



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 stages in this diet protocol. This quickstart guide will help you with stages 1 & 2 of the diet to get you moving quickly toward your weight loss goal. Please visit www.biosourcelabs.com/diet to get more in-depth instruction, including stages 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.biosourcelabs.com/diet**



Recommended Dosage

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

Quick Tips:

1. HUNGER AND MILD HEADACHES ARE NORMAL. Most people feel a little hungry the first couple of days. Some people also experience mild headaches while the body adjusts to the decrease in calories, sugar, and other unhealthy substances.

2. 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.biosourcelabs.com/tools to download and print helpful tracking sheets.

3. IT'S OK FOR WEIGHT TO FLUCTUATE. It's normal for your weight to sometimes go down then slightly up from day to day. Your body is figuring out how to manage these changes. You'll stabilize further along in the diet.

4. STAY TRUE! DON'T CHEAT. If you want extraordinary results you will need to break out of the ordinary cycle that has brought you here. Don't indulge in foods or drinks you know are not on the plan. Your results depend on it.

Program Summary

LOAD, LOSE, LOCK, LIVE!

Stage 1:
Load Up
Start taking drops
Days 1 – 2

Stage 2:
Lose It
Days 3 – 21

Stage 3:
Lock It*
Days 22 – 42

Stage 4:
Live on
Days 43
and beyond

*Full instructions found on www.biosourcelabs.com/diet

Stage 1 – LOAD UP

Days 1-2

Days 1 & 2 are your time to load up on calories. You will begin taking the drops the morning of Day 1. This stage is important in helping to send the signal 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, pizza, cheesecake. You get the idea.

Just follow a few rules:

- 1) Start taking the products (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 one of the best), Grass Fed Beef, Buffalo, Eggs.



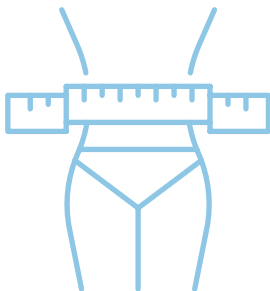


Stage 2 – LOSE IT

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 stage. You should not exceed 550 calories per day unless your diet coach has instructed you otherwise.



The Law to Lose IT

1. Weigh In!

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 oils on your skin during this stage.

3. Follow the 2 x 2 x 2 x Ton Rule! Eating each day will consist of:

a. 2 Meals

b. 2 Different Proteins (Select from the list on pages 16-18)

c. 2 Different Fruits (Select from the list on pages 16-17)

d. TONS of Veggies (Select from the list on pages 16-18)

a. Eat Two Meals Per Day

Each Day you will be eating Lunch and Dinner (No Breakfast). All your eating should happen in an 8-hour window, for example, no eating before 10:00 AM or after 6:00 pm.

b. Eat Two Different Proteins Per Day

Select two proteins per day from the list. Don't repeat the same protein on the same day or the following day. For example, if you have chicken and shrimp on Monday, wait until Wednesday to have either chicken or shrimp again. It might be easier to visualize as shown below:

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

Serving size for land animals (turf) is 3-4 oz. DO NOT increase beyond 4 oz. For anything from the sea (surf), 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, then eat something from the sea (i.e. lobster, crab, halibut) at dinner. This gives you a greater nutrition profile as well as better calorie distribution.

c. Eat Two Different Fruits Per Day

Eat two different fruits every day. These are usually best eaten as snacks throughout the day. You can eat an apple and an orange every day if you'd like, just don't eat the same fruit for both fruits.

Eat a variety of fruits from the list included to get a variety of nutrition for your body. **DON'T CHEAT BY INCREASING YOUR FRUIT SERVING! ONLY TWO FRUITS PER DAY, FROM THE LIST.**

d. Eat TONS of Veggies

There is no limit on how many veggies you can eat! The approved veggies on the list are packed with nutrients, and have a much lower caloric value than many 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. Check the foods list and follow.

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

Recommended - **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 contains 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 ¼ to ½ teaspoon per day.

5. Stevia Only!

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 Your 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. Do Plateau Breakers!** – 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 plateau breaker. **Here are some examples:**

Day 1 – You weigh 200 lbs.

Day 2 – You weigh 200 lbs.

Day 3 – You weigh 200 lbs. – **Do a plateau breaker THIS day**

- Or -

Day 1 - You weigh 200 lbs.

Day 2 - You weigh 199 lbs.

Day 3 - You weigh 200 lbs. – **Do a plateau breaker THIS day**

We have three amazing plateau breakers as options to help you get past it. Always use the Steak Day first, and let us know you've hit a plateau.

The Steak Day

This is the “go to” plateau breaker and the one you should use first. Eat nothing until supper, drink plenty of water, and for supper eat a grass-fed steak and an organic tomato or apple. You can increase the steak size to 5 oz. for your Steak Day, but only on the Steak Day.

The Apple Day

Your goal is to eat up to six apples throughout the day. You can start eating apples whenever you want. Feel free to make your own applesauce, baked apples, or make dehydrated apple chips (dehydrator needed).

The Raw Veggie Day

Eat as many raw veggies from your list throughout the day as you want. The only rule is they must be raw.

For Stages 3 & 4 visit:

www.biosourcelabs.com/diet



Approved Foods

PROTEINS		VEGGIES		FRUITS	
CALORIES/OZ		CALORIES/OZ		CALORIES/SERVING	
Albacore Tuna	30	Alfalfa Sprouts	6	Apple (Medium) (HF)	95
Beef - Ground (90/10)	50	Artichoke (HF)	13	Apricot	17
Beef - Steak (Grass Fed)	38	Asparagus (HF)	5	Blackberry 1/2 C	31
Black Sea Bass	28	Bell Pepper	6	Blueberry 1/2 C	42
Buffalo	50	Broccoli (1X) (HF)	10	Cherry 1/2 C	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/OZ

VEGGIES

CALORIES/OZ

FRUITS

CALORIES/SERVING

PROTEINS		VEGGIES		FRUITS	
CALORIES/OZ		CALORIES/OZ		CALORIES/SERVING	
Crab Meat	24/OZ	Celery	4	Orange (Medium)	95
Egg (1 Whole)*	78	Collard Greens (HF)	9	Peach (1/2)	17
Egg Whites (1)*	17	Cucumber	4	Pear (HF)	31
Elk	31/OZ	Endive	5	Plum	42
Flounder	20/OZ	Fennel (HF)	9	Raspberry 1/2 C	38
Halibut	31/OZ	Green Bean (HF)	9	Strabberry 1 C	52
Haddock	21	Jalapenos	8	Watermelon1 C	17
Lobster	22	Kale (HF)	14		
Mahi Mahi	24	Leek	19		
Perch	26	Lettuce	4		

PROTEINS

CALORIES/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/OZ

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



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



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