











Breakfast

Lunch

Dinner

4th Meal

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

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



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



DAIRY: (After week 4) White Cheese ONLY-2 oz · **(After week 8)** Sour Cream (1 Tbsp)



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)



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



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. Consult with your WiO Health Clinician to prescribe the correct amount depending on the type and level of exercise.