



#### FOR ALL 3 STAGES:

- Drink at least 2 litres of fluids per day to mobilize body fat and remove toxins
- Take a daily iron-free multi-vitamin
- Weigh yourself every morning before breakfast
- To avoid your body going into “energy reservation” mode, do not perform any physically demanding tasks and limit yourself to light activities such as walking and stretching
- Women: for best results, start the diet at the end of your cycle

#### Stage 1: METABOLIC JUMPSTART (1st and 2nd days ONLY)

- MUST TAKE ThinSlimRx drops on the FIRST DAY:

Take 10 drops under the tongue and wait 30 seconds before swallowing. Do this 3 times a day, about 30 minutes before meal

- Each bottle of ThinSlimRx Drops lasts approximately 25 days
- Stage 1 is to jumpstart your metabolism and prepare your body for weight loss in Stage 2
- Eat high-fat and calorie-rich foods for the FIRST TWO DAYS ONLY
- Any weight gained in this phase will usually be lost within the first two days of Stage 2

**Stage 1 Suggested foods:** avocado, bacon, bread with butter, chocolate, cream cheese, eggs, ice cream, mayonnaise, nuts, pasta, pizza, sour cream, salmon, sausage, seeds, whipped cream, whole milk

#### Stage 2: METABOLIC RESET (minimum of 21 days)

- Continue taking ThinSlimRx drops
- During this phase, you must limit your daily caloric intake and restrict your diet
- **Women: 800 calories per day**
- **Men: 1000 calories per day**
- NO sugar
- NO cheese or dairy products
- NO grains, beans, bread, or pasta
- NO nuts and seeds
- ONLY consume food listed on the ThinSlimRx **Approved Food List** and **Unlimited Food List**

#### Important:

- Track your daily caloric intake in a food journal
- Stop eating 3 hours before bedtime
- If you are hungry, select food from the Unlimited Food List
- To ensure that your metabolism is properly reset, spend a minimum of 21 days in STAGE 2.
- Continue with Stage 2 **with ThinSlimRx Drops** until you reach your desired weight

#### Stage 3: RESET (21 days)

- For 3 days, STOP taking the ThinSlimRx drops **but** stay on Stage 2 diet, limiting your caloric intake to 800 to 1000 calories
- On the 4th Day, start taking ThinSlim RESET drops 3 times a day for 21 days
- Gradually increase your caloric intake to 1000+ calories
- Increase your veggie and protein intake but make salad your main dish
- Add a variety of fruits, starch veggies, beans, nuts, healthy fats, cheese or dairy into your diet and do so in moderation
- Small amount of whole grain are allowed occasionally
- Small amount of berries are allowed but no grains, beans and starch/sweet/root vegetables if you are diabetic

**Important:**

If you gain more than 2 lbs, cut down your food intake (especially nuts, dairy and grain products)

**ThinSlimRx Approved Food List**

PROTEIN (cooked)		PROTEIN (cooked)		VEGETABLE (1 cup raw)		FRUITS (1/4 cup)	
NON-FATTY FISH		LEAN MEAT	Calories	Up to 6 servings daily	Calories	Up to 2 servings daily	Calories
(150g)	Calories	(100g)		Asparagus	27	Apple (sliced)	14
Flounder	176	Beef	182	Bean Sprout	31	Blackberry	16
Grouper	177	Chicken Breast	167	Bell Pepper (Sliced)	24	Blueberry	20
Haddock	189	Duck Breast	171	Broccoli (chopped)	31	Cantaloupe (cubed)	15
Hake	119	Lamb	186	Brussel Sprout	38	Grapefruit(sectioned)	18
Mahi Mahi	164	Pork	145	Chayote Squash (diced)	30	Honeydew (cubed)	16
Perch	183	Turkey	170	Collards (chopped)	30	Lemon	16
Pollock	177			Garlic (1 clove)	4	Raspberry	16
Sardine	189	<b>EGG</b>		Green Beans	40	Strawberry (sliced)	14
Snapper	189	Egg white (1 cup)	126	Green Onion (diced)	32	Watermelon(cubed)	11
Sole	176	Egg white (1 large)	17	Hot Chili Pepper (one)	18		
Striped Bass	182	large Egg	74	Kale (Chopped)	34		
Tilapia	189			Okra	40		
Tuna	174	<b>TOFU</b>		Onion (chopped)	40		
Whitefish	185	Tofu (300g)	190	Parsley	32		
Whiting	171			Pumpkin (cubes)	30		
				Rhubarb (diced)	26		
<b>SEAFOOD</b>				Snap Pea	40		
<b>(150g)</b>				Snow Pea	41		
Clam	138			Spaghetti Squash	31		
Crab	180			Spring Onion (C)	32		
Lobster	156			Tomato (diced)	32		
Mussel	150						
Oyster	159						
Scallop	159						
Shrimp	177						
Squid	159						

**COOKING METHOD:** grill, broil, steam, bake or stir-fry

\*All visible fat must be removed prior to cooking\*

- 2 cups of approved vegetables 3 times a day and unlimited vegetables from the Unlimited Food List
- up to one egg daily
- up to 2 snacks daily
- 1 tbsp of olive or coconut oil daily
- 1 tbsp of cream per day for coffee or tea
- Unlimited herbs and spices

**Eat ONLY when hungry (make dinner your smallest meal)**

**Do not exceed daily caloric limit (800-1000 calories)**

**Do not count calories from the Unlimited Food List**

**SAMPLE MEAL PLAN:****BREAKFAST** 100 calories

Coffee or tea

One of the following:

- a) One scoop protein shake
- b) One egg plus egg white veggie omelette
- c) Chicken vegetable stir-fry with Zeroodle Kelp/Kanten/Shirataki Noodles and a CarbWise muffin/square
- d) 2 slices of CarbWise bread or 1 CarbWise bagel with Walden Farm Spread

**LUNCH AND DINNER PROTEIN** for each meal **up to:**

\*Women = 100g lean meat, 150g seafood, 1 ½ cup egg white or 250g tofu

\*Men = 130g lean meat, 190g seafood, 2 cups egg white or 330g tofu

2 cups vegetables from approved food list

Zeroodle Shirataki, Kelp or Kanten noodles (unlimited), bread, bagel or wraps (approved serving size)

**SAMPLE SNACKS** 50 calories

- a) One CarbWise muffin/square
- b) One serving of ThinSlimRx approved bread/bagel with Walden Farms spread
- c) Coleslaw or veggies with dip and a ½ Healthsmart Chocolite bar
- d) 1 serving fruits from approved list and CarbWise Kimchi & Shirataki salad

**ThinSlimRx Unlimited Food List NO CALORIE COUNTING is needed**

VEGETABLES	NOODLE	SWEETENER
Alfalfa	Zeroodle Kelp Noodle	Cumberland Stevia
Arugula	Zeroodle Kanten Pasta	EZ-Sweetz Sweetener
Asparagus	Zeroodle Shirataki Noodle	Natural Mate Sweetener
Bitter Melon		NOW Erythritol Granular
Bok Choy	<b>BAKING &amp; COOKING</b>	NOW Xylitol Sweetener
Cabbage	Lifesource Oat Fiber	NuNaturals sweetener
Cauliflower	Konjac Powder	Sensato Erythritol
Celery		Splenda
Cucumber	<b>CONDIMENT</b>	Splenda Flavor for Coffee
Eggplant	Green Valley Ranch	Stevita Sweetener
Endive	Mt. Olive	SweetLeaf Liquid Stevia
Kimchi (CarbWise)	Walden Farms	Truvia Sweetener
Lettuce		Xlear XyloSweet
Mushroom	<b>DRINKS</b>	
Mustard Green	4C Drink Mix	<b>SYRUP</b>
Parsley	Hansen	DaVinci
Radish	Jones Sugar Free Zilch Soda	Green Valley Ranch
Rapini	NuNaturals	Joseph's Maple Syrup
Salad Green	Skinny Girl	VitaFiber
Spinach	Steaz	
Summer Squash	Stevita Drink Mix	<b>Walden Farms Products</b>
Swiss Chard	Stur Stevia Water Enhancer	
Watercress	Sweetleaf	
Zucchini	True Lemon	
	Zevia	

Supporting products from [www.lowcarbcanada.ca](http://www.lowcarbcanada.ca)

<b>BREAD &amp; BAGEL (6 servings per day)</b>	<b>per serving</b>	<b>Calories</b>	<b>BARS (1 bar per day)</b>	<b>per serving</b>	<b>Calories</b>
CarbWise ZeroCarb Bread	1 slice	45	HealthSmart ChocoRite Protein Bar	1 bar	100
CarbWise ZeroCarb Bagel	1/2 bagel	45	Healthsmart Chocolite Bar	1 bag	60
<b>MIRACLE BREAD (1 serving per day)</b>			<b>CONDIMENT &amp; SPREAD</b>		
Miracle Bread	1 slice	70	Bella Vita Tomato Sauce	2 tbsp.	18
Miracle Bagel	1/2 bagel	70	Bragg Soy Seasoning	1/2 tsp	13
<b>DIMPFLEMEIER Carb Smart Bread</b>	1 Slice	114	Frontera Green Chile Enchilada Sauce	2 tbsp.	10
<b>PITA &amp; WRAP (1 serving per day)</b>			Frontera Sauces	2 tbsp.	15
Joseph's Lavash	1/2 piece	50	GoBio	1/2 cube	10
Joseph's Mini Pita	1	50	Guy's BBQ Sauce	2 tbsp.	5
Joseph's Pita	1	60	Heinz Tomato Ketchup	1 tbsp.	5
Joseph's Tortilla	1	70	Jok n Al	1 tbsp.	10
Mama Lupe	1	60	Nature's Hollow	1 tbsp.	20
<b>MUFFIN &amp; TOAST (2 servings per day)</b>			Polaner Jam	1 tbsp.	10
CarbWise Muffin & Square	1	40	Seal Sama Teriyaki Sauce	2 tbsp.	10
Ciao Proto Toast	1 pc	22	Wan Ja Shan Worcestershire Sauce	1 tbsp.	4
<b>PROTEIN SHAKES (1 scoop per day)</b>			<b>CANDIES &amp; JELLO (2 serving per day)</b>		
Diesel Protein Shake	1 scoop	111	American Licorice	1 pc	13
HealthSmart CarbThin Shake	1 scoop	100	Dr. John's Candies Xylitol Peppermints	5 pcs	5
HealthSmart ChocoLite Shake	1 scoop	75	Dr. John's Sweet Advantage Mints	5 pcs	4
<b>DRINK MIX</b>			Ice Chips	5 pcs	5
Skinny Girl Liquid Water Enhancer	2 servings	5	Jell-O Sugar Free Jelly Gelatin	1/4 box	10
Stevita Chocolate Drink Mix	2 tbsp.	15	Jelly Belly	5 pcs	15
<b>MISC.</b>			Krunchy Melts	5 pcs	15
NOW Guar Gum	1/2 tbsp.	5	Mr. Freeze No Sugar Added Freezies	1 pops	5
NOW Xanthan Gum Powder	1/2 tbsp.	5	Xlear	5 pcs	10
Carbquick	1 tbsp.	30			
Smaps Cereal	1/2 cup	81			