

Dr. Jim



K. I. S. S.
KEEP IT SIMPLE
SMARTLY

SHOTS FOR HEALTH

SUPER FAT BURNER-125 DIET GUIDE

WEBSITE: www.drjimsmith.com

EACH COMPOUND IN OUR **SUPER FAT BURNER-125** CONTRIBUTES TO THE BURNING OF STORED FAT TO BE USED FOR ENERGY.

Vitamin B1 (Thiamine)	Cofactor for enzymes in carbohydrate metabolism that feed the TCA cycle , allowing fat oxidation to proceed efficiently.
Vitamin B2 (Riboflavin)	Precursor of FAD and FMN , which are required for β-oxidation of fatty acids in mitochondria .
Vitamin B6 (Pyridoxine)	Involved in amino-acid metabolism and helps regulate lipid metabolism and hormone signaling affecting fat utilization.
Vitamin B12 (Cobalamin)	Required for methylation reactions and conversion of methylmalonyl-CoA TO succinyl-CoA , which feeds the Krebs cycle
Carnitine	Transports long-chain fatty acids into mitochondria where they undergo β -oxidation.
Methionine	Lipotropic agent; contributes to methylation reactions and formation of choline , preventing fat accumulation in the liver.
Inositol	Component of cell signaling and lipoprotein metabolism; helps regulate fat transport and lipid signaling .
Choline	Required to synthesize phosphatidylcholine , necessary for VLDL formation and removal of fat from the liver.

**SUPER FAT BURNER-125
DIET PLAN**

**BURNS FAT
&
INCREASES ENERGY**

**WE RECOMMEND
URINE KETONE
TEST STRIPS**

**MAXIMUM FAT BURNING
OCCURS WHEN TESTING
IS
0.5-3.0 MMOLS**

**40 DAY DIET PLAN
20 SFB-125 SHOTS**

\$269

PLUS \$7.95 IF SHIPPED

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FOODS TO AVOID

- **sugary foods:** soda, fruit juice, smoothies, cake, ice cream, candy, etc.
- **grains or starches:** wheat-based products, rice, pasta, cereal, etc.
- **fruit:** all fruit, except small portions of berries like strawberries
- **beans or legumes:** peas, kidney beans, lentils, chickpeas, etc.
- **root vegetables and tubers:** potatoes, sweet potatoes, carrots, parsnips, etc.
- **low fat or diet products:** low fat mayonnaise, salad dressings, and condiments
- **some condiments or sauces:** barbecue sauce, honey mustard, teriyaki sauce, ketchup, etc.
- **unhealthy fats:** processed vegetable oils, mayonnaise, etc.
- **alcohol:** beer, wine, liquor, mixed drinks
- **sugar-free diet foods:** sugar-free candies, syrups, puddings, sweeteners, desserts, etc.

FOODS TO EAT

- **meat:** red meat, steak, ham, sausage, bacon, chicken, and turkey
- **fatty fish:** salmon, trout, tuna, and mackerel
- **eggs:** pastured or omega-3 whole eggs
- **butter and cream:** grass-fed butter and heavy cream
- **cheese:** unprocessed cheeses like cheddar, goat, cream, blue, or mozzarella
- **nuts and seeds:** almonds, walnuts, flaxseeds, pumpkin seeds, chia seeds, etc.
- **healthy oils:** extra virgin olive oil, coconut oil, and avocado oil
- **avocados:** whole avocados or freshly made guacamole
- **low carb veggies:** green veggies, tomatoes, onions, peppers, etc.
- **condiments:** salt, pepper, herbs, and spices

**OPTIMIZE RESULTS
MINIMIZE SYMPTOMS**
CONSIDER TAKING
♦ **MULTI VITAMIN**
♦ **COLON SUPPORT**
♦ **DIGESTIVE SUPPORT**

SAMPLE KETOGENIC DIET PLAN FOR 1 WEEK

- M - breakfast:** veggie and egg muffins with tomatoes - **lunch:** chicken salad with olive oil, feta cheese, olives, and a side salad - **dinner:** salmon with asparagus cooked in butter
- T - breakfast:** egg, tomato, basil, and spinach omelet - **lunch:** almond milk, peanut butter, spinach, cocoa powder, and stevia milkshake (more keto smoothies here) with a side of sliced strawberries - **dinner:** cheese-shell tacos with salsa
- W - breakfast:** nut milk chia pudding topped with coconut and blackberries - **lunch:** avocado shrimp salad - **dinner:** pork chops with Parmesan cheese, broccoli, and salad
- T - breakfast:** omelet with avocado, salsa, peppers, onion, and spices - **lunch:** a handful of nuts and celery sticks with guacamole and salsa - **dinner:** chicken stuffed with pesto and cream cheese, and a side of grilled zucchini
- F - breakfast:** sugar-free Greek, whole milk yogurt with peanut butter, cocoa powder, and berries - **lunch:** ground beef lettuce wrap tacos with sliced bell peppers - **dinner:** loaded cauliflower and mixed veggies
- S - breakfast:** cream cheese pancakes with blueberries and a side of grilled mushrooms - **lunch:** Zucchini and beet noodle salad - **dinner:** white fish cooked in coconut oil with kale & toasted pine nuts
- S - breakfast:** fried eggs with and mushrooms - **lunch:** low carb sesame chicken and broccoli **dinner:** spaghetti squash Bolognese