









































**STAY ON THIS PHASE FOR LIFESTYLE CHANGE!**

**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
<b>DAY 1</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 	 
<b>DAY 2</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 	 
<b>DAY 3</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 	 
<b>DAY 4</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 	 
<b>DAY 5</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 	 
<b>DAY 6</b>	<b>TREAT DAY - Use 3B SmartRatio™ Foods to compliment your lifestyle!</b>			
<b>DAY 7</b>	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil	 	 2 Pumps or 1 Tbs Omega PRO 3-6-9 Oil

**YOUR WATER INTAKE = HALF YOUR BODY WEIGHT IN OUNCES PER DAY**



**IMPORTANT! - EXERCISE:** 3Believe recommends that you exercise a minimum of 3 days a week. Have a CMR 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.

## PHASE 4: HELPFUL HINTS

**FRUITS & COMPLEX CARBS** - Use them in moderation. To maintain your success stay below 150 grams of carbs a day. Once you have reached your ideal weight and your body is back to being healthy again, you move onto the 4th phase of our protocol. If you were to ask how long phase 4 lasts, the answer is: FOR LIFE! So how do we maintain our new healthy weight and lifestyle? Below are some helpful hints to stay healthy and keep the weight off.

**ENJOY YOUR "TREAT DAY":**

The "Treat Day" once a week is mandatory... so enjoy yourself! But remember, it is necessary to follow this cheat day with 1 day of the Phase 1 CMR protocol (3 shakes + 1 sensible prepared meal)... with or without SmartRatio™ Foods.

**CHEW WHILE YOU COOK:**

If you like to cook (and are a "good eater") it's a good idea to chew a piece of sugarless gum while cooking. By doing this, you will be less likely to keep tasting the dishes over and over, and your guests will be able to have some of your cooking as well!

**THINK ABOUT SPICE!!!**

It can be boring (or even depressing) eating vegetables and/or other foods that are always steamed or broiled. Check out your spice rack: if they are old or you don't have a nice variety set, get some new ones! Add some 'zing' to your food with fresh ground pepper or cayenne pepper, cumin, curry, turmeric, fine herbs, fresh mint, hot mustards, or fresh ginger! These foods will no longer be boring; they will be delicious and interesting! For ketchup lovers, Heinz makes a delicious "Reduced Sugar" version which tastes like the real thing! Go to [www.3Believediet.com](http://www.3Believediet.com) for some fresh recipes or search online for some unique ideas to "SPICE" up your food.

**FOOD COMBINATIONS:**

Fats & Carbohydrates should be treated like two children that disrupt the class. You cannot remove them completely and both can be very good, just not together! Separate them and there is harmony. You can eat carbohydrates twice a day, just not with your fats.

**DON'T COME TO THE DINNER TABLE STARVING:**

To help prevent over-eating at suppertime, have a light snack an hour or so before suppertime. A snack could be a piece of hard cheese, an apple, 3Believe SmartRatio™ Foods or low sugar yogurt. This will help calm the hunger prior to sitting at a table full of food. If you're going out and you know that the food options will be high in fat and carbs, we advise a ½ 3Believe CMR shake before you go. Not only will this curb your appetite, but it will help fill you up and reduce the desire to over eat high calorie foods.

**EAT LIGHT AT NIGHT:**

The old saying goes: "Have a Kings' breakfast, a Prince's lunch and a Poor man's supper". To help prevent the regaining of weight, promote having a bigger break-fast than a bigger supper.

**SHOPPING RULES TO LIVE BY:****DON'T DO YOUR GROCERY SHOPPING ON AN EMPTY STOMACH:**

While grocery shopping, make sure your stomach is full and that you have a precise list of what you intend to buy. This will prevent impulsive buying and the desire to buy that delicious bag of chips that you can't wait to scarf down. This will also prevent on filling up on 'free samples' readily available in most large supermarkets today.

**BUY YOUR FAVORITE FOODS AND SNACKS IN SMALLER QUANTITIES:**

Those Super-Size or "Costco" size of bags of chips, nuts, etc. may help you save a few bucks, but are also likely to help you put on a few extra pounds.

A study demonstrated that we are likely to eat up to 44% more if we buy foods in larger portions or quantities. Think of that little, single serving boxes of cereal as compared to the "Family Size" box of Rice Krispies. How much cereal will you put into your bowl? If you are using the larger box, chances are that you will place multiple servings in the bowl - and think nothing of it. If you are going to allow yourself an indulgence, choose smaller portions!

**READ AND UNDERSTAND FOOD LABELS:**

It is very important to know and understand how to read the "Nutritional Facts" on the foods you buy. Pay close attention to the portion size, and avoid foods with a lot of saturated fats, but more importantly Tran's fats (metabolic poison). Understand that if a food label says "0 grams" it may actually contain 999mg (less than 1g) of any ingredient. By law, as long as it contains less than 1g per serving, the manufacturer is allowed to claim 0 grams. Be particularly careful on dairy products and baked goods (cookies, crackers, etc) when it comes to Trans fats. Look at the total carbohydrate count, then look at the grams of sugar and the grams of fiber. If you subtract the fiber grams from the total carbohydrates the remaining sum will be either sugar or complex carbohydrates. Both will convert to glucose in your blood stream. If it's more, chances are there are some hidden sugars in there! Compare the sugar content of Hunt's, Prego, Paul Newman's, etc. and pick the one with the lowest sugar content.

**ALCOHOL:**

Alcohol is a toxin and is a rich source of calories. The cells of the body cannot use it as 'fuel'. Alcohol must first be converted to an acetic, through a specific series of biochemical reactions. In moderation, like anything else, the consumption of alcohol is not contraindicated in Phase 4 of our protocol..... "Moderation" being the key word! For five days of the week, one glass (5 oz.) of a dry red wine with dinner is perfectly acceptable. Red wine is rich in anti-oxidants (remember, it comes from grapes) which has been shown to provide a wide range of health benefits... if consumed in moderation! Mixed drinks (i.e. 'hard liquor') provide a "buzz", but eliminates the health benefits... in other words, 'empty calories'.

Beer is a different animal altogether. For many, a cold beer is one of life's simple pleasures, but for folks who have a tendency to gain weight, beer can be very problematic. Beer was invented by the ancient Egyptians (some scholars say it has its origins much earlier). Brewing was a way to actually make bread with a much longer shelf-life. Therefore, it is inherently high in carbohydrates, but worse, its main sugar is "maltose".... a disaccharide composed of two molecules of glucose.

Table sugar is "sucrose", which is another disaccharide composed of a molecule of glucose and a molecule of fructose (a fruit sugar... or slow sugar). Maltose is a "double-whammy"! It is one of the highest Glycemic sugars and will really spike your insulin levels. Even the so-called "low-carb" beers can be a problem if consumed on a daily basis. As they say, "The problem is that it tastes like more!" Many folks (men in particular) can easily drink 2 six-packs or more during the course of a football game, tail-gating party or the celebration afterwards. Could they drink that same amount of bottled water? Bottom line: If you enjoy beer, save it for your "cheat day" and have a few... without feeling guilty!

**RESET THE "PENDULUM" EVERY YEAR:**

It is normal to gain and lose weight when changing from the four seasons of the year. Gaining 7 lbs. over the course of a year is not a failure. Do not stress about Thanksgiving or the Holidays... ENJOY THEM, because we have a perfect plan. Let's shed those few pounds we put on in the course of a year, in a couple of weeks. Those 7 lbs. won't become the 50 lbs. it once was. This is SO empowering! Think of this as REAL health insurance! Weight gain and all the clinical problems associated with this will never have to be a problem again!

