

Your new body has begun

Breakfast

Lunch

Dinner

4th Meal

EAT PROTEIN EVERY 4-5 HOURS • NO FASTING • <100g Carbs Daily

Alternative option: May consume 6 shakes (1 Scoop MRP / 1 pump Omega PRO 3-6-9 Oil) every 2 hours

 Shake within 45 min of waking up 2 Pumps or 1 Tbs Omega Oil	<p>S N A C K</p>	 2 Pumps or 1 Tbs Omega Oil	<p>S N A C K</p>	 7 oz of Fish/Seafood 5 oz. Beef/Poultry/Pork	<p>S N A C K</p>	 2 Pumps or 1 Tbs Omega Oil	 1-2 Caps per day with food  Approved Milks Milk must have < 3 grams of carbs or less and unsweetened <ul style="list-style-type: none"> • Almond • Coconut • Cashew, etc. • No Soy Milk
 4 oz. Milk (Approved) & Water (to desired texture)		 4 oz. Milk (Approved) & Water (to desired texture)		 1-2 Cups Veggies Unlimited Lettuce		 4 oz. Milk (Approved) & Water (to desired texture)	
 Fruit One Serving or Smart Muffin	 Complex Carbohydrate One Serving + 1-2 Cups Veggies Unlimited Lettuce	 Dairy One Serving					

Your water intake _____ ounces per day!

	<p>PROTEINS: No frying or breading permitted (except for Smart Flour) • Fish: Anchovy · Bass · Catfish · Cod · Grouper · Haddock · Halibut · Hake · Mahi Mahi · Monk Fish · Pike · Perch · Red Snapper · Redfish · Sea Bass · Shark · Smelt · Sole · Sword Fish · Tilapia · Tuna (Red Tuna-1 x per week) · Trout · Whiting · Walleye · Wild Salmon (1 x per week) • Seafood: Crab · Crawfish · Clams · Lobster · Mussels · Oysters · Shrimp · Scallops (4 Large) • Beef: Flank Steak · Ground Beef (Extra-Lean) · Rump Steak · Roast · Sirloin · Round · Tenderloin • Veal: Breast · Cutlet · Inside Round Steak · Rib · Shank · Shoulder · Tenderloin • Poultry: Eggs (2 Whole) · Chicken (Skinless) · Turkey · Fowl · Quails · Wild Birds • Pork: Fat-Free Cooked Ham · Pork Tenderloin • Others: Bison · Deer · Elk · Frog's Legs · Kidney · Liver · Ostrich · Rabbit</p>
	<p>VEGETABLES: Alfalfa · Asparagus · Arugula · Broccoli · Bean Sprouts · Cauliflower · Cabbage (purple only) · Red Pak-Choi (Bok-Choy ok) · Celery · Chicory · Collards · Cress · Cucumbers (pickles) · Kale · Endive · Green Onions (not cooked) · Green Bell Peppers (green only) · Kohlrabi · Leeks · Mushrooms · Okra · Onions (raw only) · Hot Peppers · Radicchio · Radish · Rhubarb · Sauerkraut · Spinach · Swede · Swiss Chard · Turnip · Watercress · Zucchini</p>
	<p>SEASONING: ALL seasonings are permitted (read label to insure no sugars are added) · Apple Cider Vinegar · Fine Herbs · Garlic · Hot Sauce · Soy Sauce · Mustard · Hot Mustard · Dijon Mustard · Lemon · Lime · NO BALSAMIC or REDWINE VINEGAR with added sugar!!</p>
	<p>FATS: Omega PRO 3-6-9 Oil · Coconut Oil · Grape Seed Oil · Extra Virgin Olive Oil</p>
	<p>FRUIT (Simple Carbohydrate: (2 X Week after week 8) Not by itself. Consume with MRP or just after. Fresh Fruit only! 1 Apple (small) · 2 Apricots · 1/2 Banana · 1/4 C. Fresh Berries · 1/2 Cantaloupe · 10 Cherries · 1 Fig · 1/2 Grapefruit · 10 Grapes · 1/5 Honeydew Melon · 1 Large Kiwi · 1/2 Mango · 1 Nectarine · 1 Orange · 1/4 C. Papaya · 1/2 Passion Fruit</p>
	<p>DAIRY: (After week 4) White Cheese ONLY-2 oz · (After week 8) Sour Cream (1 Tbsp)</p>
	<p>COMPLEX CARBOHYDRATE: Not by itself. Accompany with Protein. 1/3 C. Steel Cup Oats (use 1 scoop Vanilla MRP) 1 Slice Whole Grain Bread · 1/3 C. Brown Rice (dry; not instant)</p>
	<p>SNACK: 1/2 -1 WiO Smart Muffin · 2 oz Lunch Meat · Pickles-unlimited (no carb) · 1/2 WiO Smart Bun w/ Lunch Meat · (2) Celery Sticks w/ 1 tsp. White Cheese Spread · (1) Boiled Egg (2x per week) · 2 oz Lunch Meat & White String Cheese</p>
	<p>IMPORTANT - EXERCISE: WiO recommends that you exercise a minimum of 3 days a week. It is vital you consume more Water, Protein and Omega PRO 3-6-9 Oil. You will feel tired and fatigued if you are not receiving enough of these macro-nutrients. Go to the online library of the website for the correct amount depending on the type and level of exercise.</p>