

# LOSING 50 AFTER 50 RESOURCE GUIDE

MAKE THE DECISION  
CREATE YOUR PLAN  
GET YOUR BODY BACK

**BY KATIE OWEN**

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# CHAPTER 1

## KATIE'S STORY

Hair Sensitivity Test (<https://www.allergytest.co/product/sensitivity-test-plus/>)

10X Health System Gene Test

(<https://shop.10xhealthsystem.com/products/10x-health-gene-testing-kit>)

FitBit (<https://amzn.to/3s6lLVy>)

## Breakfast “Powerhouse” Smoothie

Vitamix Blender (<https://amzn.to/45rjnHw>)

Organic Coconut Water  
(<https://amzn.to/3KFNfyc>) (11.1 oz bottle)

Organic Spring Mix Lettuce  
(<https://amzn.to/3sbAgaH>) (2 Handfuls)

Organic Garden of Life – Chocolate Protein  
(<https://amzn.to/3QMDj3c>) (1 scoop)

Organic Ground Chia Seeds  
(<https://amzn.to/44a6Xm0>) (1 TBSP)

Organic Cocoa Powder  
(<https://amzn.to/3QGf07k>) (1 TBSP)

Organic Chlorella Powder  
(<https://amzn.to/47zUkUg>)  
(1 TSP to start, work up to 1 TBSP)

Wyman’s Triple Berry Blend  
(<https://amzn.to/45agniL>) (1/2 to 1 cup)

Organic Sprouts ([www.sproutpeople.org](http://www.sproutpeople.org))  
(1 Handful) (Optional, I grow my own)  
(I prefer the “Italian” blend of seeds)

Ice Cubes (<https://amzn.to/3DVnLTd>) (6 pieces)

Add all ingredients to blender. Blend on High for 30 seconds. Remove blender, shake ingredients and blend on High again for 30 seconds.

Makes a 20 oz smoothie. Pour into cup  
(<https://amzn.to/3OCB9k1>) & use large straw  
(<https://amzn.to/446FKAN>).

### Tricks

1. Vitamix is simply the best blender you can own. Katie has owned hers since 1994. It’s still going strong and she’s glad she made the investment. It allows you to pulverize your food into a smooth mixture for drinking. No lumps or seeds left behind!
2. Refrigerate the coconut water so your smoothie is colder.
3. Make your blends ahead of time (protein powder, chia seeds, cocoa powder & chlorella powder). Put in a snack-size Ziploc or small Tupperware. When it’s time for your smoothie, just dump in all the pre-measured ingredients!
4. There are so many health benefits of sprouts, Katie grows her own. SproutPeople.org has everything you need to grow your own sprouts. It takes about 6 days to grow a batch and 6 days to use a batch. Katie always has some sprouts growing in her kitchen. They are an acquired taste, but they are full of nutrients.

## Lunch Smoothie

Vitamix Blender (<https://amzn.to/45rjnHw>)

Organic Coconut Water  
(<https://amzn.to/3KFNFyc>) (11.1 oz bottle)

Organic Spring Mix Lettuce  
(<https://amzn.to/3sbAgaH>) (2 Handfuls)

Organic Garden of Life – Vanilla Protein  
(<https://amzn.to/45afDdt>) (1 scoop)

Organic Celery (<https://amzn.to/3siDA3J>)  
(2 stalks of celery)

Half an Apple – I like Red Delicious apples.  
(<https://amzn.to/30XaMGX>) (half)

Organic Frozen Peaches  
(<https://amzn.to/30XYPky>) (4-5 slices)

Organic Frozen Dark Sweet Cherries  
(<https://amzn.to/30Xb2pp>) (8 cherries)

Ice Cubes (<https://amzn.to/3DVnLTd>) (6 pieces)

Add all ingredients to blender. Blend on High for 30 seconds. Remove blender, shake ingredients and blend on High again for 30 seconds.

Makes a 20 oz smoothie. Pour into cup  
(<https://amzn.to/30CB9k1>) & use large straw  
(<https://amzn.to/446FKAN>).

### Tricks

1. Vitamix is simply the best blender you can own. Katie has owned hers since 1994. It's still going strong and she's glad she made the investment. It allows you to pulverize your food into a smooth mixture for drinking. No lumps or seeds left behind!
2. Refrigerate the coconut water so your smoothie is colder.
3. Wash and cut your celery ahead of time. It's nice having your clean and cut celery on hand and ready to go!
4. Wash and cut your apple in half, save the other half for your next lunch smoothie.
5. This smoothie is usually more than 20 oz. Pour most of it in the cup, drink 1/4 of the cup, then pour the rest in the cup. Or you can use a larger cup for this smoothie!

## Dinner Smoothie

Vitamix Blender (<https://amzn.to/45rjnHw>)

Organic Coconut Water  
(<https://amzn.to/3KFNFyc>) (11.1 oz bottle)

Organic Spring Mix Lettuce  
(<https://amzn.to/3sbAgaH>) (2 Handfuls)

Organic Garden of Life – Vanilla Protein  
(<https://amzn.to/45afDdt>) (1 scoop)

Organic Cucumber (<https://amzn.to/44eR8dY>)  
(1/3 of a cucumber)

Organic Avocado (<https://amzn.to/3qEVe18>)  
(1/2 of an avocado)

Organic (fresh-squeezed) Lime Juice  
(<https://amzn.to/47uDrdQ>)  
(1-2 ounces of fresh lime juice)

Best Lemon/Lime Juicer  
(<https://amzn.to/4590YPW>)  
(this is a must-have for any kitchen)

Ice Cubes (<https://amzn.to/3DVnLTd>) (6 pieces)

Add all ingredients to blender. Blend on High for 30 seconds. Remove blender, shake ingredients and blend on High again for 30 seconds.

Makes a 20 oz smoothie. Pour into cup  
(<https://amzn.to/3OCB9k1>) & use large straw  
(<https://amzn.to/446FKAN>).

### Tricks

1. Vitamix is simply the best blender you can own. Katie has owned hers since 1994. It's still going strong and she's glad she made the investment. It allows you to pulverize your food into a smooth mixture for drinking. No lumps or seeds left behind!
2. Refrigerate the coconut water so your smoothie is colder.
3. Buy 2 cucumbers each week. They are enough for 6 dinner smoothies. Store the unused portion in Tupperware in your fridge. When you buy 3 cucumbers, one usually goes bad by the time you use it.
4. Buy medium-sized avocados. If you want more avocado in your smoothie, buy large ones. If they aren't ripe, put them in a closed paper bag (with a clip) for 2-3 days to ripen. We leave the paper bag on the counter (room temperature).
5. The lemon/lime juicer referenced above is super easy to use and clean. If the lime is super juicy, only use  $\frac{1}{2}$  a lime for fresh squeezed lime juice. If you want more lime juice, use the whole thing.
6. This smoothie is usually more than 20 oz. Pour most of it in the cup, drink  $\frac{1}{4}$  of the cup, then pour the rest in the cup.

## Other Parts of Katie's Daily Routine

### First Thing in the Morning - Lemon Water (with a few added extras)

20 oz cup (<https://amzn.to/3OCB9k1>)  
(16 ounces of filtered water)

Brita Water Filter (<https://amzn.to/3QKAb8l>)

Organic (fresh-squeezed) Lemon Juice  
(<https://amzn.to/3s2RKG7>)  
(1 ounce of fresh lemon juice)

Best Lemon/Lime Juicer  
(<https://amzn.to/4590YPW>)  
(this is a must-have for any kitchen)

Vitamin C Crystals (<https://amzn.to/45stGuL>)  
(1/4 teaspoon)

Organic Honey (<https://amzn.to/45vmGNG>)  
(1/2 teaspoon)

Stir all ingredients together and drink. Swish plain water in your mouth afterward to remove lemon acid from your teeth. Avoid drinking or eating for 30 minutes to allow the toxins to be flushed out of your system.

### Tricks

1. Use room temperature water. If you use cold water, the honey won't dissolve, and it will stay on the spoon.
2. Use ½ a lemon for fresh-squeezed juice. Store the other half lemon in Tupperware for the next day.
3. The ¼ teaspoon of Vitamin C crystals provide 1,000 mg of Vitamin C.
4. Use a normal teaspoon-sized spoon for the honey and serve yourself about ½ a teaspoon worth.

### Daily Coffee

Coffee with unsweetened coconut milk - Silk brand (<https://amzn.to/3OIAg9Y>). No dairy or sweeteners.

### Healthy Snacks

Organic Pumpkin Seeds (<https://amzn.to/30Eoqxc>) (1/4 cup)

Chopped Dates (<https://amzn.to/458lYGx>) (1/8 cup)

### Water Intake

Drink at least 100 ounces of water per day. Drink half your body weight in ounces of water per day. If you weigh 200 pounds, you should be drinking 100 ounces of water per day.

# CHAPTER 2

## JEFFREY SCHAFFER, M.D.

Portable Ketone Breath Meter (<https://amzn.to/47CzB2c>)

RENPHO Smart Scale (<https://amzn.to/3DXdG8f>)

Organic MCT C8 Oil (<https://amzn.to/3KN8Mi3>)

Avocado Oil (<https://amzn.to/3DZEIBC>)



# CHAPTER 3

## RUSS POWELL

Skinny Taste - <https://www.skinnytaste.com/>

All Recipes - <https://www.allrecipes.com/>

Eating Well - <https://www.eatingwell.com/>

Katie mentioned this book:

*Simple Green Meals: 100+ Plant-Powered Recipes to Thrive from the Inside Out*  
by Jen Hansard (<https://amzn.to/3KKvCqG>)

# CHAPTER 4

## CANDI'S STORY

Mark's Daily Apple - <https://www.marksdailyapple.com/>

Joe Rogan & Mark Sisson Podcast (March 2021) -

<https://open.spotify.com/episode/0YoTG8B6spV31mCHk63zqD>

# CHAPTER 5

## JAMES' STORY

Large Yeti (<https://amzn.to/47ChMAg>)

Altoids – Cinnamon (<https://amzn.to/3KEU3Wv>)

# CHAPTER 9

## JOE'S STORY

Kind Bars (<https://amzn.to/30Cb2dc>)

Larabars (<https://amzn.to/45tIYQ6>)

# CHAPTER 10

## PATTY'S STORY

FitBit (<https://amzn.to/3s6lLVy>)

Food Scale (<https://amzn.to/30DFunl>)

