



# Bio Body Weight Loss - Clean eating program guide

*Easy as 1, 2, or 3 - choose your weight loss plan. Quick & Simple.* Bio Body homeopathics, support and/or coaching to reach your health and weight alignment goals.

★★★  
Value for money  
weight loss



Homeopathics & full program info. You take the lead.

★★★★★  
Comprehensive  
weight loss



Homeopathics, full info & daily program support

★★★★★  
Individual  
weight loss



Homeopathics, full info, support & 28-days coaching



## **Bio Body Alignment Alignment Weight Loss Detox Homeopathic Weight Management.**

1. Provides you with safe, effective and fast weight management.
2. Offers five different formulations to best meet your individual needs. There isn't a one size fits all for weight loss detoxes and we cater for all ages, stages and lifestyles.
3. Offers programs for people who would like to lose 6kg or more, and would like to develop strategies to keep that weight off permanently.
4. Provides online coaching via WhatsApp – giving you 24-hour messaging access to a weight loss motivator right at the end of your phone or computer.

Bio Body has been working with New Zealanders just like you for more than 10-years, offering a safe, easy and effective weight loss detox option.

The **Bio Body 13-day** program is great to do a quick seasonal detox and lose a few kilos. It can be a good option for those who are active or those who are busy and who don't want to spend weeks on a diet to get great results.

The **Bio Body 26-day** program is a longer term strategy to lose weight and also reset your metabolism through clean eating and eating the correct combination of foods. It is often the starting point for most of our clients.

The **Bio Body 40-day** option suits men best, but is a great option for men and women who need to get serious about realigning their weight, sometimes when they need to before surgery or in cases where they are keen to improve their mobility.



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## Things to plan/do before you start:

1. Buy a good quality set of digital scales to weigh yourself – ideally one that also measures body fat percentage. If you don't want to go to that expense, borrow some scales from a friend or family member.  
*Being able to record your accurate daily weight is important for overall success and to keep you motivated. Ordinary scales aren't enough.*
2. Make sure you use digital scales in the kitchen too. It is important that you weigh your meat portion – 100 grams raw is all that is allowed for lunch and dinner (200 grams total each day).
3. Using the foods allowed on the Program calorie counter (*Page 51 of your Bio Body Success Journal*) and/or the menu plan and sample recipes from our recipe books contained within this information pack (*Pages 16-20*) menu plan to rotate at least five different meals to ensure you don't get bored with the same old chicken and salad. Shop for this food and have it on hand before you start.
4. Clean out your pantry to remove any non-Program food temptations from easy reach.
5. Before you begin the Program take photographs of yourself. Include one taken front on, one back on, and one from the side. Slot them into *Page 4* of your *Success Journal*.  
*This is an important record and a visual testimony to the inches you will lose while on the Program.*
6. Before you begin the Bio Body Program, record your personal information, goals and measurements on *Pages 4- 5* of your *Success Journal*.



## Begin the Program:

Thank you for choosing to align your weight with our Bio Body Program. The instructions for the individual phases are below, and are also included day by day in your *Success Journal*:

 <b>Phase 1</b> Weight Management Phase - 2-days of loading – <b>with Bio Body SLIM</b>	
<b>13-Day Program</b>	Days 1 & 2
<b>26-Day Program</b>	Days 1 & 2
<b>40-Day Program</b>	Days 1 & 2


### Dosage:

#### **Bio Body SLIM drops or spray**

Take your SLIM drops/spray as per the instructions on the bottle – immediately upon rising, 15 minutes before lunch and again 15 minutes before dinner.

### Eating:

Gorge yourself and eat as much as you want of anything and everything – particularly high calorie, high nutritional value fats and foods. *It doesn't have to be fatty takeaways, but they are fine if that's what you like to eat.*

 <b>Phase 1</b> Weight Management Phase – 500 calories per day – <b>with Bio Body SLIM</b>	
<b>13-Day Program</b>	Days 3-10 inclusive
<b>26-Day Program</b>	Days 3-23 inclusive
<b>40-Day Program</b>	Days 3-40 inclusive

### Dosage:

#### **Bio Body SLIM drops or spray**

Take your SLIM drops/spray as per the instructions on the bottle – immediately upon rising, 15 minutes before lunch and again 15 minutes before dinner.

### Eating:

**Breakfast:** Nothing is eaten at breakfast, but as much green or chamomile tea, coffee, plain water or mineral water can be drunk – quench your thirst.



### Lunch/Dinner:

1. The mainstay of the Bio Body Weight Loss Detox Program (each day) is two 100 gram protein portions (raw weight) and two pieces of fruit; with the balance made up from allowable vegetables and one breadstick or grissini (good crumbled over your salad for crunch). The total calories for this, however you choose to combine it, needs to add up to as close to 500 calories per day as possible. This is vital for success.  
Eat or drink only from the list of allowable foods up to the 500 calories while taking your Bio Body SLIM and your weight loss is guaranteed. Stray from that, either by missing taking drops or eating too much or too little, eating or drinking foods or drink not allowed, and you won't enjoy the results that are possible.
2. For each meal you eat one 100gram serving of lean beef, veal, skinless chicken breast, white non-oily fish, tuna in spring water (well drained), or venison. No other meats are allowed. The meat should be as lean as possible and grilled to remove as much fat as possible.
3. Season your meat with half a lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme, marjoram or any other fresh herb – make herbs your friend.
4. If you use pre-packaged seasonings make sure you check the labels and stay clear of anything that includes a vegetable oil or other fats. Many also contain sugar.
5. If you are vegetarian, you are allowed one whole egg and three whites (1 yoke and 4 whites total) as your protein portion (all the fat is in the yoke).
6. 100grams of Cottage cheese is also permitted as your protein portion if you're vegetarian, or a meat eater and you want a bit of variety. *We've found that even in small amounts, cottage cheese can stall or slow weight loss in some individuals, so only use it if it doesn't impact your average weight loss. Consider only introducing it in the second week of your Bio Body Alignment Weight Loss Detox, once you are more familiar with what your typical/average daily weight loss is and can verify that cottage cheese isn't causing stalls or gains.*
7. One salad made of any or all of the following, spinach, chard, greens, lettuce of any kind, tomatoes, celery, fennel, onion, red radishes, cucumbers, asparagus, cabbage and broccoli. (No other vegetables.) Vegetables can be raw, steamed, grilled (without oil) or gently boiled.
8. Use Braggs seasoning, organic apple cider vinegar, a half a lemon, or yellow mustard for a dressing.
9. Apple cider vinegar can also be taken in water to assist with weight management.
10. Drink as much green or chamomile tea as you'd like. Black coffee is also allowed, and you are allowed up to 1 tbs of milk each day *Not much, but enough to save to have with your coffee, or if you want to use it to make a Spanish omelette.*
11. Absolutely NO oil, butter or dressings of any kind.

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**Fruit:**

You can have two helpings of fruit per day, which you can eat at any time during the day before meals or between meals as a snack. The fruits you are allowed are: one medium sized apple, one grapefruit or a handful of strawberries (other berries in season or frozen).

**Melba Toast/Italian breadstick (grissini):**

You are allowed one piece of Melba toast or Italian breadstick daily. You'll find them near the deli of your local supermarket or in the international section.

<div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block; border-radius: 5px;">Phase <b>1</b></div> Weight Management – 500 calories per day – <b>NO SLIM</b>	
<b>13-Day Program</b>	Days 11-13 inclusive
<b>26-Day Program</b>	Days 24-26 inclusive
<b>40-Day Program</b>	Days 38-40 inclusive

**Dosage:**

Stop taking your Bio Body SLIM. For these three days, eat exactly the same as you did during the 500 calorie Phase, but without taking your SLIM. *You need to wait until it has left your system so you don't put on weight when you resume eating a normal number of calories in the next phase.*

**Eating:**

For these next three days, continue to eat as for the 500 calorie phase of the Program. The only difference is that you're **not** taking SLIM.

<div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block; border-radius: 5px;">Phase <b>2</b></div> Consolidation – No calorie restriction but restrict carbs and sugars.	
<b>13-Day Program</b>	Days 14-23 inclusive
<b>26-Day Program</b>	Days 27-49 inclusive
<b>40-Day Program</b>	Days 41-80 inclusive

**Eating:**

**You will now stay in Consolidation eating for the same length of time as you participated in Weight Management Phase 1.**

During this time you are no longer calorie restricted. However, you need to stay away from high GI carbs and sugars and continue to weigh yourself daily to ensure you keep your weight within 500 grams of your finishing weight. When you do reintroduce carbs and sugars back into your diet after the consolidation period, you need to introduce them one at a time and in small amounts. *(Use your Success Journal to record the reintroduction of those foods.)*

Your weight will stay stable if your body is now able to process them successfully. If you put on weight, read your food log in your *Success Journal* to work out what food caused the gain (hence the reason you need to eat them in isolation) and then avoid that food for the rest of consolidation.



### **Why Consolidation?**

During Consolidation you increase your calories back to your normal daily intake, with certain crucial restrictions. This Phase 2 eating is crucial because it represents the period when the fat metabolism that you established during Phase 1 of the Bio Body Program is stabilised.

### **What do I do during Consolidation?**

The two most important actions that you must take during this phase are:

- 1) Weigh yourself every day, just as you did while taking your SLIM; and,
- 2) Eat or drink anything you want except food and beverages that contain sugars or starches (carbs). \*One exception to the above is a single glass of wine each day, with a meal, during this phase. Here is why these guidelines are important:

### **Why is Consolidation important?**

The importance of keeping track of your weight every day ensures that you are not gaining it back. The stabilising action of Phase 2 Consolidation is most effective when your weight didn't vary by more than 1kg (2 pounds) from one day to the next. You need to take your finishing weight (once you finish Bio Body Alignment Weight Loss Detox) and stay within 1kg of it. Some people get excited as they continue to lose weight during this phase. And providing you are avoiding carbs and sugars, then this weight should also stay off.

The critical point is to stay within a narrow weight range while continuing to restrict carbs and sugars.

This is a simple guideline, and the only one you need to focus on to make your weight loss a permanent success. In every other regard you can return to using your usual personal hygiene products and begin exercising again.

The most detrimental carbs during Consolidation are those that fill up your liver storage capacity too quickly (i.e. sugars and starches). If your liver takes in too many starches during Consolidation, it will convert the excess into triglycerides and shove them back out into the bloodstream, on the way to storage in fat cells. Elevating triglycerides and increasing fat storage are the opposite of what you want.

Simplistically, the foods and drink to avoid during Consolidation include potatoes, all breads, pastas, and other starchy products, rice and other grains, grapes, bananas, all fruit juices, soft drinks, and beer. This list could be much longer. Just be sensible.

However, the true danger during this period is the combination of fats and carbs in the diet. If you eat no carbs at all, you can consume more fat without increasing weight again. Remember, you have just spent Phase 1 Weight Management establishing a healthy fat metabolism. This is not the time to revert back to old habits and mess it up. If you insist on eating carbs with a lot of fat, then monitoring your weight on a daily basis is the only way to easily detect what change this may be causing. Everyone is quite different, but you need to establish what you (and your unique metabolism) can and can't do during Phase 2 Consolidation to keep your weight within 1kg of your finishing weight – which is the main goal.



<b>Phase 3</b>	Maintenance – Resume normal eating. Eat till almost full, and trust your newly tuned taste. No calorie restriction.
<b>13-Day Program</b>	Day 24
<b>26-Day Program</b>	Day 50
<b>40-Day Program</b>	Day 81

**Eating:**

During this phase you return to normal eating slowly, allowing your body the time to adjust to new foods.

**Ongoing weight maintenance:**

Going forward you want to keep your weight within 1kg of the finishing weight you registered when you completed the Phase 1 Weight Management.

Immediately your weight goes 1kg above your finishing weight you need to do a “Steak only day” – information for doing so is contained on *Page 50 of your Success Journal*.

Sudden gains are typically due to edema (fluid retention) caused by low protein. So with one large steak tucked in your belly, the very next day you’ll find that your weight will immediately shift back to within 1kg of your finishing weight.

**Losing more weight:**

If you need to lose more weight, you can start again as follows:

13-Day Program	Maintenance Day 51
26-Day Program	after Maintenance Day 77
40-Day Program	after Maintenance Day 108

In some instances it can be started sooner. Please contact us or your Bio Body practitioner to discuss your options.





## Extra Tips for Success

### Loading Days

On the “loading days”, GORGE! Eat as many fattening foods as possible, including butter, bread, chocolate, avocado (good fat), oil, cake, etc. DON'T SKIMP! Eat until you're stuffed, and do it again several times a day. Even though it may be hard with the Bio Body SLIM in your system, you will be less hungry during the Program compared to those who don't gorge, plus your weight loss over the total Program will be greater.

### Water

If you're not used to drinking plenty of water you will urinate a lot during the Weight Management phase, especially during the first couple of days. Remember, bright yellow urine means you are not drinking enough water. It should be clear-to-nearly clear. (You almost shouldn't notice it in the toilet.) It is recommended to drink at least 3 litres of water per day. If you're hungry, drink water. Thirst is often mistaken for hunger, plus water fills you up.

### Sleep/Insomnia

Mild insomnia can occur the first couple of nights or throughout the course of the Bio Body Alignment Weight Loss Detox Program. This is in part due to the fact that your liver and kidneys are working overtime to process and expel the fat you are releasing to make up for the calorie shortfall. DO NOT EAT PAST 8:00 PM. This can make easy sleep difficult. And is good advice whether you're on the program or not.

### Vitamins/Minerals

If you feel you need to, take a high-quality multi-vitamin with minerals including iron daily. Additionally, you can take Vitamin C, which helps with the overall detox and elimination.

However, no vitamin E capsules (oil), fish oil capsules, or any other types of oil capsules are allowed.

If you are experiencing muscle twitches, you can try taking some extra magnesium.

Potassium can be used to keep your strength up during the low calorie Weight Management Phase. Head fog and muscle weakness can be helped by taking potassium until the feelings pass (99 mg tablet, 2 per day with food).



## Weight loss is slow

If you're not losing as much weight as expected, 1 of 3 things is usually going on:

1. You're not drinking enough water. Bio Body SLIM frees up fat to make up the calorie shortfall and then the waste needs flushed. To do this you have to drink water. Rule of thumb: If your urine is not clear, you're not drinking enough water.
2. Dietary errors: Every day make sure you check your foods, seasonings, and sauces against the menu plan until you know exactly what you can and can't have. Your memory is not as good as you think. Make sure you are measuring correctly and counting your calories. Read ingredient labels. Use your *Success Journal* to accurately keep track of all your calories.
3. Oils in beauty products: Make sure you are not using any oils, including those in moisturisers, sunscreen, etc. Read the labels on any beauty, household, and work products to make sure there are no oils in them. Mineral makeup offers excellent coverage while being all natural and oil-free. Our Bio-Syn Renewal Anti-Aging crème has been developed specifically for its potent anti-aging/anti-inflammatory properties, and for use while on the Bio Body Weight Loss Detox Program, and can be bought via our website: [www.biobody.co.nz](http://www.biobody.co.nz)

## Exercise?

It's ok to exercise moderately but - no heavy resistance training. Protein intake while on the Program is just above deficiency and when resistance training you need more protein. Your body will end up eating its own muscle, which defeats the whole purpose of working out, or you could injure yourself. As strange as this may sound, exercise causes your weight loss to slow down. Even the difference of walking 30 minutes or not can cause changes in your weight loss. From our experience, you will lose the most weight if you are sedentary.

Exercise builds muscle mass, which weighs more than fat, so you still burn fat, but you stay at the same weight. Don't exert yourself while on the Program. Think of how much easier it will be to exercise on a leaner, lighter body when you come out the other side.



## Timing – when to take your Bio Body SLIM

Try to weigh yourself and take your SLIM at the same time every day. You should ideally not vary this time more than ½ hour. In addition, try to eat your meals at the same time each day, too.

## What to eat

- ✓ Memorise just what it is you need to eat. Use the list of allowable foods and associated calorie counter – *Success Journal* Page 51. The closer to 500 calories per day that you manage to eat, the greater and more consistent your weight loss will be while on the Program.
- ✓ Do not skip meals. You're only getting two a day – make the most of them.
- ✓ Weigh all your protein before cooking. It's amazing how much the weight changes after it's cooked. Acceptable methods for cooking your chicken breasts or steak: grill, broil, or bake.
- ✓ Avoid canned fruits and veggies. Frozen veggies are OK as long as there is no added salt.
- ✓ Keep salt to a minimum and try not to add salt when eating.
- ✓ Use no-calorie, salt-free seasonings for meat.

## Other food tips

An apple cider vinegar cocktail can help digestion, alleviate hunger and help burn fat. Drink one before each meal. Use 1 tbsp in ¼ glass of water with a few drops of Stevia.

To treat bad breath, you can munch on fresh parsley. As an added bonus, it has a mild diuretic effect. To count calories, 10 sprigs have 4 calories.

If you are a gum chewer, buy some cinnamon sticks, break them in half & chew them. Once they are dry you can reuse them.

You could also use anise seeds as a breath freshener. However, be aware that spices have calories. Typically 4 calories in 1/4 tsp = 16 calories in 1 tsp. Account for every calorie, no matter how insignificant they may seem.

## Losing concentration?

If your brain is used to so much glucose that you cannot concentrate well, try Glutamine, the amino acid, which acts just like sugar in the brain. Spinach, cabbage and parsley in their raw forms contain Glutamine. Other sources include eggs and chicken. Dairy is also a source, but is limited in its use on the Program.



## Personal care products/hair care etc

Some personal care products will cause you to gain weight or stall your weight loss. For those who love to lavish themselves with potions, lotions and perfumes, you'll need to lock them in a cupboard and give the key to a friend. It is recommended that you keep it simple while on the Program.

Try our Bio-Syn Renewal Face Anti-aging Face Crème, available via our website: [www.biobody.co.nz](http://www.biobody.co.nz)

Avoid perfumes and use a natural mint-free toothpaste and crystal deodorant. Try the Weleda toothpastes and crystal deodorants that we also sell via our website. Cultivate a relationship with your local health store. Most health stores stock these items as standard, so just ask at the counter and they will be able to point you in the right direction. Just say you are on a homeopathic Program and need oil-free and mint-free products that can be used safely.

## Constipation

If you are having trouble going to the toilet then your first port of call – **extra magnesium**. It draws water into the bowel and softens the stool making it easier to pass. Laxative teas are fine but can create a spasmodic effect on the bowel, which can then sulk, so don't overdo it. You want to help things, not cause cramping and additional discomfort.

## Detox

If something strange suddenly appears while on our Program (like rashes, acne, etc), remember that fat cells store hormones, pesticides, and other toxins. When the body can't release the toxins through urine or sweat, it will lock the toxin into the fat cells to prevent the toxin from negatively impacting your body. When you lose weight the abnormal fat cells are released which means that the toxins are simultaneously released into the bloodstream. If you had an experience with something in the past that gave you a problem, like a rash, there is a chance that the release of fat may cause the problem to come back as the toxin (problem) is released. This is a good thing because it means the body is ridding itself of the stored toxins. Also, remember that many skin disorders have their root in the colon; therefore cleansing it can alleviate or eliminate the skin disorders.

## Menstruation

It is safe for women to continue with the Program during menses. This should not hinder the weight loss process, but it can stall it at times, which can be frustrating. To avoid this, considering starting the Program immediately your period has finished, or at least before mid-cycle.



## The Big Picture

To maximize weight loss you need to remember your entire well being. Don't forget stress reduction, sleep, and toxin reduction – you might like to consider a full dietary cleanse before starting the Program to make the whole process easier physically. This is where working with a health practitioner to assess your health before you begin, is also of strong benefit. Plus you build a lifelong relationship with someone who also has a vested interest in your health and well being.

Keep in mind that everyone loses weight at different rates. Let your body lose at the speed it needs to, and keep your eyes on your overall goal. You will get there.

## Managing stalls/gains

Watch what you're eating; record your foods and calories in your *Success Journal* and you might find patterns of foods that cause you not to lose, or to lose well. A lot of people have had problems losing with tomatoes and red meat (but some people have no problem at all).

Everybody is different and you need to monitor your own body and see what works (and doesn't work) for you.

Again, check your water intake and make sure you are drinking enough water. Those who stick with the Program and don't cheat will be rewarded with a large weight reduction when it finally drops. You will usually resume your previous average loss before the stall.

Each time you stall, take your measurements; you have probably reduced your size.

For Women: You could gain some weight and not have cheated, depending on your menses, ovulation, and hormones. Many who have successfully completed one or more rounds on Program have reported seeing the scales go up due to water retention or hormonally related issues. In women, menstrual periods increase water retention, and water weight shows on the scale. If you know you are following the plan and are not cheating, you just need to accept that the stall/gain is temporary and continue to follow the Program. The weight drop will happen once the menstrual cycle is complete. Remember you lose fat from the body cells but the cells do not disappear at the same time. The cell structure is still present for two to three days while the body breaks down the cellulose and fills the cell with water in order to release it (through urine). Once the fat cell is removed, the scale will drop.

Sensitivity/allergies to foods may cause weight stalls. Listen to your body. The guru is you!

Pay attention to weight gains, they usually signify a mishap in how you are approaching the Program, like not drinking enough water, eating too many or too few calories, too much salt, or eating foods not allowed. If at all uncertain about what you are allowed, keep it simple and stick with the food list on Page 51 of your *Success Journal*. We have introduced variety to keep things



interesting, but if you want to stick with what has worked, then only eat from that list of foods.

Weight gains/stalls may take a few days to kick in. Many people believe a stall comes out of nowhere, but it is usually instigated by something (if not a previous weight set point that the body will frequently hold for a day or two). It is important to know that what works for one person doesn't mean it will work for everyone; to prevent stalls/gains simply do not make changes to the Program just because someone else is losing with that modification.

We allow the mixing of allowable vegetables/greens. If things slow down, consider only having one veggie/green per meal.

### **Cravings**

We've developed our Carb Craver Support Spray to help with those all too frequent cravings. Expect to have cravings. Know that you will occasionally be hungry, and that there will be times on the Program when you want to cheat. Knowing this will happen enables you to prepare yourself to control your response to those feelings.

Prepare yourself for these feelings, but know that the decision to deviate is yours. Stay strong and remember that only you are accountable for everything you put into your mouth.

When you feel a craving take your Carb Craver Support Spray, or find an activity that you can engage in quickly that will help you forget the craving. Just make sure that whatever the activity entails, it involves you moving in the opposite direction to the kitchen.

### **Cheating**

Do NOT cheat - you will regret it... but don't be afraid of cheating, either. You have complete control whether you give into temptation or not. Prepare yourself for the fact that you will "want" to cheat, but "acting" on the thought is your sole decision. Just because someone else has cheated does not mean you will cheat, as well. Many people have done the Program without cheating, and you can too!

### ***Remember: Nothing tastes as good as thin feels!***

To get your mind off wanting to cheat, focus your attention on something else. You can take a walk, go to the library, movie theatre (if you can resist the temptation of popcorn etc), or visit with friends. It is also nice to find a support system, whether it is through an online group, a buddy who is following the Program with you, family member(s), etc. Just make sure you have someone you can turn to quickly to stop you from cheating. Working with a coach or other health professional, trained to support you during the Program is also worth considering.

Create a shelf in your kitchen that supports the Program. Store your teas, stevia, apple cider vinegar, grissini/melba toast and fruit.



Do not create your own food substitutions. The list of foods is very specific and early research studied their combined effects intensely. The Program becomes weaker and weaker with every substitution you make and does not then deliver the weight loss results it has the potential to deliver for you.

You need to commit to the Program and stay with it!

If you do cheat, don't beat yourself up about it, just get back on board and chalk it up to experience. Re-read the goal section at the start of your *Success Journal* and remind yourself why you are doing the Program in the first place.

If you are an emotional eater, then you also should plan to do another activity at the times you would normally find yourself reaching for that pack of biscuits (or whatever you recognise your food weakness is.)

Sometimes the simple act of walking away from the kitchen towards your garden or craft room or garage, will give you the space to think about what you are doing and to not eat unnecessarily.

*TIP: Keep a kitchen timer within reach. If you feel the urge to eat something that isn't on the Program, set the timer for 5 minutes and wait till it rings. Use this time to reflect on what it is that you really want from life. When the timer goes off and you resist the urge to eat something then you are well on the path to breaking habits where eating for you isn't about hunger, but more about boredom or underlying emotional issues. If the timer rings and you still eat something, well you were always going to anyway. Don't beat yourself up, but reflect on why it happened, and think of ways that you can avoid a repeat performance.*

## **If you feel sick/unwell**

If you become unwell while on the Program, try a combination of antihistamine and Vitamin C (so long as you're not allergic to both or either) and you should feel better within a couple of days.

If you get congested or have a serious head cold, you can try to alleviate it with the combination of essential oils: one drop each of cinnamon, thyme & clove essential oils on top of a small amount (5cms) of boiling water in a small saucepan. Cover your head with a towel and try to breathe in and hold in sinuses and lungs several times during a period of 3-4 minutes. Use caution with all essential oils and only use them if it feels right and makes you feel better in the process. Complete this process away from when you would take your homeopathics.

An aspirin/panadol or similar is fine to take if you have a headache.

As a home remedy, you can drink LOTS of water and hot teas to flush the sickness out of your system.

For stomach troubles, ensure you are not de-hydrated or over-hydrated.

Excess fluids can weaken your digestive enzymes, which, in turn, make it more difficult for your stomach to process food. Drinking too much coffee and/or tea (and not enough water) can also cause stomach problems due to the acids and tannins in them.



Even when you're not hungry you should always eat your two protein and two fruit portions. A minimum of 350 calories per day.

For back pain, you can start by doing some gentle stretching. You can also try warm compresses on your back, massages (gentle), acupuncture, or visit a chiropractor. If you need to use medications for pain, stick with the humble aspirin or panadol,

When you have a cough, cover the bottoms of your feet with menthol, tiger balm or Vicks. If you have a cold or suffer from allergies or chronic sinus issues, you can use a sea salt saline sinus flush.

For a rash, you can dilute apple cider vinegar with water in a 1:4 ratio. Use a piece of sterile gauze and pat the solution directly on the rash without rubbing.

### **Once you've finished the Bio Body Alignment Weight Loss Detox Program**

If you return to bad eating habits you cannot expect the Program to keep the weight off for you. Our Program will enable you to remove the weight but it is not a free pass for life. You will need to exercise regularly and eat a healthy diet that meets your calorie needs based on age, stage and lifestyle.

Even after Maintenance you need to weigh yourself every day and remain within 1kg of your final weight. If your weight increases by 1kg plus, do a steak only day. The steak day is a tool to utilise for the rest of your life, not just during Maintenance. During Maintenance learn to appreciate the natural flavours of food and try to refrain from adding artificial ingredients and flavours back into your diet. These artificial ingredients cause the hypothalamus to get out of whack and are the most likely cause of weight gain in the first place.

The return of these culprits could cause the return of unwanted weight gain.

To maintain weight loss you can learn new techniques to overcome emotional eating or eating due to stress. Remember this is the beginning of the rest of your life. The Emotional Freedom Technique (EFT) is easy to learn and a great way to deal with issues related to emotional overeating. You can perform it on yourself, or find a local practitioner who can guide you.

**Thank you for committing to the Bio Body Alignment Weight Loss Detox Program. If you have any questions, our contact details are contained within the footer of this info brochure.**







### Monday dinner

#### Baked John Dory Parcel with lemon, thyme and asparagus – 139 cal

**Meat:** 100g John Dory fish fillet

**Ingredients:**

1/2 lemon, thinly sliced                      2 sprigs of fresh thyme  
1/2 tsp mustard powder                      2 tbsp organic cider vinegar  
Sea salt and cracked pepper Tiny pinch of stevia  
6 medium asparagus spears  
2 tbsp fresh tarragon or flat leaf parsley.

**Method:**

Heat oven to 220 degrees Celsius; lay a square of baking paper on a baking tray. Place John Dory fillet on paper, top with lemon slices and sprig of thyme, salt and cracked pepper. Fold edges of paper to form edges. Bake for 15 minutes. Meanwhile, whisk the mustard, vinegar, stevia and fresh herbs.

Set dressing aside.

Blanch asparagus in salted water for 4 minutes. Drain well. Remove fish from parcel. Arrange fish and asparagus and drizzle over the herb dressing.

### Tuesday lunch

#### Maria's Chicken Balls in tomato and basil sauce – 174 cal

**Meatballs:**

100g chicken breast mince                      1 spring onion, finely sliced  
Pinch oregano and sage or an Italian herb mix  
1 tsp garlic flakes, finely chopped                      Sea salt and cracked pepper

**Tomato and Basil Sauce:**

1/4 onion, finely diced                      Pinch of garlic flakes  
100g canned tomatoes, chopped                      1 tsp of organic tomato paste  
1/2 cup water                      3 tbsp fresh basil, shredded.  
Sea salt and cracked pepper                      Tiny pinch of stevia  
3 tbsp flat leaf parsley, chopped

**Method:** To prepare the meatballs first wet your hands and mix all the meatball ingredients into small round balls. Set aside in fridge. Heat non-stick frying pan to medium heat, add onions, garlic and 2



tbsp of water and sauté for 2 minutes till softened and simmer 5-10 minutes. Add rest of the sauce ingredients, except parsley and simmer for another 5-10 minutes.

Add a little more water if too dry, and then place in meatballs and simmer till cooked through, for further 5 minutes. Top with flat leaf parsley.

Serve this meal with a green salad or allowable steamed veggies.

**Enjoy Meat options:** (All fat removed) Minced lean Beef – **237 cal**.

*NB. When using Beef, this is a higher calorie content meal so adjust by having a lower calorie meal in the same day if you choose to substitute for the chicken.*

### **Tuesday dinner**

#### **Pedro's Fried Fish with Mexican Tomato Salsa – 157 cal**

**Meat:** 100g white fish of choice

**Ingredients:**

2 tbsp lemon juice

Sea salt and cracked pepper

Pinch of Mexican spices (gluten free) or pinch of cumin.

Salsa; Mexican tomato salsa – (see recipe below)

**Method:** Prepare salsa and combine together, let it sit for 10 minutes.

Heat non stick frying pan to medium heat, sprinkle fish with the spices, salt and pepper. Cook fish in pan for one minute each side.

Squeeze lemon juice over

fish and cook with lid on pan to retain moisture for further 3 minutes.

Serve with 1 cup of salad greens.

**Enjoy Meat options:** (All fat removed) Chicken breast – **146 cal**

#### **Mexican Tomato Salsa – 49 cal**

**Ingredients:**

1 medium tomato, finely diced

1 spring onion, finely chopped

1 tsp garlic flakes  
chopped

1/4 cup fresh coriander, finely

1 tsp lime juice

Tiny pinch of stevia

Pinch of chilli flakes

1/4 medium cucumber, diced finely

**Method:**

Combine well and let rest for 10 minutes for flavours to develop.



### Wednesday lunch

#### 'Bangalore' Beef and Vegetable Curry – 198 cal

**Meat:** 100g prime rump steak

**Ingredients:**

1/4 small brown onion, finely chopped	1 tsp of garlic flakes
1 tsp good quality tasty curry powder	1 medium tomato, finely diced
1 cup spinach, chopped	1/2 cup cauliflower, finely sliced
Pinch of chilli flakes	1/4 cup water

Sea salt and cracked pepper.

**Method:**

Cut steak into small cubes, heat non stick pan to low heat, add onion, garlic and curry, chilli, salt and cracked pepper, and cook for 2 minutes to soften the onion. Bring heat up to medium and add steak, tomato, all remaining vegetables and water. Cook with lid on for 5 minutes to form sauce.

**Enjoy Meat options:** (All fat removed) Chicken breast – **155 cal**.

### Wednesday dinner

#### Thai Fish Cakes – 116 cal\*

**Meat:** 100g white fish

**Ingredients:**

1/4 cup fresh coriander, chopped	Pinch of chilli flakes
Cracked pepper	1 tsp Bragg's or tamari soy sauce
1 tsp Thai fish sauce	1 tsp lemon or lime juice

1 spring onion, finely sliced

**Method:** Blend the first seven ingredients (*italics*) in blender, then remove from blender; wet your hands and fold in finely chopped spring onion. Shape into walnut size flattened balls. Cook in a non-stick frying pan with a little water. Serve this meal with a green salad or allowable steamed veggies.

\* Fish varieties vary so check each fish type to ensure your don't eat too many (or too few) calories.

**Enjoy Meat options:** (All fat removed) Minced chicken breast – **167 cal**.



### Thursday lunch

#### 'Luscious Laos'- Beef Laab Cups - 196 cal

**Meat:** 100g minced lean beef

**Ingredients:**

1 spring onion, very finely diced      Pinch of garlic flakes  
2 tbsp of lime or lemon juice      1/4 cup fresh coriander,  
chopped  
Pinch of chilli flakes      2 tbsp of Bragg's or tamari soy sauce  
Tiny pinch of stevia      2 washed iceberg lettuce leaf cups

**Method:** Using a non stick frying pan, add onion, garlic, chilli, 1 tbsp of water and sauté for 1 minute with lid on pan. Add minced beef, soy sauce, stevia and 2 tbsp of lime or lemon juice and cook till browned. Add fresh coriander at last minute.

Pile beef mixture onto 2 prepared lettuce leaf cups, form into parcels and eat. **Enjoy Meat options:** (All fat removed) Minced chicken breast - **133 cal**.

### Thursday dinner

#### Chicken Kofte - 107 cal

**Meat:** 100g chicken breast mince

**Ingredients:**

1/4 red onion, finely diced      1 tbsp parsley, finely chopped  
1 tbsp mint, finely chopped      Sea salt and cracked pepper  
Pinch ground cumin, cinnamon and ground coriander, or  
alternatively a good pinch of middle eastern spice mix.

**Utensil:** 3-4 bamboo skewers, soaked in water

**Method:** Mix all ingredients together in a food processor except the onions. Add onions last and pulse a few times only. Using wet clean hands form 3-4 sausage shapes and push skewers through each. Let them sit in fridge for 10 minutes to set.

Cook under grill turning once or twice, or on George Foreman Grill for 10 minutes. Serve this meal with a green salad or allowable steamed veggies.

**Enjoy Meat options:** (All fat removed) Lean beef mince - **170 cal**.

### Friday lunch

#### Flash' Chicken and Asparagus Stir Fry - 181 cal

**Meat:** 100g chicken breast, sliced

**Ingredients:**



2 tbsp Braggs or tamari soy sauce      1/2 small brown onion, finely sliced  
1 tsp garlic flakes      1 tsp fresh ginger, grated  
1/2 tsp Chinese five spice      Tiny pinch of stevia  
1 tbsp lemon or lime juice      2 cups bok choy, washed and chopped  
3 asparagus spears, (diced 2 cm lengths)      1 medium stalk of celery, diced  
1/2 cup hot water      1/4 cup fresh coriander, chopped

**Method:**

Marinate chicken in 1 tbsp soy sauce, garlic, ginger, five spice and lemon juice for 10 minutes. Meanwhile turn on non stick wok or pan to medium heat, sauté chicken for 2 minutes, remove from pan. Place onions, celery, asparagus in the pan and cook 1 minute. Add bok choy, and 1 tbsp tamari then cook a further minute. Turn pan up to medium high heat. Add back all of chicken with the marinade to form the sauce then sauté for 1 minute, adding hot water. Scrape all the tasty morsels off the bottom of the pan. Sprinkle with chopped herbs and serve.

**Enjoy Meat options:** (All fat removed) Porterhouse steak – **191 cal**s.

**Friday dinner**

**Asian Cabbage Rolls – 196 cal**s

**Meat:** 100g lean minced beef

**Ingredients:**

Pinch of Chinese five spice      2 savoy cabbage leaves  
1 spring onion, finely chopped      1 tsp garlic flakes  
1 tsp grated fresh ginger      2 tbsp Braggs or tamari soy sauce  
Pinch of chilli flakes      Cracked pepper  
3 tbsp fresh coriander, finely chopped

**Method:**

Steam two inner cabbage leaves for approx 5 minutes and set aside. To make filling: Sauté onion, garlic flakes, ginger, chilli and a little water for 2 minutes, add minced beef, soy sauce, Chinese five spice and coriander. Cook for further five minutes. Lay cabbage leaves out flat, divide filling in half, roll both leaves into a parcel with ends tucked in. Place in George Foreman Grill (or pan fry with a plate sitting on top of rolls to help seal them). Cook the rolls for 2-3 minutes.



These are for those spring rolls lovers.. tasty tasty.

**Enjoy Meat options:** (All fat removed) Chicken breast – **133 cal.**

### **Saturday lunch**

#### **Beef Kibbeh – 165 cal**

**Meat:** 100g lean beef mince

**Ingredients:**

1/4 cup fresh parsley and chives, finely chopped

A good pinch of Middle Eastern kibbeh spice, or a pinch of cinnamon and cumin

1 tsp garlic flakes, finely chopped      Sea salt and cracked pepper

**Utensils:** Bamboo sticks

**Method:**

Soak sticks in water; combine ingredients, then using clean wet hands roll meat mixture into cigar shapes. Push skewers through meat and form the meat around skewers. Cook in hot George Foreman Grill for 10 minutes.

Serve this meal with a green salad or allowable steamed veggies.

### **Saturday dinner**

#### **'Sweet-Chick' Kebabs – 141 cal**

**Meat:** 100g chicken breast

**Ingredients:**

1/4 red onion, diced into 2 cm pieces      6 cherry tomatoes

2 tbsp Braggs or tamari soy sauce      Tiny pinch of stevia

Pinch of chilli flakes      A good pinch of Chinese five spice

1 tbsp orange juice      3 bamboo skewers

**Method:** Soak three skewers in water. Cut chicken into 2cm pieces and marinate in soy sauce, stevia, chilli flakes, Chinese five spice and lemon juice for 10-20 minutes. Thread chicken alternatively with tomatoes and onion onto skewers. Heat George Foreman Grill or grill in oven turning once or twice ensuring chicken is cooked thoroughly for 15-20 minutes.

Serve this meal with a green salad or allowable steamed veggies.

**Enjoy Meat options:** (All fat removed) Porterhouse steak – **151 cal.**

### **Sunday lunch**

#### **Bad Boy Beef Burger Stack with Grilled Tomatoes – 214 cal**

**Patties:**

100g lean ground beef	1/4 red onion, finely diced
Pinch of garlic flakes	Pinch of thyme
1tsp Braggs or tamari soy sauce	1 tbsp tomato paste
1/4 tsp mustard powder	1/4 cup parsley, finely chopped

Grilled Tomatoes – *(see recipe below)*

**Method:**

Using clean, wet hands mix all ingredients thoroughly and let sit for half an hour. Divide meat into two hamburger patties. Cook patties and tomatoes in hot George Foreman Grill for 10 minutes. Serve with a handful of salad greens.

**Grilled Tomatoes – 25 cal****Ingredients:**

1 medium Beefsteak tomato	Tiny pinch of stevia
Pinch of thyme or oregano	Sea salt and cracked pepper

**Method:**

Cut the tomato in half across, sprinkle stevia, herbs, salt and pepper on 2 halves and grill in George Foreman or under oven grill for 5 minutes on high.

**Sunday dinner****Moroccan Chicken – 169 cal**

**Meat:** 100g chicken breast, sliced

**Ingredients:**

Pinch of cumin, turmeric, paprika and cinnamon, or Moroccan spice (half a tsp)	
2 tbsp orange juice	Tiny pinch of stevia
1 tsp garlic flakes	1/2 red onion, finely diced
100g canned tomatoes, chopped	1/2 cup hot water
Sea salt and cracked pepper	1/4 cup flat leaf parsley, chopped

**Method:**

Marinate sliced chicken in spices, orange juice, stevia and garlic for half hour. Heat non-stick pan, sauté onions in a little of the hot water to soften, with lid on. Add rest of the ingredients and simmer for 10 minutes till cooked. Sprinkle with chopped flat leaf parsley.

Serve this meal with a green salad or allowable steamed veggies.

**Enjoy Meat options:** (All fat removed) Porterhouse.