



WEEK ONE PROGRAM MANUAL

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Blood Pressure Basics

What Is High Blood Pressure?

Blood pressure is the force of blood pushing against artery walls as it courses through the body. If the pressure gets too high, you could get a condition known as high blood pressure, or hypertension (the leading cause of stroke and heart attack).

Think of an artery essentially as a tube, like a garden hose. If the pressure is too great, it can damage the hose or break through the wall, causing a bleeding stroke (where the fluid breaks through the walls and spills out into the surrounding tissue). This is one way that high blood pressure can lead to life-

threatening conditions such as heart disease and stroke.

You can find out your blood pressure during a routine doctor checkup, or by taking your own blood pressure.

How Is Blood Pressure Measured?

The blood pressure reading includes two numbers: Systolic and Diastolic.

1. The **systolic** number is the higher of the two. It is the pressure in your arteries when the heart is in the middle of the beat.
2. The **diastolic** number is the lower of the two. It is the pressure within the arteries when the heart rests between beats.



What causes it to change?

It changes by age:

At birth, a normal healthy blood pressure is about 90/60. By the time you get to adulthood, it rises to about 120/80.

It changes by condition:

If you just exercised, did anything stressful, had an emotional event, or even just walked up the stairs, your blood pressure will read higher. This is totally normal, and no cause for alarm.

It changes by person, within person:

Blood pressure varies from person to person, and even from one area of your body to another.



When to Raise a Red Flag

Before you can raise a red flag, you have to know there's a problem. High blood pressure is not like the flu, where 1) you have symptoms and then 2) you go get the problem treated.

With high blood pressure, there are basically no symptoms until after a clinically significant event occurs (stroke, etc.). At that point, it may be too late. That's why you need to get your arm in that cuff and get your reading taken regularly.



Why Check it Regularly?

Yes, blood pressure can spike at different times of the day, but when it remains consistently high, that's when you need to talk to your doctor about handling this with some form of treatment.

When your heart is working against chronically high blood pressure, it struggles beyond its capacity. This can harm your blood vessels, brain, eyes, and kidneys.



How High is too High? If you've had readings of 140/90 or above over at least two consecutive occasions, that is considered "high blood pressure" (150/90 if you're over 60 years old). At that point, definitely seek out your doctor to review your blood pressure readings with you.



Food to Include for Blood Pressure Control

Food is medicine. Now we're not trying to say that some may not need conventional prescriptions, but there are some foods that can aid in blood pressure control.

That said, the foods you eat do influence your blood pressure readings. If you consistently consume foods high in sodium, low in potassium and magnesium, your blood pressure will be more likely to increase.

Below, you'll find the following topics to aid in cardiovascular health:

- General guidelines
- High potassium foods
- High magnesium foods
- The role of olive oil

General Guidelines

One of the biggest dietary factors determining your blood pressure is the ratio of sodium to potassium and magnesium in your foods. In other words, having foods higher in sodium and lower in potassium or magnesium is a bad idea.

We're advised to cut our sodium consumption because it lowers the ratio of SODIUM to POTASSIUM & MAGNESIUM in your body.

That said, you don't have to micromanage your dietary intake to optimize the ratio of these minerals. In general, if you decrease the amount of processed foods consumed, sodium will decrease just as potassium & magnesium increase – without you even trying!

OK to have on a daily basis

- Fruits (Especially ones with potassium refer to list below)
- Vegetables (Especially ones with potassium refer to list below)
- Beans (any kind)
- Whole grains (rice, pasta, breads)
- Nuts
- Extra virgin olive oil, coconut oil

Have in moderation (vary these foods throughout the week)

- Grass fed beef
- Pork
- Lamb
- Poultry
- Fish
- Eggs

- Dairy (milk, butter, yogurt, cheese)

Avoid as much as possible (limit to only on occasion)

- Deep fried foods
- Corn-fed beef
- Processed foods loaded with additives and preservatives
- High sugar drinks

When choosing your meats, lean on fish and poultry. When having pork, try choosing actual cuts versus highly salted processed pork products. Have red meat on occasion and, when you do have it, choose grass-fed.

Desserts

It is ok to have desserts, but just make sure you choose ones that are made with real ingredients. Focus on portion control. Take a smaller piece, take your time with it, and focus on the flavor. This will help you control your portions.

Alcohol

Limit your alcohol consumption to one and on occasion two drinks per day. One drink equals

- 12 ounces of beer
- 5 ounces of wine
- 1.5 ounces of 80-proof liquor.

Salt

Don't fear cooking with a bit of salt. Instead, focus on limiting processed foods that contain excess sodium and other additives and preservatives.

Top 10 Foods Highest in Potassium

You need potassium. It's critical for the low level, metabolic "blocking and tackling" that happens every second in every cell you have.

If you don't have enough, you can get fatigue, irritability, and higher blood pressure. Don't try to get your potassium from pills because you can get too much. However, when it comes in the form of food, your body naturally regulates the amount it needs.

The recommended daily intake for potassium is 3.5 grams. The foods below are the world's top natural sources of potassium. Your mission, should you choose to accept it, is to incorporate these foods into your meal plans as often as you can.

Between these and the high magnesium foods, you should have a lot of delicious meals to choose from!



Beans

White Beans
Soy
Lima
Kidney
Great Northern
Pinto



Greens

Spinach
Swiss Chard
Kale
Collards



Potatoes

Baked with Skin
On:
Sweet Potato
Idaho Potato



Dried Fruits

Dried Apricots
Peaches
Prunes
Raisins



Squash

Acorn Squash
Hubbard
Butternut
Zucchini
Winter Squash



Mushrooms

White Mushrooms
Portabella
Brown
Crimini
Enoki
Shiitake
Maitake



Fish

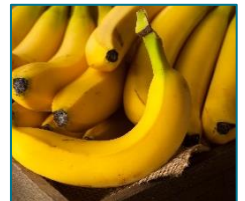
Salmon
Pompano
Lingcod
Halibut
Yellowfin Tuna
Anchovies
Mackerel
Herring



Yogurt



Avocados



Bananas

Top 10 Foods Highest in Magnesium

How many people, in their spare time, give a lot of thought to, you know, magnesium? My guess is that it's not a whole lot. Despite the neglect, it is still an enormously important mineral that you need to keep your muscles and nerves working properly.

Your immune system relies on magnesium as does your heart and bones via over 250 chemical reactions across your entire body. That's why, if you don't have it, you can get muscle spasms, diabetes, high blood pressure, anxiety, migraines, osteoporosis, and cerebral infarction.

The recommended daily value is now 400mg. Take a look at these foods that are naturally high in magnesium, and incorporate them in to the foods you prepare for your family each week. Your 250 chemical reactions will thank you!



Dark Leafy Greens

Spinach
Swiss Chard
Kale



Nuts and Seeds

Pumpkin Seeds
Sesame Seeds
Brazil Nuts
Almonds
Cashews
Pine Nuts



Fish

Mackerel
Pollock
Turbot
Tuna



Beans

Soy Beans
White Beans
French Beans
Kidney Beans
Black-eyed Peas
Chickpeas



Whole Grains

Brown Rice
Quinoa
Millet
Bulgar
Buckwheat
Wild Rice



Dried Fruit

Figs
Prunes
Apricots
Dates
Raisins



Avocados



Yogurt



Bananas



Dark Chocolate

The Role of Olive Oil in Blood Pressure Control

It's clear that people who consume more extra virgin olive oil, also have lower blood pressure. For example, after 3 months on the Olive Oil rich Mediterranean Diet, ~7500 people in one research study experienced a reduced risk of heart attack, stroke, or death from cardiovascular disease by an [amazing 30 percent](#).

How much do you need?

Well, in this massive study at least, subjects had Extra Virgin Olive Oil (EVOO) on their food, their salads, and when cooking: just about 4 tablespoons per day. The key is to be consistent, and find ways to incorporate EVOO whenever you can.

Why is it so good for blood pressure?

[This study](#) answers that question, showing that the main reason explaining the Mediterranean diet's impact on arterial blood pressure comes down to the way the olive oil, vegetables, and fruit protect and nourish the blood vessels.

Olive oil can reduce the stiffness of the vessels, making them more elastic and "stretchy." More elastic arteries respond to pressure spikes by expanding with them, not resisting them. This means that the added pressure is less likely to break through the walls, creating a bleeding (hemorrhagic) stroke.



Meal Plans

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Jazzed Up Yogurt	Banana Slices Dipped in Peanut Butter	Oatmeal topped with dried apricots, walnuts, cinnamon, and brown sugar	Whole grain toast topped with almond butter and honey	One egg fried in olive oil with a whole grain piece of toast
Lunch	White Beans and Olive Oil Salad Tuna Fish Lettuce Wraps Dark Chocolate	Avocado, Tomato Sandwich on Whole Grain Bread Green Salad Dark Chocolate and Cashews	Hummus Greek Salad Fresh Fruit of Choice	Caprese Salad Tuscan White Bean Soup Fresh Fruit of Choice	Olive Tapenade Sandwich Spinach Salad
Dinner	Mushroom Spinach Pasta Salad of Choice with Balsamic 2 Dried Figs, 4 Walnuts	Roasted Sweet Potato Salmon with Dill Sauce Sautéed Kale	Caesar Salad with grilled or seared ahi tuna 1" x 1" piece of dark chocolate	Chicken with Tomatoes Broccoli Citron Fresh fruit of choice with homemade whipped cream	Fish Souvlaki Sautéed Zucchini and Onions

Recipes for meals can be found in the Recipes section.



Recipes

The recipe section has been broken up into two sections:

1. Quick and easy recipes with general directions
2. Recipes with ingredients listed and directions



Quick & Easy Recipes

Jazzed Up Yogurt

Combine:

- $\frac{1}{3}$ cup Greek plain yogurt
- $\frac{1}{4}$ to $\frac{1}{2}$ of a banana sliced
- 2 to 4 walnuts chopped and added to yogurt
- A pinch of cinnamon added to yogurt
- A light drizzle of maple syrup or honey

White Beans and Olive Oil Salad

Combine:

- $\frac{1}{2}$ cup Cooked Cannellini beans (or white beans of choice)
- $\frac{1}{2}$ tablespoon olive oil
- $\frac{1}{2}$ teaspoon lemon juice
- Diced red onion
- Diced green pepper
- Fresh parsley or other herb of choice
- Pinch of salt
- Pepper

Tuna Fish Lettuce Wraps

Combine:

- 1 can tuna
- 1 teaspoon Dejon mustard
- ½ tablespoon olive oil
- Diced tomato
- Diced white onion
- Pinch of dried oregano

Serve on lettuce wraps

Mushroom Spinach Pasta

- On low heat, heat 1 tablespoon olive, add some garlic then sauté mushrooms and spinach.
- Prepare pasta of choice. When prepared add to sautéed vegetables. Add a bit more olive oil to make sure noodles are coated.
- Top with fresh herbs, diced fresh tomato, and parmesan cheese
- Add small amount of salt to taste

Green Salad

- Place salad greens in a salad bowl with carrots and cucumber.
- Combine 1 tablespoon olive oil and ½ tablespoon lemon juice mixed together and use to top salad green mixture.

Roasted Sweet Potato

- Chop up sweet potato, toss with olive oil and dried thyme.
- Roast in oven at 375° till consistency is soft but not mushy.

Sautéed Kale

- Heat olive oil with some crushed garlic add kale and sauté until soft.

Caprese Salad

- On a plate lay down fresh basil topped with tomato and fresh mozzarella slices.
- Drizzle olive oil and balsamic vinegar. For a variation, use arugula instead of basil.

Broccoli Citron

- Steam broccoli.
- Toss broccoli with a little bit of butter, olive oil, lemon juice and black pepper (or lemon pepper).

Spinach Salad

- Fresh spinach topped with fresh sliced mushrooms of choice, carrots, slivered almonds and 3 parts olive oil to 1 part balsamic vinegar (Example ratio for one serving salad: 3 teaspoons olive oil to 1 teaspoon balsamic vinegar) mixed and drizzled on top.

Sautéed Zucchini and Onions

- Slice onion and zucchini. Heat olive oil. Add a little bit of crushed red pepper. Heat until flavors release. Add veggies and sauté till soft.
- Top with a pinch of freshly grated hard cheese of choice (Ex: Romano or Parmesan)



Recipes

Balsamic Vinaigrette Salad Dressing

You'll Need

- 3 tablespoons Olive Oil
- 1 tablespoon Balsamic Vinegar
- Brown mustard to reach a consistency you like
- Honey (optional)

Directions

- Mix all the ingredients together. This is your base. Now if you wish add a tad bit of honey.

Play with Your Food

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- Try a flavored balsamic vinegar.

Tip

Make a larger quantity and store in the refrigerator. Take out and let come to room temperature and mix before using.

Salmon with Dill Sauce

You'll Need

- 1 pound of salmon steaks
- Salt
- Pepper
- 1/2 tablespoon butter
- 1/2 cup sour cream
- 1/2 teaspoon dried dill

Directions

- Melt the butter in a skillet on medium low heat.
- Cook salmon in the heated skillet approximately 4 minutes on each side.
- Salt and pepper to taste each side of the salmon
- When salmon is done move it to a serving platter.
- Put the sour cream and dill in the skillet and turn heat off.
- Sour cream should be warm after a few minutes.
- Pour over salmon and serve.

Hummus

You'll Need

- 1 ½ cups cooked garbanzo beans
- Water
- 2 tablespoons Tahini (sesame seed paste) (more or less as you like)
- 1 ½ tablespoons lemon juice from a fresh lemon (more or less as you like)
- 1 ½ tablespoons extra virgin olive oil (leave out oil, if you want it oil free and add a tiny bit of water for consistency)
- 1-2 garlic cloves, crushed

Directions

- Place all ingredients in a blender including 1/8 to 1/4 cup water and mix until smooth but thick.
- Enjoy with raw vegetables such as carrots, celery, and bell pepper or with bread or crackers

Play with Your Food

- Add some spices and herbs to season: examples: cumin powder, dried or fresh parsley, sweet paprika

Greek Salad

You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into 1/4 inch pieces
- 3/4 cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper

Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Use a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.

Caesar Salad

For the Dressing

- ½ tablespoon Dijon mustard
- ½ tablespoon white wine vinegar
- 1 tablespoon mayonnaise
- 1-3 cloves garlic
- ¼ cup olive oil
- Pepper
- ⅛ to ¼ teaspoon lemon juice (optional)
- Anchovy fillets (to your liking minced)

For the Salad

- Romaine lettuce, chopped
- Freshly grated Parmesan Cheese
- Croutons

Other Suggestions for the Salad

- Sliced red onion
- Sliced hard boiled eggs
- Grilled chicken
- Grilled shrimp

Directions

- Place garlic into food processor or blender and run until minced.
- Next add the white wine vinegar, mustard, mayonnaise and a pinch of salt. Mix thoroughly.
- Then in a steady stream add the olive oil.
- Finally add in the anchovy.
- Remove from blender add salt, pepper and lemon juice if desired.
- Combine salad with dressing and parmesan cheese. Plate and serve topped with croutons and fixings of choice.

Play with Your Food

- Leave out the anchovy fillets or lemon juice.
- Leave off the croutons for a gluten-free option.

Tuscan Bean Soup

You'll Need

- 1 pound Navy beans, dried, or other white bean of choice
- 10 cups water
- 1/2 cup olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 bay leaf
- 1 can plum tomatoes, diced, and un-drained
- 2 tablespoons tomato paste
- Salt
- Pepper
- 1/2 teaspoon Rosemary, dried
- Crushed red pepper
- Fresh parsley, for garnish (optional)
- chives, for garnish (optional)

Directions

- Cover beans with water and soak overnight, rinse beans before using (If you could not soak the beans overnight, add beans plus enough water to cover beans by 2 inches to a pot. Bring beans to a rolling boil. Turn off heat, cover, and soak for an hour. Drain and rinse beans under cold water before using.).
- Add the beans, water, and olive oil to a large pot. Bring to a boil then reduce heat and simmer covered until beans are tender about 50 minutes.
- Add onion, carrots, celery, tomatoes, tomato paste, bay leaf, rosemary and a pinch of crushed red pepper to pot. Simmer uncovered another 30 minutes for flavors to meld and soup thickens.
- Season soup with salt and black pepper to taste. Remove the bay leaf and garnish if desired. You can leave out the oil for oil free days.

Chicken with Tomatoes

You'll Need

- 4 chicken breast halves
- 4 cups tomatoes, chopped
- 1 small onion, chopped
- 2 tablespoons tomato paste
- ½ red pepper, seeds removed and chopped
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- ½ teaspoon oregano
- ¼ teaspoon salt
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper (optional)
- Olive oil

Directions

- Arrange the chicken in bottom of an oven-proof casserole dish that has been coated with olive oil.
- Place tomatoes, onions, red peppers, tomato paste, basil, thyme, oregano, salt, garlic and crushed red pepper in a blender.
- Process on medium speed until smooth.
- Pour the sauce over the chicken.
- Cover and bake at 350 F for 30 minutes.
- Remove cover and continue baking for 10 minutes more.

Play with Your Food

- Top with fresh basil.
- Top with a pinch of parmesan cheese.
- Serve over pasta.

Whipped Cream

You'll Need

- 2 cups of heavy cream
- 1 tablespoon of sugar (or less)

Directions

- Then with an electric beater, beat cream on high until it starts to fluff.
- Then add the sugar.
- You'll know it's done when the whipped cream gently clings to the lifted beaters. Just be careful not to overbeat or you'll end up making sweetened butter.

Play with Your Food

- Add a dash of vanilla.
- Add a pinch of cocoa powder.

Olive Tapenade

You'll Need

- 1 clove garlic, peeled
- 1 cup pitted kalamata olives
- 1 tablespoon capers (or more)
- 3 tablespoons chopped fresh parsley
- 1 1/2 tablespoons lemon juice (or more)
- 2 tablespoons olive oil (leave out olive oil if you want it to be oil free and add a little olive juice if you want to smooth out consistency)
- Salt and pepper to taste

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince. Add the olives, capers, parsley, lemon juice, and olive oil Blend until everything is finely chopped. Season to taste with salt and pepper.
- Serve as a sandwich spread or dip. If serving as a sandwich spread top sandwich with some sliced red onion (if you have it) and a tomato.

Fish Souvlaki

You'll Need

- 2 1/2 tablespoons fresh lemon juice
- 2 1/2 teaspoons dried oregano
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 6 garlic cloves, minced
- 1 pound white fish of choice (ex. cod, sole, sea bass, moonfish, halibut, mahi-mahi), cut into 1-inch pieces

Directions

- Mix the first 5 ingredients in a container that can seal. Add the fish, seal and shake to combine. Marinate in refrigerator for 30 minutes, turning once.
- Remove fish from marinade.
- Heat a pan coated lightly coated with some of the marinade over medium-high heat or Add fish and cook until fish is cooked through. Or cook on grill.
- Serve on pita bread with sliced tomato and lettuce.

Play with Your Food

- Serve fish on top of a salad.
- Serve with sliced red onion, tomato and lettuce.
- Try this recipe with shrimp instead of fish.
- Consider grilling on skewers.