



The Science of Protein

Proti
DIET

Your Weight Loss Guide & Food Log

- Motivation
- The Method
- After-Diet
- Tips
- Recipes

Congratulations! You have decided to lose weight. ProtiDiet will accompany you!

ProtiDiet's benefits are numerous...

Success is within your reach.

- No feeling of hunger or fatigue
- FAST weight loss
- Protects muscular mass
- Energy-boosting detoxifying effect

How motivating!

In this guide, you will learn how to manage your food intake to get the silhouette of your dreams and keep it.

The Method

- Quick Plan: Weekday menu
- Moderate Plan: Weekend menu
- Transition Plan: Fitness menu
- After-Diet Plan: A well-balanced diet that includes the occasional indulgence.

ProtiDiet weight loss system should not be followed if you:

- Are pregnant or breastfeeding
- Are under 18
- Have type 1 diabetes
- Suffer from any kind of kidney or heart disease
- Have cancer
- Were diagnosed with hypertension (unless medically advised)

* **ProtiDiet** weight loss system can be followed even if you suffer from type 2 diabetes. In that case, it is very important to eat every 2-3 hours. It is thus essential to add two protein supplements (packets or bars) throughout the day. We suggest you consult your doctor.

A New Silhouette awaits you...

Each serving
of protein
is between
10 and 15 grams!

What is ProtiDiet ?

- A Protein weight loss method.
- An array of over **70 different products**.
- A great variety of natural proteins and recommended vegetables.
- Hot and cold preparations that dissolve instantly.
- Essential proteins in each meal that naturally keep hunger at bay.
- An intake of highly nutritious proteins that prevent muscle loss and bring a lasting sense of satisfaction.

Results?

You lose fat, not muscles!
And your skin is perfectly toned!



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Note

It is always recommended to consult a health-care professional before starting any weight loss program. Your health depends on it.

ProtiDiet motivates me!

You will be greatly motivated with the **ProtiDiet** method! The rapidity at which your body image will improve will continually astound you. Your motivation will be increased by the profound feeling of success and satisfaction that you will experience.

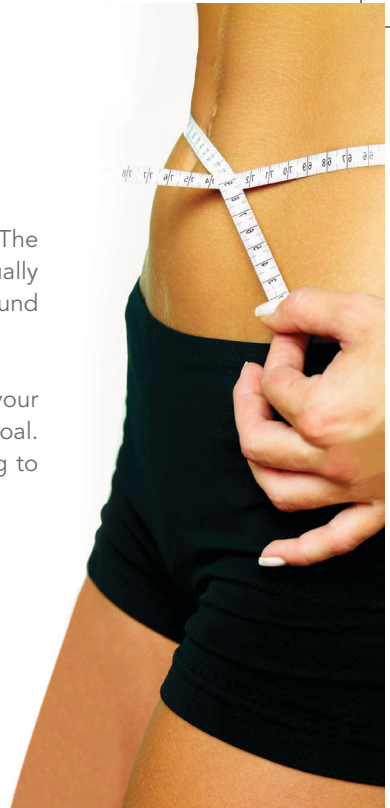
Take a few minutes every day to imagine the silhouette of your dreams. Picture how you will feel when you reach your goal. What image is reflected in the mirror? What are you saying to yourself and what are people saying to you?

Let your imagination go...

Repeat these sentences throughout the day and put them up on your fridge!

▶ I am getting thinner everyday!

▶ I am in great shape and I feel amazing in my new body.



Recommendations

- Protein should not be your unique source of food (unless medically prescribed).
- A protein packet is not a meal substitute.
- Drink plenty of water (1.5 litres a day, minimum).
- Take your first protein packet within an hour after waking.
- To avoid hunger consume all the required quantities.
- **Take complete vitamins and mineral supplements throughout the diet.**



Maximize your diet by doing a physical activity for 20 minutes three times a week (or according to your doctor's recommendation) which will boost your metabolism and will increase weight loss while maintaining your muscles firmness (ex. walking or your favorite cardio exercise).

- Take the time to plan your meals in advance.
- Season your food liberally with salt.
- Never skip the intake of a **ProtiDiet** product (a serving).
- To prevent cravings, always carry a **ProtiDiet** bar. If you must give in, let it be for a **ProtiDiet** bar and not a pastry!
- To break the monotony, consult our recipes.

**REWARD
YOURSELF
for every
pound lost.
You deserve it!**

Recommended Food Groups

Natural Proteins GROUP 1 (G1)

Lean meats 100 g

Lamb	Pork
Beef	Chicken
Turkey	Veal
Liver (beef or veal)	

Lean fish 150 g

Cod	Tuna
Sardine	Tilapia
Salmon	Trout
Sole	Turbot

Shellfish 150 g

Crab	Mussels
Lobster	Clams
Shrimp	Scallops
Oysters	

Tofu 300 g

Firm, soft or silky tofu

Restricted Vegetables GROUP 2 (G2)

100 g per meal

Broccoli	Onions
Carrots	Peppers
Cauliflower	Tomatoes
Green string beans	Zucchinis

Unlimited Vegetables GROUP 3 (G3)

Mushrooms
Chinese cabbage
Cucumber
Shallots
Soy beans
Fresh herbs
Alfalfa sprouts
Bamboo shoots
Radishes
Green Lettuce
Celery

Restricted Fruits GROUP 4 (G4)

3/4 cup or 175 ml.

Blueberries	Kiwi
Cantaloupe	Blackberries
Frozen strawberries	Fresh pear
Fresh strawberries	Apples
Raspberries	Grapes

Milk and substitutes GROUP 5 (G5)

- Skim or 1% milk 250 ml (1 cup)
- 2% or less of flavored yogurt 125 g or 125 ml (1/2 cup)
- 2% or less of plain yogurt 175 g or 175 ml (3/4 cup)
- Plain and unsweetened soy beverage 250 ml (1 cup)
- Flavored soy beverage 125 ml (1/2 cup)

Drinking plenty of water is a great habit. Water hydrates your tissues and leaves your skin softer and suppler. It also prevents oedema, helps your kidneys flush out toxins and keeps hunger at bay. So go ahead, drink to your health. Cheers!

QUICK PLAN

Weekday Menu (5 days)

Monday to Friday

Breakfast

- A big glass of water
- A ProtiDiet product
- Coffee or tea (black or with artificial sweetener)

Snack (10 AM)

- A serving of **G4** fruit
- A ProtiDiet bar
- A big glass of water

Lunch

- Two big glasses of water
- A ProtiDiet product
- A serving of **G3** vegetables
- Your choice of vitamins and minerals supplements

Snack (4 PM)

- A big glass of water
- A ProtiDiet product

Dinner

- A big glass of water
- A serving of **G1** protein
- A serving of **G2** vegetables
- A serving of **G3** vegetables

Snack (8 PM)

- Two big glasses of water
- A serving of raw **G3** vegetables
- A serving of **G5** milk and substitutes
- A ProtiDiet product

Prepare servings of recommended vegetables in advance. In case of a craving, you will be ready.



MODERATE PLAN

Weekend Menu (2 days)

Saturday and Sunday

Breakfast

- A big glass of water
- A ProtiDiet product
- Coffee or tea (black or with artificial sweetener)
- Vitamins and minerals

Snack (10 AM)

- A serving of **G4** fruit
- A ProtiDiet bar
- A big glass of water

Lunch

- Two big glasses of water
- A serving of **G1** protein
- A serving of **G2** vegetables
- A serving of **G3** vegetables

Snack (4 PM)

- A big glass of water
- A ProtiDiet product

* For men: add 1 ProtiDiet product every day.

Dinner

- Two glasses of water
- A serving of **G1** protein
- A serving of **G2** vegetables
- A serving of **G3** vegetables

Snack (8 PM)

- A big glass of water
- A serving of raw **G3** vegetables
- A ProtiDiet product
- A serving of **G5** milk and substitutes

You can
always switch
around the AM-PM
snacks.

To freshen your breath,
use mouthwash or
chew a stick of
sugar-free gum.



TRANSITION PLAN

Weight Loss Menu (14 days)



Breakfast

- A big glass of water
- Coffee or tea
- Whole wheat bread (1 slice) or two rusks
- A fat-free yogurt or cottage cheese (1/4 cup) or a hard-boiled egg
- 125 ml of unsweetened fruit juice or an orange

During the 14-day transition plan, it is important to reintroduce food progressively.

Snack (10 AM)

- A ProtiDiet product
- A big glass of water

Lunch

- Two big glasses of water
- A serving of **G1** protein
- A serving of **G3** vegetables
- A fat-free yogurt or a fruit (120 g)

Snack (4 PM)

- A ProtiDiet bar
- A big glass of water

Dinner

- Two big glasses of water
- A ProtiDiet packet or a serving of **G1** natural proteins
- A serving of **G2** vegetables
- A fat-free yogurt
- A pack of ProtiDiet pudding or drink (hot or cold)

Snack (8 PM)

- A pack of ProtiDiet or a fruit
- A serving of **G5** milk and substitutes
- A big glass of water

* For men: add 1 ProtiDiet product every day.

AFTER-DIET PLAN

Congratulations, you now have the ideal silhouette!

Enjoy the new you!

To remain thin, it is important not to recreate bad eating habits. Change your attitude towards food and adopt a new way of living for good. Food is your friend; you only have to manage your relationship properly.

In your new life, you will succeed in taking control of your food consumption. Here are your new allies:

- Grilled meats and fish
- Sautéed or steamed vegetables, with a drizzle of olive oil and herbs (avoid butter)
- Whole-wheat bread (1 slice)
- Water (1.5 litres each day)
- Sugar-free products (diet beverages)
- 2 **ProtiDiet** products each day to keep hunger at bay (10 AM and 4 PM)

INDULGING is one of life's pleasures. If you give in one day, counteract this excess by following the week-end menu for a day or two. Keeping up this habit will allow you to keep your new silhouette while maintaining the joy of eating.

TIPS ON EATING OUT

1. Drink a big glass of water before your meal.
2. Avoid dishes with sauce.
3. Order grilled meat or fish.
4. Replace the mashed potatoes with green veggies.
5. Do not eat bread at the beginning of the meal.
6. Replace your usual dessert with a small cheese platter or fruit salad.

RECIPES

indulge freely!

Seasonings

- Garlic
- Spices
- Herbs
- Lemon juice
- Mustard
- Salt and pepper
- Balsamic vinegar



Salad dressing

- 1 tbs. Meaux or Dijon mustard
- 1 tbs. balsamic vinegar
- Lemon juice
- 5 ml of water
- Salt, pepper and herbs, to taste

Vegetable base for salty packets

Put vegetable leftovers (celery, peppers, leek, etc.) in a pot filled with water. Let simmer for 45 minutes. Drain and put aside. Prepare salty packets, such as soups, omelets, and pastas with this base.

This savory vegetable base is a delicious companion to soup mixes.

RECIPES

Main Dishes

salty

Asparagus Cream

Cook the asparagus in water. Use the cooking water to prepare the **ProtiDiet** packet. Add the asparagus tips to the soup. Garnish with chervil or parsley.

Stracciatella

Dilute a packet of **ProtiDiet** chicken noodle soup with 200 ml hot water. Add an egg white and stir quickly. Add parsley. Season and add water if desired.

Asian-inspired Soup

Prepare your choice of **ProtiDiet** soup. Add as many mushrooms, broccoli, soy sprouts and celery as you wish and season to taste.



Zucchini and Herbs Omelet

Brown some zucchinis in olive oil. Prepare a **ProtiDiet** omelet mix by following the instructions on the package. Whisk an egg white and add it to the mixture. Serve on a zucchini nest.

RECIPES

Desserts

Frozen Mousse

Mix a packet of **ProtiDiet** pudding in 120 ml of water. Put in the freezer for 15 minutes to get a frozen mousse.

Icy Fruit Treat

Mix a packet of **ProtiDiet** pudding with 75 ml of fruits of your choice in 120 ml of water. Add chopped mint leaves. Put in the freezer for at least two hours.

Café Mocha

Prepare a packet of **ProtiDiet** hot cocoa mix by trading the water for 120 ml of black coffee.

sweet



Milk-Shake

Mix a packet of **ProtiDiet** pudding in 120 ml of water. Add a cup of ice and crush with blender. Add a touch of lemon zest, a pinch of nutmeg and a bit of cinnamon.

Granita

Add 100 ml of water and a cup of crushed ice to your favorite **ProtiDiet** concentrate. Put in the freezer for 30 minutes. Serve cold in a glass. Garnish with a lemon wedge.

Answers to your questions...

How much weight will I lose every week?

Your efforts will be rewarded quickly, since you will lose between 5 and 11 pounds the first week. You will keep a cruising rhythm of about 4-5 pounds a week.

Is it possible for me to feel nausea, fatigue or dizziness?

If it does happen, these symptoms are most probably attributed to low blood pressure. Don't worry! This simply signifies that you are deficient in salt. The discomfort will disappear after ingesting some. This is why we recommend you salt your food liberally. Talk to your doctor about it.

Will I get headaches?

A minority of people will experience some discomfort during the first three days of the diet. However, it completely disappears afterwards. Taking an analgesic will not harm your diet.

Will I have constipation problems?

As your intestines will process a smaller amount of food, it is normal for their rhythm to slow down. Drink a lot of water and consume the recommended vegetables in great quantity. Do not hesitate to see your doctor if constipation lasts up to two days.

What is the average duration of a protein diet?

According to your weight loss goal, you can prolong the quick and moderate plans (see pages 6 and 7) until the desired result is achieved and then go on to the transition plan.

Week

Day

Quick
PLAN

Moderate
PLAN

Transition
PLAN

Date:



Breakfast



● **Snack**
(10 AM)



● **Lunch**





Snack
(4 PM)



● **Dinner**
(6 PM)





● **Snack**
(8 PM)





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Proti DIET

Exceptional taste!

From salty snacks to sweet treats; for your taste buds' pleasure, rely on a variety of products from ProtiDiet. The quality and taste of our products reach absolute satisfaction.

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BARS



LIQUIDS

POWDERS



Discover all our products at www.protidiet.com