



THE HALF PROGRAM DIET™

**CR2000 IS PROUD TO INTRODUCE *THE HALF PROGRAM DIET™*
A NEW INNOVATIVE AND EFFECTIVE ENERGY AND WEIGHT LOSS PROGRAM!**

What is *THE HALF PROGRAM DIET™*?

- * **Half the calories**
- * **Half your exercise in the morning and half your exercise at night**
- * **Half your recommended Type I & III Collagen serving 3x's a day.**

First, Let's Take A Closer Look At How CR2000 Type I & III Collagen Works For Energy and Weight Loss And Why Type I & III Collagen Supplementation Is Such An Important Element To Losing Fat!

The abundant amounts of amino acids in CR2000 Hydrolyzed Collagen Type I & III encourage your body to gather more energy. Our Type I & III collagen promotes losing fat not protein, vitamins or minerals. How does CR2000 Hydrolyzed Collagen Type I & III burn fat? It's quite simple actually. Repairing tissue such as your skin and joints requires energy, and Type I & III initiates this repair, thus more energy to repair more cells burns more fat. ***When you lose the fat the Type I & III is necessary for muscle recovery and maintaining the elasticity in your skin!*** Remember it's important to know that when you lose fat you lose inches and size, but not necessarily pounds on the scale. I trust you now understand the vital importance of CR2000 Hydrolyzed Collagen Type I & III.

*Let's hear from Joe Quadri, President and Founder of CR2000 Collagen, on how he lost 43 lbs in 12 months on the **THE HALF PROGRAM DIET™** for Energy and Weight Loss using Type I & III Collagen Powder, Tablets and Liquid in the same day.*

INTRODUCTION

When we first opened our doors to Canadians in 1998 we offered Type II Collagen and Type I & III Collagen Powder and Tablets. Then our incredible and delicious Type I & III Liquid Collagen came along several years later. And each time a retailer or a consumer called our office and asked us which would be the best time of day to take each respective Type I & III Collagen product, I would suggest a different time of day for each product as each Type I & III product, its properties and molecular make up would work best at different times of the day.

JOE QUADRI'S WEIGHT LOSS STORY

In August 2007 I made the decision to move CR2000's administration office to Victoria, BC from Edmonton, Alberta. To uproot yourself from a life and home you've known for the past 30 years is never an easy adjustment. It certainly wasn't for me. But my wife and I finally made the decision that we had had enough of those famous Edmonton winters. Still a decision that was incredibly difficult to make.



But we did it and here we are basking in +9 Victoria winter weather. Sounds like paradise right? Well, my wife and I had no idea what was to come.

As you know the fall of 2007 was the big building boom in Canada and sure enough we decided to renovate the home we purchased. Not the smartest decision as the cost of materials and labor were going through the roof during this time. To add insult to injury, the fear of contractors and construction workers walking off the job was real and happening everyday – going to higher paying jobs without warning or notice.

Well in the first 4 weeks of our renovation our contractor did not deliver what he promised and we were forced into a position where we had to fire the only contractor that was available in the city at the time. So, I was left with no choice but to take on the job of general contracting my own home renovation project and start finding credible construction, plumbing and electrical workers that were nowhere to be found. What was worse is that we just moved to Victoria, I knew know one. Then it all started.

I began getting up at 4AM in the morning putting together a plan, making countless calls to find workers and managing CR2000 at the same time. When I finally put my crew together it was the endless research, phone calls and purchasing of building materials that I needed to get to the construction site on time so my guys wouldn't be standing around while getting paid the premium hourly wage all laborers in Canada were making during this time. This went on for 8 months - up at 4 AM everyday and dealing with the many typical problems any renovation goes through. How I managed to keep it together was a minor miracle! But the stress, endless construction scheduling, dealing with building, plumbing and electrical inspectors, zero sleep, operating CR2000 full time – eventually got me and my body began paying the price.

I started consuming mass quantities of carbohydrates, sugar and tons of coffee with cream. I officially and finally found myself on a road going nowhere fast! A road of terrible health! Everyday my wife pleaded with me to pay more attention to my diet, but I felt I just had no time. But my disastrous health decisions that I made through this entire time would eventually turn into a shocking 50 extra lbs of fat on body! And then tragedy happened. My mom passed away in January 2008 losing her battle with cancer which, emotionally, sunk me even further into this terrible dark hole I fell into. This was, without question, one of the toughest moments I had ever experienced in my life.

My collagen supplementation was slowing down and eventually stopped altogether. The move to Victoria soon turned into my own personal nightmare. I put aside the sport I loved, tennis, for almost 2 years which also contributed heavily to the weight gain – absolutely no cardio exercise because, again, I convinced myself there was no time. I completely neglected the healthy life style I typically embraced on a daily basis and held to the highest standard. As a result from October 2007 to May 2009 I put on 50 lbs!

It was only until the spring of 2009 when the renovation was finally wrapping up and I started taking competitive tennis seriously again reality set in. I love playing tennis tournaments, I always have and when I decided to get back out there I was injured at every turn. I had never been injured before as my body could always take a beating on the court even at the age of 45 playing the young juniors with tennis scholarships.

I suffered hamstring pulls, back and neck strains, shoulder pulls, tennis elbow, quad pulls, knee problems - you name it I had it all largely because of the lack of Type I & III collagen supplementation in my body for months, no exercise for months, , and a horrible diet for months eventually all leading to that extra weight. It didn't matter what I did or how I moved - I got injured.

I finally got to a point where I just couldn't take it anymore so I got back to basics. I altered my diet, I kick started my daily collagen supplementation and began my slow painful climb out of that terrible dark hole I got myself into.

But I remained committed to my plan, reignited the passion and rediscovered the appreciation for the incredible importance of collagen for the body, and focused on my goal toward losing 50 lbs. Well it is now September 2010 and I am 7 lbs away, weighing in at 205 lbs (I'm 6' 2"). Here's how I did it....

Daily Food Choices That Played A Vital Role
In Helping Joe Quadri Lose 43 lbs In 12 Months

****ALL FOOD CHOICES ARE ALL PART OF THE HALF PROGRAM DIET™ AND THE SUGGESTED DAILY MEAL PLAN. SEE SUGGESTED DAILY MEAL PLAN IN THIS BROCHURE**

Half the calories

- 1) I stopped eating my daily muffin mid morning and replaced the muffin with the one small vanilla almond biscotti (no chocolate chips or raisins).
- 2) I stopped drinking coffee with cream and replaced it with an 8 oz skim milk cappuccino with no sugar. In the afternoon I would have 1 shot of espresso with no sugar, but not everyday. *See meal plan.*
- 3) In the morning I would mix a 1/2 cup of organic skim milk with a 1/2 cup of water and a level teaspoon of instant coffee for my morning caffeine fix.
- 4) I had plain rye toast (absolutely no butter), 2 organic eggs in the morning. *More choices offered in the suggested meal plan.*
- 5) NO FROZEN MEALS.
- 6) Absolutely no high-in-fat and high-in-sugar deserts.
- 7) I did have small pieces of 70% dark chocolate, but never chocolate bars, chips or pop. *See the meal plan.*
- 8) Salads with no dressing.
- 9) An extremely small amount of salt but lots of pepper.
- 10) Generally no foods from a box or a can including breakfast cereals. With the exception of cream of wheat, oatmeal (but not Instant oatmeal) and gluten free whole grain cereals. *See the meal plan.*
- 11) No fried food and no saturated fats.
- 12) No artificial sweeteners.
- 13) Fruit is always great, but only during the day.
- 14) The usual foods rich in protein - meats, fish etc.
- 15) Whole grain pasta, but never at night. *See the meal plan.*

MINIMAL EXERCISE

Half in the morning and half at night

My choice of exercise was tennis. But I never hit the gym. I did 30 push ups in the morning (2 sets of 15) and (1) set of 15 weight curls (please determine your own desired weight for your bicep curl) for biceps (to strengthen my arms and shoulders), along with (1) set of 15 sit ups at night (to strengthen my stomach and back) before I went to bed. It would literally take me a total of 20 minutes a day. Ten minutes for the push ups, five minutes for the curls and five minutes for the sit ups. But stretching was an absolute must and it did me a world of good especially before tennis - no more injuries! Long power walks, or light jogging on grass or on a tread mill (if you like the gym) for a short time just enough to raise your cardio but at your own pace.

TYPE I & III COLLAGEN SUPPLEMENTATION (FOR MUSCLE RECOVERY, BONE DENSITY, ENERGY AND FAT BURNING!!)

Half the daily serving of Type I & III 3x's a day

Here's how the Type I & III collagen supplementation would work within the program. First, it's important to point out that I would only use our Type I & III collagen products with the program and never the Type II as it just was not necessary and had absolutely no relation to the program whatsoever.

I would use all of our Type I & III products as they each would have unique qualities, a unique molecular make up, but all having a collagen content (amount of collagen protein per serving) that is similar to each other. And by focusing on these facts my body was maximizing the productivity that each Type I & III product offered and catered to with respect to orally administering each respective form of Type I & III collagen product at the specific time of day it was typically designed for.

1) First thing in the morning - immediately after waking up, I would take a half of scoop of the CR2000 Type I & III Powder. This would allow myself time to wait one hour before eating breakfast (as directed on the back of the bottle). I would shake the powder up with 4 to 6 ounces of real grape fruit juice, orange juice (not concentrate) or a greens drink. Plus (1) 500 mg Vitamin C supplement (as directed on the back of the bottle).

2) At 3 PM I would take 3 tablets of CR2000 Type I & III tablets with (2) 8 oz glasses of water and (1) 500 mg Vitamin C supplement.

*3) And finally, I would take 1 full teaspoon (1 level tablespoon is ok but not necessary) of CR2000 Type I & III Liquid before bed time and (1) 500 mg Vitamin C supplement. Remember two things are taking place in your first stage of sleep: **CELLULAR HEALING AND BURNING FAT!***

*Each bottle would last me 60 days and....**AFTER 6 months I would cut my Type I & III collagen supplementation In half.***

THE HALF PROGRAM DIET™ Grocery List
All Food Choices Can Found At Any Local Grocery Store

**ONLY FRESH
VEGETABLES**

Asparagus	Zucchini	Radishes	Tomatoes
Cauliflower	Broccoli	Peas	Celery
Green Beans	Onions	Green Onions	Peppers
All Green Leaves	Eggplant	Squash	
Lettuce	Carrots	Cucumbers	
Potatoes	Corn	Sweet Potatoes	

**FRESH FRUITS
(ONLY IN THE
MORNING
AND/OR
DAYTIME)**

Bananas (no more than 1 per week)	Apples	Oranges (only in the morning)	Pears
Peaches	Nectarines	Grapefruit	All Berries

**ORGANIC MEATS
AND FISH**

Lean beef	Lean pork	Salmon	Steak
Bison	Skinless Chicken	Turkey	Ham

**GRAINS AND
CEREALS**

(2 bread choices)

Rye Bread	Whole Grain Pasta	Quinoa	Oatmeal (not instant)
Cream of Wheat	Whole grain gluten free bread	Brown rice	Any gluten free low sugar low carb whole grain cereal

**ORGANIC DAIRY
AND ORGANIC
EGGS**

Low Fat Sour Cream	Organic Skim Milk	Low fat Cheddar Cheese	Soy milk no sugar added
Organic eggs	Ricotta	Mozzarella Cheese	Low fat Cottage Cheese

**MISCELLANEOUS
ITEMS**

Herbs and Spices	Sesame Oil	Pecans	Almonds
Mustard	Olive Oil	Agave	Walnuts
Pumpkin Seeds	Walnut Oil	Garlic	Honey
Flax Seed (for better digestion)	Hot Peppers	Pecans	Brown Sugar
Almond Butter	Peanut Butter low in sugar		

DESERT

Plain Yogurt (lowest sugar content) add a sprinkle of brown sugar, a few pecan nuts and a few berries. Add no more than 3 choices to your Plain Yogurt. (no more than once per day X 5 days per week)

DAY-TIME SNACK

1 (one) Small vanilla and/or almond biscotti (no more than once per day x 3 days per week))

NIGHT-TIME SNACK

70% dark chocolate (no more than 2 square / pieces servings x 4 nights per week or no more than one regular size bar per week)

BEVERAGES

<p>Freshly squeezed Fruit Juice (6 oz glass) (only in the morning)</p>	<p>Water Minimum 4 / 8 oz glasses per day</p>	<p>MORNING Instant Coffee (optional) can be brewed (8 oz cup) with 1/2 a cup of organic skim milk and 1/2 a cup of water. No sugar. No more than 1 per morning and no more than 7 per week</p>	<p>AFTERNOON Espresso 1 shot per afternoon. No more than 7 per week.</p>
<p>MID-MORNING Cappuccino or Regular Coffee (8 oz cup) Same mix as your morning coffee No more than 1 time per day and no more than 7 per week.</p>	<p>Replace any of these coffee drinks with any herbal tea of your choice.</p>		

Daily CR2000 Type I & III Collagen Supplementation

(Purchase 1 bottle of each)
Please take 1 hour away from food, 3 hours away from any drug and with 1 / 500 mg Vitamin C Supplement.



Morning

1/2 serving of Type I & III powder (half scoop of powder) shaken up with freshly squeezed orange juice, grapefruit juice, or greens drink

70 DAY SUPPLY AS PART OF

THE HALF PROGRAM DIET



Daytime

1/2 serving of Type I & III Tablets (3 tablets) with 2 / 8 oz glasses of water

60 DAY SUPPLY AS PART OF

THE HALF PROGRAM DIET



Before Bed Time

1/2 serving (teaspoon) of Type I & III Liquid by itself.

48 DAY SUPPLY AS PART OF

THE HALF PROGRAM DIET

THE HALF PROGRAM DIET™ SUGGESTED DAILY MEAL PLAN

Please Note: All food choices must be from **THE HALF PROGRAM DIET™** grocery list and can be found at your local grocery store. ***Remember: the more ingredients you add to your food the more calories you add to your meal.**

Breakfast: Choose 1 of 4 breakfast meal options.

CR2000 TYPE I & III COLLAGEN POWDER IN THE MORNING

******Mandatory: First thing in the morning. Take a 1/2 serving of Type I & III Powder (half a scoop) shaken up with one 6 oz glass of grapefruit juice or 6 oz glass of orange juice or 6 oz glass of any greens drink and with one 500 mg Vitamin C Supplement. Wait one hour before eating.**

- 1) Handful of cut fresh fruit mixed with plain yogurt .
- 2) Two organic eggs with 2 plain pieces of toast.
- 3) One grapefruit or 1 orange with 2 plain pieces of toast and with 2 small slices of mozzarella cheese
- 4) One 8 oz bowl of Cream of Wheat or Oatmeal (not instant) with organic skim milk and 1 teaspoon of brown sugar.

Mid –Morning Snack 10:30 AM

One small vanilla or almond biscotti with one 8 oz euro size skim milk cappuccino (no sugar) or one 8 oz coffee with skim milk (no sugar). When ordering this drink in a coffee shop ask them if they offer organic skim milk.

Lunch: Choose 1 of 3 lunch options:

- 1) Organic Grilled chicken with sweet potatoes or brown rice and salad (no dressing).
- 2) Pasta with vegetables or simply with fresh tomato and basil.
- 3) Home made low-salt soup with one small serving of vegetables. You may also add one small serving of grains here. No salt on the vegetables.

* You can always choose between meat and fish from our grocery list. You may mix a handful of nuts with salads. You may replace brown rice with Quinoa.

Mid-Afternoon Snack 2:00 PM

Two small pieces of 70% dark chocolate and one shot of espresso or one apple.

CR2000 TYPE I & III COLLAGEN TABLETS MID MORNING 3:00 PM

****** Mandatory: ½ serving (3 tablets) of CR2000 Type I & III Tablets two 8 oz glasses of water and with one 500 mg Vitamin C Supplement. Wait one hour before eating.**

Dinner:

To keep it simple. Please choose 1 organic protein choice and 2 choices of vegetables from the grocery list. Please watch your quantities / portions . *Dinner is the last meal of the day. Choose a meal that is high in protein, light, no carbohydrates and easy to digest. Watch your portions and no pasta at night!*

After Dinner Desert

1 small 6 oz bowl of Plain yogurt mixed with a small sprinkle of nuts and a handful of berries.

Mid-Evening Snack 8:00 PM

(Only if you are hungry. If you are not hungry you do not need the mid-evening snack).

1 slice of plain toast cut in half. One half with 1 slice of low fat cheese (mozzarella). The other half with one teaspoon of peanut butter or almond butter and a few slices of apple or a small sprinkle of pecan nuts. Cutting the toast in half and adding variety to each half gives a visual that you are having more than it really is.

CR2000 TYPE I & III COLLAGEN LIQUID Before Bed-Time

*****Mandatory: 1 teaspoon of CR2000 Type I & III Liquid (by itself) Collagen with one 500 mg Vitamin C Supplement.**

ATTN: It is important when dieting to not ever go hungry and not ever feel too full. Listen to your body, watch your portions, READ THE LABELS, and consult with a certified nutritionist, healthcare professional, and/or your physician to determine your proper calorie intake and determine which foods from **THE HALF PROGRAM DIET™ grocery list work for you! And remember **THE HALF PROGRAM DIET™** is not just about specific food choices, it's about supplying your body with half servings of CR2000 Type I & III collagen Powder, Tablets, and Liquid 3 times a day.**

THE HALF PROGRAM DIET™

Created and Designed By Joe Quadri

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And here I am 43 lbs lighter and back to normal, no injuries and feeling terrific!! FOR ME **THE HALF PROGRAM DIET™** WORKED WONDERS FOR EVERY PART OF MY BODY INCLUDING MUSCLE DEVELOPMENT, STRONGER BONES, BETTER SKIN AND MORE HAIR IN MY HEAD AS THE STRESS, BAD DIET AND ABSOLUTELY NO TYPE I & III SUPPLEMENTATION FOR MONTHS WAS AFFECTING THE THICKNESS OF MY HAIR. AND I NEVER HAD HAIR THINNING ISSUES...EVER!!

THE HALF PROGRAM DIET™ JUST MAY CHANGE YOUR LIFE. IT DID FOR ME. I GOT MY LIFE BACK! BECAUSE NOW I KNOW HOW PRECIOUS LIFE IS.

From everybody here at CR2000, we wish you and your family the very best of health and prosperity. Thank you for all your support.

Best Wishes,

Joe Quadri
President and Founder
CR2000 Collagen®

HERE IS YOUR MONTHLY SUPPLY WHEN CR2000 TYPE I & III PRODUCTS ARE TAKEN DAILY AS DIRECTED

CR2000 Type I & III Collagen Tablets (180 tablets/1000 mg per tablet) 30 DAY SUPPLY
CR2000 Type I & III Collagen Powder (230 grams / 6000 mg per serving), 35 DAY SUPPLY
CR2000 Type I & III Collagen Liquid (360ml / 6000 mg per serving) 24 DAY SUPPLY

*****All CR2000 Collagen products can be stored at room temperature or can be refrigerated.**
*****ALL CR2000 Collagen products are antibiotic free and hormone free.**

CR2000 Collagen®

Products Are Available At

Health Food Stores, Pharmacies and Medical Clinics Across Canada

Call Toll Free For More Information: 1-877-242-8545

Email: cr2000@telus.net

Fax: (250) 414-0581

ATTN: Before participating in any aspect of **THE HALF PROGRAM DIET™** please take the time to consult with a certified nutritionist, healthcare professional, and/or physician to determine if **THE HALF PROGRAM DIET™** is right for you. Knowing your daily calorie consumption as it directly relates to your gender, age and size and understanding the specific foods that your body will respond to in a positive and productive manner is highly important when participating in any weight loss program. **RESULTS MAY VARY.**

THE HALF PROGRAM DIET™ its programs, meal plans, nutrition charts, and supplementation charts are original creative works by Joe Quadri.

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