



DIET PROTOCOL QUICKSTART GUIDE

You're Steps Away From Success! BioSource Labs Is Here To Help!

Welcome to the BioSource Labs Diet Program! We are excited that you have chosen to join us in this life-changing program.

This program is designed to help you set good eating habits, retrain your metabolism, and achieve goals that will empower you to make positive long-term changes.

There are 4 phases in this diet protocol. This quickstart guide will help you with phases 1 & 2 of the diet to get you moving quickly toward your weight loss goal. Please visit www.biosourcenutra.com/diet to get more in-depth instruction, including phases 3 & 4, recipes, and other helpful diet tools.

We have helped thousands of people just like you transform their bodies through this same protocol. Dedicate yourself to completing each stage and you will start to see the amazing results for yourself. **You've got this!**

To Your Health!

BioSource Labs Success Team



**For more detailed Info,
Helpful Tools, and Recipes Visit
www.biosourcenutra.com/diet**



Recommended Dosage

Follow what is recommended in the instructions on your Diet Drops bottle unless otherwise directed.

Quick Tips:

1. TRACK YOUR RESULTS. Log your weight daily. Log your main body measurements 2-3 times per week. Over time you should see a downward trend.

Go to www.biosourcenutra.com/tools to download and print helpful tracking sheets.

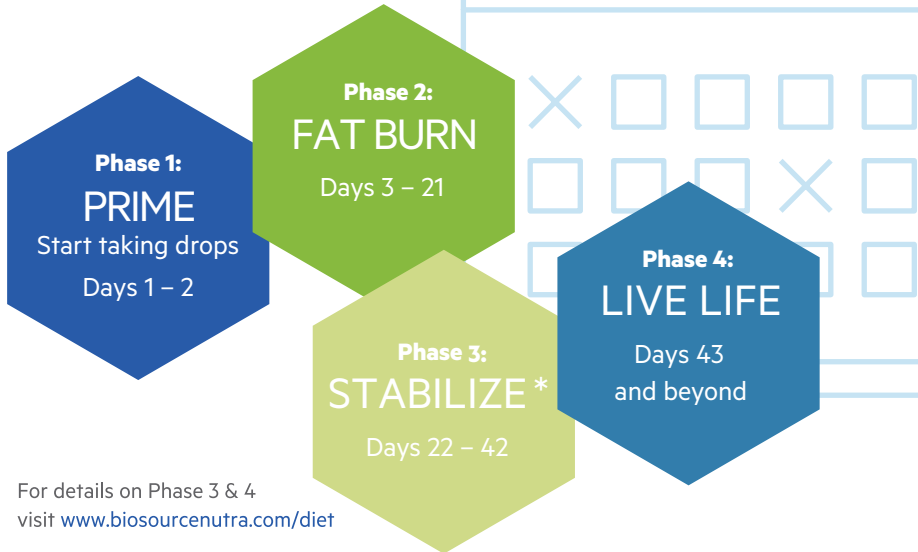
2. HUNGER AND MILD HEADACHES ARE NORMAL. Most people experience a little hunger and minor headaches when beginning a new eating regimen. This is your body's natural response as it adjusts to the decrease in calories, sugar, and other substances.

3. WEIGHT FLUCTUATION IS NORMAL. It's not uncommon for your weight to occasionally fluctuate up and down slightly from day to day. Your body is figuring out how to manage your new lifestyle. You'll stabilize further along in the diet.

4. STAY TRUE! DON'T CHEAT. It is important to refrain from consuming any foods or drinks that are not on the diet plan. To experience extraordinary results, you must break away from former lifestyle choices. Your results depend on it!

Short Round Program Summary

Ideal for losing less than 20 lbs.



For details on Phase 3 & 4
visit www.biosourcenutra.com/diet

Trying to lose 20+ lbs?
You can also see OPTION 2 - Extended Round online.

Phase 1 – PRIME

Days 1-2

For the first 2 days you are priming your body to begin the fat burning process. This phase signals to your body that you have enough calories and it's ok to "let go" of extra calorie storage.



Don't go too crazy, but don't worry about counting calories. Try to eat a good amount of healthy fats, but also enjoy some of your favorite naughty list foods like a cheeseburger, slice of pizza, or a sweet dessert. While you don't have to count calories during this phase, it's still important that you don't go overboard with the naughty foods.

A few guidelines to follow:

- 1) Start taking your Diet Drops and other recommended supplements
- 2) Eat two to three healthy fats per day
- 3) Eat something fun from your naughty list foods

Healthy Fats: Coconut Oil, Avocado, Grass-Fed Butter, Olive Oil, Raw Nuts, Fish (Salmon is on of the best), Grass-Fed Beef, Buffalo, Eggs.

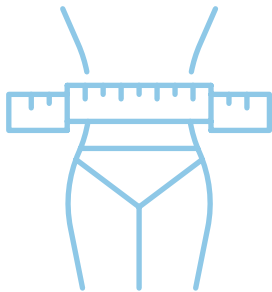


Phase 2 – Fat Burn

Days 3-21

Time to get the party started! Let's get to losing weight and feeling great.

Put simply, this is the very low calorie diet phase. You should not exceed 550 calories per day unless your diet coach has instructed you otherwise.



Guidelines to Follow:

1. Weigh In & Log

Weigh yourself right when you wake up, and keep a log of your daily weight.

2. No Oils!

Do not prepare your food with any oils. Do not use any synthetic oils or preservatives on your skin during the Fat Burn phase.

3. Follow A Routine Eating Pattern

Eating each day will consist of:

a. Eat In A Specified Time Frame

b. Rotate Proteins (Select from the list on pages 16-18)

c. Rotate Fruits (Select from the list on pages 16-17)

d. Eat Lots Of Veggies (Select from the list on pages 16-18)

a. Eat In A Specified Time Frame

Each Day you will want to eat all of your meals within an 8-hour window.

For example, no eating before 11:00 AM or after 7:00 PM. Choose your 8-hour eating time according to your schedule and lifestyle, and stick to it.

b. Eat Two Different Proteins Per Day

Incorporating a variety of foods and nutrition within the BioSource Labs Diet Program helps your body maintain its fat-burning abilities. It is recommended that you eat no more than two proteins every day during the Fat Burn phase without repeating the same proteins two days in a row. See the example below:

Meal	Monday	Tuesday	Wednesday
Lunch	Chicken	Tilapia	Chicken
Dinner	Shrimp	Beef	Shrimp

Serving size for land protein is 3-4 oz. DO NOT increase beyond 4 oz.

For anything from the sea, you can eat between 5-6 oz. DO NOT increase beyond 6 oz.

PRO TIP : When you eat something from the land (i.e. chicken, beef, turkey) at lunch, try to eat a sea protein, like tilapia or shrimp, for the second meal. This gives you an increased nutrient variety and better calorie allocation.

c. Eat Two Different Fruits Per Day

It is recommended that you eat no more than a couple of different fruits each day during this phase. You can eat your fruit alongside protein and/or veggies or you can eat it as a stand-alone snack.

Eat a variety of fruits from the list included to get a variety of nutrition for your body. **DON'T SLOW YOUR FAT BURNING PROGRESS BY EATING MORE FRUITS! ONLY TWO FRUITS PER DAY, FROM THE LIST.**

d. Eat Lots of Veggies

Eat as many veggies as possible during the Fat Burn phase! The veggies on the list are extremely nutrient-dense with very few calories per serving. Feel free to eat veggies together with proteins.

We recommend eating some veggies from the list only once per week because they can be mildly inflammatory or hormone altering if eaten more frequently, consequently slowing weight loss. Check the foods list and make note of them.

Eating more leafy greens and veggies with higher fiber content can also aid slowing insulin response. This has positive effects in helping you rest your metabolism and lose weight.

Recommended - Colonew www.biosourcenutra.com/colonew is our daily colon health formula that contains a beneficial amount of additional dietary fiber. This product is designed to gently clear out toxic buildup in the intestinal tract, aiding the body in rebuilding healthy gut bacteria that improves overall digestion. It can also help relieve potential constipation during this period.

4. Use Pink Salt!

If you need some seasoning, it's ok to use salt! Pink salt that is. Pink Sea Salt comes in different varieties. It is more balanced than regular table salt, and contain a number of different trace minerals that your body loves! Pink salt will help you with your body's hydration process. Go ahead and use it to salt your meals. Don't go overboard with it, but you should try to use about $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon per day.

5. Use Stevia, Not Sugar!

While you are on this program, the only sweetener allowed in stage two is stevia. The only powder stevia we recommend using is the Sweetleaf brand. Other powdered stevias add maltodextrin and other neurotransmitter disruptors to the stevia. The best type of stevia is liquid Stevia.

6. Drink Plenty of WATER!

We can't stress how important this is. Your ultimate goal is to be drinking half of your body weight in ounces of water per day. For example, if you weigh 200 pounds, you should eventually get up to drinking 100 oz/day.

Unless you are already doing this, don't go all in yet. As a standard rule of thumb, you should aim to drink at least 8 – 8oz glasses of water. Start there and increase your water intake over the first two weeks to try to meet this goal.

You can drink sparkling water, coffee (limited), and tea. You can also try drinking Zevia (soda replacement), or use water enhancer drops. Remember, no sweeteners except for Stevia.

- 7. Prevent Weight Stagnation/Plateaus** – When you are the same weight, or nearly the same weight, for three days in a row, you are officially on a plateau and need to do a Weight Breaker. **Here are some examples:**

Day 1 – You weigh 180 lbs.

Day 2 – You weigh 180 lbs.

Day 3 – You weigh 180 lbs. – **Do a Weight Breaker THIS day**

- Or -

Day 1 - You weigh 180 lbs.

Day 2 - You weigh 179 lbs.

Day 3 - You weigh 180 lbs. – **Do a Weight Breaker THIS day**

We have three methods of Weight Breakers to help you get past that stagnating weight. While the Steak Method is the go to for most people, all three are great options!

The Steak Method

This is the “go to” Weight Breaker. Drink plenty of water throughout the day, eating no food until the end of the day (usually around dinner time). At the end of the day, eat a 5 oz. grass-fed steak and an organic tomato or apple. This increase to 5 oz of land protein applies only while following the Steak Method (normally 4 oz during phase 2).

The Apple Method

Aim to eat up to six apples throughout the day. There is no designated eating time when following the Apple Method. You can also make your own applesauce, baked apples, or make dehydrated apple chips during this method. (dehydrator needed)

The Raw Vegetable Method

Eat as many raw veggies from your list as you can while following this method. Similar to the Apple Method, there is no designated

For Phases 3 & 4 visit:
www.biosourcenutra.com/diet





Approved Foods

PROTEINS		VEGGIES		FRUITS	
CALORIES PER OZ		CALORIES PER OZ		CALORIES PER SERVING	
Albacore Tuna	30	Alfalfa Sprouts	6	Apple (Medium) (HF)	95
Beef - Ground (90/10)	50	Artichoke (HF)	13	Apricot 1 Cup	79
Beef - Steak (Grass-Fed)	38	Asparagus (HF)	5	Blackberry 1/2 Cup	31
Black Sea Bass	28	Bell Pepper	6	Blueberry 1/2 Cup	42
Buffalo	50	Broccoli (1X) (HF)	10	Cherry 1/2 Cup	38
Chicken	35	Brussel Sprouts (HF)	12	Grapefruit (1/2)	52
Cod	23	Cabbage (HF)	7	Lemon	17
Cottage Cheese (1%) (1X)	180/C	Cauliflower (1X)	7	Lime	20

PROTEINS

CALORIES PER OZ

VEGGIES

CALORIES PER OZ

FRUITS

CALORIES PER SERVING

Crab Meat	24	Celery	4	Orange (Medium)	80
Egg (1 Whole)*	78	Collard Greens (HF)	9	Peach (Medium)	50
Egg Whites (1)*	17	Cucumber	4	Pear (Medium)	102
Elk	31	Endive	5	Plum	42
Flounder	20	Fennel (HF)	9	Raspberry 1/2 Cup	38
Halibut	31	Green Bean (HF)	9	Strawberry 1 Cup	52
Haddock	21	Jalapenos	8	Watermelon 1 Cup	47
Lobster	22	Kale (HF)	14		
Mahi Mahi	24	Leek	19		
Perch	26	Lettuce	4		

PROTEINS

CALORIES PER OZ

Pheasant	37	Onion	11
Scallop	25	Portabella Mushrooms	7
Shrimp	30	Radish	6
Swordfish	40	Shallot	20
Tilapia	27	Shiitake Mushrooms	9
Trout	64	Spinach (HF)	7
Turkey (White meat)	46	Swiss Chard (HF)	6
Veal	34	Tomato	5
Venison	45	Zucchini	5
Whitefish	37		

VEGGIES

CALORIES PER OZ

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Shrimp	30	Radish	6
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Turkey (White meat)	46	Swiss Chard (HF)	6
Veal	34	Tomato	5
Venison	45	Zucchini	5
Whitefish	37		

Protein Serving Sizes = 3-4oz Land, 5-6oz Sea | 1x = Eat once a week only |
(HF) = Higher fiber content | * Serving size is 1 whole egg or 3 whites

Recommended Supporting Products



Boost Energy Matrix
Improve and maintain cellular energy



Complex ProMAX
Enhanced weight and appetite control

Recommended Supporting Products



**Garcinia Cambogia
Ultra Slim**

Additional appetite control



Colonew

Optimize gut function



Razburn

Stabilize and
Maintain Weight

DAILY LOG		ESSENTIAL MEASUREMENTS				DAILY DROPS TRACKING		
Date	Day	Weight	Waist	Thigh	Upper Arm	Dose 1	Dose 2	Dose 3
	1							
	2							
	3							
	4							
	5							
	6							
	7							
	8							
	9							
	10							
	11							
	12							
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	14							
	15							
	16							
	17							
	18							
	19							
	20							
	21							
	22							

DAILY LOG		ESSENTIAL MEASUREMENTS				DAILY DROPS TRACKING		
Date	Day	Weight	Waist	Thigh	Upper Arm	Dose 1	Dose 2	Dose 3
	23							
	24							
	25							
	26							
	27							
	28							
	29							
	30							
	31							
	32							
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	34							
	35							
	36							
	37							
	38							
	39							
	40							
	41							
	42							
	43							
Total								



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**Made In USA in FDA Registered, GMP Certified Manufacturing
Facilities for Purity and Quality Assurance.**



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