

Eating Guide

The **Thermojetics® Gold HPLC Program** is designed for people who are carbohydrate sensitive and who want to lose weight and keep it off—for good. Increased protein consumption with restriction of carbohydrates—particularly simple sugars, starches and foods with a high glycemic index—is the foundation of this scientifically advanced program. By supplementing your diet with high levels of protein, you can maintain muscle mass and enjoy other health benefits, while losing weight quickly and safely. And you can eat plenty of great-tasting foods throughout the day and still lose weight!



The Green–Yellow–Red Food Key

GREEN = GO. Eat as many of these foods as you need to feel satisfied.

YELLOW = CAUTION. Eat these foods in moderation.

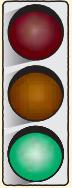
RED = STOP. Avoid these foods as they will interrupt your intensive fat-burning program.

Protein

Cutting back on carbohydrates alone does not work. A sufficient amount of high-quality protein is critical to the success of a low-carbohydrate diet. Protein builds and maintains muscle mass, provides the building blocks of hormones and neuro-transmitters and

provides the necessary elements for the body to constantly renew itself. Numerous studies have shown that weight loss is increased dramatically when a higher percentage of calories consumed comes from protein.

Go



- Cheeses (except ricotta), check labels for 4 grams or less of carbohydrates
- Eggs, preferably egg whites
- Most fresh fish and seafood
- Pork, lamb and veal
- Poultry: chicken, turkey, particularly white meat, preferably skinless
- Red meats, particularly round cuts and top sirloin
- Tofu is healthy, but contains some carbohydrates
- Soy milk or soy cheeses

Caution



- Cottage cheese
- Dark meat: chicken or turkey
- Low-fat cold cuts
- Red meats, the choice cuts

Stop



- High-fat cheeses
- Milk and yogurt
- Organ meats
- Processed meats such as bacon, sausage, ham, salami, bologna, pastrami, hot dogs and smoked fish (high-salt foods such as processed meats and smoked fish contain

unnecessary levels of sodium that can contribute to water retention)

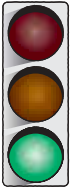
- All protein is permissible, almost in any quantity desired, but it is healthier to consume lean meats, low-fat proteins and whole non-processed foods

Carbs

Carbohydrates that should be avoided are those with a high glycemic index or foods that are quickly converted into simple sugars, because they encourage the production and release of insulin. Foods often considered healthy but which have a high glycemic index include root vegetables such

as carrots and beets, and certain fruits. The elimination of these foods is critical to shutting off insulin and reversing the body from an efficient fat storer to an efficient fat burner. The only permissible carbohydrate sources are those vegetables listed under the GREEN (go) category in the chart provided.

Go



- Alfalfa sprouts
- Bean sprouts
- Bok choy
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Endive
- Fennel
- Fresh mushrooms
- Garlic
- Green beans
- Green pepper
- Greens—collard, dandelion, kale and mustard
- Hot chile peppers
- Lettuce
- Parsley
- Radishes
- Red pepper
- Scallions
- Spinach
- Swiss chard
- Yellow snap beans

Caution



- Apricots
- Artichokes
- Asparagus
- Avocado
- Blackberries
- Blueberries
- Brussels sprouts
- Eggplant
- Grapefruit
- Kumquats
- Okra
- Onions
- Passion Fruit
- Peaches
- Peas
- Plums
- Pumpkin
- Raspberries
- Sauerkraut
- Snow peas
- Squash
- Strawberries
- Tomato
- Turnips
- Watermelon
- Zucchini

Stop



- Bread and all of its relatives, crackers, cookies, pastries, doughnuts, pies and muffins
- Chickpeas, dried beans, lentils, pinto beans
- Cereals—hot or cold, sweetened or unsweetened
- Most fruit
- Other products made from white flour, such as pasta
- Root vegetables such as carrots, turnips, parsnips and beets
- Snacks including pretzels, potato chips, popcorn
- Rice, potatoes and corn

Fat

As part of the Thermojetics® Gold HPLC Program, you may consume reasonable amounts of fat. Although fat is perceived as unhealthy, not all fats are bad. There are good fats, such as Omega-3 fatty acids, which help reduce inflammation and protect the heart. This “good” fat is the foundation of Herbalife’s Herbalifeline®. The Thermojetics® Gold HPLC Program also encourages the consumption of monounsaturated fats, such as canola and olive oils. Some

saturated fats in red meat may be eaten, but consumption should be limited as much as possible. Trans-fatty acids, which are present in pastries and hard margarines, should be eliminated. Vegetable oils, such as corn and safflower oils that are much higher in Omega-6 fatty acids, should also be minimized.

Go



- Avocado oil
- Conjugated linoleic acid
- Fish oil
- Flaxseed oil
- Gamma linoleic acid such as primrose oil
- Grapeseed oil
- Hemp oil
- Mayonnaise
- Monounsaturated fats such as olive and canola oils
- Omega-3 fatty acids from fish and flaxseed oil

Caution



- Light cream cheese
- Sour cream
- Vegetable oils such as corn and safflower oils

Stop



- Hydrogenated fatty acids and partially hydrogenated fatty acids as contained in hard margarines and many processed foods
- Saturated fats from tropical oils such as coconut oil
- Saturated fats, primarily from meat, dairy and eggs

I am here to help you succeed. If you need product advice, guidance and support or would like to place an order, please feel free to contact me: