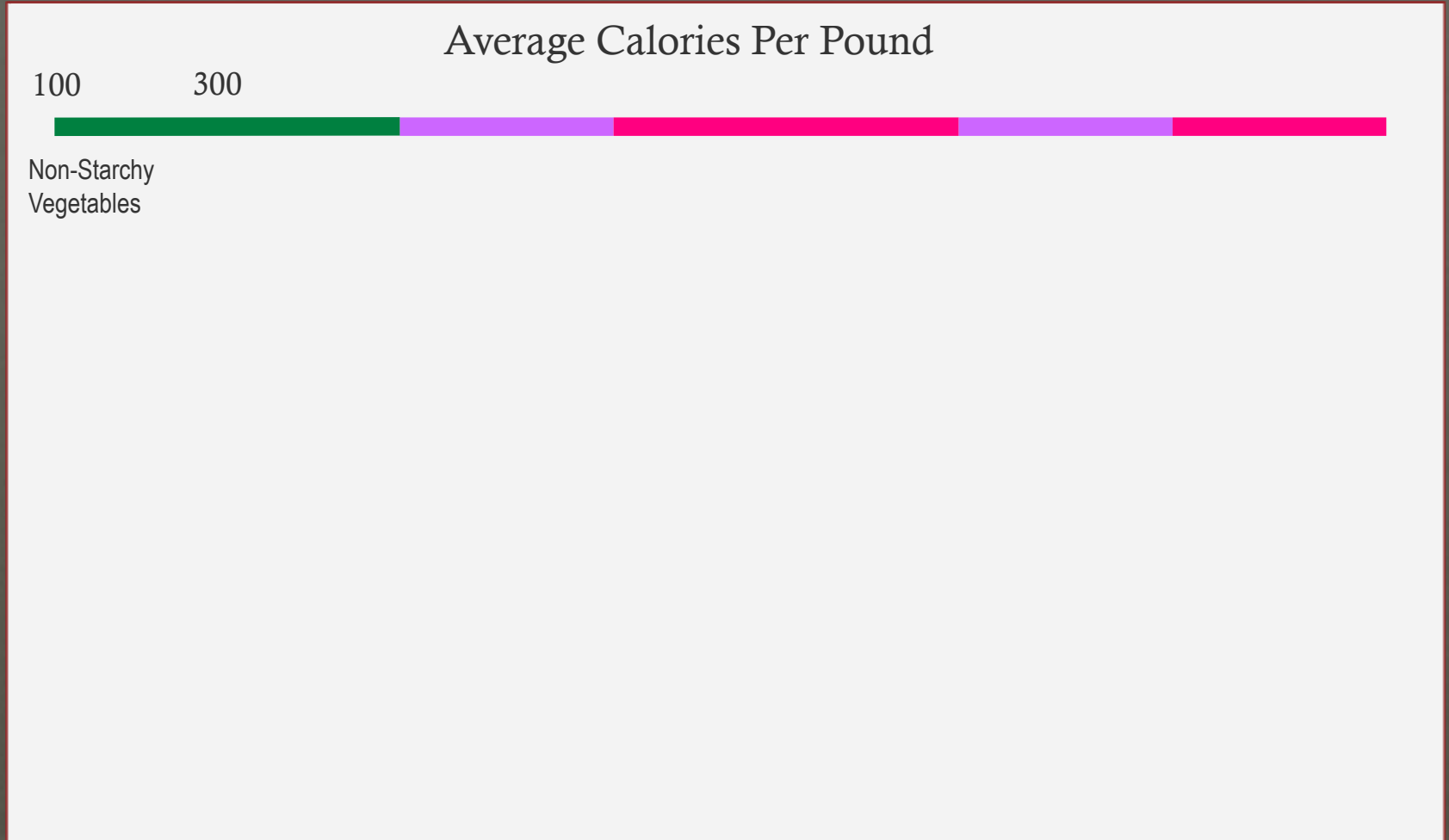
**TRAIN
YOUR
BODY
TO CRAVE
HEALTHY
FOOD**

it's possible »

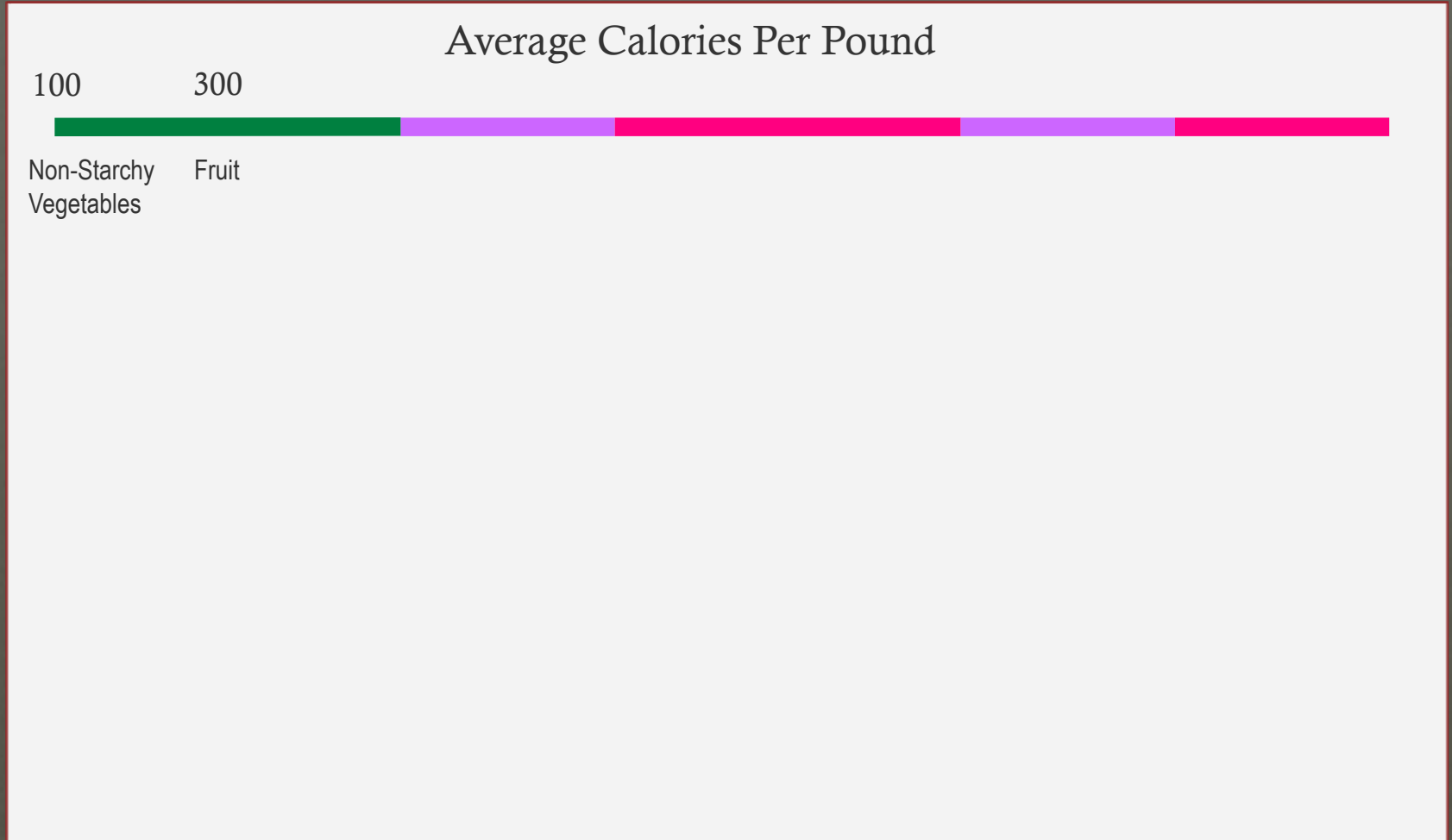
**NO ONE
HAS EVER
GOTTEN FAT
BY EATING TOO MUCH
KALE**



CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART



FRUIT



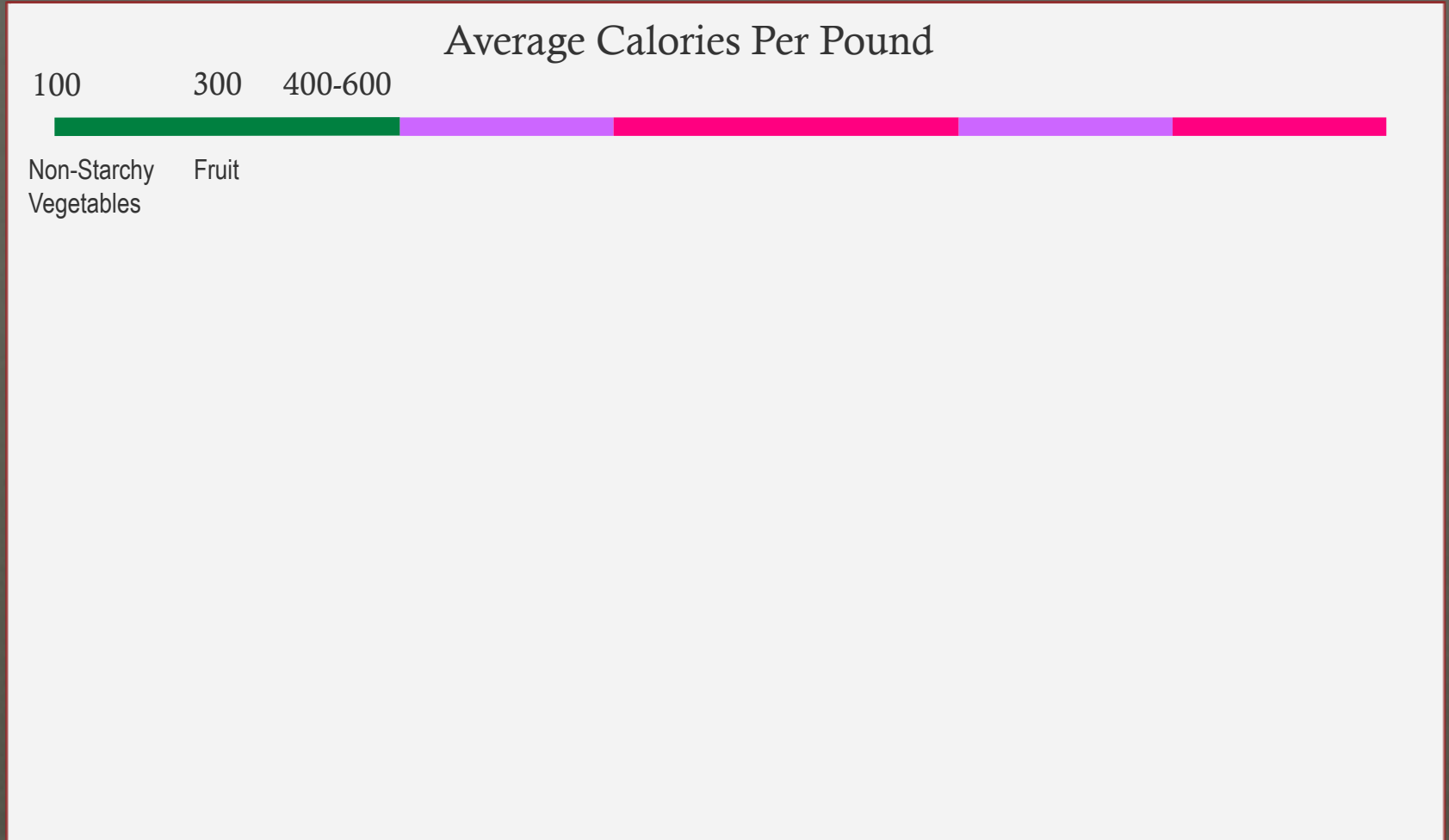




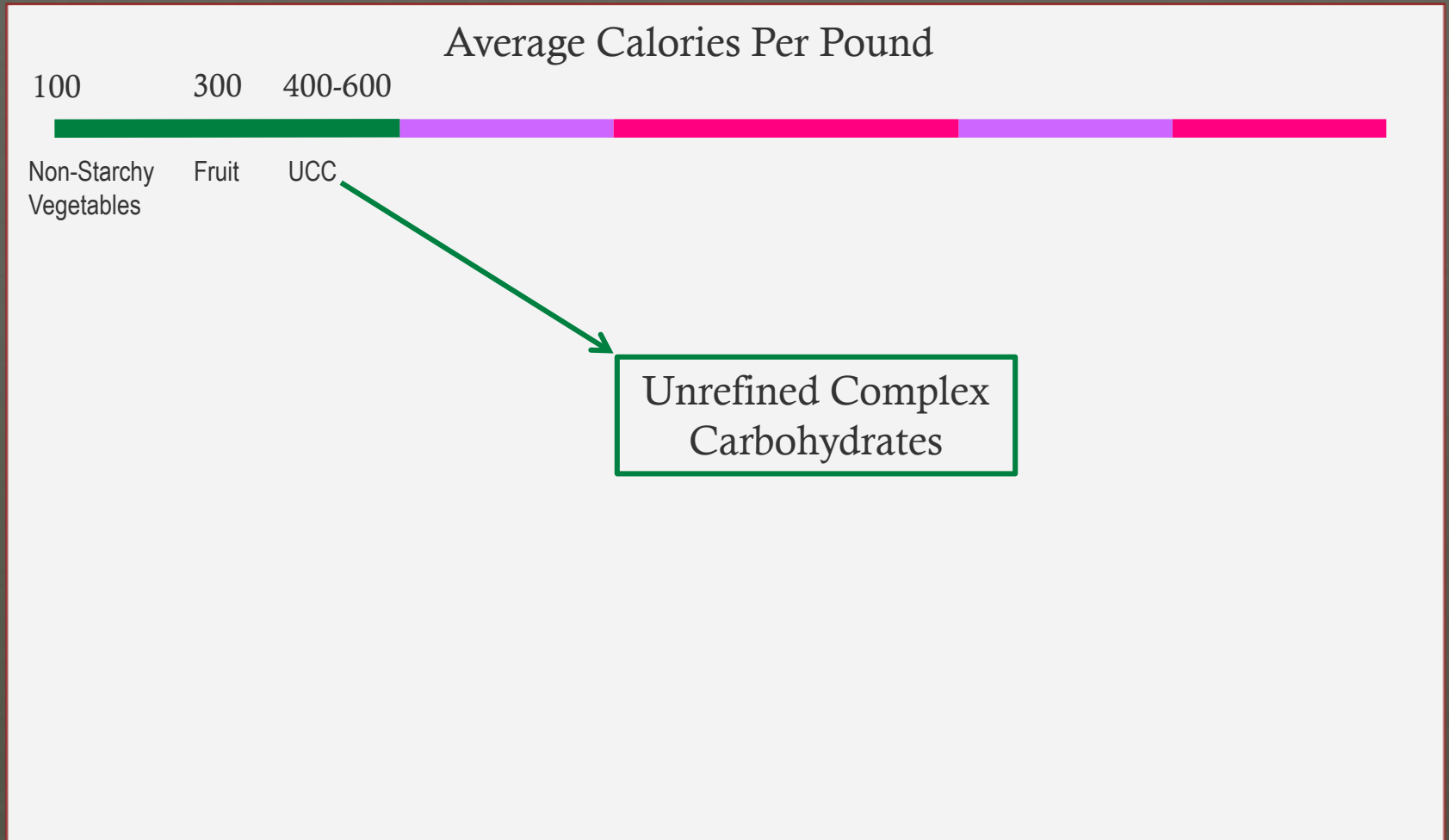




CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART

Average Calories Per Pound

100

300

400-600



Non-Starchy
Vegetables

Fruit

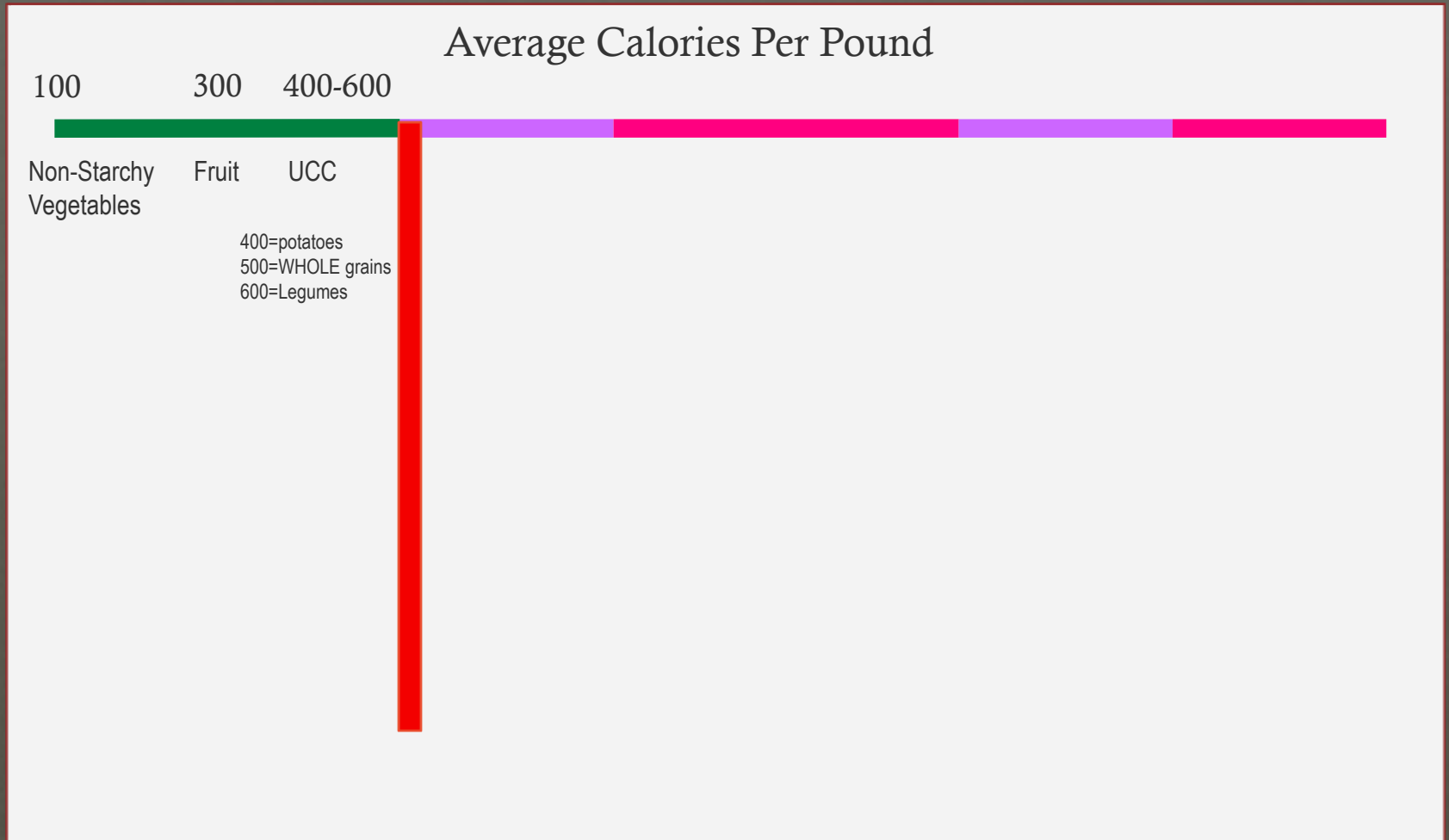
UCC

400=potatoes

500=WHOLE grains

600=Legumes

CHEF AJ'S CALORIE DENSITY CHART
















AJ BOWL

ORGANIC BROWN RICE, ORGANIC BEANS, BROCCOLI,
GUACAMOLE OVER ORGANIC BABY GREENS



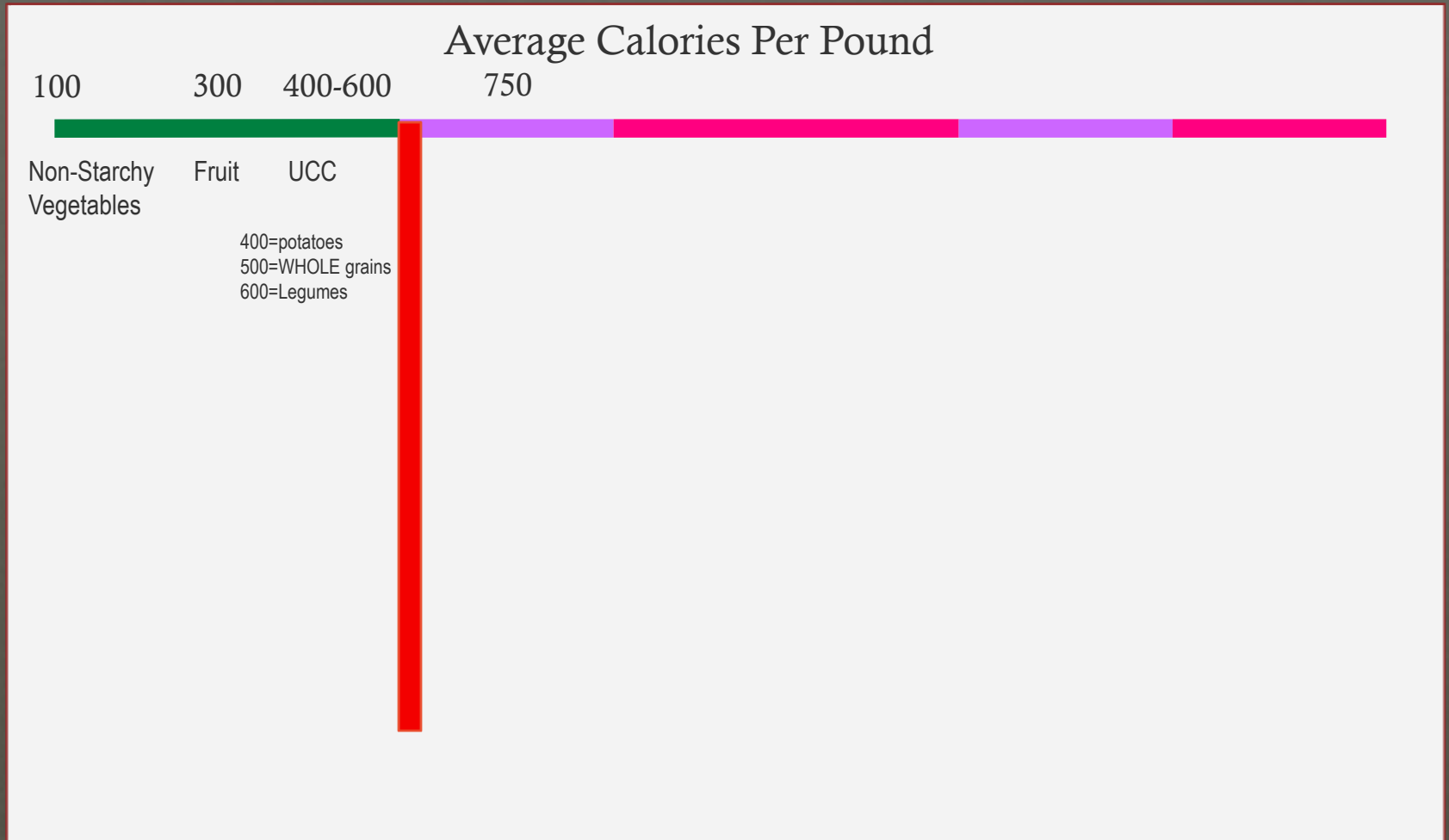
 - Vegan Friendly



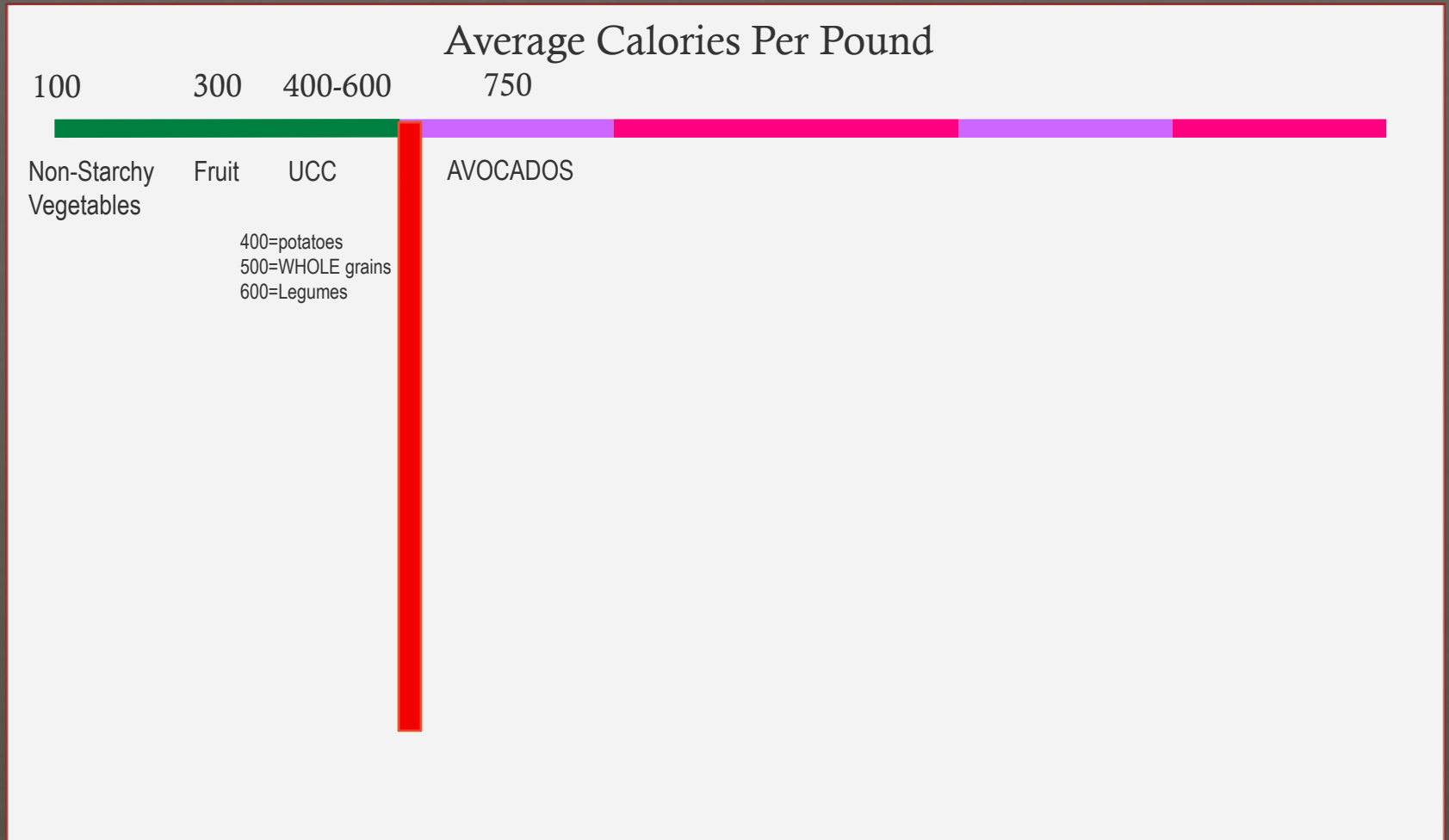




CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART





California Avocado Commission

Nutrition Facts

Serving Size 1/5 medium (30g/1oz)

Servings Per Container 5

Amount Per Serving

Calories 50 **Calories from Fat** 35

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 3g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 150mg 4%

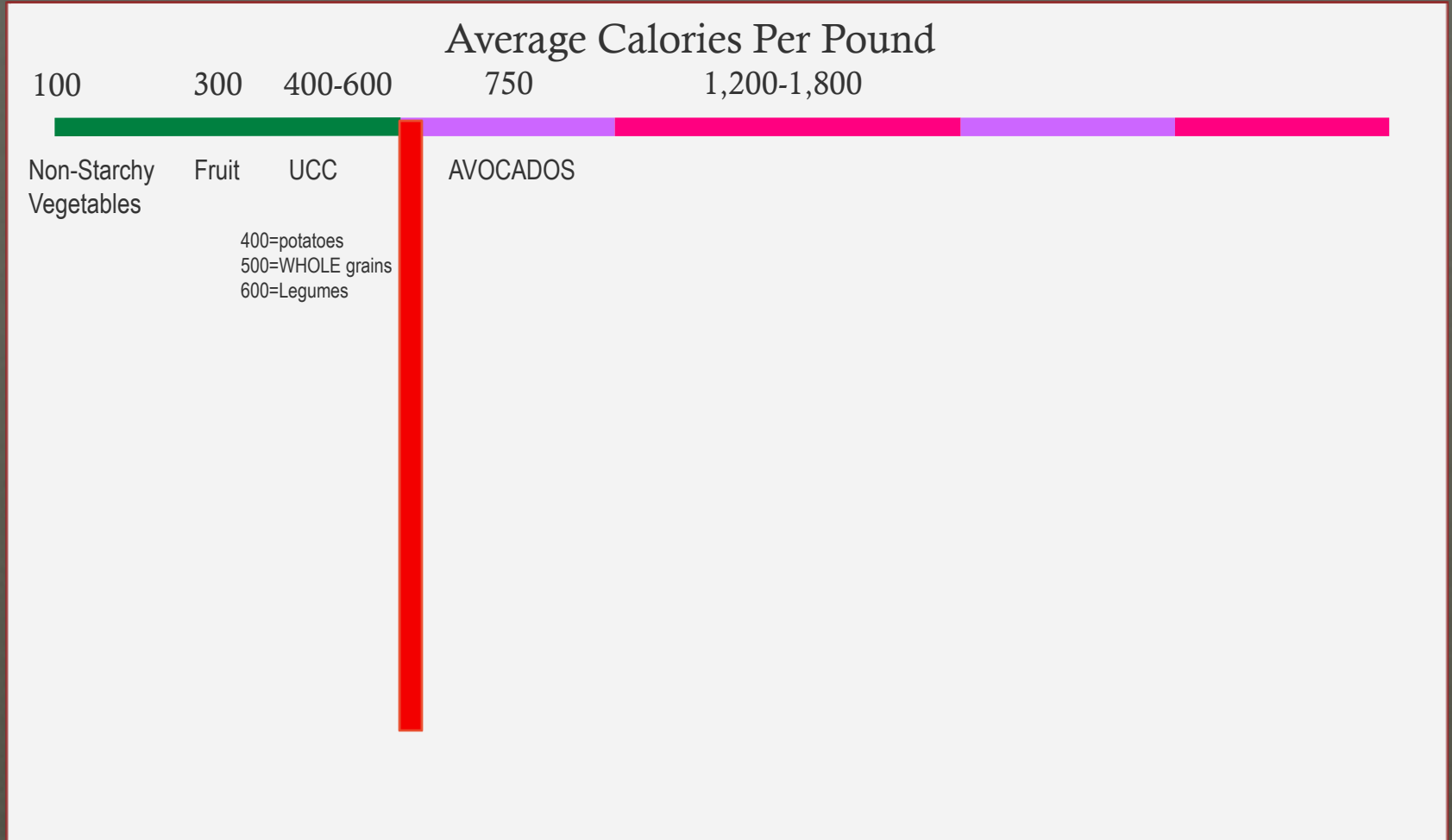
Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

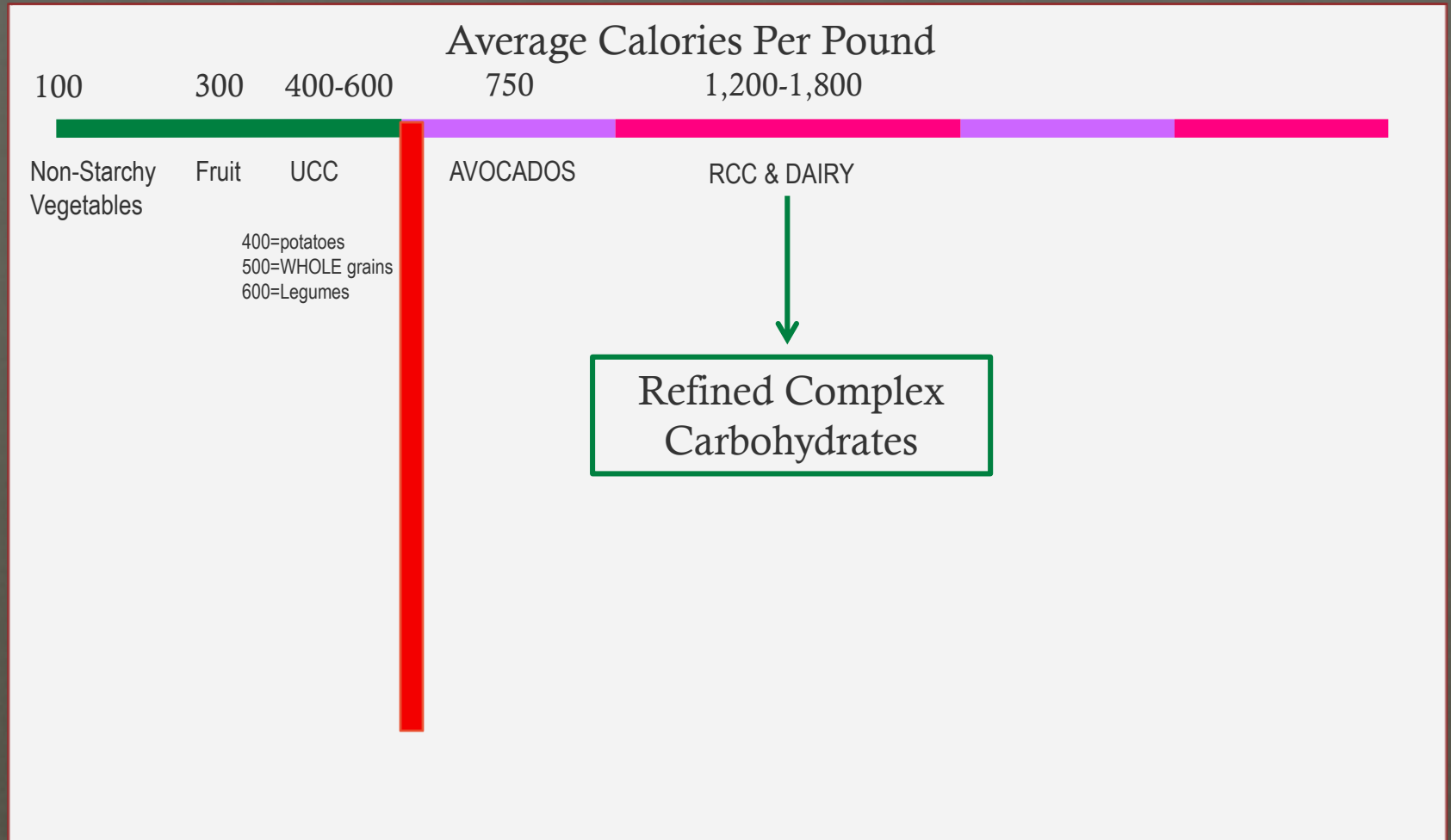
Sugars 0g

Protein 0g

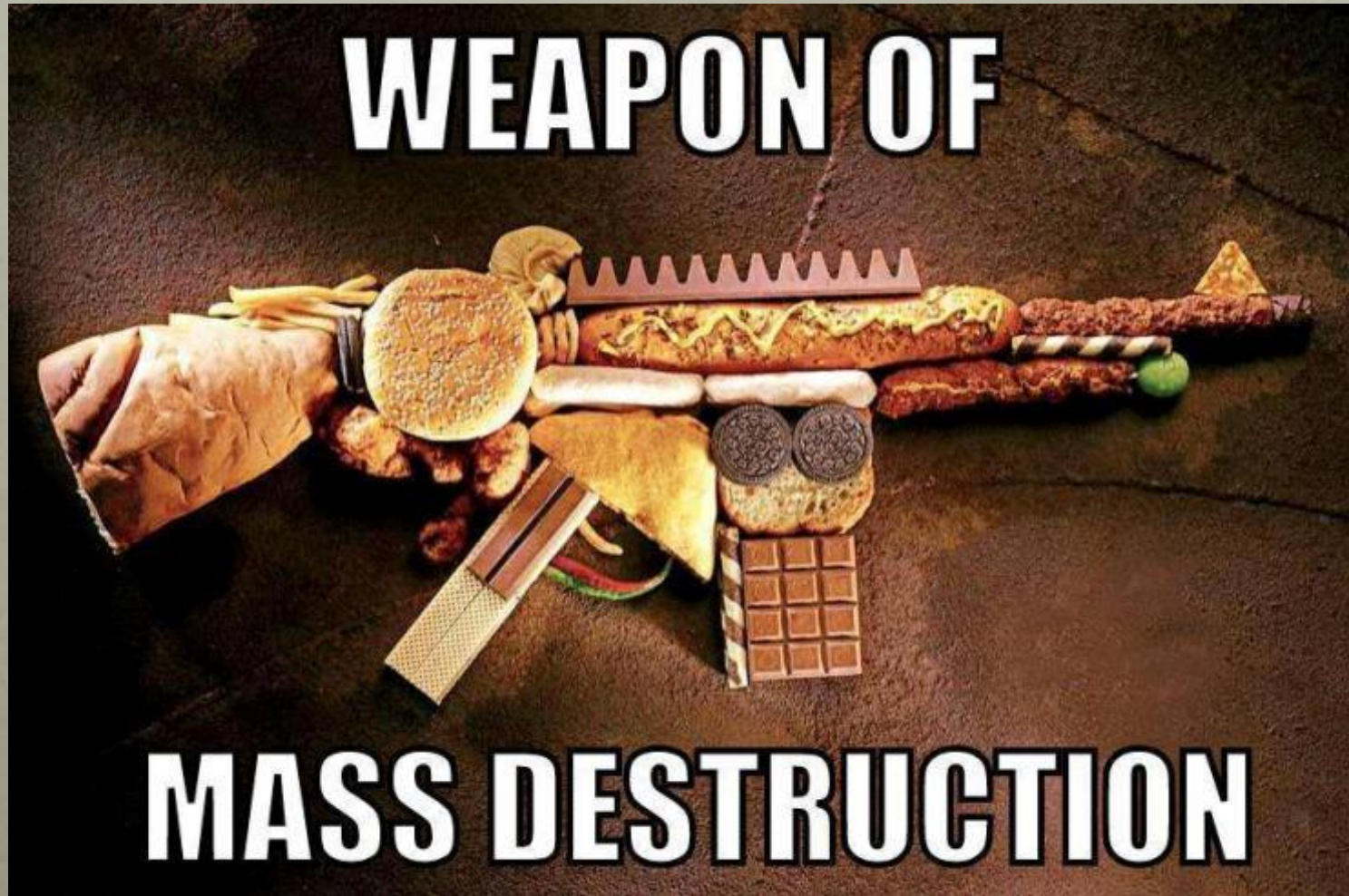
CHEF AJ'S CALORIE DENSITY CHART



CHEF AJ'S CALORIE DENSITY CHART



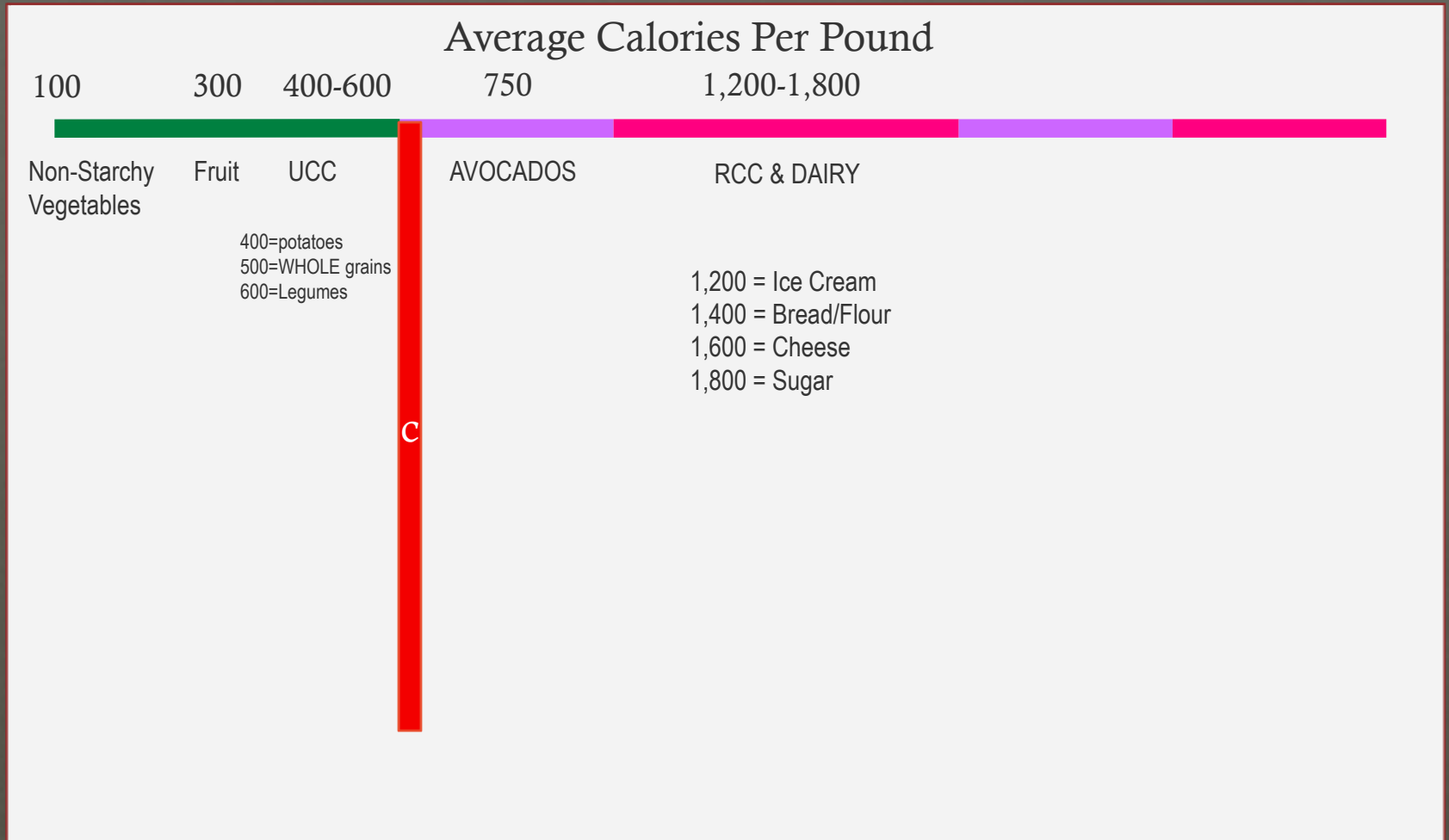
REFINED COMPLEX CARBOHYDRATES



REFINED COMPLEX CARBOHYDRATES AND DAIRY



CHEF AJ'S CALORIE DENSITY CHART

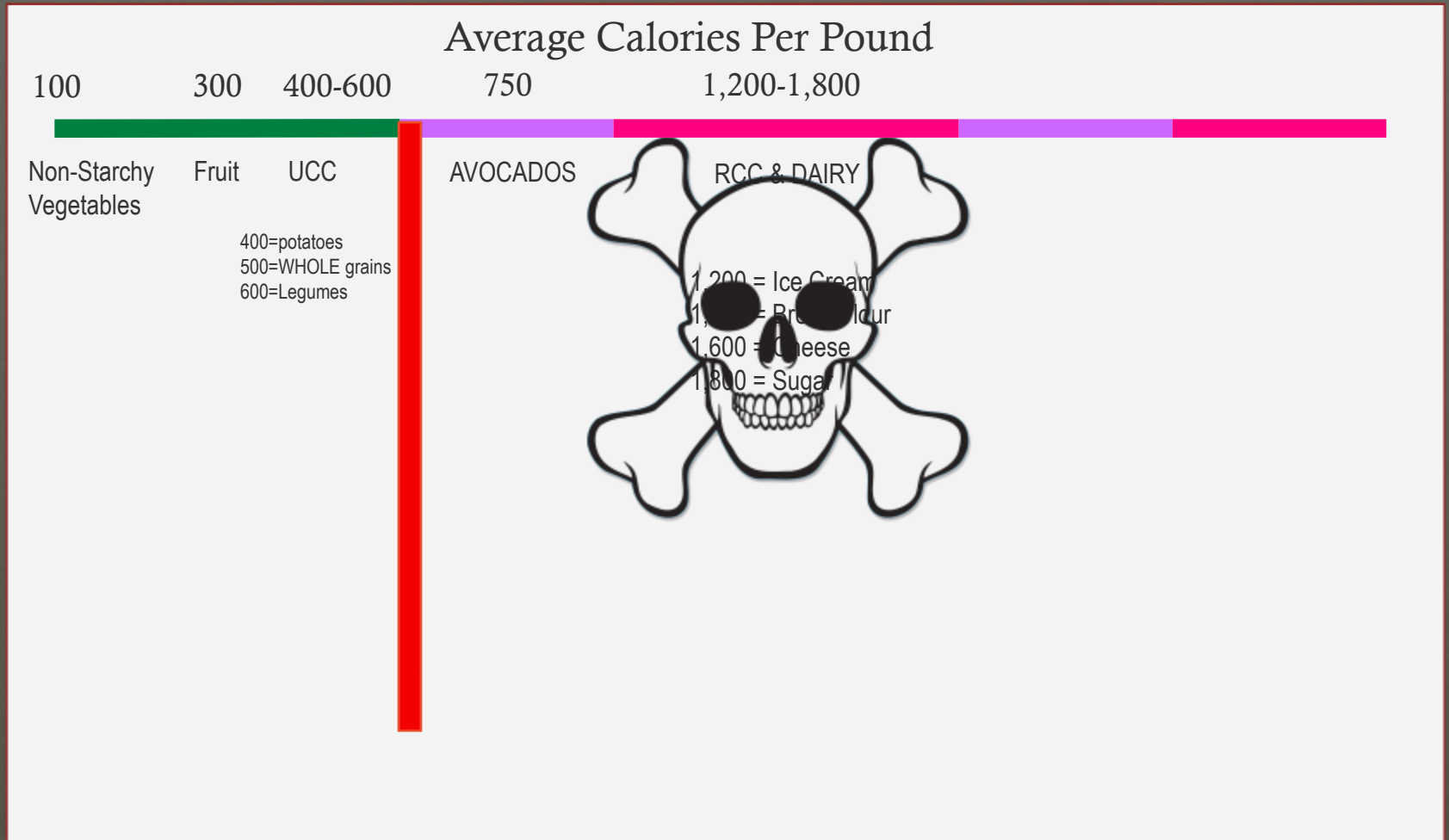






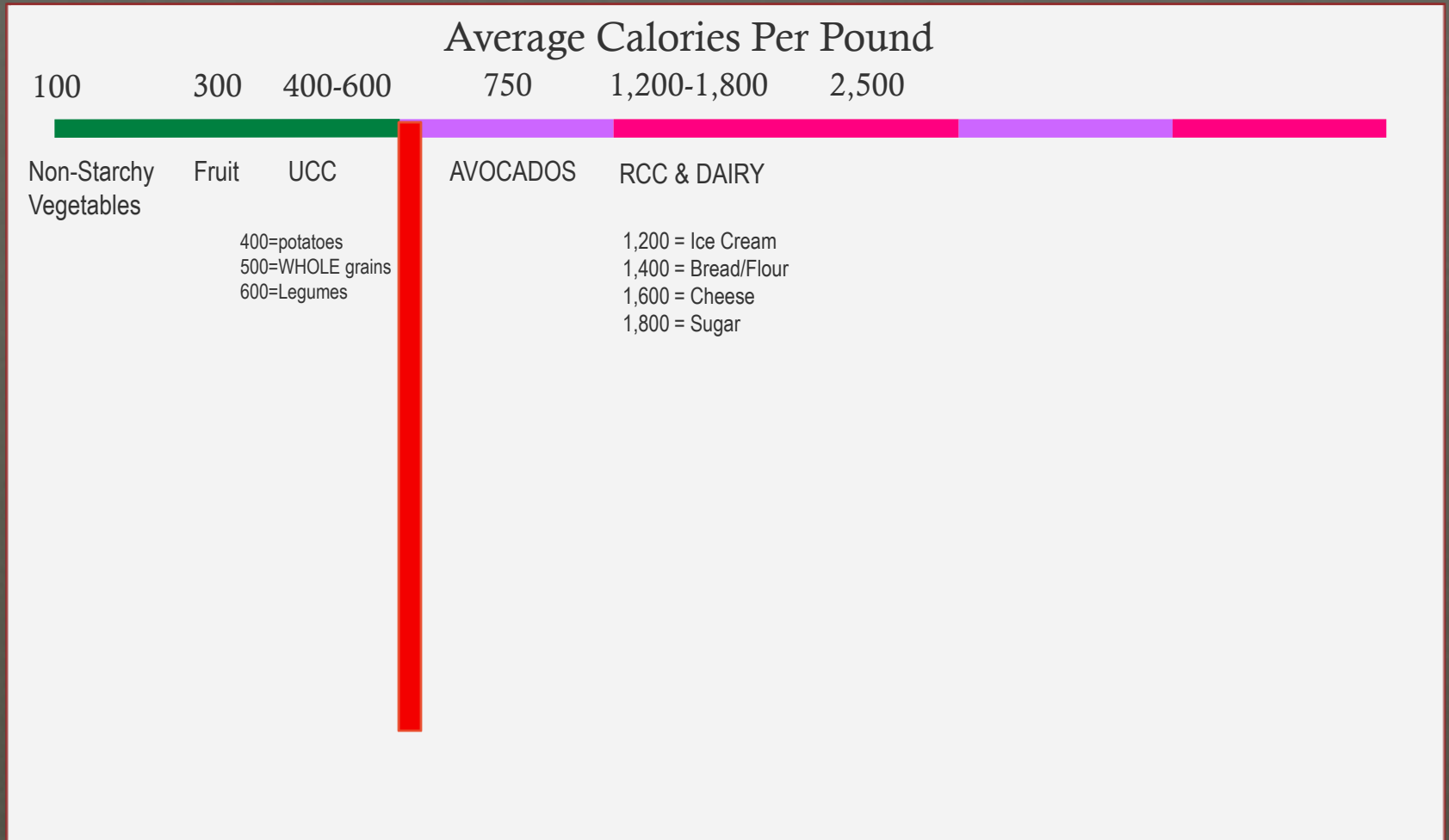


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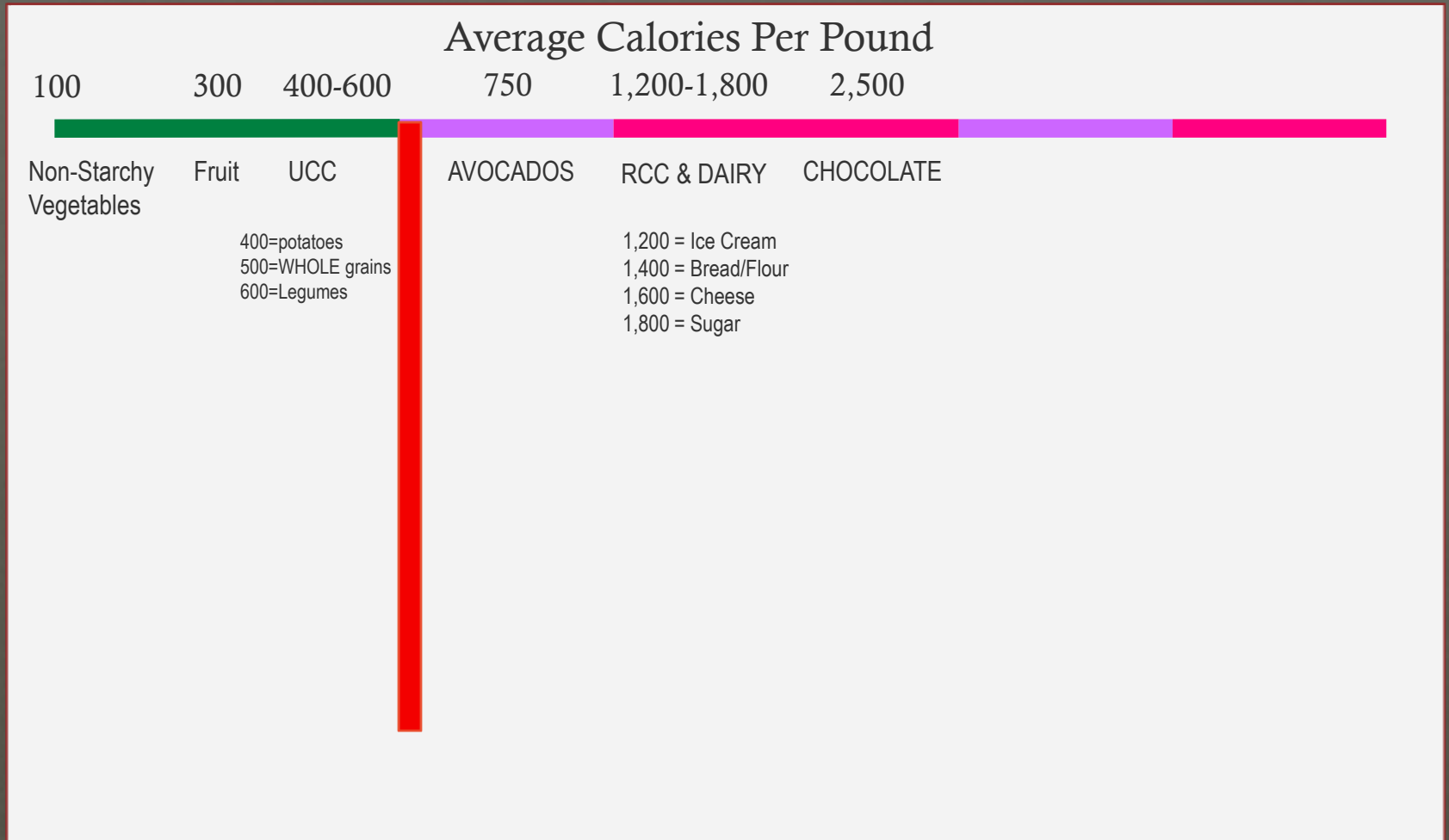




CHEF AJ'S CALORIE DENSITY CHART

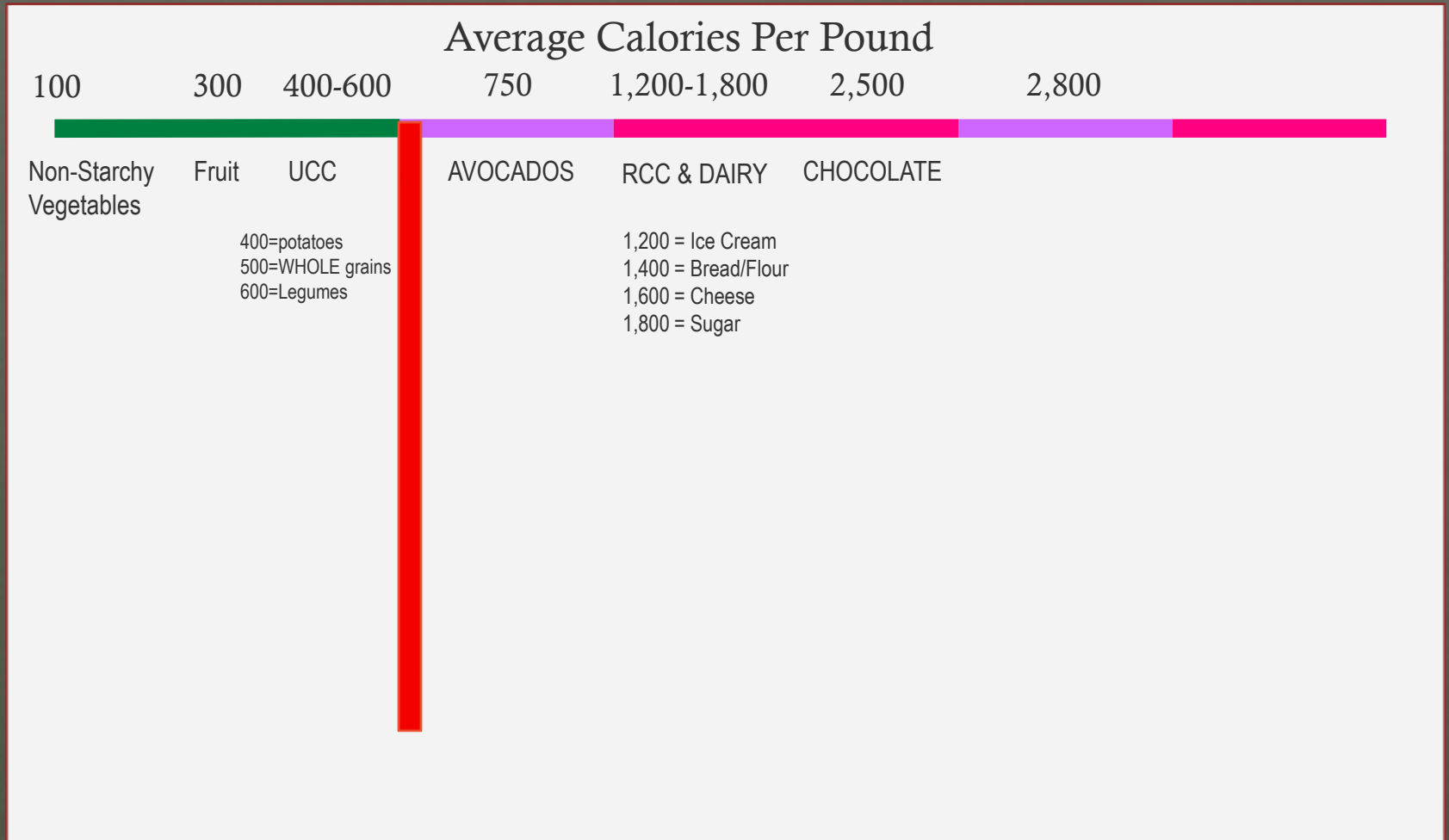


CHEF AJ'S CALORIE DENSITY CHART





CHEF AJ'S CALORIE DENSITY CHART





CHEF AJ'S CALORIE DENSITY CHART













Eating Nuts



Eating Potatoes



CHEF AJ'S CALORIE DENSITY CHART

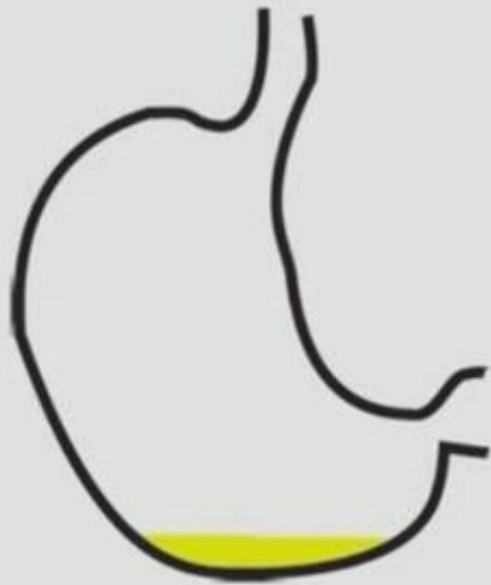


CHEF AJ'S CALORIE DENSITY CHART









400 calories
of oil



400 calories
of chicken



400 calories
of vegetables

- **“The fat you eat is the fat you wear.”**
– Dr. John McDougall, MD
- **Protein – 4 calories per gram**
- **Carbohydrates – 4 calories per gram**
- **Alcohol – 7 calories per gram**
- **Fat – 9 calories per gram**



© John Flaherty

*One corn chip = 40 baby carrots.
1 gram of fat.*



*Vegetable platter with fat-free bean dip = 0 grams of fat
1 cracker with sour cream spinach dip = 6 grams of fat*



© John Flaherty

*1/3 recommended serving of Creamy Parmesan dressing = approximately 10 lbs. of tomatoes.
6 grams of fat.*



*5 pounds of grapes = 1 chocolate chip
(.70 grams of fat)*



*12 pounds of fresh fruit salad = trace amounts of fat
1 average fast food breakfast sandwich = 25 grams of fat*

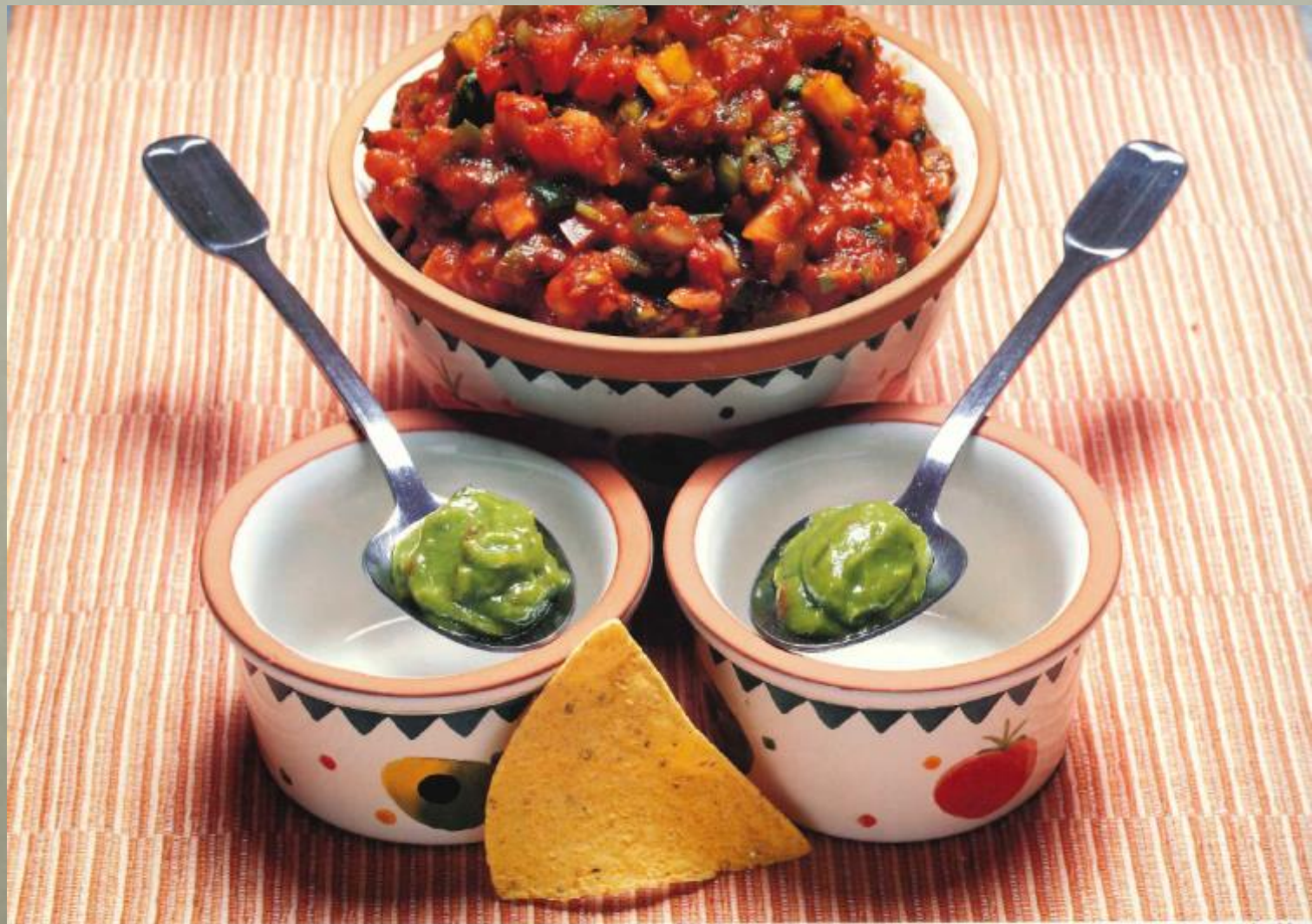


© John Flaherty

*One bag of chocolate candies = 13 apples.
10 grams of fat.*



*One bowl of vegetarian chili = 0 grams of fat
The smallest slice of pizza you've ever seen in your life = 1 gram of fat*



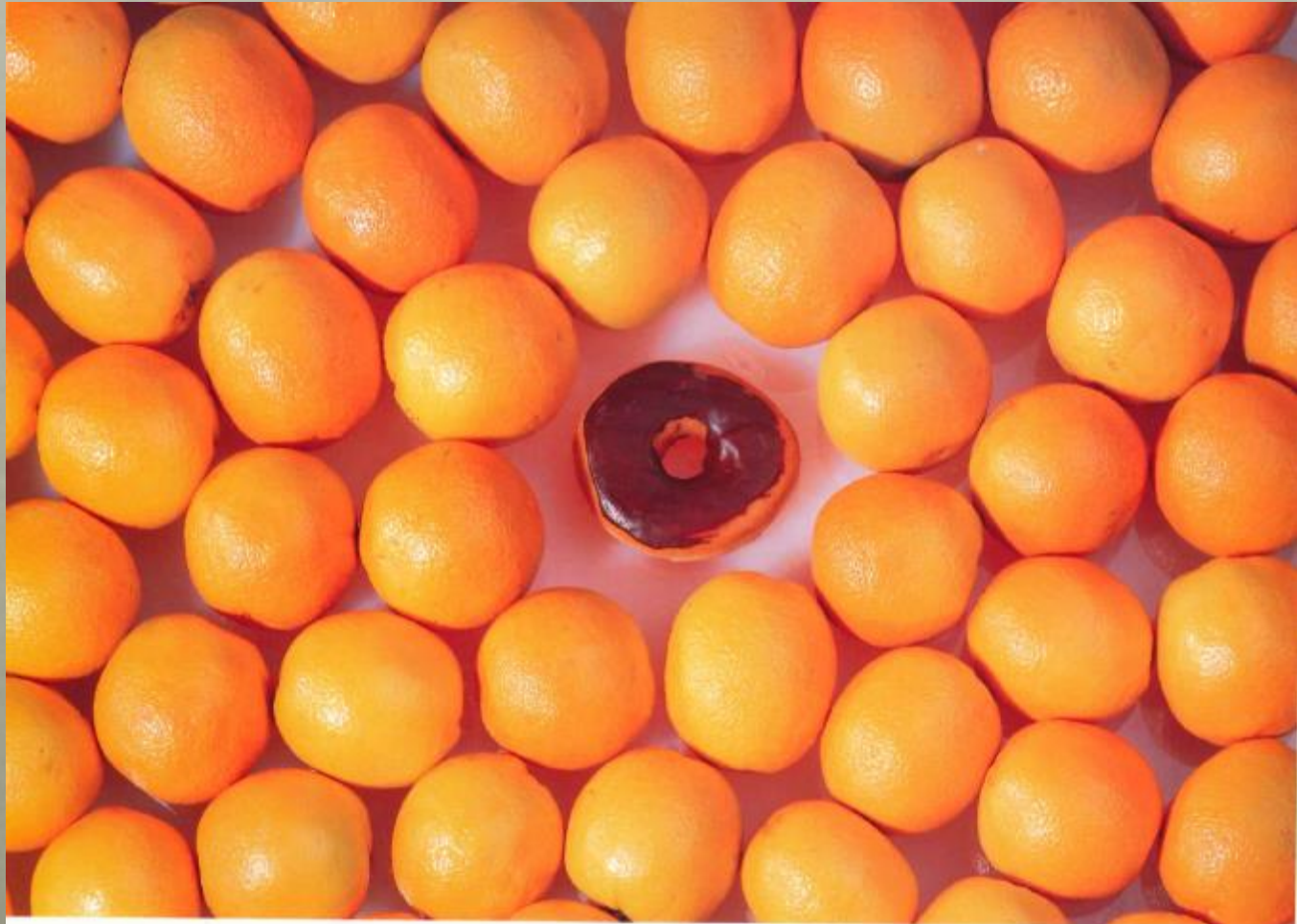
*Salsa = 0 grams of fat
2 tablespoons guacamole = 8 grams of fat*



*This miniature hot fudge sundae = 1 gram of fat (a more traditional sized sundae = 25 grams of fat)
Sorbet or fat free frozen yogurt = 0 grams of fat*



Plain garden salad = 0 grams of fat
Plain garden salad with feta cheese and olive (amount shown) = 7 grams of fat



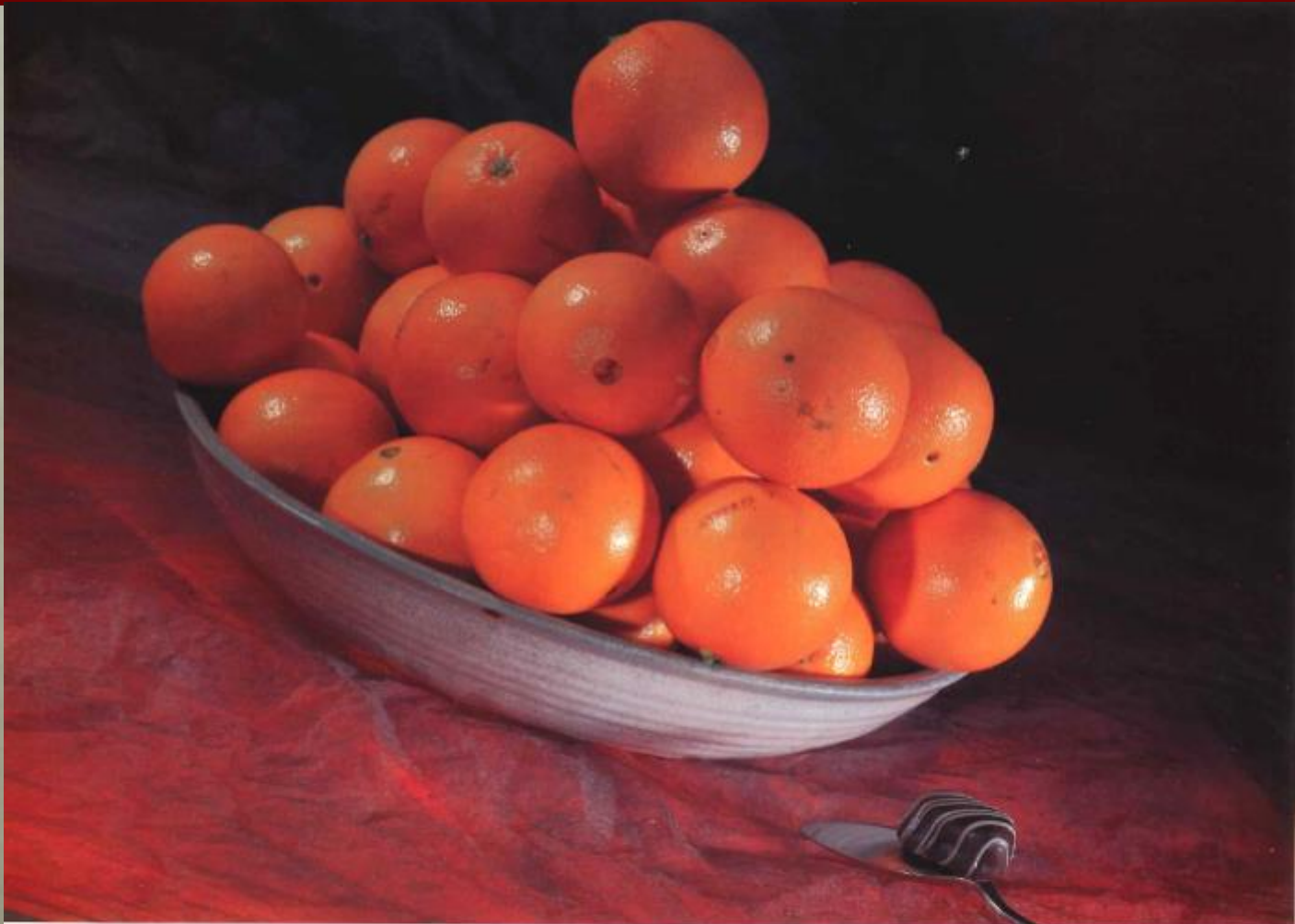
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*One chocolate donut = 70 oranges.
21 grams of fat.*



*One chocolate peanut candy = 9 strawberries
(.60 grams of fat)*

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*One chocolate truffle = 26 oranges.
7.8 grams of fat.*



© John Flaherty

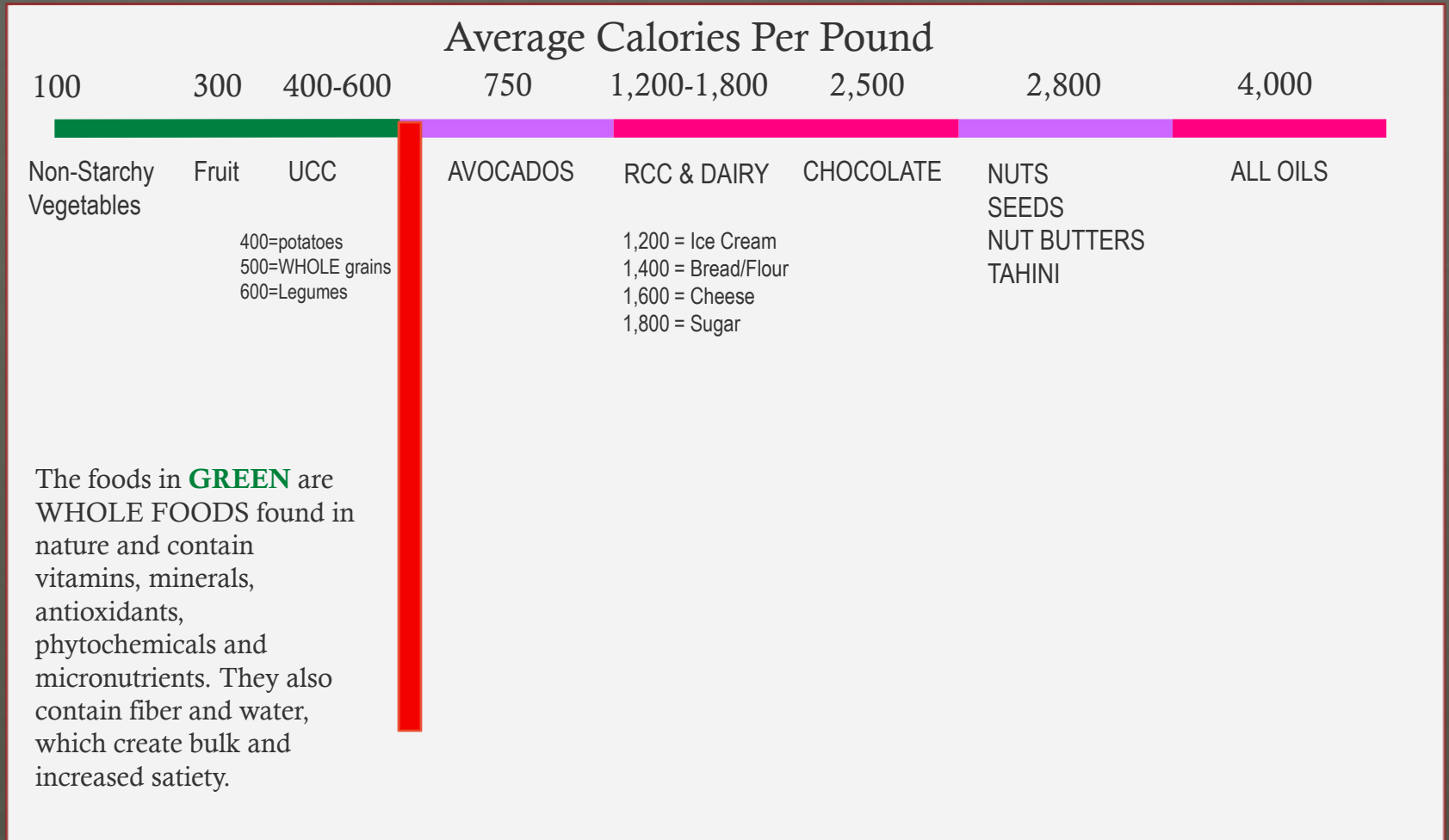
*One peanut = 2.86 cups of air-popped popcorn.
0.86 grams of fat.*



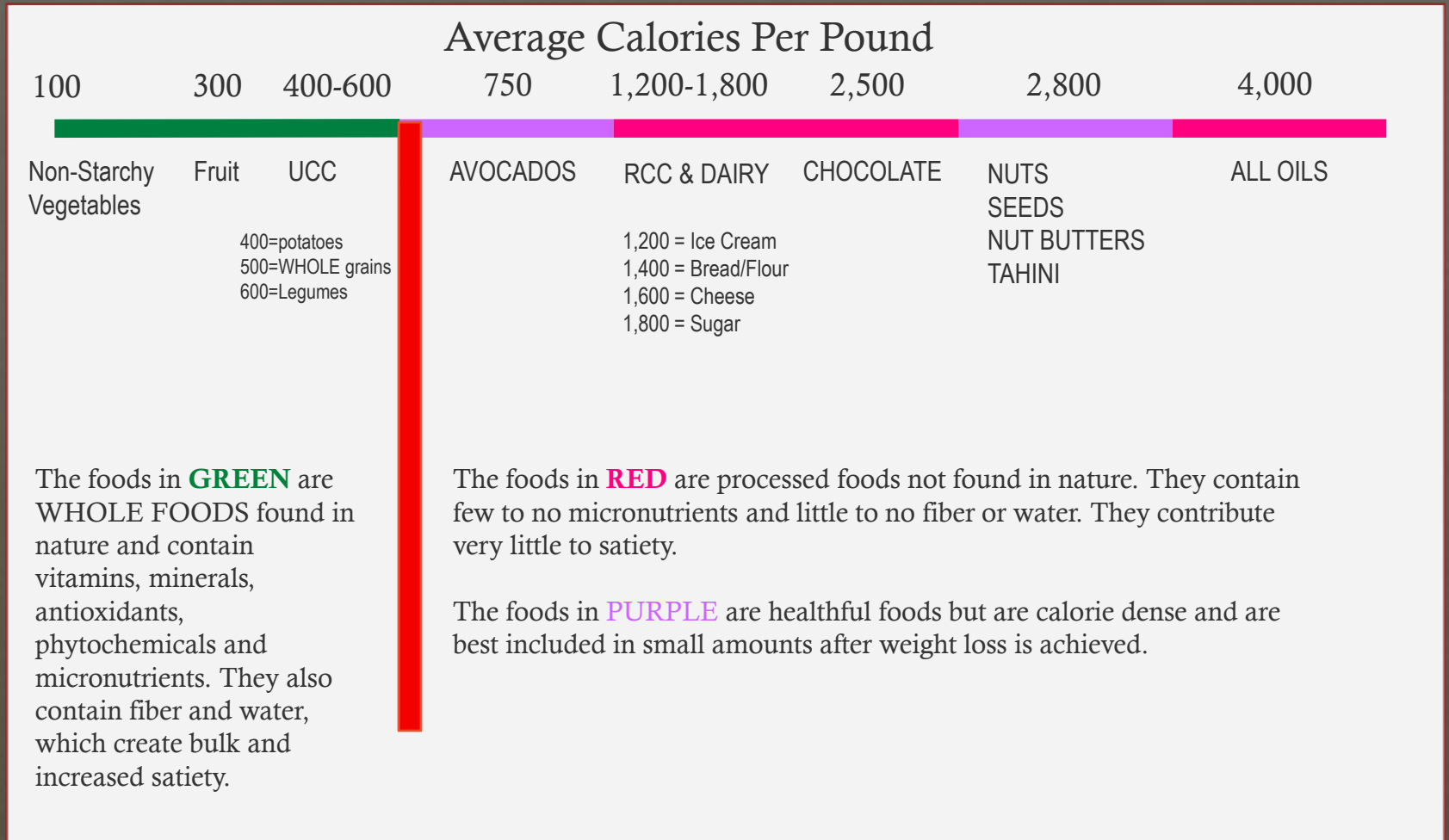
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*Two french fries from a fast food restaurant = two whole baked potatoes.
Approximately 1/2 gram of fat*

CHEF AJ'S CALORIE DENSITY CHART



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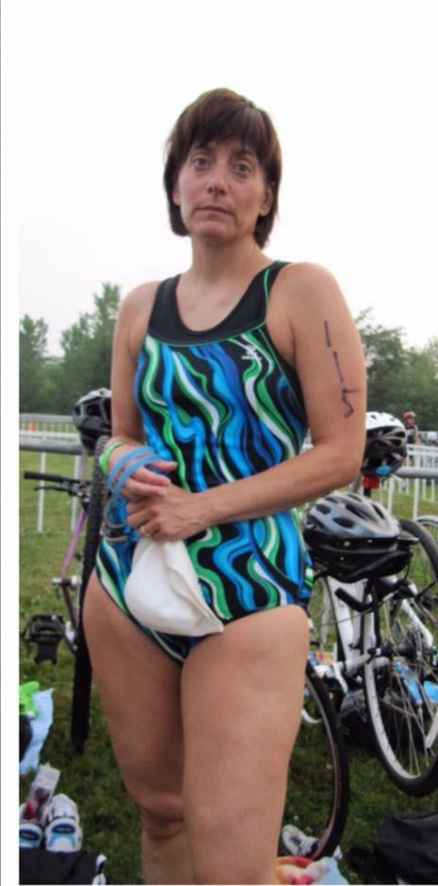














































2002



My
Heaviest

2015



Before
UWL

2017



After
UWL Photo Grid

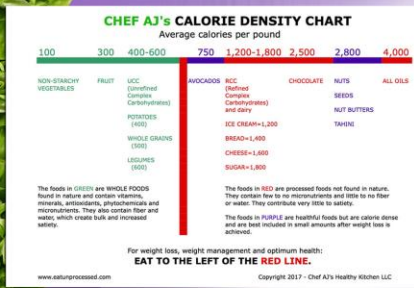








**UWL WORKS!
280 LBS OFF
(SO FAR!)**



Chef AJ is the host of *Healthy Living with Chef AJ on Foody TV*, the author of *Unprocessed* and has followed a plant exclusive diet for over 40 years.

THE SECRETS TO ULTIMATE WEIGHT LOSS BY CHEF AJ

THE SECRETS TO ULTIMATE WEIGHT LOSS



A revolutionary approach to conquer cravings, overcome food addiction, and lose weight without going hungry

By CHEF AJ with Glen Merzer

With Over 100 Mouthwatering Recipes!

Foreword by Caldwell B. Esselstyn, Jr., MD

"This book will save your life. Tackling food addictions and weight issues squarely and honestly, Chef AJ gives you everything you need to get healthy and stay that way. She is so warm, honest, encouraging, and understanding, you'll feel you have a new friend pulling for you every step of the way."
-Neil D. Barnard, MD, FACC
Adjunct Associate Professor of Medicine, George Washington University School of Medicine President, Physicians Committee - Washington, DC

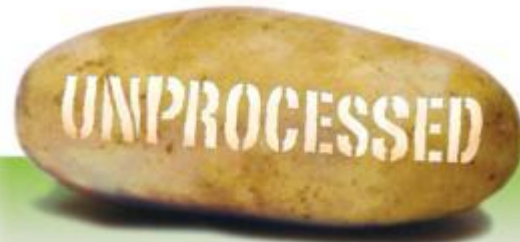
"Chef AJ's larger than life personality will smooth the path to the diet you must follow in order to enjoy the health and happiness you deserve. Her personal and professional experiences have earned her the right to be considered the world expert on 'Making the Change.'"
-John McDougall, MD,
Co-founder of the McDougall Program.

"This book is a must read for at least 70% of the US population. As a practicing cardiologist, I see many patients with obesity among many other co-morbid conditions that contribute to the progression of their heart disease. I have often said to many of my patients, 'you don't need a cardiologist, you need a chef'. Chef AJ is that chef. The words in this book are from the heart of a chef and are beneficial for the heart of the patient."
-Barter Montgomery, MD, FACC
Clinical Assistant Professor of Medicine
University of Texas Health Science Center - Houston
Founder, Montgomery Heart and Wellness

"If you have ever struggled with overweight or obesity, you simply must read this book. Chef AJ tells a story of personal triumph over weight that will touch, inspire and empower you. She shares secrets that will not only help you achieve permanent weight loss, but also exceptional health for life. Her system is simple, and it works brilliantly. With over 100 fabulous plant-based recipes, you are in for a delightful culinary adventure."
-Brenda Davis,
RD, co-author *Becoming Vegan, Comprehensive and Express Editions*

"If you want to lose weight and — most importantly — keep it off for good, there is simply no better guide on Earth than Chef AJ. A formerly obese food addict, she gets it, and she gets you. A must read for anyone and everyone who has ever struggled with food. The Ultimate Weight Loss Program is your Eureka! moment. A step-by-step bible that will undoubtedly change your life!"
-Rich Roll,
Bestselling author of *Finding Ultra* and *The Plantpower Way*

COVER DESIGN: KURT KOEHLER PHOTOS BY: GOR GEVORKIAN HAIR BY: SARAH VIDANIA EYEBROWS BY: CINDY VU



How to achieve
vibrant health
and your
ideal weight

Includes over 100 easy, delicious,
nutrient-rich and gluten-free recipes!

Chef AJ
with Gilet Marzer

Foreword by
Dr. Hans Diehl



www.EatUnprocessed.com

CHEF AJ'S CALORIE DENSITY CHART



EAT TO THE
LEFT OF THE
RED LINE