

SOZa
weightloss

so simple. so different.

"The time for
change is now."



so happy

“ I had tried so many other things in the past.
Nothing really worked for me before.

I meet new people, I feel good and my confidence
is through the roof. With the help of the SOZA program
I am down 60 pounds and my doctor told me
I have nothing to worry about!

It really changed my life. ”

Lindsey M.

SOZA...derivation from SOZO:

To save, rescue, deliver; to heal; by extension:
to be in right relationship with God; saved; save; made
whole; healed; whole; do well; preserve!

Why SOZA ?

We believe a healthy life and sustainable future is best achieved with a natural lifestyle.

Healthy living is beyond just physical health. It represents a much more holistic view, where food, exercise, mental well-being, environmentally conscious and broader lifestyle choices are a whole entity.

Our advisory board of certified physicians keep us at the forefront of technology and advances in medicine, but it is our holistic community that keep us on track of using non-processed, non-synthetic, non-harmful, and all-natural methods.

We strongly believe everyone wants to be healthy and happy. Promoting and practicing healthy behaviors allows for prosperity now and future generations.

Transforming one's life can be challenging, yet exciting and rewarding.

Congratulations on your decision to join our weight loss program and commitment to living a healthier lifestyle.



Welcome to SOZA Weightloss®

SOZA Weightloss® is a wellness driven company developed by nutritionists and physicians to promote an all-natural wholistic weight loss program to lose weight rapidly and safely. Our program is offered by Doctors of Integrative Medicine, Chiropractic Physicians and other health care Professionals. We have made it a top priority to provide only the highest quality and authentic pharmaceutical ingredients.



We abide by good manufacturing practices ("GMP"), the regulations set forth by the FDA. All products are NON-GMO, have no artificial sweeteners, food dyes, or other unnecessary chemicals, and fillers.



Passionate Health Care Professionals will only provide their patients the most potent and purest dietary supplements. Our continuous work with Health Care Professionals has ensured that you receive the best the industry has to offer.



All products have gone through testing for quality and purity. Each of our formulas is 100% compliant with the ingredients listed on the label, meets or exceeds GMP quality standards, and has undergone rigorous testing.



Our ingredients and dosages are backed by peer-reviewed scientific and clinical research. They are scientifically proven to be healthy, safe and effective.

The good news is that we have seen over 75,000 patients nationwide use our program with great success. Many people have also either lowered or completely stopped using their blood pressure, cholesterol and diabetes medications.

Most of us have tried one weight loss or diet program after another, and unfortunately for one reason or another have met with failure. There are several reasons for this failure with the main reason being that we lose weight so slowly, become demotivated and therefore quit.

On our program (which hundreds of Doctors have personally used) most people will lose anywhere from 8-15lbs their first 10 days.

Please give this program your utmost best, especially the first 10 days, when you see what happens to you and how you feel, you will continue doing it, and when family members, friends and co-workers start noticing and ask what it is you're doing please refer them to your clinic.

NOW LET'S GET STARTED!



so fast

Lose weight safely and naturally in no time.
No pills, no surgery, no pre-packaged meals.

How does it work?



Unique supplementation that both complements a diet and acts as a catalyst in achieving your weight loss goal much faster. These supplements are high quality non-GMO products and backed by science to assist your weight loss goals.



On this program you will be eating Real Foods. No processed foods and no artificial ingredients. We do recommend you read labels. As a rule of thumb, the less ingredients the better. 80% of your battle comes from proper nutrition. This program is a detox as well so you must eat clean! We give you a step by step process to insure great results as well as an exit strategy to get you to your goal and keep you there.



The program builds a wellness lifestyle around recommended healthy habits. Putting into practice this wider view is truly admirable. As a society we still have some ways to go, however rest assured we are now getting there faster than ever.



You are not alone. Receive the guidance and support to keep you on track.

Success Factors



Your emotional readiness. When making a life change with eating habits, the first few days are the hardest. Establish a support system of family and friends during this brief period until you get into the rhythm of a healthier eating pattern. When in social situations don't be afraid to say no!



Knowledge. Please read the booklet in its entirety, making sure you understand all aspects of the program before you start. In addition, make sure you have all your supplements and review directions on how to take them. This will allow you to make accurate choices to maximize nutritional benefits.



Prepare for success. Use our food guidelines to shop ahead of time and plan a menu that works for you. Toss out the junk out of your pantry! Get ready to do some real shopping by following our food list.



Monitoring. As you lose weight, you may find that the need for blood pressure and/or diabetes medications may change. It's important to monitor and inform your healthcare provider of any changes.

Curbs appetite, balances hunger, and boosts the basal metabolic rate required for rapid weight loss.



An oral sublingual spray which serves as the fundamental basis of our weight loss plan and has effectively helped thousands lose weight.

☛ SUPREME Spray for weight loss and hunger control is an ALL-NATURAL proprietary formula that was created to support the body's ability to achieve maximum weight loss.

☛ Each ingredient is FDA registered, has been time tested to support weight loss. SUPREME functions by providing glandular support of the endocrine system and other hormone receptors to stimulate healthy weight-loss by way of hormonal balance and improved function.

⚖️ This formula meets or exceeds cGMP Quality Standards.



Promotes the sensation of being full

A powerful appetite support composed of proprietary blend of vitamins, minerals and herbs to address weight loss and metabolism. Shown to release norepinephrine and dopamine, phenylethylamine HCl is great at triggering the release of glucose from energy stores and increasing blood flow to muscles.



Chocamine™ is a branded material that takes the best of chocolate (antioxidants, and alkaloids) to a very positive effect on fat burning, increasing energy, suppressing appetite, as well as providing low dose benefits of caffeine.



Guarana, green tea and green coffee bean extracts all have beneficial attributes for weight loss and blood sugar metabolism.



The addition of chromium may help to aid in the way blood sugar is metabolized, possibly creating more efficient processing of sugar by the cells. Additionally, this form of chromium is an amino acid chelate™, which allows for much greater bio-availability as well as eliminating competition of absorption with other minerals not in an amino acid chelate form.

⚠ This formula meets or exceeds cGMP Quality Standards.

Increases energy, promotes memory, increases your metabolism and helps supports the immune system while helping to maximize weight loss.



B12 has powerful mood elevating properties that will help you feel great during your weight loss process. B Vitamins and folate help support adrenal function, help calm and maintain a healthy nervous system, and are necessary for key metabolic processes.



B12 and folate together is shown to lower levels of homocysteine. In research, high levels of homocysteine are believed to increase the occurrence of heart disease, stroke, Alzheimer's disease and osteoporosis.

- Supports Healthy Methylation*
- Supports Neurological Health*
- Supports Red Blood Cell Formation*
- Supports Healthy Sleep Patterns*
- Supports a Healthy Immune System

MecobalActive™ a Methycobalamin B12 brand has shown higher absorption than other cobalamin supplements.

⚖️ This formula meets or exceeds cGMP Quality Standards.

PHASE 1-3 OVERVIEW & BASICS

Phase	Directions	Explanation
Day 1 & 2 Fat Loading Binge Phase	<ul style="list-style-type: none"> » Day 1 begin SUPREME spray 3x in morning & 3x In the evening. » Begin B12 every day. » Record TRUE weight daily and record in your log. » Eat 50% more than normal. 	Fat loading prepares the body and brain for the low caloric diet in PHASE 2.
Phase 2 Weight Loss Day 3 through the remainder of your program (25-50 days or more)	<ul style="list-style-type: none"> » Start eating 6x per day and ONLY foods listed in this book. » Continue taking both the SUPREME spray as well as the B12. Also start the LEAN during this phase. Take 1 LEAN with breakfast and 1 LEAN with lunch. » Avoid all foods outside of the program. » Weigh every day 	On your diet days your body will start to draw fat from your fat reserves.
Stabilization	<ul style="list-style-type: none"> » NO starches or sugars. » Increase calorie intake. » Introduce other foods not on the diet. 	The stabilization phase is to maintain your new weight. This is a way to exit the program without gaining the weight back. You should stay within 2lbs of your goal weight.



BENEFITS OF Meditation



BRAIN EMPOWERMENT



MIND FOCUS



STRESS RELIEF



REACH GOALS



MOOD ENHANCEMENT



SELF CENTERED



BALANCE



FEEL CONNECTED



BOOST IMMUNE SYSTEM



ANTIAGING



HEALTHY HEART



INCREASE ENERGY

MIND AND BODY HEALING



PHASE 1: Getting Started - BINGE / FAT LOADING DAYS



Day 1 & 2 Binge / Fat Loading Days

The binge days of this program are to get you both mentally and physically prepared for the program. Typically speaking when you are in a caloric deficit "or low calorie diet" your body's own natural reaction is to go into a survival mode where it tends to store body fat for survival. By introducing the SUPREME spray and doing a binge, we are getting the brain to relax as we introduce the spray to the system. Fat loading puts your brain into a relaxed state. This is where we need to be prior to moving into phase 2.

Product Use During Binge Days

Start day 1 through end of phase 2. Start using the SUPREME spray, shake bottle thoroughly and spray 3 times directly under the tongue first thing in the morning and again 3 times in the evening before bed. Make sure to HOLD THE SOLUTION UNDER THE TONGUE FOR 3-5 MINUTES TO MAXIMIZE EFFECTIVENESS.

Start Every Other Day From Day 1 Through The End Of The Program

Start the Methylcobalamin B-12 this tablet should be placed directly under the tongue and allowed to dissolve thoroughly 3-5 minutes.

Your True Weight

It is very important that you keep a accurate record of your weight. You should always weigh yourself FIRST THING IN THE MORNING AFTER USING THE BATHROOM. Remember to use your weight loss journal found in the back of this book. Seeing the weight fall off will help keep you motivated throughout this program.

Begin Fat Loading

During the first two days you will OVEREAT! Load up on fats and carbohydrates. The goal is to eat 50% more than your current caloric intake. This will enable your body to access your abnormal fat deposits once you begin the low calorie routine or PHASE 2. Eat what you like but stick to healthy foods and stay away from high sugar items.

PHASE 2: DAY 3



Day 3 - Goal Weight / The Weight Loss Phase

During the weight loss phase you will follow a low calorie diet that will consist of nutrient rich fruits, vegetables & LEAN proteins. This program is LOW Carbohydrates, Fat, Dairy or Sugar. You will be in a calorie range of 800 calories per day. This is low but the types of foods you will find that are approved are high in nutrient value, plus the SUPREME spray will help your body to have adequate nutrition. This is important so your body does not deplete muscle mass. Also remember with this system calorie counting is not as important as **portion size & frequency of meals is what really matters.**



PROTEIN



FRUIT

Product Use During Phase 2:

Continue with the SUPREME spray two times per day as well as the B12 one time every day. At this point you will also start the LEAN Appetite support pills. You can take one capsule with breakfast and one with lunch.

Daily Routine During Phase 2

See food lists for portion size and options.

PHASE 2: DAY 3

PHASE 2:	DAILY ROUTINE
BREAKFAST	» 1 serving lean Protein
SNACK 1	» 1 serving Fruit
LUNCH	» 1 serving lean Protein » 1 serving vegetable
SNACK 2	» 1 serving vegetable/fruit
DINNER	» 1 serving lean Protein » 1 serving vegetable
SNACK 3	» 1 serving vegetable

PHASE 2 TIPS:

- » You should be eating every 2-3 hours.
- » DO NOT SKIP MEALS - This will only negatively effect your results.
- » Eat your fruit in the morning hours to eliminate high blood sugar into evening hours. STAY HYDRATED.
- » Prep your meals, measuring out and preparing your meals in SUPREME can save you time as well as cut down the chances for poor decision making.
- » You can swap out any meal or snack with a SOZA Protein Meal Shake.

"If you fail to prepare, prepare to fail!"

PHASE 3: STABILIZATION STABILIZATION (21 DAYS)

We cannot express enough the importance of maintaining this part of the program/system. This is vital to resetting the metabolism, SO YOU WILL NOT REGAIN YOUR WEIGHT!

It is imperative that you continue following your low-calorie diet for two days after your last dose day. After the last diet day with our Spray, you will do 2 additional Diet Days without taking any spray.

The next 3 weeks (21 days) will be your "Maintenance Period.

The goal during this time is to "Maintain" the weight you have lost. This is an important step to completely reset your metabolism via the hypothalamus gland and improve your metabolism.

During the maintenance phase you will try to instill a new weight set point in your body. You should attempt to keep your weight as steady as possible during this phase. It seems the faster this is done and the more consistent one stays at a weight, the quicker the body takes over in making sure the new weight is maintained.

Remember you must completely avoid all white flour and sugars.



PHASE 3: STABILIZATION STABILIZATION (21 DAYS)

You must eat more than you did while on the initial phase. You may now have the additional vegetables and fruits that you couldn't have before (with the exception of potatoes, juice drinks or dried fruit). Lean pork and other fish. Continue to weigh yourself every morning to make sure you do not gain more than 2 pounds on any day.

Should a gain of over 2 lbs occur, you may have a "steak day" during a steak day you will avoid food during the day and in the evening eat a large steak with tomatoes. This should correct the weight gain.

You can purchase and continue to take Methyl-B12 during this phase.

After 21 days on the Maintenance Phase you may start to slowly add carbohydrates into your diet. Remember, too much white flour and white sugars over a period of time you may find yourself re-gaining some of your weight.

There are no benefits for you to ever eat white flour or sugars as they are empty calories and will convert to FAT.

As mentioned above, the avoidance of major stress is of the utmost importance. Time and time again, we have seen people regain their weight on this program due to significant stress in their lives. If you do have stress, seek a positive outlet in which you can either reduce or even eliminate your stress.



High-Quality Micronutrient Multivitamin

Good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better health. An important aspect of good nutrition is micronutrition (vitamins and minerals).

✿ Micronutrients participate in converting food to energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and health.

✿ Numerous reasons for our Multivitamin:

- 1 Balanced profile
- 2 Bioavailability
- 3 Energy Production
- 4 Antioxidant Protection
- 5 Detoxification Support

⚖ This formula meets or exceeds cGMP Quality Standards.

Beverages HYDRATION

Hydration is a HUGE part of this system. We suggest 1/2 ounce of water per body pound per day.

Example: If you weigh 180lbs you must drink 90 ounces of purified or filtered water per day. We realize this is a challenge for some people but it helps flush our toxins in the body and helps keep you regular during this program. Here are some other beverage options to choose from.

Zevia	0 Calories	All Variations Of Tea (unsweetened)	0 Calories
La Croix	0 Calories	Unsweetened Coconut Milk	45 Calories
Perrier	0 Calories	Unsweetened Almond Milk	40 Calories
Pellegrino	0 Calories	Unsweetened Rice Milk	45 Calories
Green Tea	0 Calories	Carbonated water (flavored)	0 Calories
Oolong Tea	0 Calories	Vitamin Water Zero	0 Calories
Yerba Mate Tea	0 Calories	Crystal light PURE	0 Calories



- » Also infusing water with Lemon, lime will assist with absorption and increase hydration.
- » If you need to sweeten your beverage use natural sweeteners STEVIA, TRUVIA, Zero or Zsweet are approved. **Avoid** using artificial chemical sweeteners such as equal, sweet & low and splenda THESE WILL SLOW DOWN WEIGHT LOSS.
- » ALWAYS filter your water, do not drink tap water "unless its filtered."

Menu Suggestions & SOZA Approved Foods

The list provided are all nutrient rich foods that will give your body what it needs and keep out what it does not. Our main objective is to get you to your target weight goal as well as maintain optimal nutrition during the process.

Tip: Try choosing meat & poultry with no additives, no antibiotics, and no added growth hormones.
Consider certified organic, organic grass-fed beef, free-range to pasture-raised chicken and eggs.

PROTEINS: Grilled or Baked (NO Frying)
Calories calculated at 3.5 ounce servings. This is the appropriate serving size unless otherwise listed. 3.5 ounces is roughly the size of the palm of your hand. Remember **WE ARE NOT CALORIE COUNTING.**

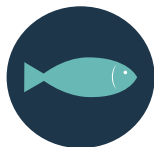
Buffalo Steak	157 Calories	Crab	83 Calories
Chicken Breast	157 Calories	Flounder	99 Calories
Edamame	120 Calories	Grouper	100 Calories
Egg White (3)	51 Calories	Haddock	95 Calories
Beef Fillet	210 Calories	Halibut	119 Calories
Beef Top Sirloin	195 Calories	Lobster	100 Calories
Beef Tenderloin	235 Calories	Mahi Mahi	72 Calories
Turkey Breast	146 Calories	Monkfish	65 Calories

Menu Suggestions & SOZA Approved Foods

PROTEINS: Grilled or Baked (NO Frying) (Continued)

Tip: You would be surprised to learn that even fish would contain antibiotics and pesticides! Try going for wild-caught or organic, responsibly farmed, certified sustainable, and / or farmed responsibly to name a few.

Mussels	89 Calories	Cod Fish	89 Calories
Ocean Perch	103 Calories	Scallops	111 Calories
Orange Roughy	107 Calories	Rainbow Trout	190 Calories
Red Snapper	109 Calories	Tofu (1/2 Cup Serving)	94 (10.1g of protein)
Sea Bass	105 Calories	Tilapia	145 Calories
Shrimp	84 Calories	Greek Yogurt (Plain) (7.2 oz Serving)	108 - 130 Calories
Sole (filet)	99 Calories	Tuna (Canned White Albacore, Water Packed)	70 Calories



Protein Tips:

- » Do not eat beef every day.
- » Any white fish is great. NO salmon, herring, mackerel or sardines. These fish contain too much oil and can slow down weight loss. Excellent choices however for Phase 3 of the program!
- » A wide variety of proteins gives you a wide array of nutrition.

Menu Suggestions & SOZA Approved Foods

VEGETABLES

All veggies may be served raw, steamed or grilled calories below calculated at 1 cup or 3.5 ounces

NAME	SERVING SIZE	CALORIES
Artichoke	1	141 (5.3 grams of protein)
Asparagus	6 Spears	30
Arugula Salad	Unlimited	Negative
Bok Choy	1	10 (2.6g protein)
Brussel Sprouts	1	38
Cabbage (green)	Unlimited	Negative
Cabbage (red)	1	29
Celery	Unlimited	Negative
Collard Greens	1	30 (3g protein)
Cucumber	Unlimited	Negative (0.5g protein)
Fennel	1	12

Menu Suggestions & SOZA Approved Foods

VEGETABLES (Check out “The Dirty Dozen and Clean Fifteen” in this manual)

All veggies may be served raw, steamed or grilled Calories below calculated at 1 cup or 3.5 ounces.

NAME	SERVING SIZE	CALORIES
Kale	1	50 (7g protein)
Leaf Lettuce (romaine, dandelion, mixed greens, etc.)	Unlimited	Negative
Leek	1	10
Mustard Greens	1	30 (3.1g protein)
Okra	10 Pods	25 (3.8g protein)
Onion (red)	1	15
Spinach	Unlimited	Negative (3.5g protein)

NAME	SERVING SIZE	CALORIES
Spaghetti Squash (baked)	1	45
Squash (yellow)	1	25 (1.5g protein)
Swiss Chard	1	32
Tomatoes	1	20 (1.5g protein)
Turnips	1	21
Watercress	1 Bunch	20
Zucchini	1	30

Menu Suggestions & SOZA Approved Foods

FRUIT

(Must Be Eaten **NOT** Juiced) Choose 2 different servings per day. Eating them gives you more fiber.

NAME	SERVING SIZE	CALORIES
Apple (any kind)	1 medium size	44
Apricot	1	30
Blackberry	1 cup	70
Blueberry	1 cup	50
Grapefruit	1	100
Lemon	1	20
Lime	1	10
Orange	1	37
Pear	1	45
Plum	1	25

Fruit list continued on next page.

Menu Suggestions & SOZA Approved Foods

FRUIT (continued)
(Must Be Eaten **NOT** Juiced). Choose 2 different servings per day. Eating them gives you more fiber.

NAME	SERVING SIZE	CALORIES
Raspberry	1 Cup	64
Strawberry	1 Cup	49
Tangerine	1	26





“ I love Food. I really love to eat. I always did, my whole life. For that reason, I was always overweight. In fact, almost everyone in my family was overweight, or obese. My wake up call did not come after studying pre-med at St. Joseph's University, or a grueling residency medical training, or years of practicing as a board certified internal medicine physician in the Philadelphia area, or gaining 60 lbs! My wake-up call came when I had my annual checkup and was diagnosed as a pre-diabetic. With almost every adult on both my parents' side diagnosed with diabetes, high cholesterol, and high blood pressure, I decided it was time to make a change!

A talented team of physicians, health care providers, dieticians, and nutritionists combined various proprietary natural supplements and food lists to achieve the fastest weight loss possible in the healthiest way possible.

I did the program. And just fifty days later, I was 45 lbs THINNER! The most amazing feeling is that I've maintained the weight loss for years now! ”

Plateau Breakers and Daily Loss Rate Maximizes

- 1** Increase water intake to 2-3 quarts per day. Try adding a glass or two of green tea to your day. Cut American beef down or out.
- 2** 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.
- 3** If having trouble with constipation, we suggest using "Aloe Ferox", (Available from **SOZA**) a very good natural laxative or get any all-natural laxative at any health food store and follow directions.
- 4** 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.
- 5** Consider if you are potentially at your ideal weight. Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc? It may be time to stop losing.
- 6** For women, your menstrual cycle may be coming into play. Have you changed or started one or more medications?
- 7** Since the system says you are not required to eat all the food each day, you may consider dropping one of your fruits.

Plateau Breakers and Daily Loss Rate Maximizes

- 8 You may do an “apple day” every so often. To break a plateau, you may have apples throughout the day with purified water and herbal teas and follow with a 4-6 ounce steak or chicken breast with a tomato.
- 9 Consider adding a brisk walk, some yoga, or any type of 15-minute activities to your day – anything that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the system. Our interpretation is that exercise is good for everyone; however, it is simply not required to lose weight on this system successfully. That being said, we have observed that participants who have a physically demanding jobs, seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.
- 10 Make sure you are getting enough sleep. More than a few participants have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop in the scale of 2 pounds. This suggests that routine and adequate sleep can affect what the scale registers. While this probably doesn’t actually affect the rate of loss, it can cause discouragement and, therefore, exceptions such as being up late and getting up early should be kept in mind. You can consider taking a melatonin.

An important point to note with SOZA Weight Loss System is that when you have dropped for example 16lbs, you have probably lost 14 lbs. of abnormal fat. Whereas with other diets, when you lose 16 lbs. you could be losing 8 lbs. of lean body mass, 4 lbs. of good fat reserves and 4 lbs. of abnormal fat.

SOZA Sample Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1 Binge Day (Start SUPREME)	Buttermilk Pancakes with sausage/bacon	Nachos with cheese and chili	Philly Cheese Steak with Fried Onions & fries	Onion Rings	Chicken Parmesan w/Pasta & Garlic Bread
Day 2 Binge Day	Cream Chipped Beef on Biscuit with Home Fries and side of meat	Mozzarella Sticks	Bacon Cheeseburger with Cheese Fries	Banana Split	Chicken and Waffles with Crescent Rolls & Potato With the Works
Day 3 (Start LEAN & B12 & continue SUPREME)	2/3 egg whites w/ peppers	8 strawberries	Tilapia w/herbs recipe with a salad	1/2 grapefruit	Chicken breast w/ mixed green salad
Day 4	Western Omelette Recipe	1 cup of blueberries	1 Chicken curry recipe w/ mixed green salad and/or 6 ounces brussel sprouts	1 apple	Pepper crusted steak recipe w/steamed vegetables

SOZA Sample Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 5	Breakfast pattie recipe	1 cup of raspberries	Grilled Shrimp w/ mixed green salad	1 pear	Tomato basil chicken recipe w/mixed green salad
Day 6	SOZA meal protein powder	1 cup of blueberries	Sea bass w/steamed cabbage	1 apple	Tuna Albacore w/ mixed green salad
Day 7	2-3 boiled egg whites w/tomatoes and spinach	1 Plum	Scallops w/steamed broccoli	1 orange	Curried shrimp with tomato w/mixed green salad
Day 8	3 hardboiled eggs w/ yolk removed	1 pear	Beef Tenderloin w/ steamed broccoli	1 apple	Chicken breast w/ watercress salad

SOZA Sample Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 9	2 egg white omelette w/ tomato	1 apple	Hot and sour Thai shrimp soup with mixed green salad with celery	9 strawberries	Filet Mignon w/green beans
Day 10	SOZA Pancake Recipe	2 tangerines	Chicken asparagus baked recipe w/steamed cabbage	1 apple	Filet Mignon with butternut squash
Day 11	2/3 egg white omelette w/fresh salsa	1 orange	Oriental ginger chicken recipe w/6 ounces steamed broccoli and/or mixed green salad	1 cup of strawberries with truvia	Halibut w/mixed green salad

SOZA Sample Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 12	2 hard boiled egg whites w/ onions and peppers	1 cup of raspberries	Tofu w/mixed green salad	1 apple	Mahi Mahi w/ steamed broccoli
Day 13	Egg White Muffins	7 strawberries	Tuna Albacore w/ mixed green salad	1 plum	Chicken and cabbage soup recipe w/mixed green salad
Day 14	Tofu Oatmeal	1 apple	Grilled chicken breast w/bell pepper	1 orange	Beef top sirloin w/4-6 ounces steamed green beans

Recipes





Western Omelette

Ingredients:

4-6 Egg whites

½ white onion, finely chopped

½ clove of garlic, finely chopped

½ red bell pepper, diced

Optional: ½ Serrano pepper chopped

½ Tbsp fresh lime juice

½ tsp oregano

Salt and pepper

Olive oil as needed

1 large tomato peeled and chopped

Directions: Preheat oven to 350. Heat skillet over medium heat. Add olive oil, Add garlic and onions. Cook for 5 mins stirring frequently. Add bell pepper and chilies and cook for 5 mins until softened. Add tomatoes, lemon juice and oregano and season to taste with salt and pepper. Bring to a boil, reduce heat and simmer for 10 mins. Transfer mixture to a large ovenproof dish. Make 4-6 hollows in the mixture and break egg whites into each hollow. Bake for 12-15 mins or until eggs are set.

Breakfast Treats

Ingredients:

4 oz of ground organic chicken or beef

Dash of garlic powder

Dash of black pepper

Dash of sea salt

1 oz of chopped spinach

Directions: Mix in a bowl. Make little patties out of the ground meat. Bake in the oven for 20 mins.

Curried Shrimp with Tomato

Ingredients:

5-6 Ounces Shrimp

½ cup fresh vegetable broth or water

1 tomato chopped

1 Tbsp minced onion

1 Clove garlic crushed and minced

1/8 tsp curry

Stevia to taste

Directions: Saute the shrimp with the onion and garlic for about 3 minutes until desired consistency is reached.



Tilapia with Herbs

Ingredients:

100 grams of Tilapia fish

2 Tbsp lemon juice

1 clove garlic crushed and minced

1 Tbsp chopped onion

Pinch of dill

Fresh parsley

Salt and black pepper to taste

Directions: Saute fish in lemon juice with little water then add onion, garlic and fresh herbs. Garnish with chopped parsley. Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious. Variations: oregano, thyme, or tarragon.

Pepper Crusted Steak

Ingredients:

100 grams lean steak

Fresh ground black pepper

Dash of Worcestershire sauce

Salt to taste

Directions: Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the BBQ. Top with worcestershite sauce if desired and carmelized onion garnish. You can also cut th steak into strips and serve over a salad.

Chicken Curry

Ingredients:

100 grams cubed chicken
¼ fresh chicken broth or water
¼ tsp curry powder to taste
Pinch of turmeric

1 Tbsp minced onion
Salt and Pepper to taste
Stevia to taste
Cayenne to taste

Directions: Dissolve spices in chicken broth in a small saucepan. Add chopped onion, garlic and chicken. Add stevia to taste for a more sweet curry. Saute chicken in liquid until fully cooked and liquid is reduced by half. Additional water may be added to achieve desired consistency. Serve hot or cold.

Hot and Sour Thai Shrimp Soup

Ingredients:

100 grams shrimp
2 Cups of Water
Juice of ½ lemon with rind
1 lemon grass stalk
2-3 slices of fresh ginger

Red pepper flakes or cayenne pepper
1 Tbsp green onion
1 Tbsp fresh chopped cilantro
Salt and pepper to taste

Directions: Bring the water to a boil. Add the ginger, lemongrass, lemon juice, onion and pepper. Simmer for 10-15 mins. Add the shrimp and cilantro and cook another 8 mins. Remove lemongrass and serve hot.

Chicken and Cabbage Soup

Ingredients:

100 grams Chicken

Cabbage

2 Cups Water

2 Tbsp Bragg's liquid aminos(optional)

2 Cloves of garlic crushed and minced

1 Tbsp chopped onion

¼ tsp thyme

¼ tsp rosemary

Cayenne to taste

Salt and pepper to taste

Directions: Combine chicken and spices in medium saucepan. Bring water to boil. Add cabbage. Reduce heat and simmer for a minimum of 30 mins. Add additional water as needed. Variations: change the spices and add fresh tarragon or turmeric. Add a ¼ lemon with rind to the broth and simmer for rich lemon flavor.

Chicken Asparagus Bake

Ingredients:

100 grams cubed chicken

Asparagus chopped

½ cup fresh chicken broth or water

1 Clove garlic crushed and minced

2 Tbsp onion chopped

Dash of paprika

Salt and pepper to taste

Directions: Place chicken, asparagus, liquids, and spices and spices and pour into small baking dish. Bake at 375 degrees for 30 mins or until bubbly and hot and sprinkle with paprika.

Oriental Ginger Chicken

Ingredients:

100 grams chicken

¼ cup fresh chicken broth or water

4 Tbsp lemon juice

¼ tsp lemon

½ tsp fresh ginger

4 Tbsp Braggs liquid aminos

1 Tbsp chopped onion

Stevia to taste

Salt and pepper to taste

Cayenne pepper to taste

Directions: In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon, and stevia. Add Braggs aminos and cook thoroughly. Deglaze the pan periodically by adding a little water. Serve hot and garnish with lemon or orange slices.

Annie's Quick Chicken N Arugula

Ingredients:

5 oz grilled chicken breast

2 Cups arugula green leafs

Eat on the go!

2 Tbsp lemon juice



Dr. Joe's Ketchup

Ingredients:

4 medium tomatoes (stem removed)

2/3 cup apple cider vinegar

1/3 cup water

2 Tbsp Truvia (stevia)

2 Tbsp onions

2 cloves garlic

1 tsp sea salt

1/8 tsp ground allspice

1/8 tsp ground clove

1/8 tsp pepper

Directions: Combine ingredients in a food processor and blend until onion disappears. Spoon mixture into an airtight container and store in the refrigerator.

Greek Yogurt Ranch Dressing

Ingredients:

1 cup Oikos Organic Plain Greek Yogurt	2 tsp lemon juice
1 Tbsp organic Dill, minced	¼ tsp sea salt
2 tsp. Organic Parsley, minced	½ tsp celery seed

Directions: Place all ingredients in a small bowl and stir until thoroughly mixed; may add unsweetened almond milk for thinner consistency.

Pancakes (serves 1)

Ingredients:

½ cup egg whites	Cinnamon to taste
½ scoop of SOZA Meal Vanilla	Stevia or Truvia to taste

Directions: Blend ingredients together. Pour on hot non-stick skillet to size. Cook until bubbling and flip to cook other side.

Egg White Muffins

Ingredients :

24 egg whites (2 per tin)	Onion and herb seasoning
1 red pepper	½ red bell pepper
Olive oil	Organic spinach leaves
1 medium onion	

Directions: Preheat oven to 350, spray each tin with organic olive oil spray. Chop onion, pepper, spinach and seasoning. Distribute mixture between each tin, & add 2 egg whites per tin. Bake for 20-30 mins or until desired texture achieved.



Cilantro-Lime Vinaigrette

Ingredients:

¼ cup fresh lime juice

¼ cup white wine vinegar

4-5 cloves of garlic

½ tsp sea salt

2 tsp Truvia

1 Cup olive oil

½ cup coarse chopped cilantro, stems removed

Directions: Combine lime juice, vinegar, garlic, salt and truvia in a blender. Blend until ingredients are completely combined. With the blender running, add the oil in a steady stream. Add cilantro and blend until the cilantro has broken down but still maintains some of its texture. Serve with a salad or on fish or chicken.

Greek Dressing

Ingredients:

1 cup olive oil

1 cup red wine vinegar

2 ½ tsp garlic powder

2 ½ tsp dried basil

2 tsp pepper

2 tsp sea salt

2 tsp Dijon Mustard

Directions: Mix ingredients together and shake well.

Home Made Chili

Ingredients:

¼ lb of ground sirloin

1 ½ cups of chopped tomatoes

½ cup water

1 Tbsp onion minced

Pinch garlic powder

¼ tsp chili powder

Pinch of oregano

Cayenne pepper to taste

Sea salt and pepper to taste



Directions: Brown ground sirloin in 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 to garnish and salt and pepper to taste.

Almost Oatmeal Shake

Ingredients:

1 scoop SOZA Meal Vanilla

1 apple cored, sliced and baked with

Cinnamon and stevia

6 oz unsweetened Almond Milk

Directions: Mix milk and Bouari Meal Vanilla Stir/blend well. Add apple and blend well. Tastes like cinnamon Oatmeal.

Tofu Oatmeal

Ingredients:

2 oz tofu cubed very small

1 tsp cinnamon

2 tsp stevia

Sprinkle cloves

¼ cup no-sugar-added organic applesauce

Directions: Brown tofu in non-stick skillet sprayed with organic olive oil spray. Add cinnamon and stevia. Sprinkle in cloves. Stir in applesauce and heat.



Pumpkin Soufflé

Ingredients:

2 cups cooked pumpkin

2 eggs beaten until foamy

3 Tbsp stevia

1 Tbsp cinnamon

½ tsp cloves

½ tsp nutmeg

Directions: Mash pumpkin. Add eggs, cinnamon, cloves, nutmeg, and stevia. Beat thoroughly until blended. Transfer into baking dish sprayed with organic olive oil spray. Bake for 40 mins at 375.

Berry-Green-Juice

Ingredients:

5 kale leaves

1 cup of any berries

Directions: Juice the kale leaves and blend the cup of berries separately in a blender or food processor or just mash them with a fork if you have time on your hands. Then add the berry puree to the kale juice, mix it with a spoon, sit back and enjoy it. You can juice ½ lemon or lime with the kale, or add 1 piece of ginger.

Seasonings & Condiments

- » You may prepare your food using an Organic Olive Oil SPRAY or Coconut Oil SPRAY which has 0 calories.
- » You may use 1- 2 tbsp per day of olive oil mixed with apple cider, red wine, or plum UME vinegar salad dressing.
- » Replace table salt with Sea Salt, it has minerals and it is safe to use.
- » Garlic, Ginger, Basil, Parsley, and any other herb is acceptable.
- » White, Black, or Red Pepper.
- » Soy sauce has 4 calories per and 2 grams of protein per tablespoon.
- » Herbamare Celery Salt - delicious on all salads and vegetables.
- » Braggs Liquid Amino Spray may be added to salads, vegetables, fish, meat and chicken.
- » You may use Stevia, Truvia, Zero, Zsweet, or any other Stevia sweeteners of all which have 0 calories. They are natural sweeteners to add to coffee, tea, or any food.
- » Avoid artificial chemical sweeteners such as Equal (NutraSweet), Sweet N Low (saccharin), and Splenda (sucralose). We have noted decreased weight loss with use of all of these chemicals.

Natural Colon Cleanser



A safe, **natural**, non-addictive, non-irritating, laxative formulated to assist in cleansing of the bowels.

- ✿ SOZA Aloe Ferox stimulates the colon by way of peristalsis, a natural wave-like contraction.
- ✿ This is unlike harsh chemicals that have an irritating effect and may affect you at an importune time. Having a regular bowel movement is essential in properly eliminating waste and toxins.

There is strong scientific evidence in support of the laxative properties of aloe, based on the well established cathartic properties of anthroquinone glycosides (found in aloe).

- ⚖ This formula meets or exceeds cGMP Quality Standards.

Staying active has lots of benefits



You don't need to exercise on this program. Diet alone on our program is just as effective as dieting and exercise.

However exercising will help you retain muscle mass. It reduces stress (natural antidepressant), improves insulin sensitivity, helps you sleep better, improves your digestion, and slows the aging process.

Find exercise you enjoy that you want to do everyday. Dancing is a great form of exercise that is easy to fit into any day. Try just turning on the radio in your room and jam out for a couple of songs. When no ones around, you can get really crazy and you'll be surprised at how much you can sweat and feel sore from a simple jam session. If walking is more of your thing, invest in a pedometer and set goals for yourself to try to add more walking into your day.

Exercise keeps your metabolism moving!

Tips on Dining Out, Travel and Social Events

- 1 Don't hesitate to **own it** and take **control** in social situations! Ask for broiled, baked, roasted, or steamed lean meats and seafood. "I will get the steamed vegetables please and nothing fried."
- 2 Keep your meals simple when dining out.
- 3 When traveling, we recommend taking with you packed lunches and snacks. This is smart. You can take hard boiled eggs, boiled chicken breasts, fruits, protein bars and some veggies.
- 4 Don't arrive hungry. Eat before you go to an event!
- 5 Keep your SOZA supplements with you when traveling.



"The Dirty Dozen and Clean Fifteen"

The Environmental Working Group (EWG), a nonprofit organization that advocates for policies that protect global and individual health, publishes updated reports every year on which foods contain the most pesticide residues.

They recommend the following:

Purchase the below as organic when possible.

- 1** Strawberries
- 2** Spinach
- 3** Nectarines
- 4** Apples
- 5** Grapes
- 6** Peaches
- 7** Cherries
- 8** Pears
- 9** Tomatoes
- 10** Celery
- 11** Potatoes
- 12** Sweet Bell Peppers
- 13** Hot peppers



Buy conventionally for they have the least likelihood to contain pesticide residue.

- 1** Avocados
- 2** Sweet Corn
- 3** Pineapples
- 4** Cabbages
- 5** Onions
- 6** Sweet Peas
- 7** Papayas
- 8** Asparagus
- 9** Mangoes
- 10** Eggplants
- 11** Honeydews
- 12** Kiwis
- 13** Cantaloupes
- 14** Cauliflower
- 15** Broccoli



Controlled Release

Getting good quality sleep

SOZA's high quality Melatonin CR is a vegetarian formula with a biphasic delivery system that releases melatonin quickly and then steadily.

✿ It helps promote healthy sleep patterns as well as antioxidant and immune activities.

- 1 Support Synchronization of the Body's Daily Bio-rhythms
- 2 Support Restful Sleep
- 3 Direct and Indirect Antioxidant Support
- 4 Support Healthy Immune Response
- 5 Support Brain Health

🧪 This formula meets or exceeds cGMP Quality Standards.

Natural ingredients in our personal care routine



So you're checking labels on food for sugar, protein, carbohydrates, artificial sweeteners etc. great!

Now when was the last time you checked the ingredients on your shampoo? Laundry detergent? Toothpaste?

When you know what's in a product, you can decide whether or not it's something you want to use yourself, or take home to your family. Informed consumers make informed choices.

Reducing the use of chemicals and artificial ingredients is not only better for you but also better for the environment as well!

We recommend trying some personal care products with safe and gentler ingredients. The below are some ingredients to reduce or avoid altogether.

✗ Parabens

✗ Phthalates

✗ Sulfates

✗ Artificial Colors

QUESTIONS?

Q: Can I use one of the SOZA protein products instead of a meal?

A: It's fine to use the protein products occasionally in place of lean meats, fish, and other food choices from your Protein list. It is best to have protein bars as snacks, however. For long-term success, however, it's important for you to learn how to plan, shop for and prepare appropriate meals.

Q: Refresh my memory! What are the major benefits of staying in ketosis?

A: When you're in mild to moderate ketosis, you'll lose weight rapidly and safely. You'll feel less hungry, less often. Your cravings will diminish. You'll have more energy and a greater sense of well-being. Most important, you'll burn excess body fat as rapidly as possible, while maintaining lean muscle mass.

Q: Is it okay to have an extra protein snack?

A: Yes! Some individuals need more protein, especially if they are active. Always carry servings with you in case of "emergency". Record your snacks on a daily journal. Eating protein boosts your metabolism, while simultaneously blunts your hunger.

Q: Is it normal to be feel hungry at times?

A: You may have some feelings of withdrawal like a mild headache. You have been used to burning sugar for energy where now you will burn fat for energy. This feeling means your body is adapting. You are in fact detoxing.

The supplements will help you tremendously, however feel free to eat some more protein as mentioned earlier, try different types of fruits and vegetables as some may be more satiating than others (an example is a large apple). Sometimes we eat because we are bored. Ask yourself if you really are hungry. If you aren't, now is a good time to distract yourself with something to do.

Remember that you may need to plan meals in advance. This is a temporary weight loss program so put your utmost effort. It will be worth it!

It's simple. It really is. There's no weighing, there's no measuring. You know what you're allowed to have and what you're not, and the supplements really did help. I had a great support system. My family was wonderful.



Jackie C.

Lost 63 pounds

The SOZA program has had a big impact on my life. Losing weight is not always just about losing weight. It's about learning to appreciate yourself, and going from getting up in the morning and not liking who you see in the mirror and what you see in the mirror, to being able to appreciate yourself and understand how your body works and how to keep it the way you want it to be.



Cheryl A.

Lost 67 pounds

Yes. It tells you step-by-step exactly what to do, what to eat, what not to eat, what to drink, how to prepare your foods. Tells you everything to do, and it's all-natural foods. It's anything you could buy in the store and that was the greatest help to me, because I had no idea how to do it. But I know I wanted to do it, just I didn't know how.



Tony L.

Lost 60 pounds

A lot of people see, you know, different role models, you know, losing weight on TV, different celebrities, but I'm a real person and I can swear to you that this is the real deal. The reason that this program is different than others is because they teach you, you know, how to eat healthy.



Alex A.

Lost 100 pounds

It started back in May and there was just a breaking point where I wanted to be healthier and I lost 42 pounds and forty four and a half inches, and ten and a half inches of it alone in my waist. It wasn't hard at all. It feels really good to be putting healthy, good, real food into your body and it, in turn, makes you feel great. And you see these results so it just makes you wanna keep going.



Michelle D.
Lost 39 pounds

I had a stroke like three years ago and that's one of the reasons why I wanted to go to the program. Once I got there, I realized how healthy this program was, how easy it was to maintain. My body feels great. I'm not on my blood pressure medication anymore. I just go to a routine doctor checkup, which is every six months. My doctor tell me that my weight is great. I just can't explain how well I feel. I mean, I really do. I'm so excited about just being on this program.



Kenise A.
Lost 60 pounds

When I posted the pictures on Facebook, people started commenting how great it was, I looked fantastic, and then somebody made a comment about, "Oh, I had the surgery, too." I was almost caught off guard because I definitely did not have surgery. I worked very hard with the SOZA Clinic and they are just amazing. But my friends had made me a T-shirt that I could wear to show people that I did not have surgery.



Colby S.
Lost 60 pounds

The plan is actually...the first week was the major adjustment, all the water intake that you had to do. You have to drink a half ounce of water for every pound that you have. Then it is pretty much three proteins a day and your fruits and vegetables in between.



Michele F.
Lost 48 pounds

SOZA in the news



