



Quick Start Guide (800-1000 Calories)
Welcome to your Lose20 weight loss journey!

Below is the information that you need to get started on this diet properly with the aid of Lose20 Natural weight loss accelerator without leaving you confused about what you need to do to see success on the scale and of course, in what you see in the mirror.

1. Days 1-2 take Lose20 according to the directions on the bottle.
2. Eat as much of anything and everything (yes, everything) you want.
3. Days 3-23 (or up to 40 days if you have over 20 pounds to lose) continue to take Lose20 according to the directions on the bottle.
4. Eat breakfast, lunch, and dinner from the foods and ONLY from the foods listed below. If you have allergies, then of course it is in the best interest of your health to substitute as close as possible to the listed foods as you can
5. It is recommended but not a necessity to try to buy organic whenever possible.
6. Weigh yourself daily. Preferably in the morning after you've gone to the bathroom. Avoid weighing yourself throughout the day as normal weight fluctuations will occur.

You are allowed to drink water, coffee, or tea with Stevia as a sweetener. We recommend you drink up to 2 Liters of water per day preferably filtered and alkalized.

For all meals: All visible fat must be carefully removed before cooking, and the meat must be weighted raw. It must be boiled or grilled without additional fat.

The Meals: 800 -1000 calories per day

Breakfast: Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Only Stevia may be used.

1. One each of the following: 3 egg whites OR 2 egg whites and 1 whole egg OR 175-225 grams (6-8oz) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp.
2. An apple or an orange or a handful of strawberries or one-half grapefruit.

Lunch: One each of the following:

1. 3-6oz of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp..
2. 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.
3. One breadstick (grissino) or one Melba toast. (optional)
4. An apple or an orange or a handful of strawberries or one-half grapefruit.

Dinner: The same four choices as lunch.

Seasonings: The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc., may be used for seasoning, but no oil, butter or dressing. There is no salt restriction.

Side Note: A small amount of healthy fats such as ¼ Avocado or a small amount of Coconut Oil is allowed. Although coffee and tea is allowed it is best if you use this time to detox off of caffeine. We recommend drinking mostly plain water.

Finished 20 or 40 days, now what? For the next 3 weeks add back in fats and increase your calorie intake and maintain your weight within two pounds of your last Lose20 weight. If you have more weight that you would like to lose you can restart another round of Lose20 any time that you would like after 1 week of being off of Lose20. You do not need to do the load days again. If you are happy with your weight loss then weeks 3-6 after your last Lose20 day you will slowly add back in starches and sugars still maintaining your weight within 2lbs of your last Lose20 weight. Once you have completed this process you are free to eat what you want try to monitor your weight but do not obsess over it.

What do you do if you go over 2lbs in a day? If you happen to go over 2lbs of weight gain above your last Lose20 weight then an easy way to get it off is to do a steak day. Basically you will not eat breakfast or lunch and then have as big a steak as you want for dinner. You will typically lose 1 to 2 pounds.

We wish you success throughout the course of your weight loss journey and beyond. The above diet requires focus and commitment. Make a commitment to yourself and your health and well-being. You deserve it. We hope you enjoy seeing the brand new you! You deserve it.

For more information please refer back to the Lose20 Protocol Book at www.lose20lbsin20days.com.

For any questions please email Dr. Metcalf at mattmetcalfdc@gmail.com.