



MedSlim Phase 1- Fat Loading

Phase 1 – Two days Fat Loading must be done while taking HCG

The thought of binging on the fatty foods you desire seems counterintuitive. But as you begin [our program](#) it's a necessity.

Gorging on fatty foods in the first two days that you are taking the [shots](#) can help you replenish your reserves and make the first week much easier.

Loading Up on Fatty Foods

Many find the first two days of the program enjoyable. You can eat almost anything you want — bacon, mayonnaise, bread, eggs all are allowed. Just take it easy on Sweets and Sugar.

What Foods Can You Load Up On?

A typical loading day would include:

- **Breakfast:** A bacon, sausage and ham omelet with a bagel and cream cheese.
- **Midmorning snack:** Donuts and strawberries, with a little whip cream if you're so inclined.
- **Lunch:** Chicken or pork with a baked potato and sour cream.

- **Afternoon snack:** A milkshake from your favorite fast food restaurant.
- **Dinner:** Alfredo pasta with bread, a Caesar salad with avocado, and cheesecake for dessert.
- **Late night snack:** Ice cream and potato chips if you are still hungry.

It's important to eat at least 3,000 calories on each loading day. You may gain between two and three pounds over these two days. Do not be concerned this will come off the very next day.



MedSlim Weight Loss - Phase 2

23 or 46 Day Meal Plan + 3 days after last shot

This diet must be strictly followed, any deviation will compromise your weight loss results and guarantee. It is recommended that you pre-cook and/or pre-plan your meals to have them readily available to you. (organic foods are recommended but not a must)

Morning.

Take 1 Vita-Lean with 12oz Water

Only non-flavored Black or Green Tea or coffee in any quantity at any time.

Only one tablespoonful of 2% or less milk allowed in 24 hours, not per coffee, Splenda, Sweet & Low, Equal etc.. only packet sweeteners are ok.

Lunch: **any time**

½ Hour before lunch, take 1 Vita-Lean with 12oz Water

- 1 Protein: 3.5 oz / 100 grams of, chicken breast no skin, Filet Mignon, veal, shrimp, lobster, crab, white fish that includes only Tilapia, Halibut, Cod or Sole. No other fish is allowed. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be either boiled or grilled without additional fat, oils, sprays, butter etc...
2. 1 Vegetable: 3.5 oz or 100 grams of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, lettuce, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage, squash, broccoli. (1 vegetable per meal, do not mix)
3. 1 Mini or Petit Toast (optional) these are about 1 inch square wrapped with about 30. They can be found at Sprouts or Wholefoods in the cheese section with the crackers. Sometimes Ralphs also in the cheese section.
4. 1 Fruit: A medium size Apple, or Orange, or a handful of Strawberries or Half Grapefruit.

Dinner: **no later** **than 7pm**

½ Hour before Dinner, take 1 Vita-Lean with 12oz Water

The same 4 food choices as lunch but with a different Protein.

The juice of one lemon daily is allowed for any and all purposes as well as Salt, pepper, Apple cider vinegar, mustard powder, garlic, sweet basil, parsley, thyme, may be used for seasoning or as a dressing, but NO oils or butter or sprays of any kind or anything else that is not on this list.

Drinks allowed: Only non-flavored Black or Green Tea or coffee, plain water, (non-sparkling) are the only drinks allowed, they may be taken in any quantity and at any times but You **MUST** drink at least 2 Liters (64oz) to Max 1 Gallon of fresh water per day, not counting the 12oz of water taken three times a day with the Vita-Lean. Remember that 7pm is the cut off for food and drinks.



MedSlim – Weight loss Program

First of 23/46 Day plan: _____

Date of Last Shot: _____

Five steps.

1. After waking up, empty your bladder.
2. Weigh yourself with no clothes.
3. Send text with weight to 310-569-8989
4. Take solution from refrigerator and inject.
5. Take one VITA- LEAN. Pill & drink with 12oz. of water.

Instructions for injection. (Remember to never shake the solution or leave out of the fridge for a longer period than 10 minutes)

1. Take the solution, out from refrigerator and set on a counter.
2. Take one syringe with needle, draw about 15-20 units of air.
3. Insert needle in the very middle of rubber stopper of the glass vial and push air in gently..
4. Turn glass vial upside down and **Slowly** pull plunger of syringe slowly to fill up about 20 units of the syringe then push back plunger **Slowly** into the bottle pushing out any bubbles until 15 units remain in the syringe.
DO NOT inject more than 15 units per day.
5. Remove the syringe from the bottle.
6. Swab to clean area to inject, about 5 inches away from belly button on either side.
7. While standing or sitting down pinch a good amount of fat from your belly with your left hand (if right handed) and with your right hand gently insert and push needle into that section which should be about five inches away from the belly button at about 45 degree angle. Switch between left and right side of belly button periodically to prevent bruising and do not re-use syringe.



MedSlim – Weight loss Program

THINGS TO KNOW & REMEMBER:

- Don't use if nursing, or if you are under 18 years old!
- Don't re-use needles, and properly dispose of them after use! Not in Trash!!!
- Stop injecting during a menstrual cycle but continue VLCD.
- Inject for a minimum 23 days to max 46 days if doing 2 cycles back to back then start new cycle 6 weeks later if needed. Follow the Maintenance plan carefully so your weight can stabilize.
- Stick only to the foods recommended and do not exceed the allowed weight per item.
- Take your injections about the same time every day.
- Skip one injection on the same day each week if on 2nd cycle, if you are going to do the diet for 46 days, this helps prolong your immunity to the Hormone.
- Do not inject more than 15 units per day to prolong your immunity to the Hormone.
- Drink half a gallon to one gallon of water per day. (The more you drink, the more fat is flushed out.)
- Keep Hormone Vial **refrigerated** at all times and **NEVER... NEVER** shake it.
- Don't use any creams or lotions that contain Fats or Oils when on the diet, only water based, ie. Stony brook lotion from Amazon.
- Allow the alcohol from swab to air dry before injections.
- If you reach a plateau with your weight loss and have not lost ANY weight for 3-4 days, you will have an apple day. Eat only six apples for the day.
Drink Water only when thirsty. No other food or drink allowed. If you still are not losing weight than you may have become immune to the hormone and need to go to the next phase of the diet. You can start another cycle in 3-6 weeks.



MedSlim Phase 3

3 Week Maintenance!

Eat small meals from the food list below every 3 hours and control your weight by weighing yourself daily and making sure that if you go up in weight even in the slightest, cut back until you get back to your maintenance weight of _____ lbs

For best results take "VITA LEAN PLUS" 3 times a day with 12 oz of water half hour before Meals.

(ALTERNATIVE QUICK, HEALTHY MEAL REPLACEMENT IS A POWER PANCAKE FROM WWW.MYPOWERPANCAKE.COM)

Proteins:

All fish including:

Flounder
Herring
Salmon
Sardines
Sole
Tuna
Trout

All fowl including:

Cornish Hen
Chicken - Eggs
Duck
Goose
Pheasant
Quail
Turkey

All shellfish including:

Clams
Crab Meat
Shrimp
Scallops
Squid

All meat including:

Lean Beef
Lean Bison
Bacon*
Ham*
Lamb
Pork
Veal
Venison

Vegetables & Salad Vegetables:

Alfalfa Sprouts - Arugula - Bok Choy - Celery -
Chicory - Greens - Chives - Cucumber - Endive -
Fennel - Iceberg Lettuce - Mushrooms -
Parsley - Peppers - Radicchio - Radishes -
Romaine Lettuce

*Some processed meat, bacon, and ham are cured with sugar, which will add to the carbs and calorie count. - Avoid cold cuts and other meats with added nitrates.

Non Salad Vegetables:

Artichokes - Artichoke Hearts - Asparagus - Avocados - Bamboo Shoots - Broccoli
Brussels Sprouts - Cabbage - Cauliflower - Swiss Chard - Collard Greens - Eggplant
Hearts of Palm - Kale - Leeks - Okra - Olives (green & black) - Onion - Pumpkin
Rhubarb - Sauerkraut - Peas - Spaghetti squash - Spinach - Summer Squash - Tomato
Turnips - Water Chestnuts - Zucchini

These vegetables are slightly higher in carbs so do not overuse but they provide important nutrients and add variety to your daily foods.

Fruits:

Blueberries (fresh)
Cantaloupe or Honeydew
Raspberries (fresh)
Strawberries (fresh)

Vegetable Oils & Other:

Canola - Walnut - Grape Seed
Sesame - Sunflower - Safflower

Fats (Oils):

Butter (REAL not imitation or margarine)
Mayonnaise – make sure it has no added sugar
Olive Oil
Avocado Oil
Coconut Oil

Phase 4

After your Maintenance continue with “VITA LEAN PLUS” 3 times a day with 12 oz of water half hour before Meals. (ALTERNATIVE QUICK, HEALTHY MEAL REPLACEMENT IS A POWER PANCAKE FROM WWW.MYPOWERPANCAKE.COM)

you can include some of the items below and see how they affect you. If at any time you gain more than 3 pounds then you need to do a Steak Day and also cut out the foods that may be causing you to gain. A steak day is where you would fast all day except for water. Nothing else to drink and at Dinner time you would get a very large steak and grill or fry it to eat with one Tomato. Next morning you should have lost 2 to 3lbs.

Another good rule is limiting dairy and really watching how your digestive system reacts. Add all foods back slowly into your diet preferably one at a time to better judge if they are working for you or not. The idea here is to develop your personal list of foods that make you feel great and maintain your weight.

Dairy:

Cottage Cheese
Heavy Cream
Mozzarella Cheese
Ricotta Cheese
Blue Cheeses
Cheddar
Cow, Sheep, and Goat Cheese
Cream Cheese
Feta
Gouda
Mozzarella
Parmesan
Swiss

Nuts & Seeds

Almonds
Brazil nuts
Cashews
Hulled Sunflower Seeds
Macadamias
Pecans
Pistachios
Walnuts

Starchy Vegetables

Acorn Squash
Carrots
White Potatoes
Yams

Legumes

Black Beans - Chickpeas - Great Northern Beans
Kidney Beans - Lentils - Lima Beans - Navy Beans
Pinto Beans

Fruit

Apple - Banana - Cherries Grapefruit
Grapes - Guava - Kiwi - Mango - Peach
Plum Watermelon

Grains

Oatmeal
Pasta (whole wheat)
Rice (brown)