

The GR² Weight Loss Challenge



Weeks 1-2 Newsletter: The Program At A Glance

Congratulations for taking the first step to a slimmer and healthier you by accepting the GR² Weight Loss Challenge.

Now is the perfect time to shed those extra pounds and re-energize with the GR² Control Program.

Achieving and maintaining a healthy weight will not only help you feel and look good in the short term. It will also reduce your long term risk of chronic diseases such as heart disease, diabetes, cancer and osteoarthritis. Studies show that obese individuals can enjoy significant health improvement with just 10% weight loss. And people who maintain a healthy weight throughout their lifetime are more apt to live a longer, healthier life.

The GR² Control Weight Loss Program

With the GR² Control Program, you'll never diet again. That's because GR² is not a diet but an easy and effective program that is scientifically based on the eating and lifestyle habits that are proven to produce healthy and sustainable weight loss for life, including glycemic response control, mindful eating, small frequent meals, overall lower fat and calorie intake and daily physical activity.

GR² Control allows you to eat 5 times a day and still lose weight by utilizing a satisfying daily combination of :

- Two Meal Replacement Protein Shakes
- Two Mini-Meal Snacks (either a bar or a mini-meal from the Success Guide)
- A Sensible, portioned-controlled meal
- Weight loss support supplements and plenty of water throughout the day

BREAKFAST	MINI-MEAL	LUNCH	MINI-MEAL	DINNER
				
				
				



- The GR² Control Meal Replacement Protein Shakes, available in Chocolate Dream and Vanilla Whisper, keep your glycemic levels in an optimal range which will help satisfy your cravings.*
- The GR² Control GR²eat Bar, available in delicious Creamy Caramel and Luscious Lemon, is a perfect go anywhere mini-meal.
- When taken before a meal, the GR² Control Appetite Reducer is an exclusive formula that helps you feel full on fewer calories or less food.
- And the GR² Control Thermogenic Enhancer is a unique herbal blend that naturally re-energizes your metabolism.
- Water and exercise are the final components of the program. Remember to drink lots of water throughout the day. And to increase your fitness level with increased daily exercise. See page 5 of the Success Guide for more information.

Accompanying the GR² Control products are the weight loss support materials found in the GR² Control Intro Pack. The kit includes a success guide with weight loss tips, an enjoy/avoid book listing food suggestions, a weight loss tracker book, and a CD, Mind Talk, featuring John Miller, SAB member and Vice President of Science and Technology, with information on the science behind GR² Control. Be sure to take advantage of these important tools.

The Science Behind GR² Control

“G R” stands for Glycemic Response, so simply stated, GR² Control means that you are helping to control your blood sugar levels.* The “2” represents the exponential benefits for long-term health by following a low-glycemic response diet—from lower risk of heart disease, diabetes, and cancer to lower blood pressure, less chance of stroke, and other health risks.* The GNLD Scientific Advisory Board (SAB) and our Global Science Network (GSN) developed a state-of-the-art weight loss program based on breakthrough findings regarding the way the body uses and stores energy which we call GR² Control. GR² Control helps to instill proper eating habits using the right kind of low glycemic response foods, all supported by the four unique weight loss program products. The program will help “teach” your body to take in the kinds of nutrients it needs in optimum ratios, then utilize them efficiently.* GR² Control is a complete weight loss program based in nature and backed by science.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Homemade broth-based soups are perfect for weight loss, as they are low in calories, yet satisfying. Enjoy a cup of soup as an appetizer before your meal or as a mini-meal.

Easy Winter Lentil Vegetable Soup

Ingredients

- 1/2 cup red or green lentils
- 1 cup chopped onion
- 1 stalk celery, chopped
- 2 cups shredded cabbage
- 1 (28 ounce) can whole peeled tomatoes, chopped
- 2 cups vegetable or chicken broth
- 3 carrots, chopped
- 1 clove garlic, crushed
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon white sugar

- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/4 teaspoon curry powder

Directions

1. Place the lentils into a stockpot or a Dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15 minutes. Drain and rinse lentils; return them to the pot.

2. Add onion, celery, cabbage, tomatoes, broth, carrots, and garlic to the pot and season with pepper, sugar, basil, thyme, and curry. Cook, simmering for 1 1/2 to 2 hours or until desired tenderness is achieved. Yields 6 1-cup servings.

Nutritional Information

Winter Lentil Vegetable Soup

Servings Per Recipe: 6

Amount Per Serving

Calories: 118

Total Fat: 1.2g

Cholesterol: 0mg

Total Carbs: 21.9g

Dietary Fiber: 8.2g

Protein: 7.2g

Source: AllRecipes.com



Throughout the 12-week Weight Loss Challenge, we'll support your weight loss success with a new e-newsletter every two weeks based on an important topic related to weight loss. Here's a sneak peek on the upcoming publications.

Weeks 3-4:

GR² Control Shakes, Glycemic Response, and Protein 101

Weeks 5-6:

GR²eat Bars, Tips on Snacking and Portion Control

Weeks 7-8:

GR² Control Appetite Reducer and the Importance of Water and Fiber

Weeks 9-10:

GR² Control Thermogenic Enhancer and boosting your metabolism with exercise

Weeks 11-12:

Health Maintenance with GNLD core products and tips for maintaining weight loss



"I felt overweight, unhealthy, and generally unhappy with my life. Thanks to (GNLD Director) Demetria Tatum, I purchased the GR2 Intro kit and began reading the information. After three weeks on the program, I lost 10 pounds and 4 inches! By the end of the contest, I lost 52 pounds and over 21 inches! I lost weight and gained a happier lifestyle."

-Willie Mathews



**Lost
52 pounds
21 inches**

Results will vary for each individual.

Tips on Goal Setting and Getting Started

As the old proverb goes, 'the longest journey begins with a single step' and weight loss is no exception. Here are some simple tips to get you started...

- Adopt a Can-Do attitude. Believe in yourself that you can take control of your life to eat less, eat healthier foods, and exercise more. Put the mind in action and the body will follow.
- Enlist support from a family member, co-worker, or friend. Make meals together, exercise together, share stories of difficulty and success. Motivate each other to keep going.
- Don't weigh yourself daily. Since the body fluctuates from day to day, experts recommend weighing yourself on the same scale the same day and time just once a week to get a true measure of weight status. Also, remember during normal period of plateaus, you may not see weight loss but you will notice a loss of inches.
- Don't try to lose too much too fast. Be sure to eat enough calories throughout the day to keep your metabolism burning fat. Very low calorie diets cause rapid water and muscle loss but don't result in sustained weight loss over the long term. Aim for 1 -2 pounds weight loss per week.
- Don't get discouraged even if you don't see rapid results. It takes your body time to learn how to lose weight and the slow and steady wins the race. If you have a bad day, just get right back to your regime the next day. If you follow the program, in time you will see results.