

# WIO™

WEIGHT IS OVER

## 1 PHASE

Your new body has begun

### FIRST WEEK ONLY

#### Breakfast

#### Lunch

#### Dinner

#### 4th Meal

EAT PROTEIN EVERY 4-5 HOURS • **NO FASTING** • <20g Carbs Daily



2 Pumps or 1 Tbs Omega Oil



4 oz. Milk (Approved) & Water (to desired texture)



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4 oz. Milk (Approved) & Water (to desired texture)



1-2 Cups Veggies  
Unlimited Lettuce



7 oz of Fish/Seafood  
5 oz. Beef/Poultry/Pork



1-2 Cups Veggies  
Unlimited Lettuce



2 Pumps or 1 Tbs Omega Oil



4 oz. Milk (Approved) & Water (to desired texture)



1-2 Caps per day with food



#### Approved Milks

Milk must have < 3 grams of carbs or less and unsweetened

- Almond
- Coconut
- Cashew, etc.
- No Soy Milk

Your water intake

ounces per day!



**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 • **Other:** Bison · Deer · Elk · Frog's Legs · Kidney · Liver · Ostrich · Rabbit



**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



**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!!



**FATS:** Omega PRO 3-6-9 Oil · Coconut Oil · Grape Seed Oil · Extra Virgin Olive Oil



**IMPORTANT – EXERCISE:** Energy levels will be considerably lower the FIRST WEEK ONLY due to your metabolic energy exchange from carbohydrates to stored fats. Energy levels will return after you are fat adapted. You must drink your MRP shake immediately following exercising, no more than 20 min. after your workout.