



By: Rebecca Brown, RN, MS, CNP, CDE
Rebecca Vondras Fleming, M.B.A., B.S.
Lisa A. DeNooyer, B.S.

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- Welcome to your Seriously Slim™ Weight Loss Plan.
- We commend you for your courage in taking this first step toward feeling like the real you. You are worth it. Seriously! Your journey to health and wellness begins here and now, with all of the information you need to successfully navigate through our weight loss program. By sharing our knowledge, processes and products, victory is in your hands. You are in control!
- You will be utilizing our medically supervised, complete weight loss program using cutting edge science with proven results, making your weight loss comfortable, safe and best of all, long-term! Finally, the last diet you turn to for long-term weight management. You are moving in the right direction to make your dreams come true!
- You have already decided to follow our program diligently, listen to our guidance when you need it, and always have our supporting motivation to lean on. Daily, focus on the serious positives: weight lost, increased energy, restful sleep, shrinking body and re-shaping, less hunger, and a feeling of well-being. You are poised for greatness!
- We are so very excited for your success. We appreciate your trust in us. You can do it. We can help.
- You are our top priority!

Very Sincerely,

The Staff at Seriously Slim™

Welcome Letter

- At Seriously Slim™, we are committed to guiding you through our program and helping you achieve results quickly and safely.
- The better you understand the program guidelines that are contained in this client binder, the more success you will achieve. We have assisted thousands of people just like you to lose weight and keep it off.
- During your preparation phase please review this information thoroughly. Make a list of questions or concerns that you may have and send us an e-mail or call. We want to make certain you have a clear understanding, as this program is quite different from traditional dieting and has some restrictions that you may want clarification on.
- We will provide you with education, support and guidance from your preparation for the program through maintenance. Ultimately, your results will be determined by your understanding of this information, level of commitment to the guidelines, attending your weekly check-in appointments and open communication to us.
- Please don't hesitate to contact us with any questions.
- www.SeriouslySlim.com

Statement of Responsibility

- The new, seriously slimmer you is waiting to be discovered and this guide will show you the way. Please read this information carefully and completely and refer back to it as you progress through our program. The information contained in this binder is essential to your success.
- Why is Seriously Slim™ different than other weight loss programs?
- As you know, weight loss only occurs with changes in diet and an increase in exercise levels. Seriously Slim™ offers a complete program from preparing to diet all the way through learning to keep the weight off and then actually keeping it off! Our combination of information, support and cutting edge homeopathic based remedies as well as our other support products are the key to your success. Without the education, support and products, losing weight and keeping it off is much more difficult.
- Our program was designed using knowledge of obesity, weight loss and homeopathy. This knowledge has been paired with cutting edge weight loss science from some of the world's top endocrinologists and doctors to make a highly effective program. In fact, this weight loss technology is patent pending!

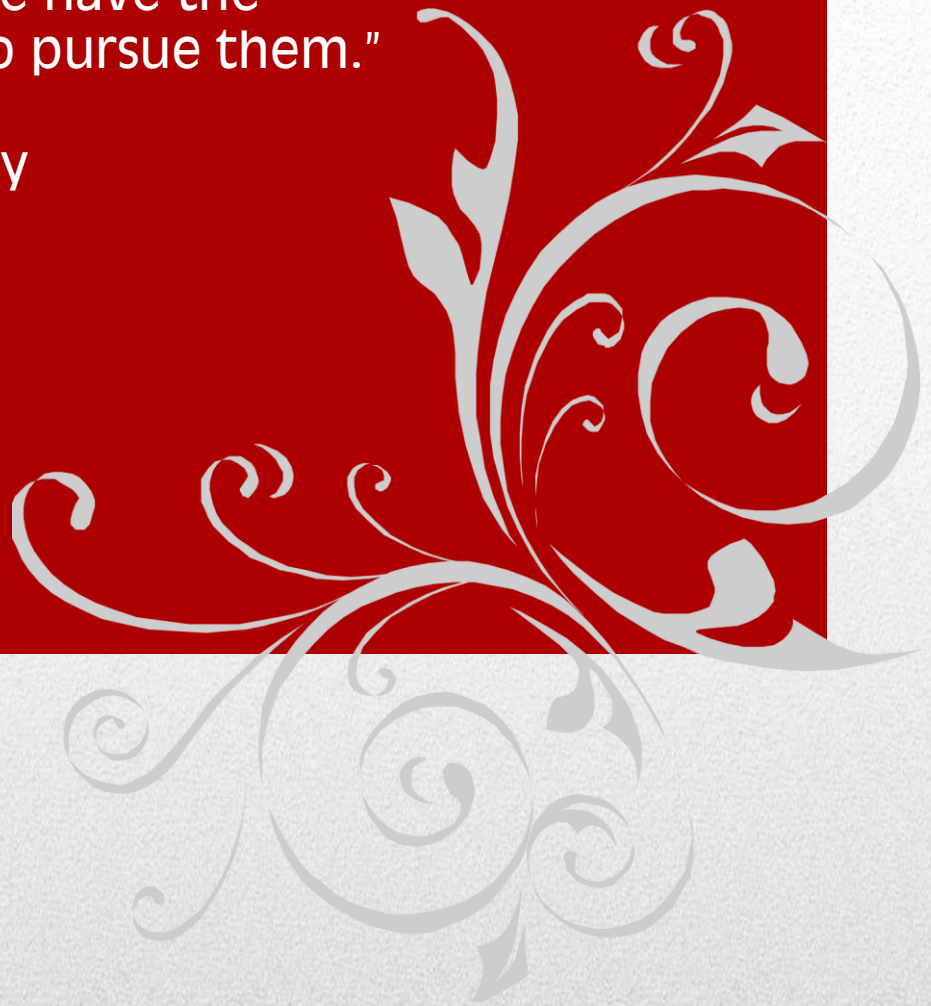
Introduction pg. 1

- What you will experience is the most up-to-date weight loss program available. But, do not be afraid of something that is “new”. Well over 70,000 people have used these products. Our unique metabolic weight management agent combines amino acid chains with 21 homeopathic supportive ingredients to help you maximize the potential of your weight management plan.
- Our unique formula supports crucial body systems through the weight loss process. This includes controlling appetite, reducing hunger and supporting glucose balance. This formulation also supports organ systems involved in metabolism, detoxification and drainage. Low moods, lack of energy and fatigue, commonly associated with dieting are reduced with our formulation, and weight loss plateaus are diminished. We have also observed greater ease in maintaining the weight lost compared to other diets.
- All of our products are made in the USA, with American-sourced materials and then manufactured in an FDA (Federal Drug Administration) registered facility. All of our products are registered as FDA listed products and have each received a National Drug Code (NDC) from the FDA.

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"All our dreams can come true – if we have the courage to pursue them."

Walt Disney



JOURNAL

Quick Reference Guide

Food & Weight Log

- Begin your DETOX KIT as instructed 1 week before you start the METABOLIC SUPPORT.
 - Day 1, Day 2 & Day 3 - put 30 drops of CEREBROMAX, SPINALMAX & MATRIX SUPPORT in 24-32 oz. of water and sip throughout day (total of 90 drops in bottle).
 - Day 4, Day 5, Day 6 & Day 7 – put 30 drops of DETOX 1, 2 & 3 in 24-32 oz. of water and sip throughout day (total of 90 drops in bottle).
- MODERATE CALORIE PROGRAM: Take METABOLIC SUPPORT and eat normally for the first two days.
- LOW CALORIE PROGRAM: Take METABOLIC SUPPORT and LOAD for the first two days.
- Continue to take the DETOX KIT throughout the ENTIRE DIET and until your DETOX KIT runs out. This is VERY important!
- How to take the METABOLIC SUPPORT: *SHAKE* the bottle of METABOLIC SUPPORT. Put 30 drops into your water with DETOX and sip throughout the day OR take 10 drops under your tongue (hold for 2 minutes and then swallow), 3-6 times per day. If you use an oral syringe, measure 0.3 ml = 10 drops or 0.9 = 30 drops. Start at 3 times per day and increase up to 6 times per day based on your hunger. Do NOT eat, drink, smoke, or brush your teeth, etc. within fifteen (15) minutes of taking the SERIOUS METABOLIC SUPPORT. DO NOT store near microwave or expose to extreme temperatures.

Quick Reference

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- Do NOT use oil-based lotions, liquid foundations, lip balms, lip moisturizers, leave-in hair conditioner, etc. ONLY OIL-FREE!
- Drink a minimum of ___ ounces of water daily (half of your body weight in ounces of water). The more the better! Your package includes GreenTea HP to make achieving your water intake easier (yes, it counts). We highly recommend that you drink 2 pixies per day. This will add flavor and provide you with all the known benefits of green tea. This may also help your body release weight. The “Pink” flavors contain 400% Vitamin B12 for energy!
- Complete 1st Week Detox Log; complete your Daily Weight & Food Log starting with your first day on Low Calorie Program or Moderately Calorie Program. We will review your Daily Weight & Food Log at weekly appointments.
- If you are STARVING or EXTREMELY WEAK please contact us as there are some adjustments and suggestions that can be made. This is different than just wanting to eat or feeling hungry near meal times. It is NORMAL to feel hungry near meal times, but you should not feel hungry all of the time. It is normal to need to take it a little easy during the protocol, but you should not feel like you are going to pass out.

Quick Reference

Guide pg. 2

- Remember: you can take the METABOLIC SUPPORT up to six times daily as needed for hunger. The first week can be easy or difficult, but after the first week, you should be quite comfortable regardless of how you started out. If this does not happen for you, contact us for some suggestions.
- We will have weekly appointments to ensure that you are proceeding as we expect. You can e-mail or call us at your convenience. The check-in appointments will include reviewing your progress, Daily Weight & Food Log and regular measurements. We will prepare and guide you through Maintenance and teach you the known techniques to assure you keep the weight off to achieve Stabilization.
- Note: Be sure to vary your selections of protein, vegetables, and fruits to maintain nutritional balance throughout your participation.

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1ST WEEK DETOX LOG - EAT NORMALLY

DAY 1		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 2		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 3		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 4		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 5		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 6		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			
DAY 7		WATER	
DATE		DETOX	
WEIGHT			
NOTES:			

Detox Week Weight Log

DAILY WEIGHT & FOOD LOG - BEGIN METABOLIC SUPPORT

DAY 1	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:			
	DAY:			MODERATE PROGRAM: EAT NORMALLY LOW CALORIE PROGRAM: LOAD DAY #1
	+/-			
NOTES:				
DAY 2	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:			
	DAY:			MODERATE PROGRAM: EAT NORMALLY LOW CALORIE PROGRAM: LOAD DAY #2
	+/-			
NOTES:				
DAY 3	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:	
	DAY:		VEGETABLES:	
	+/-		FRUITS:	
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER				
DAY 4	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:	
	DAY:		VEGETABLES:	
	+/-		FRUITS:	
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER				
DAY 5	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:	
	DAY:		VEGETABLES:	
	+/-		FRUITS:	
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER				
DAY 6	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:	
	DAY:		VEGETABLES:	
	+/-		FRUITS:	
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER				
DAY 7	DATE:			WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:	
	DAY:		VEGETABLES:	
	+/-		FRUITS:	
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER				

Daily Food & Weight Log Week 1

DAILY WEIGHT & FOOD LOG

DAY 8	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 9	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 10	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 11	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 12	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 13	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	AM SHAKE		
DAY 14	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		

Daily Food & Weight Log Week 2

DAILY WEIGHT & FOOD LOG

DAY 15	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 16	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 17	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 18	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 19	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 20	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	AM SHAKE		
DAY 21	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		

Daily Food & Weight Log Week 3

DAILY WEIGHT & FOOD LOG

DAY 22	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 23	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 24	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 25	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 26	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		
DAY 27	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	AM SHAKE		
DAY 28	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
	DAY:		VEGETABLES:
	+/-		FRUITS:
NOTES:	MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER		

Daily Food & Weight Log Week 4

DAILY WEIGHT & FOOD LOG

DAY 29	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
			VEGETABL
	DAY:		ES:
	+/-		FRUITS:
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER			
DAY 30	DATE:		WATER & DETOX & METABOLIC SUPPORT
	WEIGHT:		PROTIENS:
			VEGETABL
	DAY:		ES:
	+/-		FRUITS:
NOTES: MODERATE PROGRAM: AM SHAKE / EQUOLSLIM AT LUNCH & DINNER			

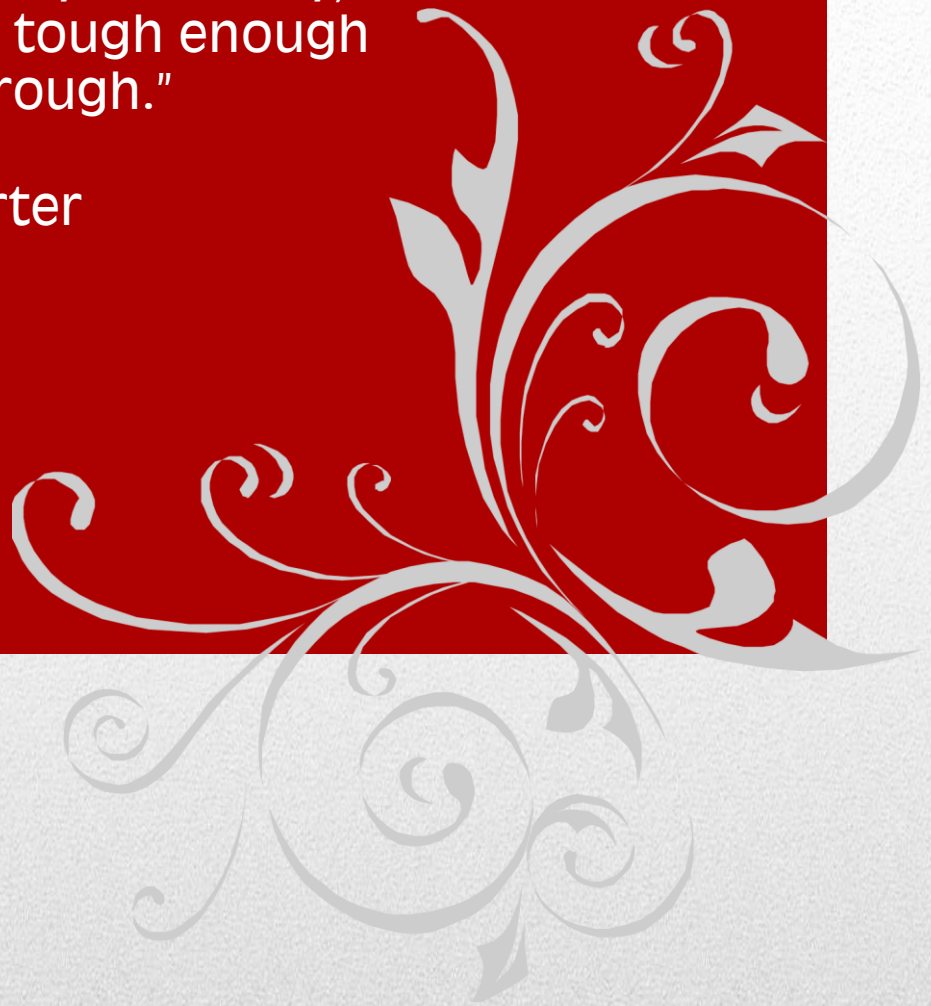
NO METABOLIC SUPPORT FOR 3 DAYS - CONTINUE DIET

DAY 1	DATE:		WATER & DETOX
	WEIGHT:		PROTIENS:
			VEGETABL
	DAY:		ES:
	+/-		FRUITS:
NOTES:			
DAY 2	DATE:		WATER & DETOX
	WEIGHT:		PROTIENS:
			VEGETABL
	DAY:		ES:
	+/-		FRUITS:
NOTES:			
DAY 3	DATE:		WATER & DETOX
	WEIGHT:		PROTIENS:
			VEGETABL
	DAY:		ES:
	+/-		FRUITS:
NOTES:			

Daily Food & Weight Log Week 5

“You have to have confidence in your ability, and then be tough enough to follow through.”

Rosalynn Carter



PREPARING

Serious Detoxification

Serious Mental Preparedness

Serious Physical Preparedness

Loading

Preparing to Start Your Seriously Slim™ Weight Loss Plan

- As with any weight loss program, you are advised to seek the permission of your physician before beginning. If you are on prescription medications, you may need to be monitored very closely, and your medications may need to be adjusted as you lose weight.
- Every weight loss program should include a comprehensive total body detoxification program. In addition to being an emergency source of energy, your body's non-essential fat stores are a depository for toxic substances. In essence, your non-essential fat is a toxic waste dump! In that dump are many heavy metals, petrochemicals and a host of other toxins. As this fat is broken down the toxins are released into the bloodstream. If your body is unsupported (not detoxing), this increase flow of toxins will decrease your body's ability to fight off illness and will impact your internal support systems. This can lead to looser skin, longer recovery from illnesses, increased "gauntness" and may impair the long term success of your weight loss program.

Serious Detoxification pg. 1

- Begin your Detoxification at least 1 week before you intend to start the Diet portion of the program. You will continue to Detox throughout the program, including during your Stabilization/Maintenance Phase.
 - If you have menstrual cycles, it is best to start the Detox when you start your menses and begin Diet 1 week later. You will get the most benefit because you will avoid hormone fluctuations and subsequent slowing of weight loss.
- Instructions are as follows:
 - Day 1, Day 2 & Day 3 – put 30 drops of CEREBROMAX, SPINALMAX & MATRIX SUPPORT in 24-32 oz. of water and sip throughout day (total of 90 drops in bottle).
 - Day 4, Day 5, Day 6 & Day 7 - put 30 drops of DETOX 1, DETOX 2 & DETOX 3 in 24-32 oz. of water and sip throughout day (total of 90 drops in bottle).
 - Sip throughout the day, not around eating food or chewing gum. Make this bottle last all day.
 - Have another bottle of water that you are drinking continuously throughout the day.

Serious Detoxification pg. 2

- Read through this guide from cover to cover and make sure you understand each phase. If there is anything that is unclear please e-mail or call us. It is important to us that all of your questions and concerns are addressed.
- As you review the guide pay particular attention to the diet restrictions, as they change with each phase. Make sure you understand the reasons behind the restrictions so that you are not tempted to break the rules. One small error can alter / decrease your weight loss for up to 3 days!
- Make a conscious decision NOT to deviate from the diet for the entire duration. Your long-term success depends on your commitment.

Serious Mental Preparedness

- You will need: quality digital bathroom scale that reads in tenths of a pound; kitchen scale that weighs in grams; recommended - George Foreman Grill or similar.
- Review your calendar and plan your start date. It is important that you choose a time when you will be able to control the foods that you eat. Remember, this is a short term, limited eating plan that may bring you long term results, so be mindful when you decide to begin.
- Begin your Detox AT LEAST 1 week before you intend to start the Diet portion of the program (see under Detox). Eat normally.
- Review the enclosed shopping list, plan your meals and gather the foods. You may wish to weigh and prepare and freeze some of your meals. Having the pre-measured proteins frozen will also make meal prep quicker and easier.
- Check the cosmetics and skin care products that you use. For the Diet phase of the plan, replace any products that are cream or oil based, as this will interfere with your weight loss. Many clients use powdered mineral make-up while on the Diet phase of the program, and then transition back to their other skin care/make-up products when off of the Diet phase. “Oil-Free” products usually work very well while on the Diet phase of the program. You may continue to use mascara, pencil eyeliners, eyebrow pencil, lip liner and lipstick, but not cream based concealers.

Serious Physical Preparedness

Fat Loading - ONLY if following the Low Calorie Diet Program

Begin taking your Metabolic Support formula, as instructed the day you start fat loading. This phase lasts for 2 days. You should eat AS MUCH fatty foods as you possibly can.

It seems counterproductive to begin a diet by stuffing yourself with food, but DO NOT be tempted to skip this phase. The extra calories consumed will provide your body with the energy needed for the first few days of the Low Calorie Diet. This is very important as the levels of the Metabolic Support formula are building up in your body. If you fail to do this step, you will have increased hunger and cravings during the first few days and you may also reduce your overall results on the program.

Even though you will feel very full on the second day, continue to eat high fat foods. When eating anything, ask yourself, “How could I add more fat to this food?” Put butter on everything, use lots of full fat salad dressing and indulge in all of those fatty foods that you know you will miss while on the diet. Eat those foods that have been tabooed in your eating life!

Loading pg. 1

Load Day Sample Menu Ideas

Hopefully, these examples give you an idea of what we are talking about...fat, fat and more fat!!!

Breakfast:

Cheese omelet w/sausage & bacon
Fried potatoes
Bagel & cream cheese
Avocado slices
Biscuits & sausage gravy
Donuts with crème filling

Mid-Morning Snack:

Cheese cubes
Mixed nuts
Shortbread cookies

Lunch:

Double bacon cheeseburger w/mayo
Chili cheese fries
Premium ice cream or milk shake

Mid-Afternoon Snack:

Popcorn w/lots of butter
Coffee beverage w/whipping cream
Large bakery muffin w/butter

Dinner:

Fried chicken w/mashed potatoes
Loaded baked potato w/bacon
Biscuits w/butter
Macaroni and cheese
Pizza w/double cheese and meat
BBQ ribs
Spaghetti & meatballs

Evening Snacks:

Lasagna w/French bread
Fettuccine Alfredo
Pulled pork sandwich
Steak fajitas w/beans & rice
Cheese fries
Bakery sweet rolls
Nachos w/cheese
Potato chips & dip
Spinach & artichoke dip & chips
Fried Cheese Sticks

Loading pg. 2

Blueberry Vanilla Crème Smoothie

½ cup of ice

1 cup of frozen blueberries (No Sugar Added)

20 drops Vanilla Crème SweetLeaf Stevia

10 drops of Clear Stevia

Add ice and blueberries into a blender. Add about 8 ounces of water (enough to cover berries in the blender). Blend until smooth. Add Vanilla Crème and Clear SweetLeaf Stevia and blend to mix. (Option: Use less water and freeze into a freezer safe container and eat like blueberry ice cream)

Servings: 1 fruit

Fresh Lemonade

1 quart water

1 fresh squeezed lemon (juice)

20 drops of Lemon SweetLeaf Stevia or 2pk of SweetLeaf Sweetener

Stir water, lemon, and stevia in a 1 quart pitcher or jug. Add ice or pour over ice into a tall glass.

Recipes pg.1

Bold Key Lime Strawberry Tea

1 cup frozen strawberries (no sugar added)

8 ounces of water

1 pixie of Key Lime Green Tea HP Pixie (or any flavor of your choice)

Mix in a blender until smooth and pour in a glass. To freeze use about 5-6 ounces of water and place into a freezer safe container. Keep in freezer: 30 min. to 1 hour, take out and eat like ice cream.

Hot Chocolate Vanilla Crème

6 to 8 ounces hot water

10 drops Chocolate SweetLeaf Stevia

15 drops Vanilla Crème SweetLeaf Stevia

Chocolate Cappuccino Shake

1 serving Chocolate OptimaLean shake mix

Substitute the water in the shake with instant decaf coffee

10 drops English Toffee SweetLeaf Stevia

Put all in blender and add 4-6 ice cubes and blend until slightly frozen consistency.

Recipes pg. 2

Spicy Taco Salad

2 cup Romaine lettuce

½ cup diced tomatoes

3.5 (Moderate Calorie 7 oz.) lean beef or turkey

½ cup diced onions

¼ tsp. garlic powder

¼ tsp. chili powder

¼ tsp. Spanish style paprika

Cook over medium heat and brown lean beef or turkey in a non-stick skillet. Add onions, garlic powder, chili powder, and Spanish style paprika. Top lettuce with meat mixture, tomatoes, and ½ cup of salsa mix (fresh salsa)

Servings: 1 Protein, 1 Vegetable, 1 Fruit

Grilled Chicken Apple Cucumber Salad

3.5 (Moderate Calorie 7 oz.) grilled chicken (seasonings of your choice)

1 medium apple, diced

1 cup cucumber, diced

2 cup salad greens

Grill chicken with seasonings of your choice and then cut into strips. Top salad greens with cucumber, apple, and chicken.

Use oil-free and sugar-free dressing of your choice.

Servings: 1 Protein, 1 Fruit, 1 Vegetable

Recipes pg. 3

Lemon Pepper Fish

3.5 (Moderate Calorie 7 oz.) white fish

½ tsp. black pepper

½ lemon, juice only

¼ tsp. salt

1-3 cloves minced garlic

¼ tsp. cumin powder

1/8 tsp. turmeric

Place fish in a small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides of the fish.

Cover and marinate at least 1 hour in refrigerator. Preheat oven to 400 degree. Place the fish in a non-stick baking dish or use foil to make a pouch and cover with the marinade. Bake 10-20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice and serve.

Servings: 1 Protein

Chicken Broth

1 pack of boneless, skinless chicken breasts

Preheat oven to 350 degrees. Remove any visible fat from chicken. Cut chicken into bite-size pieces and place in deep sided baking dish. Cover with foil and bake for 30 minutes.

Remove chicken for meals. The juice that remains in baking dish is chicken broth. Save in refrigerator or freeze for soups.

Recipes pg. 4

Easy Baked Apple Treat

1 medium apple

¼ tsp. ground cloves

1 tsp. cinnamon

¼ tsp. ground nutmeg

½ tsp. xylitol (SweetLeaf Stevia may be used)

Peel and core apple and chop into pieces. Place apples in a small microwave safe container. Mix in a small bowl all spices. Sprinkle mix over apples and place in the microwave for 1-3 minutes.

Servings: 1 Fruit

Easy Strawberry Sorbet

1 cup frozen strawberries (no sugar added)

Juice of 1 lemon

Xylitol or SweetLeaf Stevia (as needed)

Water (enough to coat)

Blend frozen strawberries, lemon juice & sweetener in blender until very well blended. Serve immediately or place in a freezer to allow it to firm up.

Servings: 1 Fruit

Recipes pg. 5
