



## Accelerated Weight Loss Plan

Eat only foods listed –

**You can eat WHENEVER you want during the day.**

**You cannot double up on portions**

- Daily Servings: 2 proteins/2 Vegetables/2 Fruits
- Weigh Proteins and Vegetables EXACTLY
- No oils of any form including body lotion UNLESS it is oil free!
- Drink at least 8-10 cups of pure water daily.



If you have cravings you can purchase our **Craving Factor!** It works amazingly at controlling your cravings and allowing you to make better choices!

For a metabolism boost you can add **Thin Factor** to your diet plan also!

**UPON RISING:** (optional) 1-2 glasses of lemon water (warm or cold). (Squeeze up to 1 fresh lemon in the water)

**BREAKFAST:** Typically people on this accelerate weight loss plan do not eat breakfast. It is not that they cannot eat it, they just don't feel the need to. If you require breakfast, you will need to choose how you will consume (and at what time you will consume) the proteins, veggies, and fruits.

**LUNCH:** Choose **1 Lean Protein** from your shopping list

3 ½ oz. RAW or 3 oz. cooked

Remove all visible fat. You can steam, boil, broil, or grill without additional fat.

A small amount of cooking spray is ok if necessary.

NO: pork, salmon, eel, tuna, herring, dried/pickled/smoked fish, or Chilean sea bass.

Choose **1 Fresh Vegetable**

4 oz Serving of ANY vegetables off the Shopping List in any combination.

NO potato, sweet potato, carrots, corn, lima beans, soy beans, legumes, green peas, rice, eggplant, palm heart, artichoke, any type of bell peppers or avocado

**MID-DAY FRUIT:**

Choose **1 Fresh Fruit.** apple, orange, handful of strawberries, ½ grapefruit, 2 kiwis

**DINNER:** You have the same options available to you as you did for your lunchtime choices.

**EVENING FRUIT:** Choose **1 Fresh Fruit.** apple, orange, handful of strawberries, ½ grapefruit, 2 kiwis

All Spices/Herbs, Mustard, Vinegar, SkinnyGirl Balsamic Vinaigrette Dressing (discontinue if weight loss stalls.)



(over)

### **BEVERAGES:**

Consume as much as you want of any or all of the following throughout the day:

- You can consume up to 5 *Craving Factors* per day. (1 tsp/ 16 oz. of water)
- Organic Regular Decaf Coffee. We have some coffee for sale if you
- Any organic Herbal teas, such as Yerba Matte, Green Tea, Oolong tea, Chamomille or flavored teas
- Soda water, Mineral water, Spring Water. Sparkling Water

**LOTION:** Apply a generous amount of RK UltraLean Body lotion to abdomen, buttocks, back and front of thighs, upper arms and neck. Apply morning and evening. *It is important that the lotion is applied during the "FAT LOADING DAYS"!*

### **FAT LOADING DAYS:**

2 Day food load Days: For 2 days, eat whatever and as much as you want and can of high fat foods, deserts and whatever else you would like! Do not eat to 'ad-nauseum' but eat whatever you want. This 2 day preparation "loading phase" is especially important!

It loads your body with fat that is easily attainable to burn quickly so that on your 3<sup>rd</sup> day when you start the diet plan you are not hungry! AFTER the 3<sup>rd</sup> day the lotion will pull the stored fat and burn that for your calories. The stored fat that you are burning is equivalent to 2100 calories a day! So even though you are eating a low-calorie diet, your body is NOT in starvation mode!

On day three: Weigh 1<sup>st</sup> thing in the morning after voiding for "start weight".

DO NOT CHEAT-The body becomes extremely sensitive to errors and seems to stop releasing fat unless the diet is followed EXACTLY! If you cheat you are only cheating yourself. 1 almond or 1 bite of ham can set progress back up to 3 days.

YOU CAN NOT DO THIS ***Accelerated*** diet plan without using the RK UltraLean Body lotion!

Exercise is not recommended except for walking. If you feel like you need to exercise or you plan on burning more calories than you took in on a given day, then increase your Protein only!

### **Transitioning and Maintenance:**

Now that you have met your goal weight the joy of maintaining begins!

You can now follow the Lighthouse Wellness *Way of Life Plan*!

You will need to add in different foods SLOWLY and watch your weight closely for 21 days! The minute you gain 2lbs you can have a Steak Day! This means drink unlimited non-caloric liquids though out the day. For Dinner you eat ANY size steak and tomato for Dinner. This has to be done the same day as the weight gain or it turns to fat!

If at any time you fall off the wagon and you gain upwards of 10lbs or more, you can go back to the Accelerated diet plan! BUT again, DO NOT DO THIS PLAN without the lotion!!!

If at any time you need to talk, have encouragement or just need Hope, give us a call!

We are with you at all times on this New Journey!