



## 5 Reasons Why the Lean Body Diet Works

If you have struggled for years with obesity and a lack of energy, the Lean Body Canada diet plan may be the right answer for you. It's a safe, effective, and all natural diet that jump-starts your metabolism and burns excess fat quickly.

For more information visit our website at [www.leanbodycanada.com](http://www.leanbodycanada.com) or call 416 477 1345.

### 1. Lean Body supplements boost and reset your metabolism

Yo-yo dieting and age kills your metabolism. Your healthy weight goal should be to be able to eat more food and process it rapidly, but when you starve yourself to lose weight as we have all done in the past time and time again, you condition your body to store any excess calories as fat. Increased metabolism means your body is able to convert more incoming calories to energy.

**SIX** of the ingredients in Lean Body Canada speed up your metabolism.

### 2. Lean Body supplements control hunger pains, appetite and cravings

You will feel a distinct difference in your appetite already by the end of the first week. By the second week you will notice a steep drop in food cravings and your appetite should be drastically reduced. Your body draws the energy it needs from burning your excess fat to it is very easy to maintain our low-calorie diet without feeling hungry. With the Lean Body Canada diet you learn to recognize when you are full, which trains you to stop overeating. This is a crucial weight-management skill that you will learn through the Lean Body Canada program and use the rest of your life.

**FOUR** of the ingredients in Lean Body reduce your hunger and cravings for foods that spoil your diet.

### 3. Lean Body supplements increase energy without caffeine or “uppers”

Unlike most diet pills that rely on caffeine and other substances to boost energy, Lean Body Canada gives you an all-natural energy kick. As your body burns excess fat stores, you will find your energy level increasing. While most low-calorie diets leave you feeling weak and undernourished, Lean Body Canada allows your body to unlock its natural stores of energy.

It has been said that Ultimate Lean Body gives a 40-year-old the energy of a 20-year-old.

You will experience an overall sustained increase in energy and alertness by the third week.

**FIVE** ingredients in Lean Body increase your energy, and reduce brain fog and sluggishness within a week!

### 4. Lean Body supplements are safe and natural

Lean Body Canada is a naturally occurring hormone in the body, which is depleted over time due to the chemicals in our environment and our food. Taking oral Lean Body Canada is perfectly safe and it does not have any side effects. Nor does it interact with other medications. The diet plan itself does not call for any chemical-laden shakes or bars, you simply eat small amounts of fresh fruits, vegetables, & lean meats.

### 5. Faster weight loss when you take Lean Body supplements than with conventional dieting

Your body will start to quickly release long-held, stubborn stored fat reserves and convert excess calories to energy. A whopping **NINE** ingredients in Lean Body burn fat FAST! Now you can lose inches from the most difficult places like your belly, thighs, and butt.

### Improved Health

As you lose weight, many of the ailments your body suffered from due to the stress of extra pounds begin to improve. You require less medication, you are more mobile, your heart doesn't have to work as hard, and your blood flows uninhibited to all parts of your body.

**If you have any questions contact us at [info@leanbodycanada.com](mailto:info@leanbodycanada.com) or call (416) 477 - 1345**

---

# Lean Body Diet Phase Directions

On the Lean Body Canada diet you follow the following simple Lean Body Canada 3 Phase protocols.

<p><b>PHASE 1 FAT BURNING</b></p> <p>Day 1 to 60 OR 40 pounds lost</p> <p><b># days depends upon the desired amount of total weight loss</b></p>	<p>Start following the low calorie diet (referred to as the LCD) as soon as you begin taking Lean Body Canada supplement. This diet is outlined in great detail in the next two pages. Your body will be burning a significant amount of calories from your abnormal stubborn fat stores so you will not feel hungry or experience food cravings. The Lean Body Canada triggers your body to release stored fat as "food" so although you are not 'chewing' food, your body believes you are eating. The burned fat is providing a constant flow of fuel so you won't feel hungry and quickly see pounds &amp; inches melt away.</p> <p>Depending on desired weight loss this VLC Diet Phase 1 can be extended up to 60 days (or 40 pounds lost) from the start of the diet program &amp; taking the LBC pills.</p>
<p><b>AFTER THE DIET</b></p> <p><b>PHASE 2 MAINTENANCE 1</b></p> <p><b>3 weeks</b></p>	<p>FOR DETAILS SEE OUR 12 PAGE MAINTENANCE/STABILIZATION PHASE DIRECTION BOOKLET</p> <p>This phase lasts three weeks and is critical to your success. This is when your body will adjust to its new, higher metabolism, which will allow you to maintain your weight. You will not take Lean Body during M1; you will weigh yourself daily and eat from a specific list of foods. To maintain your weight loss, your body requires the number of daily calories equal to your BMR + activity level, including 100 or more grams of protein.</p> <p>The most common cause of weight gain in M1 is not eating enough. Don't make the mistake of eating less to lose more weight in M1, as it will backfire. If your weight goes 2.0 pounds above your LDW (Last Dose Weight), you will do a correction day that same day (detailed details for a Correction Day are found in our Maintenance Guide on page 8). Simply select ONE option from the Guide and follow it.</p>
<p><b>PHASE 3 MAINTENANCE 2</b></p> <p><b>3 weeks</b></p>	<p>Once your weight is stabilized for three weeks, and it has been a week since your last correction day, you can start M2, which lasts three weeks and is critical to maintain your weight loss. During M2, you will slowly add starches and sugars into your diet if you wish. Weigh daily and do a correction day if your weight goes more than 2.0 pounds over your LDW.</p> <p>Start with adding one carb food per day for one week, such as brown rice, peanut butter, whole grain bread, melon, oatmeal, peas, or beans. The second week eat two-three carb foods per day, not at the same meal, such as popcorn, trail mix, cashews, sugar-free ice cream, or lentils. The next day the weight will be off!</p> <p>On week three, ease into having two carb foods at a meal, with up to 4 carb foods per day, always combining with protein. Try juices, corn, or yogurt. After M2, you can start the Lean Body Diet again or continue to eat daily calories equal to your BMR to maintain your weight loss long term. You've made it through Maintenance 1, your weight is stable and it has been at least seven (7) days since your last correction day. Now it's time to start adding a few carbs. It won't be scary as long as you follow a few simple guidelines found in our detailed Lean Body Canada Maintenance Guide on pages 10 to 12.</p>

# Lean Body Diet Supplement Dosing and Food Guidelines

## How to take your Lean Body Weight Loss Supplements

<b>How &amp; when to take your Lean Body Weight Loss Supplements</b>	<p><b>Dosage:</b> Take <b>1 - 2 supplements two times a day</b>. Each dose should be taken 30-60 minutes before your two largest meals of the day, such as lunch and dinner, We suggest drinking a full 500 ml bottle of water with each of your two daily dosings. It helps flush out fat and toxins and reach your 2 litre minimal water intake.</p> <p><b>Additional Dosage:</b> If or when you exercise, you may take an additional dose, with a serving of protein, such as a protein shake, 30 minutes prior to your workout.</p> <p><b>Time frame on diet:</b> You may stay on the Lean Body Weight Loss Solution supplements for up to 60 days or 40 pounds lost, whichever comes first.</p> <p><b>Possible Detox side effects:</b> Typically, there is a two-week detox period when taking any weight loss supplement. For the first 1-2 weeks you may feel sluggish, possibly a bit nauseated, and headachy. Your weight loss may be delayed while your body is in detox, ridding itself of toxins stored in your fat cells. This is a necessary process! Don't be discouraged – after the second week you will feel invigorated and your weight loss will speed up significantly.</p>
--	--

## THE LCD DIET ("LOW CALORIE DIET") – PHASE 1: Fat Burning

On the Lean Body Canada diet program you eat 1,200 calories per day (if this is too high for you please call our Customer Care Nutritionists at 416 613-5889 to walk through finding your best daily caloric intake (DCI). Follow this meal plan below without cheating to maximize your weight loss.

<b>Breakfast</b>	<p><b>Any ONE choice from the following list of breakfast choices:</b></p> <p>1 full egg + the whites of 3 more eggs plus ½ cup of any approved vegetables.</p> <p><b>OR</b></p> <p>1 whey protein shake. Any protein shake must adhere to the rules below: (sugars under 2 g/ carbs under 4 g/ 150 calories or less/ sweetened with stevia only)</p> <p><b>OR</b></p> <p>½ cup of Greek yogurt (<b>optional:</b> add ½ cup fruit serving allowance from the list of approved fruit. Remember to deduct 1 from lunch/dinner daily fruit allowance.</p> <p><b>OR</b></p> <p>2-egg omelet with tomato and 1 oz. of cheese.</p> <p><b>OR</b></p> <p>½ cup 1% cottage cheese with optional ½ cup berries (deduct 1 fruit serving from lunch/dinner daily allowance)</p> <p><b>OR</b></p> <p>LBC Protein shake (1 scoop made with almond milk) Optional: ½ cup berries (deduct 1 fruit serving from lunch/dinner daily allowance)</p> <p><b>OR</b></p> <p>½ cup old-fashioned oats with optional ½ cup approved fruit (deduct 1 fruit serving from lunch/dinner daily allowance)</p>
------------------	---

<p><b>Both lunch and dinner are the same food options</b></p>	<p>1. 100 grams (3.5 oz) of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp, Salmon, eel, tuna in water, herring, dried or pickled fish. All visible fat must be removed before cooking, and the <b>meat must be weighed raw</b>. It must be boiled or grilled without additional fat.</p> <p>The chicken breast must be removed from the bird before cooking.</p> <p>2. Total of 100 grams (3.5 oz) combined of any vegetables listed below: artichoke, asparagus, beet greens, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chicory, cucumber, Swiss chard, green beans, green peppers, any type of lettuce, onion, mushrooms, spinach, tomatoes, watercress, zucchini</p> <p>3. 1 serving from any of the following fruit: An apple, orange, 6 large strawberries or one-half grapefruit, ½ a cup of berries, 1 small peach, 1 small pear, 1 kiwi, or 1/2 cup of cherries.</p> <p>4. 1 serving of healthy fat from choices below: Avocado (½ of the avocado), Almonds (12 almonds), or 1 Tbsp of any of the following: Sunflower seeds, Pumpkin seeds, Natural peanut/almond butter, olive oil, Safflower oil, Canola oil, Coconut oil, Sunflower oil, or Flax seed oil</p>
<p><b>Snack Options</b> (may also be eaten with a meal)</p>	<p><b>Any ONE choice from the following list of snack choices:</b></p> <p>2 boiled eggs &amp; 2 celery sticks <b>OR</b> 1 medium apple with peanut butter (1 oz. Of peanut butter) <b>OR</b> 1 low fat string cheese and a small apple <b>OR</b> Protein shake (1 scoop with almond milk - no fruit) <b>OR</b> 1 medium apple or orange &amp; almonds (1 oz. Of almonds) <b>OR</b> ½ cup 1% cottage cheese with ½ cup berries <b>OR</b> ½ Cup Greek Yogurt with ½ cup of berries or diced peaches</p>

### Drinks and Seasonings

- Non Calorie Fluids - Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. Pop, even diet drinks should not be consumed.
- **Each day a minimum of 2 litres of water (4 x 500ml bottles) should be consumed. This is important.**
- The juice of one lemon daily is allowed for all purposes.
- Apple cider vinegar is allowed. Also is French's Mustard and Frank's red Hot Sauce.
- Sea salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, cilantro, marjoram, etc., may be used for seasoning. All fresh herbs are allowed.



## Important Highlights

- All meat/vegetables must be weighed raw & never exceed 100 grams
- The very low calorie limit must be maintained for optimal weight loss
- 2 small apples are not an acceptable exchange for "1 apple."
- Natural sweeteners like Stevia & Xylitol are allowed...  
IN OTHER WORDS - NO SUGAR and AVOID ARTIFICIAL SWEETENERS!!!
- NO margarine, butter, or rich pre-made dressings that are high in fat

## What to NEVER eat while on the Lean Body weight loss program:

### Unhealthy Protein

Pork bacon, any deep-fried meats such as fried chicken, chicken fingers, fish sticks, Buffalo wings, hamburgers and fatty cuts of beef, hot dogs

### Simple Carbs

Cookies, cake, white rice, white bread, crackers, candy, french fries, chips, doughnuts, soda pop

### Unhealthy Fats

Butter, lard, mayonnaise, cream-based sauces, full-fat dairy products

## Top 10 Health Benefits of taking Lean Body weight loss supplements:

1. Burns fat fast & efficiently rather than storing it
2. Blocks the conversion of excess sugars and carbohydrates to fat
3. Increases metabolism in people of all ages and weights
4. Suppresses appetite and reduces hunger pains and cravings
5. Detoxifies your body of impurities and toxins that stop you from losing weight
6. Elevates your energy all day long
7. Improves digestion
8. Enhances mood & alleviates depression
9. Improves mental functioning, performance and memory
10. Preserves and protects muscle tissue

Refer to our website to learn more about food options, and lots of tips to lose weight faster.

## BENEFITS OF LEAN BODY CANADA

- Green Coffee Bean Extract blocks excess sugar from being stored as fat.
- Raspberry Ketone breaks down fat cells and helps regulate metabolism.
- African Mango helps fix the "I'm full" signal to the brain that is often broken in chronic dieters.
- Garcinia Cambogia is a natural fat blocker that also increases serotonin so you get full sooner.
- B12 is one of nature's most effective energy boosters, providing you with sustained energy and other benefits.
- ✓ **Faster Weight Loss** – Your body will start to release long-held fat stores, will drastically reduce fat storage, and more easily convert excess calories to energy.
- ✓ **Appetite & Craving Control** – You will see a distinct difference in your appetite during the first week. By the second week you will notice a steep drop in food cravings.
- ✓ **Increased Energy** – It has been said that Lean Body Canada gives a 40-year-old the energy of a 20-year-old. You will experience an overall sustained increase in energy and alertness by the third week.
- ✓ **Higher Metabolism** – You want to be able to eat more food and process it rapidly, but when you starve yourself to lose weight, you condition your body to store any excess as fat. Increased metabolism means your body is able to convert more incoming calories to energy.
- ✓ **Improved Health** – As you lose weight, many of the ailments your body suffered from due to the stress of extra pounds begin to improve. You require less medication, you are more mobile, your heart doesn't have to work as hard, and your blood flows uninhibited to all parts of your body.