

Loading Days-Phase 2 (P2) Day 1 & 2

You must start your drops on the first day of loading. Be sure that you pee first, then weigh yourself, take your dose of drops. Do not eat or drink anything before taking your drops for 30 minutes before and 30 minutes after. Pop the bottle, which simply means to pound it on the palm of your hand 5 times before taking the drops each time. Place the drops under your tongue for a minimum of 3 minutes. The longer the better. Then swallow. Don't forget. Nothing in your mouth for 30 more minutes.

Why do I have to load?

Here is what Dr. Simeons said in Pounds & Inches about the topic:

"One cannot keep a patient comfortably on 500 Calories unless his normal fat reserves are reasonably well stocked. It is for this reason also that every case, even those that are actually gaining must eat to capacity of the most fattening food they can get down until they have had the third injection. It is a fundamental mistake to put a patient on 500 Calories as soon as the injections are started, as it seems to take about three injections before abnormally deposited fat begins to circulate and thus become available"

Here is a list of great things to eat on your two load days but the sky is the limit: Avocado, mayonnaise, butter, heavy cream, sour cream, cream cheese, cheesecake, olives, full fat ice cream, chocolate, bacon, sausage, pizza, deviled eggs, cheese, peanut butter, nuts. You will want to say "goodbye" to things that you particularly love and you think you will miss until P4. For me that was ice cream, for the most part. These are just ideas. I heard of one lady that had no problem because she actually drank a quart of Olive Oil over her two days of loading. That is a little extreme but do what you personally need to do. Don't concentrate on salads, or sushi, or mashed potatoes (unless you need to say goodbye to them) because they are just carbs and adds volume. You really need the fatty foods. You can do it healthy by doing healthy fats and high protein meats. That would be more of a low carb way of doing it but it will work.

Just a suggestion:

I went to "Golden Corral" on one of my load days. I picked a table in a back corner, warned my server that I was there to "read" and that I would make sure to leave a nice gratuity for her but that I would be there for over 2 hours. She was very accommodating. I took my printed copy of Pounds & Inches, manned with a highlighter, post it note flags, and pen and made notes as I read, highlighted important things and flagged pages I knew I needed to refer back to often.

I also went to Sweet Tomatoes and did the same thing on a different round. They make wonderful cream soups. High fat, for sure.

You may want to try a buffet restaurant for your loading days. Just plan to be there the better part of the day.

Use these two days to pre-measure your meat portions into baggies and put it in the freezer. I measured 40 3.5 oz bags of raw chicken, 20 3.5 oz raw 93/7 (diet lean) hamburger patties, cooked shrimp, tilapia filets, and some pre-cooked diet lean hamburger that I drained and rinsed for use in no bean chili or sautéed cabbage, or boiled daikon radishes.

Cheers.