

QUICK START GUIDE



ATTENTION: use all Dude Drops™ products only as suggested. if you have any medical conditions or if you know your body doesn't handle consuming fat well, such as gallbladder issues, we suggest consulting your physician before beginning.

INTRODUCTION

Dude...Congratulations on joining the Dude Drops™ Challenge!

We welcome you to the first day of your new and healthier lifestyle: Get ready to feel and look great! Obtaining desired results depends on YOU and how consistent YOU follow our program.






This guide has a simple outline of our 5 phase Dude Drops™ Fat Burn Program, showing you what to do and when to do it, to become the ultimate Fat Burning Machine!

Average Weight Loss in 30 days is...









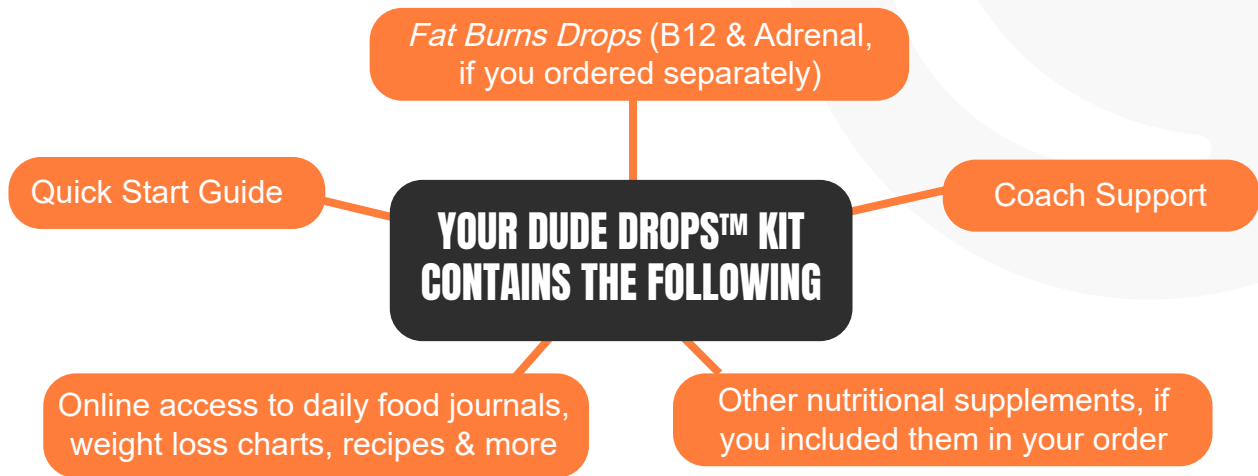
Males: 20-30+ lbs

HELPFUL HINTS

-  Read over the entire Dude Drops™ Guide before beginning.
-  Re-read & plan for each phase of the program before entering it.
-  Be diligent in keeping a daily journal of the food you eat, how much you drink & your weight.
-  Weigh yourself each morning, at a similar time, and in similar attire after draining yourself.
-  Drink 100 - 128 oz. of fluids spread throughout each day, at least drinking every 2 hours to keep your metabolism up. For best results consume closer to 128 oz. (1 gallon) daily.



-  Try to get at least 7- 8 hrs sleep every night.
-  Rotate Proteins, Fruits, and Vegetables each meal.
Example: if you had chicken for lunch you would not have chicken for dinner and vice versa.
-  For best results, include red meat in the program.
-  Do not exceed the allotted food servings.
-  To maximize Fat Burn, follow the program to a “T” as best you can.
-  We suggest consuming between 600 - 1200 calories per day, depending on your physical activity.



I RECEIVED MY ORDER, NOW WHAT?



STEP 1

Take a picture of yourself with your Dude Drops™ Program



STEP 2

Share this picture with friends & others on social media. It will keep you accountable & committed.



STEP 3

Follow us on Facebook



STEP 4

Make sure you have the following:

- Digital food scale
- Body measuring tape
- Digital body weight scale (smart phone friendly)
- Vinyl, insulated lunch box with a gel freeze pack



Dude Drops Program Outline

By following our 5 phase **Dude Drops™ Fat Burn Program**, you can expect to lose up to 1 (or more) pounds per day as follows:

PHASE 1 (2 days)	“Fat Loading” with Fat Burn Drops – stuff yourself with high fat (250+ grams fat) and high calorie foods (5000+ calories).
PHASE 2 (20-40 days)	“Fat Burn” with Fat Burn Drops and restricted calories – consume 600 - 1200 calories per day from the prescribed food list.
PHASE 3 (3 days)	“Stopping Drops” while maintaining restricted calories – continue to consume 600 - 1200 calories per day, but without Fat Burn Drops.
PHASE 4 (21 days)	“Maintenance” while watching what you eat – increase calories while limiting sugars and avoiding starchy and fatty foods to maintain plus or minus 2 lbs.
PHASE 5 (ongoing)	“Get Fit” any food in moderation – all foods are back on the menu, as long as weight loss is maintained (plus or minus 2 lbs). Begin or continue your favorite exercise routine.

PHASE 1: FAT LOADING

2 DAYS

BEFORE YOU START

- **Take beginning photos** in fitted clothes/shirtless from the front, both sides & back.
- **Take body measurements:** record results from charts provided via email.

ON THE FIRST MORNING

- **Weigh yourself** on a digital scale after using the bathroom.
- **Record** your starting weight in your daily journal found on our website.
- **Start taking all drops**
 - **Fat Burn Drops**
 - Do this **3 times per day**: morning, lunch & dinner.
 - 20 min before or after food or liquid-preferably before.
 - **Place 10 drops** under your tongue & hold for 30 seconds.
 - **All other products** to be taken during this time as well, as directed on label.

DURING PHASE 1

- **For 2 days, eat a minimum** of 250+ grams of fat & 5000+ calories per day. Eat as much as you can for Breakfast, Lunch & Dinner & snack every hour between each meal until you go to bed.
- **Record** your fat intake, daily calories, foods consumed & your weight in your *Dude Drops Daily Food Journal*.

PHASE 1: FAT LOADING FOOD LIST (examples only)

- Pastries
- Donuts
- Biscuits & Gravy
- Cheese & Meat Omelets
- Fruit with Heavy Whipping Cream
- Fried Hash Browns
- Pancakes with Butter, Heavy Whipping Cream, Bacon & Sausage
- Milkshakes
- Cheeseburger & Fries
- Pizza with Extra Cheese & Meat Cookies
- Nachos
- Peanut Butter
- Nuts
- Cheese
- Avocados

PHASE 2: FAT BURN

20-40 DAYS

DURING PHASE 2, YOUR BODY ENTERS KETOSIS

- **Your body is detoxifying from loading.** For 1-4 days after loading, you may experience the following: mild headaches, hunger, irritability, crankiness, light-headedness, and weakness. It is ok to take over the counter medication to help alleviate such symptoms, if they occur. Don't get discouraged; hold strong, they will go away!
- **Drink** 128 oz. of fluid per day, at least 80% water, and 20% other sugarless beverages (if desired).
- **Continue to record** your weight and take body measurements at least weekly.
- **Eat only** from the Fat Burn Food Lists below.
 - **Always rotate** proteins, vegetables & fruits between meals
 - **Fat Burn recipes** can be downloaded from the website: www.dudedrops.com

PHASE 2: FAT BURN FOOD LIST (IF IT'S NOT ON THIS LIST DON'T EAT IT)

Eat between 100 grams - 200 grams (3.5 oz. - 7 oz.) of lean protein, weighed raw on a digital food scale, for lunch and dinner. Remove any visible fat or skin. **For best results start with 3.5 oz. and only increase if you feel hungry.** Always use Organic, Grass-Fed and Free-Range if possible.



- Chicken Breast
- Beef (93%+ lean)
- Buffalo
- Venison
- Veal
- Fresh white fish
- Tilapia
- Halibut
- Cod
- Flounder
- Whiting
- Crab
- Lobster
- Shrimp



Note: Alternative Proteins (to be used in moderation):

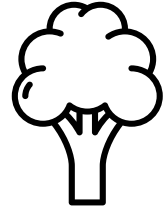
- Whey Protein Isolate
- BSkim Milk - 1 Cup
- Cottage Cheese - $\frac{3}{4}$ cup
- Greek Yogurt - $\frac{3}{4}$ cup
- Tofu (firm or extra firm)
- Tofu Noodles



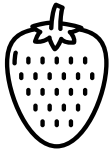
Eat 1 servings: 200 grams (7 oz.) of fresh vegetables for lunch and dinner.



- Spinach
- Chard
- Chicory
- Beet Greens
- Lettuce
- Tomatoes
- Fennel
- Onions
- Red radishes
- Cucumbers
- Asparagus
- Cabbage
- Cauliflower
- Broccoli
- Celery
- Zucchini
- Bell peppers
- Arugula
- Kale

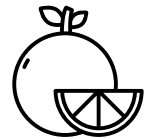


Eat 1 serving of fresh fruit twice daily. They can either be eaten with lunch and dinner meals or as a mid-morning and mid-afternoon snack. Servings should be eaten at least 6 hours apart. A fruit serving is:

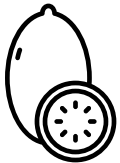


- 1 apple (any size)
- 6 large strawberries
- 1 Orange

- 1 small grapefruit or w/2 large grapefruit
- 1/8 of a cantaloupe, if citrus does not agree with you.



Miscellaneous Items: They can either be eaten with lunch and dinner meals or as a mid-morning and mid-afternoon snack. Servings should be eaten at least 6 hours apart. A fruit serving is:



- Any Seasonings not containing Sugars or Starch
- Juice of 1 Lemon daily
- 1 TBSP Skim Milk or Greek Yogurt
- Walden Farms Salad Dressing (in moderation)
- Tea (herbal or green tea)

- Coffee (best if black. Note: caffeine may decrease weight loss by 50%)
- Sweeteners: Stevia, Truvia or Monk Fruit (in moderation)
- 1 piece Melba Toast or 2 rounds
- 1/3 Wasa Cracker per meal

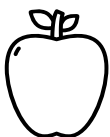


Apple Day: If you don't lose weight for 3 days in a row, an Apple Day will help reset your body.

• **Eat** 6 apples throughout the day, 1 every 2 hours. If you dislike apples, use tomatoes instead. (Start at 8 am, 10 am, Noon, 2 pm, 4 pm and 6 pm)

• **Drink** 75 oz. of liquid throughout the day.

Note: This only works if you've stuck to the program. If you have deviated from this prescribed program in any way, please see the FAQ's on our website or talk with a Dude Drops™ Coach.



PHASE 3: STOPPING DROPS

3 DAYS

After a minimum of 20 days or a maximum of 40 days in Phase 2, begin Phase 3.

ON THE FIRST MORNING

- **Weigh yourself.** This is your **Reference Weight** for Phase 4 and Phase 5.
- **Take pictures and final measurements,** and share them with family, friends, and social media. You should be more than excited to share your results!

DURING PHASE 3

- **Stop taking *Fat Burn Drops*.**
- **Continue to eat** 600-1200 calories per day from the Phase 2: Fat Burn food list and recipes. Note: You need to consume your average calories from phase 2. If that was 600 calories, then be sure to consume 600 the next 3 days.

PHASE 4: MAINTENANCE

21 DAYS

During Phase 4 and Phase 5, your body resets how it metabolizes what you eat. The goal is to maintain your Reference Weight, plus or minus 2 lbs.

DURING PHASE 4

- **Increase your calories to 1800 - 2500 per day (depending on activity levels).**
 - Add other proteins, fresh vegetables, and fresh fruits to your diet.
 - **AVOID ALL** Sugars, Grains and Starches
- **Continue drinking** 75+ oz. of water or tea per day.
- **Continue to record** your weight each morning.



Steak & Apple Day: To ONLY be done if your morning weight is more than 2lbs over your reference weight.

- Skip breakfast & lunch
- Drink 75 - 128 oz. of fluid throughout the day to help curb your hunger.
- At dinner, consume a steak (any size), along with 1 apple or 1 tomato.



LIST OF FOODS TO ADD

PROTEINS

- All meat allowed
- Salmon
- Turkey
- Pork
- Etc.



VEGETABLES

- Combined Veggies
- Salads
- Squash
- Green Beans
- Etc.



FRUITS

- Berries
- Pineapple
- Kiwi
- Fresh Peaches
- Pomegranate
- Etc.



DAIRY

- Eggs
- Milk
- Cheese



LIST OF FOODS TO STILL AVOID

GRAINS

- Breads
- Rice
- Beans
- Legumes
- Lentils
- Pasta



STARCHES/ VEGETABLES

- Corn
- Potatoes
- Peas
- Carrots
- Jicama
- Canned Sauces



FRUITS

- Fruit Juices
- Canned Fruit
- Dried Fruit

MISC.

- ANY & ALL SUGAR



PHASE 5: DUDE FIT

ONGOING

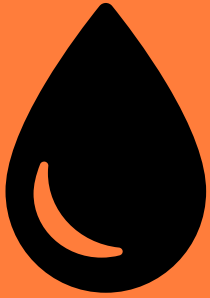
DURING PHASE 5

- **Eat any food you wish** in moderation, as long as you maintain your Reference Weight.
- **Do not** begin to eat like you did on phase 1 for loading or you will gain your weight back.
- **Daily caloric consumption** should continue to be between 1800 – 2500 calories per day now depending on activity.
- **Begin or continue daily exercise/weight training.**
- **Do a Steak and Apple day** if you gain over 2 lbs (as outlined in phase 4).
- **Pay close attention** to how your body reacts to certain foods and eliminate them from your diet if needed; such as dairy, grains, and sugars.

FINALLY...

Dude, Congratulations on reaching your new lifestyle! We encourage you to start or continue some sort of daily exercise and weight training to help maintain your results, as well as keeping you healthy and fit! Taking charge of your health and weight will boost your energy and your confidence—enjoy it!

“Thoughts are things. What you think about, you bring about.”
- Napoleon Hill



**DUDE
DROPS**

