



## Phase Two

Your 500 Calories a Day Diet - VLCD (21 days or 40 days)  
In a nutshell this is what you eat

Breakfast	Herbal Tea
Snack AM	Apple or Orange or Grapefruit or Strawberries
Lunch	100g of listed meat fish or seafood / one vegetable / Rice Cake
Snack PM	Apple or Orange or Grapefruit or Strawberries / Rice Cake
Dinner	100g of listed meat fish or seafood / one vegetable / Rice Cake

### **Full food list;**

#### Lunch and Dinner

*100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp.*

*All visible fat must be carefully removed before cooking, and weighed raw.*

*It must be boiled or grilled without additional fat.*

*The chicken breast must be removed from the bird*

**Salmon, eel, tuna, herring, dried or pickled fish are not allowed.**

#### Lunch and Dinner

*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.*

#### With Lunch and Dinner

*One breadstick (grissino) one Melba toast or in Australia a Pure Harvest Rice Cracker).*

#### Snack AM and PM

*An apple, orange, or a handful of strawberries or one-half grapefruit.*

*Choose a different snack AM and PM*

### **Each Day (you will need a calorie counter)**

You must have 100g of a different meat, fish or seafood choice at each meal and always choose a different veggie option for each meal too

Make sure you weigh the meat, fish or seafood **RAW**

Add up the calories for your fruit choice add on the carb choice (I used Pure Harvest Rice Crackers) and make up the calories to 500 for the whole day with the veggies.

You must drink 2 – 3 litres of water, not doing so will slow down your weight loss

### **Approx. Calories count for each meal and snack per day**

2 Meat – around 100 calories each – note! some meats are higher than others

2 Fruit – between 65 and 85 calories each depending on fruit chosen

2 Rice Cakes, 1 Melba toast or 1 grissini – 20 calories each

2 Veggies – gage the amount you can have for each meal, based on your other choices

*'The diet used in conjunction with homeopathic drops must not exceed 500 calories per day, and the way these calories are made up is of utmost importance. For instance, if a patient drops the apple and eats an extra breadstick instead, he will not be getting more calories but he will not lose weight. There are a number of foods, particularly fruits and vegetables, which have the same or even lower caloric values than those listed as permissible, and yet we find that they interfere with the regular loss of weight, presumably owing to the nature of their composition. Pimiento peppers, okra, artichokes and pears are examples of this'*

Cut up and weigh all meat, fish and seafood options and put them in individual zip locked bags in the freezer and take 2 out a day

There are recipes on the net if you love cooking or want more variety

A small Thermos pot to take you lunch with you where ever you are going keeps you from getting stuck with no food and making bad choices while you are out

Take along the fruit already cut up and ready to eat in a zip lock bag or pot.

Take water with you and resolve to have finished it by the time you come back after working in the day.

*The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram and other herbs may be used for seasoning, **but no oil, butter or dressing***

*Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times.*

*In fact, the patient should drink about 2 litres of these fluids per day.*

*The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than than four items listed for lunch and dinner may be eaten at one meal.*

*No cosmetics* (other than those specifically made with non toxic chemicals and no oils. See recommendation on the site)

*Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All things not listed are forbidden,*

*There is no objection to breaking up the two meals.*

*For instance having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals.*

*The whole daily ration of two breadsticks or two fruits may not be eaten at the same time, nor can any item saved from the previous day be added on the following day.*

***It is also worth pointing out that any attempt to observe this diet without the drops will lead to trouble in two to three days"***

