

STAY ON PHASE 1 UNTIL 90% OF DESIRED FAT IS LOST, THEN MOVE TO PHASE 2

P-22: Use only if weight loss or muscle growth is desired

P-6: use until fat loss is plateaued, then switch to P-3

P-3: use unless body muscle mass is lost

Your new body has begun!

## Breakfast

## Lunch

## Dinner

## 4th Meal

## Supplements

EAT PROTEIN EVERY 4-5 HOURS, NO LONGER • <20g CARBS DAILY

 <p>2 Pumps or 1 Tbs WiO Omega PRO 3-6-9 Oil</p>  <p>4 oz. Milk (optional) &amp; Water (to desired texture) Ice - optional</p>	<p><b>S N A C K</b></p>	 <p>2 Pumps or 1 Tbs WiO Omega PRO 3-6-9 Oil</p>  <p>4 oz. Milk (optional) &amp; Water (to desired texture) Ice - optional</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	<p><b>S N A C K</b></p>	<p>Meal can be switched to breakfast or lunch time.</p>  <p>7 oz of Fish/Seafood 5 oz. Beef/Poultry/Pork</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	<p><b>S N A C K</b></p>	 <p>2 Pumps or 1 Tbs WiO Omega PRO 3-6-9 Oil</p>  <p>4 oz. Milk (optional) &amp; Water (to desired texture) Ice - optional</p>	 <p>WiO Hydrate-Electrolyte 1-2 Caps per day with food</p>  <p><b>Approved Optional Milks</b></p> <p>Milk must have &lt; 3 grams of carbs or less and unsweetened</p> <ul style="list-style-type: none"> <li>•Almond</li> <li>•Coconut</li> <li>•Cashew, etc.</li> <li>•No Soy Milk</li> </ul>
--	---	--	---	---	---	--	--

YOUR WATER INTAKE = HALF YOUR



BODY WEIGHT IN OUNCES PER DAY



**PROTEINS:** No frying or breading permitted (except when using 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 • Brussels Sprouts • Cauliflower • Cabbage (purple only) • Red Pak-Choi (Bok-Choy ok) • Celery • Chicory • Collards • Cress • Cucumbers (pickles) • Kale • Endive • Green Beans • Green Bell Peppers (green only) • Green Onions (not cooked) • Kohlrabi • Leeks • Mushrooms • Okra • Onions (raw only) • Hot Peppers • Radicchio • Radish • Rhubarb • Sauerkraut • Spinach • Swede • Swiss Chard • Turnip • Watercress • Zucchini  
(No more than 2x per week; AFTER WEEK 4) Brussels sprouts • BEANS: Green and Wax • Eggplant • Palm Hearts • Rutabaga • Snow Peas • Tomato



**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, if it contains sugar!



**FATS:** Omega PRO 3-6-9 Oil (not used for cooking) • Avocado Oil • Coconut Oil • Grape Seed Oil • Extra Virgin Olive Oil • 1/8 C. Nuts (except Cashews & Peanuts)



**FRUIT Simple Carbohydrate:** (After week 8 - no more than twice a week.) Never by itself, always 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:** Week 4 = White Cheese ONLY - 2 oz • Week 8 = Sour Cream (1 Tbsp)



**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. Have a MRP SmartShake immediately following your workout, <20 minutes. 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.