



E•V•O•L•U•T•I•O•N
Weight-Management
Program Guide

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The Evolution Weight Management Program Support Products

A suite of products supports healthy metabolism and helps relieve some of the discomforts associated with calorie-restricted dieting. Work with your healthcare provider to determine your individual needs.

hA²cg Evolution: Weight-management support containing AACG-A and AACG-B with 21 other supportive homeopathic ingredients.

DesBio Comprehensive Detox System: Our 6-part detoxification and drainage program that supports healthy elimination of toxins throughout the program. Discussed further on page 6.

EquoISlim: A unique nutraceutical formula containing equol, a molecule shown to promote lean body composition and appetite control, and acts as an antioxidant. Recommended for **Option 2** and can be used in **Option 1** or as part of maintenance.

OptimaLean: A great-tasting protein shake and an integral part of **Option 2** of the program. Combines quality protein, fiber, and specialty nutrients for blood sugar and metabolism.

Omega Breeze: A mango-peach flavored EFA and Vitamin D supplement with a creamy, yogurt-like consistency. Can be used to flavor yogurts and smoothies.

Liposomal Methyl B: Bioactive B-vitamin co-factors in a highly-absorbable liposomal delivery system for energy and mental well-being.

HGH Vitality: Supports healthy aging and endocrine balance. Recommended for patients over 50 years or those concerned with preserving lean body mass.

Hormone Combination: Support for balanced hormones. Recommended for women experiencing menopausal or PMS-related symptoms or anyone subject to hormone fluctuations.

Appetite Control: Support for controlling hunger and food cravings.

Professional Weight Support: Can be used during maintenance and after goal weight is reached for long term support for blood sugar, appetite-control, and immunity.

YÜ InfiniSerum: An exceptional topical oil-free anti-aging product that can be used during the strict diet portion of the program. Promotes skin health through increased production of collagen and antioxidant activity.

OmniBars: A delicious snack bar that can be used during the normalization phase to maintain weight.

Introduction

Welcome to the *Evolution Weight-Management Program*! The new, slimmer you is just waiting to be discovered, and this guide will show you the way. Please read it carefully and completely, and refer back to it frequently as you progress through the program—the information contained in it is essential to your success.

Weight loss only occurs with changes in diet and an increase in exercise levels. However, DesBio carries a line of homeopathic and nutritional products to support you in reaching your weight-loss goals. *hA^cg Evolution* is a comprehensive, homeopathic product designed to support practitioner-supervised weight loss. This revolutionary, homeopathic formula contains a blend of ingredients, including AACG-A and AACG-B. These bioidentical, amino acid chain groups along with the 21 other time-tested homeopathic supportive ingredients help promote appetite control, immunity, blood sugar regulation, and mood while completing the program. Other products that support this program are described in “Supporting Products From DesBio” on page 26.

The *Evolution Weight-Management Program* is quite rigid. It is based on the guidelines first put in place by Dr. A.T.W. Simeons and added to by DesBio nutritional experts. It must be followed carefully to ensure success and ongoing maintenance of your leaner self. But don't worry—the incredible effects of AACG-A and AACG-B, along with the other carefully chosen ingredients in the *hA^cg Evolution* formula and the tools and tips we provide in this guide, will provide support to help you achieve your goals with surprising ease. DesBio is proud to now offer two versions of this successful program: **Option 1: Lean Body Program** is intended for patients with more sedentary lifestyles and significant weight-loss goals. **Option 2: Active Lifestyle Program** is designed for patients who regularly exercise but are still concerned with losing moderate amounts of excess body fat. Work with your healthcare provider to determine which program is best suited for your individual goals.

A New Approach to Obesity

The History of Calorie-Restricted Weight Loss

Calorie-restricted dieting has been around for over 50 years, but it has gained widespread popularity within the last decade—due in large part to Kevin Trudeau’s New York Times bestseller, *The Weight Loss Cure “They” Don’t Want You to Know About*.

World-famous endocrinologist Dr. Albert T. W. Simeons was the first to propose the concept of a calorie-restricted diet incorporating doses of human chorionic gonadotrophin (hCG) and to refine this concept into a workable protocol. Dr. Simeons observed that pregnant women in poverty-stricken countries, though underfed and malnourished themselves, would still give birth to normal, healthy babies. Human chorionic gonadotrophin, a hormone produced by women during pregnancy, makes this possible by mobilizing non-essential fat stores to provide energy to the developing fetus. *hA²cg Evolution* contains patent-pending sets of amino acid chains that are bioidentically similar to proven active binding sites of the original hCG molecule. However, it contains no molecules of human (or animal) chorionic gonadotropin.

Three Types of Fat

The human body contains three types of fat: Structural fat resides around joints and organs to provide protection and support. Normal or essential fat reserves are distributed evenly throughout the body and are used as a day-to-day source of energy. Structural and essential fat are both considered “normal.”

The third type of fat is abnormal, secondary, or non-essential fat. This is the “obesity-causing” fat, and it tends to accumulate around the hips, thighs, waist, stomach, and buttocks, and behind the upper arms (in women) and the upper chest, back, and neck (in men).

These secondary fat reserves are not released during normal diet and exercise. They are typically retained as “emergency” reserves and usually only released as a last resort in instances of severe long-term starvation. But they are also released—and available to be burned—during pregnancy or during periods of inadequate caloric intake ... and this is the key to weight-loss protocols based on these types of calorie-restricted diets.

The Cause of Obesity

Dr. Simeons observed that obesity is nearly always accompanied by a depressed metabolism and a nearly constant state of hunger, which often includes intense cravings. He further observed that “many obese patients actually gain weight on a diet which is calorically deficient for their basic needs.”

Determined to find the cause for a phenomenon that seemed counterintuitive, Dr. Simeons discovered that the diencephalon—a primitive part of the brain responsible for the basic functions of the body such as breathing and the beating of the heart—also directs the storage and use of fat.

The Evolution of Calorie-Restricted Dieting

Dr. Simeon's protocol changed little in the first decades after he published his findings. It also remained a fairly obscure approach to weight loss, due largely to the high cost and considerable discomfort involved with the daily injections of hCG that the protocol originally called for. Based on Simeon's findings regarding calorie-restricted dieting and his success with obese patients, DesBio enlisted the help of some of the world's top endocrinologists and doctors to make an even better product to support a medically supervised weight loss plan that did not contain hCG.

Researchers have established that the human chorionic gonadotrophin molecule is comprised of 244 amino acids in two ribbons or chains (Figure 1 on page 4). Research has demonstrated that only small portions of these chains actively contribute to the molecule's positive effects on body composition (Figure 2 on page 4). *hA²cg Evolution* delivers AACG-A and AACG-B (the only active portions of the molecule) in a bioidentical format. The homeopathic dilutions of these active amino acid chains help modulate the many uncomfortable symptoms associated with calorie-restricted weight loss plans, including hunger, low energy, poor mood, and fatigue.

Additionally, *hA²cg Evolution* contains 21 time-tested supportive homeopathic ingredients for the promotion of appetite control, blood sugar management, and immunity for a more complete approach to weight-management support.

Taking the ingredients in *hA²cg Evolution* alone will not result in any weight-loss or improvement in body composition. This product is intended to be taken as a supportive product as part of a medically supervised weight-loss plan, such as the *Evolution Weight-Management Program*.

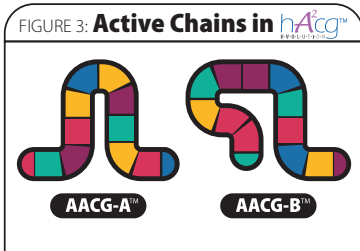
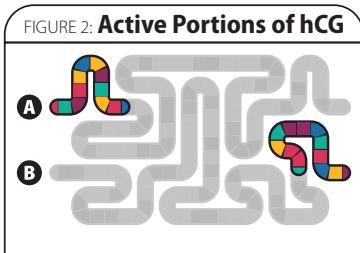
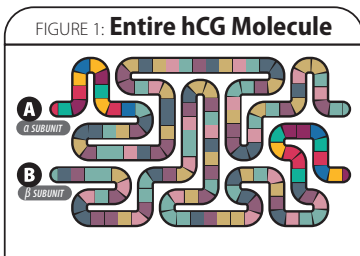
Many obese patients actually gain weight on a diet which is calorically deficient for their basic needs. There must thus be some mechanism other than caloric deficit at work.

Is This Program Right For Me?

Anyone who wishes to lose weight can benefit from an calorically modified diet and medically supervised weight-loss program. But Dr. Simeons' research, which is the basis of the *Evolution Weight-Management Program*, was geared primarily toward those defined as obese—those with a Body-Mass Index (BMI) of 30 or greater. This is the basis for DesBio's **Option 1: Lean Body Program**. In practice, we have found that dieters who wish to lose 15 or more pounds will find great success with this program, while those who wish to lose less may benefit from a less rigorous approach like DesBio's **Option 2: Active Lifestyle Program** (see "Option 2: Active Lifestyle Program" on page 12 for more information).

More importantly, a calorie-restricted diet and protocol is not recommended for those whose health may be compromised by its stresses on the body. Symptoms experienced by those who follow this type of protocol may include:

- Withdrawal symptoms
- Weakness
- Energy loss
- Reduced immune response
- Lower blood pressure
- Dehydration
- Electrolyte imbalance



Persons who desire to lose weight through this type of weight loss plan must be monitored by a competent healthcare practitioner so that these potential issues can be addressed if they arise.

hA²cg Evolution

- *hA²cg Evolution* contains no hCG
- *hA²cg Evolution* patent-pending active ingredients (AACG-A and AACG-B) are available exclusively from DesBio
- *hA²cg Evolution* AACG-A and AACG-B, combined with 21 other supportive homeopathic ingredients, support both our original **Option 1: Lean Body Program** as well as our new **Option 2: Active Lifestyle Program**
- *hA²cg Evolution* is available only through healthcare practitioners

Some patients should not attempt low-calorie dieting at all. These include:

- Individuals with weak or compromised immune systems
- Patients with “brittle” or hard to control diabetes
- Patients with untreated Grave’s Disease
- People with high blood pressure requiring two or more medications to control
- Individuals with low blood pressure
- Patients with cancer that has not been in complete remission for at least five years, particularly those undergoing chemotherapy
- Women who are pregnant or breast-feeding
- Patients with tuberculosis
- Patients with gallbladder colic
- Individuals with unstable gout or unstable angina

Other patients will need to be monitored very closely for adverse reactions. These include individuals with:

- Diabetes
- Hypothyroidism
- Stable hypertension
- Anxiety or depression
- Alcoholism or other addictions
- History of drug abuse
- Electrolyte imbalances or dehydration issues
- Current or historical cardiac arrhythmia

Finally, due to the extreme restrictions on caloric intake in **Option 1**, patients who regularly participate in rigorous or strenuous physical activity (for work or play) should reduce their level of exertion while they are on such a diet or consider the **Option 2** program.

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Before You Start

Consult Your Doctor

Due to the rigors of the *Evolution Weight-Management Program* protocols, it is imperative that you consult a healthcare practitioner before undertaking the diet. In this initial exam, you should let your doctor know if you are subject to any of the conditions listed in the previous section. Follow your doctor's recommendations regarding the diet, and get regular checkups throughout, particularly if you exhibit any troubling symptoms such as weakness, energy loss, or dehydration.

Detoxification & Regulation

Every weight-management program should be accompanied by a comprehensive detoxification program. In addition to being an emergency energy source, the body's non-essential fat reserves serve as a depository for toxic substances. Heavy metals and other toxins are encapsulated in the fat to remove them from circulation. As that fat is solubilized, the toxins that have been deposited in it will be released into the bloodstream. Unsupported, the body's elimination systems will be unable to keep pace with the increased flow of toxins.

This increase in toxicity will inhibit the immune system and disrupt the body's ability to rebuild skin and internal support systems. Failure to detox will result in looser skin, longer recovery times, and increased "gauntness" and will impair the long-term success of the diet and protocol.

DesBio's 6-part *Detox and Drainage* program is the most comprehensive available, with individual formulas built to support all of the body's elimination systems. The program also supports detoxification of the interstitial matrix—the space between the cells that serves as the pathway for removal of waste and delivery of nutrients to the cells. Finally, supportive formulas for brain and spine help to ensure optimal performance of the nervous system.

DesBio's Detox and Drainage Kit

The DesBio full-body *Detox and Drainage* kit is a comprehensive suite of six products, each carefully formulated with a specific function or organ system in mind:

- Because the brain is the driving force in the elimination of toxins from the body, it must be supported and its function optimized to ensure effective detox. *Cerebromax* supports the brain with homeopathic ingredients carefully chosen for this purpose.



- The spine is the information pathway of the body and must be functioning optimally for the brain to exercise control over the elimination of toxins. *Spinalmax* has been formulated to support the spine and optimize the signal pathways of the central and peripheral nervous systems.
- Ultimately detoxification takes place in the interstitial matrix—the space between the cells. The matrix transfers toxins from the cells to the bloodstream, where they can be eliminated through the renal system. *Matrix Support* has been formulated to promote balance in the “forming” and “unforming” cycle of the matrix and to optimize its function.
- The *Detox I* formula contains homeopathic ingredients chosen to cleanse and support the liver/hepatic system and the gastrointestinal system.
- The kidneys are the primary means of purifying the blood, removing toxins which are then eliminated through the urinary system. *Detox II* has been formulated to support and optimize kidney function and the renal and urinary systems.
- The lymphoid system is a vital part of the body’s immune system, and congestion of lymphatic tissue can obstruct the body’s natural immune response. *Detox III* was developed to cleanse, optimize, and support the lymphoid system.

The Detox Protocol

DesBio’s *Detox* protocol should be started at least one week prior to beginning either **Option 1** or **Option 2** and then continued throughout the diet and maintenance phases. For best results, the detox program should start with the internal organs, including the nervous system and matrix, and then move to the outer organ systems that are involved in the elimination and drainage of toxins (“top to bottom, inside out”).

Cerebromax, Spinalmax, and Matrix Support: Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 1-3.

Detox I, II, and III: Add 30 drops of each to a liter bottle of water to be sipped throughout the day on Days 4-7.

Continue this 7-day rotation until all the bottles are emptied (approximately 60 days). For most patients this means that detoxification will continue through the diet phase and into maintenance and normalization.

No special diet is required during the Detox phase; however, it is recommended that you begin to reduce your intake of caffeine and sugars during this starting week to make the transition to the restricted diet phase more comfortable.

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Be Prepared

Preparation is imperative to the success of the *Evolution Weight-Management Program*. You must prepare yourself both mentally and physically for optimal results.

Mental Preparation

Before you begin either program, read this guide in its entirety and make sure that you thoroughly understand each phase. Pay particular attention to the dietary restrictions, as they change during each phase of the diet. Make sure that you understand the reasons behind these restrictions, so that you aren't tempted to break the rules. We recommend that you also read *Pounds & Inches: A New Approach to Weight Loss* by Dr. Simeons as a historical reference to this program.

Physical Preparation

To follow the diet precisely, you will need a kitchen scale (for weighing and portioning food) and a bathroom scale (for monitoring weight throughout the diet phase).

Browse through the recipes provided and buy enough ingredients to prepare at least a few days' worth of food. Some foods can be prepared well in advance and frozen in individual portions, and we highly recommend doing this, as it will make monitoring your caloric intake much simpler.

Recommended Reading:
Pounds & Inches: A New Approach to Weight Loss
by Dr. Simeons.

Check the cosmetics that you use on a regular basis, and replace any that contain oils of any kind, as these will interfere with the diet.

Get starting weights and measurements. Plan on weighing yourself at the same time each day and taking your measurements weekly.

While you are gathering materials and supplies, **begin the DesBio Detox protocol.** You should start the detox at least one week prior to beginning the diet. You will continue the detox throughout the diet and maintenance phases.

The Evolution Weight-Management Program

The *Evolution Weight-Management Program* provides two different program options based on your weight-loss needs and activity level. **Option 1: Lean Body Program** is intended for patients with low activity and greater weight loss goals. **Option 2: Active Lifestyle Program** is designed for patients who are generally active and have a BMI close to or below 25. Each phase of these programs has its place in the diet. For optimal results, including full release of secondary fat reserves, all phases must be followed exactly.

Option 1 includes 4 distinct phases:

- 1) Fat-loading
- 2) Calorie-restricted diet (26- or 43-day cycle in **Option 1**)
- 3) Maintenance phase
- 4) Normalization

Option 2 eliminates the fat-loading phase:

- 1) Calorie-restricted diet (2-week intervals for **Option 2**; do not exceed 6 weeks)
- 2) Maintenance phase
- 3) Normalization

hA^cg Evolution is taken during fat loading (**Option 1**) and the calorie-restricted diet (**Options 1 and 2**) phases. Dosage is 10 drops under the tongue 3 to 6 times daily as recommended and supervised by a healthcare professional. If you are doing a program longer than 28 days, you must discontinue the drops 1 day per week but stay on the diet as usual. This is to avoid overstimulating the hypothalamus.

For both programs, **drops are discontinued 3 days before stopping the low calorie diet** to allow the *hA^cg Evolution* to be cleared from your system. **If you reach your goal weight prior to your previously determined stop date**, discontinue the drops at this point and remain on the diet for 3 more days. Then transition into maintenance as usual.

For women that are menstruating, it is best to start the diet immediately after the menstrual cycle. Detox drops can be started during menstruation to allow for this. If experiencing a period during the diet phase, the dieter should discontinue the drops for the 2-3 heaviest flow days and stay on the diet as usual. Be aware that slowed weight loss or even small gains may occur during this time due to water retention.

For both options, **dieters over 50** should add *HGH Vitality* to the regimen, and women who are near or past menopause should also include *Hormone Combination*. These can be used as ongoing support after the diet is completed.

Option 1: Lean Body Program

Who Is This Diet For?

Option 1 of the *Evolution Weight-Management Program* is intended for patients with significant weight-loss goals who also lead a more sedentary lifestyle.

- Primary focus is reducing total weight
- For those who do not exercise regularly or do not have a job or lifestyle that requires extensive physical activity

PHASE I: Fat Loading

The first phase of the **Option 1** protocol is the fat-loading phase. It lasts for two days, during which you are permitted to eat all the high-fat, high-calorie food you wish.

It seems counterintuitive to begin a diet with a period of unbridled gluttony, and many are tempted to take unnecessary care in what they eat (or how much they eat) or even to skip this phase altogether. Don't. Fat loading is vital. The extra calories consumed during these two days will provide the energy needed for the first few days of the calorie-restricted diet as the active ingredients in *hA²cg Evolution* begin to take effect. Failure to observe the fat-loading phase will result in increased hunger and cravings during these first few days and an overall reduction in the efficacy of the diet.

This is the perfect time to visit your favorite restaurants and sample your favorite “junk foods.” Cheese, cream sauces, salad dressings, fatty cuts of meat (bacon, ham, rib eye steak), butter, and rich desserts are all perfect foods for the fat-loading phase.

You should begin taking *hA²cg Evolution* at the beginning of the fat-loading phase: 10 drops under the tongue 3 to 6 times daily or as recommended by your healthcare professional.



Option 1 Timeline

One Week Before:
Begin Detox Program
Continue Throughout



DAY 1:
Begin *hA²cg Evolution* Drops
Continue for 23 Days to lose 8–15 lbs or 40 days to lose 15–34 lbs

DAY 1:
Fat Loading
2 Days


DAY 3:
Begin 500 Calorie Diet
Continue for 24 Days to lose 8–15 lbs or 41 days to lose 15–34 lbs

PHASE II: The Calorie-Restricted Diet

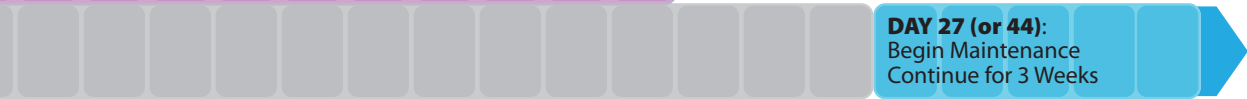
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This is the calorie-restricted phase of the protocol, and this is when the improvement in body composition takes place. The caloric deficit, in combination with the effect of the supportive ingredients in *hA^{cg} Evolution*, will stimulate the diencephalon to direct the release of secondary fat reserves. You may expect to lose between ½ and 1 pound of fat each day during this phase (men generally lose more than women*). During the calorie-restricted phase, the diet permits the following. See food dietary guidelines on pg 14 for a complete list.

- 2 servings protein (3 oz cooked/ea)
- 2 servings fruits
- 2 servings vegetables



DAY 24 (or 41): Stop Drops
(Continue Diet
for 3 More Days)



DAY 27 (or 44):
Begin Maintenance
Continue for 3 Weeks

Option 2: Active Lifestyle Program

Who Is This Diet For?

Option 2 of the *Evolution Weight-Management Program* is optimized to provide significant improvement in body composition (up to five pounds per week) for individuals who have a BMI of 25 or less.

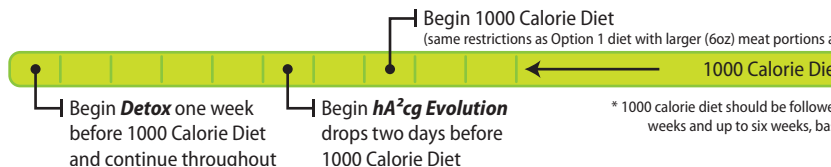
- Moderately active (or healthy enough to begin a moderate exercise regimen) or whose vocation requires significant physical activity
- Want to build muscle while losing fat
- Individuals who are unable to control hunger and cravings on **Option 1** of the *Evolution Weight-Management Program* may also benefit from **Option 2** (with less significant weight loss)

The Moderately Restricted Diet Protocol

The basic diet for **Option 2** is nearly identical to the calorie-restricted option. The same foods are included or excluded and a three-week maintenance phase is still required (see “Maintaining Your Weight” on page 18 for more information). There are only four major differences:

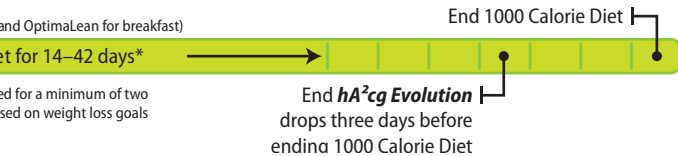
- There is no fat-loading phase
- Participants are allowed 6.5 ounces cooked (7.5 ounces uncooked) rather than 3 ounces of lean protein for two meals per day. If using *OptimaLean* Strawberry Banana, you may use 6 ounces cooked (7 oz uncooked) of lean protein.
- Participants are encouraged to drink an *OptimaLean* (functional food supplement) shake each day
- Participants will supplement with *EquoSlim* twice daily

Remember that those patients over 50 should add *HGH Vitality* to the regimen, and women who are near or past menopause should also include *Hormone Combination*.



Exercise is Key

One of the key aspects of this program is physical activity. Dieters must exercise to see maximum benefit. Exercise should consist of 20-25 minutes of cardio and 15 minutes of light weight training (or equivalent activity, e.g., in a job that requires manual labor) five times a week (no more than 45 minutes of exercise per day). While moderate exercise is a necessary component of **Option 2**, excessive exercise or long endurance activities are not recommended and may actually interfere with weight loss.



Dietary Guidelines: 500- and 1000-calorie options

- Consume two servings each of fruits, vegetables, and proteins per day from the allowed list
- Consume plenty of fluids each day; a good rule of thumb is to take half of your body weight in pounds, then drink that number of ounces of fluids each day; for example, a 180-pound man should consume 90 ounces [180 ÷ 2] of fluid each day)
- There are no sugars, grains, legumes, starches, or starchy vegetables allowed during the diet program
- There are no oils or fats allowed during the diet program. EFA supplements of less than 2-3g/day are ok

Which Foods Can I Eat? Which Should I Avoid?

Food Group	Option 1 (500 cal)*	Option 2 (1000 cal)*	Allowed	Not Allowed
Grains and Starches	--	--	None. The addition of one Grissini Breadstick or one Melba Toast per day may be acceptable for some patients and can be recommended by your healthcare professional.	Cereals, breads, pastas, potatoes, sweet potatoes, pumpkin, squash, rice, quinoa, granola, etc.
Legumes and Nuts	--	--	None	Peanuts, black beans, kidney beans, almonds, cashews, macadamia nuts, garbanzo beans, hummus, walnuts, etc.
Proteins:	3.5 oz uncooked, 3.0 cooked 2 x day	7.5 oz uncooked, 6.5 oz cooked 2 x day*	Turkey, chicken, shrimp, Any white fish (cod, flounder, halibut, tilapia, sea bass), Any shellfish (lobster, shrimp, crab, scallops), ahi tuna, buffalo, lean beef (tenderloin/ sirloin) one time per week at most	Pork tenderloin, hamburgers, hot dogs, cold cuts, bacon, processed meat foods, cheese, salmon, sardines, tuna
Vegetables	1 c. 2x day	2 c. 2x day	Raw, steamed, or grilled greens (lettuce, spinach, arugula, kale, cabbage, chard, etc.), green beans, asparagus, celery, cucumber, onion, mushrooms, broccoli, cauliflower, radishes, brussel sprouts	Sautéed or canned vegetables, vegetable juices, carrots, starchy vegetables, peppers, potatoes, pumpkin, squash, sweet potatoes

*If using *OptimaLean* Strawberry Banana, you may use 6.0 ounces cooked (7 oz uncooked) of lean protein.

Food Group	Option 1 (500 cal)*	Option 2 (1000 cal)*	Allowed	Not Allowed
Fruits	1 c. 2x day	1c/ 2x day	Apples, grapefruit (1/2), blueberries, strawberries, oranges, cranberries, raspberries, lemons, gooseberries, plum, tomatoes (veg OR fruit)	Pineapples, bananas, mangos, grapes, kiwis
Fats and Oils	--	--	None, except for EFA supplements	Canola oil, olive oil, avocados, nut oils/butters, dressings (oil-based)
Sweeteners	--	--	Xylitol, stevia	Cane sugar, evaporated cane juice, agave nectar, honey, maple syrup, fructose (added), corn syrup, sucralose (Splenda™), aspartame, saccharin, acesulfame-k
Spices and Flavors	As needed. A great way to add flavor to foods.		All herbs, sea salt, pepper, cinnamon, nutmeg, ginger, lemon, cayenne, mustard, etc. Additional 1 tbl milk, low-sodium chicken broth, and the juice of one lemon can be used per day	Anything with sugars or oils
Beverages	As needed. Staying hydrated is essential to eliminate toxins and reduce hunger		Water, black coffee and teas, herbal teas	Sodas, juices, sweetened beverages
Vegetarian and protein alternatives	NF Greek yogurt (2/3 c. 1 1/3 c.), NF cottage cheese (1 c. 2c.), NF ricotta cheese (1 c. 2 c.), egg whites (5 1 egg and 6 egg whites). Soy products may be used in some patients but have been known to affect weight loss. Use organic tofu if necessary. Protein shakes may be used as a substitute but must not contain sugars, fats, or artificial ingredients. NOTE: <i>OptimaLean</i> is not an appropriate substitute during Option 1. Vegans who do not consume eggs or dairy may struggle to meet the demands of this program and should strategize carefully with their healthcare provider before beginning this protocol.			
Free Foods	The following can be used as free foods during the program and can be snacked on between meals: lettuce, spinach, celery, cabbage, cucumbers.			

Try the new Evolution Diet Foods! They can be substituted for any protein serving.

* Sag Size/day

Recipes suitable for this program can be found at “Recipes: Calorie-Restricted Diet Phase” on 29.

What a Day Looks Like

	Option 1	Option 2
Breakfast	15 minutes prior: 10 drops <i>hA²cg Evolution</i> 1 cup tea w/ 1 Tbs. non-fat milk	15 minutes prior: 10 drops <i>hA²cg Evolution</i> 1 <i>EquoSlim</i> 1 cup tea w/1 Tbs. non-fat milk; 2 Scoops Chocolate <i>OptimaLean</i> with water
Lunch	15 minutes prior: 10 drops <i>hA²cg Evolution</i> 2/3 cup non-fat Greek yogurt w/chopped strawberries mixed with 1 Tbl <i>OmegaBreeze</i> ; 6 asparagus spears	15 minutes prior: 10 drops <i>hA²cg Evolution</i> , 1 <i>EquoSlim</i> 6.5* oz cooked shrimp; 1/2 grapefruit; 1 cup iceberg lettuce tossed with lemon juice
Dinner	15 minutes prior: 10 drops <i>hA²cg Evolution</i> 3 oz baked chicken breast; 1 cup steamed spinach; 1 med apple	15 minutes prior: 10 drops <i>hA²cg Evolution</i> 1 whole egg, 6 egg whites scrambled with vegetable of choice; 6 strawberries
Activity	Very minimal, light walking. No strenuous activity or exercise.	20 – 25 min cardio, 15 min light resistance training, physical labor on most days

*If using *OptimaLean* Strawberry Banana, you may use 6.0 ounces cooked (7 oz uncooked) of shrimp.

Finishing Up

The calorie-restricted diet should be continued for a minimum of 24 days and a maximum of 41 days. The *hA²cg Evolution* drops should be discontinued three days before the calorie-restricted diet is completed (after 21 or 38 days of dieting). For programs longer than four weeks, remember to discontinue the *hA²cg Evolution* drops one day per week to rest the diencephalon. These three days will allow for continued fat release as the ingredients in *hA²cg Evolution* are cleared from your system. Resuming normal levels of caloric intake before these homeopathic ingredients have been cleared will result in dramatic weight gain.

Addressing Possible Side Effects

Hunger: Hunger is normal with this program, especially in the first few days. Make sure you are following the detox and consuming plenty of water. You can also try *Appetite Control* or *EquolSlim*.

Leg cramps: Try supplementing with 99mg of potassium each day or increasing intake of potassium-rich foods.

Constipation: This is a normal side effect of having less food weight traveling through the GI. Make sure you are drinking enough fluid and try light activity. You may also try soluble fiber supplements (less than 2 NET carbs) such as konjac root, flax, or chia seed (*try Fiberzyme*) or probiotics (*Prodophilus*). OTC treatments such as liquid mag citrate, aloe vera juice, or senna may also be recommended by your healthcare provider.

Plateaus: Plateaus are periods of stalled weight loss and are common towards the end of long programs or in patients completing multiple rounds. Be assured that although the number on the scale may be stalled, you are still losing inches and improving your body composition, and this stall may be due to the body rebuilding healthy tissue. If you stall for more than 5 days, you can try an “apple day” in which you consume 6 large apples and water and no other food. Your practitioner may also recommend *EquolSlim*.

Fatigue/Low moods: Try supplementing with B-vitamins for an energy boost (*Liposomal Methyl B*). Electrolytes such as *Electrolyte Plus* can also help boost energy.

Dry skin/hair: Consider supplementing with EFAs such as *OmegaBreeze* to promote healthy skin and hair. You can also apply a topical oil-free skincare product such as *YU InfiniSerum*.

Immune Support: If you notice mild cold or allergy symptoms, try getting extra sleep as well as supplementing with Vitamin C, Vitamin D, Zinc, B-vitamins (*Liposomal Methyl B*) and essential fatty acids (*OmegaBreeze*). If illness progresses, discuss your options with your healthcare provider.

Maintaining Your Weight

PHASE III: Three Weeks of Maintenance

After the calorie-restricted diet phase (including a full three days in which *hAcg Evolution* drops have been discontinued), you enter the Maintenance Phase. This phase is absolutely critical! If it is not done correctly you risk regaining the weight lost during the calorie-restricted phase!

Your weight will fluctuate slightly during this period. As long as it remains within two pounds of the weight reached at the end of the diet phase, you do not need to do anything.

If, however, you gain more than two pounds you must, on the same day, entirely skip breakfast and lunch (but be certain to drink plenty of water). For dinner eat a large steak and a single apple or tomato—nothing more.

You must measure your weight carefully and consistently—preferably in the morning, without clothing, after having emptied your bladder and before eating or drinking anything.

During the Maintenance Phase, avoid starches, refined sugars, and other high-glycolic foods. **Examples of foods to avoid would include:**

- Bread, rolls, and crackers
- Cookies and cakes
- Cereals
- Rice (white or brown)
- Beans
- Squash and pumpkin
- Corn
- Peas
- Carrots
- Oats
- Pasta
- Potatoes
- Sweet potatoes

Not all carbohydrates are bad. Some high-carbohydrate vegetables are primarily fibrous, with very little starch. **These foods are good to eat during the maintenance phase and include:**

- Asparagus
- Green beans or string beans
- Cabbage
- Cauliflower
- Celery
- Collard, mustard, chard or other greens
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Okra
- Onions
- Radishes

Fruits are generally acceptable, with the exception of bananas, guava, kiwi, and mango, which have high starch content.

Proteins such as eggs and non-processed meats do not contain significant amounts of starch or refined sugar and are acceptable during the maintenance phase.

You will be surprised to discover during the maintenance phase that your appetite has significantly diminished. Most patients have no desire to overeat and will not see an increase of more than two pounds during the maintenance phase.

If you have not yet reached your goal weight and wish to get started on another round, make sure you are observing the appropriate wait times between sessions. Time lapse includes 3 weeks of maintenance.

- Second course must begin after a 6-week interval
- Third course: 8 weeks
- Fourth course: 12 weeks
- Fifth course: 20 weeks

Not all carbohydrates are bad. Some high-carbohydrate vegetables are primarily fibrous, with very little starch.

Recipes For Maintenance

Recipes that are suitable for the maintenance phase of the *Evolution Weight-Management Program* can be found in the section titled “Recipes: Maintenance Phase” on page 38.

A Healthy Diet for Long-Term Success

PHASE IV: Normalization

After three weeks of maintenance, you enter the final Normalization Phase. At this point you may re-introduce starches and sugars into your diet.

Proceed slowly, and continue to monitor your weight. You may find that some starchy or sugary foods result in noticeable weight gain while others do not. Pay careful attention as you add these foods to your diet so that you can learn what your body can and cannot tolerate.

Tips for Normalization:

- Emphasize quality. You will feel more satisfied when eating higher quality foods
- Consume small meals and snacks throughout the day to keep blood sugar stable
- Focus on mindful eating. Avoid eating at your desk or in front of the TV. Your meals will be more satisfying and it is easier to control intake
- Plan to eat when you are hungry, not starving. Increased hunger can lead to poor food choices and overeating
- Avoid alcohol or sip in moderation. Low inhibitions can affect food choices
- Avoid grains/sugars 3 hours before bed
- Measure out foods; do not eat out of the container
- Weigh and/or take measurements weekly
- Work with your healthcare provider to address hormone imbalances, food sensitivity, or other factors which may influence your weight-maintenance goals

Estimating Caloric Intake — How much can I eat?

Weight maintenance is largely dependent upon energy balance. Simply put, you must burn an equivalent amount of calories to what you take in. You can work with your healthcare provider to determine your basic caloric needs, or here is an easy equation for estimating your basic requirement.

Goal WT in lbs ÷ 2.2 = Wt in Kg	
Sedentary, low muscle mass, BF% > 30, or Age >50 yrs	Wt in kg × 25 = Estimated Cal Intake
Moderately active (moderate exercise 4+ days wk), BF 20 – 30%, 18 – 50 yrs	Wt in kg × 30 = Estimated Cal Intake
Active (intense exercise 5+ days wk), BF < 25%, 18 – 50 yrs	Wt in kg × 35 = Estimated Cal Intake

For weight loss, you will need to subtract calories from your total intake to create a deficit. This can be achieved through food restriction, exercise, or a combination of both. For weight loss of one pound per week, you need to create an average deficit of 500 calories per day.

Be careful not to over-estimate your activity level. While activities such as yoga and light walking are great for conditioning, they do not burn a high level of calories. If these are your main forms of exercise, you may still fall into the sedentary category for calorie estimation.

General Guidelines for Weight Normalization:

- 2 - 3 servings fruits
- 3 -5 servings vegetables each day
- Focus on lean protein at meals. The protein sources used in the *Evolution Weight-Management Program* are all good choices
- Limit grains/starchy/vegetables/beans 4 – 8 servings per week
- 8 glasses water/day
- Keep snacks between 100 -200 calories and seek out foods that are high in fiber, healthy fats, and protein that will keep you fuller longer. Try *OmniBars*.
- For long-term weight-maintenance patients: Limit “pleasure” foods like chips, cakes, cookies, French fries, etc. to 2 servings of less than 300 calories per week
- Try replacing one meal per day with *OptimaLean* to keep blood sugar, appetite, and calorie intake regulated

Support Products for Weight Normalization:

- *Professional Weight Support*: 10 drops/3x day
- *OptimaLean*: 2 scoops mixed in water as meal supplement

- *EquolSlim*: 1-2 caps/day
- *OmniBars*: As in-between meal snacks
- *Appetite Control* : As needed for food cravings
- *HGH Vitality*: For those over 50
- *Hormone Combination*: For women who are at or near menopause

For a more complete overview of post-diet recommendations and guidelines, your practitioner may also recommend the *Beyond Program Guidelines* available from DesBio.

What is hA²cg Evolution and how does it work?

hA²cg Evolution is a comprehensive homeopathic product that combines 23 ingredients for the purpose of supporting a calorie-reduced weight-loss plan. Taking these ingredients alone will not result in any improvements in weight or body composition. This formula was intended to be used in support of a medically supervised weight-loss plan for maximum benefit.

Two of the active ingredients in *hA²cg Evolution* are homeopathic dilutions of AACG-A and AACG-B. These are amino acid chains bioidentical to certain active amino chains in human chorionic gonadotropin molecule. These two amino acid chains help to minimize the many uncomfortable side effects of dieting, including hunger, low moods, and fatigue. Additionally, the blend of homeopathic ingredients in *hA²cg Evolution* is designed to support appetite regulation, acid-base balance, blood sugar, and immunity.



Is hA²cg Evolution Safe?

Homeopathic *hA²cg Evolution* is extremely safe. It is a bioidentical form of amino acids. Over 30,000 users have not reported any major problems with its use during these protocols. The biggest problems have come from patients who tried to cut corners and avoid detox. These patients suffer from flare-ups of toxins released from fat cells.

Wouldn't I lose the same amount eating a calorie-restricted diet without hA²cg Evolution?

A calorie-restricted diet will result in weight loss in most patients. However, many patients who attempt to lose weight by simply cutting calories are unsuccessful due to the many discomforts associated with reducing calorie intake. The ingredients in *hA²cg Evolution* are intended to help you stick to your weight management plan by helping to control hunger, food cravings, and blood sugar by simultaneously supporting mood and energy. By helping to modulate the many uncomfortable symptoms associated with dieting, *hA²cg Evolution* helps you adhere to your weight-loss plan to help you achieve long term improvement in body composition.

Will I Get Hungry On This Diet?

The blend of ingredients in *hA²cg Evolution* is designed to support the body as it burns non-essential fat for fuel and to help control hunger. As a result, after about 2 days on the

calorie-restricted diet, many notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

Be careful not to confuse emotional cravings for food for hunger. Disruptions in normal meals and snacking times during this program can often lead to an emotional craving for food. Try DesBio's *Appetite Control* for these scenarios and make sure you are staying properly hydrated.

Does The Weight Loss Slow Down After The First Month?

The weight loss is fastest during the first weeks, and then slows down gradually after that. The body will plateau or level off after 3-4 weeks. This is typical for both programs and does not mean that your weight loss has stopped.

hA²cg Evolution is a comprehensive homeopathic product that combines 23 ingredients for the purpose of supporting a calorie-reduced weight-loss plan.

Typically, inches are being lost continuously throughout the program. Weight loss is usually achieved in a stair-step fashion. You may lose, and then level out for a few days while the body is rebuilding and restructuring your cells and tissues. This helps prevent sagging tissues from the large weight loss.

Common Errors

Listed here are several mistakes commonly made. Although some of the rules of the diet may seem arbitrary, they are based on extensive research and mistakes such as these will have a noticeable impact on the efficacy of the diet.

Not Enough Fat Loading (Option 1): Not loading enough fat during the initial two days leads to greater hunger and crankiness.

Chewing Gum or Mints: Chewing gum or sucking on mints during the calorie-restricted phase sends the wrong signal to your system. The diencephalon is located near the TMJ area and the chewing somehow disturbs the autonomic nerves in that area, preventing the weight loss signal from getting to the brain.

Eating Fatty Beef : Fatty beef consumption is not in keeping with the diet. Select lean cuts of meat. Bison is the better choice.

Eating More Than 3.5 Ounces of Protein for Option 1: Eating more than 3.5 ounces of protein per meal during **Option 1** will jeopardize your plan. 3.5 ounces of protein is “pre-cooked” weight (3 ounces cooked).

Not Drinking Enough Water: Drink at least two quarts of water per day. A good rule of thumb is to divide your weight in half and drink that number in ounces.

Drinking Diet Drinks: Diet drinks such as Crystal Light, sodas, or other diet drinks are not compatible with the program. Artificial sweeteners such as aspartame (Equal™, NutraSweet™) or Splenda™ are not acceptable. Only drinks sweetened with either xylitol or stevia (Truvia™) are allowed.

Not Varying Protein: You must vary the protein you eat from meal to meal. If you must eat the same meat two meals in a row, don't make it a habit!

Eating Out: You can't always control how meals are prepared in a restaurant, so avoid eating out. If you must eat at a restaurant, ask the chef to prepare your protein with water rather than oil. Ask for a lemon to replace salad dressings for your greens. While travelling, book hotels with a kitchenette and prepare your own meals. Take ice chests while travelling.

Different Weighing Patterns: Be consistent in your weighing habits. Try to weigh yourself at the same time each morning before breakfast. Weigh without clothes, or use similar clothing to control as many variables as possible.

Supporting Products From DesBio

EquolSLIM

Equol is an isoflavonoid that is manufactured naturally in the bodies of approximately 30-50% of the population. It has been shown in both animal and human studies to increase metabolism and promote weight loss.

DesBio has combined Equol with other natural ingredients such as green tea extract and 5-HTP to create *EquolSlim*, a nutritional supplement for those with moderate weight loss goals and those who wish to maintain their current weight.

EquolSlim is an ideal product for the **Option 1** Maintenance Phase and an integral part of the **Option 2** protocol (see “**Option 2: Active Lifestyle Program**” on page 12).

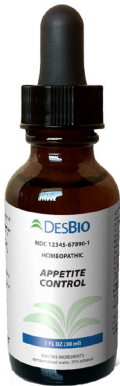


Appetite Control

Appetite is not always physical—many people feel hungry or experience cravings when they are under stress or otherwise emotionally impaired.

DesBio’s *Appetite Control* was formulated with several homeopathic ingredients that have been used traditionally to address the emotional issues related to appetite, cravings, and hunger.

Appetite Control can be used in conjunction with the *Evolution Weight-Management Program* diet phase or during the maintenance and normalization phases to provide additional support for these emotional issues.



Professional Weight Support

The *Evolution Weight-Management Program* is not for everyone. Those with a BMI of 25 or less or who wish to lose fewer than 15 pounds, for example, may not have enough secondary fat reserves to justify the **Option 1** approach (though they may still benefit from **Option 2**, as discussed in “**Option 2: Active Lifestyle Program**” on page 12).

DesBio created *Professional Weight Support* with these individuals in mind. It contains the exact same ingredients as *hA²cg Evolution*—without the active amino chain groups.



Professional Weight Support is ideal for those with moderate weight loss goals. It can also be used during the Maintenance and Normalization Phases of both Options to continue to provide broad-spectrum support for healthy weight maintenance.

OptimaLean

Many dieters are familiar with protein mixes and meal replacement drinks. They provide a convenient mix-and-drink balance of macro- and micro-nutrients, vitamins, and minerals.

OptimaLean is different. Formulated by a team of nutrition professionals, *OptimaLean* is so much more than a protein shake or meal replacement. It contains ingredients that actively support metabolism and improved body composition. And it tastes amazing!



OptimaLean is one of the key players in the **Option 2** protocol (see “**Option 2: Active Lifestyle Program**” on page 12). It can also be used as a daily part of a long-term health and wellness routine.



OmegaBreeze

OmegaBreeze is a high-quality essential fatty acid and vitamin D supplement with a creamy mango-peach flavor. Although traditional hCG-based diet programs restricted the use of oils, our experience has shown that a small amount of EFAs from quality supplements does not interfere with weight loss and can improve cellular health. *OmegaBreeze* provides a balanced ratio of omega -3, -6, and -9 fatty acids with 600 IUs of vitamin D per serving.

As opposed to regular capsules, *OmegaBreeze* is a creamy, emulsified liquid product. Studies show that taking EFAs in this form can facilitate up to a 60% increase in absorption. The delicious mango-peach flavor makes *OmegaBreeze* an excellent option for flavoring yogurts and smoothies, or simply as a sweet treat.

Liposomal Methyl B

Liposomal Methyl B is an exceptional supplement that provides essential B-vitamin co-factors in their activated forms: 5-methyltetrahydrofolate, methylcobalamin, and pyridoxal 5'-phosphate, in a natural liposomal delivery system. B vitamins are essential for energy-producing pathways in the cells. Additionally, 3 specific B-vitamins: Folate, Vitamin B12, and Vitamin B6, work together in a series of pathways involved in the production of neurotransmitters, amino acids, and red blood cells. Insufficient levels of any of these B vitamins can lead to low moods and energy and increase the risk of anemias, cardiovascular dysfunction, and neurological health.

Most B-vitamin supplements use inactive or synthetic forms of these vitamins which have poor utilization in the body and in some cases have been linked to increased risk of disease. In addition, *Liposomal Methyl B* incorporates a natural, liposomal delivery system which encapsulates the B vitamins further ensuring their intact delivery to the cells. *Liposomal Methyl B* is a delicious, fruit-punch-flavored liquid that can provide a quick energy-boost along with support for overall health.

YÜ InfiniSerum

This topical, oil-free, anti-aging product utilizes topical equol. Not only does this compound provide exceptional antioxidant activity in the skin, the equol in *YÜ InfiniSerum* has been shown to significantly increase the production of collagen, elastin, and tissue metalloproteinase — essential factors for keeping skin taut and smooth. Unlike other popular topical anti-aging ingredients, equol is the only ingredient to pool and form a reservoir in the skin, therefore providing ongoing effects on improving skin tone, texture, and firmness. *YÜ InfiniSerum* is an oil-free product and is an excellent choice for patients concerned with keeping skin moisturized and firm during the *Evolution Protocol*.



HGH Vitality

This homeopathic formulation provides 26 ingredients for healthy aging and supports neurological, cardiovascular, and hormone balance. *HGH Vitality* contains homeopathic human growth hormone to help naturally regulate HGH levels with minimal side effects. This formula was designed to help offset the decline of HGH and changes in estrogen and testosterone that naturally occur with age. Recommended for patients over 50 while completing the *Evolution Weight-Management Program* to help maintain lean body mass and promote optimal body composition.

Hormone Combination

Recommended for women over 40 or those experiencing discomfort related to hormone changes. This homeopathic blend not only addresses fluctuations in progesterone and estrogen, but also supports aldosterone, DHEA, cortisol, testosterone, FSH, and LH levels for complete endocrine support. Instead of artificially manipulating hormone levels, *Hormone Combination* works with the body to help achieve hormone equilibrium and long-term stabilization.



Recipes: Calorie-Restricted Diet Phase

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Please note: when recipes call for sweetener, use xylitol or stevia. Do not use sugar, agave, honey, maple syrup or artificial sweeteners such as aspartame (NutraSweet™, Equal™) or sucralose (Splenda™).

To modify these recipes for **Option 2**, simply double the amount of protein at lunch and dinner.

Beverages

Lemonade	1 qt Water 2 pk Sweetener	1 Lemon (juice only) Ice Cubes	Place 1 quart water in a pitcher. Add the juice of 1 lemon and 2 packets of sweetener and stir briskly. Add ice as desired and serve in a tall glass.
Strawberry Lemonade	1 qt Water 2 pk Sweetener Ice Cubes	1 Lemon (juice only) 1 Strawberry, sliced or crushed	Follow directions for Lemonade (above). Slice strawberry for garnish or crush to add color and flavor. Add ice as desired and serve.
Orangeade	1 Orange Ice Cubes	1 pk Sweetener Water (if needed)	Peel orange and put in blender. Add one packet of sweetener and a few ice cubes. Blend, adding water if needed, then serve.
Virgin Mojito	1 Lime 5 Mint Leaves Water	1 pk Sweetener Ice Cubes	Finely chop mint leaves and add to the bottom of a tall glass. Press lime between palm and countertop to loosen juices, then slice and squeeze juice over mint leaves. Add sweetener, ice, and water. Stir and enjoy.

Flavored Coffee	<p>1 Flavored Tea Bag (raspberry, orange, etc.) 8-12 oz Hot Water 1-2 tsp Instant Coffee (or Pero/Postum) 1 pk Sweetener 1 Tbsp Milk</p> <p>Steep tea bag in hot water for 3 minutes, then discard. Add instant coffee, sweetener, and milk. Stir and enjoy.</p>
Hot Apple Cider	<p>4 Apples 5 c Water 4 pk Sweetener 1 tsp Cinnamon</p> <p>Slice apples, then place in a saucepan and cover with water. Add sweetener and cinnamon and bring to a simmer. Continue to simmer for 30-40 minutes or until apples are soft. Remove apples (can be saved and enjoyed later) and serve cider (up to 1 cup per day).</p>

Breakfast

Remember, you are encouraged to skip breakfast while in the Diet Phase and drink plenty of liquids until noon. If you must have breakfast, don't forget to subtract it from your daily calorie total.

Quick Protein Power Breakfasts	<p>1 oz cooked Meat (Chicken, Fish, or Lean Beef) 1/2 Orange, sectioned ¼ Cucumber, sliced</p> <p>Chop meat into bite-sized pieces on a small plate. Add the orange and cucumber slices. Season the meat and cucumber with salt, pepper, and a drizzle of vinegar.</p>
Tomato Omelet	<p>1/2 c Egg Whites (approx. 3-4 eggs) 3-5 slices Tomato Sea Salt Pepper</p> <p>Preheat non-stick pan on medium heat. Add egg whites and allow to cook for 1-2 minutes. Add tomatoes to one side of the eggs. Fold eggs in half omelet-style and flip to opposite side. Cook for 30 seconds more, then remove from stove and sprinkle with salt and pepper to taste.</p>

<p>Spinach with Veal and Crunchy Apples Salad</p>	<table border="0"> <tr> <td>1 Spiced Chai Tea bag</td> <td>¼ c Water</td> </tr> <tr> <td>Salt & Pepper to taste</td> <td>Herbs & Spices as desired</td> </tr> <tr> <td>3.5 oz Veal</td> <td>1 Apple, diced</td> </tr> <tr> <td>3.5 oz Spinach Leaves</td> <td></td> </tr> </table> <p>Place tea bag into pan with water, salt, pepper, and herbs. Add veal and apples to pan and simmer on medium heat. Remove tea bag after five minutes and discard, and continue to simmer remaining ingredients until veal is well cooked and apples are tender. Cut veal into bite-sized pieces. Place spinach in a deep bowl. Add veal and apple to spinach and mix with any juices from the pan (adding more tea makes more juice which serves as your salad dressing). Toss with salt, pepper, herbs, and spices. (Can substitute chicken or fish for the veal)</p>	1 Spiced Chai Tea bag	¼ c Water	Salt & Pepper to taste	Herbs & Spices as desired	3.5 oz Veal	1 Apple, diced	3.5 oz Spinach Leaves	
1 Spiced Chai Tea bag	¼ c Water								
Salt & Pepper to taste	Herbs & Spices as desired								
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<p>Sweet Basil-Marinated Spinach Chicken Salad</p>	<table border="0"> <tr> <td>Vinaigrette Salad Dressing (pg 32)</td> <td>3 leaves Fresh Basil, chopped</td> </tr> <tr> <td>5 drops Vanilla or Raspberry stevia</td> <td>3.5 oz Chicken, cooked & diced</td> </tr> <tr> <td>1/2 Grapefruit, peeled & chopped</td> <td>3.5 oz Spinach, raw</td> </tr> </table> <p>Put desired quantity of vinaigrette salad dressing in bottom of large bowl, add chopped basil and stir. To enhance flavors add some vanilla or raspberry Stevia drops. Add chicken, grapefruit, and spinach. Toss well.</p>	Vinaigrette Salad Dressing (pg 32)	3 leaves Fresh Basil, chopped	5 drops Vanilla or Raspberry stevia	3.5 oz Chicken, cooked & diced	1/2 Grapefruit, peeled & chopped	3.5 oz Spinach, raw		
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<p>Strawberry Chicken Salad</p>	<table border="0"> <tr> <td>Vinaigrette Salad Dressing (pg 32)</td> <td>3.5 oz Lettuce</td> </tr> <tr> <td>6 Strawberries, sliced</td> <td>3.5 oz Chicken, cooked & diced</td> </tr> </table> <p>Toss ingredients together in a bowl and enjoy!</p>	Vinaigrette Salad Dressing (pg 32)	3.5 oz Lettuce	6 Strawberries, sliced	3.5 oz Chicken, cooked & diced				
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6 Strawberries, sliced	3.5 oz Chicken, cooked & diced								
<p>Apple Cucumber Medley</p>	<table border="0"> <tr> <td>1 medium Apple, diced</td> <td>1 Cucumber, diced</td> </tr> <tr> <td>2 Tbsp Apple Cider Vinegar</td> <td>2 Tbsp Lemon Juice</td> </tr> <tr> <td>1 pk Sweetener</td> <td>Salt & Pepper to taste</td> </tr> </table> <p>Combine all ingredients in a small bowl and toss. Chill for 5 minutes before serving.</p>	1 medium Apple, diced	1 Cucumber, diced	2 Tbsp Apple Cider Vinegar	2 Tbsp Lemon Juice	1 pk Sweetener	Salt & Pepper to taste		
1 medium Apple, diced	1 Cucumber, diced								
2 Tbsp Apple Cider Vinegar	2 Tbsp Lemon Juice								
1 pk Sweetener	Salt & Pepper to taste								

Sweet N Sour Cucumbers	2 Cucumbers, thinly sliced 2 pk Sweetener	1/2 c Red Wine Vinegar Salt & Pepper to taste Combine ingredients in a small bowl and toss to coat. Chill for 5 minutes before serving.
Waldorf Salad Mix	3.5 oz Chicken, cooked & diced 2 stalks Celery, chopped	1 large Apple, finely diced 2 Tbsp Lemon Juice Combine all ingredients in a small bowl and toss to coat, then serve.

Salad Dressings

Sweet-N-Sour Vinaigrette Salad Dressing	1-3 Tbsp Vinegar (not Balsamic) 1/2 Packet Sweetener	Salt Pepper Mix ingredients in a small bowl then drizzle over salad, spinach, vegetables, stir fry (no oil), etc.
Vinaigrette	1/3 c Red Wine Vinegar 1/4 tsp Garlic Powder 2 Tbsp Dried Thyme 1 Tbsp Dried Basil	1/4 tsp Sea Salt 2 Tbsp Water 1/4 tsp Cracked Pepper Combine ingredients into a small dish and mix until evenly blended.
Other Salad Dressing Suggestions	<ul style="list-style-type: none"> • No oils or sugars • Consider using lemon, salsa, vinegars, or fat-free broths for salad dressings • Use lots of salt, pepper, herbs, and seasonings • Stevia is a good sweetener for salad dressings • Use garlic, ginger, curry, Chinese, or Mexican spices • Flavor with lots of imagination! <p>The weeks go by fast, so it won't be long until you are in the Maintenance Phase, when you can enjoy fats, oils, avocados, and ranch or bleu cheese salad dressing.</p>	

<p>Spicy Cabbage Chicken Soup</p>	<p>1 c Chicken Broth (low sodium) 3.5 oz Cabbage, chopped 3.5 oz Chicken, cooked and cut into pieces Salt & Pepper to taste Herbs & Spices as desired</p> <p>Put chicken broth in a saucepan. Add remaining ingredients and simmer until cabbage is tender. Lemon or vinegar with sweetener makes a good sweet and sour broth. Add 1tbs milk if desired.</p>
<p>French Onion Soup</p>	<p>1 Vidalia Onion 1 tsp Garlic Powder 1 tsp Onion Salt 1 tsp Pepper 2 c. Beef Broth 2 Melba Toast</p> <p>Slice onion with an apple slicer to make wedges and to open up the onion. Season the onion with garlic powder, onion salt and pepper and place it on top of a foil sheet. Add ¼ c beef broth, wrap tightly in foil, and place in a baking dish. Bake at 350° for 1 hour. Make sure the onion is not too soft. Serve with remaining beef broth and Melba toast.</p>
<p>Beef & Asparagus Soup</p>	<p>1 c Beef Broth (fat free, low sodium) 3.5 oz Beef, cooked and cut into pieces 3.5 oz Asparagus, chopped Salt & Pepper to taste</p> <p>Put beef broth in saucepan. Add cooked beef pieces (veal is the leanest), and chopped asparagus. Add salt and pepper to taste and simmer until asparagus is tender.</p>

Entrees

<p>Orange Spiced Chicken w/ Broccoli</p>	<p>1/4 c Spiced Chai Tea 3.5 oz Chicken, cut into pieces 3.5 oz Broccoli, cooked 1 Orange, peeled and cut into pieces Salt to taste Pepper to taste Other herbs/spices if desired</p> <p>Pour spiced chai tea into pan. Add chicken pieces and simmer on medium heat until chicken is well done. Combine broccoli, oranges, chicken, and juice from pan in a bowl. Season if desired with salt, pepper, herbs, and spices. You may substitute beef or fish for the chicken if desired.</p>
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Chicken Wraps	2-3 leaves Lettuce 1/4 tsp Onion Powder 2 Tbsp Cider Vinegar 1 clove Garlic	3.5 oz Chicken 1 Tbsp Powdered Ginger 1/4 tsp Sea Salt 1/4 Tbsp Pepper Preheat oven to 350 degrees. Set lettuce aside for serving. Chop chicken and combine with remaining ingredients. Put mixture in a baking pan and cook for 30-40 minutes or until chicken is thoroughly cooked. Spoon mixture into lettuce leaf and wrap to serve.
Orange Chicken	3.5 oz Chicken 2-3 cloves Garlic, minced 1 Tbsp Powdered Ginger	Black Pepper to taste 1 Orange 1/2 tsp Dried Basil Season chicken with pepper. Place in a saucepan over medium heat. Brown on all sides for approximately 6 minutes or until most of the pink is gone. Add minced garlic and cook for another minute. Slice orange in half and squeeze juices over chicken. Peel orange and add slices into the pan. Add ginger and basil for additional seasoning. Stir well and simmer for 15-25 minutes.
Lively Citrus Basil Chicken	Salt & Pepper to taste 3.5 oz Chicken 3.5 oz Tomatoes, chopped 4-5 leaves Fresh Basil	Additional Herbs & Spices as desired Juice of 1/2 Lemon 1 Orange, peeled and chopped 1 leaf Lettuce Place salt, pepper, herbs, and spices in the bottom of a skillet. Add chicken. Drizzle with lemon juice and a bit of water if more moisture is needed. Cook 2-3 minutes. Add chopped tomatoes, chopped orange, and basil. Simmer on low, allowing the juices to marinate the chicken. Turn chicken to cook both sides evenly. When chicken is fully cooked, put chicken and sauces in a bowl or serve on lettuce leaf. Salt and pepper as needed.
Grapefruit Chicken Stir Fry	Salt & Pepper to taste 3.5 oz Onion, chopped 3.5 oz Chicken, cut into pieces	Herbs & Spices as desired 3 Tbsp Water or Herb Tea Put salt, pepper, herbs and spices in the bottom of a skillet. Add onions and 3 tbs of water or herb tea. Stir fry until tender and transparent. Remove from pan and set aside. Add chicken pieces to pan with additional water if needed for steaming the chicken; simmer on medium heat until chicken is well cooked. Place onions, grapefruit, and chicken with juice from pan in a bowl. Toss with salt, pepper, herbs, and spices.

Slow Cooked Chicken or Beef

2 lbs Chicken or Beef
1 tsp Onion Powder
1 tsp Sea Salt

1 tsp Garlic Powder
1 tsp Paprika
1 tsp Pepper

Combine all ingredients and place them in a slow cooker. Add enough water to the slow cooker so that meat is entirely covered. Cook on low for approximately 6-8 hours or until meat is tender. Remove meat from slow cooker and divide into 8 equal portions. Place into small containers and add 1-2 tbsps of low sodium chicken/beef broth to help keep moist before sealing and freezing.

Consider cooking several pounds of chicken or beef ahead of time. Freezing individual portions is a great way to help you save time during the week when preparing your meals.

Southwestern Salsa Chicken

3.5 oz Chicken
Cayenne Pepper to taste
1 c Lettuce or Spinach
1/2 Onion, chopped

Salt & Pepper to taste
1 pk Sweetener
1/2 Tomato, chopped

Season chicken with salt, pepper, and cayenne and simmer in a small amount of water until chicken is fully cooked. Add a dash of sweetener, if desired, and toss with remaining ingredients. You may add chopped orange to this recipe for a great citrus twist.

Italian Herbed Fish with Broccoli

Salt & Pepper to taste
3.5 oz White Fish
3.5 oz Broccoli, chopped

Herbs & Spices as desired (Basil, Thyme)
Juice of 1/2 Lemon
1 Tomato, peeled and chopped

Add salt, pepper, herbs, and spices to a skillet. Add fish, drizzle with lemon. Add broccoli and tomato pieces with a few Tbsp of water and simmer until fish is cooked thoroughly. The simmering tomatoes and herbs make a wonderful marinara sauce. Pour juices over fish and garnish with lemon wedge.

Tilapia with Coleslaw

3.5 oz Tilapia
Grated Lemon Zest
1/4 tsp Dried Dill
1/2 Grapefruit, peeled and chopped

1/2 tsp. Lemon Juice
Salt & Pepper to taste
3.5 oz Cabbage, shredded
Vinegar as desired

Place fish in medium frying pan, drizzle with lemon juice, and sprinkle zest on top. Season with salt, pepper, and dill. Cook on medium heat until done. Serve with shredded cabbage seasoned with vinegar, spices, and grapefruit pieces. You can bake 2-4 pieces of fish at a time and put individual portions in baggies.

Ginger Steamed Red Snapper	<table border="0"> <tr> <td>2 Tbsp Fresh Ginger, grated</td> <td>3.5 oz Red Snapper</td> </tr> <tr> <td>1/4 c Rice Wine Vinegar</td> <td>2 drops Liquid Stevia</td> </tr> <tr> <td>Salt & Pepper to taste</td> <td>¼ tsp Lemon Juice</td> </tr> </table> <p>Put 1 Tbsp ginger in a small skillet. Add fish and vinegar, plus enough water to cover. Simmer until cooked, then remove from skillet and add remaining ingredients and serve.</p>	2 Tbsp Fresh Ginger, grated	3.5 oz Red Snapper	1/4 c Rice Wine Vinegar	2 drops Liquid Stevia	Salt & Pepper to taste	¼ tsp Lemon Juice		
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Foil Baked Fish	<table border="0"> <tr> <td>.5 oz Fish</td> <td>1/2 Lemon</td> </tr> <tr> <td>Salt & Pepper to taste</td> <td>1/4 tsp Dried Dill</td> </tr> </table> <p>Place fish in a piece of foil large enough to wrap around fish. Drizzle with juice from lemon, slice some of the rind and put it around the fish. Season with salt, pepper and dill. Bake in oven at 350° F until done.</p>	.5 oz Fish	1/2 Lemon	Salt & Pepper to taste	1/4 tsp Dried Dill				
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Salt & Pepper to taste	1/4 tsp Dried Dill								
Shellfish with Onions & Tomatoes	<table border="0"> <tr> <td>3.5 oz Onion Slices</td> <td>3.5 oz Lobster, Crab, or Scallops</td> </tr> <tr> <td>1/2 tsp Lemon Juice</td> <td>Salt & Pepper to taste</td> </tr> <tr> <td>1/4 tsp Dried Dill</td> <td>1/2 Tomato, cut in pieces</td> </tr> <tr> <td>Mustard as desired</td> <td>Herbs & Spices as desired</td> </tr> </table> <p>Put onion and 2 tbs water in medium frying pan; cook until onion is transparent. Add shellfish and drizzle with lemon juice, season with salt, pepper, and dill. Cook on medium heat until done. Add tomato and cook an additional 2 minutes. Season with mustard, herbs, and spices to taste, then serve.</p> <p>Bake 2-4 pieces of fish at a time and place individual portions in baggies.</p>	3.5 oz Onion Slices	3.5 oz Lobster, Crab, or Scallops	1/2 tsp Lemon Juice	Salt & Pepper to taste	1/4 tsp Dried Dill	1/2 Tomato, cut in pieces	Mustard as desired	Herbs & Spices as desired
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Orange Spice Meat Marinade	<table border="0"> <tr> <td>1 Orange</td> <td>Salt & Pepper to taste</td> </tr> <tr> <td>2 Tbsp Apple Cider Vinegar</td> <td>3-5 leaves Fresh Basil</td> </tr> <tr> <td>Other Herbs as desired</td> <td>3.5 oz Beef, Chicken or Fish, raw</td> </tr> </table> <p>Squeeze orange into a bowl. Add salt and pepper, vinegar, basil and other herbs. Pour over raw fish, beef or chicken and marinate for 30 min or more. Cook meat on a grill, bake using a baking dish, or sauté in pan.</p> <p>This marinade counts as your fruit for the meal. It also makes a delicious salad dressing (do not use marinade that has had raw meat in it).</p>	1 Orange	Salt & Pepper to taste	2 Tbsp Apple Cider Vinegar	3-5 leaves Fresh Basil	Other Herbs as desired	3.5 oz Beef, Chicken or Fish, raw		
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Tangy Citrus Beef w/ Apples and Onions	<p>Salt & Pepper to taste 3.5 oz Onion, sliced 1 Apple, chopped 3.5 oz Veal or Beef Juice of 1/2 Lemon</p> <p>Season pan with salt, pepper, and spices. Add onion and apple with a few Tbsp of water, simmer for a few minutes. Add meat and drizzle with lemon juice. Simmer until the meat is done. Serve with juice poured over the meat.</p>
Seasoned Asparagus Bake	<p>3.5 oz Asparagus 1/4 tsp. Oregano 1/2 tsp Parsley 1-2 cloves Garlic, minced Salt & Pepper to taste</p> <p>Preheat oven to 375°. Season asparagus with oregano, parsley, minced garlic, salt, and pepper. Layer asparagus spears in a baking dish. Cover with foil and bake for 13-18 minutes or until asparagus is tender.</p>

Desserts

Warm Cinnamon Sprinkled Grapefruit	<p>1 Medium Ruby Red Grapefruit Cinnamon 1 Packet Sweetener</p> <p>Preheat oven to 350 degrees. Cut grapefruit in half and score each section. Sprinkle with a dash of cinnamon and add 1 packet of Stevia (optional). Place the grapefruit in a small baking dish and cook it in the oven for 12-14 minutes. Let cool 2-3 minutes before serving.</p>
Candied Apples	<p>4 Apples 1 Tbsp Cinnamon 3 Packets Sweetener 1/2 tsp Vanilla 2 c Water</p> <p>Place apples in a baking dish. Pour water over apples. Sprinkle each apple with 1 packet of your favorite sweetener. Sprinkle cinnamon over apples. Bake at 350° for about 1 hour or until apples are soft. When done add vanilla to water and stir until evenly mixed. Lift apples out and place each in a small bowl and spoon several tablespoons of the sweet vanilla cinnamon water over apple.</p>

Apple Sauce

1 Apple
1 Packet Sweetener

Cinnamon to taste

Wash, peel, and dice an apple. Place in a small pot and add 4 table-
spoons of water. Sprinkle in a dash of cinnamon and cook on low for
20-30 minutes. Mash or blend the mixture, add sweetener to taste. Place
in the refrigerator and allow to cool for 20 minutes before eating.

Recipes: Maintenance Phase**Pepper Jack
Burger**

4 oz Lean Ground Beef (or Turkey) Salt & Pepper to taste
1 slice Pepper Jack Cheese 1 large Lettuce Leaf
1 slice Tomato 1 slice Onion

Season ground beef with a dash of salt and pepper. Form meat into a patty
and grill for 5-7 minutes or until cooked through. Place one slice of pep-
per jack cheese over burger and cook patty for another 30 seconds to melt
cheese. Remove burger from grill and place in a large lettuce leaf. Add onion
and tomato slices.

**Blueberry
Pancakes**

1 Tbsp Blueberries 3 Egg Whites
1/4 tsp Vanilla 1/3 tsp Cinnamon

Preheat non-stick pan over medium low heat. Combine all ingredients in a
food processor and pulse 2-3 times. Pour batter into pan to make 2-3 pan-
cakes. Flip as needed. Place cooked pancakes on plate and top with butter,
Stevia and cinnamon or homemade berry syrup.

**Strawberry or
Blueberry Syrup
Made Easy**

1 c Strawberries or Blueberries 1/3 c water
Sweetener to taste

Combine water and berries in a small sauce pan. Mix over medium heat. As
berries begin to dissolve, add sweetener.

Shredded Pork

4 oz Lean Ground Beef (or Turkey)	Salt & Pepper to taste
2 Tbsp Minced Onion	2 cloves Garlic, minced
1 c Tomatoes, chopped	1/2 c water
1/4 tsp Chili Powder	1/3 tsp Cayenne Pepper, if desired
1/4 tsp Garlic Powder	1/4 tsp Onion Powder
1/4 tsp Cumin	1 Green Onion (Scallion), chopped
1/4 c Shredded Cheddar Cheese	2 Tbsp Sour Cream

Brown the meat in a small frying pan. When it is approximately halfway cooked, add minced onions and garlic. When fully cooked and onions are translucent, stir in tomatoes and water. Season chili with spices as needed for preferred taste. Simmer on low until liquid is reduced (add additional water as needed to prevent burning). Serve with chopped green onion, cheddar cheese, and sour cream.

Baked Tilapia with Parsley

Extra Virgin Olive Oil	1 lb Tilapia Filets
1/2 c Butter, melted	2 Tbsp lemon juice
1/4 c Minced Onion	1 1/2 tsp Worcestershire Sauce
1/4 tsp Salt	1/4 tsp Dried Parsley

Preheat oven to 350°. Place tin foil over a medium-sized baking dish and lightly grease with extra virgin olive oil. Place fish fillets in baking dish; set aside. In a small mixing bowl, blend together remaining ingredients and pour over tilapia. Bake uncovered for 25 minutes or until fish is fully cooked. Makes 4 to 5 servings.

This recipe also works nicely with salmon or cod.

Chili

4 oz Lean Ground Beef (or Turkey)	Salt & Pepper to taste
2 Tbsp Minced Onion	2 cloves Garlic, minced
1 c Tomatoes, chopped	1/2 c water
1/4 tsp Chili Powder	1/3 tsp Cayenne Pepper, if desired
1/4 tsp Garlic Powder	1/4 tsp Onion Powder
1/4 tsp Cumin	1 Green Onion (Scallion), chopped
1/4 c Shredded Cheddar Cheese	2 Tbsp Sour Cream


Brown the meat in a small frying pan. When it is approximately halfway cooked, add minced onions and garlic. When fully cooked and onions are translucent, stir in tomatoes and water. Season chili with spices as needed for preferred taste. Simmer on low until liquid is reduced (add additional water as needed to prevent burning). Serve with chopped green onion, cheddar cheese, and sour cream.

Food Diary

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