

## PATIENT DETAILS

Name and Surname \_\_\_\_\_ Products: \_\_\_\_\_ /day Authorised period: \_\_\_\_\_ /days  
 Start Date \_\_\_\_\_

### BREAKFAST



- Essential Product
- With Tyrosine
- 1/2 Product

### MIDDAY



- Essential Product
- With Tyrosine
- 1/2 Product

### LUNCH



- Approved Vegetables +
- Protein ration (\*)

### AFTERNOON



- Essential Product
- With tryptophan
- 1/2 Product

### DINNER



- Approved Vegetables +
- Essential Product (\*)
- With tryptophan

### NOTE

• **GREEN RANGE:** Highly recommended.

(\*) Lunch and Dinner can be reversed.

## APPROVED VEGETABLES

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

**GROUP A** To be consumed as needs require, varying as much as possible within moderation.



**GROUP B** Recommended quantity (minimum 150 g per day in total) unless otherwise advised by your Doctor.  
 Garlic and Onion should be consumed in powdered form or dehydrated and to be used as flavouring.



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

	BREAKFAST			LUNCH			DINNER		
	SHAKES	SNACK BARS	CAPSULES	SHAKES	SNACK BARS	CAPSULES	SHAKES	SNACK BARS	CAPSULES
Dinamic Essential									
Triptófano Essential									

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

**APPROVED QUANTITY OF PROTEINS** Grilled, oven cooked, steamed or baked in papillote.

- Red meat (beef, lamb, pork etc) 100g
- White meat (Turkey, Chicken, rabbit etc) 130g
- Fish/Shellfish 150g
- Cured Iberian ham 90g (4 thin slices)
- 2 whole eggs or 4 whites of an egg
- 60g of cured Iberian ham + 1 whole egg or 2 whites of an egg
- 1 small tin of tuna + 1 whole egg or 2 whites of an egg

**APPROVED DRESSINGS**

- Spices and aromatic plants in dehydrated form
  - 1 small tablespoon of White wine vinegar or lemon juice
  - 1 small tablespoon of Dijon Mustard
  - (\*) Chives, Coriander, Parsley, Curcuma, Ginger, Basil, Dill and Mint. (Spray recommended for exact measure)
  - Tamari Soy Sauce (in moderation)
  - Salt: 2,5 to 3 gms per day
  - 1-2 spoons of Olive Oil
- (\*) To be consumed fresh or in dehydrated form

**RECOMMENDED DRINKS**

- Still or Sparkling Water (Min. 1,5 litres per day)
- Infusions (no added sugar)
- Natural Coffee (not roasted)
- Essential Milk serum (No other milk allowed)
- 50ml of Soy based drink (On approved list)
- Approved sweeteners – Sucralose, Stevia, Aspartame

**RECOMMENDATIONS IN CASE OF:**

- **Headaches:** a possible temporary symptom. If symptoms persist refer to your Doctor/GP.
- **Halitosis (Bad breath):** Take Essential mentol sweets. No chewing gum or sweets allowed (with or without sugar).
- **Hunger Pangs:** will typically disappear after 48 hours from starting diet plan. If intolerable, you can take an extra Essential product or a small amount of vegetables from Group A.
- **Constipation:** Eat cooked vegetables. You can also take Essential Magnesium Carbonate. If symptoms persist refer to your Doctor/GP.
- **Tiredness/Cramp/Muscular weakness/Vertigo:** a result of lack of minerals or salt thus add salt to your vegetables. If symptoms persist refer to Doctor/GP for any recommended supplements.
- **Insufficient weight loss during premenstrual period:** This can occur. Weight loss will resume at normal rhythm after premenstrual period.

**IMPORTANT**

The diet plan is through medical prescription and must be taken with the approval of your Doctor/GP. 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 exercise which does not prevent you, at the same time, from holding a conversation – a measure of over exertion. Walk a minimum of 2-3 hours per week and avoid sedentary routines (climb stairs, avoid short car journeys). Low impact muscular exercises permitted. Do not undergo intense physical exercise even if routine. Any doubts or issues refer to your Doctor/GP.**

**OBSERVATIONS**

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