



Advanced Amino Acids™ Quick Start Weight Loss Guide*

Adapted from the original Dr. Simeons' weight loss plan, Tru Body Wellness Advanced Amino Acids™ is a 100% hormone-free diet drop that works just as well as the original formula when paired with the 30 day 1000 calorie per day diet plan outlined below.

Day 1 through Day 4

- Take Advanced Amino Acids according to the directions on the bottle.
- Eat as much of anything and everything (yes, everything) you want.

Days 5-30 (or up to 44 days if you have over 20 pounds to lose)

- Continue to take Advanced Amino Acids according to the directions on the bottle.
- Eat a breakfast, lunch and dinner from the foods and ONLY from the foods listed below. If you have allergies, then of course it is in the best interest of your health to substitute as close as possible to the listed foods as you can.
- You are only allowed to drink water, coffee, or tea with artificial sweetener. We recommend you drink up to 2 Liters of water per day.

The 800-1000 Calories Per Day Diet Meal Plan

Important Note Regarding Meat: All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat.

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoon of milk is allowed in 24 hours. Saccharin or other artificial sweeteners may be used.

1. One of the following: 3 egg whites OR 2 egg whites and 1 whole egg OR 6 to 8 oz. (175-225 grams) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp.
2. An apple or an orange or a handful of strawberries or one-half grapefruit.

Lunch: One each of the following

1. 6 to 8 oz. (220 grams) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp.
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.
3. One Grissini (or grissino) breadstick or one Melba toast.
4. An apple or an orange or a handful of strawberries or one-half grapefruit.

Dinner: The same four choices as lunch.

Seasonings:

- The juice of one lemon daily is allowed for all purposes.
- Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., maybe used for seasoning, but no oil, butter or dressing. There is no salt restriction.

We wish you success throughout the course of your weight loss journey and beyond. The above diet requires focus and commitment, and with that you are making a commitment to your own health and well-being. You deserve it!

Caution: As with any dietary supplement seek the advice of your health care practitioner before using the product.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.**