



GR2 Weight Loss Diet

This diet is to increase lean body mass, hormones, endurance, balance blood sugars and increase immune function.

20% protein, 20% fat and 60% carbohydrates

Herbal teas for detoxifying are burdock root, sarsaparilla, ginger and Siberian Ginseng. Dandelion tea also detoxifies liver. These are also good cold.

Upon Rising:

Juice ½ lemon and place in 8oz of warm water, drink upon rising.

Make Cranberry Cocktail: Combine 4oz. cranberry juice with 28 oz of water and drink 2 of these per day. (Unsweetened cranberry juice cocktail; unsweetened cranberry juice such as Knudsens.)

You will notice “organic” foods are suggested, these are best if available

Take Thermogenic Enhancer, Appetite Reducer and 2 Enzyme Digestive Aids

Breakfast - choose one

- Scrambled, poached or hard-boiled (two) organic eggs with 1 slice of whole grain toast
- 10 raw nuts (almonds, walnuts, cashews) 1 cup vanilla yogurt
- **GR2 Protein**, 10oz. water, 1 Tabl. **All Natural Food and Fiber**, ½ cup frozen berries. Blend well and serve immediately as it will thicken upon standing.

Start drinking cranberry juice and take 2 Formula IV

Snack - choose one

- ½ cup of cottage cheese and 1 piece of fresh low glycemic fruit
- 2 oz of turkey or chicken and raw vegetables
- 1 piece of low-glycemic fruit and 6-8 raw nuts
- GR2 Protein bar

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Lunch - choose one

GR² Protein shake can replace a lunch

- Salad (do not use iceberg lettuce) with 4oz of chicken, egg or turkey and non-hydrogenated oil dressing. Rice crackers or whole grain crackers.
- Soups made with vegetables and chicken or beef (The best soups to buy canned are Amy's or Health Valley soups then you can add to them.) Salad
- Open-faced sandwich with whole-grain bread made with 2-3 oz. turkey, chicken, or roast beef. Add on ½ avocado, sprouts, and tomatoes to get some veggies. Raw vegetables on side.
- 4 oz protein (fish, chicken, beef), stir fried or steamed vegetables

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GR² Protein Shake can replace a dinner**

Dinner- (any of the above) or choose one from below

- Stir fried vegetables with chicken, fish or beef on brown rice
- 4 oz chicken, fish or organic beef grilled or broiled served with 1/2 yam and steamed vegetables.
- Chicken or turkey tostada on corn tortilla (top with moderate cheese, shredded cabbage, cilantro, tomato, avocado and salsa)
- Buy whole roasted chicken and make brown rice and steamed broccoli. Use leftover chicken for salads and sandwiches.
- Crock Pot is a great way to start a meal before leaving the house. You can cook beef, chicken, stew or soups in these.

Snack

- 1 cup of fresh or frozen berries topped with 1/2 cup vanilla yogurt and 1 Tablespoon chopped nuts
- 1/2 cup cottage cheese topped with 1 cup fresh berries
- Air-popped popcorn; if using microwave popcorn make sure there are no hydrogenated oils and it is below 6 grams of fat
- GR2 Protein Bar
- Herbal Dandelion tea with 2-3 pieces of dried fruit put in it (apricot, prune, apple); you get a sweet treat when you get to the bottom and they are high in fiber.

Take 3 Salmon Oil Plus before bed

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