



2012

Omni-Drops HCG Program

PHASE 2



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4 Phases of the Omni~Drops HCG Program

Phase 1 Loading Days 1 – 2 (On Drops)

Phase 2 VLCD 500 Calorie 3 – 6 Weeks (On Drops)

Phase 3 Maintenance 1,200 - 1,500 Calories 3 – 4 Weeks (Off Drops)

Once you have completed Maintenance you can decide to do another round of drops or go on to Phase 4.

Phase 4 Healthy Life (Off Drops)



VLCD = Very Low Calorie Diet

Phase 2 – 500 Calories

Program Duration

You should be on the Program a **minimum 21 days** in order to **reset** the hypothalamus gland and no longer than 45 days.

Day 3 and onward

- Every morning, after you urinate, weigh yourself without clothes on. Keep a daily record of your weight.
- Keep taking the Omni~Drops as directed...10 DROPS 4 times per DAY for two more days, then you may reduce to three times per day.
- Continue to drink ½ - 1 gallon of water each day.
- Do not forget to take your Omni 4 liquid vitamins! They have been found to accelerate the weight loss and are an important ingredient of the program and are the secret to continued lifelong good health!!
- Follow the eating schedule that follows.

Breakfast

Drink as much water, herbal tea or coffee as you want. You may use lemon or **Stevia** to add flavor/sweeten. You may have a half or full fruit serving here if you would like.

Lunch and Dinner

Eat one serving at each meal of the allowed meats and vegetables. The meat portion size is 100 grams (3.5 -4 ounces). Season the meat with lemon, white or black pepper, sea salt, garlic, basil, parsley, thyme or any other herb or seasonings that DO NOT contain sugar.

The vegetable (4 ounce serving size) is about the size of your hand stretched out, then fingers cupped downward (like you are grabbing something). Vegetables can be eaten raw, steamed, grilled, or gently boiled. Use only apple cider, red wine or malt vinegars that contain NO Sugar or Carbs, pepper, lemon or mustard for dressing.

ABSOLUTLEY NO oils, butters, dressings of any kind!

You can have 2 servings of fruits each day. These can be eaten anytime of the day, before meals or in between meals as snacks.

You may also have 2 Melba toast / Grissini snacks during the day. These can be eaten with your meals, ONE with each meal, NEVER both together, or as snacks between your meals.

Approved foods on the Omni~Drops HCG Program

Approved Foods:

Meats: (4 oz) is one serving, 2 servings per day ~ **MUST** be weighed raw

ONLY ONE KIND OF MEAT PER SERVING

Veal

Beef (Lean beef only ~ flank steak, sirloin steak, ground sirloin & filet mignon are good)

Chicken Breast or Turkey (boneless, skinless) no other parts of the chicken

Fresh White Fish ~ Mahi Mahi, Grouper, Halibut, Flounder, Sole, Cod, Tilapia & Chilean Sea Bass

Lobster

Crab

Shrimp

Vegetables: One “cupped” handful is a serving size of lettuce, 2 servings per day

You may make a 4oz salad with the following ingredients (Large handful) but must not weigh more than 4oz.

Spinach

Chard

Chicory

Beet Greens

Green Salad

Tomatoes

Celery

Fennel

Onions (white or Green)

Red Radishes

Cucumbers

Asparagus

Broccoli (optional)*

Green Beans (optional)*

Cabbage

* These foods are not listed in the original Dr. Simeon’s menu. Testimonials have revealed consuming them does not restrict weight loss. If they hinder your weight loss, do not consume them.

Fruits: Each fruit is one serving, can be split up, 2 TOTAL fruits per day

PICK ONLY ONE KIND OF FRUIT PER SERVING

Grapefruit

Apples

Strawberries (6 – 9 depending on size)

Oranges

Melba Toast : 2 crackers allowed per day/ Grissini Bread sticks

Important Note: **DO NOT DOUBLE UP on any of your servings.** If you did not have your fruit in the morning/afternoon, do not eat both at the same time in the evening. Use the same protocol with meats and vegetables. The diet is designed to work with the exact portion sizes alone. If you eat more than what is allowed per serving, you will gain weight, not lose it.

Every item in the list is gone over carefully, continually stressing the point that no variations other than those listed may be introduced. All foods not listed are not allowed.

An Example of a Typical Day:

***Omni~Drops: 10 drops under tongue upon awakening – wait at least 15 minutes before eating/drinking anything.**

Breakfast: Coffee with Stevia and half a grapefruit (may sprinkle with Stevia)

Snack: Half an Apple here to hold you over until lunch.

Have your **Omni 4 liquid vitamin serving with** lunch or dinner

***Omni~Drops: 10 drops under tongue at 12:00 pm – no less than 15 minutes before/after ANY food or drink**

Lunch: One meat group on a bed of romaine lettuce or fresh spinach leaves. For seasoning, use Mrs. Dash on the meat (watch the kind you use...some have SUGAR in them) to season, and use lemon juice and water to steam cook it, or you can grill it on the BBQ or a George Foreman grill. Season the salad using a bit of lemon juice and sea salt. If you want to add in the Melba Toast to your salad, you can crumble it up and put on like croutons. Or you can eat it as a snack between meals with your fruit. Eat lunch around 11:30am or 12:00pm.

Snack: Other HALF of an apple. This will fill you up until dinner time.

***Omni~Drops: 10 drops under tongue at 6:00 pm – no less than 15 minutes before/after ANY food or drink**

Dinner: By 6:00 you are probably ready to eat! A different meat group than consumed for lunch is required for dinner. Add steamed asparagus with lemon on it and season it with sea salt and ground pepper.

Snack: 6 -9 strawberries sliced sprinkled with cinnamon & stevia ...YUMMY!

****Obviously you don't need to eat or do the drops per this schedule, just make sure you have at least 15 minutes free from food or drink, before and after taking your drops!***

Choose (1) Lunch	Choose (1) Lunch	Choose (1) Breakfast	Spices:	Breakfast:
Choose (1) Dinner	Choose (1) Dinner	Choose (1) Snack	Stevia	Water, Tea, Coffee
MEATS - 4oz	Vegetables - 4oz	Fruits- 2 servings daily	Sea Salt, Pepper	One Half Fruit
Veal	Spinach	Apple - One Med size	Salsa - No Sugar	
Beef	Chard	Orange - One Med size	Mrs. Dash - No Sugar	
Chicken Breast	Chicory	Grapefruit - One Half	Onion, Garlic Powder	Lunch:
Turkey Skinless	Beet Green	Strawberries (6-9)	Nutmeg, Cayenne	Unlimited Water
Chilean Sea Bass	Green Salad		Cinnamon	4oz Meat
Mahi Mahi	Tomatoes	Choose (1) Snack	Chili Powder	4oz Vegetables
Grouper	Celery	Melba Toast		
Halibut	Fennel	Grissini Breadsticks		Dinner:
Flounder	Onions			Unlimited Water
Lobster	Red Radishes			4oz Meat
Crab	Cucumbers			4oz Vegetables
Shrimp	Asparagus			
Cod	Broccoli *			Snacks: (2) a Day
Tilapia	Green Beans *			Fruit
Sole	Cabbage			Toast/Breadsticks

You can have 2 servings of fruits each day. These can be eaten anytime of the day, before meals or in between meals as snacks.

You may also have 2 Melba toast / Grissini snacks during the day. These can be eaten with your meals, ONE with each meal, NEVER both together, or as snacks between your meals.

EXAMPLE Typical Day AFTER TWO DAY LOAD - Omni~Drops Program Day 3 - 45

7:00AM Wake up **10 Drops** (DO NOT eat or drink anything for 15 minutes before or after taking the drops.)

Weigh yourself on a digital scale and record it. THIS IS A MUST!

7:15AM BREAKFAST: Choose: Apple, Strawberries or Orange or 1/2 Grapefruit. Water, coffee or tea to drink, Drink a Capful of Omni4 Vitamins in a glass of ice water

10:00AM SNACK Choose (1) item from list above

YOU MUST DRINK A LOT OF WATER THROUGHOUT THE DAY!! Shoot for a GALLON!

12:00 LUNCH **10 DROPS** (DO NOT eat or drink anything for 15 minutes before or after taking the drops.)

12:15 eat a 4 oz. salad plus 4 oz. Protein - chicken, fish, steak, shrimp, crab (NO OIL DRESSING)

2:00-ish Snack on 1/2 fruit or 1 melba toast, NOT BOTH

YOU MUST DRINK A LOT OF WATER THROUGHOUT THE DAY!! Shoot for a GALLON!

6:00PM Diner: **10 DROPS** (DO NOT eat or drink anything for 15 minutes before or after taking the drops.)

6:15PM Choose from the list above - 4oz Protein, 4oz Vegetable

8:00PM SNACK - Choose a Fruit or Cracker

Make your own Salad Dressing: 1 Tbp Apple Cider Vinegar, 1 Tbsp Lemon Juice, 1 Tbsp Mustard

Phase 2 – Tips, Tricks and Hints

Do's and Don'ts

- No excessive exercising, you will get very hungry and fatigued.
- No over the counter meds – unless absolutely necessary
- Do NOT skip a meal
- If it's NOT on this list, don't eat it, drink it or chew it!
- NO sugars, starches or fats of any kind.
- Do continue to take medications if needed (insulin, blood pressure meds, heart meds, Tylenol, etc)
- **Do Not forget to take your Omni 4 liquid vitamins! They have been found to accelerate the weight loss!!**

Hunger Pains

- Mild hunger will vary from time to time from person to person and will usually only last for the first couple of days during the program. Most will have no problem at all.
- The **Omni~Drops** promote the mobilization of fat into body fuel which keeps your blood sugar stable throughout the day.
- If you find yourself getting hungry at the same time every day, eat one of your fruits 30 minutes before the time you find yourself getting hungry each day.

Doses

- It's important to note that everyone has different tolerances to everything. On average 10 drops taken 4 times per day is recommended to start to raise the **Omni~Drops** levels in the body to therapeutic levels. Some people may find that they can reduce this to 10 drops taken 3 times per day. If you have reduced your drop intake to 3 times per day, you may find after 2-3 weeks, you may start getting a little hungry. If this occurs, you should increase your dosage back to 10 drops taken 4 times per day. You may take up to 48 total drops per day. Remember to listen to your body, it will tell you what you need.

Working out on Omni~Drops Program

- It is not recommended to work out while on the **Omni~Drops** program. However, if you must, you will want to start with a higher dose of **Omni~Drops** each day, maybe 4-5 doses and increase as needed. Also you would want to eat more like 1100-1300 calories a day, while still holding to the food in the menu. The extra calories will give you something to burn each day.

Phase 2 – Tips, Tricks an Hints

Helpful Hints

- Start the **Omni~Drops** program with the intention to stay with it; It is easier than you might think!
- Drink plenty of water...at least 2-4 Liters each day!
- Get a friend to go on the Omni~Drops program with you. The buddy system works and it is ALOT of fun!
- Do Not forget to take your Omni 4 liquid vitamins! They have been found to accelerate the weight loss!!
- Do NOT skip a meal
- If it's NOT on this list, ***don't eat it, drink it or chew it!***
- Measure your meats into Ziploc bags and freeze them for convenience. Be prepared!!
- Eat a variety of allowed food groups each day for best results.
- If you do not lose any weight for 2 or 3 days in a row, consider eating nothing but 6 apples the next day and drink one gallon of water.
- Continue taking the drops through menstrual cycle, however you may need to increase your calories slightly (only allowed foods) if your energy level is lower than normal.
- Use oil-free makeup, moisturizers, lotions and hair products.
- Take Before, During and After pictures ~ You will be **AMAZED** at your progress and it will help to keep you motivated!
- Get a digital scale – You will need to weigh yourself daily and this will give the most accurate weights!
- Stay in touch with the person who got you started on the diet... They care about your progress and helping you reach your goal!

Remember, you are actually consuming 1,500 – 3,000 calories each day, even though you are only eating a small portion of that! The other calories are coming from those released from the consumption of abnormal fat stored in your body which is made available through the direct impact of the Omni~Drops, resulting in rapid healthy weight loss.

On the Omni~Drops program you should not be tired, look tired or run down, or experience energy loss. *IT IS JUST THAT GOOD!* Those who follow the protocol should experience positive life changing results and enjoy it in the process!