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| <p style="text-align: center;">THE ENZYME DIET® 8 DAY QUICK START</p> |
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Breakfast

1. TED Shake
2. EFL - 3 caps
3. EFA - 2 caps
4. Healthy Bones & Teeth - 2 caps
5. 360 Energy ½ can (1 serving)

Mid Morning

1. Healthy Snack
2. LipoChromizyme – 1 cap

Lunch

1. TED Shake

Mid Afternoon

1. Healthy Snack
2. LipoChromizyme – 1 caps
3. 360 Energy ½ can (1 serving)

Dinner

1. TED Shake
2. Protein List 1 serving
3. Healthy Vegetable List - 3 servings
4. Healthy Fruit List – 1 serving
5. EFL - 3 caps
6. EFA - 2 caps
7. Healthy Bones & Teeth - 2 caps

Bedtime

1. TED Shake
2. LipoChromizyme – 1 caps

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8-DAY FAST START BASICS

Do not skip meals.

You may use soy or whey Enzyme Diet Shakes. (You may mix with water or half water, and half low fat milk)

Eat whole fruits, steamed or raw vegetables (choose for variety & color) and lean protein.

Eat healthy snacks. Do not become over hungry.

You may choose to interchange your dinner and lunch 'meals'.

Drink water, 1/2 fl. oz. for every pound you weigh. Consume this amount every day!

Commit to adopting a more active lifestyle.

Use Infinity2 Supplements as directed to:

- Enhance your energy metabolism

- Support how your body burns & stores fat

- Maximize your digestive enzymes

- Restore your body's natural flora

- Provide powerful antioxidants

- Enhance you blood sugar and lipid metabolism

- Provide a balancing whole food vitamin and Chelated mineral formula

- Obtain a balance of the essential healthy fats

- Supply your body with extra minerals for healthy hair, nails, bones & teeth

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THE ENZYME DIET®
Healthy Snacks

| FOOD | AMOUNT | PROTEIN | CARBOHYDRATES | FAT |
|--|----------------------|----------------|----------------------|------------|
| TUNA (canned in water) | 4 ounces | 26 grams | 0 grams | 3 grams |
| EGG (hard boiled) | 1 | 8 grams | 1 gram | 7 grams |
| WALNUTS | 1 ounce | 4 grams | 5 grams | 15 grams |
| STRING CHEESE | 1 ounce | 7 grams | 0.5 grams | 6 grams |
| SLICED TURKEY | 2 ounces | 19 grams | 0 grams | 1 gram |
| NATURAL PEANUT BUTTER | 1 TBS | 4 grams | 3.5 grams | 8 grams |
| COTTAGE CHEESE 2% | 4 ounces | 15 grams | 4 grams | 2 grams |
| LOW CARB YOGURT | 4 ounces | 5 grams | 4 grams | 1 gram |
| LOW CARB FROZEN DESSERT | 4 fl oz. | 4 grams | 6 grams | 9 grams |
| WHOLE GRAIN RICE CAKES | 1 cake (11 grams) | 1 gram | 8 grams | 0.5 grams |
| SOUR CHERRIES | ½ cup | 1.2 grams | 7.4 grams | 0.3 grams |
| STRAWBERRIES | 1 cup | 1.0 grams | 12.5 grams | 0.7 grams |
| GRAPEFRUIT | ½ medium | 0.5 grams | 10.3 grams | 0.1 grams |

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HIGH PROTEIN FOODS*
Protein (g) / Carbohydrates (g)

| MEAT 4 oz. | FISH 4 oz. | POULTRY 4 oz. | SHELLFISH 4 oz. | EGGS #2 | CHEESE 2 oz. | NUTS/SEEDS 1 oz. |
|--|----------------------|---|-----------------------------|-------------------------------|---------------------------------|------------------------------------|
| Lean Beef 30g/0g | Tuna 30g/0g | Chicken 38g/0g | Shrimp 30g/1g | Scrambled 12g/1g | Low Fat Cheddar 14g/1.2g | Walnuts 4g/5g |
| Pork 25g/0g | Salmon 20g/0g | Turkey 38g/0g | Crab 22g/1g | Hard Boiled 13g/1g | String Cheese 14g/1g | Almonds 6g/5g |
| Lamb 30g/0g | Sardines 24g/0g | Duck 30g/0g | Scallops 27g/0g | Fried 13g/0.2g | Low Fat American 12g/0g | Macadamia 2.2g/4g |
| Turkey Ham 23g/0g | Halibut 31g/0g | Goose 32g/0g | Lobster 22g/1g | Poached 13g/0.2g | Goat 10g/0g | Peanuts (Dry Roast) 17g/11g |
| Veal 30g/0g | Swordfish 38g/0g | Chicken Liver 30g/0g | Oysters 1 C 20g/8g | Soft Boiled 13g/1g | Swiss 15g/1g | Peanut Butter 1T 4g/3g |
| Turkey Bacon 4 Strips 10g/2g | Sea bass 24g/0g | Chicken Wings Without Sauce #4 22g/0g | Clams Canned 1C 25g/3g | Egg Beaters 1/2C 13g/1g | Ricotta 1C 28g/7g | Pistachios 11g/11g |
| Turkey Canadian Bacon 2oz 16g/0g | Snapper 24g/0g | | | | Egg Whites 1/3C 10g/0g | |
| | Sole 19g/0g | | Clams Fresh #4-5 8g/4g | | | |
| Turkey Sausage 22g/0g | Trout 25g/0g | Turkey Ground 1C 35g/0g | Mussels Meat only 17g/7g | Omelet 12g/1g | Cottage Cheese ½ C 15g/4g | Sunflower Seeds 6.5g/5g |

* If possible buy organic meats, fish, poultry, cheese, eggs and nuts. They are by convention preservative and antibiotic free. Many chemicals used for processing and preserving foods are responsible for allergic reactions and such common symptoms as headache, rashes, abdominal cramps, diarrhea, and mood changes. In keeping with the principles of **The Enzyme Diet®**, the closest source to natural is the healthiest.

THE ENZYME DIET®
Healthy Fruit List

| FRUIT | AMOUNT | CARBOHYDRATES |
|-------------------------------------|---------------|----------------------|
| Avocado (Haas) | ½ Medium | 6.5 g |
| Blackberries (Fresh/Frozen) | 1/3 Cup | 6.2 g |
| Blueberries (Fresh/Frozen) | 1/3 Cup | 7.4 g |
| Boysenberries (Fresh/Frozen) | 1/3 Cup | 7.4 g |
| Cherries, sour (Fresh) | ½ Cup | 7.4 g |
| Cranberries (Fresh) | ½ Cup | 5.2 g |
| Gooseberries (Fresh) | ½ Cup | 7.3 g |
| Grapefruit (Fresh) | ½ Medium | 5.2 g |
| Honeydew (Fresh cubed) | ½ Cup | 6.7 g |
| Peach (Fresh /Frozen) | 1 Medium | 9.7 g |
| Raspberries (Fresh/Frozen) | 1/3 Cup | 7.0 g |
| Strawberries (Fresh/Frozen) | ½ Cup | 6.3 g |
| Watermelon (Fresh diced) | ½ Cup | 5.1 g |

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THE ENZYME DIET®
Healthy Vegetable List

| VEGETABLE | AMOUNT | CARBOHYDRATES |
|-------------------------------|----------|---------------|
| Alfalfa Sprouts | 1 Cup | 1.0 g |
| Artichoke | ½ Medium | 6.0 g |
| Arugula | 1 Cup | 1.0 g |
| Asparagus | 4 spears | 2.2 g |
| Bamboo Shoots | 1 Cup | 7.9 g |
| Bean Sprouts | 1 Cup | 5.6 g |
| Beets | ½ Cup | 6.1 g |
| Bok Choy | 1 Cup | 2.3 g |
| Boston or Bibb Lettuce | 1 Cup | 1.4 g |
| Broccoli | 1 Cup | 7.0 g |
| Brussel Sprouts | 1 Cup | 9.9 g |
| Cabbage | 1 Cup | 4.9 g |
| Cauliflower | 1 Cup | 4.4 g |
| Celery | 1 stalk | 1.6 g |
| Collard Greens | 1 Cup | 9.8 g |
| Cucumber | 1 Cup | 3.6 g |
| Dandelion Greens | 1 Cup | 6.7 g |
| Eggplant | 1 Cup | 8.2 g |
| Endive or Escarole | 1 Cup | 2.1 g |
| Fennel | 1 Cup | 6.0 g |
| Garlic | 1 Clove | 0.9 g |
| Green or Yellow Beans | 1 Cup | 6.5 g |
| Hearts of Palm | ½ Cup | 3.5 g |
| Iceberg Lettuce | Free | N/A |
| Jicama | ½ Cup | 5.5 g |
| Kale | 1 Cup | 6.7 g |
| Kohlrabi | 1 Cup | 8.7 g |
| Leeks | ½ Cup | 6.5 g |
| Mushrooms | 1 Cup | 3.1 g |
| Okra | 1 Cup | 9.6 g |
| Olives | ½ Cup | 4.0 g |
| Onion | ½ Cup | 7.4 g |
| Parsley | 1 Tbs | 0.3 g |
| Peppers | 1 Cup | 9.0 g |
| Pumpkin | ½ Cup | 8.0 g |
| Radicchio | 1 Cup | 2.0 g |
| Radishes | 10 Large | 2.9 g |

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|-------------------------|----------|-------|
| Romaine | FREE | N/A |
| Rhubarb | 1 Cup | 6.0 g |
| Sauerkraut | 1 Cup | 9.4 g |
| Scallions | 1 TBS | 0.5 g |
| Snow Pea Pods | 1 Cup | 7.0 g |
| Spaghetti Squash | 1 Cup | 7.0 g |
| Spinach | 1 Cup | 2.4 g |
| Summer Squash | 1 Cup | 5.5 g |
| Tomato | 1 Medium | 5.8 g |
| Turnips | 1 Cup | 8.6 g |
| Water Chestnuts | ½ Cup | 8.5 g |
| Zucchini | 1 Cup | 8.0 g |

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