

At Creative Bioscience, we have customized the diet protocol to meet your individual needs. Based on your weight loss goals and lifestyle, you can now choose a plan that will give you the results you are looking for. The instructions for the diet are simple: Place 10 drops under your tongue 3 times per day and choose food items from our allowed foods list. Exercise is not required, although you may work out if you choose to. In order to have the greatest success with this diet, we advise you to choose the cleanest, most wholesome food you can find if organic is an option for you. Be sure to read the nutritional content on everything that you consume. Try to become very aware of what you put into your body.

We have listed calorie counts for all of the allowed foods. To ensure accuracy, cross reference our list with the nutritional values from the foods you consume. Track your calories daily. You can follow this diet until you have reached your goal weight or until the maximum of six weeks is up. Drink plenty of water. If you feel hungry during the diet, eat more vegetables. Have three balanced meals each day consisting mostly of protein and vegetables while limiting fruit serving sizes and omitting the starch category (if desired) for the best results. You must remove all of the fat from meat (no marbling) and the skin from the chicken and turkey then weigh it before cooking.

Carefully match your calories to your activity level and then keep both at the same level throughout the diet phase for the best results. It takes trial and error so start out slowly and carefully monitor your weight loss so you can make adjustments.

## Allowed Foods List

**Protein:** 3.5 oz. per portion (to be weighed before cooking) make protein 50% of your daily calorie intake.

- Egg Whites (6 total) – 100 calories
- Chicken Breast – 110 calories
- Turkey Breast – 115 calories
- Extra Lean Ground Beef (95% lean) – 135 calories
- Eye of Round – 180 calories
- Flank Steak – 165 calories
- Top sirloin – 190 calories
- Bison (buffalo) – 110 calories
- Venison (deer) – 120 calories
- Tuna Fish (canned in water) – 80 calories
- Steak, Lobster – 95 calories
- Crab – 85 calories
- Shrimp – 110 calories
- Scallops – 95 calories
- Orange Roughy – 75 calories
- Cod – 85 calories
- Flounder, Sole – 90 calories
- Sea Bass, Tilapia – 100 calories
- Halibut, Mahi-Mahi – 110 calories

**Vegetarian Protein:** The calorie content varies, check the nutritional label for portion sizes and corresponding calories.

- Tofu (firm or extra firm) – 75-100 calories per 3.5 oz. serving
- Tofu "Miracle" Noodles – 20 calories per 3.5 oz. serving

**Dairy Protein:** Make sure all selections are "non-fat" or "skim"

- Skim Milk – 1 Cup (8 oz.) – 90 calories
- Yogurt (plain, non-fat) –  $\frac{3}{4}$  cup (6 oz.) – 103 calories
- Cottage Cheese (plain, non-fat) –  $\frac{3}{4}$  cup (6 oz.) – 100 calories

**Vegetables:** All measurements are to be done BEFORE cooking

- Lettuce (any variety) – 1 cup – 10 calories
- Cucumbers – 1 cup – 20 calories
- Tomatoes – 1 cup – 35 calories
- Celery – 1 cup – 20 calories
- Onions – 1 cup – 65 calories
- Spinach – 1 cup – 10 calories
- Chard – 1 cup – 10 calories
- Fennel – 1 cup – 30 calories
- Red Radishes – 1 cup – 20 calories
- Asparagus – 1 cup – 30 calories
- Cabbage – 1 cup – 25 calories
- Chicory – 1 cup – 40 calories
- Beet Greens – 1 cup – 10 calories

You can make a salad totaling 2 cups of a few different vegetables just be sure to accurately calculate your portion sizes and the corresponding calories. However, it's recommended you have just one item at a time for ease of digestion and better results.

**Fruit:**

- Apple – 1 medium – 95 calories
- Orange – 1 medium – 85 calories
- Grapefruit –  $\frac{1}{2}$  cup (sections) – 50 calories
- Strawberries – 1 cup (sliced) – 50 calories
- Blueberries –  $\frac{1}{2}$  cup (whole) – 40 calories

**Starches:** One serving equals 1 piece (not the serving size on the box)

- Melba Toast – 1 cracker – 15 calories
- Grissini Breadstick – 1 breadstick – 15 calories
- Ak-Mak Crackers – 1 piece (separated at the perforation) – 20 calories
- Wasa "Lite" Crackers – 1 piece – 25-45 calories (depending on the variety – carefully read the label)

**Beverages:** You can consume unlimited amounts of the following liquids; consume at least 3 liters of water every day in addition to the other "free" beverages.

- Black Coffee – no creamer (only 1 tbl. of fat free milk per day is allowed for use in coffee and/or tea; does not count as a dairy selection).
- Tea – plain black or green tea only, self-brewed. You may sweeten with Stevia or Saccharin and flavor with either a fresh lemon, lime or orange only. No additional added flavors or ingredients in the tea packets or bags including fruits, rosebuds, roots, honey, etc. (absolutely no pre-made or pre-bottled teas)
- Water – distilled is best
- Sparkling (Pellegrino, Perrier, etc.) and Mineral Water (no flavored varieties of either)

### **Sweeteners:**

- Only Stevia and Saccharin (Sweet 'N Low) are allowed.
- Aspartame, Sucralose (Splenda) and regular sugar are not allowed.

### **Spices/Seasonings:**

You can use any spice you want, just be sure it doesn't contain sugar or starch. Salt and pepper are allowed. Read the ingredients of everything you consume, even a minor intake of something that is not allowed can stall you.

### **Chewing Gum:**

You can have gum, but be sure it is flavored ONLY with Xylitol (a natural sweetener). Most use Aspartame as well, which is not allowed. Avoid spices with sugar and/or starch

### **Tips for Success:**

- Make different food selections every meal and each day for the best weight loss; keep accurate accounts of serving sizes and their calories.
- Avoid having too much red meat, shrimp, tomatoes and/or oranges.
- Drink plenty of water and avoid too much salt; try incorporating Green Tea for an added metabolism boost.
- Incorporate some exercise daily...walking, yoga, swimming, cycling, etc. – adjusting your calories up or down depending on your activity level.
- If you have any question please call our 24 hour support line at 877-744-1224 or email [support@creativebioscience.com](mailto:support@creativebioscience.com) our diet specialists are always available to help.