



Undergoing Red-Red 360 (LipoMelt) therapy is not a license to increase your food intake. On the contrary, we recommend that you follow the Red-Red 360 (LipoMelt) diet, a low starchy carbohydrate and low saturated fat diet. This allows your kidneys, liver, and lymphatic systems to more effectively purge the excess fat as it is released from the fat cells.

What is the Red-Red 360 (LipoMelt) Diet?

Red-Red 360 (LipoMelt) therapy is the first step towards a healthy lifestyle. However, you will never keep that weight off unless you accompany your Red-Red 360 (LipoMelt) sessions with a good long-term diet full of macronutrients. The Red-Red 360 (LipoMelt) Diet is designed to keep your body in a state of hormonal balance by regulating the hormone insulin so that it remains within a healthy range.

High carbohydrate diets contribute to an increase in hormone insulin to such a degree that it impairs your body's ability to function at peak efficiency. When you eat high carbohydrate foods, your blood glucose increases dramatically. This triggers an increase in insulin, which is supposed to store glucose in muscle tissue. However, when too much glucose is produced too quickly, it is stored as body fat.

The Red-Red 360 (LipoMelt) diet steers clear of excess carbs, working with your body to control your appetite and keep those insulin levels in check.

Understanding Insulin

To lose weight and keep it off, you need to burn off fat for energy. When you take in a lot of carbohydrates, your body creates more insulin to process the carbohydrates while preventing the burning of fat cells for fuel. This creates a vicious cycle in the body where it increasingly relies on carbs for energy, leaving the fat exactly where you do not want it: on you.

Another disadvantage of having high insulin levels is it has the effect of increasing hunger. Increased blood sugar sent to the muscles causes hypoglycemia and a voracious appetite which can usually only be satisfied with more carbs.

The LipoMelt diet is low on carbohydrates and rich in fats. Keeping your carbs at around 40% of your daily calories keeps your blood sugar stable and encourages your body to burn off that excess fat as fuel, so you run more efficiently.

Carbohydrates

Americans eat too many carbohydrates. The point of the Red-Red 360 (LipoMelt) Diet is not to eliminate carbohydrates. It is to put them in proper balance within your diet. After all, small amounts of carbohydrates taken in a meal are used for energy without leading to extreme spikes in glucose levels.

When too many carbohydrates are consumed too quickly - such as with a bowl of pasta, or a rich dessert - the body can't process them without generating tremendous amounts of insulin to process the glucose, preventing your body from utilizing fat cells for energy.

Therefore, it is recommended that you have a diet rich in carbohydrates that are high in fiber and low in starch and sugar. For instance:

Fruits: apples, apricots, cherries, grapefruits, oranges, peaches, plums

Vegetables: artichokes, asparagus, broccoli, cauliflower, green beans

Grains: oatmeal, rye, wild rice

Legumes: black beans, chickpeas, kidney beans, lentils

Starches: sweet potatoes, yams, whole grain pasta

Protein

In place of all those carbohydrates you used to eat, you will need to start eating more protein. Generous amounts of protein are crucial to maintaining both a healthy diet and a healthy weight. It is required to build and repair muscles and is needed for attractive skin, hair, and nails, and in the production of hormones and enzymes.

The LipoMelt Diet contains the protein you will need every day to maintain your lean muscle mass. This includes lean, high-quality, proteins such as low-fat cottage cheese, eggs and egg whites, skinless turkey and chicken, lean meats such as fish, and whey protein powder to help rebuild muscle after working out.

Moving beyond the old carb-heavy diet you may have relied on in the past, and towards a diet rich in lean proteins such as the LipoMelt Diet is critical if you are going to maintain a healthy and sustainable weight.

Fats

We have come a long way since all fats were considered "bad". Today, it is understood that dietary fat is vital for staying fit. While fried fats and hydrogenated fats should be avoided, all-natural fats are actually good for you when taken in moderation.

In fact, dietary fats are conducive to stimulating your metabolism. With a quicker metabolism, you will burn energy quicker, and lose more weight when at rest. A diet - such as the Red-Red 360 (LipoMelt) Diet - that is comprised of 40% carbohydrate, 30% fat, and 30% protein is ideal for maintaining a healthy weight as well as lifestyle. Fats are also preferable to carbohydrates before working out and will not produce the "crash" effect you get from carbs.

Some excellent naturally occurring fats include avocados, safflower-based mayonnaise, cold-water fish such as salmon and mackerel, raw nuts and nut butters, and vegetable oils such as olive, sunflower, safflower, and sesame.

Are All Calories The Same?

Short answer: no. For too many years, people have been counting calories as a means of losing weight. However, achieving balance should be the goal of every diet. The LipoMelt Diet takes the composition of the calories into account when considering how they affect insulin levels. It is the elevated insulin levels that prevent your body from acting as efficiently as it should. Constantly elevated insulin levels make it difficult to lose weight, can sap your energy, impair your ability to concentrate, and even lead to a condition known as hyperinsulinemia: a primary contributor to coronary heart disease.



If you want help learning how to maintain food and lifestyle habits, then the TRANSFORMATIONS 360 Program may be what you are looking for.

The TRANSFORMATIONS 360 Program is a structured 5-week plan that will educate, energize, and empower you on making lifestyle and food habit changes that will allow you to be in control of your health and weight throughout your life. The fact is, if you are to live a healthy life, you must eat the foods nature has provided us and that is exactly why the TRANSFORMATIONS 360 Program EDUCATES as the first step.

The program also includes BrainTap Sessions, a tracking/coaching app
PLUS, personal one-on-one coaching with Dr. Morales.

Sample Recipes

Tips for Success

- Increase water intake. Your body weight divided by 2 is how many ounces you need per day.
- Try adding a glass or two of green tea to your day.
- If you eat beef switch to Grass Fed Beef, no hormones, antibiotics or added supplements.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient. Any seasoning salt or seasoning product must be carefully checked.
- Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.
- Make sure you are getting enough sleep.

Always keep in mind the diet restrictions:

- No regular sugar. Use Stevia like sweeteners. We like Monk Fruit Sweetener by Lakanto. It's a 1:1 white sugar substitute.
- No regular table salt. Use sea salt or pink Himalayan salt only.
- No pre-made fruit juices. Use fresh squeezed juices for recipes (lemon/lime)
- No more than 2 tablespoons of olive oil a day. Use olive oil cooking spray when able.
- When using uncooked egg whites, make sure they are pasteurized.

*****Breakfast Recipes*****

Hash Browns (Spaghetti Squash Style)

Makes 1 to 2 vegetable servings, depending on the amount of squash, 1 cup = 1 serving

Ingredients:

3 Tbsp. chopped green onion	1-2 egg whites
spaghetti squash (drained)	sea salt & pepper to taste

Directions:

Mix all ingredients together (use 1-2 egg whites depending on the amount of squash, you don't want the mixture to be soupy) create patties, and sauté in light olive oil. The patties will be crunchy on the outside; take out and let drain. Use salt & pepper to taste.

Pancakes

Makes 1 protein serving.

Ingredients:

½ cup liquid egg whites	1 scoop <i>VitaminMed</i> protein powder*
cinnamon, to taste	stevia, to taste

Directions:

1. Blend ingredients together
2. Pour on a hot non-skilllet to size
3. Cook until bubbling, and flip over to cook the other side

Berry Glaze for Pancakes

Makes 3 fruit servings

Ingredients:

1 cup raspberries	1 cup blueberries
8-10 large strawberries	1/3 cup stevia, or to taste
2/3 cup water	

Directions:

In a medium saucepan, combine berries, stevia, and water. Bring to a boil. Reduce heat to low and cover. Simmer until thickened (about 5-8 minutes). Cool to room temp and serve over beef or chicken. Cool in fridge and use on the pancakes or other fruit for a snack.

Egg White Muffins

Makes 12 muffins (3 muffins = 1 protein serving)

Ingredients:

12 servings liquid egg whites	¼ cup chopped tomatoes
½ cup chopped spinach	¼ cup chopped red and green peppers
Pinch of Mrs. Dash Original seasoning	sea salt and black pepper, to taste
onion powder, to taste	

Directions:

1. Blend all ingredients in a bowl. Spray muffin pan with Olive Oil spray and divide mixture into pan.
2. Bake at 350 degrees for 10-15 minutes, and then let cool for about 5-10 minutes.

“Almost” Oatmeal Shake

Makes 1 breakfast meal (1 protein serving + 1 fruit serving)

Ingredients:

1 scoop VitaminMed protein powder*	1 apple, cored, sliced
cinnamon and stevia, to taste	8oz almond milk, unsweetened

Directions:

1. Toss apple slices in cinnamon and stevia and bake at 350 until a golden brown.
2. Mix almond milk and vanilla protein powder in a blender until all the powder is mixed.
3. Add the baked apples to the blender and blend until smooth. It tastes like Apple-Cinnamon Oatmeal!

Breakfast Sausage

Makes 8 patties (2 patties = 1 protein serving)

Ingredients:

1 lb extra lean ground buffalo, beef or chicken breast	½ tsp cumin
½ tsp cayenne pepper	½ tsp garlic powder
1 tsp coriander	¼ tsp black pepper
1 tsp paprika	½ tsp oregano
½ cup no sodium, organic chicken broth	½ tsp basil
olive oil spray	

Directions:

1. Combine meat and dry spices in a large bowl and mix together thoroughly. Mix in chicken broth and let stand for 15 minutes.
2. Form 8 patties and cook in an olive oil sprayed skillet over medium heat for 7-8 minutes on each side or until cooked thoroughly.

*******Lunch Recipes*******

Tuna Salad

Makes 1 meal (1 protein serving + 2 vegetable servings)

Ingredients:

3.5oz tuna (if canned, only use white albacore in water)	1 bell pepper
½ white onion chopped	1 tomato chopped
Bragg’s Liquid Aminos to taste	sea salt and pepper to taste

Directions:

1. Cut the top off the bell pepper and gently remove seeds
2. If using canned tuna, drain water and combine with onions and tomatoes
3. Season mixture to taste with Bragg’s liquid aminos, sea salt, and pepper
4. Stuff the tuna mixture into the bell pepper and serve

Shrimp Cocktail

Makes 2 meals (1 protein each)

Ingredients:

100 grams raw shrimp (10-12 medium shrimp steamed)

Cocktail Sauce:

3 ounces tomato paste	2 tablespoons lemon juice
1 tablespoon apple cider vinegar	1 teaspoon hot sauce
1/8 teaspoon of horseradish or to taste	Dash of mustard powder
Stevia to taste	Salt and pepper to taste
Water as needed for desired consistency	

Directions:

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.

Summer Salad

Makes 1 meal (1 protein serving + 2 vegetable servings)

Ingredients:

1 cup Romaine lettuce, chopped	1 cup chopped Iceberg lettuce
½ cup green bell pepper, thinly sliced	½ cup wedged fresh tomatoes
¼ of a whole cucumber, sliced	2 grilled or baked chicken tenders
½ cup zucchini, chopped	½ cup squash, chopped
Rouse’s Cajun seasoning, to taste	

Directions:

1. Assemble the “raw” vegetables on a plate.
2. Cook chicken tenders. In a separate pan cook zucchini & squash together. Season both with Rouse’s Cajun seasoning & garlic powder. Lightly spray with olive oil cooking spray.
3. Add to the salad while still warm.
4. 1 tbsp olive oil & red wine vinegar on top.
5. Fresh cracked pepper and sea salt to taste.

Chicken & Baby Bok Choy Salad

Makes 6 meals (1 protein serving + 1 vegetable serving)

Ingredients:

For the salad:

2 cups grilled chicken, chopped
½ cup raw jicama, chopped
¼ cup cilantro, chopped

6 baby bok choy, grilled & chopped
2 green onions, chopped

For the dressing:

1 tbsp fresh ginger, chopped
½ tsp sriracha hot sauce
1 tbsp sesame oil
1 tsp stevia powder

2 tbsp coconut cream
2 tbsp Braggs Amino
2 tbsp fresh lime juice

Directions:

Combine all the ingredients for the dressing into a blender and puree. Pour the dressing over the salad and toss lightly until coated.

Chili Makes

1 serving (1 protein serving + 1 vegetable serving)

Ingredients:

¼ lbs ground top sirloin or extra lean ground beef
½ cup water
pinch of garlic powder
¼ tsp chili powder
cayenne pepper to taste

1 ½ cups tomatoes, chopped
1 tbsp onion, minced
pinch of onion powder
pinch of oregano
sea salt and pepper to taste

Directions:

Brown ground beef in a small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks, the more tender and flavorful it will be. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and sea salt and pepper to taste.

Chicken Vegetable Soup

Makes 2 lunch or dinner meals (each meal = 1 protein serving + 2 vegetable servings)

Ingredients:

4 cups organic, no salt chicken broth or homemade vegetable broth
3 stalks celery, chopped
2 cups cabbage, chopped

8oz chicken breast, cooked and chopped
1 onion, chopped
2 medium sized tomatoes, chopped

Directions:

Combine all ingredients except cabbage and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetable are tender adding cabbage for the last 10 minutes.

*******Dinner Recipes*******

Pepper Crushed Steak

Makes 1 protein serving

Ingredients:

¼ lbs top sirloin, tenderloin or filet
dash of Bragg’s Liquid Amino (some like a dash of stevia)

fresh ground black pepper
sea salt to taste

Directions:

Manually tenderize the meat until flat. Rub the meat with sea salt and coat liberally with black pepper. Cook on high for about 3-5 minutes or throw on the grill. You can top with the Bragg’s Liquid Aminos and caramelized onions as a garnish. You can also cut the steak into strips and eat over a salad.

Fish Taco Lettuce Wraps

Makes 3 protein servings (add two cups of vegetables to make a full meal-1 protein serving+2 vegetable servings)

Ingredients:

12 oz tilapia, patted dry
1 tsp lime juice
1 tsp sea salt

1 tsp garlic, minced
2 tbsp extra virgin olive oil
romaine lettuce

Directions:

Whisk all of the spices, juice, and oil together. Coat fish and refrigerate for 30 minutes. Spray oil into a pan. Heat over medium-high. Sear fish, 4 minutes on each side or until cooked through. Cut into strips or chunks and serve in a lettuce wrap.

Lemon Chicken with Asparagus

Makes 1 meal (1 protein serving + 2 vegetable servings)

Ingredients:

4oz chicken breast
1 clove garlic
12 asparagus spears
1 packet stevia

1 tbsp olive oil
¼ tsp red pepper flakes
1 tsp Bragg’s Liquid Aminos
juice from 1 lemon

Directions:

1. Cook chicken in olive oil with garlic and red pepper flakes (about 7 minutes or so)
2. Add asparagus and cook another 3 minutes
3. In small bowl, whisk together Bragg’s, stevia, sesame seeds, and lemon juice
4. Add mixture to skillet and cook another 1-2 minutes.

*******Shakes & Treats*******

Chocolate Muffin

Makes 1 large muffin, 1 breakfast meal (1 muffin = 1 protein + 1 vegetable)

Ingredients:

¼ cup organic mashed pumpkin	1 scoop <i>VitaminMed</i> protein powder*
2 tbsp unsweetened cocoa powder	2 tsp stevia
¼ tsp baking soda	1/8 tsp imitation vanilla extract
dash of salt	olive oil spray

Directions:

Mix all ingredients and place in olive oil sprayed muffin tin. Bake for 15 minutes at 350 degrees.

Caramel Creme Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 tsp caramel extract	8 oz unsweetened almond milk
2 scoops <i>VitaminMed</i> protein powder*	2 packets stevia

Directions:

Mix all ingredients together a blender until smooth.

“Almost” Oatmeal Shake

Makes 1 breakfast meal (1 protein serving + 1 fruit serving)

Ingredients:

1 scoop <i>VitaminMed</i> protein powder* cinnamon and stevia, to taste	1 apple, cored, sliced 8oz almond milk, unsweetened
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Directions:

1. Toss apple slices in cinnamon and stevia and bake at 350 until a golden brown.
2. Mix almond milk and vanilla protein powder in a blender until all the powder is mixed.
3. Add the baked apples to the blender and blend until smooth. It tastes like Apple-Cinnamon Oatmeal!

Lemon Cookie Protein Shake

Makes 1 complete meal (1 serving of protein shake)

Ingredients:

1 tsp Lemon extract	8 oz unsweetened almond milk
2 scoops <i>VitaminMed</i> protein powder*	2 packets stevia

Directions:

Mix all ingredients together in a blender until smooth.

****VitaminMed protein powder can be purchased from us.***