



FAT BURNING DIET

Exercise, Rest, Sufficient Nerve Flow and Proper Nutrition Are Required To Achieve and Maintain Your Best Possible Weight! No Diet Can Be Successful Without This Combination.

BREAKFAST 6:00AM – 9:00AM

Champion Choice Oatmeal Replacement
or MRM Protein Meal Replacement Drink: Mix 1 scoop in 8-10 oz. of water, rice milk
or almond milk.

Multigenics Multi Vitamins	2 Tabs	Hydro-zyme	2-4 Tabs
Now Colloidal Minerals	1 oz.	Inositol	1-2 Tabs

MORNING SNACK 9:00AM – 11:30AM

**Lean Fruit w/ Colon Caps 4 Caps w/ 8-10 oz. of water.

LUNCH 11:30AM – 1:00PM

Tossed Salad: Use Romaine or Butter Lettuce (avoid iceberg lettuce), Spinach, Tomato, Celery, Cucumber, etc.

Salad Dressing: Fresh Squeezed Lemon Juice or 3-4 Tbs Olive Oil, Rice or Wine Vinegar.
Lean Vegetables: Broccoli, Cauliflower, Spinach, Zucchini, Squash, etc.
(No Corn, Peas, Rice, or Potatoes).

Meat: 4oz Beef or 6oz Chicken or 8oz Fish (Not Breaded). Up to 400 Calories of Protein Allowed, Well Drained With NO SKIN! Cook Slowly Over Low Heat. Broil on Bottom Rack to Avoid Excess Heat.

Hydro-zyme 2-4 Tabs or Inositol 1 Cap

AFTERNOON SNACK 1:00PM – 3:00PM

**Lean Fruit w/ Colon Caps 4 Caps w/ 8-10 oz. of water.

DINNER 4:00PM – 6:00PM

MRM Meal Replacement Drink: Mix 1-2 Scoops in 8-10 oz. of Water, Rice Milk or Almond Milk; Blend For Only 1-2 Seconds.

EVENING SNACK 7:00PM – 8:00PM

**Lean Fruit w/ Colon Caps 4 Caps w/ 8-10 oz. of water.

**LEAN FRUIT LIST: (PICK A LOWER NUMBER FOR LEANER FRUIT)

- 1) ½ or Whole Grapefruit
- 2) Bowl of Strawberries
- 3) ¼ Large Melon or ½ Small Melon
- 4) Nectarine
- 5) Peach
- 6) Orange
- 7) Tangerine
- 8) Tangelo
- 9) Small Apple
- 10) ½ Kiwi

Maintain Hydration! Drink 2-3 Liters of Water Each Day. You May Substitute Herb Tea or Homemade Lemonade With Honey.

www.DeMossChiropractic.com

20321 Birch St., Ste. 100 • Newport Beach, Ca 92660 • (949) 250-0600