



GR2 CONTROL WEIGHT LOSS PROGRAM

Image Awareness Corporation
1271 High Street
Auburn, CA 95603
(530) 823-7092



© Copyright 2000 Image Awareness Corp.

We've put this booklet together to help you achieve your weight loss goals.

Inside you will find a schedule and checklist to use while taking GR² Control. Please follow directions exactly for the best results.

Also included are mini-meal and dinner ideas.

Dinner and lunch may be interchanged if you desire. Preparing meals ahead of time and having them ready to reheat makes it easy to stay on the plan.

Image Awareness is also offering a weight loss support group at our office. We'll be available to answer your questions, keep you focused, track your weight loss and maintain your success.

Call Lucille for more details.
(530) 823-7092

GR² CONTROL

- *Maximize fat burning!*
- *Minimize fat storage!*
- *Help reduce your risk of diabetes, heart disease, and more!*



GR2 CONTROL : MONDAY

NOTES



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:

Sliced whole nectarine with 1/2 cup low fat (1%) cottage cheese

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:

1/2 cup sliced Roma tomatoes with 1 slice of lean ham.

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

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 apple sliced with 8 oz glass of skim milk

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:

1/2 sliced pear with 1/2 cup cubed reduced fat cheddar cheese

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



GR2 CONTROL : WEDNESDAY

HELPFUL TIPS



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 grapes with 1 hard boiled egg

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 cup of vegetable soup.

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

- We should consume half our body weight in ounces of water each day. Drink at least eight 8 oz glasses of filtered or bottled water every day. Check them off on your daily sheet to keep track.
- Don't skip mini-meals. They keep your blood sugar from going too low and thus keep insulin levels down. This is important for burning body fat. Don't forget to take your other supplements. You won't overload any particular nutrient and will help your body flush toxins.
- Exercise! Get out and walk, ride a bike, swim, dance, join a gym or get some exercise equipment in your home. There are some great exercise videos out—get one!
- Find a support system—either here in the office or with family or friends. Make sure you get the encouragement you need to stay focused. Be positive, be patient.
- Stock up on shopping list items. If you have your food items on hand, and prepare meals ahead of time (in quantity if possible and freeze or refrigerate for future use), you will find it easier to stick with the meal plans in terms of quantity and quality of food you eat.
- Guidelines for portion sizes: Meat—approximately 3 oz, or the size of a deck of cards; poultry, fish—approximately 4 oz; salad—approximately 2 cups; beans and vegetables—approximately 1/2 to 1 cup; fruit—approximately 1/2 to 1 cup.
- If eating out, steak houses are generally the easiest place to find the foods that stick to your diet choices (steak, fish, chicken, salad bar). Substitute steamed veggies for a baked potato. Avoid ethnic restaurants. When traveling by plane you may request a low-fat entree. Be sure to eat on schedule.

 **SHOPPING LIST**

Whole wheat pita pockets, 100% whole wheat bread (or 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 —(i.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

GR2 CONTROL : 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



GR2 CONTROL : FRIDAY

DINNER IDEAS



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 sliced apple with 1 hard boiled egg

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:

2 cups raw vegetables with salsa/sour cream dip.

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

Any Fish

Wash fish and pat dry. Season with Dom Deluise's Seasoning.

Saute mushrooms in olive oil. Set aside. Saute onion, peppers and garlic til soft. Place fish fillets on foil, top with Italian stewed tomatoes and sauted veggies. Seal tightly and bake 425 for 15-20 minutes. Serve with brown rice.

Spaghetti

Saute mushrooms, peppers, onion, and garlic. Add extra lean ground beef, brown and drain. Add Trader Joe's (or any low carb/sugar) Marinara sauce. Add cooked whole wheat noodles and shredded low fat mozzarella, simmer. Serve with salad and sourdough wheat bread.

Stroganoff

Cut lean steak into strips, season with McCormack Seasoning. Saute mushrooms in olive oil, add steak strips, non- or low-fat sour cream, mix well. Serve over wheat noodles or brown rice with side salad.

Pizza

Cut wheat pita pocket in half to make 2 rounds. Spoon on marinara sauce, fat free mozzarella (or cheese blend), extra lean ham, black olives, sauted mushrooms and all the veggies you want. Broil til cheese melts. Serve with a side of steamed broccoli or a salad.

Salad

Use lettuce of your choice. Top with feta cheese, black olives, roma tomatoes, cucumber, carrots and red onion. Drizzle with Paul Newman dressing or any low-cal dressing.

Desserts

Diet jello or pudding, melon, grapes



DINNER IDEAS

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 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.

GR2 CONTROL : 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



GR2 CONTROL : SUNDAY

MINI-MEALS



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 pineapple with 1/2 cup low-fat cottage cheese.

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 100% whole grain bread with 2 slices of lean ham.

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

Try these with an herbal tea. You may choose a combination of one item from List A and B for a mini meal, or only one item from List C for a mini-meal.

LIST A:

- Sliced whole nectarine
- 1/2 an apple
- Fresh fruit kabob (grapes, pineapples, strawberries, tangerines, etc.)
- 1 cup melon
- 1/2 cup berries (straw, black, or raspberries)
- 1 slice 100% whole grain bread
- 1/2 pear
- 1/2 cup roma tomatoes
- 1/2 cup grapes

LIST B:

- 1/2 cup low fat (1%) cottage cheese
- 1 cup low fat unsweetened yogurt
- 1/2 cup chopped hazelnuts
- 1/2 cup cubed reduced fat Cheddar, Colby, Munster or Swiss cheese
- 1 oz wedge Brie cheese or Camembert cheese
- 8 oz glass skim milk
- 1 slice prosciutto, lean ham, cheese or turkey (or 2 lean ham)
- 1 hardboiled egg

LIST C: (CHOOSE ONLY ONE FROM THIS GROUP)

- 1 oz almonds, cashews (dry roasted), walnuts
- 2 cups raw vegetables with salsa-sour cream dip
- 1/2 cup low-fat cheese and red pepper spread on celery stalks (2)
- Any salad made with vegetables from the GO or ENJOY list (using low calorie salad dressing)