



**Isis Beauty & Day Spa**  
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**0746670066**



**Congratulations on your purchase of the 123Diet program.**

This diet will help you lose all that unwanted fat as it has done for many other Australians. The combination of 123Diet's 3 Phase Meal Plan along with 123Diet's Support drops will make this possible. Please note our 123Diet Support drops are "Hormone Free".

**Warning!! This diet must be used in conjunction with both the drops and the 3 phases to achieve the correct results**

#### **How to take your drops**

15 minutes before each meal take 10 drops.

(Measure correctly, put 10 drops into a measuring cup or on a spoon)

#### **PHASE 1 Eat Heaps of Junk (LOADING DAYS) MUST TAKE DROPS**

For the first 2 days of the diet, you must eat what ever you like. This is not a day to diet, best to eat sugary, starchy and fatty foods on these days. You can have junk food these 2 days only, so make the most of it.

Place 10 drops under the tongue and hold for 45 seconds and swallow what is left. Do this 3 times per day before your main meals. (To not waste drops, put 10 little drops onto a tea spoon then put them under your tongue)

Indulge and eat all the foods you think you will miss.

Chocolate, take-out, cheeses, the list goes on. Enjoy for 2 days.

Over these 2 days, do your grocery shopping for the correct foods on page 4. Clear your home of all tempting food.

### Daily Weigh-in

Every day as soon as you wake up, go to the toilet, then undress and record your weight on the sheet provided.

This is very important to weigh yourself daily, it keeps you motivated.

Record Current weight \_\_\_\_\_

Record Goal Weight \_\_\_\_\_

Day	Date	New Weight	Day Loss	Total Loss
1 Measurements				
2				
3				
4				
5				
6				
7				
8				
9				
10 Measurements				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20 Measurements				
21				
22				
23				
24				2



Day	Date	New Weight	Day Loss	Total Loss
25				
26				
27				
28				
29				
30 Measurements				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42 Measurements				

**Important: Measure yourself every 10 days and watch the inches drop.**

Record Measurements here

Day 1

Day 10

Day 20

Day 30

Day 42

## Phase 2 Grocery List

(Remain on phase 2 until you have reached your goal weight)

<b>PROTEINS:</b> Fish (White) Chicken Breast (No-Skin) Lobster Crab Prawns Beef Veal Eggs (Whites only)	<b>SEASONING:</b> Lemon Juice Herbs Apple Cider Vinegar Salt Pepper Garlic Other spices Lime Juice	<b>WATER:</b> Drink 2-4 litres a day. Tip: Squeeze 1 lemon per 2 litres of water. If you like it sweet add stevia. Drinking lemon water every day helps aid weight loss.
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<b>VEGGIES:</b> Spinach Lettuce Tomato Celery Onions Radishes Cucumbers Asparagus Cabbage	<b>TEA/COFFEE:</b> 1tbs milk a day only Herbal Teas Coffee Use Stevia instead of sugar (Coles & Woolworths stock stevia) <b>TAKE A MULTI-VITAMIN DAILY</b>	<b>FRUITS:</b> Apple (1 or 2) Strawberries (Handful) Orange Grapefruit (1/2) <b>OTHER:</b> Grissini Melba Toast (Mini Toast) (Found in Cracker or Health food section of supermarkets)	<b>VEGETARIAN PROTEIN OPTIONS</b> Chic Peas Lentils Beans Tofu Protein Powder  <b>NO EXERCISE</b> <b>As your body will require more food</b>
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**NO-ALCOHOL DO NOT consume anything else that is not on this list**

## DAILY MEAL PLAN

### Breakfast

1 Fruit off the list

Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used. (You can drink tea & coffee all day)

### Lunch:

100 Grams off the list of proteins with the choice of 1 vegetable off the list of veggies (2 Cups of veggies per meal)

### Dinner :

100 Grams off the list of proteins with the choice of 1 vegetable off the list (2 cups of veggies). (Use a different protein from lunch)

### Snacks:

Through out the day for snacks between meals have melba toast with chopped tomato or grissini sticks. (Please note melba toast is not toast/bread) limit 4-5 per day  
Other snacks can be, another serve of fruit (before 12noon) or extra veggies. ie: celery and salt or cucumber & salt.

Try no to exceed 3 small snacks between meals and only eat them if you need them

### TIP:

It is best not to mix your vegetables for the best result.

If you have to mix your vegetables only mix the same colours together.

ie: Celery and lettuce or cabbage and onion



## Recipe Ideas

### Effortless Cream of Chicken Soup

100g cooked chicken

celery

1-2 c broth

3 cloves garlic

1 T diced onion

1/2 t parsley

1/2 t basil

ground white pepper (to taste)

salt (optional)



Preheat saucepan over MED-HI heat. In food processor, combine all ingredients and pulse until reaches desired consistency. Pour into saucepan and bring to boil. Reduce heat to simmer, cover, & heat 20-30 mins.

### Thai Chicken

1 Lb. Chicken breast

4 T. Soy sauce

2 T. Fat free plain yogurt

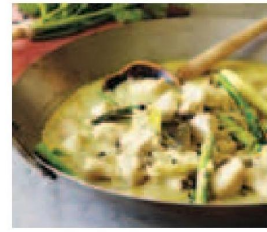
1 Lemon, juiced

3 Cloves garlic, minced

1 t. Dried basil

1 t. Ground ginger

Dash of crushed red pepper flakes



Put all ingredients, except chicken, in a ziplock bag. Seal bag & mix well. Add chicken to bag. Seal & marinate at room temperature for 30 minutes or for several hours in refrigerator, turning bag a few times to coat chicken. Remove chicken from marinade & grill or bake at 180o for 15-18 minutes or until chicken is no longer pink.

**Note: this recipe serves 4**

### Meatballs

100G chicken or beef mince (lean)

1 Grissini stick (ground into powder)

1Tbs milk

Pinch of parsley

Pinch of onion powder

Pinch of basil

Pinch of oregano

Pinch of garlic

Pinch of salt and pepper



Mix in a bowl all together.

Roll into balls.

It should make 6 or 7 meat/chicken balls

Cook on a baking tray for 10 minutes

turning over after 5 minutes

**Sauce:** cook a tomato with some apple cider vinegar, italian herbs and a pinch of stevia.

Mix this all up and pour it over the meat/chicken balls.

### Lemon Oregano Fish With Asparagus

100g (white) fish

asparagus

juice of one lemon

1 t oregano

salt/pepper



Preheat the oven to 180 degrees.

Snap off woody ends of asparagus and discard.

Tear off a large sheet of aluminium foil.

In the centre of this sheet, place asparagus and sprinkle with salt/pepper.

Place fish on top of asparagus.

In small bowl, combine lemon juice & oregano, and pour over fish.

Fold up edges and completely seal packet on all sides. Bake 10-20 mins, until fish flakes.

### Egg White Omelette

3 eggs (only 1 yolk)

Salt/Pepper

Veggie



Preheat non-stick frypan over MED-HI heat.

Combine all ingredients

Pour into saucepan (flip once) Takes 5 minutes

**Apple Cider Vinegar** is really good for weight loss.

Get creative with Apple Cider Vinegar & spices & herbs

**Make sure you drink 2-4ltrs of Water**

## If Your Weight Stalls

If your weight stalls for a few days and you have had no loss try the following:

- 1: You can have an "apple day". Eat up to 8 apples but nothing else for the entire day, there is no need to drink as much water on these days. (Keep taking drops)
- 2: Have nothing to eat until dinner, then have a large unsalted steak and nothing else. (Remember to drink plenty of water if you are doing the "steak" day and take your drops)
- 3: Eat eggs all day. Only eat a maximum of 3 egg yolks, and up to 8 egg whites. (Take your drops and drink your water)

**•If you are constipated (not going to the toilet everyday) you can also stall. Take some fibre**

**•If you are due for your menstrual cycle your weight may stall at this time, however this is temporary.**

### **Phase 3 Maintenance (Remain on phase 3 for 3 weeks)**

If you want to continue with the 123Diet program and lose more weight, contact us before you run out.

**You can order online [www.isisbeautysalonwarwick.com.au](http://www.isisbeautysalonwarwick.com.au) or you can contact Isis on Ph:46670066**

**If you have now reached your goal , you no longer take your drops.**

- For the next 3 days, continue to eat the same foods as phase 2 so that the drops can leave your system.
- Keep up your 2-4 litres of water for now and forever
- Double your intake of food and eat 1000-1200 calories and eat more at breakfast
- You can exercise now
- Weigh yourself daily and if you find that your weight goes up use the ideas from phase 2 "If your Weight Stalls"
- Eat plenty of protein, good oils, BUT **NO STARCH OR SUGAR** in Phase 3

### **Foods Not to Eat in Phase 3**

#### **NO STARCHY VEGGIES:**

Beets  
Carrots  
Corn  
Parsnips  
Peas  
Potatoes  
Sweet Potato  
Pumpkin  
All root veggies

#### **NO SUGAR FRUITS and FOODS**

Bananas, Dried Fruit, Grapes, Tangerine, Pineapple, Kiwi Fruit, Cherries,  
Corn-Starch, Mayonnaise, Balsamic Vinegar, Wheat Flour, Cereals, Salad Dressing,  
Butter-Nut, Squash, Pancakes, Pasta,  
Oatmeal, Popcorn, Hot Dog Buns, Taco Shells, Rice, Lentils, Beans, Corn Bread, Pretzels, Croutons, Rice Cakes, Any Flour, Cereal Bars, Tortillas, Granola, Processed Cheese, Nuts, Sugar, Honey, Corn Meal, Ice Cream, Yams, Bagels, Pita Bread, Grains, Potato Chips, Corn Chips, Crackers, Polenta, Any Bread



### Phase 3 Your Grocery List

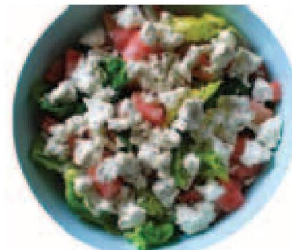
<b>PROTEINS:</b>			
Fish (White)	Beef	Lamb	Cheese
Chicken Breast (No-Skin)	Veal	Turkey	Cottage Cheese
Lobster	Eggs (Whites only)	Scallops	Whipped Cream
Crab	Salmon	Sugar free Bacon	Butter
Prawns	Tuna	Seafood	Olive Oil
<b>VEGGIES</b>			
Tomato	Cabbage	Cauliflower	Eggplant
Celery	Sprouts,	Mushrooms	Snow Peas
Onions	Beans & Greens	Avocado	Artichoke Hearts
Radishes	Spinach	Capsicum (All)	Spinach
Cucumbers	Bok Choy	Zucchini	Lettuce
Asparagus	Broccoli	Asparagus	
<b>FRUITS:</b>			
Apples	Rhubarb	Melons	Pears
Strawberries	Cranberries	Apricots	Guava
Oranges	Raspberries	Plums	Papaya
Grapefruit	Blackberries	Peaches	

### Phase 3 Recipe Ideas

#### Light Feta Salad

2 Cups mixed lettuce  
 ½ Cucumber, halved and sliced  
 ¼ Cup red pepper, diced  
 Grape tomatoes  
 Baby carrots  
 ¼ Cup feta cheese, crumbled

To make this yummy maintenance recipe combine all ingredients from above. Mix and Enjoy. This Phase 3 salad is good without dressing, but you can top with your low-sugar, low-carb dressing



#### Turkey Meatballs with Green Beans

500g of Ground Turkey Breast  
 1 Small White Onion, Diced  
 2 tablespoon Parsley, Chopped  
 1/2 cup of Parmesan Cheese  
 2 gloves Garlic, Mined  
 1/2 Green Bell Pepper, Diced  
 1/4 teaspoon Salt  
 1/4 teaspoon Pepper  
 1 cup Raw Green Beans

Mix the turkey meat, onion, parsley, cheese, garlic, green bell pepper, salt and pepper together in a bowl. Once mixed, roll portions of meat into balls. Place meat balls on an oven tray. Bake at 180 degrees for 20-25 minutes depending on the size of the meat balls. Slice the ends of the green beans. Place in a fry pan with 1 cup of water (just enough to cover the green beans). Cover and heat over high heat until green beans are cooked.  
**Recipe makes 4 servings.**

#### Mexican Steak

150g of Lean Steak  
 1/8 teaspoon Cumin  
 1/8 teaspoon Garlic Powder  
 1/4 teaspoon Ground Black Pepper  
 1/8 teaspoon Sea Salt  
 1/4 teaspoon Chili Powder  
 Non-Stick Spray  
 1 Medium Red Tomato  
 1/2 of a Medium White Onion  
 1/2 Lime, Juiced  
 Jalapeno

Start by making the pico de gallo. In a food processor or blending mix the tomato, onion, lime juice, & jalapeno. To make the steak, start by mixing the cumin, garlic powder, pepper, salt, and chili powder together in a small bowl. Once mixed, spread on to both sides of the steak meat. Heat a fry pan over med-high heat, use olive oil or non-stick spray in the bottom of the pan. Once the pan is hot, sear each side of the steak for about 60 seconds. Turn the temperature down to low-medium, cover with lid, and cook the steak for another 3-4 minutes.

### **Maintenance for life**

**Well done you have now reached your goal weight.**

Now it is time to maintain your new Healthier, slimmer body.

You can start eating most foods in moderation.

Extra foods can also be

- Avocados
- Greek Yogurt
- Chili Peppers
- Salmon
- Blueberries
- Eggs
- Olive oil
- Coconut Oil are good foods for your life time.

- Stick with foods from phase 3
- Keep starchy and sugary foods to a minimum

#### **TIPS:**

- Eat healthy Monday to Friday and save your treats for the weekend
- Don't go back for second helpings
- Drink plenty of water
- Eat slowly and enjoy every bite

**Support calls 0746670066**  
**or email [info@isisbeautywarwick.com](mailto:info@isisbeautywarwick.com)**

Support calls are 7 days per week.

Please read this booklet first as the answer you are looking for may be in this booklet.

If it is not on the list you can not eat it.

If you have stalled in your weight please read page 6.

It is best not to cheat, but if you do or have a social occasion, try make the healthiest choice. Still take your drops and just get back on track the next day.

If you have forgotten to take your drops, please take them when you remember.