

# ASAP Program Overview

## What you will need:

- Bathroom scale that weighs in 0.2 pounds
- Food scale that weighs in grams/ounces
- Check your calendar & make a commitment:
- Sweetleaf® Stevia Sweetener - a natural sweetener available in health food stores

*(Do not use aspartame, Sweet'N Low®, Nu-traSweet®, acesulfame, sucralose, Splenda, or any other artificial sweeteners.)*

### Directions: ASAP 3x / Day

- Refrain from eating or drinking 20 min. before & after
- Squeeze .75 ml or 15 drops into the dropper
- Swallow hard or spit to remove excess saliva
- Squeeze ASAP under the tongue and hold for 2 min.
- Swallow ASAP

*For best results, take ASAP drops at the same time each day (i.e., at beginning of day, mid-day, early evening)*

## **If you have 10 - 20 pounds to lose**

- **Choose 3 Week ASAP Program (26 days)**

## **If you have 20 lbs., 50 lbs., or more to lose:**

- **Choose 6 Week ASAP Program (43 days)**

## **ASAP Program – 3 Week or 6 Week Program**

### ► **Days 1 and 2 are your “starter” days.**

Take ASAP 3X daily on these days while consuming any foods you choose, including those foods high in fat. Eat the things you might miss while on the “Healthy Weight Loss Menu”.

### ► **Days 3 thru 23 (or 40)**

“Healthy Weight Loss Menu” days

**Take your ASAP 3x / day while consuming only the foods listed in the “Healthy Weight Loss Menu”**

### ► **Days 24, 25, 26 (or 41, 42, 43)**

“Healthy Weight Loss Menu” days

**without taking ASAP**

# HEALTHY WEIGHT LOSS MENU

## ► **Days 3 thru 26 or 43**

### **Breakfast:**

Herb tea, black tea, or coffee in any quantity without sugar

Healthy Start Pak: Beyond Tangy Tangerine, Osteo Fx Plus, Ultimate EFA Plus

### **Lunch & Dinner:**

- 1 Protein per meal
- 1 Fruit per meal
- 1 Vegetable per meal
- 1 Bread per meal

**Proteins:** 100 grams or 3 ounces cooked

Lean beef Veal  
Chicken breast Lobster  
Fresh white fish Crab  
Shrimp

*Occasional substitutions:*

1 whole Egg + 3 egg whites  
½ cup Fat Free Cottage Cheese

### **Fruits:**

1 Apple  
1 Orange  
½ Grapefruit  
Strawberries (handful)

**Vegetables:** serving size approx. handful

Radishes Cucumbers Celery  
Fennel Cabbage Tomato  
Spinach Lettuce Onions  
Asparagus Beet Greens Chard

### **Bread:**

1 Melba Toast  
1 Grissini Bread Stick

**Please see website for  
“Success Tips”,  
“Recipes”  
& ASAP Cycles**

## **“Healthy Weight Loss Menu” Shortcut**

Your daily total consumption will be:

**2 PROTEINS    2 FRUITS    2 VEGETABLES    2 BREADS**

[www.AsSlimAsPossible.com](http://www.AsSlimAsPossible.com)

