

# GR2 CONTROL: WEIGHT LOSS PROGRAM “Achieve Weight-Loss!”



*booklet by*

**IMAGE AWARENESS**  
**WELLNESS INSTITUTE**

## ACHIEVE WEIGHT-LOSS

- Maximize Fat Burning! Minimize Fat Storage!
- Help Reduce your risk of diabetes, heart disease & More!
- We offer a weight support group. Any questions? Call Lucille for more details at (530) 823-7092.

### INSIDE:

- 1) Schedule & Checklist to use while taking GR2 Control.  
Follow directions for best results.
- 2) Mini-meal and Dinner Ideas. Interchange dinner and lunch if desired. Advice: Prepare meals ahead of time to reheat later.

The logo for GR2, consisting of the letters 'GR2' in a white, serif font inside a dark teal square.

# 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

The logo consists of the letters 'GR2' in a white, serif font, set against a dark teal square background.

# GR2 CONTROL: WEIGHT LOSS PROGRAM

## TUESDAY

### **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 apple sliced with 8 oz glass of skim milk

### **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 sliced pear with 1/2 cup cubed reduced fat cheddar cheese

### **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

## 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**

## 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)

## DINNER IDEAS GR2 CONTROL

**Stuffed Bell Peppers:** Steam peppers for 5 minutes to soften. Saute onion and garlic. Add browned and drained ground meat (7-10% fat), cooked brown rice, whole wheat bread crumbs, seasonings and tomato sauce (low carb and low sugar). Stuff peppers, top with fat free mozzarella or cheddar cheeses and bake 400 for 10-15 min.

**Marinated Chicken:** Marinate boneless, skinless chicken breast in Paul Newman's Balsamic dressing for 15-20 minutes. Grill.

Use in:

**Chicken Fajitas:** Shred chicken. Saute onions, peppers and garlic in olive oil. Place in whole wheat tortillas, top with chicken, fat free sour cream, low sugar/carb salsa and black olives. You may substitute top sirloin steak strips for the chicken.

**Chicken Salad:** Slice or shred chicken. Place on lettuce of your choice with vegetables of your choice. Top with low-cal dressing, or lemon juice and olive oil drizzle.

**Chicken Sandwich:** Shred chicken. Place in 1/2 whole wheat pita bread. Fill with tomato, lettuce, cucumber and feta or low-fat cheddar cheese.

**Crockpot Chicken:** Place 4 boneless, skinless chicken breast, 2 small stalks celery chopped, 1/2 cup onion chopped, 1 tsp. garlic powder, 1/4 tsp. curry powder, 1 Tbsp. chopped parsley and salt to taste in crockpot. Don't add water. Cook on high for 2 1/2 hours. Serve over brown rice with steamed vegetable or salad.

## 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**

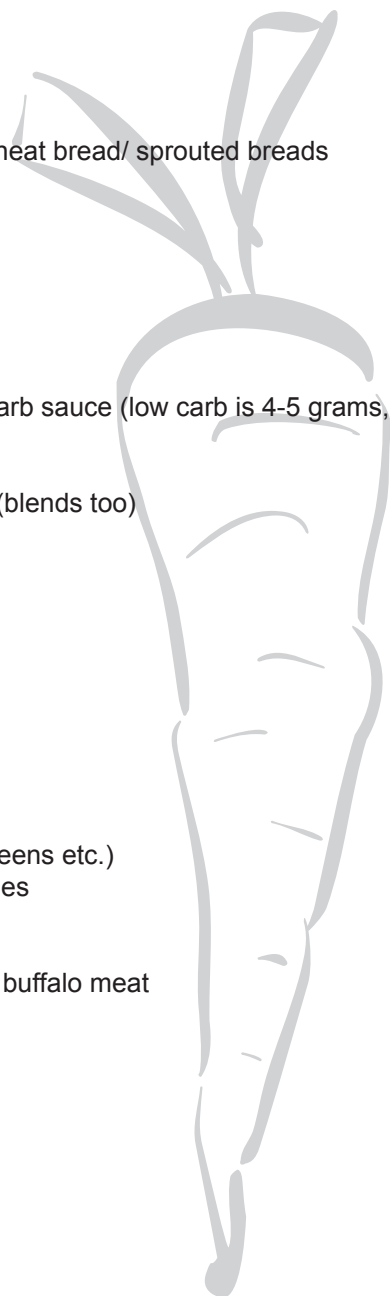
Diet jello or pudding, melon, grapes

# GR2

## GR2 CONTROL: WEIGHT LOSS PROGRAM

### SHOPPING LIST

- Whole wheat pita pockets, 100% whole wheat bread/ sprouted breads
- Whole wheat tortillas
- Whole wheat noodles-spaghetti and flat
- Brown rice
- Newman's Salad dressing-balsamic
- Bull's Eye or McCormack Seasoning
- Extra virgin olive oil
- Canned tomatoes and tomato sauce
- Trader Joe's Marinara Sauce or any low carb sauce (low carb is 4-5 grams, low sugar is 1 gram)
- Feta cheese
- Low fat mozzarella and cheddar cheeses (blends too)
- Fat free sour cream
- Low carb/sugar salsa
- Onions-yellow and red
- Bell peppers-all colors
- Tomato
- Garlic
- Mushrooms
- Cucumber
- Black olives
- Lettuce
- Veggies (l.e. broccoli, zucchini, carrots, greens etc.)
- Fruit-melon, grapes, berries, lemon, oranges
- Low fat cottage cheese
- Plain low or non-fat yogurt
- Lean (7-10%) ground beef-may substitute buffalo meat
- Top sirloin
- Filet mignon
- Salmon, halibut steaks
- Skinless, boneless chicken breasts
- Pork chops, lean
- Diet jello or pudding
- Diet soda
- Crushed pineapple





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# GR2 CONTROL: WEIGHT LOSS PROGRAM

## THURSDAY

### 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 cup of sliced melon with 1 cup low fat unsweetened yogurt.

### 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 whole grain bread with one slice turkey.

### 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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# GR2 CONTROL: WEIGHT LOSS PROGRAM

## FRIDAY

### 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 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)

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

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# GR2 CONTROL: WEIGHT LOSS PROGRAM

## SATURDAY

### 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 fresh fruit (grapes, pineapple, strawberries) with 1/2 cup hazelnuts.

### 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:

Any salad made with veggies and using low-cal dressing.

### 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

The logo consists of the letters 'GR2' in a white, serif font, centered within a dark teal square. The square is positioned on the left side of the page, with a light grey shadow effect behind it.

# GR2 CONTROL: WEIGHT LOSS PROGRAM

## SUNDAY

### 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 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)

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

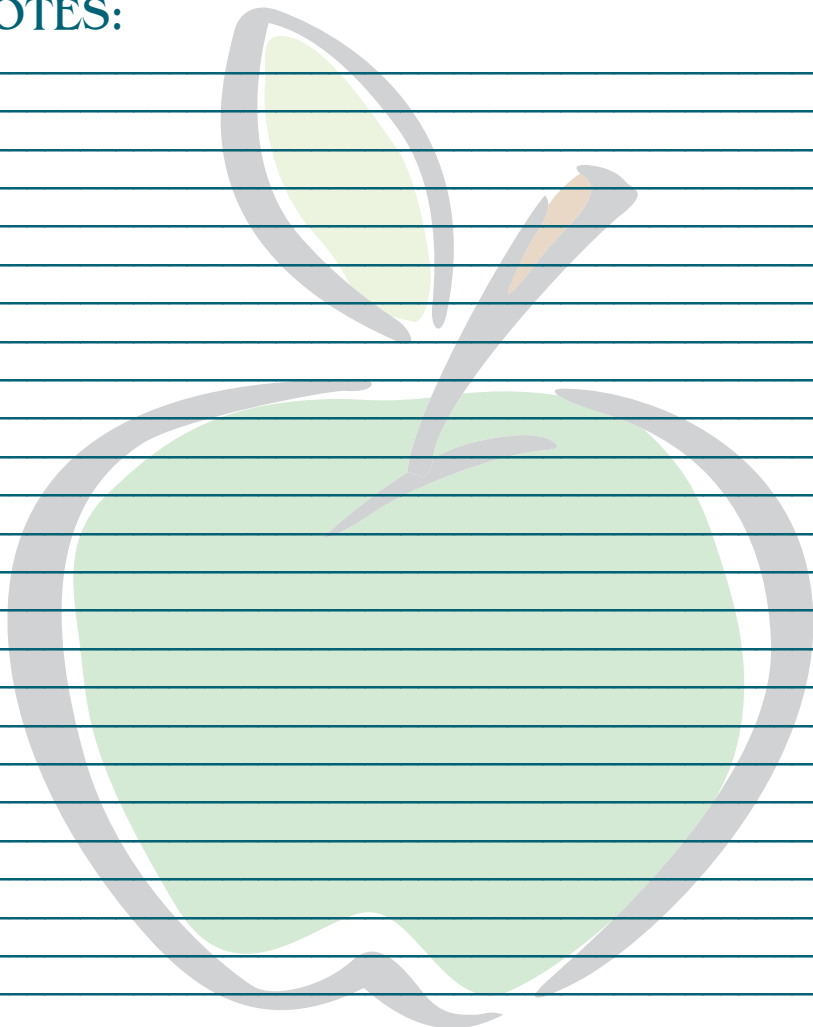
## HELPFUL TIPS

- 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.

GR2

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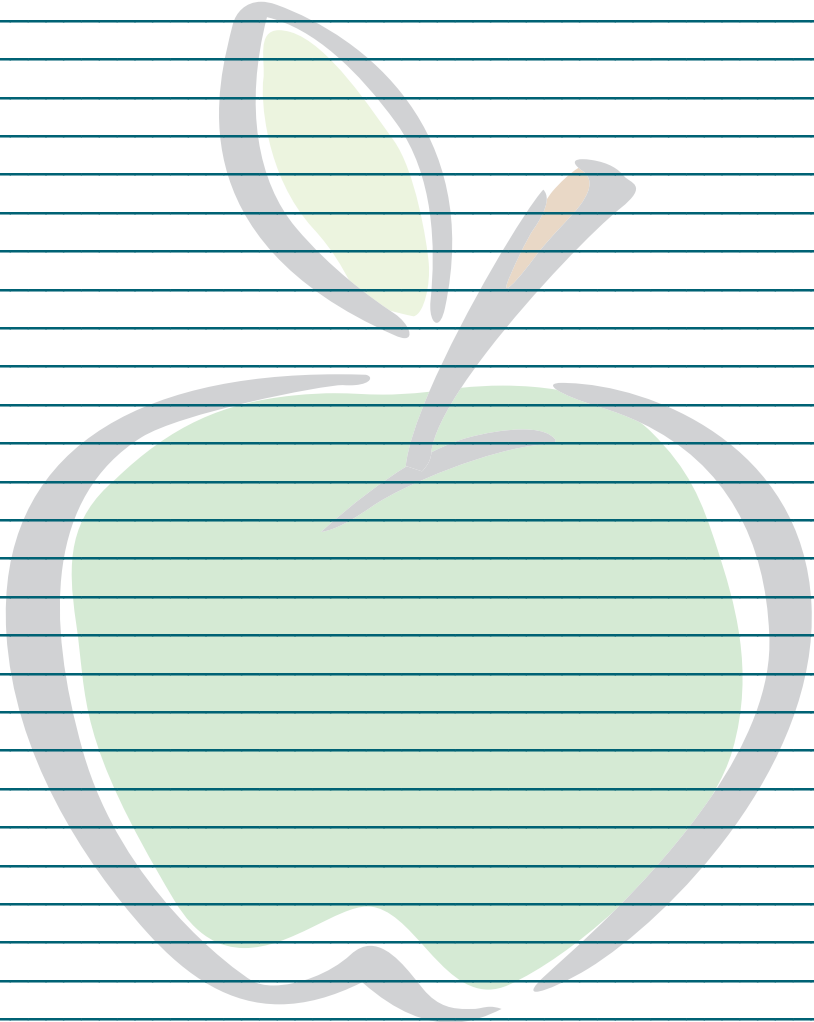
NOTES:



GR2

# GR2 CONTROL: WEIGHT LOSS PROGRAM

NOTES:



A large, stylized green apple with a stem and leaf, centered on a background of horizontal blue lines. The apple is light green with a darker green outline and a small brown stem with a single green leaf. The background consists of approximately 25 horizontal blue lines, providing a space for notes.

GR2

GR2 CONTROL:  
WEIGHT LOSS PROGRAM

A light blue silhouette of two people sitting on the floor and facing each other in conversation. The person on the left is leaning forward with their hand on their knee, while the person on the right is sitting upright with their hands resting on their lap. The text 'IMAGE AWARENESS' and 'WELLNESS INSTITUTE' is overlaid on the center of the image.

IMAGE AWARENESS  
WELLNESS INSTITUTE

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