

LIPOLYTIC DIET PROGRAM



EATING PROGRAM

DIET: (Points to remember)

- Two main meals per day (protein & vegetable)
- Leave more than 4 hours between main meals
- No meals after 10pm
- No fat, oil or alcohol for the duration of the diet
- Spray 'n Cook may be used

EXAMPLE OF MEAL PLAN:

- | | |
|---------------|---|
| - Snack 7:00 | 2 Pro-Vitas with Marmite & fruit |
| - Meal 12:00 | 100g protein & 100g vegetables & 1 soup |
| - Snack 16:00 | 1 Pro-Vita with Marmite & fruit |
| - Meal 19:00 | 100g protein & 100g vegetables |

EXAMPLE OF VEGETARIAN MEAL PLAN:

- | | |
|---------------|----------------------------------|
| - Snack 7:00 | 2 Pro-Vitas with Marmite & fruit |
| - Meal 12:00 | 200g vegetables & 1 soup |
| - Snack 16:00 | 1 Pro-Vita with Marmite & fruit |
| - Meal 19:00 | 200g vegetables |

MEALS

PROTEIN: 1 unit per meal – 100g raw weight per unit

Choice of the following...

- Beef
- Veal
- Venison
- Turkey or Chicken breast
- Ostrich meat
- Fish: hake, sole, kingklip, crayfish, prawns, tuna (oil free)
- 1 egg or 2 egg whites
- 175ml yoghurt, flavoured and fat free

SOUP: 1 sachet with 1 of the meals

- Weighless Lite in various flavours (Optional: Beef & Veg, Chicken & Herb, Golden Veg, etc)

VEGETABLES: 1 unit per meal - 100g per unit – raw or cooked

Choice of the following...

- Baby marrow, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, gem squash, green pepper, lettuce, mushrooms, onion, spring onion, spinach (these vegetables can be mixed)
- 4 spears of asparagus (not to be mixed with other vegetables)
- 1 tomato – any size (not to be mixed with other vegetables)
- 1 potato – size of a tennis ball (only every 5th meal)

CONDIMENTS & HERBS:

- Salt, pepper, vinegar, curry, 1 level teaspoon Coleman's English Mustard, 1 desert spoon oil free or low-fat salad dressing
- Basil, tarragon, thyme, garlic (dry), rosemary, oreganum, cinnamon, red & green chilli, Aromat
- 1 Teaspoon Marmite or Bovril (low blood pressure & cravings – 1 teaspoon in glass of hot water 1 x daily)

SNACKS

FRUITS: 2 units per day

- Apple, grapefruit, nartjie, nectarine, orange, peach
- 150g (1 unit) pawpaw, green melon, spanspek, watermelon, strawberries

CRACKERS: 1 unit per day

- 3 Pro-Vitas, 3 rice cakes, 3 Wasa, 3 Ry-Vitas, 2 Crackerbreads

FLUIDS: (NB!!)

- Water – 3.5 to 4 litres per day (at least 3L)
- Coffee and tea – black only, sweetened with canderel/xylitol if desired
- Diet cold drinks – Coke Light, Tab, Sprite Zero, etc. – 4 cans per day
- Soda water
- Lo-cal sugar free, flavoured cold drinks



OPTIONAL EXTRAS:

- 1 x egg OR /
- 1 x yoghurt (fat free & sugar free) OR/
- 1 x protein shake (eg. Evox Lean Pro) or protein shake can substitute a protein

EXAMPLE MENU

	BREAKFAST	LUNCH	DINNER
MONDAY	150g spanspek 3 Pro-Vitas with Bovril	Chicken salad with no oil Royco Lite salad dressing	100g Kingklip with 100g mixture of vegetables from allowance and a nectarine
TUESDAY	3 Pro-Vitas with Bovril 1 tomato 1 egg	1 nectarine 1 peach	Tuna mixed with no oil Royco Lite salad dressing 10g of chopped onion and 80g of salad made up of lettuce, mushroom, carrot & baby marrow
WEDNESDAY	½ grapefruit 150g watermelon	100g chicken breast cooked with 100g of baby marrow, carrots and onion mixed	3 Pro-Vitas 1 egg 100g mushrooms with garlic salt, lemon juice, salt & pepper
THURSDAY	1 egg 1 tomato	1 orange 1 peach 3 Pro-Vitas	Veal stir fried (no oil) with a packet of beef soup and 100g mixed vegetables from allowance
FRIDAY	150g melon 1 grapefruit	Tuna mixed with no oil Royco Lite salad dressing 10g of chopped onion and 80g of salad made up of lettuce, mushroom, carrot & baby marrow	Chicken stir fried (no oil) with a packet of chicken soup and 100g mixed vegetables from allowance
SATURDAY	1 peach 150g spanspek with juice of ½ lemon	Chicken salad with no oil	Chicken with sweet & sour sauce made from juice of ½ lemon, no oil Royco Lite salad dressing, ¼ tsp bovril, vinegar and sweetener, herbs, salt & pepper. Served with vegetables (mushrooms, baby marrow, onions & broccoli)
SUNDAY	150g spanspek 3 Pro-Vitas with Bovril	100g grilled rump steak with mustard, served with 100g salad with no oil Royco Lite salad dressing 1 peach pulped with lemon juice and frozen the night before	100g grilled sole with lemon juice and salt, served with 5 asparagus

PREPARATORY PERIOD

NB! Inject on these days

To prepare your body for the “starvation diet” you have to increase your food intake (quality and quantity) 2 days prior to starting the meal plan (example given below). This will ensure that your body will release the energy stored in your fat resources and not hold onto them to “protect” you from starvation. It also increases your blood supply to your fat cells, making them more sensitive to the HCG Protocol.

EXAMPLE MENU DURING PREPARATORY PERIOD

BREAKFAST: Bacon and cheese omelette with double cream café latte with sugar

MID A.M. SNACK: Croissant with full cream hot chocolate

LUNCH: Hamburger and French fries with a soft drink and ice cream for dessert

MID P.M. SNACK: Milkshake and custard Danish

DINNER: Wine and beef steak with rice, gravy and bread

LATE P.M. SNACK: Chocolate brownies



INSTRUCTIONS FOR LIPOLYTIC INJECTIONS

*Keep medication in your white container at room temperature (out of reach of children)

If you have more than one-month supply, keep the extra one in the fridge

INJECTING PROCEDURE:

- Inject once daily
- Always clean the rubber seal of the bottle with surgical spirits and cotton wool
- Insert the needle through the rubber seal and turn the bottle upside down to extract 0.25ml (25 units) into the syringe
- Areas to inject: thigh or stomach below belly button
- Clean your skin with surgical spirits and cotton wool
- Push the needle through the skin up to the shoulder of the syringe and press down on the plunger to deliver the fluid into the subcutaneous space
- Remove the needle and apply pressure with the cotton wool for 30 seconds on the injection area
- The best time for the injection is early in the morning
- During the first week of your programme your blood pressure or blood sugar levels can drop. To prevent this, drink water with Bovril or Marmite
- You can use each syringe 3 times

ORAL HCG

Oral HCG is a homeopathic solution used as an alternative to the injectable HCG. Oral HCG has been used with great success all over the world and can be used on its own or in combination with the lipolytic injection. Weight loss is very similar to that of the lipolytic injections. The preparation period and meal plan is the same as the lipolytic injections.

Dosage: 1 spray, 2 x daily under the tongue (am/pm)



MAINTENANCE PERIOD

Maintenance can be used in two ways, firstly as a period between treatments and secondly as a stabilization program after the desired goal weight has been reached. The duration of the maintenance period is 3-4 weeks and like the preparation period it requires some planning. The patient continues on the diet for 3 days and does not inject with the lipolytic. On Day 4 the patient will restart with the lipolytic at half of the dosage and follow the eating plan below.

BASIC EATING PLAN DURING THE MAINTENANCE PERIOD

During this period the patient will not weigh the portion but should consider the following food:

- Meats: any kind, boiled, grilled, steamed, roasted, smoked or dried (without visible fat)
- Fruits: except melon, tangerines, pineapples, bananas, figs, dates and grapes
- Vegetables: all except potato and sweet potato
- Six Pro-Vitas, rye vitas or crisp bread
- Fat free or low-fat dairy products
- Eggs: one egg plus the white of two eggs can replace meat, fish or chicken serving
- Fat free cold meats
- Olive oil for salad serving
- Low calorie jams and sweeteners
- Liquids: water, mineral water, unsweetened sodas and any low-calorie beverages which contain two calories or less per glass. Coffee and tea without sugar may be consumed at anytime
- Alcohol: one glass of wine or beer per day
- Spices and herbs: any natural type is allowed but be aware of commercial seasonings as they may have hidden sugars and flavours within their ingredients

FORBIDDEN FOODS

- Flour products, cereals, breads, desserts pastries, noodles, puddings, processed meats that have starch or flour in the processing (E.g. Sausages, cream soups, etc.)
- Sugar and any kind of sweets, chocolates, honey, ice cream and marmalade (only diet marmalade), jelly or jam can used

GOLDEN RULES FOR THE MAINTENANCE PERIOD

- **NO** sugars, starch, alcohol (except one glass of wine/beer per day)
- Patients may weight themselves daily, first thing in the morning with no clothing on and with an empty bladder (before breakfast)
- Use only half a dose of lipolytic
- Immediately correct 1kg weight gain from maintenance weight (see steak day or uni-food day info below)

STEAK DAY OR UNI-FOOD DAY

This is a strategy to correct any excess of 1kg over the maintenance weight. The same day the patient surpasses the 1kg mark he/she should skip breakfast and lunch, eating only a large steak for dinner with a tomato or apple. Only drink water when thirsty.

CORRECTING MINOR WEIGHT

If the patient gained less than 1kg from maintenance, it is suggested that the patient consumes a very light breakfast and lunch.

E.g. Breakfast: Cup of tea with low fat milk

Lunch: Low-fat yoghurt or a slice of fruit or fruit salad

Dinner: Large steak with either a raw tomato or apple

RECIPES

CHICKEN CURRY

Ingredients:

90g Chicken breast without skin
1 potato
1 tbs Fat free 1000 Island Dressing
1 tsp Curry powder
2 tsp Vinegar
1 tsp Canderel powder
11g (1 packet) Knorr Lite Spicy Chicken Soup
½ cup water
Garlic salt, chicken spice, 1 clove cinnamon, origanum, salt and pepper to taste.

Method:

1. Spray oven dish with Spray 'n Cook
2. Place chicken in dish and sprinkle spices
3. Cut potato into fingers and place in bowl with chicken
4. Mix curry powder, fat free 1000 Island Dressing, vinegar and soup mix into ½ cup water and pour over chicken and potato
5. Cover dish with foil and bake in oven at 180°C for approximately 1 hour 15 minutes

POTATO BAKE

Ingredients:

1 potato
11g (1 packet) lite mushroom and herb soup
Aromat

Method:

1. Spray oven dish with Spray 'n Cook
2. Cut potato into thin slices and place into dish
3. Sprinkle with Aromat and soup powder, add ½ cup water
4. Cover dish with foil and bake in oven at 180 °C for approximately 1 hour
5. Serve hot

CHICKEN WITH ORANGE SAUCE

Ingredients:

90g Chicken breast without skin
1 tbs Fat free 1000 Island Dressing OR juice ½ an orange
11g (1 packet) Knorr Lite Chicken and Spice soup
Garlic salt, chicken spice, 1 clove cinnamon, oregano, salt and pepper to taste

Method:

1. Spray oven dish with Spray 'n Cook
2. Place chicken and spices in dish
3. Mix orange juice, water, dressing and soup powder, then pour over chicken
4. Cover dish with foil and bake in oven at 180°C for approximately 1 hour 15 minutes

TIP: Add your choice of 100g vegetables to the chicken

BEEF CURRY

Ingredients:

100g beef
½ tsp apple (peeled and chopped)
1 tomato (peeled and chopped)
42.5g mushrooms sliced
½ tsp curry powder
2 tbs water
Salt, pepper, liquid sweetex to taste

Method:

1. Grill steak and cut into small pieces
2. Reserve the meat juices
3. Place chopped tomato, chopped apple, sliced mushrooms, meat juices, curry powder, meat pieces and water into saucepan
4. simmer till cooked, reserving liquid
5. Sweeten to taste if desired
6. Serve with choice of vegetable allowance

FRUIT SALAD

Ingredients:

1 orange chopped (reserve juice)
1 apple chopped (or any other fruit in allowance)
Sweetening to taste

Method:

1. Mix chopped
2. Pour over orange juice
3. Sweeten to taste with liquid sweetex
4. Serve plain or dressed with Simeon Cream using whole or part of yoghurt allowance

EGG SPREAD FOR PRO-VITA CRACKERS

Ingredients:

Egg allowance
1 tsp condiment (spicy one is best)
Pro-vita allowance

Method:

1. Hard boiled eggs
2. Cool, peel and mash finely with condiment
3. Serve on pro-vita crackers with salad allowance

SIMEON PICKLED FISH

Ingredients:

Hake or kingklip allowance
½ tsp curry powder
50-70ml vinegar
Salt, pepper, liquid sweetex to taste

Method:

1. Grill fish till tender
2. Mix curry powder, vinegar, salt, pepper and sweetex
3. Place cooked fish in small container and pour over vinegar mixture
4. Leave in refrigerator for at least a day
5. Serve cold with allowance of salad

GOOD LUCK!!

For support, tips, advice, etc. please join our Slender Tenders group on Facebook

