













STAY ON PHASE 2 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 • <50g CARBS DAILY				
 <p>2 Pumps or 1 Tbs WiO Omega PRO 3-6-9 Oil</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>Can be switched to any meal time except 4th meal</p>  <p>7 oz of Fish/Seafood 5 oz. Beef/Poultry/Pork</p>	 <p>2 Pumps or 1 Tbs WiO Omega PRO 3-6-9 Oil</p>	 <p>WiO Hydrate-Electrolyte 1-2 Caps per day with food</p>
 <p>4 oz. Milk (optional) & Water (to desired texture) Ice - optional</p>	<p>S N A C K</p>	 <p>4 oz. Milk (optional) & Water (to desired texture) Ice - optional</p>	 <p>4 oz. Milk (optional) & Water (to desired texture) Ice - optional</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
 <p>1-2 Cups Veggies Unlimited Lettuce</p>	<p>S N A C K</p>	 <p>1-2 Cups Veggies Unlimited Lettuce</p>	 <p>1-2 Cups Veggies Unlimited Lettuce</p>	

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 • 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: 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.