



The Diet Drops Protocol

Phase 1 – Load: This phase is where you begin taking the drops and load on fats (pork products, full fat dairy, nuts, peanut butter, avocados, fatty fish, fried foods, etc.). Loading with mostly carbs and sugars isn't beneficial and will cause problems early in the program with hunger and so on. This phase allows time for the product to reach full strength in your body so you can drop down to the low calorie diet.

Phase 2 – Lose: Here you continue taking the drops and follow the specific diet for a maximum of 6 weeks. You need to eat more calories if you exercise and fewer calories if you don't to see weight loss and be sure to make at least 50% of your calories from the protein category.

Phase 3 – Stabilize: After the diet phase you need to take at least 3 weeks to stabilize your weight loss before doing another diet round (starting with the loading days again) or continuing on to the maintenance phase. No drops are taken during stabilization and you slowly add in one new food item every day or two to see how your body handles it. This phase is crucial to understanding how to keep the weight you have lost gone for good so slowly trying new items is key.

Phase 4 – Maintain: This phase is essentially “the rest of your life” after you have lost the weight you wish to lose and go forward maintaining your weight. You hopefully have learned what foods are fine to eat and what needs moderation or to be avoided all together. You can use Intermittent Fasting as needed to maintain your results.

Instructions: Take 10 drops orally 3 times per day and choose food items from our allowed foods list below. The first two days are loading days where you eat fatty foods and take the drops. Day 3 is the first day of the diet phase where you reduce calories and follow the diet for a maximum of 6 weeks. Exercise is not required, although you may work out if you choose to as long as you increase your protein intake.

In order to have the greatest success with this diet, we advise you to choose the cleanest, most wholesome food you can find if organic is an option for you. Be sure to read the nutritional content on everything that you consume. Try to become very aware of what you put into your body.

We have listed calorie counts for all of the allowed foods. To ensure accuracy, cross reference our list with the nutritional values from the foods you consume. Track your calories daily. You can follow this diet until you have reached your goal weight or until the maximum of six weeks is up. Drink plenty of water. If you feel hungry during the diet, eat more vegetables. You can eat the foods individually or choose to have three balanced meals each day consisting mostly of protein and vegetables while limiting fruit serving sizes and omitting the starch category (if desired) for the best results. You must remove all of the fat from meat (no marbling) and the skin from the chicken and turkey then weigh it before cooking.

Carefully match your calories to your activity level and then keep both at the same level throughout the diet phase for the best results. It takes trial and error so start out slowly and carefully monitor your weight loss so you can make adjustments. We advocate for a higher calorie count so as to allow for exercise for a healthier weight loss protocol so a 1200 and 1500 calorie 10 day sample menu follows the diet foods list. You are, of course, free to do whatever calorie count you wish to do as long as it's at least 500 calories daily.

Allowed Foods List

Protein: 3.5 oz. per portion (to be weighed before cooking) make protein 50% of your daily calorie intake.

Egg Whites (6 total) – 100 calories

Chicken Breast – 110 calories

Turkey Breast – 115 calories

Extra Lean Ground Beef (95% lean) – 135 calories

Eye of Round – 180 calories

Flank Steak – 165 calories

Top sirloin – 190 calories

Corned Beef – 250 calories

Beef Brisket – 185 calories

Veal – 110 calories

Bison (buffalo) – 110 calories

Venison (deer) – 120 calories

Tuna Fish (canned in water) – 80 calories

Steak, Lobster – 95 calories

Crab – 85 calories

Shrimp – 110 calories

Scallops – 95 calories

Orange Roughy – 75 calories

Cod – 85 calories

Haddock – 90 calories

Flounder, Sole – 90 calories

Sea Bass, Tilapia – 100 calories

Halibut, Mahi-Mahi – 110 calories

Red Snapper – 110 calories

Vegetarian Protein: The calorie content varies, check the nutritional label for portion sizes and corresponding calories.
(please email support for Vegan Protein options)

Tofu (firm or extra firm) – 75-100 calories per 3.5 oz. serving

Tofu “Miracle” Noodles – 20 calories per 3.5 oz. serving

Dairy Protein: Make sure all selections are “non-fat” or “skim”

Skim Milk – 1 Cup (8 oz.) – 90 calories

Yogurt (plain, non-fat) – $\frac{3}{4}$ cup (6 oz.) – 103 calories

Cottage Cheese (plain, non-fat) – $\frac{3}{4}$ cup (6 oz.) – 100 calories

Vegetables: All measurements are to be done BEFORE cooking

Lettuce (any variety) – 1 cup – 10 calories

Cucumbers – 1 cup – 20 calories

Tomatoes – 1 cup – 35 calories

Celery – 1 cup – 20 calories

Onions – 1 cup – 65 calories

Spinach – 1 cup – 10 calories

Chard – 1 cup – 10 calories

Fennel – 1 cup – 30 calories

Red Radishes – 1 cup – 20 calories

Asparagus – 1 cup – 30 calories

Cabbage – 1 cup – 25 calories

Chicory – 1 cup – 40 calories

Beet Greens – 1 cup – 10 calories

You can make a salad totaling 2 cups of a few different vegetables just be sure to accurately calculate your portion sizes and the corresponding calories. However, it's recommended you have just one item at a time for ease of digestion and better results.

Fruit:

Apple – 1 medium – 95 calories
Orange – 1 medium – 85 calories
Grapefruit – ½ cup (sections) – 50 calories
Strawberries – 1 cup (sliced) – 50 calories
Blueberries – ½ cup (whole) – 40 calories

Starches: One serving equals 1 piece (not the serving size on the box)

Melba Toast – 1 cracker – 15 calories
Grissini Breadstick – 1 breadstick – 15 calories
Ak-Mak Crackers – 1 piece (separated at the perforation) – 20 calories
Wasa "Lite" Crackers – 1 piece – 25-45 calories (depending on the variety – carefully read the label)

Beverages: You can consume unlimited amounts of the following liquids; consume at least 3 liters of water every day in addition to the other "free" beverages.

Black Coffee – no creamer (only 1 tbl. of fat free milk per day is allowed for use in coffee and/or tea; does not count as a dairy selection.

Tea – plain black or green tea only, self-brewed. You may sweeten with Stevia or Saccharin and flavor with either a fresh lemon, lime or orange only. No additional added flavors or ingredients in the tea packets or bags including fruits, rosebuds, roots, honey, etc. (absolutely no pre-made or pre-bottled teas)

Water – distilled is best

Sparkling (Pellegrino, Perrier, etc.) and Mineral Water (no flavored varieties of either)

Sweeteners: Only Stevia and Saccharin (Sweet 'N Low) are allowed. Aspartame, Sucralose (Splenda) and regular sugar are not allowed.

Spices/Seasonings:

You can use any spice you want, just be sure it doesn't contain sugar or starch. Salt and pepper are allowed. Read the ingredients of everything you consume, even a minor intake of something that is not allowed can stall you.

Chewing Gum:

You can have gum, but be sure it is flavored ONLY with Xylitol (a natural sweetener). Most use Aspartame as well, which is not allowed. Avoid spices with sugar and/or starch

Tips for Success

Make different food selections every meal and each day for the best weight loss; keep accurate accounts of serving sizes and their calories.

Avoid having too much red meat, shrimp, tomatoes and/or oranges.

Drink plenty of water and avoid too much salt; try incorporating Green Tea for an added metabolism boost.

Incorporate some exercise daily...walking, yoga, swimming, cycling, etc. – adjusting your calories up or down depending on your activity level.

If you have any question please call our 24 hour support line at 877-744-1224 or email support@creativebioscience.com our diet specialists are always available to help.

1200 Calorie – 10 Day Sample Menu

This calorie plan is good for moderately active people looking to still see quick weight loss while supporting their activity level. Some examples of the physical activities that might be supported by this calorie level are jogging, swimming, long distance walking, mild strength training and mild cardio workouts.

Recommended daily 1200 calorie breakdown: 200 calorie breakfast, 400 calorie lunch, 400 calorie dinner and two 100 calorie snacks.

Day 1

Breakfast: Egg white omelet with spinach and tomatoes
Lunch: Grilled chicken with cold chicory salad
Snack: Celery sticks + savory dill dressing
Dinner: Poached halibut + steamed asparagus
Dessert: Caramel apple pie

Day 3

Breakfast: Egg whites
Lunch: Mongolian beef with cabbage
Snack: Lemonade
Dinner: Tilapia with herbs
Dessert: Applesauce with cinnamon

Day 5

Breakfast: Nonfat cottage cheese + 1 orange
Lunch: Shrimp cocktail + ceviche
Snack: Mint chocolate coffee smoothie
Dinner: Baked Cajun chicken + saffron cabbage
Dessert: Apple chips

Day 7

Breakfast: ½ grapefruit
Lunch: Breaded chicken cutlets + cucumber salad
Snack: Bloody Mary
Dinner: Creole Gumbo + grilled asparagus
Dessert: Iced cocoa strawberries

Day 9

Breakfast: Nonfat Greek yogurt
Lunch: Blackened chicken salad
Snack: Celery + dill dressing
Dinner: Tilapia with herbs+ steamed veggies
Dessert: Warm strawberry compote

Day 2

Breakfast: Nonfat Greek yogurt + 1 orange
Lunch: Tilapia or Tuna (oil free, in water) Green Salad
Snack: Bloody Mary + 1 grissini
Dinner: Meatloaf + caramelized onion garnish
Dessert: Frozen strawberry sorbet

Day 4

Breakfast: Strawberry smoothie
Lunch: Chinese chicken salad
Snack: Tomato basil soup
Dinner: Creole Shrimp + steamed spinach
Dessert: Fruit with warm vanilla sauce

Day 6

Breakfast: Egg whites & allowed veggies of your choice
Lunch: Curried shrimp w/tomatoes + Indian cabbage rice
Snack: Melba toast with strawberry jam
Dinner: Pepper crusted steak + garlic spinach
Dessert: Chilled orange pops

Day 8

Breakfast: Strawberry smoothie
Lunch: Boneless chicken hot wings + coleslaw
Snack: Virgin mojito
Dinner: Fajitas with Mexican cabbage rice
Dessert: Apple cookies

Day 10

Breakfast: Egg whites
Lunch: Slow roasted beef brisket
Snack: 1 apple
Dinner: Mexican chicken soup
Dessert: Dark chocolate strawberries or oranges.

1500 Calorie – 10 Day Sample Menu

This calorie plan is good for very active lifestyles that require more daily calories to keep proper energy levels. The activities that this caloric intake supports are activities like daily cardio exercises, circuit training, weight lifting, skiing, tennis and very physical occupations such as construction.

Recommended daily 1500 calorie breakdown: 300 calorie breakfast, 500 calorie lunch, 500 calorie dinner and two 100 calorie snacks.

Day 1

Breakfast: Egg white omelet with spinach and tomatoes
Snack: Strawberry Smoothie
Lunch: Grilled chicken with cold chicory salad
Snack: Celery sticks + savory dill dressing
Dinner: Poached halibut + steamed asparagus
Dessert: Caramel apple pie

Day 3

Breakfast: Egg whites
Snack: Crackers + apple
Lunch: Mongolian beef with cabbage
Snack: Lemonade
Dinner: Tilapia with herbs
Dessert: Applesauce with cinnamon

Day 5

Breakfast: Nonfat cottage cheese + orange
Snack: Celery + dill dressing
Lunch: Shrimp cocktail + ceviche
Snack: Mint chocolate coffee smoothie
Dinner: Baked Cajun chicken + saffron cabbage
Dessert: Apple chips

Day 7

Breakfast: grapefruit + Greek yogurt
Snack: Apple
Lunch: Breaded chicken cutlets + cucumber salad
Snack: Bloody Mary
Dinner: Creole Gumbo + grilled asparagus
Dessert: Iced cocoa strawberries

Day 9

Breakfast: Nonfat Greek yogurt
Snack: crackers + tea
Lunch: Blackened chicken salad
Snack: Celery + dill dressing
Dinner: Tilapia with herbs+ steamed veggies
Dessert: Warm strawberry compote

Day 2

Breakfast: Nonfat Greek yogurt + 1 orange
Snack: Cabbage + Vinegar & seasonings
Lunch: Tilapia or Tuna (oil free, in water) Green Salad
Snack: Bloody Mary + grissini
Dinner: Meatloaf + caramelized onion garnish
Dessert: Frozen strawberry sorbet

Day 4

Breakfast: Strawberry smoothie
Snack: Crackers + cottage cheese
Lunch: Chinese chicken salad
Snack: Tomato basil soup
Dinner: Creole Shrimp + steamed spinach
Dessert: Fruit with warm vanilla sauce

Day 6

Breakfast: Egg whites & allowed veggies of your choice
Snack: Lemonade
Lunch: Curried shrimp w/tomatoes + Indian cabbage rice
Snack: Melba toast strawberries
Dinner: Pepper crusted steak + garlic spinach
Dessert: Chilled orange pops

Day 8

Breakfast: Strawberry smoothie
Snack: cottage cheese + tomatoes
Lunch: Boneless chicken hot wings + coleslaw
Snack: Virgin Mojito
Dinner: Fajitas with Mexican cabbage rice
Dessert: Apple cookies

Day 10

Breakfast: Egg whites
Snack: Shrimp Cocktail
Lunch: Slow roasted beef brisket
Snack: Apple
Dinner: Mexican chicken soup
Dessert: Dark chocolate strawberries or oranges