
LIPOLYTIC DIET PROGRAM MANUAL

WWW.LIPOLYTICDIET.CO.ZA



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ABOUT THE LIPOLYTIC DIET

Our Lipolytic Diet protocol consists of a specially formulated eating plan accompanied by self administered treatments of injections or sublingual oral drops. The average Lipolytic Dieter experiences rapid weight loss averaging 8-10kg per month, with many losing more. In addition to loss of unwanted abnormal fat, the true benefit of the Lipolytic protocol is its ability to help modify the dieter's relationship with food and eating, resulting in easily maintained, long-term weight loss and healthy lifestyle changes.

The Lipolytic Diet is safe and effective for both women and men. It works by using energy from deposits of fat that wouldn't normally be used for energy, so people often notice they are losing fat in areas where they have had difficulty losing through other diet plans.

The Lipolytic Diet is different from other weight loss regimens because it is known to boost the metabolism and keep you from feeling hungry. Typically, when your body takes in fewer calories than it burns, the body's natural response is to slow down the metabolism and preserve fat stores. The Lipolytic Diet helps your body metabolize stubborn fat stores and keep you energized while taking away unwanted fat.

The search for a perfect weight loss solution is a never-ending task. Many of our clients find the Lipolytic Diet to be a quick and easy solution when it's followed properly and meticulously. We also have many clients who love the way they feel on the Lipolytic Diet.

We do understand it is not for everyone but if you are seeking a fast weight loss solution, the Lipolytic Diet may be the right weight loss program for you.

HOW DOES THE LIPOLYTIC DIET WORK?

The combination of the injections/oral drops and the specially formulated eating plan will trigger the body, to tap into your abnormal fat stores, as a source of energy. By tapping into your fat reserves you will release a substance called leptin that will trigger your satiety centre in your brain. This gives you a feeling of “fullness”.

Lipolytic also increases your serotonin (happy hormone) levels, thus improving your mood. The end result being:

- Weight loss (fat loss)
- Increased energy levels
- Decreased hunger
- Improvement in mood

WHY DOES THAT MATTER?

During a fast, dramatic loss of weight with crash dieting, there is a high amount of muscle that is lost. Because muscle is heavy, this loss looks good on the scale because the kilograms are dropping quickly. When you lose muscle, it's bad for your body, shape, and metabolism. The metabolism slows so much that dieter regains weight quickly, often regaining all the weight that was lost and then some. Additionally, it takes quite a bit of work to build back the muscle that has been lost.

The Lipolytic Diet however, protects muscle from being lost. In fact, there is more of a pure fat loss, which causes a shrinking in centimetres and size of clothing.

The great result is that one can become leaner, in a smaller clothing size, but with more muscle. This muscle allows for a stronger metabolism and helps people maintain their weight loss long after their diet is completed.

A remarkable aspect of the Lipolytic Diet is that with your body getting the majority of the nourishment it needs from your stored fat reserves, you do not feel the hunger that would certainly result if you tried to diet by reducing calorie intake alone.

SOCIAL MEDIA SUPPORT

[FACEBOOK.COM/GROUPS/SLENDERTRENTERS/](https://www.facebook.com/groups/slendertrenders/)

This group exists solely to support people who are serious about losing weight and maintaining their goal weight.

We encourage people to engage their fellow members with interesting questions, comments about the Lipolytic Diet in general, what's working for you, what's not working for you, sharing interesting and relevant links to recent news about similar weight loss programs and any other useful information.



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Testimonials

This is a fantastic product! I have lost 15kgs in 2 months and have maintained it - Liebeng Malefane

Michele is a superstar when it comes to weight loss, her knowledge of all the mechanics of food and science gets real results, fast - Tonie Konig

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INSTRUCTIONS FOR THE LIPOLYTIC DIET

Injecting procedure

How to inject?

- Inject once daily
- Always clean the rubber seal of the bottle with surgical spirits and cotton wool
- Insert the needle through the rubber seal and turn the bottle upside down to extract 0.25ml (25 units) into the syringe
- Clean your skin with surgical spirits and cotton wool
- Push the needle through the skin up to the shoulder of the syringe and press down on the plunger to deliver the fluid into the subcutaneous space
- Remove the needle and apply pressure with the cotton wool for 30 seconds on the injection area

Where to inject?

- Thigh or stomach below belly button

When to inject?

- The best time for the injection is early in the morning
- During the first week of your program your blood pressure or blood sugar levels can drop. To prevent this, drink water with Bovril or Marmite
- You can use each syringe 3 times

Oral Drops

The oral drops is a homeopathic solution used as an alternative to the injectable solution. The oral drops has been used with great success all over the world and can be used on its own or in combination with the lipolytic injection. Weight loss results are very similar to that of the lipolytic injections. The preparation period and meal plan is the same as the lipolytic injections.

How to use the drops?

Administer 5 drops twice daily under tongue. Hold for 30 seconds to allow for absorption before swallowing.

When to take the drops?

Drops should be administered once in the morning before eating or drinking anything and again in the evening before dinner.

PREPARATORY PERIOD

NB! Inject on these days...

To prepare your body for the DIET PHASE you have to increase your food intake 2 days prior to starting the DIET PHASE. This will ensure that your body will release the energy stored in your fat resources and not hold onto them to “protect” you from starvation. It also increases your blood supply to your fat cells, making them more sensitive to the Lipolytic Diet protocol.



EXAMPLE

Menu during preparatory period...

BREAKFAST: Bacon, egg and cheese croissant with double cream café latte

MID A.M. SNACK: Full cream hot chocolate with choc-chip cookies

LUNCH: Hamburger and French fries with a soft drink

MID P.M. SNACK: Milkshake and Oreo's

DINNER: Lasagne with garlic bread and wine

LATE P.M. SNACK: Chocolate brownie

DIET PHASE

Points to remember...

- Two main meals per day (protein & vegetable)
- Leave more than 4 hours between main meals
- No meals after 10pm
- No fat, oil or alcohol for the duration of the diet
- Spray 'n Cook may be used

EXAMPLE

Menu during diet phase...

BREAKFAST	LUNCH	DINNER	SNACKS
1 boiled egg Cup of coffee	100g roast vegetables	100g Kingklip with 4 spears of asparagus	Orange 3 provita & bovril
Apple Cup of tea	1 boiled egg	100g steak 100g roast carrots	Cup-a-soup Grapefruit
3 Provita & bovril Glass of lemon water	100g tuna salad with lite dressing	100g chicken breast and baked potato	150g watermelon Peach
1 boiled egg Cup of coffee	3 Provita with sliced tomato	100g grilled Hake 100g broccoli & cauliflower mix	Apple 150g Strawberries
Yogurt Glass of lemon water	Citrus fruit salad	100g chicken 100g stirfried bell peppers & onion	Cup-a-soup 3 Provita with slice tomato
Apple Cup of tea	100g chicken salad with lite dressing	100g steak with mustard & side salad	Cup-a-soup Nartjie
3 Provita with sliced tomato Cup of coffee	1 boiled egg	100g curried chicken on baked potato	Fruit salad

MEAL OPTIONS

The following options are available during the diet phase of the program:

PROTEIN

1 unit per meal – 100g (women) or 150g (men) weight per unit - raw

- Beef
- Veal
- Venison
- Turkey or Chicken breast
- Ostrich
- White fish: Hake, sole, kingklip, basa, etc.
- Shellfish: Crayfish, prawns, shrimp, crab, etc.
- 1 egg or 2 egg whites
- Yogurt: Fat-free, 175ml plain or flavoured
- 1 x protein shake (eg. Evox Lean Pro) or protein shake

VEGETABLES

1 unit per meal - 100g (women) or 150g (men) per unit – raw or cooked

Vegetables that can be mixed:

- Baby marrow/Zucchini
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Gem squash
- Pepper (Red, Green or Yellow)
- Lettuce
- Mushrooms
- Onion (Red or White)
- Spring onion
- Spinach

Vegetables that can NOT be mixed:

- 4 spears of Asparagus
- 1 tomato – Any size
- 1 potato – Size of a tennis ball (Only every 5th meal)

MEAL OPTIONS

FRUIT

2 units per day

1 unit:

- Apple
- Grapefruit
- Nartjie
- Nectarine
- Orange
- Peach

150g:

- Pawpaw
- Green melon
- Spanspek
- Watermelon
- Strawberries

SOUP

1 sachet

- Weighless Lite in various flavours (Optional: Beef & Veg, Chicken & Herb, Golden Veg, etc)

CRACKERS

1 unit per day

- 3 Pro-Vitas
- 3 Rice cakes
- 3 Wasa
- 3 Ry-Vitas
- 2 Crackerbreads

LIQUIDS

Important to note!

- Water – 3.5 to 4 litres per day (at least 3L)
- Coffee and tea – No milk - Sweetened with canderel/xylitol if desired
- Diet cold drinks – Coke Light, Tab, Sprite Zero, etc. – 4 cans per day
- Soda/Sparkling water
- Lo-cal sugar free, flavoured cold drinks

MEAL OPTIONS

HERBS

- Basil
- Tarragon
- Thyme
- Garlic (dry)
- Rosemary
- Oregano
- Cinnamon
- Red & green chili

CONDIMENTS

- Salt
- Pepper
- Curry spice
- Aromat
- 1 level teaspoon Coleman's English Mustard or Dijon Mustard
- 1 desert spoon oil free or low-fat salad dressing
- 1 Teaspoon Marmite or Bovril (Low blood pressure & cravings – 1 teaspoon in glass of hot water 1 x daily)



MAINTENANCE PERIOD

Maintenance can be used in two ways, firstly as a period between treatments and secondly as a stabilization program after the desired goal weight has been reached. The duration of the maintenance period is 3-4 weeks and like the preparation period it requires some planning. You will need to continue on the diet for 3 days, however do not inject with the lipolytic solution. On Day 4 you will restart with the lipolytic injections at half of the dosage (0.15ml) and follow the eating plan below.

BASIC EATING PLAN DURING THE MAINTENANCE PERIOD

During this period the patient will not weigh the portion but should consider the following food:

- **Meats:** Any kind, boiled, grilled, steamed, roasted, smoked or dried (without visible fat), fat-free cold meats
- **Vegetables:** All except potato and sweet potato
- **Fruits:** All except melon, tangerines, pineapples, bananas, figs, dates and grapes
- **Crackers:** Six Pro-Vitas, Rye-vitas or Crackerbread
- **Dairy:** Fat free or low-fat dairy products
- **Eggs:** One egg plus the white of two eggs can replace meat, fish or chicken serving
- **Dressing:** Olive oil for salad serving
- **Spices and herbs:** Any natural type is allowed but be aware of commercial seasonings as they may have hidden sugars and flavours within their ingredients
- **Sweets:** Low calorie jams and sweeteners
- **Alcohol:** One glass of wine or beer per day
- **Liquids:** Water, mineral water, unsweetened sodas and any low-calorie beverages which contain two calories or less per glass. Coffee and tea without sugar may be consumed at anytime

FORBIDDEN FOODS

- Flour products, cereals, breads, desserts pastries, noodles, puddings, processed meats that have starch or flour in the processing (E.g. Sausages, cream soups, etc.)
- Sugar and any kind of sweets, chocolates, honey, ice cream and marmalade (Only diet marmalade, jelly or jam can used)

GOLDEN RULES FOR THE MAINTENANCE PERIOD

- No sugars, starch, alcohol (Except one glass of wine/beer per day)
- You may weight yourself daily, first thing in the morning before breakfast, with no clothing on and with an empty bladder
- Use only half a dose of lipolytic solution
- Immediately correct 1kg weight gain from maintenance weight (See steak day or uni-food day info below)

STEAK DAY OR UNI-FOOD DAY

- This is a strategy to correct any weight gain of 1kg during the maintenance period. The same day you surpass the 1kg mark you should skip breakfast and lunch, eating only a large steak for dinner with a tomato or apple. Only drink water when thirsty.

CORRECTING MINOR WEIGHT GAIN

- If you have gained less than 1kg during the maintenance period, it is suggested that you consume a very light breakfast and lunch.

E.g. Breakfast: Cup of tea with low fat milk

Lunch: Low-fat yogurt or a slice of fruit or fruit salad

Dinner: Large steak with either a raw tomato or apple

EXAMPLE RECIPES

CURRIED CHICKEN WRAPS

INGREDIENTS

2 SERVINGS

200 g chicken breast cooked and shredded

8 leaves romaine lettuce

1 cup diced celery

1/4 cup fat-free plain yogurt

1/2 tbsp curry powder

1/4 tsp cayenne pepper (optional)

1/4 tsp salt

1/4 tsp black pepper

1 tbsp chopped coriander

INSTRUCTIONS

1. In a large bowl, whisk together yogurt, curry powder, cayenne pepper, salt and black pepper until combined.
2. Add chicken and celery to the bowl. Fold until well-coated.
3. Refrigerate for 30 minutes before serving.
4. Dish chicken mixture into romaine lettuce leaves and garnish with coriander.

BASIL BEEF PATTIES

INGREDIENTS

2 SERVINGS

200 g ground beef

2 tsp soy sauce

2 tbsp fresh basil finely chopped

1/4 tsp garlic salt

1/8 tsp ground black pepper

INSTRUCTIONS

1. In a medium bowl, combine all ingredients and mix well with your hands.
2. Form 4 small burger patties.
3. Grill for about 3 minutes on each side or until cooked to your desired doneness.
4. Place 2 patties on each plate and serve warm.

EXAMPLE RECIPES

SCRAMBLED EGGS

INGREDIENTS

2 SERVINGS

- 2 eggs
- 2 egg whites
- 1 cherry tomatoes halved
- 1 cup red onion diced
- 2 tbsp fresh chives chopped
- 1 tbsp fresh basil chopped
- 1/2 tsp of sea salt
- 1/2 tsp black pepper

INSTRUCTIONS

1. In a bowl, beat together eggs and egg whites.
2. Heat medium pan on low-medium heat.
3. Cook eggs for 3-4 minutes whilst continually stirring.
4. Add red onion, tomatoes, salt and pepper to eggs whilst continuing to stir.
5. When the egg looks almost completely cooked, remove from heat.
6. Garnish with basil and chives. Serve hot!

CROQUETTES

INGREDIENTS

2 SERVINGS

- 200 g lean minced beef
- 2 cups carrots diced finely
- 2 tbsp onion minced
- 2 tsp garlic minced
- 1/4 tsp salt
- 1/4 tsp ground white pepper
- 2 tsp soy sauce
- 2 Provita Crackerbreads ground into crumbs

INSTRUCTIONS

1. Squeeze the water out of the finely diced carrots.
2. In a large bowl, combine the beef, dried celery, onion, garlic, salt, white pepper and the soy sauce. Mix well then shape into logs using your hands.
3. Roll each log in the malba toast crumbs lightly then place on a non stick sheet tray.
4. Bake in a 180 degrees oven for about 20 minutes. Serve hot.

GOOD LUCK!