



**For ALL 3 STAGES:**

- Drink at least 2 litres of fluids per day to mobilize the fat and remove the toxins
- Take a daily iron-free multi-vitamin
- Weigh yourself every morning before breakfast
- 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 Performance 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 Performance 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 Performance drops
- During this phase, you must limit your daily calorie intake and restrict your diet
- Women **1000 calories** per day
- Men **1200 calories** per day
- NO sugar
- NO cheese or dairy products
- NO grains, beans, bread, or pasta
- NO nuts and seeds
- ONLY consume food from listed on the ThinSlimRx **Approved Food List** and **Unlimited Food List**

**Important:**

- Track your daily calorie 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, a minimum of 21 days are required for Stage 2
- Continue with Stage 2 **with ThinSlimRx Performance drops** until you reach your desired weight.

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

- For 3 days STOP taking the ThinSlimRx Performance drops but stay on stage 2 diet, limit your calorie intake at 1000-1200 calories
- On the 4th Day, start taking ThinSlim RESET drops 3 times a day for 21 days
- Gradually increase your calorie intake to 1200+ calories
- Increase your veggie and protein intake but make salad your main dish
- Add variety of fruits, starch veggies, beans, nuts, healthy fat, cheese or dairy into your diet and do so 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	6 servings daily	Calories	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	EGG		Green Beans	40	Strawberry (sliced)	14
Snapper	189	Egg white (1 cup)	126	Green Onion (chopped)	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	TOFU		Onion (chopped)	40		
Whitefish	185	Tofu (300g)	190	Parsley	32		
Whiting	171			Pumpkin (cubes)	30		
				Rhubarb (diced)	26		
SEAFOOD				Snap Pea	40		
(150g)				Snow Pea	41		
Clam	138			Spaghetti Squash	31		
Crab	180			Spring Onion (Chopped)	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\*

- 3 cups of approved vegetables 3 times a day and unlimited vegetable from 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 calories limit (1000-1200)**

**Do not count calories from the unlimited food list**

**SAMPLE MEAL PLAN:****BREAKFAST** 130 calories

Coffee or tea

One of the following:

- a) 1 ½ scoop protein shake
- b) One egg plus egg white veggie omelette
- c) Chicken vegetable stir-fry Zeroodle kelp/kanten/Shirataki Noodle and a CarbWise muffin/square
- d) 2 slices of CarbWise bread or 1 Carbwise bagel with Walden Farm Spread and a serving of approved fruit

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

\*Women = 130g lean meat, 190g seafood, 2 cups egg white or 380g tofu

\*Men = 170g lean meat, 250g seafood, 3 cups egg white or 460g tofu

3 cups vegetables from approved food list

Zeroodle shirataki, kelp or kanten noodles (unlimited), bread, bagel or wraps (approved serving size)

**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 dips and 1 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
Salad Green	NuNaturals	Joseph's Maple Syrup
Spinach	Skinny Girl	VitaFiber
Summer Squash	Steaz	Walden Farms
Swiss Chard	Stevita Drink Mix	
Watercress	Stur Stevia Water Enhancer	
Zucchini	Sweetleaf	
	True Lemon	
	Zevia	

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

<b>BREAD &amp; BAGEL (4 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			