

NEW

## LDD Example Meals

## LDD Drops Do's & Don'ts

The example meals below indicate what sort of portion sizes and food types could be used per stage. Use these examples as a guide for constructing your own meals using your favourite foods. They can also be adapted for those with special dietary requirements, for example, vegans or vegetarians.

### LDD Loading Phase

#### Meal Example:

Breakfast: Cooked breakfast with fried bread.

Lunch: Cheeseburger & French fries.

Dinner: Cheesy pasta bake with garlic bread.

Snacks: Chocolate, peanuts, hard cheeses, French fries, avocado, full-fat yogurt, coconut, bacon.

Total Calories Target: 2500 - 3000

### LDD Maintenance Phase

#### Meal Example:

Breakfast: Tea or Coffee (as many as you wish) without sugar.

Lunch: Chicken & Vegetable Soup (tinned) - look for a low calorie option. ~215 Calories per serving.

Dinner: Chunky Mexican Fajita Chicken on mixed leafy salad (rocket, baby leaf spinach, watercress) with cherry tomatoes. ~170 Calories

In between meals: Drink plenty of water to keep yourself hydrated. An apple or orange between each meal.

Total: ~500 calories

### LDD Stabilization Phase

#### Meal Example:

Follow the same as the Maintenance phase but allow yourself a maximum of 700-1000 calories per day.

Total: ~700 for Women, ~1000 for Men.

- DO try to exercise where possible.
- DO drink plenty of water to keep yourself hydrated.
- DO weight yourself before you start, and measure your waist.
- DO check your weight weekly.
- DO take a 'before' and 'after' photo to stay motivated.
- DO take a multivitamin supplement whilst using LDD.
- DO stick to the diet plan for the duration of the diet.
- DO try and avoid alcohol where possible.
- DO snack healthily between meals to avoid hunger.
- DO leave a 6 week gap between complete LDD cycles.

- DON'T forget to take the LDD drops. Set reminders.
- DON'T exceed ~500 calories per day during the 2nd phase.
- DON'T add sugar or oils to meals during the last 2 phases.
- DON'T use oily cosmetic products such as massage oil.
- DON'T give up! Stick to the plan, and you'll see results.

# Ldd

## Liquid Diet Drops

### Buy your LDD Drops

Buy your LDD drops safely, securely & discreetly online or via telephone. All orders are dispatched immediately and discreetly packaged for your piece of mind.

### Visit or Call Evolution Slimming

Order online at [www.Evolution-Slimming.com](http://www.Evolution-Slimming.com) 24 hours a day. Alternatively call us on 0800 043 0434 to place your order, pressing option 1. Lines are open 0900 - 1700 Mon - Fri.

### Save 10% off LDD Purchases

With this flyer, you can receive a 10% loyalty discount on any LDD purchase from Evolution Slimming. Simply quote the code below when ordering, entering the code online or quoting via telephone.

VOUCHER CODE

**LDD8193**



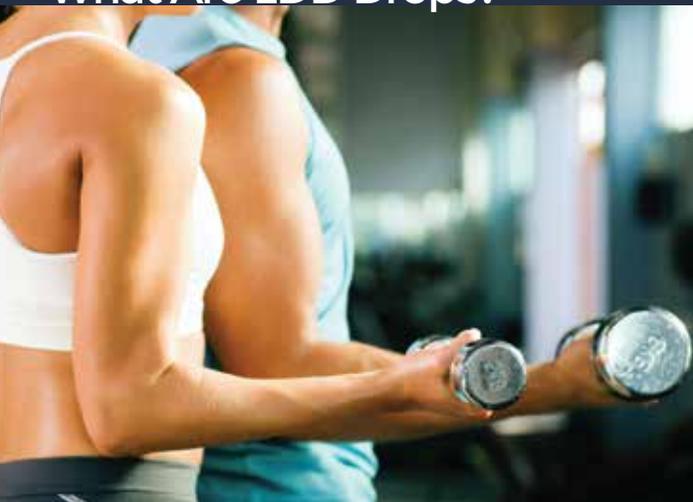
evolution & slimming

Provided by Evolution Slimming

Adjust the sample information above to suit your tastes.

We wish you all the best with your weight-loss success.

# What Are LDD Drops?



LDD (Liquid Diet Drops) are a safe, hormone-free alternative to the hCG (Human Chorionic Gonadotropin) drops. Avoid hCG drops containing hormones or 'homeopathic' versions as the hormone source may be unknown. LDD are a complex formula of natural amino acids which help reset the hypothalamus by sending signals to begin breaking down high body fat. This causes your body to use the body fat as a primary fuel source.

These signals are believed to be sent when the body is experiencing a reduced and low calorie diet.

The LDD must be used in conjunction with an LDD VLCD (Very Low Calorie Diet - detailed within this guide).

The VLCD should consist of a diet high in lean proteins, low-carb and low in saturated fats for best results. 500-700 Calories per day is recommended.

These signals are also believed to send a message to the body to help conserve and maintain lean body mass. This prevents muscle loss which in turn helps to achieve a leaner, healthy appearance.†



## The LDD Protocol

LDD must be used in conjunction with a VLCD of approximately 500-700 calories per day in order to see results. Sure, you'd lose weight on just a 500 calorie diet. But, it is likely that once you had finished the crash diet that the weight would come back on fairly quickly. This is where the LDD comes in. By helping to reset your metabolism the weight-loss results should be long lasting\* and the LDD drops will help curb your appetite and keep your energy levels up. LDD should be used in conjunction with the LDD 'protocol'. See the table below for the correct dosage & calorie pattern required. The LDD diet is split into 3 stages, or 'phases' - Loading, Maintenance & Stabilization. Each phase has unique calorie & drop requirements. It is advisable to leave a 6 week gap between LDD cycles.

Phase	Drops Dosage	Calorie Intake	Length (Days)
Loading	20 Drops (1ml) 2 Times Daily	2500 - 3000 Calories	2
Maintenance	20 Drops (1ml) 2 Times Daily	500 Calories (VLCD)	21
Stabilization	None Required	Gradually increase up to 800 (Women) - 1000 (Men)	21

## The LDD Phases - Loading, Maintenance & Stabilization

### Loading Phase

The loading phase requires 2 days of high calorie loading. For most LDD dieters this is the most enjoyable part of the diet. Eating 2500-3000 calories of high fat foods is required to load and fill your body's fat cells in preparation for weight-loss. Don't be discouraged by the possibility of weight gain during these 2 days, it will be lost during the Maintenance phase, and is the most important phase of the diet. Your high fat foods could include hard cheeses, fried meats, nuts, oily fish and beef.

### Maintenance Phase

The loading phase requires 21 days of restricted calories, approx. 500 per day. It is key that you reduce your intake of fatty foods, carbohydrates, sugar and salt. High protein meals, with root or leafy vegetables are ideal. Fruits and vegetables are a must. For vegetarians, sources of protein may include beans, pulses, nuts, seeds and wheat protein. Ensure a plentiful water intake.

### Stabilization Phase

The last 21 days of the diet involves a slow increase of calories, from ~500 calories up to 800 for women or 1000 for men. This will allow your body to adjust to coming away from the low calorie diet without complications. The same food rules apply to the Stabilization Phase from the Maintenance Phase, differing only by portion sizes.

† Weight-loss results vary. Be sure to inform your doctor before starting a low calorie diet or exercise regime. \*Requires healthy, controlled eating habits for long lasting results.