



# GR2 CONTROL: WEIGHT LOSS PROGRAM

## MONDAY

### Morning:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Remember to take your other GNLD supplements. Wait 20 minutes after drinking 16 oz water.

\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

### Mid-morning mini-meal:

Sliced whole nectarine with 1/2 cup low fat (1%) cottage cheese

### Lunch:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water.\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

### Mid-day mini-meal:

1/2 cup sliced Roma tomatoes with 1 slice of lean ham.

### Dinner:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

### 8 oz glasses of water (drink 8)

\_\_\_\_ 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4  
\_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_ 8

\_\_\_\_\_ 30 minutes of physical activity



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## NOTES:

Hand-drawn illustration of a green apple with a stem and leaf, overlaid on a series of horizontal blue lines for writing.

**GR2**

## GR2 CONTROL: WEIGHT LOSS PROGRAM

### WEDNESDAY

**Morning:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Remember to take your other GNLD supplements. Wait 20 minutes after drinking 16 oz water.

\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

**Mid-morning mini-meal:**

1/2 cup grapes with 1 hard boiled egg

**Lunch:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water.\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

**Mid-day mini-meal:**

1 cup of vegetable soup.

**Dinner:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

**8 oz glasses of water (drink 8)**

\_\_\_\_ 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4  
\_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_ 8

\_\_\_\_\_ **30 minutes of physical activity**

**GR2**

## GR2 CONTROL: WEIGHT LOSS PROGRAM

### HELPFUL TIPS

- We should consume half our body weight in ounces of water each day. Drink at least eight 8 oz glasses of filtered or bottled water every day. Check them off on your daily sheet to help you keep track of how much you drink.
- Don't skip mini-meals. They keep your blood sugar from going too low and thus keep insulin levels down. This is important for burning body fat. Don't forget to take your other supplements. You won't overload any particular nutrient and will help your body flush toxins.
- Exercise! Get out and walk, ride a bike, swim, dance, join a gym or get some exercise equipment in your home. There are some great exercise videos out- get one!
- Find a support system-either here in the office or with family or friends. Make sure you get the encouragement you need to stay focused. Be positive, be patient.
- Stock up on shopping list items. If you have your food items on hand, and prepare meals ahead of time (in quantity if possible and freeze or refrigerate for future use), you will find it easier to stick with the meal plans in terms of quantity and quality of food you eat.
- Guidelines for portion sizes: Meat-approximately 3 oz, or the size of a deck of cards; poultry, fish- approximately 4 oz; salad-approximately 2 cups; beans and vegetables-approximately 1/2 to 1 cup; fruit- approximately 1/2 to 1 cup.
- If eating out, steak houses are generally the easiest place to find the foods that stick to your diet choices (steak, fish, chicken, salad bar). Substitute steamed veggies for a baked potato. Avoid ethnic restaurants.
- When traveling by plane you may request a low-fat entre. Be sure to eat on schedule.

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### FRIDAY

#### Morning:

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\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

#### Mid-morning mini-meal:

1/2 sliced apple with 1 hard boiled egg

#### Lunch:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. \*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

#### Mid-day mini-meal:

2 cups raw vegetables with salsa/sour cream dip.

#### Dinner:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

#### 8 oz glasses of water (drink 8)

\_\_\_\_ 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4  
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\_\_\_\_\_ 30 minutes of physical activity

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### DINNER IDEAS

**Any Fish:** Wash fish and pat dry. Season with Dom DeLuise's Seasoning. Saute mushrooms in olive oil. Set aside. Saute onion, peppers and garlic til soft. Place fish fillets on foil, top with Italian stewed tomatoes and sauted veggies. Seal tightly and bake 425 for 15-20 minutes. Serve with brown rice.

**Spaghetti:** Saute mushrooms, peppers, onion, and garlic. Add extra lean ground beef, brown and drain. Add Trader Joe's (or any low carb/sugar) Marinara sauce. Add cooked whole wheat noodles and shredded low fat mozzarella, simmer. Serve with salad and sourdough wheat bread.

**Stroganoff:** Cut lean steak into strips, season with McCormack Seasoning. Saute mushrooms in olive oil, add steak strips, non- or low-fat sour cream, mix well. Serve over wheat noodles or brown rice with side salad.

**Pizza:** Cut wheat pita pocket in half to make 2 rounds. Spoon on marinara sauce, fat free mozzarella (or cheese blend), extra lean ham, black olives, sauted mushrooms and all the veggies you want. Broil til cheese melts. Serve with a side of steamed broccoli or a salad.

**Salad:** Use lettuce of your choice. Top with feta cheese, black olives, roma tomatoes, cucumber, carrots and red onion. Drizzle with Paul Newman dressing or any low-cal dressing.

#### Desserts

Diet jello or pudding, melon, grapes

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### SUNDAY

#### Morning:

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\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

#### Mid-morning mini-meal:

1/2 cup pineapple with 1/2 cup low-fat cottage cheese.

#### Lunch:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. \*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

#### Mid-day mini-meal:

1 slice 100% whole grain bread with 2 slices of lean ham.

#### Dinner:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

#### 8 oz glasses of water (drink 8)

\_\_\_\_ 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4  
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\_\_\_\_\_ 30 minutes of physical activity

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### MINI-MEALS

Try these with an herbal tea. You may choose a combination of one item from List A and B for a mini meal, or only one item from List C for a mini-meal.

#### LIST A:

- Sliced whole nectarine
- 1/2 an apple
- Fresh fruit kabob (grapes, pineapples, strawberries, tangerines, etc.)
- 1 cup melon
- 1/2 cup berries (straw, black, or raspberries)
- 1 slice 100% whole grain bread
- 1/2 pear
- 1/2 cup roma tomatoes
- 1/2 cup grapes

#### LIST B:

- 1/2 cup low fat (1%) cottage cheese
- 1 cup low fat unsweetened yogurt
- 1/2 cup chopped hazelnuts
- 1/2 cup cubed reduced fat Cheddar, Colby, Munster or Swiss cheese
- 1 oz wedge Brie cheese or Camembert cheese
- 8 oz glass skim milk
- 1 slice prosciutto, lean ham, cheese or turkey (or 2 lean ham)
- 1 hardboiled egg

#### LIST C: (CHOOSE ONLY ONE FROM THIS GROUP)

- 1 oz almonds, cashews (dry roasted), walnuts
- 2 cups raw vegetables with salsa-sour cream dip
- 1/2 cup low-fat cheese and red pepper spread on celery stalks (2)
- Any salad made with vegetables from the GO or ENJOY list (using low calorie salad dressing)