



## The Diet Drops Protocol

**Phase 1 – Load:** This phase is where you begin taking the drops and load on fats – pork products – full fat dairy – nuts – peanut butter – avocados – fatty fish – fried foods – etc. Loading with mostly carbs and sugars isn't beneficial and will cause problems early in the program with hunger and so on. This phase allows time for the product to reach full strength in your body so you can drop down to the low calorie diet.

**Phase 2 – Lose:** Here you continue taking the drops and follow the specific diet for a maximum of 6 weeks. You need to eat more calories if you exercise and fewer calories if you don't to see weight loss and be sure to make at least 20% of your calories from the protein category.

**Phase 3 – Stabilize:** After the diet phase you need to take at least 2 weeks to stabilize your weight loss before doing another diet round – starting with the loading days again – or continuing on to the maintenance phase. No drops are taken during stabilization and you slowly add in one new food item every day or two to see how your body handles it. This phase is crucial to understanding how to keep the weight you have lost gone for good so slowly trying new items is key.

**Phase 4 – Maintain:** This phase is essentially the rest of your life after you have lost the weight you wish to lose and go forward maintaining your weight. You hopefully have learned what foods are fine to eat and what needs moderation or to be avoided all together. You can use Intermittent Fasting as needed to maintain your results.

**Instructions:** Take 10 drops orally – 3 times per day and choose food items from our allowed foods list below. The first two days are loading days where you eat fatty foods and take the drops. Day 3 is the first day of the diet phase where you reduce calories and follow the diet for a maximum of 6 weeks. Exercise is not required although you may work out if you choose to as long as you increase your protein intake.

In order to have the greatest success with this diet we advise you to choose the cleanest – most wholesome food you can find if organic is an option for you. Be sure to read the nutritional content on everything that you consume. Try to become very aware of what you put into your body.

We have listed calorie counts for all of the allowed foods. To ensure accuracy cross reference our list with the nutritional values from the foods you consume. Track your calories daily. You can follow this diet until you have reached your goal weight or until the maximum of six weeks is up. Drink plenty of water. If you feel hungry during the diet eat more vegetables. You can eat the foods individually or choose to have three balanced meals each day consisting mostly of protein and vegetables while limiting fruit serving sizes and omitting the starch category if desired. For the best results you must remove all of the fat from meat – no marbling – and the skin from the chicken and turkey then weigh it before cooking.

Carefully match your calories to your activity level and then keep both at the same level throughout the diet phase for the best results. It takes trial and error so start out slowly and carefully monitor your weight loss so you can make adjustments. We advocate for a higher calorie count so as to allow for exercise for a healthier weight loss protocol so a 1,000 and 1,000 calorie 10 day sample menu follows the diet foods list. You are of course free to do whatever calorie count you wish to do as long as it's at least 1,000 calories daily.

# Allowed Foods List

**Protein:** o per portion to be weighed before cooking make protein 0 of your daily calorie intake

Egg whites 6 total 100 calories

Chicken Breast 110 calories

Turkey Breast 110 calories

Extra Lean Ground Beef (lean) 110 calories

Eye of Round 180 calories

Flank Steak 160 calories

Top Sirloin 180 calories

Corned Beef 100 calories

Beef Brisket 180 calories

Veal 110 calories

Bison (buffalo) 110 calories

Venison (deer) 100 calories

Tuna Fish (canned in water) 80 calories

Steak Lobster 100 calories

Crab 80 calories

Shrimp 110 calories

Scallops 100 calories

Orange Roughy 70 calories

Cod 80 calories

addock 100 calories

Flounder Sole 100 calories

Sea Bass (Alapia) 100 calories

Alibut Mahi Mahi 110 calories

Red Snapper 110 calories

**Vegetarian Protein:** The calorie content varies check the nutritional label for portion sizes and corresponding calories please email support for Vegan Protein options

tofu firm or extra firm 7 100 calories per 1/2 cup serving

tofu Miracle (tofu) 100 calories per 1/2 cup serving

**Dairy Protein:** Make sure all selections are non fat or skim

Skim Milk 1 Cup 80 100 calories

Yogurt plain non fat 1/2 cup 60 100 calories

Cottage Cheese plain non fat 1/2 cup 60 100 calories

**Vegetables:** All measurements are to be done BEFORE cooking

Lettuce any variety 1 cup 10 calories

Cucumbers 1 cup 10 calories

Tomatoes 1 cup 10 calories

Celery 1 cup 10 calories

Onions 1 cup 60 calories

Spinach 1 cup 10 calories

Chard 1 cup 10 calories

Fennel 1 cup 10 calories

Red Adishes 1 cup 10 calories

Asparagus 1 cup 10 calories

Cabbage 1 cup 10 calories

Chicory 1 cup 10 calories

Beet Greens 1 cup 10 calories

You can make a salad totaling 1/2 cups of a few different vegetables just be sure to accurately calculate your portion sizes and the corresponding calories however it is recommended you have just one item at a time for ease of digestion and better results

**Fruit:**

Apple 1 medium 80 calories  
 range 1 medium 80 calories  
 Grapefruit ½ cup sections 0 calories  
 Strawberries 1 cup sliced 0 calories  
 Blueberries ½ cup whole 0 calories

**Starches:** one serving equals 1 piece not the serving size on the box

Melba toast 1 cracker 10 calories  
 Grissini Breadstick 1 breadstick 10 calories  
 Ak Mak Crackers 1 piece separated at the perforation 0 calories  
 Casa Lite Crackers 1 piece 10 calories depending on the variety carefully read the label

**Beverages:** you can consume unlimited amounts of the following liquids consume at least 8 liters of water every day in addition to the other free beverages

Black Coffee no creamer only 1 tbs of fat free milk per day is allowed for use in coffee and/or tea does not count as a dairy selection

Tea plain black or green tea only self brewed you may sweeten with Stevia or Saccharin and flavor with either a fresh lemon lime or orange only no additional added flavors or ingredients in the tea packets or bags including fruits rosebuds roots honey etc absolutely no pre made or pre bottled teas

Water distilled is best

Sparkling Pellegrino Perrier etc and Mineral Water no flavored varieties of either

**Sweeteners:** only Stevia and Saccharin Sweet Low are allowed Aspartame Sucralose Splenda and regular sugar are not allowed**Spices/Seasonings:**

you can use any spice you want just be sure it doesn't contain sugar or starch Salt and pepper are allowed read the ingredients of everything you consume even a minor intake of something that is not allowed can stall you

**Chewing Gum:**

you can have gum but be sure it is flavored L with xylitol a natural sweetener Most use Aspartame as well which is not allowed Avoid spices with sugar and/or starch

## Tip or Suggestion

Make different food selections every meal and each day for the best weight loss keep accurate accounts of serving sizes and their calories

Avoid having too much red meat shrimp tomatoes and/or oranges

Drink plenty of water and avoid too much salt try incorporating Green tea for an added metabolism boost

Incorporate some exercise daily walking yoga swimming cycling etc adjusting your calories up or down depending on your activity level

If you have any question please call our 24 hour support line at 877 731 1000 or email support@creativebioscience.com our diet specialists are always available to help

# 1200 Calorie – 10 Day Sample Menu

This calorie plan is good for moderately active people looking to still see quick weight loss while supporting their activity level. Some examples of the physical activities that might be supported by this calorie level are jogging, swimming, long distance walking, mild strength training and mild cardio workouts.

Recommended daily 1,000 calorie breakdown: 300 calorie breakfast, 300 calorie lunch, 300 calorie dinner and two 100 calorie snacks.

## Day 1

Breakfast: Egg white omelet with spinach and tomatoes  
Lunch: Grilled chicken with cold chicory salad  
Snack: Celery sticks + savory dill dressing  
Dinner: Poached halibut + steamed asparagus  
Dessert: Caramel apple pie

## Day

Breakfast: Egg whites  
Lunch: Mongolian beef with cabbage  
Snack: Lemonade  
Dinner: Pilapia with herbs  
Dessert: Applesauce with cinnamon

## Day

Breakfast: Lowfat cottage cheese + 1 orange  
Lunch: Shrimp cocktail + ceviche  
Snack: Mint chocolate coffee smoothie  
Dinner: Baked Cajun chicken + saffron cabbage  
Dessert: Apple chips

## Day

Breakfast: ½ grapefruit  
Lunch: Breaded chicken cutlets + cucumber salad  
Snack: Bloody Mary  
Dinner: Creole Gumbo + grilled asparagus  
Dessert: Iced cocoa strawberries

## Day

Breakfast: Lowfat Greek yogurt  
Lunch: Blackened chicken salad  
Snack: Celery + dill dressing  
Dinner: Pilapia with herbs + steamed veggies  
Dessert: Warm strawberry compote

## Day 2

Breakfast: Lowfat Greek yogurt + 1 orange  
Lunch: Pilapia or tuna, oil free in water, Green Salad  
Snack: Bloody Mary + 1 grissini  
Dinner: Meatloaf + caramelized onion garnish  
Dessert: Frozen strawberry sorbet

## Day

Breakfast: Strawberry smoothie  
Lunch: Chinese chicken salad  
Snack: Tomato basil soup  
Dinner: Creole Shrimp + steamed spinach  
Dessert: Fruit with warm vanilla sauce

## Day

Breakfast: Egg whites & allowed veggies of your choice  
Lunch: Curried shrimp w/tomatoes + Indian cabbage rice  
Snack: Melba toast with strawberry jam  
Dinner: Pepper crusted steak + garlic spinach  
Dessert: Chilled orange pops

## Day

Breakfast: Strawberry smoothie  
Lunch: Boneless chicken hot wings + coleslaw  
Snack: Virgin mojito  
Dinner: Fajitas with Mexican cabbage rice  
Dessert: Apple cookies

## Day 10

Breakfast: Egg whites  
Lunch: Slow roasted beef brisket  
Snack: 1 apple  
Dinner: Mexican chicken soup  
Dessert: Dark chocolate strawberries or oranges

# 1500 Calorie – 10 Day Sample Menu

This calorie plan is good for very active lifestyles that require more daily calories to keep proper energy levels. The activities that this caloric intake supports are activities like daily cardio exercises, circuit training, weight lifting, skiing, tennis and very physical occupations such as construction.

Recommended daily 1500 calorie breakdown: 300 calorie breakfast, 500 calorie lunch, 500 calorie dinner and two 100 calorie snacks.

## Day 1

Breakfast: Egg white omelet with spinach and tomatoes  
Snack: Strawberry Smoothie  
Lunch: Grilled chicken with cold chicory salad  
Snack: Celery sticks + savory dill dressing  
Dinner: Poached halibut + steamed asparagus  
Dessert: Caramel apple pie

## Day

Breakfast: Egg whites  
Snack: Crackers + apple  
Lunch: Mongolian beef with cabbage  
Snack: Lemonade  
Dinner: Tilapia with herbs  
Dessert: Applesauce with cinnamon

## Day

Breakfast: Nonfat cottage cheese + orange  
Snack: Celery + dill dressing  
Lunch: Shrimp cocktail + ceviche  
Snack: Mint chocolate coffee smoothie  
Dinner: Baked Cajun chicken + saffron cabbage  
Dessert: Apple chips

## Day

Breakfast: grapefruit + Greek yogurt  
Snack: Apple  
Lunch: Breaded chicken cutlets + cucumber salad  
Snack: Bloody Mary  
Dinner: Creole Gumbo + grilled asparagus  
Dessert: Iced cocoa strawberries

## Day

Breakfast: Nonfat Greek yogurt  
Snack: crackers + tea  
Lunch: Blackened chicken salad  
Snack: Celery + dill dressing  
Dinner: Tilapia with herbs+ steamed veggies  
Dessert: Warm strawberry compote

## Day 2

Breakfast: Nonfat Greek yogurt + 1 orange  
Snack: Cabbage + Vinegar & seasonings  
Lunch: Tilapia or Tuna (oil free, in water) Green Salad  
Snack: Bloody Mary + grissini  
Dinner: Meatloaf + caramelized onion garnish  
Dessert: Frozen strawberry sorbet

## Day

Breakfast: Strawberry smoothie  
Snack: Crackers + cottage cheese  
Lunch: Chinese chicken salad  
Snack: Tomato basil soup  
Dinner: Creole Shrimp + steamed spinach  
Dessert: Fruit with warm vanilla sauce

## Day

Breakfast: Egg whites & allowed veggies of your choice  
Snack: Lemonade  
Lunch: Curried shrimp w/tomatoes + Indian cabbage rice  
Snack: Melba toast strawberries  
Dinner: Pepper crusted steak + garlic spinach  
Dessert: Chilled orange pops

## Day

Breakfast: Strawberry smoothie  
Snack: cottage cheese + tomatoes  
Lunch: Boneless chicken hot wings + coleslaw  
Snack: Virgin Mojito  
Dinner: Fajitas with Mexican cabbage rice  
Dessert: Apple cookies

## Day 10

Breakfast: Egg whites  
Snack: Shrimp Cocktail  
Lunch: Slow roasted beef brisket  
Snack: Apple  
Dinner: Mexican chicken soup  
Dessert: Dark chocolate strawberries or oranges