



Important Tips for Accell and Amino Accell

Meat: Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling, or boiling with no additional fat or oils. A George Foreman Grill works great.

Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings as long as there is no sugar or starch added. No oil, or butter can be used.

Stevia: only allowed sweetener that can be used

Walden Farms Salad Dressings and Marinades are allowed.

Exercise- moderate aerobic exercise is encouraged. Walking, biking etc. may be done as tolerated. Do not begin a weight training program during Accell or Amino Accell

Diabetics or those who are prone to hypoglycemia may divide the daily amount of allowed foods into smaller meals throughout the day to control blood sugar.

Things to Avoid

Massages: Avoid massages while on the diet. Oil and Lotions are heavily used.

Sunbathing: Avoid getting a sunburn. Sun is great to produce natural Vitamin D, however, sunburns produce water retention.

Items You Will Need

- Bathroom scale that weighs in .2 pound increments
- Food scale which weighs in grams/ounces
- Intestinal Cleanse #1, Smooth Move Tea, Super Dieter's Tea, Dr. Miller's Holy Tea, etc. can be used if constipation becomes an issue