

**LOW CALORIE DIET FOODS  
ZERO CALORIE EFFECT  
CATABOLIC MYSTERY FOODS  
WEIGHT LOSS GUIDE**



**COLLECTION OF ARTICLES AND STUDIES OFFERED BY  
*Victoria Johnson***

*Professional Trainer, Fitness Celebrity, Nutritional Supplement and Skin Care Designer for Models, Stars, Athletes and Moms & Dads And DVD/Video Star With Over Ten Million Sold!*

#### Medical Disclaimer

The authors, publisher, and distributor of this product assume no responsibility for origin of the material or the use or misuse of this product, or for any physical or mental injury, damage and/or financial loss sustained to persons or property as a result of using this system.

The liability, negligence, use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.

The information contained in this book is not to be used in place of medical or pharmaceutical advice. It is for information purposes only. It is not written by a physician and does not make medical claims or give medical advice. Please make sure you check with your personal medical professionals before engaging in any physical activities, including those included in this book.

*The material contained in this document is for informational purposes only.*

# ZERO CALORIE EFFECT CATABOLIC MYSTERY FOODS DIET GUIDE

A COLLECTION OF INFORMATION AND IDEAS FROM MANY SOURCES

**READ ALL THE WAY THROUGH BEFORE YOU BEGIN! THIS PROGRAM IS SO QUICK, AND THE RESULTS ARE AMAZING** When used with The Skinny Weight Loss Detox Tea, you will also experience a tremendous cleanse and detox of your entire body.

**LOSE 7-10 POUNDS IN 7 DAYS. 20 POUNDS IN FOUR WEEKS!**

**THIS IS MEANT TO BE A JUMP START TO KICK START YOUR BODY INTO A METABOLIC FAT BURNING MACHINE.**

**IT'S NOT FOR THE WEAK OR MEDIOCRE PERSON, IT'S FOR THE TRUE HEALTH SEEKING FITNESS WARRIOR WHO IS LOOKING TO CLEANSE, DETOX AND REBOOT YOUR METABOLISM WHILE IMPROVING YOUR ENERGY.**

**\*CHECK OUT OUR Fat Burners to keep your energy and mood high and feeling good!**

**\*We also recommend the Skin Tightener if you are planning on losing a lot of weight to help your skin shrink as you lose!**

**\*\*Start Tomorrow and do it *Faithfully* for 14 days\*\***

**Announcing A Catabolic Negative ZERO Calorie EFFECT Diet**

**A Possibility - DROP 5- 10 POUNDS IN 14 DAYS DEPENDING ON YOUR STARTING WEIGHT! OBESE 30% OVER BODY WEIGHT TENDS TO LOSE MORE.**

Ultimate **weight loss secrets revealed about these mystery foods!** Everything you need to know about catabolic weight loss and diet in the next few pages.

*This eating plan works Fast, uses whole foods and tastes great!*

**Not only that, but IT TASTES GOOD!**

**Not only that, but YOU EAT ALL YOU WANT!**

**Not only that, but YOU'LL REALLY LOSE FAT WEIGHT!**

In order for your body to use the food you eat, the food itself must go through physical and chemical changes i.e., YOUR DIGESTIVE SYSTEM...

Your digestive system "breaks down and processes" everything you consume! The process starts by chewing. Then your esophagus moves everything down to your stomach. This usually takes anywhere from a few minutes, to a half hour.

For about 4 hours, your stomach mixes the food up with acid and sends everything down to your small intestine.

For approximately another 4 hours, your small intestine receives very strong alkaline (digestive) juices from your gallbladder and pancreas. These digestive juices mix with the now liquified food and your body starts to absorb it.

This process continues on down to your large intestine where the rest of any food and fluids are absorbed into your body. This may take up to 12 hours!

Any residue that is left over is eventually eliminated, but here's the GOOD NEWS! This entire process **BURNS CALORIES!**

A Catabolic Negative Calorie Diet is based on scientific research on foods that require your body to "**BURN**" more calories processing them through your digestive system than the actual calorie content of the food itself. This results in your body burning up the excessive stored fat!

*For instance...*

A piece of pie consisting of 350 calories may only require 100 calories to be digested by your body thus resulting in a net GAIN of 250 calories to be added to your fat storage.

On the other hand, a 5 calorie piece of celery may require the same 100 calories to digest, but resulting in a net LOSS of 95 calories from your storage of your body fat! **THAT GIVES IT THE ZERO CALORIE EFFECT. PLUS YOU HAVE GAINED ALL THE VITAMINS, FIBER MINERALS, ENZYMES AND HEALTHY NUTRIENTS PROVIDED BY THE CELERY.**

As with the majority if not all starvation based diets, you won't merely lose water weight, you can actually lose fat weight around your midsection and from trouble spots.

Using The Negative Calorie Diet concepts results in weight loss of pure fat from YOUR body.

With over Catabolic **NEGATIVE CALORIE** foods, the results are sensational! No they're **UNBELIEVABLE!** The diet works three times faster than *FASTING* itself! The average weight loss is one pound a day, but many people have lost up to 14 pounds in 14 DAYS!

*Below are some **STARTLING** but **TRUE** diet facts:*

Turning up YOUR metabolism is the secret to burning fat! It can be manipulated to force your body to burn fat 24 hours per day!

You'll never burn fat by starving and skipping meals! This is so important to understand.

When you starve yourself your body senses this and holds on to as much fat as it can because it thinks you're killing it! Not eating is worse than eating the wrong thing.

You can't shed your excess body fat by just eating Low-fat and Nonfat foods as we were told in the past! You actually **MUST SPEED UP YOUR METABOLISM!** You can do that by eating the right foods at the right time of day in the right combinations along with drinking the right amount of water and using good supplements to stimulate your metabolic rate, give you energy and mental calmness so that you can stay on the program without irritation or lack of willpower. Supplements also suppress your appetite so that you don't obsess over food.

Your life is so precious and you have so many desires and dreams, you deserve to get your body weight in check and your mind motivated so you can go there and make a difference in your world.

Plus you can't erase cellulite, love handles, or flatten your stomach with just targeted lightweight exercises; you have to actually burn the fat off the top of the muscles. This diet program can actually help you do that.

*Wait there's more...*

Included in A Catabolic Negative Calorie Diet there are foods that ***SPEED UP*** your metabolism when you eat! That's right! Did you know that there are foods out there that ***NATURALLY*** speed up your metabolism? And of course no one wants to diet forever right? Use the diet and cardio to get to your desired weight quicker than usual. Then every so often use it again for maintenance. But when you do go off, add our list of ***METABOLISM SPEEDING*** foods to your everyday meals.

*Wait there's STILL more...*

**A Catabolic Negative Calorie Diet includes some little known information about exercise. Did you know that a study revealed that as little as *two lightweight workouts per week* will firm up and tone 85% of your body's muscles? Not only will you get in shape you'll keep your metabolism in high gear!**

**Turn your body into a *FAT BURNING MACHINE* and skyrocket your metabolism even more by simply breathing better and supplying more oxygen to your system with daily 60-minute moderate to high intensity cardio**

**We discuss how to get rid of your bad habits... We give you tips on starting fresh and getting healthy!**

***Nothing to lose but FAT!***

### **Targets Mid Section Fat**

***The catabolic diet heightens the destruction of fat in the "hard to lose fat" area, such as the midriff and the lower abdomen.*** People who have followed the catabolic diet reported that their spare tires, and double chins had disappeared.

The 7 day catabolic diet is not a dehydration diet! The catabolic foods you will eat are from 90 to 97 percent water. Body fluids are 90 or more percent water. The bones, which are the hardest of the tissues, are 40 percent water. Water is an essential food. As a word of caution, avoid dehydration diets. Some of them, like the high-protein diets, have been popular at one time or another. But not for long, however. Their ill effects quickly became apparent. The dieter has imagined that he or she has lost weight, when that person hasn't. He has lost some water and some health, but soon drinks back the amount of water he has lost. Adding fat to the diet prevents water storage. *When a person begins to eat a considerable amount of fatty foods in place of starchy foods, he loses water from the tissues (dehydrates). This seems like weight loss-but you are not losing fat!* Dehydration can be responsible for violent toxemias, causes tissues to shrivel and the victim to appear gaunt or haggard, and produces miserable symptoms ranging from headaches to exhaustion. Any method of reducing that involves dehydration is dangerous and temporary. It also does not help your hearts or other organs.

## **THE CATABOLIC DIET (ZERO CALORIE EFFECT FOODS)**

*By Joseph Patrick Jakubal*

"Catabolic food" is a term first used by Dr. Victor Lindlahr who practiced in the Chicago area during the first half of the 20th century. It refers to foods that had, what he called, "reverse calories". These foods actually break down fats and burn them up (as opposed to foods that add fat to the body).

Over the past century fad diets have come-and-gone with everyone searching for the "magic bullet" that would allow people to eat all-and-anything they want and suffer no ill effects ... in fact, many of those diets did result in significant weight reduction. Unfortunately, and to the dismay of the users, these diets did not provide "lasting" results. Dieters discovered that, with time, they put on all the weight they took off ... and a bit "more". Then, when a new "fad diet" came along, these discouraged people run out and buy the new book. It is an industry that perpetuates itself on the same people, over-and-over. However, the "catabolic diet" has been around since 1929 and is still the choice for responsible weight reduction . . . minus the pain and hunger.

Dr. Lindlahr grew up in a household that included his nutritionist father, Henry, who overcame obesity and diabetes. In the late 1800's Henry weighed 250 pounds but was only 5'7" in height. He tried the diets and cures of the time but nothing seemed to help, in fact - he was getting worse and was at the point of "giving up".

Ultimately, a friend advised him to see Father Kneipp - a nutritionist and famous healer in Eastern Europe, who had a reputation for curing diseases naturally ... with fruits, vegetables, sunshine and other natural methods - instead of with medications. Upon following the program that Father Kneipp set up for him, Henry Lindlahr cured his diabetes and lost 40 pounds.

Following his successes, Henry Lindlahr devoted himself to nutrition and became a doctor in 1904 and founded the successful Lindlahr Sanitarium in the Chicagoland area.

Henry's son, Victor, was brought up in a health promoting environment and later graduated as a doctor of medicine from Jenner Medical College and took charge of the Lindlahr Sanitarium.

Diabetics came to the Sanitarium and were put on low carbohydrate diets that consisted primarily of fruits, vegetables and minimal sugar and starches. Years of experience with this diet made it apparent that diabetics who incorporated this style of diet into their lifestyles lost more weight than people who abstained from eating any food whatsoever.

In 1925 Dr. Lindlahr saw a patient from Philadelphia who told him she wanted to lose 30 pounds in the following 30 days because she wanted to look good for her upcoming marriage. Victor decided to treat her with a "monitored fast" ... however, after seven days she had only lost four pounds and decided that at that rate she would never meet her goal of 30 pounds in 30 days. Therefore, he decided to put her on the low carbohydrate diet that worked so well for his diabetic patients. During the second week she lost weight at approximately two pounds a day to lose 12 pounds ... the next week she lost eight pounds ... and, the following week she lost six for a total of 30 pounds. By the time of her wedding day she lost 34 pounds total.

Upon analyzing the results of this lady's diet, Dr. Lindlahr thought it strange that this person ate in excess of three pounds of food a day and lost more weight than when she was fasting. After careful analysis of 152 cases of fasting patients, versus 206 cases of people on the catabolic diet, it became apparent that the catabolic diet was more effective than fasting! Another interesting conclusion was that people with greater amounts of body fat experienced greater results than those who were leaner.

It was concluded that patients who fast lost a little "less" than a pound per day (0.75 lbs) while those on the Catabolic diet lost a little "more" than a pound a day.

It must be noted that the fasting diets of Dr. Lindlahr's patients were not "strict" ... they included the ingestion of fruit juices.

**THEORY:** The reason why the catabolic diet was so effective is due to the fact that the body requires a lot of energy (calories) to digest food. Think about what must happen when you ingest a piece of food ... first you expend energy chewing ... then, upon swallowing, the muscles of the esophagus move back-and-forth to deliver the food to the stomach ... next the body must manufacture and excrete the acids that continue the digestive process. Finally, the bolus of food must travel through 10 yards of intestines that constrict and convert the food into simpler forms. On top of all this, the body extracts the nutrients from the food and spreads it throughout the body (via the blood stream) to nourish cells throughout the body ... the liver, spleen, pancreas and other organs of the body continue to process and assimilate, all of which takes up energy (calories). Oh, and don't forget that it takes energy (calories) to prepare and cook the food prior to ingestion.

Exactly how much energy is required to eat something is very difficult to determine due to the differences of body chemistry between human beings ... it is apparent, however that less energy is required by the body to digest a piece of pork than the amount of energy that the pork supplies ... there is a "net gain" of calories. Those calories will likely be used up for activities like gardening, walking, house cleaning, etcetera.

Catabolic foods however do not provide a "net gain" of calories ... in fact; they provide a "net loss"! Catabolic foods like apples require all the same digestive processes as pork ... however, the amount of energy that is required by the body results in a "net loss" of calories. In other words, the body must "make-up" these calories from the fat stored in the body ... thus, weight loss.



Eating apples all the time would definitely result in weight loss, but this may be unhealthy ... there are many more foods that also possess this property of "negative gain".

**CATABOLIC:** The body goes through two natural phases: 1) "catabolic", and 2) "anabolic". The term "catabolic" is used to define the process whereby the body breaks down tissue and the term "anabolic" is used to define the process whereby the body builds tissue. Now you can see why foods that result in a "net loss" of calories are called "catabolic" and those that result in a "net gain" are called "anabolic". It must be pointed out that just because certain foods cause a decrease in calories, it does not mean that they lack nourishment ... in reality many of these foods provide many essential minerals, vitamins and ash that neutralizes body acids that are caused by the breakdown of fats. Also, many of these foods have an effect on the manufacture of glucagon by the pancreas ... glucagon is a dissolver of fat when in the presence of foods that have a catabolic nature.

A diet that is based on the catabolic principles is very low in calories ... three pounds of these foods contain only 600 calories on average. Many doctors and scientists thought that it was impossible for someone to thrive on so few calories, however it is now known that a catabolic diet not only allows a patient to thrive, but it has also been known to cure them of terrible diseases ... despite the low calories.

**BENEFITS:** This is a healthy diet that has been known to make sick people well. Second, this is a diet that allows people to lose weight by eating ... not starving. Another benefit is that you do not have to abstain from eating the foods you love because you can "balance off" a high calorie dish with catabolic foods to lessen the amount of effective calories being absorbed into the body. You may not lose weight by doing this but you can certainly lessen or nullify "net positive" foods.

Back in 1935, Dr. Lindlahr asked listeners of his radio broadcast to test his new diet and report back to him the results. More than 1,000 people took part in this experiment and reported excellent results ... a pound a day for ten days. Later in the year Dr. Lindlahr again tested his diet with 26,000 listeners who reported an average weight loss of eight pounds in seven days.

**CATABOLIC FOODS:** The following foods neutralize the effects of fattening foods and contain "net loss" calories ... they cause the fat reducing hormone, "glucagon" to be manufactured. Remember that glucagon only works it's magic when in the presence of catabolic foods. When talking "catabolic" I must emphasize that the whole fruit or vegetable must be eaten ... as opposed to its juice. Juices are typically low in calories but are very easy for the body to digest and therefore are not "catabolic". Part of the catabolic process is the digestion of the fiber that accompanies these foods. Lean meats only are allowed on the catabolic diet but do not add significant calories.

## **BIG LIST**

**Apples** (best when eaten raw) ... **apricots** (best when eaten raw)... **artichokes**, ... **asparagus** (best when eaten cooked) ... **beets** ... **beet greens** (best when eaten

cooked) ... **blackberries** (best when eaten raw) ... **blueberries** (best when eaten raw) ... **broccoli** (best when eaten cooked) ... **brussels sprouts** ... **cabbage - white** (best when eaten raw) ... **cabbage - red** (best when eaten cooked) ... **cantaloupe** (best when eaten raw) ... **carrots** (best when eaten raw) ... **carrot tops** (best when eaten cooked) ... **cauliflower** (best when eaten cooked) ... **celeriac** (a vegetable best when eaten cooked) ... **celery** (best when eaten raw) ... **chard** (best when eaten cooked) ... **cherries** (best when eaten raw) ... **chervil** (a vegetable best when eaten cooked) ... **chicory** (best when eaten cooked) ... **Chinese cabbage** ... **chives** (best when eaten raw) ... **clams** (cooked) ... **cod steaks** ... **collards** (best when eaten cooked) ... **corn** ... **crabs** ... **cranberries** (best when eaten raw) ... **cucumbers** (best when eaten raw) ... **currants** ... **damson plums** ... **dandelion greens** (best when eaten raw) ... **dill pickle** ... **eggplant** (best when eaten cooked) ... **endive** (best when eaten raw) ... **flounder** (sea food) ... **frog legs** ... **fruit salads** ... **garlic** ... **grapefruit** (best when eaten raw) ... **grapes** (best when eaten raw) ... **green beans** ... **honeydew** ... **huckleberries** ... **kale** (best when eaten cooked) ... **kohlrabi** (best when eaten cooked) ... **kumquats** (fruit) ... **leeks** (best when eaten raw) ... **lemons** (best when eaten raw) ... **lettuce** (best when eaten raw) ... **limes** (best when eaten raw) ... **lobster** ... **loganberries** ... **mangoes** ... **mushrooms** (best when eaten cooked) ... **muskmelons** (best when eaten raw) ... **mussels** (sea food) ... **mustard greens** ... **nectarines** ... **okra** (vegetable) ... **onions** (best when eaten raw) ... **oranges** (best when eaten raw) ... **oyster plant** (best when eaten cooked) ... **papaya** ... **parsley leaves** (best when eaten raw) ... **parsnips** (best when eaten cooked) ... **peaches** (best when eaten raw) ... **pears** (best when eaten raw) ... **pineapple** (best when eaten raw) ... **peas** ... **peppers** (red & green - best when eaten raw) ... **pickles** ... **pineapple** (best when eaten raw) ... **plums** (best when eaten raw) ... **pomegranates** ... **prunes** (best when eaten raw) ... **pumpkin** (best when eaten cooked) ... **quince** (a fruit) ... **radishes** (best when eaten raw) ... **raspberries** (best when eaten raw) ... **red cabbage** ... **rhubarb** (best when eaten cooked) ... **salsify** (vegetable) ... **sauerkraut** (best when eaten raw) ... **scallions**, **sea bass** (fish) ... **shrimp** ... **sorrel** (a vegetable best when eaten cooked) ... **spinach** (best when eaten cooked) ... **squash** (best when eaten cooked) ... **strawberries** (best when eaten raw) ... **string beans** (best when eaten cooked) ... **tangerines** (best when eaten raw) ... **terrapiin** (sea food) ... **tomato** (best when eaten raw) ... **turnips** (best when eaten cooked) ... **watercress** (best when eaten raw) ... **watermelon** (best when eaten raw) ... **wax beans** (best when eaten cooked).

And there you have it! The catabolic diet is easy and efficient ... very little cooking and very fast to assemble. It only takes seven days to lose seven pounds which will not be put back on when you commence eating normally. Pick from the list of catabolic foods to assemble a variety of meals.

Also note that very similar diets are used to treat some types of heart problems, gallbladder problems, diabetes and other diseases. If you desire to continue the diet past the seven days ... no problem. Or, you might alternate one week of normal eating with one week of the catabolic diet. And then one week of a healthy balanced diet. Make sure you eat good healthy fats like coconut oil and other healthy fats to keep your skin elastic, your brain and heart healthy.

#### **FACTORS TO KEEP IN MIND:**

1) Do not drink any water with your meals (30 minutes prior to or following the meals are okay). Drink as much as you like during other parts of the day.

- 2) Do not drink or eat anything prior to going to bed or between meals (except for chewing celery or cucumbers).
- 3) Do not cheat, stick to it (it is only seven days). Do not skip your supplements
- 4) Limit the ingestion of salt to healthy sea salt since it causes water to be retained by the body.
- 5) To increase the amount of weight you lose simply increase your cardio, stretching, yoga, Pilates, light weights and other activity levels ... exercise, walk, and etcetera with your doctor's approval.
- 6) Some people will not experience a weight loss for the first day or two due to the fact that water is manufactured by the body when fat is burned. Some people will not expel this water for a couple of days and retain it in their tissues. However, in most people it is excreted through the intestines, skin, kidneys and even the breath.
- 7) Even hard to reduce areas of the body like the "double chin" and "spare tire" and "hips and saddlebag thighs" are reduced by this diet when you stay focused on healthy eating and improving your body and health. Positive thoughts enhance your mental state.
- 8) Scientists tell us that we must consume approximately 10 glasses of water a day to meet the needs of the body ... the catabolic diet is very high in water content and keeps you "in balance".
- 9) Other diets may produce "weight loss" but no "fat loss". Pure High protein diets are an example of this phenomenon. Beware of any diets that cause dehydration. This one does not.
- 10) Eat the same breakfast for the duration of the seven days.
- 11) Eat fresh fruits and vegetables as opposed to canned ones because the heat from the canning process removes the healthy enzymes and contain more calories.

#### **CATABOLIC BREAKFAST:**

The basic idea is that you must eat catabolic foods for this diet to work ... do not skip breakfast.

- 1) Unlimited Vegetables
- 2) Egg Whites/ Substitute Eggs
- 3) Unsugared coffee/Herbal tea/Green Tea/ Skinny Detox and Weight Loss Tea  
Body Balance Multi Vitamins/ OsteoProcare
- 2 Apple Cider Vinegar Tablets
- 1 Digestive Enzyme
- 1 Kelp Tablet
- 1 Tsp of Matcha Tea
- 1 Fat Burner**

#### **CATABOLIC LUNCH:**

- 1) Fresh salad/ as big as you want
- 2) Four serving of a cooked, fresh vegetable
- 3) One serving fish, turkey, any good protein source or tofu
- 4) One serving of fresh fruit.
- 2 Apple Cider Vinegar Tablets
- 1 Digestive Enzyme
- 1 Kelp Tablet
- 1 Fat Burner
- 1 Tsp of Matcha Tea

### **CATABOLIC DINNER:**

1) Raw salad/ Big as you want

2a) Chose six ounces of lean meat (Fish, Shrimp, scallops, BEEF boiled, chopped, roast, or steak ... HAM baked ... MUTTON chop, lean... VEAL chop, lean, roast leg with the fat removed ... BEEF LIVER ... MUTTON KIDNEYS ... CHICKEN broiled, white meat, roast ... GUINEA HEN breast ... QUAIL ... TURKEY roast).

2b) If a vegetarian then substitute the following for muscle meats (BEANS baked, kidney, green lima, yellow lima, soy ... PEAS ...

Substitute the following for meats that contribute to glandular health ... cottage cheese, eggs, soybeans, and tofu.

3) One serving of fresh fruit

4) Two serving of cooked, fresh vegetable #1

5) One serving, fresh vegetable #2.

Body Balance Multi Vitamins/ OsteoProcure

2 Apple Cider Vinegar Tablets

1 Digestive Enzyme

1 Kelp Tablet

1 Cup of Skinny Detox Weight Loss Tea

## **ADDITIONAL INFO**

**From D&B:**

### **Catabolic, Cabbage Soup, Negative Calorie...**

*By Tanya Zilberter, PhD*

"Catabolic food" is a term first used by Dr. Victor Lindlahr in the first half of the 20th century. It refers to foods that had, what he called, "reverse calories". Later, the diet based on these foods was named Negative Calorie Diet. The Cabbage Soup Diet is an interesting case of folk dieting - you can find the recipe and diet plan in hundreds places all over the Internet. The cabbage soup is the main ingredient of the Negative Calorie Diet, along with the "reverse calories" food list. These plans are essentially low fat menus where vegetables prevail.

The opposite of this approach proved effective for many dieters are low carb diets. Both sides have their pros and cons. This is why we are introducing **this** plan.

Read how we implement this idea: **Low Carb - Low Fat Rotation Diet Plan** - its based low carb good foods rotation plans.

### **Foods Allowed in the Catabolic or Negative Calorie Diet**

\* apples

- \* apricots
- \* artichokes
- \* asparagus
- \* beet greens
- \* beets
- \* blackberries
- \* blueberries
- \* broccoli
- \* Brussels sprouts
- \* buffalo fish
- \* cabbage
- \* cantaloupe
- \* carrots
- \* cauliflower
- \* celeriak
- \* celery
- \* cherries
- \* chervil
- \* chicory
- \* Chinese cabbage
- \* chives
- \* clams
- \* cod
- \* corn
- \* crabs
- \* cranberries
- \* cucumbers
- \* currants
- \* Damson plum
- \* dandelion greens
- \* eggplant
- \* endive
- \* flounder
- \* frogs legs
- \* garlic
- \* grapefruit
- \* grapes
- \* green beans
- \* honeydew
- \* huckleberries
- \* kale
- \* kohlrabi
- \* kumquats
- \* leeks
- \* lemons
- \* lettuce
- \* limes
- \* lobster
- \* loganberries

- \* mangoes
- \* mushrooms
- \* muskmelons
- \* mussels
- \* mustard greens
- \* nectarines
- \* okra
- \* onions
- \* oranges
- \* oysters
- \* papaya
- \* parsley leaves
- \* parsnips
- \* peache
- \* pears
- \* peas
- \* peppers
- \* pineapple
- \* pomegranates
- \* prunes
- \* pumpkin
- \* quince
- \* radishes
- \* raspberries
- \* red cabbage
- \* rhubarb
- \* rutabagas
- \* salsify
- \* sauerkraut
- \* scallions
- \* sea bass
- \* shrimps
- \* sorrel
- \* spinach
- \* squash
- \* steaks
- \* strawberries
- \* string beans
- \* tangerines
- \* terrapin
- \* tomato
- \* turnips
- \* watercress
- \* watermelon

---

A FORUM POST EXAMPLE FROM A CATABOLIC DIETER WHO HAD TREMENDOUS RESULTS.

\* This list is courtesy of [Ivanhoe8](#)

WHEN YOU LOOK AT YOUR CATABOLIC FOOD LIST....ASK YOURSELF THESE QUESTIONS.

Try to put your foods through this little test: Is it raw?  
Is it hard to chew? Is it naturally low in calories?

If yes to all, than your probably dealing with a "catabolic" food, or a food that requires more calories for digestion than what it provides.

You can find huge lists of these foods all over if you just tap "catabolic food list" into your favorite search engine. REMEMBER: If you try this diet, don't drink water for 30 minutes before and 30 minutes after you eat, for water makes it easier to digest your foods.

2: Eat as much as you can. I mean go for broke, all day, as much as you possibly can. You should attempt to have a carrot, apple, or celery stick (or whatever you feel like snacking on) in your hand at all times. And don't worry about thirst, because most of the foods are over 60 percent water, anyway.

3: Go to a health food store and score yourself some Apple Cider Vinegar. Make sure it is Distilled,

WITH the "Mother. "It contains a lot of goodies that your insides will thank you for, as well as acetic acid, which is sort of a "big bad wolf" for fat cells.

Three tablespoons daily is the typical amount. Apple Cider Vinegar is also high in potassium, which will relieve those cramps that you could possibly get after a nice brisk walk, which brings us to number 4.

4: Take a nice brisk walk for 30 minutes, and don't hesitate to lug along an apple. Oh, yeah, ACV will scrub away the sodium in your system (potassium is what does this) and that can lead to the release of excess water, which however superficial, leads to immediate results on the scale.

I lost 18 pounds my first week due to my heavy weight to start and also male; of course, I weighed 270, about 80 pounds too much for a fella of 6 feet and 2 inches.

The fatter you are, it seems, the more sensational the results. Exercise daily, and as long as you're out of your 30 minute before a meal and after zone, drink as much filtered water, and only filtered water (you can add lemon for your liver and flavor and if needed some stevia sweenter), as you can.

Even if you have the metabolism of a sleeping snail, this diet will give you the results you need to keep it up.

One more suggestion: Trade your scale in for a full length mirror. Instead of weighing in once a week, strip down to your birthday suit and check yourself out. In 2 weeks, at the ABSOLUTE MOST, you will see yourself tightening and shrinking as if you had spent 2 months on most other plans.

This is what I did. I am not making a medical claim or suggesting you do this without medical supervision. It's just what worked for me.

This document is not a medical prescription, it is merely food based eating that consists of healthy foods. Please seek medical permission and guidance if you plan to eat the foods and follow the ideas.

NOTES:

AS WITH ANY DIET, BE SMART, AND CHECK WITH YOUR PHYSICIAN AND BE SURE THIS IS A GOOD PROGRAM YOU CAN FOLLOW FOR A FEW DAYS TO HELP YOU JUMP START YOUR WEIGHT LOSS.

**VICTORIA'S BODY SHOPPE ON AMAZON.COM**

**<http://amzn.to/2aGxz7b>**

AND CHECKOUT OUT OUR AMAZON STORE TO CHECK OUT OUR NATURAL SELECTION OF GOURMET TEAS, LUXURY SKIN CARE TO KEEP YOUR SKIN TIGHT WHILE LOSING WEIGHT.



**MATCHA GREEN TEA POWDER, 137X THE  
ANTIOXIDANTS  
AS REGULAR GREEN TEA**



**POWER UP**  
Your Green Smoothies With  
Our Best Matcha Tea Powder

Victoria's  
QUICKSTART  
Best  
MATCHA  
TEA  
100% NATURAL ORGANIC  
ORGANIC JAPANESE GREEN TEA POWDER  
The Perfect Mobile Superfood

- ✔ Sustained Energy
- ✔ Super Focus
- ✔ Healthy Digestion
- ✔ Metabolic Booster
- ✔ Immune Support
- ✔ Rejuvenating
- ✔ Healthy Skin & Hair
- ✔ Mood Enhancer

Start Today and Make Health a Habit

<http://amzn.to/21CsEpT>

# MATRIXYL SKIN TIGHTENER



Firms  
Tones  
Skin

Reduces  
Lines  
Wrinkles

Massage in Upward Strokes



<http://www.amazon.com/gp/product/B011A8O0VS?tag=victorisbodys-20>

**AND MY FAVORITE, OUR MOTIVATIONAL  
FRUIT AND VEGGIE INFUSER WATER  
BOTTLE!**



<http://amzn.to/1QnqTWf>

# TRANSDERMAL FAT BURNER

## Lose Fat and Inches Fast

<http://www.victoriajohnson.com/extreme-slimming-cellulite-cream/>



BEST SKIN TIGHTENING ANTI CELLULITE CREAM FIRMING LOTION  
REDUCES DIMPLES, LUMPS ORANGE PEEL LOOK Natural Herbal Lipo Infusion.  
The root cause of cellulite is a toxic load in the fat cells, resulting in dimpling and improper cellular structure. The active ingredients in this formulation dissolve toxins, breaks up fatty tissue escorting them out of the hydro-cellular system beneath the skin. Then they are metabolized and flushed away. Leaving healthier and smoother sexy skin.