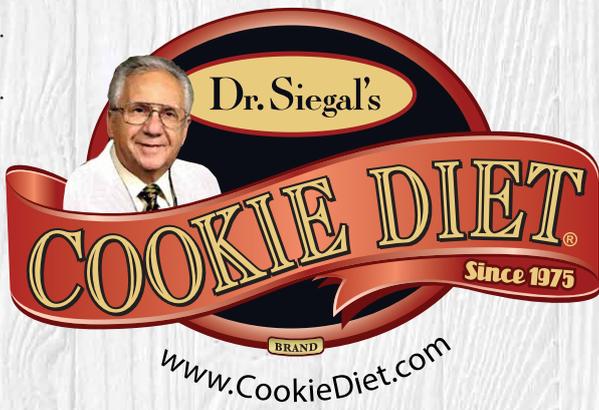


Helping people lose weight for over 40 years!



This diet was invented by weight loss specialist physician, Dr. Sanford Siegal and it was sold in over 400 medical practices in South Florida and had the support of thousands of GPs before it was available online in 2007. For over 40 years, this diet has helped millions lose weight and keep the weight off.

### QUICK FACTS:

1. Dr. Siegal's Cookie Diet cookies are normal cookies, they are just low calorie and contain a special mixture of proteins that naturally suppress hunger
2. They taste like normal cookies, they are all natural, no artificial flavours
3. The cookies help control your hunger so that you can stick to a low calorie diet.
4. Weight Losing Phase: 9 Cookies (1-2 cookies every 2 hours) plus Dinner (lean meat plus salad/veggies)
5. Weight Maintenance Phase: Once goal weight achieved, eat healthy meals and enjoy the cookies as a healthy, low calorie snack between meals

#### BASIC PLAN: 1-2 COOKIES EVERY 2 HOURS + DINNER

<b>Breakfast</b>	2 x Cookies
	2hrs
<b>Morning tea</b>	1 x Cookie
	2hrs
<b>Snack</b>	1 x Cookie
	2hrs
<b>Lunch</b>	2 x Cookies
	2hrs
<b>Afternoon Tea</b>	1 x Cookie
	2hrs
<b>Snack</b>	1 x Cookie
	2hrs
<b>Dinner</b>	(250g of lean meat/fish + Salad/Veggies) 500-700 calories
	2hrs
<b>Snack</b>	1 x Cookie

\*Each Cookie = 60 calories Total calories = 1000 – 1200 per day

#### REQUIREMENTS:

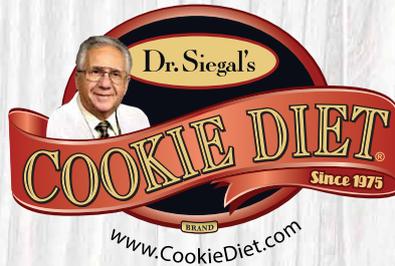
- At least 8 glasses of water daily
- Daily Multivitamin
- Tea & Coffee Allowed (Avoid milk, if needed use skim milk)

#### 4 GREAT FLAVOURS:

- ✓ Chocolate Brownie
- ✓ Cinnamon Oatmeal
- ✓ Maple Pancakes
- ✓ Butterscotch



If you have any more questions please don't hesitate to call us on +61 2 9037 0887 or email us on [info@cookiediet.com](mailto:info@cookiediet.com). To reorder click [here](#)



### Why is Dr. Siegal's COOKIE DIET cookies so effective?

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Half the battle with diets is convenience, the other half is hunger and this diet conquers both AND gives you a way to keep the weight afterwards. Below are a few points as to why this diet has helped millions:

- **Convenience:** The cookies are so convenient as you have nothing to prepare or make up, you just take 1 bag of cookies with you for the day and eat 1 or 2 cookies every 2 hours, then dinner is a simple lean meat plus salad or veggies. Simple.
- **Hunger Control:** The success behind this diet is that it helps you stick to a low calorie diet (1000-1200 calories/day) without feeling hungry. Of course it takes a few days to adjust to the change in diet, but after that the cookies really suppress your hunger and help you stick to the diet without those pesky hunger pangs.
- **Maintenance:** Once goal weight achieved, eat healthy meals and enjoy the cookies as a healthy, low calorie, hunger suppressing snack between meals so you don't over eat.
- **Healthy Eating Habits:** This diet trains your body to eat small frequent meals, this helps continually spike your metabolism and assist with weight loss. It also gets you into the habit of preparing a healthy dinner and teaches you what constitutes a healthy balanced meal
- **Hydration:** The cookies texture assist you in drinking your 8 glasses of water a day.
- **Proof:** This diet is not a fad, it has been going strong and only growing by word of mouth for the last 40 years.

### How much exercise should I do?

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1. **Weight Losing Phase:** 9 Cookies (1-2 cookies every 2 hours) plus Dinner (lean meat plus salad/veggies) – exercise is not absolutely necessary as you will already be in a caloric deficit, but if you would like to exercise – only light exercise recommended (30min walk 3 times a week)
2. **Weight Maintenance Phase:** Once goal weight achieved, eat healthy meals and enjoy the cookies as a healthy, low calorie snack between meals – intermediate to advanced exercise recommended based on fitness level.

### Do the Cookies Contain Sugar?

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There are only 4g of sugar per cookie. During the weight losing phase when a user eats 9 cookies a day, the total sugar intake per day is 36g which is well below average daily sugar intake of an adult.

The reason the cookies contain sugar, is so that when a user stops using the diet, they do not put on rebound weight when they move to the maintenance phase or return to normal eating.

This amount of sugar does not raise red flag even for diabetic users as it is still below daily averages.

### How is this Cost Effective?

A lot of our customers say, "It's cheaper to be on the diet than off it!" How does that make sense?

The reason being is when your in the weight losing phase you're eating 9 cookies a day plus dinner, dinner is the only meal you this diet doesn't cover. So when you buy a month supply for \$189.95, thats \$47.49/week and that covers essentially breakfast and lunch for 7 days, so if you divide that by 14 meals that works out to \$3.39 per meal and thats definitely cost effective.

### Can I use them if I have Diabetes or any other Medical Conditions?

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Questions about medical conditions must be directed to your doctor. Show the ingredients to your doctor and always follow his or her instructions.

We recommend that you consult your GP before starting any diet if you are diabetic. Dr. Siegal has treated many diabetics with great success, however every case is different, so please consult your doctor, and if you or your doctor has any questions he can contact us directly on +61 2 9037 0887.

There is nothing harmful in the cookies, they are normal low calorie cookies with a special combination of natural proteins that naturally suppress hunger. Please search "cookie diet and diabetes" on YouTube to watch a case study on a patient with Diabetes using this diet.

### FAQs

[www.cookie diet.com/faq-s/](http://www.cookie diet.com/faq-s/)