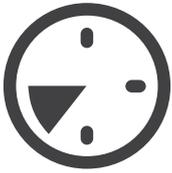


Full name: \_\_\_\_\_

Products: \_\_\_\_\_ /day

## BREAKFAST



- Essential Product
- With Tyrosine
- 1/2 Product

## MIDDAY



- Essential Product
- With Tyrosine
- 1/2 Product

## LUNCH



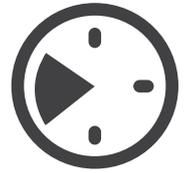
- Essential Product
- With Tryptophan
- Allowed Vegetables

## AFTERNOON



- Essential Product
- With Tryptophan
- 1/2 Product

## DINNER



- Essential Product
- With Tryptophan
- Allowed Vegetables

## ALLOWED VEGETABLES

Can be prepared and consumed individually or combined. Oven cooked, boiled, steamed, stir fried, grilled or baked en papillote.

**UNLIMITED VEGETABLES** Aim to consume a variety of different vegetables. The following can be consumed in unlimited quantities (Minimum 150g/day).



Chard



Celery



Cucumber



Broccoli



Bean Sprouts



Courgettes



Shallots



Cauliflower



Endives



Lettuce



Asparagus



Spinach



Fennel



Gherkins



Green Peppers



Radish



Mushrooms

**LIMITED VEGETABLES** Up to 200g per day (Minimum 150g/day). You can use a maximum of one clove of garlic per day.



Artichokes



Aubergine



Brussel Sprouts



Green Beans



Kale



Turnips



Red and Yellow Peppers



Leeks



Cherry Tomatoes

	BREAKFAST	LUNCH	DINNER		BREAKFAST	LUNCH	DINNER
Trimin pills				Essential Lipo			
Trimin sachets				Essential Linfo			
Vitamins and minerals				Essential Hepato			
Hair & Nails				Omega 3 Lipid			
Magnesium				Omega 3 Plus			
Essential LX				Essential CLA			

Others: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

	BREAKFAST			LUNCH			DINNER		
	SHAKES	SNACK BARS	CAPSULES	SHAKES	SNACK BARS	CAPSULES	SHAKES	SNACK BARS	CAPSULES
Essential Tyrosine									
Essential Tryptophan									

**ALLOWED DRESSINGS**

- 1 tablespoon of white wine vinegar or lemon juice
- 1 tablespoon of Dijon mustard
- (\*) Chives, coriander, parsley, turmeric, ginger, basil, dill and mint
- (\*) *Fresh and dried herbs and spices.*
- Tamari soy sauce (in moderation)
- Salt: 2,5 to 3 gms per day
- Two tablespoons of olive oil

**RECOMMENDED DRINKS**

- Still or sparkling water (min. 1,5 litres per day)
- Black/herbal tea (with no added sugar)
- Black coffee
- Essential milk or unsweetened almond milk (no other milk allowed)
- 50ml of unsweetened soya or almond milk
- Approved sweeteners – sucralose, stevia

**RECOMMENDATIONS IN CASE OF:**

- **Headaches:** A possible temporary symptom. If symptoms persist refer to your nutritionist/doctor.
- **Halitosis (Bad breath):** You can consume a maximum of two pieces of sugar free chewing gum per day.
- **Hunger Pangs:** Will typically disappear 48 hours after starting the plan. If intolerable, you can eat an extra Essential product or a small amount of vegetables from the 'unlimited vegetables' list..
- **Constipation:** Eat cooked vegetables from the lists provided. Supplement with Essential Magnesium. If symptoms persist, speak to your nutritionist/doctor.
- **Tiredness/Cramp/Muscular weakness/Vertigo:** These can result from a lack of sodium or other minerals. Add salt to your vegetables and if symptoms persist refer to your nutritionist/doctor who may recommend additional supplements.

**IMPORTANT**

This is a comprehensive, expert led protocol that must be provided by a doctor or nutritionist. Notify your consultant if you are taking any other medicines or if you have any allergies or other food intolerances. It is essential to follow the advice and prescription of your consultant for the diet plan to be successful.

**Recommendations for and during physical exercise.** Only participate in moderate physical activity and avoid intense physical exercise, even if you are already in the habit of it. Exercise exertion should not be to a point that prevents you from holding a conversation at the same time. Walk a minimum of 2-3 hours per week and build activity into your routine where possible (climb stairs, avoid short car journeys, etc). Low impact bodyweight exercise is encouraged. If you have any queries or concerns, speak with your nutritionist/doctor.

**OBSERVATIONS**

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This document does not contain commercial information.

