

Eating

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MEN'S DIET

MEAL #1

4 whole Omega-3 Eggs (with 4 additional whites)

MEAL #2

SHAKE: 40g protein from Probiolic SR with 1 Tablespoon of All Natural PB

MEAL #3

"Lean Protein Meal" 6oz chicken (or Turkey, or tilapia, flounder, or cod) with 1/3-cup RAW almonds, cashews or walnuts

MEAL #4

Repeat MEAL #3

MEAL #5

"Fatty Protein Meal" 6oz Salmon, Swordfish, or 8oz RED MEAT (filet mignon, or top round cut) with a green salad (no tomatoes, carrots, or red peppers) with 1 tablespoon of Olive Oil or Macadamia nut oil and vinegar

MEAL #6 40g protein from Probiolic SR with 1 tablespoon of All Natural Peanutbutter

*****MEAL ORDER IS UNIMPORTANT. ALL MEALS ARE EQUAL.

***ONCE A WEEK, HAVE A CHEAT MEAL (instead of MEAL #6) - try to make it the last meal of the day (start after 2 weeks on the diet)

*** You can use sugar-free soy sauce, mustard, and vinegar for condiments.

*** You can drink water, sugar-free drinks (diet soda), coffee, or tea with STEVIA BALANCE (no Equal or Splenda Packets).

*** NO GUM CHEWING (limit to 3 pieces per day)

WOMEN'S DIET PLAN

Follow DIET #2 for 2 day...then follow DIET #1 for 2 days.....then REPEAT

DIET #1

MEAL #1

10 egg whites

MEAL #2

35g protein from Probiolic SR

MEAL #3

6oz chicken (ostrich, turkey) with 1-cup asparagus or green beans

MEAL #4

6oz white fish (fluke, flounder, sole, cod, ect.) with a green salad with vinegar & mustard (no olive or macadamia nut oil)

MEAL #5

35g protein from Probiolic SR

DIET #2

MEAL #1

2 whole (OMEGA-3) Eggs with 6 egg whites

MEAL #2

35g protein from Probiolic SR

MEAL #3

6oz chicken (ostrich, or turkey, or lean fish such as tilapia, flounder, sole, cod) with 1/4-cup (1oz) cashew nuts, or almonds, or walnuts (vary it)

MEAL #4

6oz salmon, swordfish, or RED MEAT with a green salad (no tomatoes, red peppers, or carrots) with 1 tablespoon of Olive Oil or Mac Nut Oil and vinegar

MEAL #5

35g protein from Probiolic SR

**** You should have a cheat meal once per week (in place of meal #5). This is NOT optional. I want you to have it!

*** Sugar Free Metamucil or some Psyllium supplement 1-teaspoon 2x per day (fiber supplement)-important-fiber helps burn fat and keeps the food MOVING through your intestinal tract.

*** You can use sugar-free soy sauce (use as much salt as you want), Sea Salt, mustard, and vinegar for condiments.

*** You can drink water, sugar-free drinks (diet soda), coffee, or tea with STEVIA BALANCE (no SPLENDA or EQUAL)

*** NO GUM CHEWING

