



The SlimTone Easy Weight Loss System Sensible Eating Guide

The SlimTone Easy Weight Loss System, incorporating our Sensible Eating Guide is a successful way to diet because it's designed to help you stick to three moderate meals per day and will help prevent snacking late at night or between meals.

The SlimTone Easy Weight Loss System is a multi angle approach to weight loss. Complete with our Sensible Eating Guide and two of the worlds most advanced weight loss formulas: **SlimTone Original** and **SlimTone Stimulant Free**, when taken together are the most effective weight loss supplement combination ever created.

The SlimTone range of supplements work on the one simple principal; your body can only burn fat in the presence of calories in the form of protein or carbohydrates.

You must supply adequate energy (approximately 10%) in the form of blood sugar (carbohydrates) at all times in order to burn fat (or create a thermogenic response) this will also drastically reduce muscle wasting and possible metabolic slow down, making post diet weight gain less likely.

The aim of the SimTone Sensible Eating Guide is to help raise your metabolism to a healthy level with specific dietary tactics and then to create a sustainable low calorie diet that will ensure long term maintainable successful weight loss.

The Sensible Eating Guide contains the following sections, to move straight to a section, click the corresponding section title.

Your Daily Calorie Needs

The following section will help your calculate your daily calorie intake:

Approximate Daily Calorie Needs

Approximately 20 calories per kg of body weight. Eat 3 small/medium meals per day, evenly spaced out over a 10 - 12 hour period of between 300 - 500 kcals with a fruit snack in the afternoon (e.g. 1 apple and 1 banana).

For example,
60kg = 1200 Kcals per day.

Exact Daily Calorie Needs

To calculate the exact daily calorie needs of a person with a normal healthy metabolic rate, we can use the following calculation.

The Basal Metabolic Rate (or Resting Metabolic Rate) is equal to 25 calories per kilogram of body weight.

Your Weight (Kilograms) x 25 = Resting Metabolic Rate

For example, Tracy weighs 64kg:

64 x 25 = 1600
Tracy's Resting Metabolic Rate = 1600 calories

Your Resting Metabolic Rate is the level of calories that must be consumed to prevent metabolic rate from falling.

During any calorie restrictive diets the individual must not consume fewer calories than their resting metabolic rate or metabolic slowdown will occur, therefore they will simply gain any weight lost when normal eating patterns resume.

Add this to your daily energy needs:

Level	Example of activity level	Percentage of RMR
Sedentary	Very little exercise	Add 20%
Moderately Active	30 mins walking, 3 times a week	Add 50%
Highly Active	60 mins walking, 2-3 times a week	Add 100%

Resting Metabolic Rate + Percentage of MR = Your Daily Calorie Needs

For example, Tracy's Resting Metabolic Rate is **1600** calories and she is Moderately Active, therefore:

Moderately Active = 50% of Metabolic Rate,

50% of 1600 = 800,

1600 + 800 = 2400,

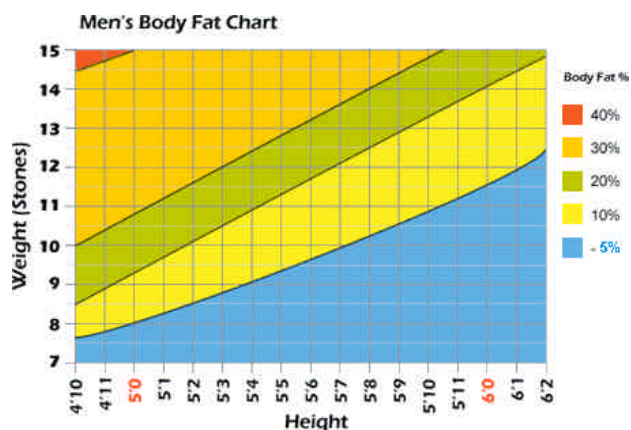
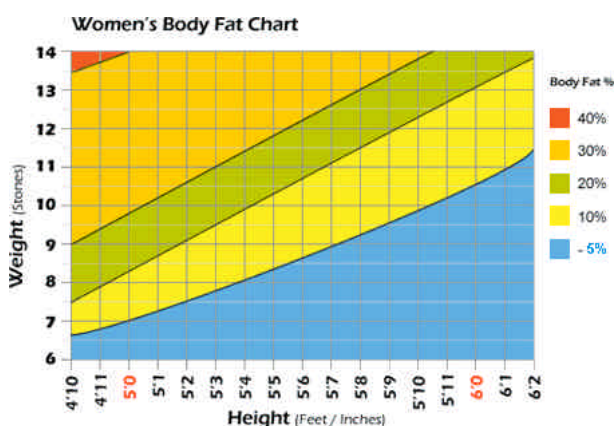
Tracy's Daily Calorie Needs = 2400 Calories
(amount needed to maintain current weight)

Daily Calorie Needs for your 12-Week SlimTone Course

Most people interested in using SlimTone, who have been dieting for an extended period, will suffer from a reduction in their resting metabolic rate. Consumption of the "recommended" calorie level may lead to weight gain in individuals with a slow metabolic rate. It is therefore recommended that a lower calorie level than "Daily Calorie Needs" be consumed.

To identify your approximate target daily calorie level during your 12 week SlimTone course, subtract your approximate percentage body fat + 12% from your total Daily Calorie Needs.

The tables below will tell you your approximate body fat percentage.



Daily Calorie Need -minus- (Body Fat Percentage + 12%) = Target Calorie Level

For example, Tracy who is 5'5 and weighs 11.5 Stone uses the women's table above to estimate her body fat as 20% and to that adds another 12%, totaling 32%.

32% of 2400 = 768, (use a calculator: $8400 \times 32\% = 768$)

2400 - 768 = 1632

Tracy's Target Calorie Level while on the 12-week course = 1632 calories per day

If Tracy were to consume this number of calories per day it would lead to an approximate weekly calorie deficit of 5040 calories (720×7 days), **resulting in a total weight loss of approx 1-2lbs of body fat per week!**

If you have been on a very "low calorie diet" for more than 1 month you may suffer from metabolic slowdown, it is therefore recommended that you slowly increase your calorie level to our recommended level over a couple of weeks for your body to adjust.

Diet Maintenance

When you have identified your approximate calorie level, specific measures must take place to guard against metabolic slow down. Read the following carefully:

LOW ENERGY (SLOW METABOLISM) AND WEAK APPETITE!

-If your metabolism is **slow and you eat very little** but snack late evening or between meals then slowly increase your calorie intake over a couple of weeks.

Start by splitting your meals into 3-4 small ones per day. Your appetite will increase but the SlimTone range will ensure that your brain does not feel hungry while your body will naturally require more food, causing it to convert body fat to supply the energy that it needs.

LOW ENERGY (SLOW METABOLISM) AND STRONG APPETITE!

-If your **appetite is very strong** then simply stick to the plan and use extra SlimTone Stimulant Free if necessary.

FAST WEIGHT LOSS PLAN (3 WEEKS)



A high protein, low carbohydrate diet (with 3-4 litres of water per day) has been scientifically proven to cause rapid fat loss over a 3-week period and is an effective short-term diet method. Calculate how many calories you need and consume at least half of them as protein. Protein = 4 calories per gram, therefore 800 calories = 200 grams of protein. your remaining calories will come from carbohydrates and fat.

However, consuming an excessive amount of protein may negatively affect your kidneys, and high protein diets are usually low in calories which may also lead to weight gain when normal eating patterns resume.

We therefore recommend after this rapid weight loss period that a **moderate amount of protein be consumed**. Protein consumption should equal about 1 - 1.5g per kg lean body weight. e.g.: A 60kg woman needs 60 - 90 grams of protein per day. This = 240 -360 kcals per day. **The remaining calorie intake (specific to individual needs) will come from complex carbohydrates and fat.**

GENERAL FOOD GUIDE!

Choose meals high in protein moderate in carbohydrates & low in fat.

Avoid junk foods containing fats and sugar together

Fats are easily stored in the presence of sugar, which raises insulin production (this is the hormone responsible for fat storage and sugar metabolism). Try to avoid (during program) cream cakes, butter, biscuits, chocolate, sweet wine and sprits.

Avoid snacking after 7 pm

Most people are more active during the day than in the evening. When you are active your metabolic rate increases and it is therefore harder for your body to store excess calories as fat.

After approximately 7 pm most people are so much less active, that when consumed during this period

food is much more easily converted to fat. **It is therefore the golden rule that you must not eat after your evening meal.** SlimTone Stimulant Free has a significant appetite suppression effect and when taken with your early evening meal (see example daily diet for dosage details) it has a direct effect on the brain allowing you to feel full and satisfied with less food than normal. It will also help to eliminate late evening hunger pangs and sugar cravings. (See our Frequently Asked Questions section for more details on the effects of the Slim Tone range).



Water, Water, Water!

Water is the main deficiency of today's modern diet. Many people don't understand the importance of water. Water is involved in all chemical reactions in the body especially fat burning. Water is lost continually throughout the day by breathing, sweat and as urine. **At rest the body will suffer a net loss of 2 – 2.5 litres per day.** 1 hour of physical activity, depending on weather conditions could be responsible for further **1-2 litres of lost water per day.**

A general deficiency in water leads to: reduction in metabolic rate, **reduction in energy levels, tired muscles and a drop in blood pressure, which could lead to a lack of blood flow to the brain leading to poor concentration and tiredness.** Thirst is a poor indicator of water levels because you will already be dehydrated by the time you feel thirsty and the damage will be done.

Consumption of at least **2-4 litres of water per day** will naturally speed metabolism, remove water retention from fatty tissue via a healthy diuretic action and will dramatically increase your energy levels.

Drink 5-10 cups spaced evenly throughout the day. Increase intake slowly over an extended period. Don't be put off by frequent visits to the toilet, your body will adapt in a few weeks.

While using SlimTone, the more water you consume the more fat you will burn.

Avoid consuming high fat foods and alcohol together, your body cannot burn fat in the presence of alcohol.

(Alcohol contains **7 calories per gram and this must be burnt as energy before you can burn the fat**). The most likely outcome is your body will store the fat contained in the food. This is why high alcohol consumption with food generally leads to gains in body fat.

If lifestyle restrictions mean your consumption of brightly coloured fruits and vegetables is low, we recommend that you take a good quality multi vitamin and mineral complex that are high in the anti oxidant vitamins **A. C. E. Zinc and useable amounts of Selenium.** Apart from having an anti ageing effect, antioxidants will **strengthen your immune system** and help to detoxify the waste products that are produced during fat digestion and convert them back to energy to give you a boost.

Example Daily Diet

Consume approximately 20-25 calories per kg of bodyweight if moderately active.

“The most effective eating pattern for sustainable weight loss is to eat breakfast like a king, lunch like a peasant and dinner like a pauper”

Click the corresponding meal text below for details:

Breakfast, 8:00am

Eat breakfast as early as possible to start your body burning fat. It must be high carbohydrate and can be low calorie e.g.: oats cereal, toast bran etc.

Remember breakfast is the most important meal of the day because it kick-starts your metabolism. Your body cannot utilize fats for energy without the presence of carbohydrates or protein therefore breakfast is absolutely compulsory.

If you don't normally eat a breakfast in the morning then start with a small snack and then gradually increase the calorie content of the meal over a couple of weeks until you reach your target level. Skipping your dinner the night before will ensure that you have an appetite in the morning.

This will give you a slow release of energy throughout the morning allowing Slim Tone original to burn fat more effectively and help to prevent the all too familiar mid morning hunger pangs.

Do not snack between Breakfast and Lunch

Sample [mealtime]

1/2 Pint of Skimmed Milk
1 Shredded Wheat or High Fibre Cereal
4oz Strawberries
1 glass of fresh orange juice

Dosage

Moderate Pace Users

Take 1-2 capsules of SlimTone Original with 1-2 glasses of water.

Fast Pace Users

Take 1-2 capsules of SlimTone Original with an additional 1-2 capsules of SlimTone Stimulant Free which will further enhance the fat burning and appetite suppression effect.

Lunch, 12:00 noon

Consume lunch approximately 4 hours after breakfast. Approx 200 -500 calories.

Choose high protein, low fat, and low carbohydrate during the first 3 weeks. Switch to equal protein, carbohydrate and low fat. See diet maintenance for more details.

E.g.: 1 medium jacket potato with tuna or cottage cheese and a side salad of lettuce, tomatoes, cucumber etc. (No mayo or oily salad dressing, try lemon juice).

Moderate pace: take 1-2 Slim Tone Original® capsules with 1-2 glasses of water.

Fast pace: 1-2 capsules of Slim Tone Stimulant Free® can also be taken to further enhance the fat burning and appetite suppression effect. (Optional)

Mid Afternoon Snack, 4:00pm

If hunger is felt 2-3 hours after your lunch or if you can feel your blood sugar falling it is recommended that a snack of up to 2 pieces of fruit be consumed E.g.: 1 apple and 1 peach.

Remember the consumption of small amounts of carbohydrate (cereal bars or fruit) or sticking to complex slow energy releasing carbohydrates for your main meals will make The Slim Tone Range of products burn fat significantly more effectively.

Dinner, 7:00pm

Consume dinner approximately 5-7 hours after lunch. Approx 200 -500 calories.

Choose high protein, low fat, and low carbohydrate during the first 3 weeks. Switch to equal protein, carbohydrate and low fat.

E.g. 4 oz low fat chilli (2 oz ground beef, turkey, lamb or Soya) 3-4 oz of brown rice (complex carbohydrate) side salad mixed with lemon juice or a lightly fruited squash.

Moderate pace: Take 1-2 Slim Tone Stimulant Free® capsules with 1-2 glasses of water. This will help prevent late evening to prevent late evening hunger pangs.

Fast pace: 1-2 capsules of Slim Tone Stimulant Free® can also be taken 1-2 hours before bed to further enhance the fat burning and speed up metabolism during sleep. (Optional)

Easy Exercise tips!

Moderate exercise is very healthy and will also enable you to burn fat more effectively during your 12-week course of the Slim Tone® Range. See our **Exercise Plan** for more details.

Important Point: *Food must be consumed within a maximum of 10 minutes of the dose.*

Do NOT take SlimTone Original on an empty stomach as it will neither be digested nor absorbed correctly, lessening the overall effect. Without the calories the body requires to burn fat, the body will start to cannibalise your muscle tissue leading to a build up of toxic metabolic waste products, nausea and dehydration. The most likely outcome of this action will be post diet weight gain.

Maintenance dose (After the 12 week course)



Morning e.g. 7:00 - 9:00am

Take 1-2 SlimTone Stimulant free with breakfast or light snack. (Optional)
(Along with 1-2 glasses of water. Food must be consumed within 10 mins of dose)



Afternoon e.g. 12:00 - 2:00pm

Take 1-2 SlimTone Stimulant Free with lunch or snack. (Optional)
(Along with 1-2 glasses of water. Food must be consumed within 10 mins of dose)



Dinner e.g. 6:30 - 7:30pm

Take 1-2 SlimTone Stimulant Free with dinner or light snack. (Optional)
(Along with 1-2 glasses of water Food must be consumed within 10 mins of dose)

This dose will tell your brain that you are full with less food & help prevent late evening hunger pangs & sugar cravings.



1-2 hours before Sleep (optional)

1-2 SlimTone Stimulant Free can also be taken before sleep on an empty stomach and will encourage the release of the fat busting growth hormone which will speed your metabolic rate and may help to induce a deeper, more refreshing sleep.

Follow the "maintenance" dosing plan to help maintain your new lower body weight for 4 weeks while the thermogenic ingredients from SlimTone Original are flushed from your body - this will freshen up your brown fat cells and enable a more pronounced thermogenic effect if SlimTone Original is needed after the 4 week period.

Final Programme Points

Remember, if we lose weight we will not look like someone else we will look like a smaller version of ourselves.

The number of fat cells we have cannot be reduced. We can only reduce or increase the size of our fat cells. In order to lose weight, calories burnt must be greater than calories consumed.

The main ingredient of a successful weight loss programme is **exercise**. Cellulite is another word for body fat and yes it is possible to reduce the size of the cells contained within it.

In the presence of carbohydrates during non-strenuous activity i.e. standing up during work, walking or moderate lifting, the body will use approximately 50% fat for its energy needs.

Our programme requires that you eat a small amount of carbohydrate every 3-4 hours - this will optimise your body's fat burning potential. A very easy way to achieve this goal is to carry light carbohydrate snacks to work or close at hand.

Try to stick to the diet plan

We all need a break from routine from time to time. Missing one day won't cause too much harm, but make sure you get back on track as soon as possible.

Look for visual results - not scales.

A high protein and moderate carbohydrate is designed to maintain muscular body weight in order to keep metabolism high.

Your weight doesn't necessarily have to drop a vast amount, only a couple of pounds a week. You will see the difference.

Include meals high in protein and complex carbohydrates.

Include fruits and vegetables with your main meals and remember to drink plenty of water.

Find out more at www.slimtonenow.com