

STAY ON PHASE 3 FOR 3 WEEKS

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 • <100g CARBS DAILY

 <p>CMR w/ 2 Pumps or 1 Tbs 3B Omega PRO 3-6-9 Oil</p>  <p>4 oz. Milk (optional) & Water (to desired texture) Ice - optional</p>	<p>Can be switched to any meal time except 4th meal</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>Can be switched to any meal time except 4th meal</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>Can be switched to any meal time except 4th meal</p>  <p>Do not have a full meal right before bed. Eat a light protein or omega fat snack OR CMR shake</p> <p>S N A C K</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	 <p>3B Infusion-Electrolytes 1-2 Caps per day with food</p>  <p>Approved Optional 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 = 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 • Frogs 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
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: Never by itself, always with MRP or just after. Fresh fruit only!**
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: Not by itself. Accompany with Protein (Vegetable optional)** All Cheeses (2 oz) . Cottage Cheese (2 oz) . Sour Cream (1 Tbsp) . Greek Yogurt - Unsweetened (2 oz)
-  **COMPLEX CARBOHYDRATE: Not by itself. Accompany with Protein.** 1/3 C. Steel Cut 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. 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.