

GR2

GR2 CONTROL:  
WEIGHT LOSS PROGRAM

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WEIGHT LOSS PROGRAM  
“Achieve Weight-Loss!”



IMAGE AWARENESS  
WELLNESS INSTITUTE



*booklet by*  
IMAGE AWARENESS  
WELLNESS INSTITUTE

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**ACHIEVE WEIGHT-LOSS**

- Maximize Fat Burning! Minimize Fat Storage!
- Help Reduce your risk of diabetes, heart disease & More!
- We offer a weight support group. Any questions? Call Lucille for more details at (530) 823-7092.

**INSIDE:**

- 1) Schedule & Checklist to use while taking GR2 Control. Follow directions for best results.
- 2) Mini-meal and Dinner Ideas. Interchange dinner and lunch if desired. Advice: Prepare meals ahead of time to reheat later.



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## SHOPPING LIST

- Whole wheat pita pockets, 100% whole wheat bread/ sprouted breads
- Whole wheat tortillas
- Whole wheat noodles-spaghetti and flat
- Brown rice
- Newman's Salad dressing-balsamic
- Bull's Eye or McCormack Seasoning
- Extra virgin olive oil
- Canned tomatoes and tomato sauce
- Trader Joe's Marinara Sauce or any low carb sauce (low carb is 4-5 grams, low sugar is 1 gram)
- Feta cheese
- Low fat mozzarella and cheddar cheeses (blends too)
- Fat free sour cream
- Low carb/sugar salsa
- Onions-yellow and red
- Bell peppers-all colors
- Tomato
- Garlic
- Mushrooms
- Cucumber
- Black olives
- Lettuce
- Veggies (l.e. broccoli, zucchini, carrots, greens etc.)
- Fruit-melon, grapes, berries, lemon, oranges
- Low fat cottage cheese
- Plain low or non-fat yogurt
- Lean (7-10%) ground beef-may substitute buffalo meat
- Top sirloin
- Filet mignon
- Salmon, halibut steaks
- Skinless, boneless chicken breasts
- Pork chops, lean
- Diet jello or pudding
- Diet soda
- Crushed pineapple



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## THURSDAY

### Morning:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Remember to take your other GNLD supplements. Wait 20 minutes after drinking 16 oz water.

\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

### Mid-morning mini-meal:

1 cup of sliced melon with 1 cup low fat unsweetened yogurt.

### Lunch:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. \*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

### Mid-day mini-meal:

1 slice whole grain bread with one slice turkey.

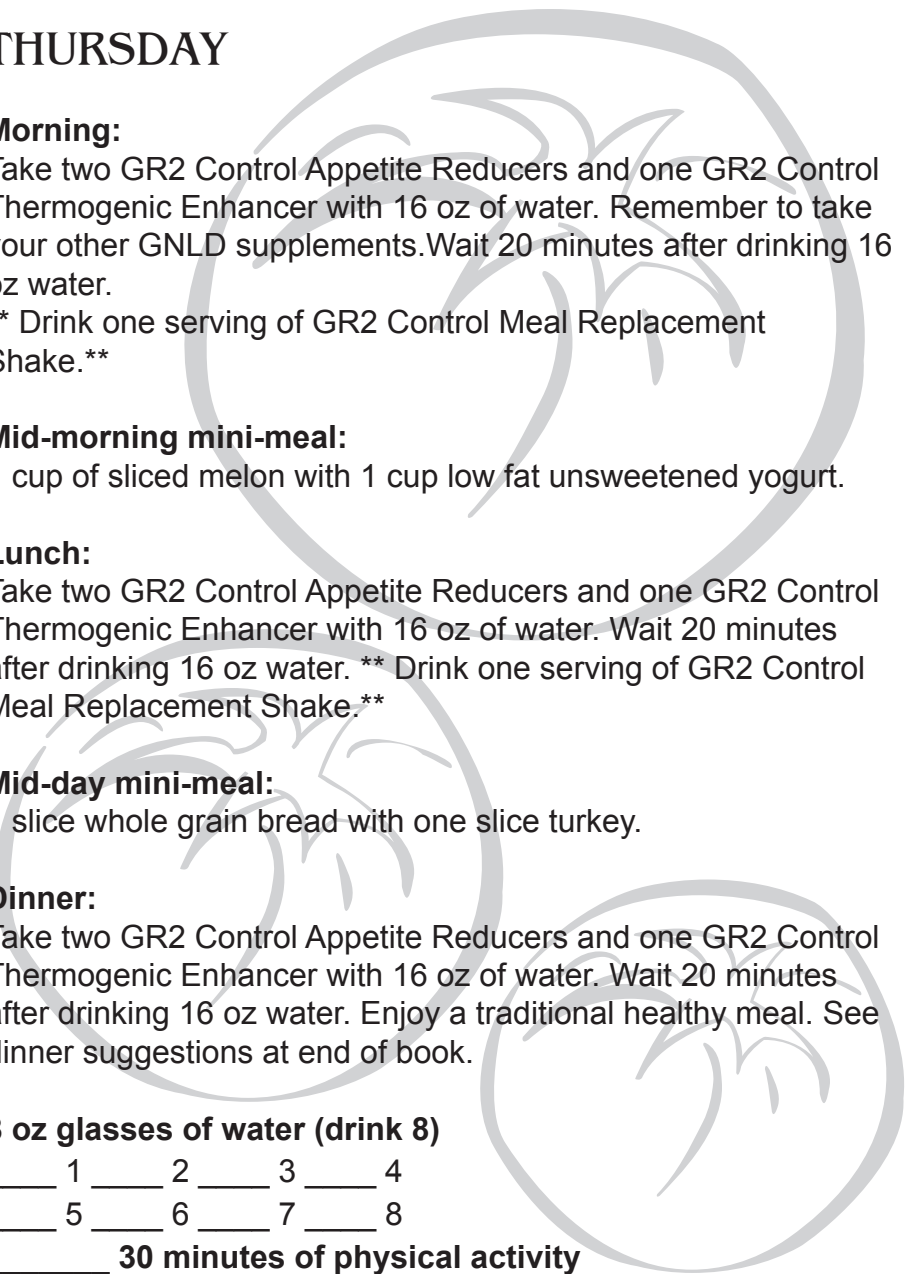
### Dinner:

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

### 8 oz glasses of water (drink 8)

\_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4  
\_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8

\_\_\_\_\_ 30 minutes of physical activity



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### DINNER IDEAS GR2 CONTROL

**Stuffed Bell Peppers:** Steam peppers for 5 minutes to soften. Saute onion and garlic. Add browned and drained ground meat (7-10% fat), cooked brown rice, whole wheat bread crumbs, seasonings and tomato sauce (low carb and low sugar). Stuff peppers, top with fat free mozzarella or cheddar cheeses and bake 400 for 10-15 min.

**Marinated Chicken:** Marinate boneless, skinless chicken breast in Paul Newman's Balsamic dressing for 15-20 minutes. Grill. Use in:

**Chicken Fajitas:** Shred chicken. Saute onions, peppers and garlic in olive oil. Place in whole wheat tortillas, top with chicken, fat free sour cream, low sugar/carb salsa and black olives. You may substitute top sirloin steak strips for the chicken.

**Chicken Salad:** Slice or shred chicken. Place on lettuce of your choice with vegetables of your choice. Top with low-cal dressing, or lemon juice and olive oil drizzle.

**Chicken Sandwich:** Shred chicken. Place in 1/2 whole wheat pita bread. Fill with tomato, lettuce, cucumber and feta or low-fat cheddar cheese.

**Crockpot Chicken:** Place 4 boneless, skinless chicken breast, 2 small stalks celery chopped, 1/2 cup onion chopped, 1 tsp. garlic powder, 1/4 tsp. curry powder, 1 Tbsp. chopped parsley and salt to taste in crockpot. Don't add water. Cook on high for 2 1/2 hours. Serve over brown rice with steamed vegetable or salad.

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### SATURDAY

**Morning:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Remember to take your other GNLD supplements. Wait 20 minutes after drinking 16 oz water.

\*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

**Mid-morning mini-meal:**

1/2 cup fresh fruit (grapes, pineapple, strawberries) with 1/2 cup hazelnuts.

**Lunch:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. \*\* Drink one serving of GR2 Control Meal Replacement Shake.\*\*

**Mid-day mini-meal:**

Any salad made with veggies and using low-cal dressing.

**Dinner:**

Take two GR2 Control Appetite Reducers and one GR2 Control Thermogenic Enhancer with 16 oz of water. Wait 20 minutes after drinking 16 oz water. Enjoy a traditional healthy meal. See dinner suggestions at end of book.

**8 oz glasses of water (drink 8)**

\_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8

\_\_\_\_\_ **30 minutes of physical activity**