

## Preparing for Sole Source

The way you prepare for your first day of sole source will make a difference for you. We have learned that by using the following guidelines, you will feel less deprived, more energetic and more in control of your ability to shed those pounds. Each day you can enjoy 400 calories of selected conventional foods and your three servings of Cambridge Food For Life's ultimate weight loss formula.

The following is a daily list to guide you in your preparation to sole source.

### **4-5 Days Before Sole Source**

- Reduce intake of fatty foods (Examples: meats, dairy products, ice cream, butter, mayonnaise, chocolates)
- Enjoy 3 servings of Cambridge Food For Life
- Drink eight 8-oz. Glasses of water

### **3-4 Days Before Sole Source**

- Reduce intake of sugars (Examples: soft drinks, diet drinks, candy)
- Enjoy 3 servings of Cambridge Food For Life
- Drink eight 8-oz. glasses of water

### **2-3 Days Before Sole Source**

- Reduce intake of hard candy, gumdrops, sugar in coffee, starches and grains
- Enjoy 3 servings of Cambridge Food For Life
- Drink eight 8-oz. glasses of water