

**RASPBERRY KETONE & DAILY SUPPORT FORMULA:**

Are especially formulated to help keep your healthy weight. Taken together during Stabilization (Phase 3 & 4) aid in:

Appetite Control Burning Fat Release of Energy Stabilize Resetting & Regulating Metabolism

Raspberry Ketone & Daily Support Formula can be used on an ongoing basis to assist with any dietary program.

Note: Ideally in mornings take 2-Raspberry Ketone Capsules with 4 oz. **KRACK JUICE** during Phase 2-3-4.

Daily Support Formula: 20 Drops 2x daily Phase 3 & 4

STABILIZATION PHASE 3: Begins Three days after the Last day of Drops count 72 hours (continue 500 VLCD)

The basis for your stabilization phase is last the weight of the morning taking **African Mango HCG Accelerant Drops**.

Simple Rules: To be clear this **3 Week Period is CRUCIAL!!! There is No forgiveness!!!**

Weight Fluctuates: First Week or Two. This is normal. It will eventually stabilize. Weigh yourself every day.

DO NOT Eat Sugars or Starches: Within 3 weeks the weight becomes stable (i.e. no violent fluctuations)

Increase Your Intake: Consult the **Food Bible** for a list of allowed foods.

Eat 3 Full meals of 4 to 6 oz. of protein, salad & veggies, Plus 3 snacks of fruit.

Eat Enough Protein: Eat 4 to 6 oz. of protein.

Caution: When Fats and Starch are Combined Things Are Very Liable to Get Out Of Hand.

Most Dangerous: Carbohydrates, Sugar, Rice, Bread, Potatoes, and Pastries etc. If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine, or martini does no harm.

Eating Enough: Use healthy fats and dairy products to up your calorie intake if necessary.

Note: Keep Drinking Enough Water & Teas. Watch The Starch and Sugar Religiously. Read Labels.

Carefully observed this during the 3 weeks otherwise disappointments are almost sure to occur!!!

This list is roughly arranged from **lowest to highest carbohydrate counts**, all are **non-starchy and generally low in carbohydrates**. Exact carb count depends on serving size. When counting carbs in vegetables the fiber is not counted, subtract them from the total.

* Sprouts (bean, alfalfa, etc.)	* Mushrooms	* Tomatoes
* Greens lettuces, spinach, chard, etc.	* Jicama	* Eggplant
* Hearty Greens –	* Avocado	* Artichoke Hearts
collards, mustard greens, kale, etc.	* Cucumber (pickles w/out added sugars)	* Fennel
* Radicchio and endive count as greens	* Peppers (all kinds)	* Onions
* Herbs – parsley, cilantro, basil, rosemary, etc.	* Summer Squash (including zucchini)	* Okra
* Bok Choy	* Scallions or green onions	* Spaghetti Squash
* Celery	* Asparagus	* Celery Root (Celeriac)
* Radishes	* Bamboo Shoots	* Carrots
* Sea Vegetables (Nori, etc.)	* Leeks	* Turnip (see Carb Counts for
* Broccoli	* Brussels Sprouts	Root Vegetables)
* Cauliflower	* Snow Peas (Pods)	* Water Chestnuts
* Cabbage or Sauerkraut	* Green Beans and Wax Beans	* Pumpkin

AVOID Starchier Vegetables:

* Beets	* Corn	* Peas	* Potatoes in all forms
* Carrots	* Parsnips	* Plantains	* Winter Squashes (particularly acorn and butternut)

FRUIT: Taking volume and weight, into account Sort of arranged by sugar content.

Good News: The fruits lowest in sugar are some of the highest in nutritional value, including antioxidants and other nutrients.

Fruits Lowest In Sugar:

* Rhubarb	* Cranberries	* Blackberries	* Grapefruit	* Apricots	* Peaches	* Guava	* Apples
* Strawberries	* Raspberries	* Blueberries	* Melons	* Plums	* Pears	* Cherries	* Papaya

Fruits Fairly High In Sugar: *Grapes *Oranges *Kiwi *Tangerine *Pineapple

Fruits To Avoid: *Bananas *Dried Fruit *Mango

AVOID SUGAR: Processed foods, corn syrup, brownies, cookies, cake, candy, cupcakes, canned fruit in heavy syrup, pie, frosting, soft drinks, kool-aid, energy drinks, fruit juice, honey, yogurts, maple syrup, pudding, donuts, ice cream, cool whip, boxed breakfast cereals, breakfast bars, granola – **NOTHING WITH SUGAR.**



Read Food Labels: Check for added sugars. Nearly all can or box products contain sugar in one of its many names. The first five ingredients listed on an item is the majority of the product, so be sure that sugar is not in the top five.

AVOID STARCH: Any Bread Or Bread Product, Nearly all root vegetables, beans peas, acorn/ butternut squashes, oatmeal, grains, rice, polenta, corn, lentils, breadsticks, bagels, cornstarch, any flour white & wheat, pasta, burger & hotdog buns, crackers, tortillas, pita bread, pretzels, corn chips, potato chips, yams, potatoes, pancakes, muffins, anything breaded, cereals, granola, cereal bars, popcorn, biscuits, corn bread, taco shells, croutons, rice cakes, Cream of Wheat, corn meal, and some nuts.

Watch Out For: Any & All Processed foods, deli meats, bacon, ham, prosciutto, sausage, hotdogs, processed cheese (i.e. Velveeta) contains sugars and starches **Sugars Added to Most Restaurant and Fast Foods:** You should be wary of eating out.

STABILIZATION PHASE 3 Start Taking Daily Support Formula (10 Drops 2 or 3 x Daily)

3 COMMON ISSUES People have a hard time on this phase:

1.) Not eating enough food, especially protein –A major common mistake of lifetime dieters is eating too little to avoid gaining back the weight you just lost is a. You should be eating **about 1100 to 1500 calories**. We do not encourage counting calories. The **African Mango HCG Accelerant** drops were releasing 1500 to 3000 calories into your system in addition to eating another 500 calories, theoretically your system has been revved up to handle 2000 – 3500 calories PER DAY. ‘Cutting back’ to 800 sends your body into ‘Grab Everything & Hold On To It Starvation Mode’ putting your body back into the starvation metabolism that got you here in the first place. This can be very difficult mentally for many life-time dieters. **PLEASE** don’t undo the progress made while on the AMF drops.

2.) Eating Sugars or Starches (Intentionally or Not)

Pizza is a starch! If you don’t have a strong knowledge of food groups, refer to the **Food Bible**

This lists many foods and also lists when the foods are allowed with regard to this protocol.

Most Fruits & Vegetables are allowed **Use Caution** with both:

Starchy Fruits: Bananas/grapes and super sweet ones like melons.

Starchy Vegetables: Use **caution** with beets, peas, beans, etc.

3.) When abnormal fats are no longer being put into circulation the body starts consuming normal fat, this is always **regained** as soon as ordinary feedings resumed. Finding the 2-3 lbs. lost during the last days of taking drops are immediately regained. Meals are skipped and maybe lbs. are lost. But the next day these lbs. are regained, in spite of careful watch over the food intake. What’s happening is the essential fat lost at the end of the Drops, owing to the client’s reluctance to report a much greater hunger, is being replaced. **The weight which must stabilize thus lies 2-3 lbs. higher than the weight reached at the end of the treatment.** Simply add 2-3 lbs. to last day of taking **African Mango HCG Accelerant** drops weight, and follow the normal guidelines for Stabilization.

REAL LIFE: Raspberry Ketone & Daily Support Formula (Taken in Phase 3 & 4 & Real Life) the appetite, burning fat, resetting the metabolism and stabilizing your weight. **Raspberry Ketone & Daily Support Formula can also be used permanently** as a lifelong follow up to any diet program to help Training Your New Body to Maintain Your New Weight

- _ **Drink Plenty of Water & Teas:** helps flush your body and function efficiently.
- _ **Carefully Watch:** Protein, dairy, higher carbohydrate fruits and vegetables.
- _ **Eat Healthier:** To feel better, look better, and successfully lock-in your new weight.
- _ **Eat REAL Foods:** Real fruits, Real fats (olive oil, almonds, real cream), Real meat, seafood, pork, chicken.
- _ **Avoid:** Processed lunch meat, canned fruits and vegetables; go for raw, minimally cooked, and frozen as much as possible.
- _ **Avoid:** Food and drinks that have any ingredients that you can’t even pronounce.
- _ **Avoid:** Restaurants and Fast Foods.
- _ **Avoid:** Very sweet fruits **melons, grapes, pineapple, bananas, potatoes, corn, peas**, etc.
- _ **Careful with Beans** (other than string beans) like pinto, black, Lima, etc. (these are starchier than most vegetables)
- _ **When Buying:** Fruit, nuts, trail mix, snack foods, divide into single servings. Use small zip snack bags to monitor you’re eating.
- _ **Keep a Food Journal:** For the next 6 wks. (Helps to discern the foods that don’t like you)

If you find Weight Creeping Up on you..... YOU’RE probably EATING TOO MANY CALORIES!!!

** Medical Disclaimer. The information on this site is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available through this web site is for general information purposes only. www.loselbsEZ.com 2006. FDA *these statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. *Consult your physician before beginning any exercise program. **Disclaimer** LoseLbsEZ is not a medical organization, does not offer any medical advice or diagnosis and accepts no responsibility for any damage or health issues as a result of following The LBS Weight Loss System.