

Stay on Phase 1 until 90% of desired fat is lost, then move to Phase 2  
**P-22:** use for 2 weeks then switch to P-6 (unless weight or muscle gain 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>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>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>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>
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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 • 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



**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)



**IMPORTANT! - EXERCISE:** Energy levels will be considerably lower the FIRST WEEK ONLY due to your metabolic energy exchange from carbohydrates to stored fats. Energy levels will return after you are fat adapted. You must drink your MRP shake immediately following exercising, no more than 20 min. after your workout. Consult with your WiO Health Clinician to prescribe the correct amount depending on the type and level of exercise.