



Fast Track Program

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Introduction to the Fast Track Program

Warning: The Fast Track Program and supplements are NOT recommended for pregnant or breastfeeding women, neither are they recommended for individuals under 18 years of age, nor Type 1 diabetics, nor those with advance digestive disorders. If in doubt, please consult your healthcare provider first before starting this or any other program.

We are thrilled you have chosen us to help you achieve a healthier lifestyle. Our goal at Dr. Micro is to provide you the information and resources to take the next step toward overall wellness. We aim to educate and support (additional one-on-one coaching available with an additional fee, or included with purchase of a genetic testing kit) each step of the way on your weight loss journey and provide high quality supplements to help maintain the weight loss you achieve.

Dr. Micro's Fast Track Program is an alternative to the HCG protocol and is designed to help you lose up to 1 pound per day. This is not a miracle weight loss fix. The Fast Track Program is to help detox your body and jump start your weight loss journey. You must be willing and commit to lifelong changes in the way you eat and exercise to achieve and maintain a healthy weight. In this manual, our goal is to provide you information on the Fast Track program, the required supplements, general program preparation suggestions, provide a detailed explanation of the specialized low-calorie meal plan, offer some low-calorie recipes, and answer some frequently asked questions. We are here to help you safely and effectively lose those unwanted pounds and inches. Please contact us at support@drmicronutrition.com with any questions. You can do this!

To help your body transition from the low-calorie meal plan and to sustain long term results, we highly recommend you purchase a Genetic Test and Food Allergy/Sensitivity Test when you begin this Fast Track program. You will receive the test results in about 25 days and then you may continue a long-term weight management lifestyle that is truly tailored and customized just for you.

A Note About Exercise and Working Out During The Fast Track Program

Do not start exercising or working out during these 30 days while taking Transform 30. If you already are exercising *before* starting this Fast Track Program, keep exercise to light yoga, Pilates, walking, or light weightlifting. Do not add any additional exercise or intense work outs.

Do not use exercise as a means to lose more weight. Let the Fast Track program and Transform 30 do its work. It's best to view exercise as a healthy, stress relief activity, NOT as a weight loss booster.

HIGHLY RECOMMENDED

Genetic Testing:

The science of DNA testing helps identify the specific genes that dictate how the human body processes carbohydrates, fats, proteins, and micronutrients. Further, our testing defines how certain types of exercise affect the body, how lifestyle behaviors influence the aging process, and how unique metabolic and physiologic functions influence athletic performance.

Programs tailored to an individual's DNA have proven to be much more useful than one-size-fits-all programs because they take the guesswork out of health management. Because the results take approximately 25 days to receive, we highly recommend taking the genetic test either before, or when you begin the Fast Track Program to ensure the results will be available when your 30-day plan is complete. The genetic test results will provide an individual custom meal plan with recommended macros and other nutrition information to help transition from the Fast Track low-calorie meal plan to a more sustainable, lifestyle weight management roadmap.

Food Allergy/Sensitivity Testing:

The food allergy/sensitivity test determines specific foods to which your body has a negative response. This information is valuable so you may adjust your meals and foods accordingly. Inflammation, fatigue, bloating, water retention, sluggishness, a weak immune system and migraine headaches are just a few of the symptoms food allergies/sensitivities may cause. Because the results take approximately 25 days to receive, we highly recommend taking a food allergy/sensitivity test either before, or when you begin the Fast Track Program to ensure the results will be available when your 30-day plan is complete.

Please visit www.drmicronutrition.com to explore the different food allergy/sensitivity testing options.

FAST TRACK REQUIRED SUPPLEMENTS

Transform 30:

This innovative HCG alternative is used in conjunction with a very specific low-calorie diet to increase metabolic activity, reduce appetite and melt fats. Transform 30 is a specially designed supplement comprised of essential ingredients to promote insulin release which enhances fat and glucose metabolism. This results in the breakdown of fat due to increased metabolic activity.

Muscle Balance:

While on a strict meal plan, the blend of amino acids in Muscle Balance will help support and maintain muscle integrity. In addition, as you transition from the Transform 30 program to a more sustainable healthy eating plan, Muscle Balance may help maintain a stable metabolism, help increase muscle mass and workout recovery.

Lipotropic Plus:

Lipotropic Plus helps stimulate the breakdown of fat (lipids) during metabolic processes, reducing excess fat in the liver and other tissues. Our unique blend of natural lipotropic nutrients may help improve your ability to process, release and lose excess body fat. By definition, a lipotropic substance encourages or speeds up the removal of fat from the liver.

The liver is a complex organ. Maintaining a healthy liver reinforces a healthy body. The liver plays a significant role in human metabolism; including digestion, storage and distribution of nutrients, and detoxification of alcohol, drugs and other waste products. One way to care for and support the liver is to incorporate Lipotropic Plus to your daily regimen.

Gut Scrub:

Gut Scrub is a gentle colon cleanse to help remove toxins from the colon, increase energy, boost the immune system and improve liver function. Gut Scrub can help clear out unwanted waste from the intestinal tract that may have been there for years! If the gut is clean, the body is in a position to better breakdown and absorb the nutrients from our foods and supplements offering more energy and vitality. A happy gut = a happy life!

RECOMMENDED SUPPLEMENTS

Phentra-Lean (XR OR SF):

Phentra-Lean is specifically designed to control appetite, boost metabolism and help relieve afternoon cravings. Since the Fast Track Program is a low-calorie meal plan, Phentra-Lean may help minimize and control those moments of feeling hungry. Phentra-Lean is available with caffeine, or stimulant free.

Glucose Stabilizer:

During Phase 3 of the Fast Track Program, it's important to maintain stable blood sugar levels as the body transitions from the low-calorie meal plan to lifestyle maintenance. Glucose Stabilizer is an excellent supplement to encourage healthy glucose absorption and support metabolic function.

Fast Track Program Preparation

Mental Preparation

- Recognize the need to lose fat/weight. (**This is a 30-day program**)
 - To help you succeed, identify and understand your “why” then commit to yourself! **YOU ARE WORTH IT!!**
 - Write down or journal your reasons to accomplish your goal to achieve and obtain the benefits of a healthy lifestyle and maintaining a desirable weight.
 - Keep your goals nearby (perhaps on a mirror or in your wallet), to remind you to stay committed to yourself and focused on the goal.

Physical Preparation

- Create an inventory of the foods that are part of the meal plan.
 - Calculate quantities
 - Create a weekly menu and grocery list
 - Be sure to have a variety of spices and a pure brand of Stevia (i.e. "Sweetleaf") on hand
 - Be sure to have oil-free body/beauty products on hand
 - Purchase a digital bathroom scale for taking morning weights
 - Purchase a digital food scale
- Prepare, prepare, prepare
 - We cannot stress enough the importance of preparing meals ahead of time.
 - The number one way cheating occurs is if you are stuck in a situation where it is time to eat, and you do not have food readily available.
 - Precook your meals, plan where you will be each day (work, school, out of town, etc.), and pack your food with you.
 - Remember: the program is only days, not months or years. Stay focused and keep your eye on your goal.
- Know your goal and remember your starting point
 - Use a food tracking app (MyFitnessPal, MyPlate, Freshbit) or a regular notebook to keep track of your food intake and weight progress.
- Choose a start day and **STAY COMMITTED!!!!**

Supplement Usage Instructions

- **Transform 30:** Take 8-10 drops at a time, three (3) times a day for 30 days. **May mix with 1/2oz water (and Stevia) for taste.** Hold drops under your tongue or water in your mouth for 1 minute.
- **Lipotropic Plus (Lipo Plus):** 7 sprays (or drops) once a day.
- **Muscle Balance:** Half a dropper twice a day. Hold under the tongue for 1 minute. **IMPORTANT:** Do not eat or drink anything 15 minutes before or after taking the Muscle Balance drops.
- **Gut Scrub:** Take 2 capsules in the morning with a meal. If tolerated well take 2 capsules in the evening with a meal.
- **Phentra-Lean (XR or SF):**
 SF (Stimulant Free): Take 1 or 2 capsules as needed for appetite control.
 XR (Stimulant): Take 1 or 2 as needed, but no later than 2:00pm.

<p>Phase 1 “Loading Days”</p> <ul style="list-style-type: none"> • Days 1-3 	<ul style="list-style-type: none"> • Loading days (see sample menu) • Transform 30 • Muscle Balance • Lipotropic Plus (Lipo Plus) • Gut Scrub
<p>Phase 2 “Low-Calorie Meal Plan”</p> <ul style="list-style-type: none"> • Days 4-30 	<ul style="list-style-type: none"> • Low-calorie meal plan • Transform 30 • Muscle Balance • Lipotropic Plus (Lipo Plus) • Gut Scrub • Phentra-Lean (XR or SF)
<p>Phase 3 “Lifestyle Transition”</p> <ul style="list-style-type: none"> • Days 31 – 51 (3 weeks) 	<ul style="list-style-type: none"> • Customized genetic meal plan • Food allergy/sensitivity report • Eat This Much meal app • Lipotropic Plus (Lipo Plus) • Gut Scrub (as needed) • Phentra-Lean (XR or SF) • Glucose Stabilizer

Fast Track Program – Phase 1

Fat Loading Days with Meal Guide & Sample Menu Options

Day 1 – Day 2 – Day 3

Start date: _____

On your first day of Phase 1 when you start Transform 30, Muscle Balance, Lipotropic Plus and Gut Scrub, you must also start Fat Loading. You will load your body with fat for three days. This prepares your body for the specific low-calorie meal plan to work successfully and reduce hunger cravings during Phase Two.

THESE THREE LOADING DAYS ARE CRUCIAL! You will not get a head start on weight loss by not loading. DO NOT SKIP THIS PHASE 1!

Fat Loading Guide

- Drink 2 cups water upon rising

BREAKFAST:

- 2 cups water and 2 cups coffee/tea with fatty creamer
- Healthy fats with vegetables

SNACK:

- 2 cups lemon water
- Healthy fat with vegetables

LUNCH:

- 2 cups lemon water
- Healthy fat with vegetables

SNACK:

- 2 cups lemon water
- Healthy fat with vegetables

DINNER:

- 2 cups lemon water
- Healthy fat with a vegetable

DESSERT:

2 cups lemon water

Sample Fat Loading Menu

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
<i>Breakfast</i>	2-3 Eggs, Bacon, cheese	2 Egg Omelet with your choice of 1 cup veggies, cheese, & sausage	2 Eggs, ½ avocado, cheese
<i>Snack</i>	20 almonds, six olives	Veggies with Hummus, guacamole, or avocado	1 Pepperoni Stick
<i>Lunch</i>	4 oz. Chicken breast, 2 cups mixed greens, one handful of berries, 1 Tbsp. of sunflower seeds, creamy dressing/avocado	Cheeseburger (no bun), side salad with olive oil and feta cheese	Flatbread Pizza with meat and cheese
<i>Snack</i>	2 Tbsp. nut butter, one apple, celery stick	Chia pudding with 1 cup of fruit & slivered almonds	Full fat cottage cheese with pineapple
<i>Dinner</i>	6 oz. Salmon, 1-2 oz. of cheese, ¼ avocado	Chicken alfredo with Spinach	Pasta with cream or meat sauce with parmesan cheese over zoodles with six olives
<i>Snack</i> <i>(minimum of 2 hrs. before bed)</i>	1 cup bone broth, 20 raw almonds, or six olives	Cream cheese over veggies with 1 Tbsp. sunflower seeds	Greek yogurt with slivered almonds & a handful of berries

Additional Fat Loading Menu Options

BREAKFAST:

- Coffee or Green Tea with heavy whipping cream, butter, or any oil in it
- 1 cup whole milk
- 2-3 whole eggs (any form)
- Cheeses (cheddar, Gouda, pepper jack, Monterey jack, Colby, etc.)
- Meats (bacon, sausage, ham, salmon, turkey, etc.)
- Vegetables (especially avocado) with dressing

SNACK:

- 1 cup bone broth
- Vegetables with avocado, guacamole, or hummus dip
- 10-20 olives (black, green, Kalamata, etc.)
- One pepperoni stick
- One string cheese stick
- Apple with nut butter or slices of cheese

LUNCH:

- Bun-less avocado-cheeseburger or chicken sandwich
- Filet of salmon or halibut with a side salad and olive oil dressing & feta cheese
- Flatbread pizza with meats and cheeses
- Broccoli or cauliflower covered with cheese sauce
- Milkshake or Gelato; Cheesecake with whipped cream

SNACK:

- Greek yogurt with slivered almonds and berries
- Chia pudding with 1 cup fruit and slivered almonds
- Cream cheese on veggies with sunflower seeds
- Full-fat cottage cheese or nut/seed yogurt with pineapple and nuts

DINNER:

- Veggie Pasta with meat or cream sauce covered with parmesan cheese, with olives
- Meatloaf
- Chicken or shrimp alfredo with Spinach
- Steak filet, fish, lobster, crab with butter (ghee) sauce
- Chicken Caesar salad
- Fondue dips with veggies
- Salad greens, cucumber, red onions, tomatoes and vinegar, and olive oil dressing.

Fast Track Program – Phase Two

Low-Calorie Guidelines and Meal Plan

Days 4 – 30

For most people, the first week of Phase 2 is the most difficult. There may be a few days of transition hunger. The biggest mistake is to assume this part of the program is based solely on calories. A pear has fewer calories than an apple, yet if the pear is eaten, the pear conflicts with the Transform 30 drops and will stall fat loss. Do not try to make sense of why certain foods are not included on this meal plan. To maximize fat loss, only consume the allowed listed foods and use the recipes provided. Do NOT substitute, or eat other foods not listed with the meal plan or in the supplied recipes. Doing so will stall and possibly negate any fat loss.

Phase 2 Low-Calorie Meal Plan

Only Consume the Foods & Recipes Listed

Beverages:

- Filtered or purified water (16 cups daily). Aim for pH > 8
- Matcha Green Tea, Hibiscus, Dandelion Root/Chicory Tea (coffee replacement), or any other herbal teas (unlimited). Optional decaffeinated coffee or black tea (Max 2 cups per day).
- Juice from 1 lemon (1 daily).

Protein: 5-6 oz. per serving meat/seafood (2 servings/day). Measure meat and seafood RAW before cooking. Remove all visible fat before cooking.

- Lean beef (sirloin or round, or 96% hamburger), veal, boneless-skinless turkey or chicken breast
- Whitefish, lobster, shrimp, scallops, or crab
- 2 Egg Whites (Chicken, duck)
- NO PORK ALLOWED

Fats: 2 servings/day

- PAM Zero Calorie cooking spray

Vegetables: 2 servings/day (1 cup mixed)

- Spinach, Swiss chard, chicory, beet greens, kale, red leaf lettuce/romaine lettuce
- Cabbage, asparagus, celery, red radishes & fennel
- Tomatoes, cucumbers, pickles & onions (sweet, red & vidalia)

Fruits: 2 servings/day MAX (to lose more weight eliminate) + lemon or lime juice water

- Orange (1 small, no cuties or halos) or ½ grapefruit
- Apple (1 small, no Honeycrisp variety)
- Strawberries (1 handful = 5 Large or 7 Medium)

Fiber: 2 servings/day

- 1 [Grissini breadstick](#)
- 1 Melba toast

Seasonings:

- Salt (Pink Himalayan) & fresh ground pepper
- Vinegar, yellow mustard, dry mustard powder, garlic (fresh or powdered)
- Sweet basil, parsley, thyme, marjoram, dill, oregano, sage, rosemary & mint
- Cumin, paprika, onion powder, poultry seasoning, chicory, turmeric, coriander, cayenne pepper
- Asian spices, creole seasoning, cinnamon, chili seasoning, Italian seasoning
- [Simple Girl Dressings](#), [Stevia flavored water drops](#), [Braggs Liquid Aminos](#).

NOTE: Fruit & fiber may be eaten between meals instead of with lunch and dinner.

NOTE: NO MORE THAN FOUR (4) of the listed items for Lunch and Dinner may be eaten at one meal.

OPTION ONE

Take Muscle Balance drops 15 minutes before you eat or drink anything, AND don't eat or drink anything for 15 minutes afterwards.

Breakfast:

- Transform 30 drops
- Lipotropic Plus spray or drops
- Gut Scrub capsules
- 1 c. black, decaffeinated, coffee (may add 1 Tbsp. milk)
- 2 cups lemon water

Snack:

- 2 cups lemon water

Lunch:

- Transform 30 drops
- 2 cups lemon water
- 5-6oz Protein from list above
- 1 c. vegetables from list above
- 1 serving fruit from list above
- One Grissini breadstick or melba toast

Snack:

- 2 cups lemon water

Take second dose of Muscle Balance 15 minutes before you eat or drink anything, AND don't eat or drink anything for 15 minutes afterwards.

Dinner:

- Transform 30 drops
- 2 cups lemon water
- 5oz Protein of choice
- 1 c. vegetable of choice
- 1 serving fruit
- One breadstick/melba toast

Snack:

- 2 cups warmed lemon water

OPTION TWO

Take Muscle Balance drops 15 minutes before you eat or drink anything, AND don't eat or drink anything for 15 minutes afterwards.

Breakfast:

- Transform 30 drops
- Lipotropic Plus spray or drops
- Gut Scrub capsules
- 1 c. black, decaffeinated, coffee (may add 1 Tbsp. milk)
- 2 cups lemon water

Snack:

- 2 cups lemon water

Lunch:

- Transform 30 drops
- 2 cups lemon water
- 5-6oz Protein from list above
- 1 c. vegetables from list above

Snack:

- 2 cups lemon water
- 1 serving fruit
- One Grissini breadstick or melba toast

Snack:

- 2 cups lemon water
- One Grissini breadstick or melba toast

Take second dose of Muscle Balance 15 minutes before you eat or drink anything, AND don't eat or drink anything for 15 minutes afterwards.

Dinner:

- Transform 30 drops
- 2 cups lemon water
- 5oz Protein of choice
- 1 c. vegetable of choice

Snack:

- 2 cups warmed lemon water
- 1 serving fruit

Sample Low-Calorie Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea	Transform 30, Muscle Balance, Lipo Plus WATER Coffee/Tea
Lunch	5-6oz, 96% lean ground beef 1 cup steamed asparagus	5-6oz steamed lobster 1 cup mix of cabbage/onion/tomato	5-6oz fresh halibut 1 cup steamed Spinach	5-6oz grilled chicken 1 cup of fresh vegetables	5-6oz fresh tilapia 1 cup steamed asparagus	5-6oz grilled shrimp 1 cup of fresh vegetables	5-6oz fresh scallops 1 cup steamed Spinach
Snack	One orange 1 Grissini Breadstick	Five strawberries 1 Grissini Breadstick	One apple 1 Melba toast	One orange 1 Grissini Breadstick	One apple 1 Melba toast	Five strawberries 1 Grissini Breadstick	One orange 1 Grissini Breadstick
Dinner	5oz fresh flounder 1 cup steamed Spinach	5-6oz grilled chicken 1 cup of fresh vegetables	5-6oz, 96% lean ground beef 1 cup steamed asparagus	5-6oz grilled shrimp 1 cup mix of cabbage/onion/tomato	5-6oz fresh cod 1 cup steamed Spinach	5-6oz grilled haddock 1 cup steamed vegetables	5-6oz grilled chicken 1 cup steamed asparagus
Snack	Five strawberries 1 Grissini Breadstick	One apple 1 Melba toast	One orange 1 Grissini Breadstick	Five strawberries 1 Grissini Breadstick	One apple 1 Melba toast	One orange 1 Grissini Breadstick	Five strawberries 1 Grissini Breadstick

Remember to take Gut Scrub in the morning and Muscle Balance again in the evening.

HOW TO BREAK A PLATEAU DURING PHASE 2

During Phase 2 you may experience a plateau where you do not lose any weight. A plateau is when no weight is lost for four (4) days in a row.

4 Day Plateau

A Plateau **lasts four days** and frequently occurs during the second half of the 30 day program (typically after day 15). Those who lose more than the average of 1 pound per day will most likely have a plateau sooner or later. In such cases, it is permissible to break the plateau with an "*apple day*."

Apple Day

An Apple Day begins at lunchtime and continues through that one day only. The next morning resume the Phase 2 low-calorie meal plan. Do not have more than one Apple Day per week.

An Apple Day consists of eating up to six (6) large apples at any time during lunch and thereafter. No more than six (6) apples are allowed. During an Apple Day, no other food or liquids (except plain water) are permitted, and with water, only drink enough to quench an uncomfortable thirst if still thirsty after eating the apples. Most do not have a need for water and are quite happy with the six (6) apples.

ONLY have an Apple Day if there has been no weight loss for at least four days AND no dietary errors.

Fast Track Program – Phase 2 Recipes

May use with Low-Calorie Meal Plan Days 4 – 30

ACV Salad Dressing

1/3 cup Apple Cider Vinegar

1/3 cup water

One packet powdered Stevia (SweetLeaf brand)

1/8 tsp pink himalayan salt

1/8 tsp pepper

Strawberry Vinaigrette

Be sure to calculate the calories in Strawberries into your allotted caloric intake

6 Strawberries

1 Tbsp Apple Cider Vinegar

1 Tbsp fresh Lemon juice

Stevia to taste

Pink himalayan salt & pepper to taste

Combine all ingredients in a blender or food processor until smooth

Salsa

*Tomato can be counted as a vegetable or a fruit

One tomato chopped

1 Tbsp lime juice

¼ tsp oregano

Two fresh garlic cloves, crushed

1 tsp onion powder

Fresh chopped Cilantro (amount as desired)

½ tsp pink himalayan salt

½ tsp black pepper

Combine all ingredients in a food processor to desired consistency

Taco Salad

3.5 oz. 96% Lean Ground Beef

One slice Onion

2 tsp. Paprika

1 ½ tsp. Pink himalayan salt

1 tsp. Onion Powder

1 tsp. Chili powder

1 ½ tsp. Cumin

½ tsp. Garlic Powder

Cayenne Pepper (optional to taste)

1 cup fresh lettuce

Combine onion, ground beef, and all seasonings and cook seasoned meat and onion all the way through. Spoon it over Spinach or wrap it in a leaf of romaine for a lettuce wrap effect.

Blackened Chicken Seasoning

2 tsp. Paprika
1 tsp. Onion Powder
1 tsp. Garlic Powder
½ tsp. Red Pepper
½ tsp. White Pepper
½ tsp. Black Pepper
½ tsp. Pink Himalayan salt
½ tsp. Dried Thyme
½ tsp. Dried Oregano

Chili

3.5oz ground beef (96% lean)
¼ tsp garlic salt
2 Tbsp minced onion
Two cloves garlic
1 cup chopped tomatoes or ½ can of diced tomatoes
1 cup of water
¼ tsp chili powder
¼ tsp cumin

Garlic Marinated Grilled Chicken

Two boneless chicken breasts, butterflied and halved
1 Tbsp yellow mustard
1 Tbsp fresh lemon juice
1 tsp garlic powder
1 tsp onion powder
2 Tbsp apple cider vinegar
1 tsp thyme
1 tsp oregano
1 tsp basil

Mix all spices in a large Ziploc bag with vinegar. Add chicken and shake to coat with marinade.
Refrigerate 1-2 hrs. (Makes approx. 4 servings)

Shrimp Cocktail & Sauce

3.5 oz med or large shrimp
2 Tbsp lemon juice
¼ lemon
1 Tbsp Apple cider vinegar
¼ horseradish
¼ tsp mustard powder
2 oz tomato paste
Pink himalayan salt & pepper to taste

Honey Mustard Chicken Salad

5oz chicken breasts
Juice from one lemon
Fresh basil (3 large leaves)
Fresh Cilantro (4-5 leaves)
Fresh dill (1 tsp)
Pink himalayan salt & pepper to taste
3.5oz Romaine lettuce leaves
½ cup yellow mustard
*Blend cooked chicken and all ingredients in the food processor for a few seconds.

Honey Mustard Dressing (use with above recipe)

Mix about a ½ cup of yellow mustard with a packet of Stevia. Mix to taste. Add just enough water to give a dressing-like consistency. Pour chicken mixture over lettuce and add the dressing.

Ketchup

3oz tomato paste
3 Tbsp Apple cider vinegar
1 Tbsp lemon juice
¼ celery salt
½ paprika
¼ mustard powder
¼ onion powder
¼ garlic powder
Stevia to taste

Oven Roasted Asparagus

One bunch Asparagus
3 Tbsp water
One clove of minced Garlic
1 tsp pink himalayan salt
1 Tbsp lemon juice
Black pepper
Coat asparagus in water and lemon juice, sprinkle with dry ingredients. Arrange in a single layer on a baking sheet and bake 12-15min @ 425 degrees.

Roasted Roma Tomatoes with Garlic

The desired quantity of plum tomatoes halved
12 cloves Garlic, peeled, not minced
½ cup fresh Basil leaves
Fresh ground Pepper & Pink Salt
Preheat oven to 400 degrees F. Place tomato halves in a shallow baking dish so that they are snugly side by side. Insert the cloves of Garlic in between the tomatoes. Sprinkle the dish with basil. Season with salt and pepper. Bake uncovered for 35-45 minutes or until tomatoes have softened, are sizzling, and with edges slightly charred

Cucumber Dill Salad

One medium cucumber, sliced and quartered

1 Tbsp vinegar

1 tsp dill

Black pepper and Stevia to taste

Mix and coat. Serve cold.

Frozen Strawberry Slushy

1 cup crushed ice

Five fresh strawberries

1 tsp pure vanilla extract

Stevia to taste

Blend and Enjoy!

Blended Coffee

1 cup strong coffee

2 cups ice

Stevia to taste (may also try flavored Stevia – vanilla, hazelnut, etc.)

Blend and Enjoy!

Cinnamon Apples

1/8 tsp cinnamon

1 Tbsp lemon juice

1/8 tsp nutmeg

1/8 tsp vanilla

One apple (peeled and sliced)

Stevia to taste

Mix ingredients over apples. Bake at 350 degrees for 20 minutes.

Fast Track Program – Phase 3

Lifestyle Transition

Days 31 - 51

The main goal of Phase 3, the Lifestyle Transition, is to help the body stabilize from the low-calorie meal plan and slowly transition into an everyday lifestyle plan based on individual genetics. Many are excited and enthusiastic about the weight loss in Phase 2, however, it is important to give the body a rest. If there is more weight to lose, the immediate goal for Phase 3 should be to maintain the new current weight for the next three (3) weeks. This helps the body adjust and reset to its new normal. The genetic and food allergy/sensitivity test results become the new custom roadmap for your own weight management lifestyle.

TAKE TIME TO FOCUS

Take advantage of this Lifestyle Transition phase and the opportunity it is to reinvent the relationship with food and to create new healthy lifelong habits to live differently than before. Phase 3, in essence, provides a second chance along with a custom weight management roadmap to thrive!

Lifestyle Transition is an opportunity to learn how to live without a “diet,” without a strict weight loss program, and without the old habits and behaviors that caused the initial weight gain. This time provides your mind and body to experience life with more options, more variety, more opportunity, and the knowledge and growth learned from the past. This is a renewal of life with a body that is the true reflection of self.

THE FIRST THREE WEEKS OF PHASE 3

Over the next three weeks, *slowly* increase your daily caloric intake to reach your individual genetic test results. By slowly, that means 200-300 calories a day for each week until you reach your goal, or until you are eating 1400 – 1600 calories a day. If you did not purchase a genetic test with a customized meal plan, Dr. Micro recommends following the Mediterranean Diet.

There are two main rules that MUST be kept during the first three weeks of Phase 3 (regardless of genetic test results) to successfully keep the weight off and help reset your body. They are:

1. No Simple Starches
2. No Sugars or Sweets

Let's review each 'rule' specifically:

No Simple Starches

No white flour – white bread, enriched wheat bread and crackers, cold cereals, white flour pastas, etc.

No Sugars

Avoid the obvious sugary sweets, candy and goodies. No fruit juice and be careful with sweet fruit. **Closely watch labels** and be wary of fat-free or low-fat items that may be loaded with sugars and extra carbohydrates.

Lifestyle Transition Review

Phase 3 is extremely important for the body to acclimate to its new weight, and to establish a new metabolic set point as you slowly increase calories to reach your own genetic test results and what your own body needs.

The first week of Phase 3 slowly reintroduce other proteins and fats. Be very careful not to add in sugar or simple starches during these three weeks. By the end of the second week and beginning of the third week you should be eating close to your maintenance caloric needs.

Phase 3 is three (3) weeks in duration of limiting simple starch carbohydrates and no sugar. Its purpose is not to lose more weight, but to maintain a consistent blood glucose level. This is extremely important in the re-regulation of the body's metabolism. The body needs these three weeks to adjust to its new metabolic rate and adjust to the increase in calories.

It's important to avoid foods that are absorbed too quickly. Homeostasis in the metabolic endocrine system requires maintaining relatively steady blood glucose levels. The metabolic system works at a certain speed, and when food is absorbed faster than this systems works, food energy piles up and is again stored as fat.

Now is an excellent time to introduce exercise and working out! This will help make the transition much easier, and more so, it's a great healthy habit that will help your long term weight management goal!

Beyond Phase 3

Keep making wise choices and follow your custom genetic weight management roadmap. You cannot go back to old habits and expect to stay at your new weight. You can, however, experiment with new recipes using the custom foods from your genetic test. The genetic and food allergy/sensitivity test results are your individual custom meal and exercise plans. Dr. Micro recommends the following supplements to maximize overall wellness: Complete Super Food, Carb Attack (as needed), Gut Scrub (as needed), Lipotropic Plus and Phentra-Lean, OR see the Lifestyle Program at www.drmicronutrition.com. Continue exercising and track macro nutrients (protein, carbohydrates and fats). These are healthy habits of healthy people! If you slip up, that's okay, tomorrow is a new day to recommit. You got this!

NOTE: After the 3 weeks of Phase 3, if no genetic test was purchased use the following as a guide when preparing meals and snacks.

3 Meals a Day:

- Serving of **Protein** (Size as the palm of hand - usually 3-4oz for women, 6oz for men)
- 2 Cups, or 3-6oz of complex **Carbohydrates** (primarily vegetables, limited fruit)
- 1/2 Cup of **Grains**
- 1 Tbsp. of healthy **Fat**

2 Snacks a Day:

Pair either a Protein and complex Carbohydrate, OR Protein and healthy Fat. Try to avoid pairing Carbohydrates and Fats together.

- 1oz of **Protein** with 1 serving of Fruit or Vegetable
OR
- 1oz of **Protein** with 1 serving of healthy Fat

FAST TRACK PROGRAM FAQ'S

THIS INFORMATION SHOULD HELP PROVIDE A BETTER UNDERSTANDING OF THE FAST TRACK PROGRAM AND HOW IT WORKS.

If I choose not to follow the low-calorie Phase 2 meal plan, what will my results be?

We cannot guarantee any weight loss results without following the complete program (Phases 1, 2, & 3).

Will I gain the weight back when I stop the Fast Track Program and Transform 30?

It is essential to walk through the steps in Phase 3 to help reset your metabolism. During the three weeks of Phase 3, do not eat any processed sugar or simple carbohydrates. Slowly increase calories each week until your maintenance level is reached based on your genetic test results. You may gain 1-3 pounds, however, stay consistent to slowly increase calories and follow your specific genetic and food allergy/sensitivity test results. Your body will adjust and the weight gain should reverse.

What if I accidentally miss taking Transform 30 and the other supplements?

You will be fine. Resume as soon as possible. Do not double up on drops.

Do I have to get all my food in?

Yes. For the best results, we strongly advise to strictly follow the low-calorie meal plan.

What do I do if I plateau for more than four days?

To break a plateau, you will need to have an "Apple Day." An Apple Day begins at lunch and continues through the rest of that day. You are allowed up to six (6) large apples and may eat one whenever you feel the desire. Six (6) apples is the maximum allowed. During an Apple Day, no other food or liquids, except plain water, are permitted. Only drink just enough water to quench an uncomfortable thirst. Most do not need water and are happy with the apples.

May I chew Gum?

Yes. You may chew Gum sweetened only with Stevia.

May I take my daily vitamins?

Yes, you may take regular multi-vitamins.

What happens if I mess up and eat something I'm not supposed to?

Most likely, you will not lose weight that day. If you overeat, you will most likely gain a little weight or even stall your weight loss by 1-3 days. Don't panic. Just get back on track and follow the meal plan as outlined.

Do I have to do the loading days?

Yes. The loading days are VERY, VERY important, and HIGHLY recommended! If you don't load, you most likely will experience extreme hunger and headaches during the first week on the program.

If you have other questions, please email us at support@drmicronutrition.com.