

# AMP-K Diet Program

Some people struggle to lose weight, while others maintain an ideal weight easily. Research discovered an enzyme called AMP-K which determines how easy it is to lose or gain weight. Greens First Lean has developed a diet program to support healthy production of AMP-K and help promote a healthy metabolism, without hunger or cravings.\*

## MORNING SUPPLEMENTS

- **Amp Up Plus B-12:** Take 2 sprays under tongue and hold until absorbed to boost metabolism and stimulate fat burning.\*
- **Stress and Craving:** Take 1 capsule with water for appetite control and to support sugar transfer to muscle not fat.\*

## BREAKFAST

**Breakfast Shake: Protein 5 Plus:** One scoop of time-released, 3 source protein with MCT oil and fiber, supports muscle building and long-term fullness.\* Mix in water or unsweetened almond milk. May add a quarter cup of berries, but, no bananas.

**-OR-**

Two eggs or half a cup of egg whites. Do not have cereals. You can have oatmeal once per week. If you eat oatmeal, bread, or any carb, take 3 capsules of **Carb Blocker 5.0** prior to eating to support weight loss and carbohydrate absorption.\*

## MID-MORNING SUPPLEMENTS

- **Natural Energy:** Take 1 capsule to promote energy and adrenal support. Promotes lean body mass and release of fats.\*
- **Control:** (Optional) If you're hungry during the mid-morning, take one (1) pill for natural appetite support.\*

## LUNCH SUPPLEMENTS

- **Amp Up Plus B-12:** Take 2 sprays under tongue and hold until absorbed to boost metabolism and stimulate fat burning.\*
- **Stress and Craving:** Take 1 capsule with water for appetite control and to support sugar transfer to muscle not fat.\*

## LUNCH

**Lunch Shake: Protein 5 Plus:** One scoop of time-released, 3 source protein with MCT oil and fiber, supports muscle building and long-term fullness.\*

**-OR-**

Have a protein for lunch, (4 ounces for woman, 6 ounces for men) no frying or breading, with vegetables and one healthy fat, either a tablespoon of olive oil, mayonnaise, 5 whole walnuts, 6 olives, 1/4 of an avocado, or 7 almonds.

## MID-AFTERNOON SUPPLEMENTS

- **Natural Energy:** Take 1 capsule to promote energy and adrenal support. Promotes lean body mass and release of fats.\*
- **Control:** (Optional) If you're hungry during the mid-morning, take one (1) pill for natural appetite support.\*

## MID-AFTERNOON SNACK

If you are having fruit as a mid-afternoon snack, take three (3) **Carb Blocker 5.0** capsules before you eat the fruit. You can eat any one of the following fruits: 1 cup of cubed cantaloupe, 1 peach, 1 apple, 1 orange, 1 cup of any berries, 1 pear, 2 small plums, 1/2 a grapefruit. For a more Keto like diet, have 10 almonds or 7 olives for your snack. **No fruit after 4:00 p.m.**

## DINNER SUPPLEMENTS

- **Amp Up Plus B-12:** Take 2 sprays under tongue and hold until absorbed to boost metabolism and stimulate fat burning.\*
- **Stress and Craving:** Take 1 capsule with water for appetite control and to support sugar transfer to muscle not fat.\*

## DINNER

Have a protein, (4-6 ounces for woman, 6-8 ounces for men) with two vegetables (use olive oil for cooking and on salads and vegetables). Don't fry or bread protein. Have any green vegetables, any color bell pepper, yellow squash, cucumbers, pickles or cauliflower.

## **NO JUICES, AVOID DAIRY & LIMIT ALCOHOL**

Do not drink juices of any kind and avoid Dairy. Cheese only twice a week in salad or an omelet. Only (3) alcoholic beverages per week, no mixed drinks. On the days you drink alcohol, take three (3) **Carb Blocker 5.0** capsules prior to drinking.

## **LIMIT BREAD, RICE & POTATOES & READ FOOD LABELS**

If you have bread, rice or potatoes, take three (3) **Carb Blocker 5.0** before eating.

- Limit bread to 4 slices a week. Use rye bread whenever possible. No white bread.
- Limit rice to 1/2 cup of brown rice a week.
- Limit potatoes to 1/2 a sweet potato, once per week.
- When reading food labels, make sure carbohydrates are not more than six times the fiber content.

# AMP-K Diet Activity Plan

Move your body with some form of activity for 30 to 60 minutes per day for optimal weight loss and overall health & well-being.

## SIMPLE ACTIVITY TIPS

### **WALK**

Walk 3 miles in less than one hour either before breakfast or after dinner.

### **UPPER BODY PUSH UPS & SIMPLE SQUATS**

Do simple upper body push-ups against a counter and do simple squats in and out of a chair.

### **EXERCISE BANDS**

Exercise bands are an easy way to help burn fat and build lean body mass. Consult your doctor as to which bands may be most appropriate for you.

### **DAILY ACTIVITY**

Be active as much as possible. Walking your dog, actively playing with your children or grandchildren and gardening are all enjoyable ways of getting your blood pumping and burning up those extra calories.

### **JOIN AN EXERCISE CLASS**

Group classes can be extremely motivating and fun!

- Zumba
- Pilates
- Spinning
- Water aerobics
- Yoga & More!



**Stay Active & Make Exercise An Enjoyable Part of Your Day!**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease or condition. Consult your healthcare practitioner prior to beginning any dietary supplement regimen, weight loss protocol, or dietary modification.

For more information visit [www.GreensFirstLean.com](http://www.GreensFirstLean.com)