

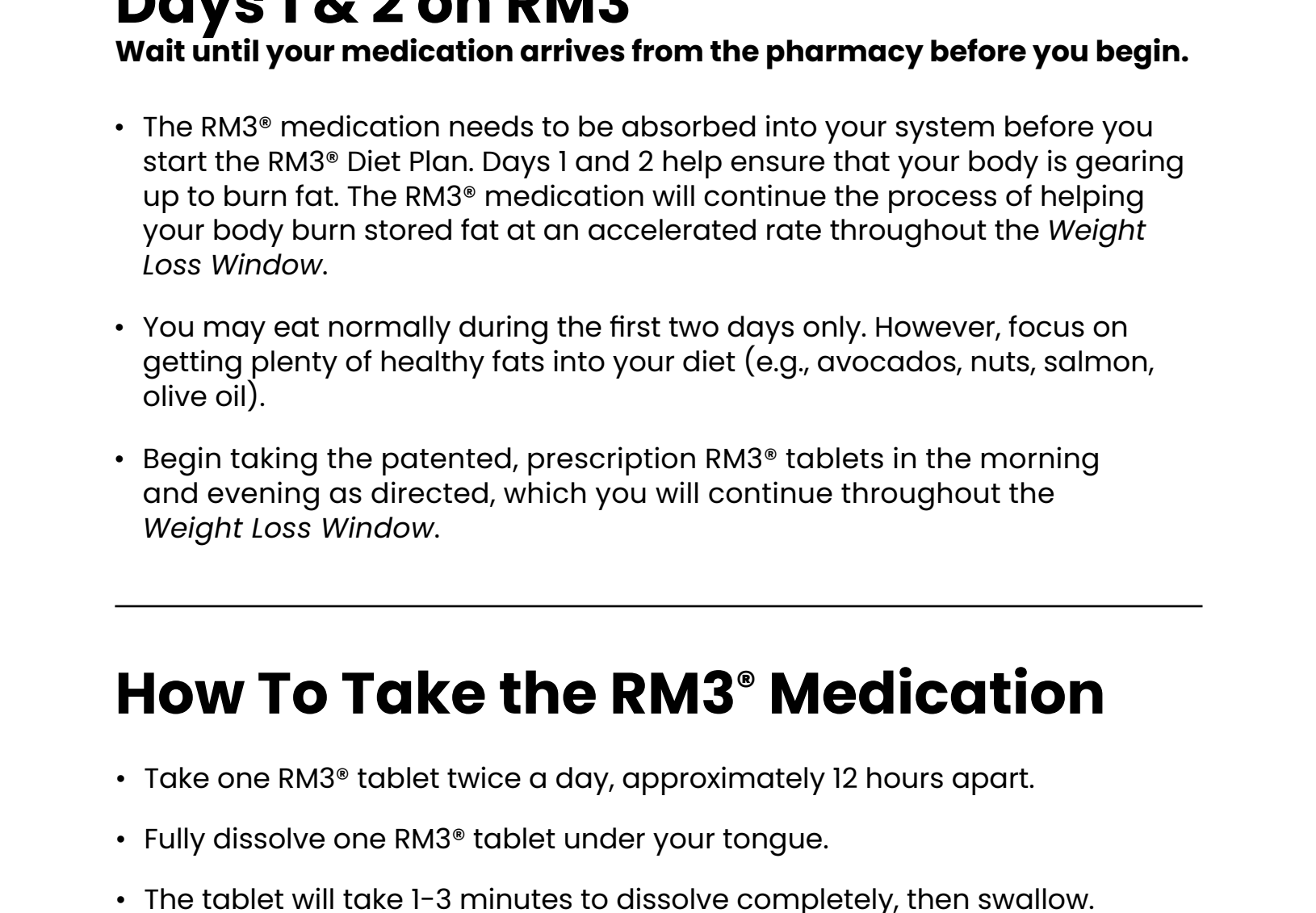
RM3®

Step 1 WEIGHT LOSS WINDOW

GUIDEBOOK



INSTRUCTIONS



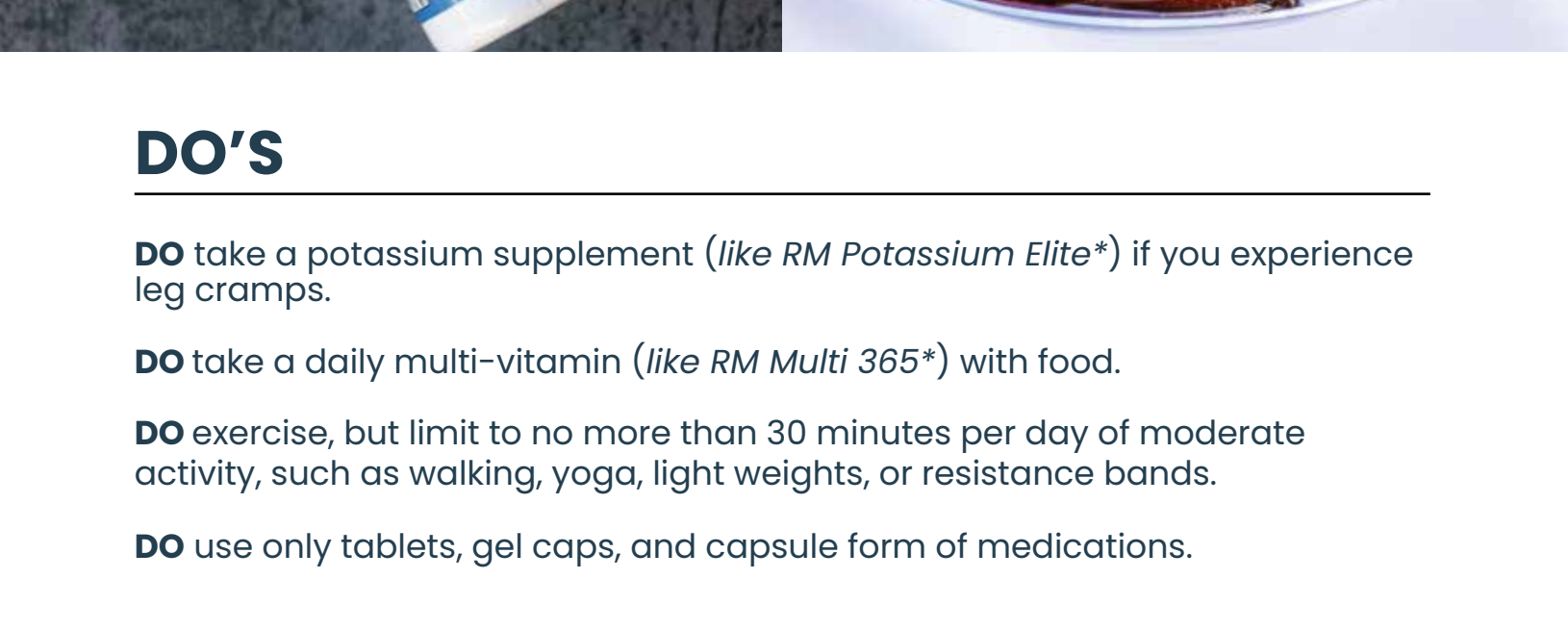
Days 1 & 2 on RM3®

Wait until your medication arrives from the pharmacy before you begin.

- The RM3® medication needs to be absorbed into your system before you start the RM3® Diet Plan. Days 1 and 2 help ensure that your body is gearing up to burn fat. The RM3® medication will continue the process of helping your body burn stored fat at an accelerated rate throughout the *Weight Loss Window*.
- You may eat normally during the first two days only. However, focus on getting plenty of healthy fats into your diet (e.g., avocados, nuts, salmon, olive oil).
- Begin taking the patented, prescription RM3® tablets in the morning and evening as directed, which you will continue throughout the *Weight Loss Window*.

How To Take the RM3® Medication

- Take one RM3® tablet twice a day, approximately 12 hours apart.
- Fully dissolve one RM3® tablet under your tongue.
- The tablet will take 1-3 minutes to dissolve completely, then swallow.
- Do not eat or drink anything for 15 minutes after taking the medication.



DO'S

DO take a potassium supplement (*like RM Potassium Elite**) if you experience leg cramps.

DO take a daily multi-vitamin (*like RM Multi 365**) with food.

DO exercise, but limit to no more than 30 minutes per day of moderate activity, such as walking, yoga, light weights, or resistance bands.

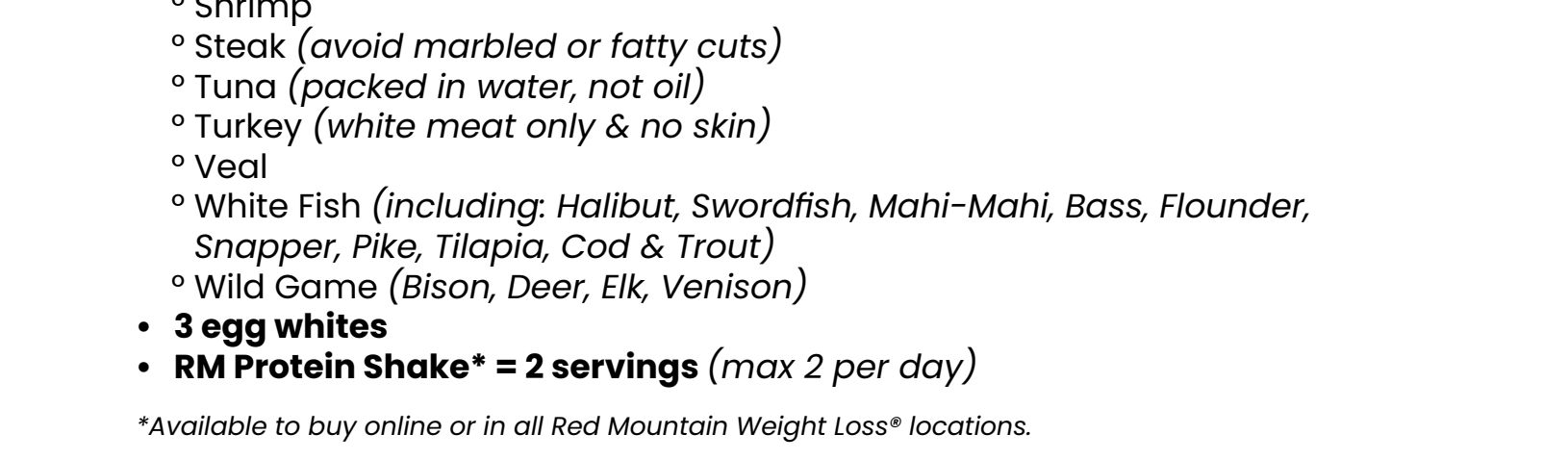
DO use only tablets, gel caps, and capsule form of medications.

DON'TS

DO NOT take any fat-soluble vitamins. This includes fish oil, flaxseed oil, and vitamin E.

DO NOT use any liquid or gummy medications like Nyquil™, Benadryl®, etc.

APPROVED FOODS



Lean Proteins ——— servings/day

Each bullet = 1 serving

- 1 oz. animal protein**
 - Chicken (*white meat only & no skin*)
 - Crab (*not imitation*)
 - Ground Beef (*96% fat free*)
 - Ground Turkey
 - Lean Pork Loin (*tenderloin only*)
 - Lobster
 - Salmon (*no more than once per week*)
 - Scallops
 - Shrimp
 - Steak (*avoid marbled or fatty cuts*)
 - Tuna (*packed in water, not oil*)
 - Turkey (*white meat only & no skin*)
 - Veal
 - White Fish (*including: Halibut, Swordfish, Mahi-Mahi, Bass, Flounder, Snapper, Pike, Tilapia, Cod & Trout*)
 - Wild Game (*Bison, Deer, Elk, Venison*)
- 3 egg whites**
- RM Protein Shake* = 2 servings (max 2 per day)**

*Available to buy online or in all Red Mountain Weight Loss® locations.

- Remove all visible fat before cooking.**
- Do NOT cook with any additional fat like butter, oil, etc.**

Vegetables - 6 servings/day

Each bullet = 1 serving

- 1/2 cup**
 - Asparagus
 - Bean Sprouts
 - Bell Peppers
 - Broccoli
 - Brussels Sprouts
 - Cabbage
 - Cauliflower
 - Cucumbers
 - Dill Pickles
 - Eggplant
 - Fennel
 - Green Beans
 - Jalapeño Peppers
 - Mushrooms
 - Onions
 - Radishes
 - Red & Green Chili Peppers
 - Spaghetti Squash
 - Tomatoes
 - Zucchini

Unlimited

- Celery
- Chard
- Kale
- Salad Greens
- Spinach

Fruits - 2 servings/day

Each bullet = 1 serving

- 1 whole fruit**
 - Apple
 - Orange
 - Pear
 - Grapefruit
- 1 cup**
 - Blackberries
 - Blueberries
 - Raspberries
 - Strawberries

Fluids

- Consume a minimum of 64 oz. (2 liters or ½ gallon) of water daily.**
- You may also have the following:**
 - Tea/coffee (unlimited black)
 - Club soda, seltzer, or sparkling water
 - 24 oz. Crystal Light OR 2 cans diet soft drink per day

Extras

- One tablespoon skim or almond milk per day for coffee or tea
- ANY zero calorie sweeteners like Stevia® or Splenda®.
- Sugar of any kind is NOT allowed.**
- Spices and seasonings like salt, pepper, mustard, garlic, basil, parsley, thyme, cayenne pepper, and cilantro. Be careful of bottles of mixed spices as they may have added sugar. So, either avoid and mix your own or read the label
- Liquid aminos, rice vinegar, red wine vinegar, apple cider vinegar.
- NO balsamic vinegar.**
- Unlimited lemon and lime juice
- All Walden Farms® products
- Miracle Noodles*
- Non-stick, zero calorie cooking spray may be used
- Beef, chicken, and vegetable broth may be used for cooking
- Sugar-free gum
- Sugar-free JELL-O®

*Available to buy online or in all Red Mountain Weight Loss® locations.

Diet Protocol for Vegetarians ONLY

——— servings total per day

NOT TO BE MERGED WITH OTHER APPROVED PROTEIN FOODS IN MAIN LIST.

These options may be used in place of animal protein selections. However, due to higher carbohydrate and fat content, it's likely that weight loss will not be as fast as with animal protein.

- 8 oz. skim milk
- 1 cup low-fat cottage cheese
- ½ cup tofu
- 3 egg whites with 1 egg yolk
- RM Protein Shake* or one scoop of comparable vegan pea protein = 15g protein, 0-5 carbohydrates 0-3g fat

YOUR DIET PLAN

Choose only those foods listed on the approved lists in this guidebook.

Daily Total Servings

Lean Proteins

——— servings/day

Vegetables

6 servings dispersed throughout the day

Fruit

2 servings of approved fruit per day
(servings must be at least 6 hours apart, before dinner)

Sample Daily Diet

Breakfast

- ____ servings protein
- 1 serving fruit

Lunch

- ____ servings protein
- ____ servings vegetables
- Unlimited salad greens with Walden Farms® dressing

Snack

- 1 serving fruit

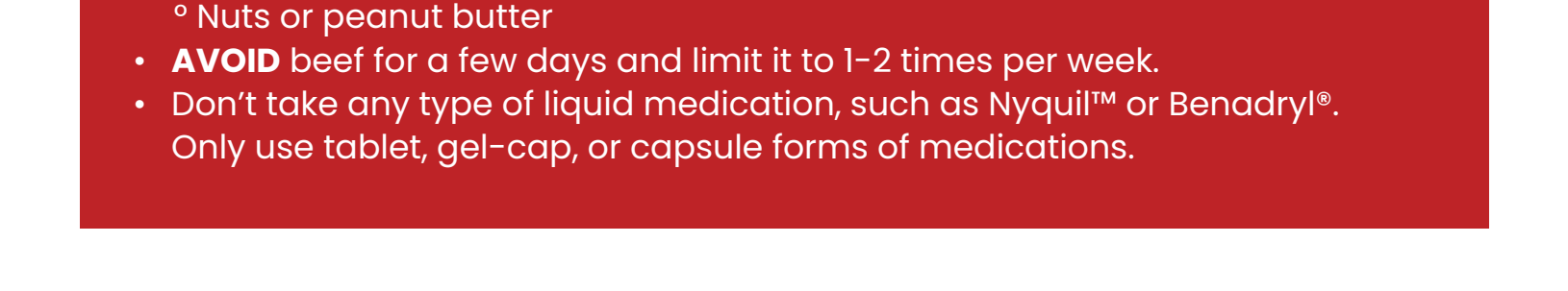
Dinner

- ____ servings protein
- ____ servings vegetables
- Unlimited salad greens with Walden Farms® dressing

PLATEAU PROTOCOL

It is normal during the course of Step 1: *Weight Loss Window* to hit a weight loss plateau for several days, and even up to a week. Many times your body is just resetting and adjusting to the rapid weight loss. You are still losing inches even though the scale is standing still. Remember be patient. The plateau will break if you continue to follow the plan.

When you hit a plateau, which means that you have not lost weight for 5 days, please consider the following Plateau Protocol:



DO'S

- Make sure you take a daily multi-vitamin, such as RM Multi 365.*
- Limit dining out at restaurants since you can't be 100% sure of the ingredients used to prepare/cook your meals.
- Consume a minimum of 64 oz. (2 liters or ½ gallon) of water per day.
- Reduce your daily protein intake by 2 oz. (*not to fall below 7 oz. of protein per day.*)
- Make sure you eat 2 portions of fruits at least 6 hours apart.
- Review the portion sizes of your food and ensure you accurately measure them.
- Consume ONLY 2 Crystal Light drinks OR 2 diet sodas daily.
- Make sure you have regular bowel movements.
- If you experience constipation, we recommend taking Colo-Cleanse or Natural Vitality CALM®.*
- Another option for constipation is to take 2 tablespoons of Milk of Magnesia at bedtime with a full glass of water. You may repeat this on a daily basis.
- NOTE: If constipation lasts more than 3 days, please contact our office immediately.**

*Available to buy online or in all Red Mountain Weight Loss® locations.

DON'TS

- Make sure you are **NOT** consuming any unapproved foods such as the following:

- Pork (other than pork loin)
- Duck
- Lamb
- Oils (including vinaigrette salad dressings or balsamic vinegar)
- Any type of mints or sugar-free candies
- Cheese, yogurt, coffee creamer, or milk products
- Nuts or peanut butter

- AVOID** beef for a few days and limit it to 1-2 times per week.
- Don't take any type of liquid medication, such as Nyquil™ or Benadryl®. Only use tablet, gel-cap, or capsule forms of medications.