$$\Psi^{\rm S}(t)$$

$$=\sum_N e^{\mathcal{H}_{ ext{eff}}(N,t)} \Psi_N \ket{N}$$

 $\mathcal{H}_{\text{eff}}(N,t) = -iE_0(N)t + \mathcal{H}_N(t)$

$$E_{0}(N) = \frac{\langle N|\mathcal{H}_{0}|N\rangle}{\langle N|N\rangle}$$

$$= \langle N|U \cdot \sum_{l} \hat{\mathbf{n}}_{l,\uparrow} \hat{\mathbf{n}}_{l,\downarrow} |N\rangle + \langle N| \sum_{l,\sigma} \varepsilon_{l} \hat{\mathbf{n}}_{l,\sigma} |N\rangle$$

$$= U \cdot \sum_{l} n_{l,\uparrow} n_{l,\downarrow} + \sum_{l,\sigma} \varepsilon_{l} n_{l,\sigma}$$