

FOLLOW 100% FOR BEST RESULTS

- Follow these meals exactly for 5 consecutive days. No added sugar or sugar substitutes are recommended, and absolutely no starches (bread, potatoes, rice, pasta, etc.) are allowed. Use sugarless (with no sugar substitute) balsamic vinaigrette, oil and vinegar or a squeeze of lemon for salad dressing. You can use butter to fry your eggs or to place on your vegetables.
- Grapefruit is essential to this diet. It will help stimulate your metabolism and begin the fat-burning process.* If you must substitute, use fresh pineapple (not canned) or unsweetened pineapple juice instead.
- **NO CAFFEINE STIMULANTS.** This means no tea, coffee, energy drinks, soda, Saba ACE or other Saba caffeine containing products.
- **NO SALT.** Use salt-free seasonings for your food or fresh salsa.
- **USE ORGANIC PRODUCTS IF AT ALL POSSIBLE.**
- **VEGANS OR VEGETARIANS MAKE YOUR OWN WISE SUBSTITUTIONS.**
- Drink Distilled water between meals.

BREAKFAST



- 2 eggs cooked any style (fry eggs in butter)
- 2 slices of bacon (turkey or pork)
- Half grapefruit or 8 oz glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water
- 1 serving of Saba N-FUSE

LUNCH



- 4-6 oz lean meat (chicken, fish or lean cut of beef)
- Mixed Salad (as much as you can eat) with sugarless dressing (no sugar substitutes) or oil and vinegar
- Red, green or yellow vegetables (no corn or potatoes)
- Half grapefruit or 8 oz glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water

MID-AFTERNOON SNACK

- Celery (as many as you like) with 1 Tbs natural peanut butter or almond butter
- 8-10 oz glass of distilled water



DINNER



- 4-6 oz lean meat (chicken, fish or lean cut of beef)
- Mixed Salad (as much as you can eat) with sugarless dressing (no sugar substitutes) or oil and vinegar
- Red, green or yellow vegetables (no corn or potatoes)
- Half grapefruit or 8 oz. glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water

EVENING SNACK

- Celery (as many as you like) with 1 Tbs natural peanut butter or almond butter
- 8-10 oz glass of distilled water
- 2 Saba Co-Clenz capsules

