



		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week	1	Fast Day	Shake Day	Low Carb	Moderate Carb	Shake Day	Low Carb	Cheat Day
Week	2	Fast Day	Shake Day	Low Carb	Moderate Carb	Shake Day	Low Carb	Cheat Day
Week	3	Fast Day	Shake Day	Low Carb	Moderate Carb	Shake Day	Low Carb	Cheat Day
Week	4	Fast Day	Shake Day	Low Carb	Moderate Carb	Shake Day	Low Carb	Cheat Day

Five different days

- 1) Fast Day: Breakfast and Lunch: Black coffee and water (free items aloud)
Dinner: Portioned meal
- 2) Shake Day: Breakfast and Lunch: Shakes (approved list included in packet)
Dinner: Portioned meal
- 3) Low Carb Day: Breakfast, Lunch, and Dinner: Portioned meals
- 4) Medium Carb Day: B Breakfast, Lunch, and Dinner: Portioned meals
- 5) Cheat Day: All bets are off...be aware, your system is not used to the change!

Portions

Women:

1 palm of protein
1-2 fists of veggies
1 thumb of healthy fats

Men:

1-2 palms of protein
2 fists of veggies
1-2 thumbs of healthy fats



Shake Day

Breakfast, Lunch, In between

- 4-8 ounces of low-calorie liquid (e.g., Water, unsweetened almond or coconut milk, unsweetened green tea, coffee)
- 2-3 scoops of a protein powder of choice
- 1-2 fists of veggies (e.g., spinach, frozen chopped squash, frozen chopped zucchini, etc...)
- 1 cupped handful of fruit (see list)
- 1-2 thumbs of healthy fats (see list)

Dinner: low carb portioned meal

Sample #1:

- 6 ounces of water
- 1 fist full of baby spinach
- 2 scoops of peanut butter flavored protein
- 1 frozen banana
- ½ thumb of almond slices/ 2 macadamia nuts

Sample #2:

- 6 ounces of almond milk
- 1 fist full of baby spinach
- 1 scoop of steel-cut oats
- 1 handful of frozen peaches
- 1 teaspoon of avocado oil
- ½ half small orange

Sample #3:

- 6 ounces of water
- 1 scoop of flax seed
- 1 handfull of frozen squash
- 2 macadamia nuts
- 1 handfull of frozen raspberries/blackberries
- 1 scoop of Greek plain yogurt

Acceptable carbohydrate sources

- Beans in legumes: black beans, black-eyed peas, chickpeas, fava beans, kidney beans, lentils, Navy beans, Pinto beans, etc ...
- Fruit: apples, apricots, bananas, blueberries, cantaloupe, cranberries, figs, grapefruit, grapes, Kiwi fruit, lemon/limes, oranges, papaya, pears, pineapple, plums, raspberries, strawberries, watermelon
- Starchy vegetables (e.g., Potatoes, sweet potatoes, yams, corn, peas, parsnips, pumpkins, squash)
- Whole or steel cut-oats
- Quinoa
- Amaranth
- Buckwheat
- Brown, red, or wild rice
- Other grains: spelt, kamut, millet, barley, couscous, bulgar
- Sprouted grains

Acceptable protein sources

- Lean red meat (e.g., beef, wild game)
- Poultry (e.g., chicken, Turkey, duck)
- Fish and seafood
- Eggs
- Lean pork and lamb
- Plain Greek yogurt
- Cottage cheese

Acceptable fat sources

- Nuts (e.g., almonds, cashews, Brazil nuts , pecans, pistachios, walnuts)
- Nut butters (e.g., almond butter)
- Seeds (e.g., pumpkin , hemp, Kia ,flax)
- Olives
- Extra Virgin cold pressed olive oil
- Avocado
- Butter (preferably grass fed)
- Coconut, coconut milk (unsweetened), and extra Virgin cold pressed coconut oil
- Cold pressed oils (e.g. hemp, pumpkin, ground flax, Walnut, macadamia nut, or avocado)
- Fatty fish (e.g., wild salmon, mackerel)
- Fish oils



Free veggies

- Asparagus
- Beans
- Bell Peppers
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Garlic
- Green beans
- Kale
- Leeks
- Mushrooms
- Onions
- Romaine lettuce (and other lettuces)
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Sea vegetables (e.g., kelp, wakame, arame)
- Spinach
- Tomatoes
- Turnip greens
- Zucchini

These items may be eaten during any specific day. Understand though that the goal is portion control and it is helpful to go without eating for periods of time.