

ASAP Program Overview

What you will need:

- Bathroom scale that weighs in 0.2 pounds
- Food scale that weighs in grams/ounces
- Check your calendar & make a commitment:
If you have 10 to 20 pounds to lose:
 - **Choose 3 Week ASAP Program (26 days)**If you have 20 to 50 pounds to lose:
 - **Choose 6 Week ASAP Program (43 days)**
- Sweetleaf® Stevia Sweetener - a natural sweetener available in health food stores.

(Do not use aspartame, Sweet'N Low®, NutraSweet®, acesulfame, sucralose, Splenda, or any other artificial sweeteners.)

**Please see our testimonial page
for incredible results
with the ASAP Program –
from both men & women!**

ASAP Program – 3 Week or 6 Week Program

► **Days 1 and 2 are your “starter” days.** Take ASAP 3X daily on these days while consuming any foods you choose, including those foods high in fat. Eat the things you might miss while on the “Healthy Weight Loss Menu”.

► **Days 3 thru 23 or 40** are your “Healthy Weight Loss Menu” Days. **Take your ASAP 3X daily while consuming only the foods listed in the Healthy Weight Loss Menu”.**

► **Days 24, 25, 26 (or 41, 42, 43)** are “Healthy Weight Loss Menu” days **without** taking ASAP.

ASAP 3 Times Per Day

- Refrain from eating or drinking 20 min.
- Squeeze .75 ml or 15 drops into the dropper
- Swallow hard or spit to remove excess saliva
- Squeeze ASAP under the tongue and hold for 2 min.
- Repeat 3X / day – for best results, the same time each day (i.e., at beginning of day, mid-day, early evening)

HEALTHY WEIGHT LOSS MENU

Days 3 thru 26 or 43

Breakfast:

Herb tea, black tea, or coffee in any quantity without sugar

Lunch & Dinner:

- 1 Protein per meal
- 1 Fruit per meal
- 1 Vegetable per meal
- 1 Bread per meal

Proteins: 100 grams or 3 ounces cooked

Lean beef	Veal
Chicken breast	Lobster
Fresh white fish	Crab
Shrimp	

Occasional substitutions:

1 whole Egg + 3 egg whites
½ cup Fat Free Cottage Cheese

Fruits:

1 Apple
1 Orange
½ Grapefruit
Strawberries (handful)

Vegetables: serving size approx. handful

Radishes	Cucumbers	Celery
Fennel	Cabbage	Tomato
Spinach	Lettuce	Onions
Asparagus	Beet Greens	Chard

Bread:

1 Melba Toast or 1 Grissini Bread Stick

**Please refer to our
“Success Tips” &
“Recipes”
for additional information!**

“Healthy Weight Loss Menu” Shortcut

Your daily total consumption will be:

2 proteins 2 breads 2 fruits 2 vegetables