



# The WAYT-less™ diet

by

Ally Velandia MSN  
Master Science Nutrition



# Content

<b>What is our WAYT-less™ Program?</b>	04
WAYT-less™	05
Our WAYT-less™ combo	07
Acarbose (Precose®)	09
Acarbose (Precose®): The science	11
Acarbose (Precose®): Benefits	13
Low Dose Naltrexone	15
Low Dose Naltrexone: The science	17
Low Dose Naltrexone: Benefits	19
Orlistat (Xenical®)	23
Orlistat (Xenical®): The science	25
Orlistat (Xenical®): Benefits	27
How to take it?	29
How our combo works	33
The perfect combo	37
Step by step	39
Our supplements	41
Fifteen-day cleanse	43
Super fat burner	45
Biotin 10,000 mcg	47
Men & women daily pack	49
Protein replacement options	51
Daily intake	53
Disclaimer	55
WAYT-less™ for vegetarians	58
<b>Cooking math</b>	59
Macronutrients	61
Net carbs	63
Protein	65
Fats	67

Loading days	69
Extra help	74
<b>Approved food list</b>	75
Protein	77
Veggies	79
Fruits	81
Snacks	83
Condiments	87
Suggested shopping list	90
<b>Start cooking</b>	91
Grilled chicken and rosemary bison bacon	95
Rosemary lemon turkey breast	99
Tender tomato chicken breast	103
Russell's fish stew	107
Grilled chicken breast with cauliflower rice	111
Easy turkey breast	115
Turkey lettuce wraps	119
Tomato fennel broth poached white fish	123
Easy baked fish fillet	127
Chinese steamed fish	131
Easy crock pot round steak	125
Crusted lingcod	139
Spinach artichoke soup	143
Simple vinegar steak	147
Warm asparagus salad	152
<b>Some Q&amp;A's</b>	164
<b>For those who work out only!</b>	167
Pre-workout	169
Post-workout	171



What is our  
**WAYT-less™ Program?**



# WAYT-less™

Weight loss program



The time has come for you to make a positive change in your life! It's time to feel good, look great, and own the movement towards a healthier you! For decades, our protocol has helped people worldwide reach their weight loss goals in a healthy and sustainable way. At Nu Image Medical, we have been supporting our customers on this journey for almost 20 years, making us experts in what we do. Our experience speaks for itself!

And now, we have something even better to offer you! We've enhanced the efficiency of our weight loss protocol by introducing next-gen medications that replicate the positive effects of our previous methods. The best part? These medications have been extensively studied and backed by clinical research, ensuring their effectiveness.

You don't have to face this challenge alone. We'll be with you every step of the way, providing the support and guidance you need to shed those pounds and achieve your weight loss goals. It's time for you to take charge of your life and embrace the journey towards a healthier, happier you. Remember, sustainable habits and a balanced approach are key to long-term success.

Before starting any weight loss program, it's important to consult with a healthcare professional or a qualified medical provider. They can assess your individual needs and help you determine the safest and most suitable approach for your weight loss journey.

**WAYT-less™ Weight loss program**

# Our WAYT-less™ combo



## Low Dose Naltrexone

Low Dose Naltrexone creates a neurochemical reaction that works on two areas of your brain: the hunger center and the reward system. It may promote weight loss by aiding in hunger and craving control.

## Acarbose (Precose®)

Acarbose (Precose®) is a prescription medication carbohydrate blocker.

## Orlistat (Xenical®)

Orlistat (Xenical®) may promote weight loss by decreasing the amount of dietary fat absorbed in the intestines. Orlistat (Xenical®) blocks the enzyme that breaks down fats in food. The undigested fat is then excreted via feces.

[Order now!](#)

**Our WAYT-less™ combo**

What is

# Acarbose (Precose®)?



In layman's terms, Acarbose (Precose®) is a prescription carbohydrate blocker. Acarbose (Precose®) slows the digestion of carbohydrates, which can help control blood sugar levels. It was used as adjunctive therapy to a dietary modification that reduced the carbohydrate content of each meal and encouraged smaller, more frequent meals to achieve daily caloric intake.

This medication may reduce body fat and prevent excess weight gain by blocking the absorption of carbohydrates and increasing starch excretion. Acarbose (Precose®) has helped our patients reduce their body weight and cut down on abdominal fat through passive caloric restriction.

**What is Acarbose (Precose®)?**



# Acarbose (Precose®): The science



Acarbose (Precose®) inhibits the enzymes needed to digest carbohydrates, specifically, alpha-glucosidase enzymes in the brush border of the small intestine, and pancreatic alpha-amylase. This hydrolyzes complex starches to oligosaccharides in the lumen of the small intestine, whereas the membrane-bound intestinal alpha-glucosidases hydrolyze oligosaccharides, trisaccharides, and disaccharides to glucose and other monosaccharides. The inhibition of these enzyme systems reduces the rate of digestion of complex carbohydrates. Less glucose is absorbed because the carbohydrates are not broken down into glucose molecules and are removed from the body as waste.

Many individuals already take a carb blocker alongside carbohydrate-dense meals to reduce their carb absorption. This innovative new supplement combats the effects of an enzyme called alpha-amylase. This enzyme is what breaks carbohydrates down into fat or sugar within the body. Acarbose (Precose®) taken regularly fights alpha-amylase activity and may prevent the body from turning excess glucose into body fat.

**Acarbose (Precose®): The science**

# Benefits



Acarbose (Precose®) may help to eliminate the fatigue, incessant hunger, cravings, and decreased physical activity that often comes with low-calorie dieting.

For people who regularly maintain carb-restricted diets, Acarbose (Precose®) may be particularly beneficial for carbohydrate digestion and elimination when taken before a carb-laden meal or during occasional cheat days.

Acarbose (Precose®) may not only promote significant weight loss, but it may also aid in blood sugar stabilization, which can reduce the risk of type 2 diabetes and heart disease. When paired with a healthy diet and exercise program, patients have lost weight effectively, even those who regularly maintain a high carbohydrate diet.

[Tell me more!](#)

**Acarbose (Precose®): Benefits**



# What is Low Dose Naltrexone



Created as a medication to treat addiction, Low Dose Naltrexone triggers a neurochemical reaction on two areas of the brain, the hunger center and the reward system, which may help reduce hunger and cravings. It may promote weight loss by decreasing the pleasure/reward feelings associated with food consumption. It may also modify appetite, energy levels, hormones, and satiety thresholds after meals.

## What is Low Dose Naltrexone

# Low Dose Naltrexone: The science



First, craving is a form of anticipatory reward which is regulated through endogenous opioid and mesolimbic dopaminergic systems. Low Dose Naltrexone reduces alcohol cravings by blocking the anticipatory reward, and so it could be hypothesized that it would reduce food cravings, which induce non-hunger eating.

Second, food intake is a very rewarding process in itself. Food consumption is pleasurable because it induces endorphin release, which is in relative proportion to the fat and sugar content of the consumed food. Thus, Low Dose Naltrexone blocks the rewarding aspects of eating and is shown to decrease food consumption in rodents.

Finally, hypothalamic proopiomelanocortin (POMC) cells are important in appetite regulation because they send a “stop-eating” signal to the brain by secreting melanocyte-stimulating hormone (MSH). MSH is secreted with  $\beta$  endorphin, which does not have any effect on appetite, but provides a feedback inhibition to POMC cells. Since Low Dose Naltrexone blocks this feedback inhibition, it could provide continued MSH release, resulting in appetite reduction.

## Low Dose Naltrexone: The science

# Low Dose Naltrexone: Benefits



Low Dose Naltrexone may decrease cravings for sugar and carbs by aiding in the control of dopamine signals. Without enough dopamine, you may feel anxious, depressed, fatigued, or dull. To bring back those happy and content feelings that your body wants, it begins to crave sugar and carbs. Low Dose Naltrexone may help decrease these cravings by helping your body restore the natural balance of dopamine. This balance helps your body stay away from unhealthy foods, which means your chance of less weight gain and more weight loss is greatly improved. This medication may also boost your body's sense of fullness, so you have more control over your appetite.

Another great benefit is its ability to improve sleep patterns. Not getting enough sleep is also a culprit when it comes to weight gain and inability to lose weight. Low Dose Naltrexone uses your body's circadian rhythm to restore its natural sleep patterns so that you sleep better, which is critical for maintaining a healthy weight.

## Low Dose Naltrexone: Benefits



Last but not least, Low Dose Naltrexone's most well-known benefit is the positive effect it has on reducing inflammation. Low Dose Naltrexone has been commonly used to treat many inflammatory conditions such as fibromyalgia, Crohn's disease, and chronic pain. Inflammation can lead to insulin resistance, diabetes, and heart disease, all of which promote weight gain and obesity. By reducing inflammation, Low Dose Naltrexone may help prevent extreme weight gain and the poor health outcomes associated with obesity.

**Tell me more!**

**Low Dose Naltrexone: Benefits**



# What is Orlistat (Xenical®)



Orlistat (Xenical®) is a medication frequently used along with a low-calorie diet and exercise program to help people with obesity lose weight. Prescription Orlistat (Xenical®) is usually administered to overweight patients who may also have high blood pressure, diabetes, high cholesterol, or heart disease.

Orlistat (Xenical®) is also used after weight loss to keep people from gaining back the weight they lost. Orlistat (Xenical®) belongs to a class of medications called lipase inhibitors. These types of medications work by preventing some of the fats in food from being absorbed in the intestines. This unabsorbed fat is then removed from the body via feces.

**What is Orlistat (Xenical®)**

# Orlistat (Xenical®): The science



Orlistat (Xenical®) works by inhibiting gastric and pancreatic lipases, the enzymes that break down triglycerides in the intestine. When lipase activity is blocked, triglycerides from the diet are not hydrolyzed into absorbable free fatty acids, and instead are excreted unchanged. The primary route of elimination of unabsorbed fat is through the feces.

Orlistat (Xenical®) also has shown to inhibit the thioesterase domain of fatty acid synthase (FAS), an enzyme involved in the proliferation of cancer cells but not normal cells. However, potential side effects of Orlistat (Xenical®), such as inhibition of other cellular off-targets or poor bioavailability, might hamper its application as an effective antitumor agent. One profiling study undertook a chemical proteomics approach to look for new cellular targets of Orlistat (Xenical®), including its off-targets. Orlistat (Xenical®) also shows potential activity against the *Trypanosoma brucei* parasite.

## Orlistat (Xenical®): The Science



# Orlistat (Xenical®): Benefits



Orlistat (Xenical®) has proven to effectively lower blood lipids and improve blood pressure problems in individuals who take it. It has also shown to improve insulin sensitivity, which prevents the onset of type 2 diabetes and other blood sugar-related problems.

Orlistat (Xenical®) may also promote weight loss and healthy body composition by blocking the enzymes that digest fat in the stomach; it causes its subsequent excretion via feces. Several studies have shown that the use of Orlistat (Xenical®), paired with a low-calorie diet and exercise program, can cause more weight loss than dietary modifications and exercise alone.

[Tell me more!](#)

**Orlistat (Xenical®): Benefits**

# How to take it?



## Week 1:

Low Dose Naltrexone

1 pill in the AM on an empty stomach.

Acarbose (Precose ®) 25mg / Orlistat (Xenical ®) 120mg

1 pill 30 minutes prior to a meal (twice a day).

## Week 2 & up:

Low Dose Naltrexone

2 pills in the AM on an empty stomach (if side effects are bothersome, split into AM and PM). Always consult with your prescribing physician.

Acarbose (Precose ®) 25mg / Orlistat (Xenical ®) 120mg

1 pill 30 minutes prior to a meal (twice a day).

**How to take it?**

For observable and efficient results, treatment with Low Dose Naltrexone needs to be paired with a low-calorie diet and an exercise program.

Start slow and build up.

**Order now!**





# How our combo works



The compound of these three medications may create the perfect atmosphere for weight loss, especially when combined with a reduced-calorie diet and exercise program. Acarbose (Precose®) and Orlistat (Xenical®) can decrease lipid and carbohydrate digestion, which creates a natural caloric deficit and may suppress appetite. Acarbose (Precose®), when combined with Orlistat (Xenical®), diminishes the adverse gastrointestinal side effects that come with taking Orlistat (Xenical®); it also stabilizes post-meal glucose spikes. This may lead to lower blood sugar levels and better control over insulin resistance, which is one of the major factors that many obese patients struggle with.

The combination of Low Dose Naltrexone and Acarbose (Precose®) can trigger appetite and craving suppression, which reduces food intake and may promote weight loss. When Orlistat (Xenical®) is added, this trio can become the perfect ally for fighting obesity and all the symptoms that come with it.

**How our combo works**

Appetite suppression, as well as improved carb and fat digestion, can significantly reduce the daily amount of caloric intake without causing the discomfort and lack of energy that is normally associated with calorie-restricted diets. This allows the patient to restructure their eating habits by cutting the cravings for sugar, carbs, and fats that normally lead to overeating and weight gain.

**Order now!**

**How our combo works**



WAYT-less™ benefits

The perfect  
combo

	Acarbose (Precose®)	Orlistat (Xenical®)	Low Dose Naltrexone
Insulin resistance	✓	✓	✓
Craving control	✓		✓
Blood sugar control	✓	✓	
Improved digestion	✓	✓	✓
Blocks absorption	Sugar / Carbs	Fats	
Boosts energy		✓	✓
Lowers	Insulin Resistance	Lipids	Inflammation
Decrease in body mass	✓	✓	✓

WAYT-less™ is our custom compound that combines the top three obesity-fighting medications on the market. See how each medication may aid in rapid weight loss when combined with a healthy diet and exercise program.

Order now!

The perfect combo



# Step by step



**Here's what you need to know when you receive the package from our partner pharmacy.**

**1**

Start by doing our colon cleanse. It's a gentle colon-cleansing system that detoxifies the digestive tract, relieves bloating, slims your waistline, and promotes weight loss.

**Order now!**

**2**

Start your loading days! You should eat between 1,500-2,000 calories per day for the first two days. Read more about this in the Loading day section.

**3**

Follow a simple protocol! Let's not get fancy. Stick to the basics!

**Order now!**

**Step by step**

# Our dietary supplements



Support your WAYT-less™ program with the perfect boost!

Try our premium dietary supplements specifically formulated to help you burn fat, cleanse and strengthen your body, and fortify your way to better health and wellness.

**Order yours now!**



**Supplements**

# Fifteen-day cleanse



43

nuimage™



Our fifteen-day cleanse is formulated to help eliminate the waste matter in your digestive tract and rid toxins in your body that prevent weight loss.

It is optimized with senna leaf, cascara sagrada bark, aloe, and more.

**Fifteen-day cleanse**

44



# Super fat burner



45

nuimage™



Our super fat burner is packed with vitamins and minerals to help jumpstart your weight loss by boosting your metabolism and burning more daily calories.

It is optimized with over 15 vitamins and minerals, so you feel the burn!

**Super fat burner**

46

# Biotin

10,000 mcg



Part of the B complex group of vitamins, biotin can help convert carbohydrates into glucose, which is the fuel to produce energy. Biotin also helps support healthy skin, hair, eyes, and liver.

It is optimized with 10,000 mcg of biotin in each dose to help strengthen what matters most!

**Biotin 10,000 mcg**

# Men & women daily pack



Once a day, every day!  
Strengthen your health and well-being with our daily packs for men and women.

This vitamin and mineral-enriched formula features a food-based blend with 42 fruits and vegetables, including essential fatty acids and herbal extracts!

**Men & women daily pack**



# Protein

replacement options



We help you support your ideal weight while adding a nutritious, yummy boost to your day-to-day routine! Our meal-replacement whey protein shakes offer a balanced, high-protein on-the-go option to help you reach your weight-related goals without sacrificing taste or nutrient quality. And best of all, without those pesky hunger pangs!

With 26 grams of high-quality whey protein isolate and only 3 grams of carbs, our meal replacement shakes provide an optimal balance of macronutrients and minerals to nourish your body while satisfying your cravings and boosting your protein intake!

Try our meal-replacement whey protein isolate shakes in yummy vanilla, chocolate, and strawberry flavors! Simply blend your favorite flavor with water, shake, shake, shake, and enjoy!

**Order yours now!**

**Protein replacement options**

# Your daily intake

at a glance



## The perfect day starts with a perfect diet!

Owning the movement is how you reach your goals with our WAYT-less™ Program! Here's our guide to make it even easier for you!

**Breakfast:** For your morning ritual, we recommend coffee or tea.

**Mid-Morning Snack:** 1 fruit of your choice (from the approved food list) with 5 or 6 pieces of nuts.

**Lunch:** 1 1/2 cup of veggies with 3.5 to 4oz of protein (both from the approved food list).

**Mid-Afternoon Snack:** Fruit of your choice (from the approved food list).

**Dinner:** 1 1/2 cup of veggies with 3.5 to 4oz of protein (both from the approved food list).

\*Water intake should be about one gallon of water a day.

## Your daily intake at a glance

# Disclaimer



- All veggies must be steamed or baked with no extra seasonings or sauces.
- Use 1 teaspoon of coconut oil if you must, but avoid if possible.
- If you're using the Nu Image Medical shakes, always add the 1 1/2 cup of veggies. It's important to remember that the shakes only replace the protein!



# WAYT-less™ for Vegetarians



Vegetarians are able to follow the diet, but some variations are recommended. If fish is allowed in their diet, the best recommendation is to get all the protein required by consuming fish.

According to studies, in order to obtain enough protein, strict vegetarians must drink 500cc of skim milk per day. Due to the sugar that this contains, they will not have the same weight loss as a non-vegetarian patient.

They will follow the same protocol in regards to vegetables, fruits, and starches. No vegetable protein such as beans, rice, or nuts is permitted. Vegetarians can eat eggs, 1 whole egg + 3 egg whites.

\*Note: Please be aware that these variations will have an impact on the diet results.

**WAYT-less™ for vegetarians**



Now, some...  
**cooking math**

# Personalized macronutrients



During this program, it is crucial to give your body the nutrients it needs to ensure the continuity of all biological processes, including the ability to metabolize and eliminate fat. Since this is a restrictive low-calorie diet, it is imperative that you eat at least 800 calories per day. These calories will come from the three primary macronutrients (or macros): protein, carbohydrates, and fats. During the WAYT-less™ program, your daily calories should come from protein first, then carbohydrates, and lastly, fats. Keep in mind that most foods contain more than one macronutrient. For instance, if you ate 4 ounces of raw lean ground beef, 2 cups of veggies, and 1 Granny Smith apple, you would have eaten a total of 25.5 grams of protein, or 102 calories of protein, but 340 calories total. This means that 200 of those calories are coming from other macronutrients, which is why specific food choices are important. Let's make this simple and break down how to eat enough of each macro to get in 800 calories a day!

## Personalized macronutrients



# Calculating net carbs



Carbohydrates are almost as important as protein. Unfortunately, many people don't realize that carbs are not the enemy, they are our main energy source, and they keep our metabolism going. The carbs we want to fuel our metabolism with are going to come from the approved fruits and veggies. The beauty of carbs coming from natural sources is that we are only counting the net carbs. Net carbs refer to the number of carbs that can be absorbed by the body. Natural whole foods have fiber in them, which is harder for the body to absorb, so we subtract the fiber from the total carbs to get the net carbs. For example, a medium Granny Smith apple has 25 grams of carbohydrates, but only 4.4 grams of those are fiber, so this is a carbohydrate-dense food. On the other hand, 15 asparagus spears have 9.2 grams of carbohydrates, of which 4.5 grams are fiber, so the net carbs would be 4.7 grams. The apple would be a perfect morning snack, while the asparagus spears would be best for mealtimes to keep us full without adding too many calories. While on WAYT-less™, you want to be eating around 30-40 NET carbs per day!

## Calculating net carbs

# Calculating protein



Remember, protein is key! Your daily food intake should start with your protein servings, and then the rest of your menu will be built around those servings. You need to eat about 100 grams of protein per day, which equates to about 400 of your allotted 800 calories. That means that each of your meals should have about 175 calories coming from protein, and the remaining 50 calories will be coming from your snacks. Keep in mind that protein doesn't just come from meat, it also comes from nutrient-dense veggies, nuts, and even some fruits have small amounts.

## For Reference

- 3.5 oz of chicken = 22.3 grams, or 89.2 calories of protein, but 119 calories total.
- 3.5 oz of 93/7 beef = 20 grams, or 80 calories of protein, but 149 Calories total.
- 3.5 oz of shrimp = 13.1 grams, or 52.4 calories of protein, but 61 Calories total.
- 3.5 oz of Tilapia = 18.4 grams, or 73.6 calories of protein, but 88 Calories total.
- 2 cups of broccoli = 7.4 grams, or 29.6 calories of protein, but 109 calories total.
- 6 almonds = 1.5 grams, or 6 calories of protein, but 41 Calories total.

## Calculating protein



# Calculating fats



WAYT-less™ is an extremely low-fat diet due to how the medications work; eating high-fat foods on this plan may cause some gastrointestinal discomfort, which is why we recommend not straying from the approved food list. As we discussed above, most foods have more than one macronutrient in them. While planning your meals, keep in mind that meat from animals, although mostly protein, will always have some fat in it; only 9 grams of fat are allowed on this program per day. For example, 3.5 ounces of chicken breast has 2.6 grams of fat, but if you have two of these servings in a day, you would have used up over half your daily allowance of fat.

When it comes to fruits and nuts, make sure you eat exactly 6 almonds as they have 3.6 grams of fat, bringing you to a total of 8.8 grams of your 9 grams of fat allowed per day. Remember, calorie counting and good food choices are your strongest allies while on WAYT-less™!



# Loading days



You should eat between 1,500-2,000 calories per day for the first two days.

The best types of foods to consume on these days are high-fat foods while keeping carbs to a minimum.

Examples: Steak, beef, pork, salmon, cheese, olives, olive oil, avocado, nuts, nut butters, butter, dairy, and seeds.

**Loading days**

# Some extra help



If you have a busy  
schedule  
and need this to be easy,  
order your food from  
our nationwide food  
delivery service.

**Order yours now!**

**Some extra help**



Or

Success while cooking from home:



Easiest way to track  
macronutrients  
is via an app such as  
"**MyFitnessPal**" when starting out.

Learn more at MyFitnessPal

Some extra help





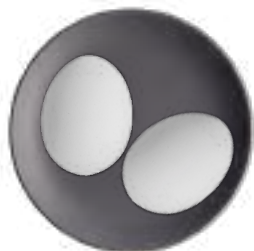


# Approved **food list**

# Protein

3.5 - 4.0 oz per meal

Choose one of the following proteins for lunch and dinner. All visible fat must be removed before cooking, and it should be weighed raw.



Egg Whites  
(2)



Chicken Breast  
(3.5oz-4.0oz)



Bison  
(3.5oz-4.0oz)



All White Fish  
(3.5oz-4.0oz)



Beef Round Eye  
(3.5oz-4.0oz)



Lean Ground  
Beef or Steak  
(3.5oz-4.0oz)



Turkey Breast  
(3.5oz-4.0oz)





# Veggies

1.5 cups per meal



Cucumber  
(1.5 cups)



Cabbage  
(1.5 cups)



Asparagus  
(1.5 cups)



Zucchini  
(1.5 cups)



Cauliflower  
(1.5 cups)



Artichoke  
(1.5 cups)



Lettuce  
(1.5 cups)



Celery  
(1.5 cups)



Broccoli  
(1.5 cups)



Spinach  
(1.5 cups)



Peppers  
(1.5 cups)



Summer Squash  
(1.5 cups)



Tomatoes  
(1.5 cups)



Onions  
(1.5 cups)





# Fruits

2 fruits per day



Strawberries  
(6)



Grapefruit  
(1/2)



Green Apples  
(1 medium)



Raspberries  
(1/3 cup)



Blackberries  
(1/3 cup)



Orange  
(1)



Blueberries  
(1/4 cup)





# Snacks



Nuts  
(5-6)



Flaxseeds  
(2 Tbs)



Melba Toast  
(1)





# Condiments



Vinegar  
(½ cup)



Lemon /Lime  
(1 full)



Homemade broth  
(1 cup)



Salt  
(½ tsp)



Pepper  
(1tbs)



Paprika  
(1tbs)



Rosemary  
(1tbs)



Basil  
(1tbs)



Parsley  
(1tbs)





# Condiments



Thyme  
(1tbs)



Cilantro  
(1tbs)



Saffron  
(1tbs)



Coconut Oil  
(1tbs)



Ginger  
(1tbs)



Garlic Powder (1tbs)  
Cloves (1)



Bay Leaf  
(1tbs)



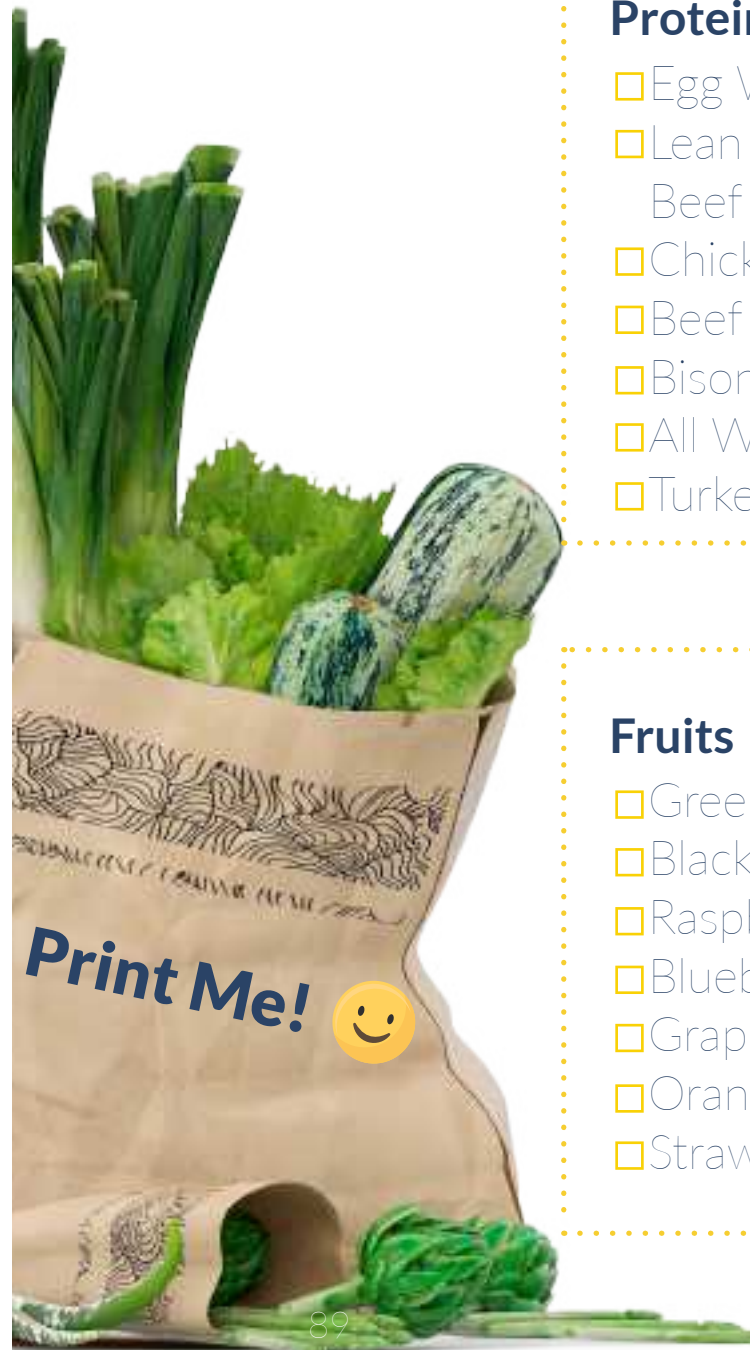
Oregano  
(1tbs)



Red Chile Pepper  
(1tbs)



# Suggested shopping list



## Proteins

- ☐ Egg Whites
- ☐ Lean Ground Beef or Steak
- ☐ Chicken Breast
- ☐ Beef Round Eye
- ☐ Bison
- ☐ All White Fish
- ☐ Turkey Breast

## Fruits

- ☐ Green Apples
- ☐ Blackberries
- ☐ Raspberries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Orange
- ☐ Strawberries

## Vegetables

- ☐ Asparagus
- ☐ Artichoke
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Zucchini
- ☐ Lettuce
- ☐ Peppers
- ☐ Tomatoes
- ☐ Summer Squash
- ☐ Onions
- ☐ Spinach

## Snacks

- ☐ Nuts
- ☐ Flaxseeds
- ☐ Melba Toast

## Condiments

- ☐ Vinegar
- ☐ Salt
- ☐ Lemon / Lime juice
- ☐ Pepper
- ☐ Basil
- ☐ Homemade Broth
- ☐ Thyme
- ☐ Cilantro
- ☐ Saffron
- ☐ Garlic Powder/ Cloves
- ☐ Red Chile Pepper
- ☐ Ginger
- ☐ Paprika
- ☐ Rosemary
- ☐ Parsley
- ☐ Coconut Oil
- ☐ Bay Leaf
- ☐ Oregano





Let's start **cooking!**



# Ingredients



Chicken Breasts



Bison Bacon



Garlic Powder



Black Pepper



Salt



Coconut Oil



Rosemary

Picture for illustration purpose only.

nuimage™

## Grilled chicken and rosemary bison bacon

GOOD SOURCE OF COBALT | CALCIUM | POTASSIUM



- ✓ Preheat an outdoor grill to medium-high heat, and lightly oil the grate.
- ✓ Sprinkle 1 teaspoon garlic powder on a chicken breast and season with a pinch of salt and pepper. Lay one rosemary sprig on the chicken breast. Wrap the bacon around the chicken to hold the rosemary on. Secure the bacon with a toothpick or an additional thick rosemary stem.
- ✓ Cook the chicken breasts until no longer pink in the center and the juices run clear, about 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Stay near the grill to combat any flare-ups from the bacon. Remove the toothpicks before serving.

## Directions

Picture for illustration purpose only.



# Grilled chicken and rosemary bison bacon

GOOD SOURCE OF COBALT | CALCIUM | POTASSIUM



Picture for illustration purpose only.

# Rosemary lemon turkey breast

GOOD SOURCE OF COBALT | CALCIUM | POTASSIUM



Garlic  
Cloves



Rosemary



Lemon  
Juice



Coconut Oil



Pepper



Salt



Turkey Breast



Picture for illustration purpose only.

# Rosemary lemon turkey breast

GOOD SOURCE OF COBALT | CALCIUM | POTASSIUM

## Directions

- ✓ In a food processor, thoroughly blend one tablespoon of finely chopped fresh rosemary, three cloves of garlic (minced), lemon zest, and 1/4 cup of freshly squeezed lemon juice (about 2 lemons). Pour 1/3 of the blended mixture into a small bowl for marinade. Cover the remaining mixture, and set aside.
- ✓ Lightly season the chicken breasts with salt and pepper and rub them with the marinade mixture. Place chicken breasts on a platter, cover, and refrigerate for 3 hours. Preheat an outdoor grill to high heat and lightly oil grate.
- ✓ Pour half of the reserved rosemary and lemon mixture into a bowl for basting. Cover the remaining mixture, and set aside for topping the cooked chicken.
- ✓ Grill the chicken breasts 4 minutes on each side, basting with the rosemary and lemon mixture. Remove the chicken breasts from the grill, and top with small scoops of the remaining topping mixture.



# Ingredients



Chicken Breast



Onion Powder



Homemade Chicken Broth



Bell Peppers



Chopped Tomatoes



Pepper



Salt



Oregano



Garlic Cloves

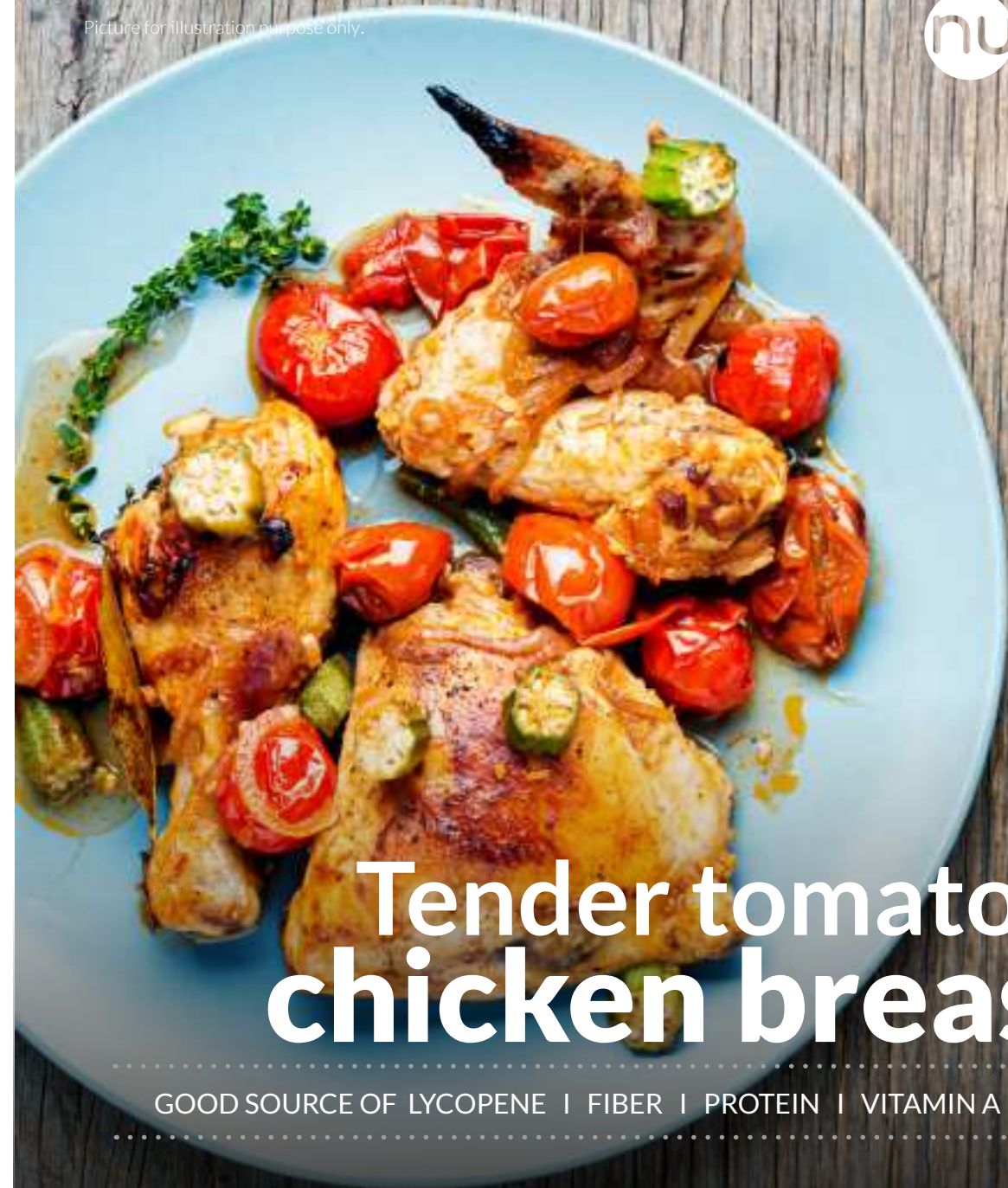


Basil



Parsley

Picture for illustration purpose only.



## Tender tomato chicken breast

GOOD SOURCE OF LYCOPENE | FIBER | PROTEIN | VITAMIN A | VITAMIN D



- ✓ Cut chicken breasts into tenders. Sprinkle with ½ teaspoon of oregano, ½ teaspoon of salt and pepper to taste. Gently toss around to coat evenly.
- ✓ Slice 1 tomato and chop 5 garlic cloves. Preheat large ceramic non-stick skillet on medium heat and swirl a bit of oil to coat.
- ✓ Add half the chicken and cook for 5 minutes or until golden brown on both sides. Transfer to a dish and repeat the process with the remaining chicken.
- ✓ Reduce heat to low, add garlic, and ½ teaspoon of oregano.
- ✓ Cook for 1 minute, stirring frequently (add a bit of oil if there was none left from cooking the chicken). Layer tomatoes on top, sprinkle with 1/4 teaspoon of salt and pepper to taste.
- ✓ Turn up the heat to medium and cook the tomatoes for about 5 minutes, gently tossing them around (if tomatoes aren't juicy enough, add a splash of water). When the tomatoes have released their juices and turned into fresh tomato sauce, turn off the heat and return the chicken to the skillet.
- ✓ Mix gently and soak the chicken with the tomato sauce.
- ✓ Sprinkle with fresh basil or parsley.

## Directions

for illustration purpose only.



## Tender tomato chicken breast

GOOD SOURCE OF LYCOPENE | FIBER | PROTEIN | VITAMIN A | VITAMIN D



Picture for illustration purpose only.



# Russell's fish stew

GOOD SOURCE OF PROTEIN | OMEGA 3 | FIBER | LYCOPENE



Shrimps



Water



Onion



Tomatoes



Lemon



Cilantro



Pepper



Garlic



Salt

Picture for illustration purpose only.

## Directions

- ✓ Heat a large pot over medium heat. Mix in the diced  $\frac{1}{2}$  onion and three diced garlic cloves, and stir until onion is tender.
- ✓ Stir in one chopped tomato, 2  $\frac{1}{2}$  cups of water,  $\frac{1}{2}$  teaspoon of red pepper, and a pinch of salt. Bring to a boil, reduce to low heat, and let simmer.
- ✓ Mix the  $\frac{1}{2}$  cup of cilantro and 3.5 oz of shrimp into the stew. Continue cooking for 5 minutes, or until shrimp is opaque. Remove from heat, and allow to sit 10 minutes before serving.

# Russell's fish stew

GOOD SOURCE OF PROTEIN | OMEGA 3 | FIBER | LYCOPENE



# Ingredients



Chicken Breasts



Cauliflower



Salt



Pepper



Garlic Powder

Picture for illustration purpose only.

nuimage

## Grilled chicken breast with cauliflower rice

GOOD SOURCE OF PROTEIN | VITAMIN D | POTASSIUM



- ✓ Season chicken breasts with onion powder, salt, and pepper. Grill on medium-high heat until golden brown. Set aside.
- ✓ Steam the cauliflower until tender and grate it. Add salt and pepper to taste.
- ✓ Serve the grilled chicken breasts with the cauliflower rice as a side.

## Directions

# Grilled chicken breast with cauliflower rice

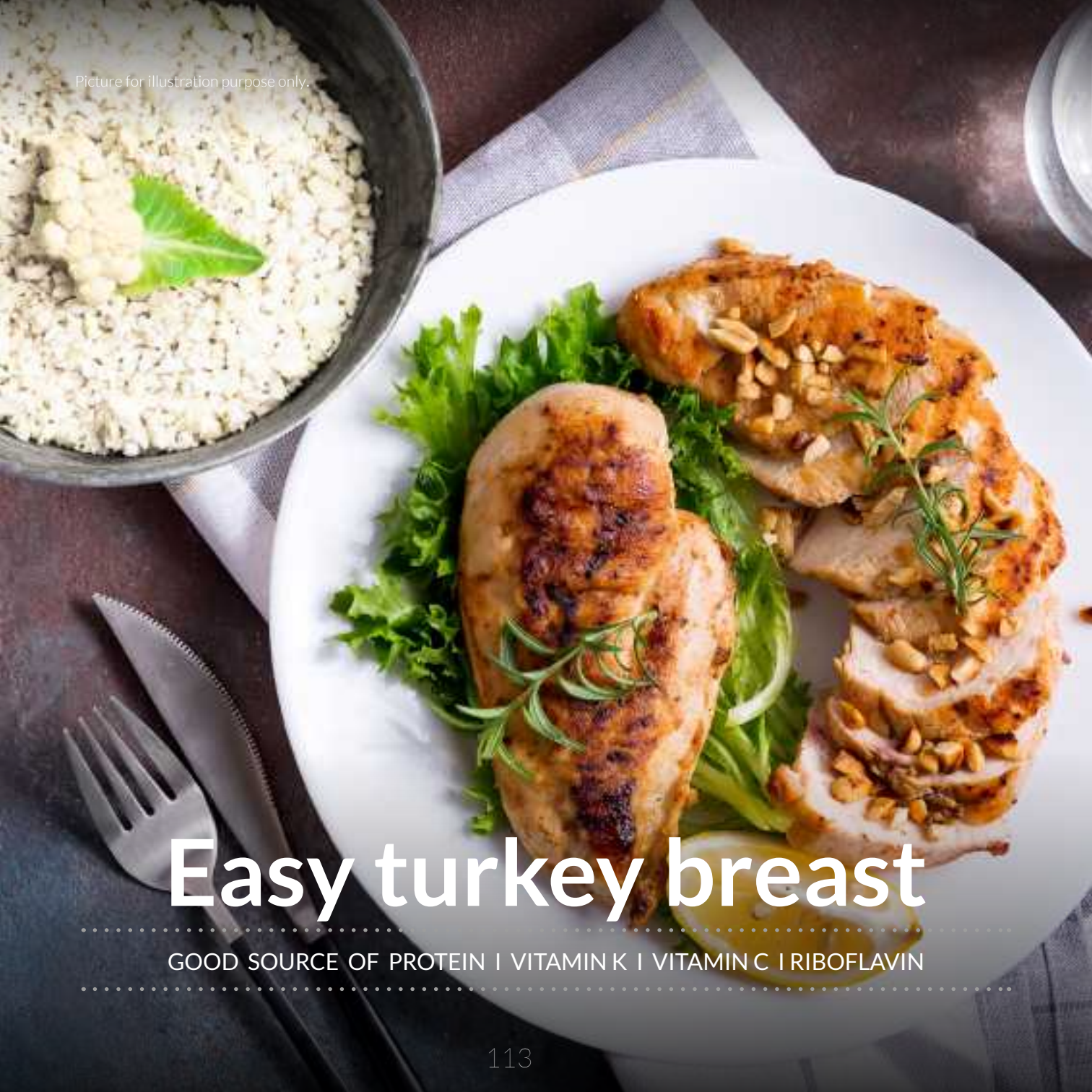
GOOD SOURCE OF PROTEIN | VITAMIN D | POTASSIUM

Picture for illustration purpose only.

nuimage



Picture for illustration purpose only.



# Easy turkey breast

GOOD SOURCE OF PROTEIN | VITAMIN K | VITAMIN C | RIBOFLAVIN



Turkey Breast  
(Grilled and Sliced)



Onion Powder



Pepper



Salt



Picture for illustration purpose only.

## Directions

- ✓ Season the turkey breasts with onion powder, salt, and pepper.
- ✓ Grill on medium-high heat until golden brown.
- ✓ Serve with your choice of approved vegetables.

# Easy turkey breast

GOOD SOURCE OF PROTEIN | VITAMIN K | VITAMIN C | RIBOFLAVIN



# Ingredients



Turkey Breasts



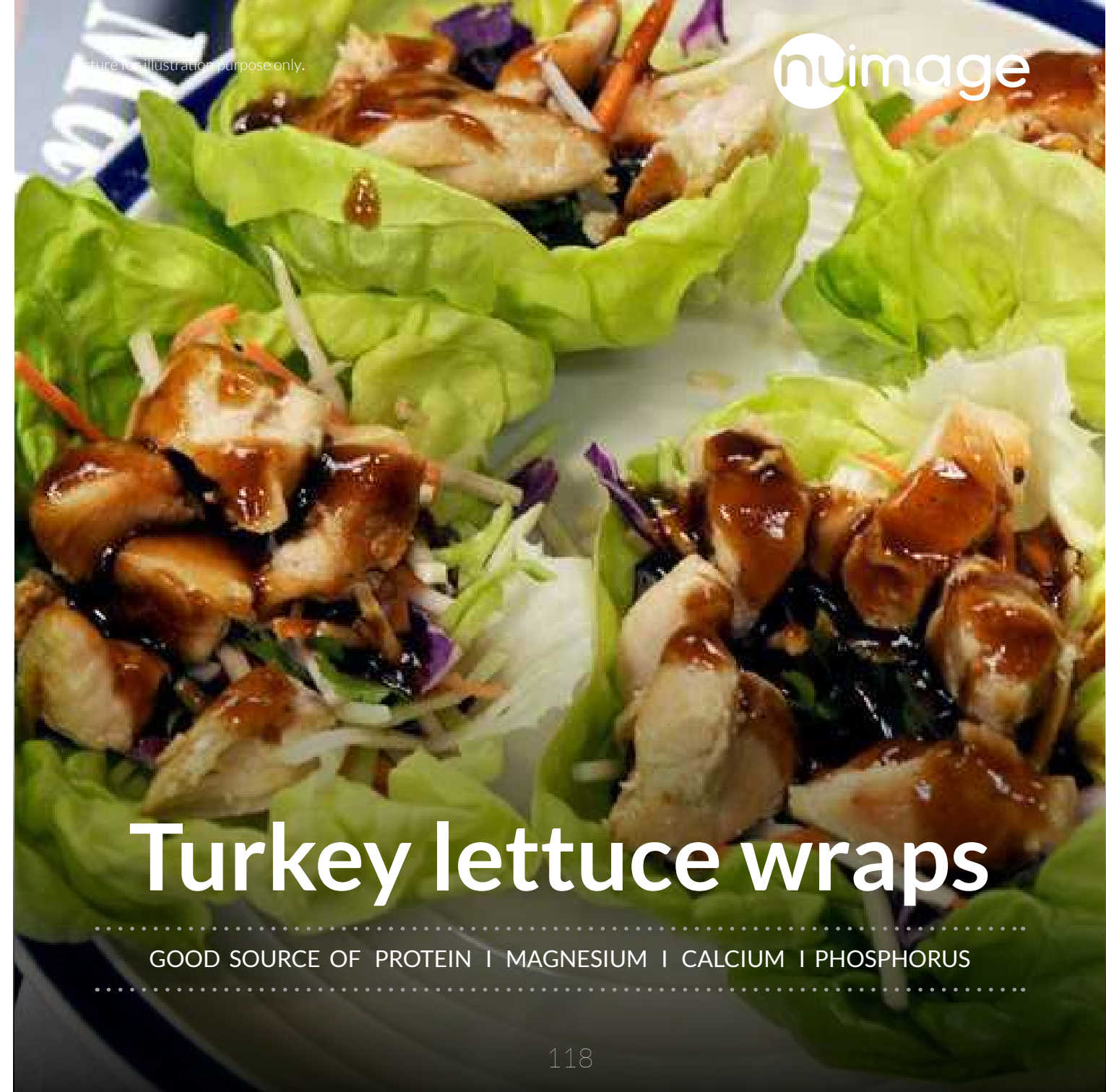
Pepper  
(Black or Cayenne)



Lettuce Leaves



Onions



## Turkey lettuce wraps

GOOD SOURCE OF PROTEIN | MAGNESIUM | CALCIUM | PHOSPHORUS

- ✓ Place 4 oz. of turkey breast and one chopped onion into the crock of a slow cooker. Sprinkle a pinch of salt and pepper over turkey.
- ✓ Cook on low for 6 to 7 hours.
- ✓ Transfer turkey to a bowl and use two forks to shred it into strands. Strain liquid from slow cooker crock into a bowl to serve on the side.
- ✓ Spoon chicken into lettuce leaves.

## Directions

# Turkey lettuce wraps

GOOD SOURCE OF PROTEIN | MAGNESIUM | CALCIUM | PHOSPHORUS



Picture for illustration purpose only.

# Tomato fennel broth poached white fish

GOOD SOURCE OF LYCOPENE | FIBER | PROTEIN | OMEGA - 3 | FATTY ACIDS



White Fish  
Fillets



Onion



Diced Tomatoes



Coconut Oil



Water



Red Pepper



# Tomato fennel broth poached white fish

GOOD SOURCE OF LYCOPENE | FIBER | PROTEIN | OMEGA - 3 | FATTY ACIDS

## Directions

- ✓ Heat 1 teaspoon of coconut oil in a skillet over medium heat.
- ✓ Add 1 chopped red pepper, 1 chopped onion, stir and cook until the onion has softened and has turned translucent, about 5 minutes.
- ✓ Add 4oz of white fish, 1 tomato, and 1 cup of water. Bring to a boil, cover, and remove from heat.
- ✓ Let sit covered for 10 minutes or until the fish flakes easily with a fork.



# Ingredients



Flounder  
Fillets



Onion



Lemon Juice



Salt



Pepper

Picture for illustration purpose only.

nuimage™

## Easy baked fish fillet

GOOD SOURCE OF PROTEIN | OMEGA 3 | FATTY ACIDS

- ✓ Preheat oven to 400 degrees F (200 degrees C).
- ✓ Place 3.5oz of flounder in a baking dish and season with a pinch of salt and pepper.
- ✓ Mix ½ cup of lemon juice and 1 onion in a bowl and pour over flounder.
- ✓ Bake in the preheated oven for 25 to 30 minutes, or until fish is opaque and flakes easily with a fork.

## Directions

# Easy baked fish fillet

GOOD SOURCE OF PROTEIN | OMEGA 3 | FATTY ACIDS



Picture for illustration purpose only.



# Chinese steamed fish

GOOD SOURCE OF PROTEIN | LYCOPENE | FIBER | POTASSIUM | OMEGA-3



Red Snapper  
Fillet



Ginger



Tomato



Coconut Oil



Black Pepper



Red Chile  
Pepper



Salt



Cilantro



# Chinese steamed fish

GOOD SOURCE OF PROTEIN | LYCOPENE | FIBER | POTASSIUM | OMEGA-3

## Directions

- ✓ Bring 1 ½ inches of water to boil in a steamer fitted with a basket large enough for the snapper to lie flat.
- ✓ Season snapper with a pinch of salt and pepper, and place in the steamer basket.
- ✓ Top fish with ginger, and drizzle coconut oil.
- ✓ Place 2 tomatoes and 1 teaspoon of red chile pepper in the steamer basket.
- ✓ Steam fish 15 minutes, or until easily flaked with a fork.
- ✓ Sprinkle with cilantro.



# Ingredients



Steak



Coconut Oil



Homemade  
Beef Broth

Picture for illustration purpose only.



## Easy crock pot round steak

GOOD SOURCE OF PROTEIN | CALCIUM | VITAMIN D | SELENIUM



- ✓ Add 1 tablespoon of coconut oil to crock pot.
- ✓ Take 4oz of steak and cut it into five serving size pieces.
- ✓ Put the pieces in the crock pot and cover with homemade beef broth.
- ✓ Cover and cook on low for 6 to 8 hours.
- ✓ Serve with your choice of approved vegetables.

## Directions

Picture for illustration purpose only.

nuimage

# Easy crock pot round steak

GOOD SOURCE OF PROTEIN | CALCIUM | VITAMIN D | SELENIUM



Picture for illustration purpose only.

# Crusted lingcod

GOOD SOURCE OF PROTEIN | MAGNESIUM | FIBER | CALCIUM



Lingcod



Broccoli



Cauliflower



Lemon



Salt



Black Pepper



Picture for illustration purpose only.

# Crusted lingcod

GOOD SOURCE OF PROTEIN | MAGNESIUM | FIBER | CALCIUM

## Directions

- ✓ Dissolve 3 tablespoons of salt in 8 cups of water in a bowl and brine lingcod at room temperature for 30 minutes.
- ✓ Drain the brine and rinse and dry cod, season one side with a pinch of salt and pepper. Preheat oven to 400 degrees F (200 degrees C).
- ✓ Cut the lemon in half; zest one half and cut the other half into wedges.
- ✓ In a skillet over medium-high heat cook cod until fillets are golden brown on both sides, about 5 minutes per side. Transfer fillets into a baking pan; squeeze zested lemon half over cod.
- ✓ Sprinkle broccoli and cauliflower florets with lemon, salt, and pepper, and place them with the lingcod fillets in a baking dish. Bake in preheated oven for 15 to 20 minutes or until cod flakes easily with a fork.



# Ingredients



Artichoke  
Hearts



Garlic



Chopped  
Onion



Black  
Pepper



Bay Leaf



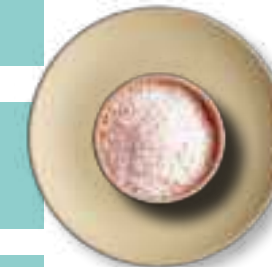
Sprigs of  
Thyme



Spinach



Homemade  
Vegetable Broth



Salt



Coconut Oil

Picture for illustration purpose only.

nuimage™

## Spinach artichoke soup

GOOD SOURCE OF FIBER | VITAMIN-C | PHOSPHORUS | ANTIOXIDANTS



- ✓ Melt 1 tablespoon of coconut oil in a medium dutch oven or pot over medium heat.
- ✓ Season with a pinch of salt and pepper. Cook, stirring occasionally.
- ✓ Add 1 ½ teaspoons of chopped fresh thyme and 2 cloves of garlic. Cook and stir for about 2 minutes.
- ✓ Add 1 cup of homemade vegetable broth, 3 artichokes, 1 bay leaf and ½ lemon zest to the pot and bring to a simmer.
- ✓ Cook until the vegetables are very tender, 10 to 12 minutes.
- ✓ Add 2 cups of spinach; cook until the spinach is wilted, about 4 minutes.
- ✓ Remove the bay leaf and lemon zest.
- ✓ Working in small batches, transfer the soup to a blender and puree with 1 cup fresh parsley. Return to the pot, season with salt and reheat.

## Directions

# Spinach artichoke soup

GOOD SOURCE OF FIBER | VITAMIN-C | PHOSPHORUS | ANTIOXIDANTS



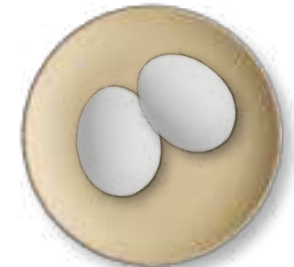
Picture for illustration purpose only.

# Simple vinegar steak

GOOD SOURCE OF PROTEIN | POTASSIUM | VITAMIN D



Steak



Egg Whites



Vinegar



Coconut Oil



# Simple vinegar steak

GOOD SOURCE OF PROTEIN | POTASSIUM | VITAMIN D

## Directions

- ✓ Pound steaks using a meat mallet to tenderize.
- ✓ Place in a shallow glass dish and pour 2 ½ cups of vinegar over the steaks so that they are covered.
- ✓ Refrigerate for 30 to 45 minutes to marinate.
- ✓ Heat 1 teaspoon of coconut oil in a large skillet over medium-high heat.
- ✓ Beat 2 egg whites in a shallow dish, and set aside.
- ✓ Dip steaks in egg. Place in the hot pan and fry on each side until deep golden brown, about 4 minutes per side.
- ✓ Remove to a paper towel-lined plate to drain. Serve immediately.





Asparagus



Grilled Fish

## Warm asparagus salad with grilled fish

GOOD SOURCE OF PROTEIN | FIBER | FOLATE | VITAMIN-C | VITAMIN-E

- ✓ Place white fish fillets with 2 cups of asparagus on a skillet, cover and grill at medium-low heat for 4-6 minutes or until fish flakes easily with a fork.
- ✓ Make sure the asparagus are crisp and tender and remove from heat.
- ✓ Serve with your choice of approved greens.

## Directions

# Warm asparagus salad with grilled fish

GOOD SOURCE OF PROTEIN | FIBER | FOLATE | VITAMIN-C | VITAMIN-E





## Some **Q&A's**

# Some Q & A's



## **Are any condiments acceptable?**

Aside from the approved condiments, you should not add any more.

## **Aren't almonds and walnuts high in fat?**

Almonds are a good source of both fiber and protein, and are a healthy choice for a snack or as pre-workout fuel. Walnuts are high in omega-3 fatty acids.

## **Can I have flaxseeds?**

Yes! Flaxseeds are rich in fiber and protein.

## **Is it okay to eat some fruits even though they contain natural sugars?**

Yes, the low-calorie fruit options are essential to meet the daily micronutrient requirements. The designated serving size of fruits and vegetables is designed to ensure that daily fiber requirements are met since animal protein lacks fiber.

## **Some Q & A's**



### **How long can I be on this program?**

You can be on the program for four months at a time. After four months, we recommend a follow-up with your prescribing physician to reevaluate your weight loss status.

### **Can I consume alcohol while on the program?**

No, alcohol should be avoided while taking the medications.

### **What if I forget to take my pill?**

Ask your prescribing physician for information.

### **I cheated, what do I do?**

Do not beat yourself up, sometimes life happens. The main and most important thing is to avoid those episodes at all costs. If you cheat on your diet, just go back to the VLCD the next day and keep going.



### **I'm not losing weight! What do I do?**

Weight loss plateaus are sometimes expected due to your body stabilizing and getting used to the diet and the medication. Be patient, listen to your body, and ALWAYS reach out to our support team, we will be happy to help you! Contact us at: [Support@NuImageMedical.com](mailto:Support@NuImageMedical.com).

### **Can I exercise on this diet?**

Yes! You can most certainly exercise while on this program. Actually, it is recommended in order to get faster results.

### **Is the medication safe?**

Yes, we have worked out the perfect formulation to help you with your weight loss goals. Always answer the questions about your medical intake honestly so your physician can assess accordingly.

## **Some Q & A's**

### **Will WAYT-less™ interfere with any of my medications?**

Always list your medications when you complete your medical intake so our physicians can prescribe accordingly.

### **Can I use UltraBurn with this diet?**

Yes, UltraBurn is a custom compound of fat metabolizing lipotropics, amino acids, and B vitamins that may speed up the removal of fat within the liver and can prevent excess fat buildup in problem areas. UltraBurn may help with fat loss, and you can also use it on its own while following a low-calorie, low-carbohydrate diet.

### **Is it necessary to load for 2 days?**

Yes! During the diet, your body may continue to burn the same amount of calories, or more, as it would on a typical day, but because you



are only eating 600-800 calories a day, your body may try to get the calories someplace else. This is where the stored fat comes in. Your body can take the calories it needs from those fat reserves, which may be what allows you to lose such a significant amount of weight. Without those fat reserves being well-stocked, your body may go into starvation mode, which would cause it to hoard the calories that you eat. If you were to skip your load days, you would likely be very hungry, especially during the first week, and you would probably stop losing weight altogether after the second.

### **Is it necessary to do a colon cleanse?**

Detoxifying the colon is essential in maintaining digestive health. Toxins from the air, food, and water can build up over time within the body. Similar to many diet programs, colon cleansing

### **Some Q & A's**



is used to detoxify the digestive system and prep the body for the 600-800 calorie diet. Colon cleansing is also believed to rid the colon of *Candida albicans*, a yeast that is commonly found in small amounts in the intestine and vaginal area. Excess yeast in the colon is believed to inhibit digestion.

### **Will I be hungry on this diet?**

You should not be hungry on this diet since the medications used are all appetite suppressants. They may help with binge eating as well as hunger pains. Low Dose Naltrexone, for instance, may modify eating behaviors and the way your body signals sugar and carbohydrate cravings. The combined medications can ensure that you can eat a low-calorie diet without experiencing hunger pains and energy loss.



### **What if I feel constipated on the diet?**

It is normal to experience some changes in your bowel habits when on a low-calorie diet like WAYT-less™. When you're consuming small amounts of food, less will need to be secreted as waste. If you experience constipation for 5-7 days, we recommend using our Digesti-Cleanse or a Smooth Move Tea.

### **What are some recommendations for managing possible side effects?**

In general, it is recommended that you drink plenty of water when on WAYT-less™. If you experience nausea, you can eat a small amount of the approved melba toast snack. If symptoms do not improve, please consult with your doctor, who may also recommend an over-the-counter anti-nausea medication for you.

## **Some Q & A's**

How many times can I do this program?

We recommend that you do the program for four months at a time if needed. You will be required to do a follow-up with your physician if you chose to continue.

How does this program compare to other programs?

	WAYT-less™	GLP-1	Phentemine	Metformin	Contrave	Plenity
Rapid weight loss	✓	✗	✗	✗	✗	✗
Targets fat / Adipose tissue	✓	✓	✗	✗	✗	✗
Not a hormone	✓	✗	✓	✓	✓	✓
Curbs cravings / Suppresses appetite	✓	✓	✓	✗	✓	✓
No nutrient deficiencies	✓	✓	✓	✓	✓	✓
Wider variety of foods allowed	✓	✗	✗	✗	✗	✗
Aids in blood sugar regulation	✓	✗	✗	✓	✗	✗
Able to exercise	✓	✓	✓	✓	✓	✓
Works without going too low on calories	✓	✗	✗	✗	✗	✗
Improves insulin sensitivity	✓	✗	✗	✓	✓	✓



Some Q & A's



For those who  
**workout only!**



# For those who workout only



Have you decided to start working out? Great idea! Here's what you need to know:

1. Understand that your caloric intake will be different than the original protocol.
2. You can consume up to 900 calories while following your workout regimen.
3. Stick to our protocol and use the options below.
4. Add these options to your program but be mindful of how and when you're adding them. They are additional snacks and are outside of what our original protocol allows you to eat. Consult with us if you're not sure of how to introduce them to your program. Remember we are here every step of the way!

**For those who workout only**



# Pre-workout



## Option1

- An apple or orange with 5 almonds.

## Option2

- 10-15 Frozen berries with 1 walnut and 3 almonds.

## Option 3

- An orange with 5 almonds.

## Option 4

- 10 strawberries with 4 almonds and 1 walnut.

## Option 5

- 2 slices of pineapple with 2 walnuts.

## Pre - workout

# Post-workout



## Option 1

- Thick chicken soup with 2 egg whites.

## Option 2

- Fish rolls (Boiled and shredded fish with peppers, broccoli, onion, and ginger rolled in spinach or lettuce leaves).

## Option 3

- Four scrambled egg whites with a side of spinach and asparagus.

## Option 4

- Chicken wraps (Boiled chicken with condiments, shredded and wrapped in spinach leaves with onions and peppers).

## Option 5

- Fish pancakes (2) and warm asparagus.

## Option 6

- Spinach egg roll (Omelette from 3 egg whites with shredded broccoli and peppers rolled in spinach leaves).

## Post-workout





# The WAYT-less™ diet

by

Ally Velandia MSN  
Master Science Nutrition

