

# *Lose 20*

The Biblical Nutritionist



# Welcome to Lose 20!

I once believed I would be “forever fat.” I was a busy wife, mom, and ministry leader who felt tired, depressed, and discouraged—emotionally, physically, and spiritually drained.

That’s not me anymore!

I’ve been on a journey toward healing my body with God as my lead. It’s a journey led by grace, not guilt. A path marked by real food, real faith, and real change.

This LOSE 20 workbook with tips, recipes, and resources is an invitation for you to begin (or re-begin) your journey too.

Whether you're here to lose weight, restore energy, or simply feel more like you again—you're in the right place.

Take a deep breath. You are not alone. And God is still making something beautiful.

This is not about perfection—just take one small, faithful step at a time. Let’s walk this out together, with joy, truth, and real food!

Annette Reeder



# Top 10 Foods for Weight Loss

God's foods keep digestion working and moving smoothly.  
Eat real God designed foods. Eat foods as close to God's original design.  
Cook your own meals, grow what you can, and aim for 80% real, whole food.

## Pomegranates

Pomegranates help burn fat, calm inflammation, and support digestion with filling fiber.

Best way to eat: Fresh as is!  
Options: Yogurt, salad, smoothie, water!



## Wild-Caught Salmon

Wild-caught salmon is high in anti-inflammatory omega-3s; boosts metabolism.

Best Way to Eat: Oven roasted or pan-seared.  
Options: Add lemon slices, dill, capers, olive oil, or garlic.



## Oats

Why: Oats are high in fiber, keep you full, support digestion, and help reduce cravings.

Best Way to Eat: Soaked overnight or gently cooked on the stove.  
Options: Sliced banana, cinnamon, chia seeds, nut butter, or fresh berries.



## Legumes

Legumes such as chickpeas, lentils, or black beans are high fiber and protein; help balance blood sugar and curb cravings.

Best Way to Eat: Tossed in salads or blended into dips.  
Options: Add cilantro, cumin, tahini drizzle, tomatoes, scallions for added flavor



## Eggs

Eggs are high-quality protein and healthy fats keep you full and support metabolism.

Best Way to Eat: Soft-boiled or scrambled.  
Options: Sautéed spinach, salsa, avocado, feta, turmeric.



## Cruciferous Veggies

Cruciferous vegetables such as cabbage, cauliflower, or broccoli promote detox and are very filling with few calories.

Best Way to Eat: Roasted until crispy.  
Options: Top with olive oil, garlic, nutritional yeast, sesame seeds, lemon zest.



## Organic Leafy Greens

Greens such as beets, mustard, or kale are loaded with fiber and detox-friendly nutrients.  
Best Way to Eat: Lightly sautéed, fresh, or blended into smoothies.

Options: Add olive oil, lemon juice, garlic, red pepper flakes, or sea salt.



## Garlic and Onions

Garlic and onions are natural detoxifiers and flavor enhancers with gut-boosting properties.

Best Way to Eat: Pickled or sautéed in any savory meals  
Options: Include fresh herbs, chili flakes, lemon juice, olive oil, cracked pepper.



## Chia Seeds

Chia seeds are rich in fiber and omega-3s; supports fullness and digestion.

Best Way to Eat: Chia pudding  
Options: Add to yogurt, coconut flakes, cinnamon, blueberries, crushed walnuts, or to a honey drizzle.



## Cold-Pressed Extra Virgin Olive Oil

Cold pressed Olive Oil is a healthy fat that supports hormones and keeps you satisfied.  
Best Way to Eat: Drizzled over salad or fresh milled bread.

Options to pair with: Roasted veggies, leafy greens, grains, feta cheese, chopped nuts.



# Top 10 Foods to Avoid & What to Eat Instead

Not all food is created—or processed—equal. These common foods may seem harmless, but they work against your health goals. Here's a simple avoid and swap plan.  
Healing happens quickly when we replace with God's foods.

## Soda (Especially Calorie-Free)

❌ Why: Disrupts hunger cues, rewires brain chemistry and disrupts microbiome.

✅ Swap: Sparkling water with lemon or cucumber slices; herbal teas.



## Refined Oils (Corn, Canola, etc.)

❌ Why: Inflammatory, nutritionally empty and hormonal disrupters.

✅ Swap: Cook sparingly with extra virgin olive oil, avocado oil, or grass-fed butter.



## Fat-Free Products

❌ Why: Replaces healthy fat with chemicals (cellulose is a wood by-product).

✅ Swap: If a food naturally contains fat, choose it whole fat. Removing fat usually adds fake fillers that trigger cravings and confuse your body.



## Organ Meats (Poorly Sourced)

❌ Why: May contain toxins if not grass-fed or organic.

✅ Swap: Choose clean, grass-fed meats or plant-based protein like lentils.



## Processed & Junk Food

❌ Why: Loaded with chemicals, sugar, and addictive ingredients.

✅ Swap: Whole food snacks like fruit, nuts, hard-boiled eggs, or homemade bars.



## Excessive Caffeine

❌ Why: Overstimulates adrenals and disrupts sleep and hunger signals.

✅ Swap: Limit to one cup of coffee, try roasted chicory or herbal coffee alternatives.



## Foods Containing HFCS (High Fructose Corn Syrup)

❌ Why: Hidden in many sauces and packaged foods; increases fat storage.

✅ Swap: Sweeten naturally but sparingly with raw honey, maple syrup, or blended fruit.



## Alcohol

❌ Why: Slows metabolism, burdens the liver, and disrupts gut health.

✅ Swap: Try sparkling kombucha, mocktails, or iced tea blends.



## Processed Fruit Juices

❌ Why: Stripped of fiber and packed with sugar.

✅ Swap: Eat whole fruits or infuse water with fresh citrus, mint, or berries.



## Artificial Ingredients (Colors, Flavors, Sweeteners)

❌ Why: Contribute to cravings and inflammation.

✅ Swap: Choose whole, unprocessed foods with ingredients you recognize.





# Top 7 Tips for Meal Success



Planning the plan makes results happen sooner with less effort!

## 3 Meals Per Day

Three meals a day are the perfect balance for hormones, glucose and energy.

Two meals a day, if that works for you is also good.



## Fast the 4

Fasting between meals for at least 4 hours allows the glucose to return to normal and hormones for hunger and satiety to begin working again.



## Fast the 12

Fasting 12 hours overnight with no food interruptions allows time for the body to cleanse and heal.



## First Bite Matters

Start each meal with protein and fiber. This creates a fire for burning fat and stabilizing glucose release.



## No Snacks

Snacks between meals interfere with digestion and stimulating the hormones ghrelin and leptin.



## 24 Hour Plan

Planning 24 hours in advance, one day at a time removes the negotiating at the refrigerator.



## Remove the Whites

Removing the highest contributors of disease: white flour and white sugar, brings healing sooner and the body happy.



# Top 8 Tips for Living in the Success



Planning the plan makes results happen sooner with less effort!

## Sing in Success

Ignite healing through the vagus nerve with singing!



## Praises over Complaining

Praises bring results sooner as complaining keeps you stuck. When you are ready for breakthroughs - start with praises.



## Feast on God's Presence

When food is calling and it is not time yet, feast on God's presence while going for a walk.



## Love the Journey

The sooner you fall in love with the journey - the sooner you see success. The more we struggle with the journey through doubt and fear, the more in bondage we become.



## AMEN Day

Start each morning with saying: Today is going to be an AMEN day!



## Be in the WORD

For the JOY of the Lord is my strength. Don't do this alone. The Word is wisdom and truth.



## Give Yourself Credit

Marking credits for each planned success helps your brain do it again!



## Know the Cues

True hunger can wait till it's time. False hunger demands attention. Feed the true and starve the false. Healing comes happens naturally.





# Power 5 Salad

Move over boring salad - the Power 5 Salad is a great way to eat nutritious food and be creative in the kitchen!

The Power 5 Salad is a concept that is totally versatile and adaptable.

## Directions

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Step 1: Start with a base of 2-3 vegetables (preferably at least one of them being a cruciferous vegetable).

Step 2: Add a nuts, seeds, beans, and/or legumes for protein. A boiled egg is also a nutrient-dense protein option for those not on a Daniel Fast.

Step 3: Add a fruit and/or herbs and spices.

Step 4: Add a homemade dressing.

Step 5: Enjoy It ~ Personalize It!

Note: Some people may have trouble digesting this amount of vegetables, especially if they consume a Power Five Salad multiple times a day. If so, try digestive enzymes from Transformation Enzymes – use coupon code REEDR25 for 25% off.





# Power 5 Salad

continued

## Category #1 Vegetables

Choose 2-3 as base:

- Iceberg lettuce
- Romaine lettuce
- Kale\*
- Chard
- Cucumbers
- Bell Peppers
- Celery
- Purple and green cabbage\*
- Tomatoes (get a variety!)
- Cauliflower\*
- Broccoli\*
- Carrots
- Onions
- Rutabaga
- Sweet Potatoes
- Asparagus
- Brussels sprouts\*
- Butternut Squash

\*cruciferous vegetables

## Category #2 Nuts & Seeds

Choose 1-2 oz for protein:

- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Pine nuts
- Quinoa (1/2 cup, this fits the category of a seed and a grain)
- Almonds
- Pistachios
- Pecans
- Cashews
- Chestnuts
- Walnuts
- Hazelnuts
- Brazil nuts
- Macadamia nuts

## Category #3 Legumes/ Protein

Choose 1/2 cup of either 1 of the following or a blend:

- Black beans
- Chickpeas
- Peanuts
- Snow peas
- Peas
- Kidney beans
- Soybeans
- Great Northern beans
- Lentils (red, green, orange, yellow, brown)
- 1 boiled Egg, if not on Daniel Fast







# Power 5 Salad

continued

## Category #4 Fruit

Choose up to 1/2 cup  
fresh or 1/4 cup dry:

- Apples
- Grapes
- Peach
- Blueberries
- Strawberries
- Pineapple
- Oranges
- Grapefruit
- Plums
- Pears
- Avocado
- Pomegranate seeds
- Raisins
- Dried Cranberries  
- use sparingly
- Dates

## Category #5 Herbs & Spices

Unlimited:

- Parsley
- Basil
- Cilantro
- Chives
- Dill
- Lemon Balm
- Thyme

Don't Forget the  
Dressing!

Simply olive oil will work! Or also add balsamic, apple cider, or a flavored vinegar. Avocado oil is another good choice. Organic or homemade salsa are great dressings.





# Power Meal

This easy one bowl dish can be enjoyed for breakfast, lunch or dinner. It contains the most important elements to a healthy meal: protein, fiber, and vegetables.

This recipe is keto friendly, and it is very biblical!

Be creative and discover new combinations!

## Directions

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1. Prepare the Protein: Cook meat of your choice until fully cooked and nicely browned. Set aside.
2. Sauté Aromatic Vegetables: If choosing onions, mushrooms, and or peppers, heat 1 teaspoon olive oil in a large skillet over medium heat and then add the sliced or chopped vegetables. Sauté for about 2 minute or until onions soften. Stire occasionally. Set aside
3. Prepare Carbohydrates: In a separate pot, cook the lentils, rice, quinoa, potatoes, or beans according to the package directions. Once cooked to tender perfection, drain if necessary, then fluff or mash (if using potatoes). Set aside.
4. Cook Remaining Vegetables: Using the same skillet as used for aromatic vegetables, sauté 1 teaspoon olive oil over medium heat, add remaining vegetables and sauté until just tender, stirring frequently to avoid burning. Add your favorite herbs and spices, such as garlic, thyme, or paprika, to boost flavor. Cook until vibrant and cooked through, about 5–7 minutes. Set aside.

Now the fun part! Mix everything together! I hope you use lots of different colors of food to make this pleasing to the eyes.

### Serving Suggestions:

1. Serve 2 cups of Power Meal for breakfast, lunch or dinner.
2. Enjoy 1 egg cooked to your liking and serve 1 cup of this Power Meal beside it.
3. Enjoy 2 cups of the Power Meal on top of your favorite lettuce or spinach.

Tip: This Power Meal will super fuel your day and your digestive system. Now wait till the next meal before eating again with no snacking. The satiety of this meal should sustain you for at least 4 hours, maybe more!







# Power Meal

continued

## Category #1 Meat Protein

- 2 pounds of ground meat or shredded meat - cooked and seasoned

### Meat options:

- beef
- bison
- venison
- chicken
- lamb
- turkey
- Note: For the Daniel Fast or Vegetarian meal - omit the meat and substitute with beans or lentils to equal 1 pound.

## Category #2 Vegetables

Any combination equaling 2 pounds raw vegetables.

- Mushrooms
- Onions - all varieties
- Leeks
- Peppers
- Celery
- Carrots - don't forget the purple
- Parsnips
- Cabbage - all kinds
- Cauliflower
- Broccoli
- Asparagus
- Brussel sprouts
- Spinach
- Kale
- Escarole
- Bok choy
- Fresh herbs
- Parsley
- Cilantro
- Basil

## Category #3 Carbohydrates

Choose one item:

- Red, yukon gold or sweet potatoes - 1 pound
- Brown rice or quinoa -  $\frac{1}{2}$  pound dry
- Beans or lentils - 1.2 pound dry

Don't Forget the Seasoning!

Enjoy any herb, salt or pepper to your liking.





# Overnight Oats

This easy 5-minute breakfast recipe is packed with fiber, protein, and healthy fats to keep you full and energized throughout the morning. It's the best breakfast for weight loss.

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## Ingredients:

1 ounce rolled/ flaked oats  
2/3 cup yogurt (I use whole fat)  
1/2 cup fruit  
1/4 cup water  
Optional: 2 tsp chia seeds

## Instructions:

1. Put all the ingredients in a jar.
2. Give it a good shake to mix all the ingredients.
3. Chill overnight.
4. Enjoy your overnight oats the next day!





I've done the hard work for you! Below are items that I use personally because they use safe and pure ingredients – and they actually work!  
 Please note that these are affiliate links. Purchases from these links will send a small commission to the ministry. Thank you!  
 These links and discount codes may change – please check **our website** [www.thebiblicalnutritionist.com](http://www.thebiblicalnutritionist.com) for an updated list!



### **PROTEIN SUPPLEMENT**

Amare Origin protein is a great add-in for increasing protein grams per day or the main protein for a meal.

Discount Code ANNETTE10



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### **KITCHEN SCALE**

This durable, compact kitchen scale is a must-have for any weight loss journey, offering accurate, easy-to-read measurements and a convenient pull-out display to ensure perfect portion sizes every time. Check out my Amazon Store Front for more items.

