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 eating. Work with your patient to determine their healthcare needs.

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

**DesBio Comprehensive Homeopathic Detox System:** Our 6-part detoxification and drainage program that supports healthy elimination of toxins throughout the program.

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

**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 the body in its efforts to keep the endocrine system balanced as it ages. 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:** Homeopathic support for temporary relief of symptoms such as hunger and cravings. Specifically formulated to help the body as it combats cravings at certain times of day and emotional cravings related to stress eating.

**Crave Control:** Nutraceutical formula to designed to promote satiety. Can be taken between meals to help regulate appetite.

**Professional Weight Support:** Can be used during maintenance and after goal weight is reached to temporarily relieve symptoms such as cravings and emotional eating.

**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.

**Introduction**

Welcome to the Evolution Weight-Management Program Practitioner Guide! Please review this guide carefully and completely and refer back to it frequently as the information provided is essential to your patient’s success.

As your patients get ready to begin this program, it is important that they understand that weight loss only occurs in response to changes in diet and/or an increase in activity levels. The dietary guidelines of Evolution Weight-Management Program Practitioner Guide are based on original science of A.T.W. Simeons and have been enhanced by the DesBio team of nutritional experts.

To help your patients reach their goals, the Evolution Weight Management Program features a line of homeopathic and nutritional products designed to help patients overcome common dietary pitfalls. The featured formula, hA2cg Evolution, is a comprehensive, homeopathic product designed to support practitioner-supervised weight loss. This revolutionary homeopathic formula contains a blend of ingredients, including AAGC-A and AAGC-B. These bioidentical, amino acid chain groups, along with the 21 other time-tested homeopathic supportive ingredients, help temporarily relieve symptoms such as hunger and mood imbalance while completing the program. Other products that support this program are described in “Supporting Products From DesBio” on page 25.

Before your patients begin, help them decide between the two program options best suited to their needs:

**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.
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.

This program is not an hCG program, and none of the products used in it contain human chorionic gonadotropin.

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. Simeons’ 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 AAGC-A and AAGC-B (the only active portions of the molecule) in a bioidentical format (Figure 3 on page 4). The homeopathic dilutions of these active amino acid chains help relieve 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 to support the body in its efforts to control appetite for a more complex 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.
Is This Program Right for My Patient?

Dr. Simeons’ research, which is the basis of the Evolution Weight-Management Program, was geared primarily toward those defined as obese or patients with a Body-Mass Index (BMI) of 30 or greater. This is the basis for DesBio’s Option 1: Lean Body Program (on page 11). 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 13 for more information).

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

- Withdrawal symptoms
- Weakness
- Energy loss
- Reduced immune response

If working with more complex patients, monitor them closely for potential issues should they arise.

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

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

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.
Getting Started

Patient Consultation

Due to the rigors of the Evolution Weight-Management Program protocols, it is imperative that you thoroughly assess and educate your patients before they begin the diet. In the initial exam, conduct a full general health assessment to determine eligibility. The program should also include scheduled consultations throughout so you can evaluate progress and discuss any troubling symptoms should they arise.

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 mobilized, 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 Homeopathic 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 the body in its efforts to regulate the nervous system.

DesBio’s Detox and Drainage Kit

The DesBio full-body Homeopathic 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 help the body 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 help the body in its efforts to cleanse, optimize, and support the lymphoid system.

The Detox Protocol

Your patients should begin the DesBio Detox protocol at least one week prior to beginning either Option 1 or Option 2 and continue 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.

Your patient should 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 patients begin reducing intake of caffeine and sugars during this starting week to make the transition to the restricted diet phase more comfortable.
Preventing Your Patients

Mental and physical preparation is imperative to the success of the Evolution Weight-Management Program. As your patients gather materials and supplies, they can start the DesBio Detox protocol.

Review the program with your patients to ensure they understand each phase. Pay particular attention to the dietary restrictions, as they change during each phase of the diet.

Take starting weights AND measurements. It is essential to keep track of both so you can accurately assess your patients’ progress. Patients can weigh themselves daily and measurements should be taken weekly.

To follow the diet precisely, patients will need:
- A kitchen scale (for weighing and portioning food)
- A bathroom scale (for monitoring weight throughout the diet phase)
- A grocery list of allowed foods. Help your patient browse through the recipes provided and encourage them to 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
- Cosmetics, soaps, shampoos and other personal supplies that are free from oils

The Evolution Weight-Management Program

The Evolution Weight-Management Program provides two different program options based on your patients’ weight-loss needs and activity level.

Option 1: Lean Body Program is intended for patients with low activity and greater weight loss goals. These patients typically have a BMI above 25.

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:
- Fat-loading
- Calorie-restricted diet (26- or 43-day cycle in Option 1)
- Maintenance phase
- Normalization

Option 2 eliminates the fat-loading phase:
- Calorie-restricted diet
- Maintenance phase
- Normalization

hA2cg 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. For programs longer than 28 days, patients should discontinue the drops one day per week but stay on the diet as usual. This is to avoid over-stimulating the hypothalamus.

For both programs, drops are discontinued 3 days before stopping the low calorie diet to allow the hA2cg Evolution to be cleared from the patient’s system. If your patients reach goal weight prior to the previously determined stop date, discontinue the drops at this point and advise them to remain on the diet for three more days. Then transition them 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

It is essential to keep track of both weights and measurements so you can accurately assess your patients’ progress.
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. This program is ideal for patients with a BMI over 25 and a high body fat percentage.

- 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 2-day fat-loading phase during which patients focus on high-fat/high-calorie foods. Patients should begin taking ha2cg Evolution drops during this phase at a dose of 10 drops three to six times per day.

For many patients, it seems counterintuitive to begin a diet by eating anything they desire, and they may wish to skip this phase altogether. Don’t let them. 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 for patients to visit a favorite restaurant and sample favorite “junk foods.” Cheese, cream sauces, salad dressings, fatty cuts of meat (bacon, ham, ribeye steak), butter, and rich desserts are all perfect foods for the fat-loading phase.

during the diet phase, the patient 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, patients 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.

Many patients find that they are not hungry during the diet phase of the program. However, some patients still find they struggle with emotional cravings for food. Appetite Control drops can provide additional support if patient is struggling with cravings that seem to arise at certain times of day or in response to certain emotional triggers. Crave Control can also be used to promote satiety and support healthy metabolism.

Option 1 Timeline

**DAY 1**: Begin ha2cg Evolution Drops
- Continue for 23 Days to lose 8–15 lbs or 40 days to lose 15–34 lbs

**DAY 2**: 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

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

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

*Results vary*
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. These patients are:

- Moderately active (or healthy enough to begin a moderate exercise regimen) or whose vocation requires significant physical activity
- Interested in building muscle or maintaining weight 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 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.
- Participants are encouraged to drink an OptimaLean (functional food supplement) shake each day
- Exercise is key

PHASE II: The Calorie-Restricted Diet

This is the calorie-restricted phase of the protocol, where the improvement in body composition takes place. The caloric deficit, in combination with the effect of the supportive ingredients in hA2cg Evolution, will stimulate the diencephalon to direct the release of secondary fat reserves.

During the calorie-restricted phase, the diet permits the following. See food dietary guidelines on page 14 for a complete list.

- 2 servings protein (3 ounces cooked protein for each serving)
- 2 servings fruits
- 2 servings vegetables

For additional support for hunger management or food cravings, consider Appetite Control or Crave Control during this phase.
Dietary Guidelines: 500- and 1000-calorie options

- Two servings each of fruits, vegetables, and proteins per day from the allowed list
- Plenty of fluids each day (half of patient’s body weight in pounds, then have them 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)
- No sugars, grains, legumes, starchy or starchy vegetables allowed during the diet program
- No oils or fats allowed during the diet program. EFA supplements of less than 2-3 grams per day are ok

### Which Foods Can My Patients Eat? Which Should My Patients Avoid?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Option 1 (500 cal)*</th>
<th>Option 2 (1000 cal)*</th>
<th>Allowed</th>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains and Starches</td>
<td>--</td>
<td>--</td>
<td>None. The addition of one Grissini Breadstick or one Melba Toast per day may be acceptable for some patients.</td>
<td>Cereals, breads, pastas, potatoes, sweet potatoes, pumpkin, squash, rice, quinoa, granola, etc.</td>
</tr>
<tr>
<td>Legumes and Nuts</td>
<td>--</td>
<td>--</td>
<td>None</td>
<td>Peanuts, black beans, kidney beans, almonds, cashews, macadamia nuts, garbanzo beans, hummus, walnuts, etc.</td>
</tr>
<tr>
<td>Proteins</td>
<td>3.5 oz uncooked, 3.0 cooked 2 x day</td>
<td>7.5 oz uncooked, 6.5 cooked 2 x day</td>
<td>Turkey, chicken, shrimp, Any white fish (cod, flounder, halibut, tilapia, sea bass), Any shellfish (lobster, shrimp, crab, scallops), shiitake, buffalo, lean beef (tenderloin/sirion) one time per week at most</td>
<td>Pork tenderloin, hamburgers, hot dogs, cold cuts, bacon, processed meat foods, cheese, salmon, sardines, tuna</td>
</tr>
<tr>
<td>Vegetarian and Protein Alternatives</td>
<td>2/3 c. NF yogurt, 1 c. NF cottage cheese, 1 egg or 3 egg whites, 1 c tofu</td>
<td>1-1/3 c. NF yogurt, 2 c. NF cottage cheese, 2 eggs or 6 egg whites, 2 c tofu</td>
<td>Non-fat Greek yogurt, non-fat cottage cheese, eggs or egg whites, organic tofu</td>
<td>Protein shakes may be used as a substitute but must not contain sugars, fats, or artificial ingredients.</td>
</tr>
</tbody>
</table>

### Fats and Oils

- None, except for EFA supplements
- Canola oil, olive oil, avocado, 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. Anything with sugars or oils
- 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

### Beverages

- Water, black coffee and teas, herbal teas
- Sodas, juices, sweetened beverages

### 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
- Recipes suitable for this program can be found at “Recipes: Calorie Restricted Diet Phase” on page 29.
What a Day Looks Like?

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

Finishing Up

The calorie-restricted diet should be continued for a minimum of 23 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). These three days will allow for continued fat release as the ingredients in hA2cg Evolution are cleared from the patient’s system. Resuming normal levels of caloric intake before these homeopathic ingredients have been cleared will result in dramatic weight gain. For programs longer than four weeks, remind your patient to discontinue the hA2cg Evolution drops one day per week to rest the diencephalon.

Addressing Possible Side Effects

**Hunger**: Hunger is normal with this program, especially in the first few days. Make sure the patient is following the detox protocol and consuming plenty of water. You can also recommend Appetite Control or Crave Control.

**Leg cramps**: Recommend 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. Remind patient to drink fluids and try light activity and try soluble fiber supplements (less than 2 NET carbs) such as konjac root, flax, or chia seed (try Fiberzyme) or probiotics (BioPro30), or Magnesium Liposomal.

**Plateaus**: First remind patients that plateaus are normal and as long as they are still on track to lose ½ pound+ per day total, they are still making great progress. Track changes in inches and clothing fit along with weight since the scale is not the only way to monitor changes in body composition. If patient stalls for more than 5 days, you can recommend an “apple day” in which the patient consumes 6 large apples and water and no other food. You may also wish to recommend additional support such as Crave Control.

**Fatigue/Low moods**: B-vitamins can provide an energy boost (Liposomal Methyl B). For patients struggling with mood or emotional well-being try Elevate RxS or Vitalyze.

**Dry skin/hair**: Consider recommending EFAs such as OmegaBreeze to promote healthy skin and hair. Patients can also apply a topical oil-free skincare product such as YÜ Infi niSerum.

**Thyroid and other hormones**: Abnormal hormone levels or fluctuations can be a major contributor to plateaus or challenges with weight loss. If a patient has been diagnosed with a thyroid condition, try incorporating Energize RxS for additional thyroid support. For patients over 45, Hormone Combination and HIGH Vitality can be excellent support for natural fluctuations or declines in hormones. The antioxidant support provided by Equol can also be beneficial for these patients.
Maintaining Weight

PHASE III: Three Weeks of Maintenance

The maintenance phase begins immediately after the calorie-restricted diet phase (including a full three days in which H26 Evolution drops have been discontinued). Remind your patients that this phase is absolutely critical and if not completed correctly, they risk regaining any weight lost.

How much should patients eat?

During maintenance, patients should increase calories to the ideal calorie intake required to maintain goal weight. If you are unsure of your patient’s ideal calorie intake, you can determine an approximate number by:

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

What should patients eat?

At this phase, patients can reintroduce fats and other foods outside of the diet food list but must continue to avoid sugars and starches. Remember that higher fat foods are often more calorie-dense and staying within calorie intake guidelines is essential.

**Foods to reintroduce:**

- Cooking oils
- Nuts
- Avocados
- Varied cuts of meat or poultry
- Higher fat fish like salmon or halibut
- Additional vegetables such as asparagus, green beans or string beans, cabbage, cauliflower, celery
- Additional fruits with the exception of those high in sugar (bananas, kiwis, etc.)

**Continue to avoid:**

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

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 39.

Monitoring Weight

Patients should continue to monitor their weight daily. Fluctuations during this phase are normal. However, if patients gain 2 pounds more than their final weight, have them revisit their daily caloric intake to make sure they are staying within the recommended guidelines. Keeping track of calorie intake and portion size is essential during this phase. Patients that gain more than 2 pounds may also do a steak day during which they would entirely skip breakfast and lunch (but be certain to drink plenty of water). For dinner, they would eat a large steak and a single apple or tomato—nothing more.

Additional Weight

Patients who have further weight loss goals may wish to complete additional rounds of the Evolution Weight Management Program. Make sure to advise them of the proper interval time between each session.

- Second course must begin after a 6-week interval
- Third course: 8 weeks
- Fourth course: 12 weeks
- Fifth course: 20 weeks
A Healthy Diet for Long-Term Success

**PHASE IV: Normalization**

After three weeks of maintenance and achieving their goal weight, patients enter the final Normalization Phase. At this point they can re-introduce starchy and sugars and other previously avoided foods back into their diet.

**Encourage These Behaviors for Normalization:**
- Emphasize food quality
- Consume small meals and snacks throughout the day to keep blood sugar stable
- Focus on mindful eating. Avoid eating at a desk or in front of the TV.
- Plan to eat when 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
- Encourage patients to work with you to address hormone imbalances, food sensitivity, or other factors which may influence weight-maintenance goals

**Go Over These General Guidelines for Weight Normalization:**
- 2 - 3 servings fruits each day
- 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 to 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 your patients fuller longer.
- 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 appetite and calorie intake regulated

**Support Products to Recommend to Patients for Weight Normalization:**
- *Professional Weight Support*: 10 drops/3x day
- *OptimaLean*: 1 serving mixed in water as meal supplement
- *Crave Control*: 3 capsules per day between meals
- *Appetite Control*: As needed for food cravings
- *HGH Vitality*: For those over 50
- *Hormone Combination*: For women and men over 45 or who are experiencing hormone fluctuations
- *Energize RxS*: For thyroid support
Frequently Asked Questions

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 minimalize 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 the body as it strives to maintain an acid-base balance.

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.

Would a Patient Lose the Same Amount of Weight on a Diet Only?

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 patients stick to their weight-management plan by helping to temporarily relieve symptoms such as food cravings, low energy, and mood problems.

Is Hunger Normal 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 patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

Remind patients 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 and/or Crave Control and make sure patients are staying properly hydrated.

Does The Weight Loss Slow Down After The First Month?

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 weight loss has stopped.

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

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

Listed here are several mistakes patients commonly make. 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: Patients should drink at least two quarts of water per day. A good rule of thumb is to divide the patient’s weight in half and encourage them to 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: Protein must be varied from meal to meal as much as possible!

Eating Out: Best results are achieved when food is prepared at home by someone who understands the dietary restrictions. Recommendations for patients who eat out or travel include asking the chef to prepare protein with water rather than oil, using lemon to replace salad dressings, booking hotels with a kitchenette, and taking ice chests full of recommended foods.

Different Weighing Patterns: Remind patients to be consistent. Patients should weigh themselves at the same time each morning before breakfast without clothes, or use similar clothing to control as many variables as possible.

Supporting Products From DesBio

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 temporarily relieve symptoms such as emotional issues, 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.

Crave Control

This nutraceutical formulation combines ingredients shown to promote regulated eating habits and lean body mass without stimulating the central nervous system. Crave Control contains konjac root and hoodia gordonii which have been associated with feelings of fullness and satiety. White kidney bean extract supports a healthy metabolic response to carbohydrate-containing foods. Garcinia cambogia encourages favorable utilization of energy by limiting fat biosynthesis. Finally rhodiola, 5-HTP, and tyrosine promote alertness, improved mood, and focus to help the body deal with feelings of hunger. Patients can take Crave Control during Option 1 or 2 of the program or during maintenance or normalization to promote healthy calorie intake.

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 13).

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 13). 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, three 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 mood 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 to support the body as it ages. HGH Vitality contains homeopathic human growth hormone. This formula was designed to temporarily relieve the symptoms that result when HGH, estrogen, and testosterone naturally begin to decline 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 addresses fluctuations in progesterone and estrogen and supports aldosterone, DHEA, cortisol, testosterone, FSH, and LH levels for complete endocrine support. Instead of artificially manipulating hormone levels, Hormone Combination helps temporarily relieve the uncomfortable symptoms associated with unbalanced and unstable hormones.
Recipes: Calorie-Restricted Diet Phase

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**

<table>
<thead>
<tr>
<th>Lemonade</th>
<th>1 qt Water</th>
<th>2 pk Sweetener</th>
<th>Lemonade (juice only)</th>
<th>Ice Cubes</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Lemonade</td>
<td>1 qt Water</td>
<td>2 pk Sweetener</td>
<td>Lemonade (juice only)</td>
<td>Strawberry, sliced or crushed</td>
<td>Ice Cubes</td>
</tr>
<tr>
<td>Orangeade</td>
<td>1 Orange</td>
<td>1 pk Sweetener</td>
<td>Ice Cubes</td>
<td>Lemonade (juice only)</td>
<td>Water (if needed)</td>
</tr>
<tr>
<td>Virgin Mojito</td>
<td>1 Lime</td>
<td>5 Mint Leaves</td>
<td>Water</td>
<td>Ice Cubes</td>
<td>Sweetener</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Flavored Coffee</th>
<th>1 Flavored Tea Bag (raspberry, orange, etc.)</th>
<th>8-12 oz Hot Water</th>
<th>1-2 tsp Instant Coffee (or Pero/Postum)</th>
<th>1 pk Sweetener</th>
<th>1 Tbsp Milk</th>
<th>Steep tea bag in hot water for 3 minutes, then discard. Add instant coffee, sweetener, and milk. Stir and enjoy.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Apple Cider</td>
<td>4 Apples</td>
<td>5 c Water</td>
<td>4 pk Sweetener</td>
<td>1 tsp Cinnamon</td>
<td>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).</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Quick Protein Power Breakfasts</th>
<th>1 oz cooked Meat (Chicken, Fish, or Lean Beef)</th>
<th>1/2 Orange, sectioned</th>
<th>¼ Cucumber, sliced</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato Omelet</td>
<td>1/2 c Egg Whites (approx. 3-4 eggs)</td>
<td>3-5 slices Tomato</td>
<td>Sea Salt</td>
<td>Pepper</td>
</tr>
</tbody>
</table>
## Salads

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spinach with Veal and Crunchy Apples Salad</strong></td>
<td>1 Spiced Chai Tea bag, ¼ c Water, 3.5 oz Veal, 3.5 oz Spinach Leaves, 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)</td>
</tr>
<tr>
<td><strong>Sweet Basil-Marinated Spinach Chicken Salad</strong></td>
<td>Vinaigrette Salad Dressing (pg 32), 3 leaves Fresh Basil, chopped, 5 drops Vanilla or Raspberry stevia, 3.5 oz Chicken, cooked &amp; diced, 1/2 Grapefruit, peeled &amp; chopped, 3.5 oz Spinach, raw, 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.</td>
</tr>
<tr>
<td><strong>Strawberry Chicken Salad</strong></td>
<td>Vinaigrette Salad Dressing (pg 32), 3.5 oz Lettuce, 6 Strawberries, sliced, 3.5 oz Chicken, cooked &amp; diced, Toss ingredients together in a bowl and enjoy!</td>
</tr>
<tr>
<td><strong>Apple Cucumber Medley</strong></td>
<td>1 medium Apple, diced, 2 Tbsp Apple Cider Vinegar, 1 pk Sweetener, 1 Cucumber, diced, 2 Tbsp Lemon Juice, Salt &amp; Pepper to taste, Combine all ingredients in a small bowl and toss. Chill for 5 minutes before serving.</td>
</tr>
<tr>
<td><strong>Sweet N Sour Cucumbers</strong></td>
<td>2 Cucumbers, thinly sliced, 1/2 c Red Wine Vinegar, 2 pk Sweetener, Salt &amp; Pepper to taste, Combine ingredients in a small bowl and toss to coat. Chill for 5 minutes before serving.</td>
</tr>
<tr>
<td><strong>Waldorf Salad Mix</strong></td>
<td>3.5 oz Chicken, cooked &amp; diced, 1 large Apple, finely diced, 2 stalks Celery, chopped, 2 Tbsp Lemon Juice, Combine all ingredients in a small bowl and toss to coat, then serve.</td>
</tr>
</tbody>
</table>

## Salad Dressings

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vinaigrette</strong></td>
<td>1/3 c Red Wine Vinegar, 1/4 tsp Sea Salt, 1/4 tsp Garlic Powder, 1 Tbsp Dried Thyme, 1/4 tsp Cracked Pepper, Combine ingredients into a small dish and mix until evenly blended.</td>
</tr>
<tr>
<td><strong>Other Salad Dressing Suggestions</strong></td>
<td>• No oils or sugars, • Consider using lemon, salads, 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!</td>
</tr>
</tbody>
</table>

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.
## Soups

### Spicy Cabbage Chicken Soup
- **Chicken Broth** (low sodium)
- **Cabbage**, chopped
- **Chicken**, cooked and cut into pieces
- Salt & Pepper to taste
- Herbs & Spices as desired

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 1 tbsp milk if desired.

### French Onion Soup
- **Vidalia Onion**
- **Garlic Powder**
- **Onion Salt**
- **Pepper**
- **Beef Broth**

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.

### Beef & Asparagus Soup
- **Beef Broth** (fat free, low sodium)
- **Asparagus**, chopped
- Salt & Pepper to taste

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.

## Entrees

### Orange Spiced Chicken w/ Broccoli
- **Spiced Chai Tea**
- **Chicken**, cut into pieces
- **Broccoli**, cooked
- **Orange**, peeled and cut into pieces
- Salt to taste
- Pepper to taste

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.

### Chicken Wraps
- **Lettuce**
- **Chicken**
- **Onion Powder**
- **Cider Vinegar**
- **Sea Salt**
- **Garlic**
- **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
- **Chicken**
- **Tomato**, chopped
- **Lemon**
- **Ginger**
- **Basil**

When chicken is fully cooked, put chicken and sauces in a bowl or serve on lettuce leaf. Salt and pepper as needed.

### Lively Citrus Basil Chicken
- **Lemon**
- **Tomatoes**, chopped
- **Basil**
- **Lettuce**

When chicken is fully cooked, put chicken and sauces in a bowl or serve on lettuce leaf. Salt and pepper as needed.

### Slow Cooked Chicken or Beef
- **Chicken or Beef**
- **Garlic Powder**
- **Onion Powder**
- **Sea Salt**

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 tbsp of low sodium chicken/beef broth to keep moist before serving 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 while preparing your meals.
**Grapefruit Chicken Stir Fry**

- 3.5 oz Onion, chopped
- 3 Tbsp Water or Herb Tea
- 3.5 oz Chicken, cut into pieces
- Salt & Pepper to taste

Additional Herbs & Spices as desired

Put salt, pepper, herbs and spices in the bottom of a skillet. Add onions and 3 lbs 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.

**Southwestern Salsa Chicken**

- 3.5 oz Chicken Salt & Pepper to taste
- Cayenne Pepper to taste 1 pk Sweetener
- 1 c Lettuce or Spinach 1/2 Tomato, chopped
- 1/2 Onion, 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
- Herbs & Spices as desired (Basil, Thyme)
- 3.5 oz White Fish
- Juice of 1/2 Lemon
- 3.5 oz Broccoli, chopped
- 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.

**Ginger Steamed Red Snapper**

- 2 Tbsp Fresh Ginger, grated 3.5 oz Red Snapper
- 1/4 c Rice Wine Vinegar 2 drops Liquid Stevia
- Salt & Pepper to taste 1/4 tsp Lemon Juice

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.

**Tilapia with Coleslaw**

- 3.5 oz Tilapia 1/2 tsp. Lemon Juice
- Grated Lemon Zest Salt & Pepper to taste
- 1/4 tsp Dried Dill 3.5 oz Cabbage, shredded
- 1/2 Grapefruit, peeled and chopped 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.

**Foil Baked Fish**

- .5 oz Fish Salt & Pepper to taste
- 1/4 tsp Dried Dill

Place fish in a piece of foil large enough to wrap around fish. Drizzle with juice from lemon, slice of the rind and put it around the fish. Season with salt, pepper and dill. Bake in oven at 350° F until done.

**Shellfish with Onions & Tomatoes**

- 3.5 oz Onion Slices 3.5 oz Lobster, Crab, or Scallops
- 1/2 Lemon Juice 1/2 tsp Lemon Juice
- 1/4 tsp Dried Dill 1/2 Tomato, cut in pieces
- Mustard as desired Herbs & Spices as desired

Put onion and 2 lbs 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. Bake 2-4 pieces of fish at a time and place individual portions in baggies.

**Orange Spice Meat Marinade**

- 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

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.

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).
### Tangy Citrus Beef w/ Apples and Onions

- Salt & Pepper to taste
- 3.5 oz Onion, sliced
- 1 Apple, chopped
- Juice of 1/2 Lemon

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.

### Seasoned Asparagus Bake

- 3.5 oz Asparagus
- 1/4 tsp. Oregano
- 1/2 tsp Parsley
- 1-2 cloves Garlic, minced
- Salt & Pepper to taste

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.

### Desserts

#### Warm Cinnamon Sprinkled Grapefruit

- 1 Medium Ruby Red Grapefruit
- 1 Tbsp Cinnamon
- 1 Packet Sweetener

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.

#### Candied Apples

- 4 Apples
- 3 Packets Sweetener
- 1/2 tsp Vanilla
- 2 c Water

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.

#### Apple Sauce

- 1 Apple
- Cinnamon to taste
- 1 Packet Sweetener

Wash, peel, and dice an apple. Place in a small pot and add 4 tablespoons 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.
<table>
<thead>
<tr>
<th>Recipes: Maintenance Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pepper Jack Burger</strong></td>
</tr>
<tr>
<td>4 oz Lean Ground Beef (or Turkey)</td>
</tr>
<tr>
<td>Salt &amp; Pepper to taste</td>
</tr>
<tr>
<td>1 slice Onion</td>
</tr>
<tr>
<td>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 pepper 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.</td>
</tr>
</tbody>
</table>

| **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 pancakes. 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. |

<table>
<thead>
<tr>
<th>Food Diary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diet Day #</strong></td>
</tr>
<tr>
<td>🍎</td>
</tr>
<tr>
<td>🍓</td>
</tr>
<tr>
<td>🍒</td>
</tr>
<tr>
<td>🍎</td>
</tr>
<tr>
<td>🍌</td>
</tr>
<tr>
<td>🍏</td>
</tr>
<tr>
<td>🍋</td>
</tr>
<tr>
<td>🍓</td>
</tr>
<tr>
<td>🍒</td>
</tr>
</tbody>
</table>

---

**Notes:**
- Weight changes are tracked over the course of the meals.
- Meals are designed to provide balanced nutrition throughout the day.
- Adjustments can be made based on individual dietary needs and goals.
### Food Diary

<table>
<thead>
<tr>
<th>Diet Day #</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Water**
- **Meat**
- **Fruits**
- **Vegetables**

**Detox**

<table>
<thead>
<tr>
<th>Diet Day #</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Detox**

**Detox**

**Detox**

**Detox**

**Detox**

**Detox**