



PLAYBOOK & TRACKING JOURNAL

HOW TO USE YOUR PLAYBOOK AND TRACKING JOURNAL

The re:Define Playbook is designed to help you achieve incredible success during your re:Define journey. It contains tools to support each of re:Define's four PHASES. We recommend that you download and print the Playbook and the Tracking Journal out even before you get your supplements, in order to have the best result from this program.

Detailed instructions are provided on how to use the tools to maximize and simplify your re:Define experience.

IMPORTANT THINGS TO UNDERSTAND:

1. READ THE re:DEFINE SYSTEM GUIDE BEFORE STARTING THIS PLAYBOOK

The re:Define Playbook provides customized tools and instructions for each PHASE. When you're ready to use them, detailed explanations describe how to best complete the PHASE tasks for optimal results. The explanations in this Playbook do not replace, but support the instructions found in the re:Define System Guide.

2. BENEFITS OF CUSTOMIZING YOUR MEAL PLANS

Take full advantage of this unique opportunity! Besides the obvious benefit of eating foods you know you'll enjoy, you'll also be able to make any necessary modifications* to fit your lifestyle and nutritional needs.

Most importantly, you'll develop skills that will last after you've completed your re:Define, enabling you to maintain your results long-term with instinctive ease.

Taking the time to research the nutritional information required on the PHASE 1 Meal Plan, you'll learn foundational principles that will help you make wiser food choices WITHOUT having to count calories for the rest of your life.

3. DAILY JOURNALING IS EXTREMELY IMPORTANT

Even though you are creating your Meal Plans here, it doesn't replace the need to record EVERYTHING in your re:Define Journal every day!

Fill in all the information on the Journal pages! Record your daily weight, activities, emotions, and thoughts. Accurate records are invaluable in determining what's working well and what adjustments need to be made to your meals and routine.

SETTING A WINNERS PACE

Imagine standing with some of your closest friends at the starting line for a marathon. You're pumped and excited to begin your race toward the finish line.

With each passing mile you become painfully reminded of every training you missed and every sugary indulgence you gave into. Your excitement fades as you are unable to keep the pace with your friends. You even begin to wonder if you can make it to the finish line.

In contrast, now imagine being at the exact same starting line, with your same friends, knowing you are 100% prepared. As you begin, the pace is not only comfortable, you're able to support your friends as well. Giving it your all, you cross the finish line with a strong and deeply satisfying feeling of personal triumph!

TODAY, you're standing on the starting line of your re:Define, hopefully with your closest friends. What are you willing to do, maybe even sacrifice, in order to reach the goals you wish to achieve?

How you show up the very first week and view your re:Define Lifestyle Reset sets the pace for your results. Choosing to set a Winners Pace from the very start will significantly increase your ability to cross the finish line a victor despite any of life's random obstacles that always show up unexpectedly.

You can do it! Let's get started!

re:Define REQUIRED ITEMS

There are some important things to understand and required items to prepare before you begin your re:Define. Here is the list of required items you'll need to accurately measure your food and chart your progress. These items are ESSENTIAL to your re:Define success.



A digital bathroom scale is necessary. You'll be recording your weight first thing each morning in the re:Define Daily Tracking Journal. Using the same scale is important for accurate results.



Digital food/postal scale for weighing protein portions in grams. Spring-loaded scales or basic food scales have been found to not be as accurate as digital scales. Consistent portion sizing is critical.



Body tape measure to track your body measurements throughout your re:Define. When measuring yourself, please be mindful to wear tight-fitting clothing.



Containers to store prepared measured proteins. Food storage containers, ziplock bags, aluminum foil, or other containers simplify meal planning. We encourage you to prepare all the proteins needed for the next 30 days and have them easily available at all times.

SPEND SOME TIME PREPARING BEFORE YOU ACTUALLY BEGIN

While we have worked very hard to make this process as simple as possible, it definitely pays to go through the instructions and planning steps to have maximum success.

It is best to do the planning and prepping for Phase 1 and Phase 2 before your start date.

Below we have several Samples for you to use as you create your own menus. Take the time to do this right and remember ***YOU CAN DO THIS!***

NOW IT IS TIME TO GET EXCITED!



PHASE 1 FAT LOADING

PHASE 1: LOADING MEAL PLAN PREPARATIONS

Using the Meal Planners provided here, make sure your menu meets the minimum nutritional criteria EACH DAY.* “Minimums” are 8,000 calories, 300 grams of fat, 90 grams of protein and 500 grams of carbohydrates.

LOAD LIKE YOU MEAN IT!

Here are lists of high fat, high calorie foods perfect for Loading. CLEANER choices are available too. These are foods with zero health restrictions and are considered healthier food options. Just make sure to track the nutritional content by looking them up online. Calorieking.com is an easy place to start.

SUGGESTED LOADING FOODS:

- Meat and Cheese Omelets
- Bacon and Sausage
- Biscuits & Sausage Gravy
- Double Bacon Cheese Burgers
- Hot Dogs/Chili Cheese Dogs
- Enchiladas, Chimichangas
- Nacho Supreme, Carne Asada Fries
- Lasagna, Fettuccine Alfredo
- Pizza and Calzones
- Fish and Chips
- Chicken Wings
- French Fries/ Onion Rings
- Grilled Cheese/ Quesadillas
- Cream Cheese Bagel
- Corn Dogs/ Pulled Pork
- Thick Ice Cream Shakes
- Pastries and Donuts
- Potato Chips, Frito’s
- Double Stuffed Cookies
- Chocolate Treats
- Cheese Cake
- Peanut Butter anything!

CLEANER OPTIONS:

- Salads with Full Fat Dressing
- Salmon and Grilled Veggies
- Sardines, Herring
- Avocado on Toast Chips
- Guacamole
- Nuts, Nut Butters, Seeds
- Fresh Fruit with Heavy Cream or Coconut Creme
- Cheese and Crackers
- Chocolates
- Olive Oil and Balsamic
- Full Fat Cheese
- Whole Fat Yogurt
- Granola
- Chia Seeds
- Hemp Hearts

THE BETTER YOU LOAD, THE MORE YOU WILL BURN!!

As we’ve already established, this PHASE 1 task can be quite overwhelming. Review the [Sample Loading Menu](#) below paying close attention to the detailed nutritional facts. This is how your Meal Plan should look.

Here are the links for the Online Meal Planners and Shopping Lists to make this process easier:

<https://redefinefamily.com/meal-planners>

TIP: The Sample Menu is a real Loading Menu; you can certainly duplicate and use this one for both days if you’d like. You can find more Sample Loading Menus on the reDefineFamily.com website. Vegan and Vegetarian Menus can be found in the MODIFICATION section of the re:Define System Guide.

If it is not possible to load this way for a medical reason, refer to the PHASE 1 Modifications also found in the re:Define System Guide.

Note, while modifications are sometimes necessary, realize each menu modification also modifies the end result.

SAMPLE: PHASE 1 MEAL PLANNER

Instructions: Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|--|-----------------------|------------------|------------------|--------------------|
| 4 Large Scrambled Eggs, 1 Tsp. Milk and 1 Tbsp. Butter | 393 | 30 | 3 | 27 |
| 2 Slices Whole Wheat Toast with 2 Tbsp. Butter | 150 | 27 | 27 | 6.7 |
| 6 Slices Thick Bacon | 366 | 28.3 | 1 | 28.3 |
| 1 Cup Hashbrowns | 613 | 38.1 | 63.7 | 7.2 |
| TOTAL | 1522 | 123.4 | 94.7 | 69.2 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Strawberries and Cream - 16 Oz. Fresh Strawberries Sliced | 145 | 1.4 | 34.8 | 3 |
| - 1 Cup Heavy Cream | 819 | 87.9 | 6.6 | 4.9 |
| - 4 Tbs. Sweetened Condensed Milk | 240 | 3 | 46 | 6 |
| TOTAL | 1204 | 92.3 | 87.4 | 13.9 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Double Cheeseburger (In and Out) | 670 | 41 | 39 | 37 |
| French Fries | 395 | 18 | 54 | 7 |
| XL Coke (32 oz) | 373 | 0 | 103.9 | 0 |
| TOTAL | 1438 | 59 | 196.9 | 44 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Kirkland Ice Cream Bars X2 | 560 | 42 | 44 | 8 |
| TOTAL | 560 | 42 | 44 | 8 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Chili's TM Quesadilla Explosion Salad | 1340 | 87 | 82 | 58 |
| Chocolate Molten Lava Cake with Ice Cream | 1170 | 59 | 155 | 12 |
| TOTAL | 2510 | 146 | 237 | 70 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| EVENING SNACK | CAL- ORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| 1 Large Apple Sliced | 117 | 0.2 | 28.2 | 0.5 |
| 3/4 Cup Peanut Butter | 999 | 57.7 | 33.3 | 42.7 |
| TOTAL | 1580 | 57.9 | 61.5 | 43.2 |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| LOADING TOTAL NUTRITION CONSUMED: | 8814 | 374.6 | 721.5 | 248.3 |
| MY DAILY LOADING NUTRION GOALS: | 8,000 - 12,000 | 300 - 600 | < 500 | < 200 |

PHASE 1 MEAL PLANNER

Instructions: Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|--|----------------|-----------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| EVENING SNACK | CAL-ORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| LOADING TOTAL NUTRITION CONSUMED: | | | | |
| MY DAILY LOADING NUTRION GOALS: | 8,000 - 12,000 | 300 - 600 | < 500 | < 200 |

| | | | | |
|--|-------------------|----------------|------------------|--------------------|
| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| EVENING SNACK | CAL- ORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| NUTRITION GOAL TOTALS | 1,500 - 2,000 | 100 | 100 | 30 |
| | | | | |
| LOADING TOTAL NUTRITION CONSUMED: | | | | |
| MY DAILY LOADING NUTRION GOALS: | 8,000 - 12,000 | 300 - 600 | < 500 | < 200 |

PHASE 1: FAT LOADING GROCERY LIST

| PROTIEN | DAIRY | FROZEN |
|---------|---------|--------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| BREADS | PASTA | CANDY |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| FRUITS | VEGGIES | MISC. |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |



PHASE 2 FAT BURNING

PHASE 2: MEAL PLAN PREPARATIONS

As you prepare to create your PHASE 2 Meal Plan, there are many things to consider. Please study this section carefully before finishing your menu.

The Daily Menu Basics

You will create your PHASE 2 menu in this manner with the PHASE 2 "Allowed Foods":

| | |
|-----------|---|
| BREAKFAST | Water or Herbal Tea Drink ½ Gallon by Lunchtime and the other ½ the rest of the day |
| LUNCH | 100 grams of protein (raw weight) from list* One serving of vegetable from list* One serving of fruit from list* |
| DINNER | 100 grams of protein (raw weight) from list* One serving of vegetable from list* One serving of fruit from list* |
| SNACK | The two fruits may be eaten anytime as a snack OR used with meals, not both. (limit to 2 fruit servings per day only) |
| LIQUIDS | Drink at least one gallon of either water or herbal tea per day for best results. Avoid caffeinated teas. Recommended herbal tea recipe on page 40 in the cookbook. |

PHASE 2 SAMPLE ROTATIONS

BASIC ROTATION EXAMPLE 1

Notice how foods are rotated in an A, B, C, pattern. Ex: (A) Chicken, (B) Fish, (C) Beef, (A) Chicken, (B) Fish, (C) Beef etc

| | Lunch | | | Dinner | | |
|-------|--------------|-----------------------|-----------|--------------|-----------------------|-----------|
| | Protein | Fruit | Vegetable | Protein | Fruit | Vegetable |
| Day 1 | Chicken | Strawberries | Romaine | Fish/Seafood | Apple | Spinach |
| Day 2 | Red Meat | Grapefruit/ Orange | Onions | Chicken | Strawberries | Radishes |
| Day 3 | Fish/Seafood | Apple | Cucumbers | Red Meat | Grapefruit/ Orange | Tomato |
| | | | | | | |
| | | | | | | |

Now, let's make this something you'd actually look forward to eating!

The re:Define Cookbook

Let's recreate this same rotation example using recipes from the PHASE 2 section of our re:Define Cookbook. Your meals should NOT be bland or boring. They should be full of flavor and very satisfying. They should satisfy both your hunger and your taste buds.

<https://redefinefamily.com/recipes>

BASIC ROTATION EXAMPLE 2

Here's a simple example of how to create a delicious menu within the PHASE 2 guidelines following a proper rotation.

| | Lunch | | | Dinner | | |
|-------|-----------------------------------|---|---|------------------------|-----------------------------------|------------------------|
| | Protein | Fruit | Vegetable | Protein | Fruit | Vegetable |
| Day 1 | Grilled Chicken Tenders Hot Wings | 1/2 Serving Strawberries Sliced - 1/2 as Dressing | Romaine Salad with Strawberry Citrus Dressing | Zesty Lime Grilled Cod | Apple Slices with Lime Yogurt Dip | Tender Steamed Spinach |
| Day 2 | Lean Ground Beef Patty | Orange Mid Morning Snack | Grilled Caramelized Onions | BBQ Chicken Tenders | Strawberry Sorbet | Garlic Mashed Radishes |
| Day 3 | Shrimp Cocktail | Baked Cinnamon Apples | Sliced seasoned Cucumbers w/ Lime | Browned Ground Beef | Grapefruit | Tomato Chili |

Protein Preparation Tips

Proteins are the trickiest to prepare on the run! Do yourself a huge favor and prepare your proteins ahead of time. By prepare, we mean weigh, cook and store so they are 100% ready to grab and go!

You can choose to:

- Prepare all proteins for the full 30 days and freeze (Best Option)
- Prepare your proteins each week
- Prepare your proteins daily (Most time consuming)

How to Prepare:

Preparing several, if not all proteins at once saves time. Create an easy assembly line; have cutting board, scale, spices and method of cooking. Weigh them out, place in the pan and season. Cool enough to store as explained below.

How to Store:

Place each portion in snack size Ziploc® bags or tinfoil; then place all in a gallon size freezer bag. Remove all excess air to avoid freezer burn. Store in the freezer until ready to thaw or prepare. Note: fish cooks very quickly even when frozen so it doesn't need to be pre-cooked, only pre-measured and seasoned.

How to Reheat: Reheated proteins will taste the very best when thawed naturally and then reheated as noted below; NOT in a microwave.

- Add protein to a soup or sauce while heating
- Grill indoors using a George Foreman® grill or grill outside over flame
- Steam alone or with the vegetable

Grocery Shopping:

With your menus complete, plan your grocery shopping around the day you have set aside to do your Meal Prepping so everything is fresh.

As you will be following this menu for 30 Days, you'll need 60 servings of protein, including 20 servings of lean red meat, 20 servings of chicken breast, and 20 servings of fish/seafood. That averages out to about 4.5 pounds of each for the full 30 days, or just over a pound per week.

LIST OF ALLOWED FOODS

Choose at least 3 of your favorites from each category below and alternate them following an A,B,C pattern when creating your Meal Plan.

Proteins

100 GRAMS weighed raw on a digital food scale for accuracy. Should not be measured in ounces. All visible fat and bone must be removed prior to weighing and cooking.

| (A) CHICKEN Boneless/Skinless | (B) RED MEAT 93% Lean | (C) FISH/SEAFOOD Fresh, Not Canned |
|--|------------------------------------|---|
| Chicken Breast (Breast, Tenderloins, or Ground Chicken; Breast Only) | Beef Venison Buffalo Veal | Fresh White Fish Lobster Crab Shrimp |

Fresh Vegetables

Use fresh vegetables, not canned. No mixing of vegetables is allowed*. Serving size is approximate. Minimum of 1 Cup per meal is recommended.

| CATEGORY (A) | CATEGORY (B) | CATEGORY (C) |
|--|---|---|
| Spinach – 3 cups Chicory – 3 cups Chard – 3 cups Beet greens – 3 cups Lettuce – 4 cups + | Celery – 3 cups Asparagus – 2 cups Cabbage – 2 cups | Tomatoes – 1 ½ cups Cucumbers – One Radishes – 2 cups Onions – 1 cup |

Fresh Fruits

One PIECE of fresh fruit is allowed twice a day. Size doesn't matter. Rotate choices methodically. Tomato may also be substituted in place of a fruit.

| CATEGORY (A) | CATEGORY (B) | CATEGORY (B) |
|--------------|--------------|----------------------|
| Strawberries | Apple | Orange or Grapefruit |

Miscellaneous Items

Here's a list of miscellaneous items that can be used as seasonings. Use sparingly, paying attention to their individual nutritional value as you add them. These items should have zero or extremely low calories per serving. Read labels when determining compliance.

Spices, seasonings, and herbs not containing sugar or starch
Approx 1 TBSP of onion, garlic, jalapeño, peppers, or dill
pickles, etc.
Juice of 1 Lemon daily
Mustard, Franks Hot Sauce, Apple Cider Vinegar, Tabasco, etc
Coffee & Tea (using caffeine may decrease daily weight loss
results)

One TBSP Skim Milk or Fat Free Greek Yogurt
1 Serving of Calorie Free Miracle Noodle TM (Max 2 times a
week)
Stevia, Monk Fruit, or Xylitol (Calorie Free Natural
Sweeteners)
25 Calories of plain crackers ie: Grissini Breadsticks or Melba
Toast once weekly

IF IT'S NOT ON THE LIST, DO NOT EAT IT

PHASE 2 SAMPLE MENU

Instructions: First add your the Protiens, Veggies, and Fruits in the far right columns following the A, B,C rotation explained. Then determine the "TODAY'S MENU" field by using meal suggestions from recipes in the PHASE 2 Cookbook or your own meal creations.

| DAY 1 | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|---------------|----------------------------------|------------|---------------|-----------|--------------|
| BREAKFAST | | Water | X | X | X |
| SNACK 1 | | Water | | | Apple |
| LUNCH | Lettuce & Grilled Chicken | Herbal Tea | Chicken | Lettuce | |
| SNACK 2 | | Water | | | Strawberries |
| DINNER | Seasoned Burger with Asparagas | Water | Hamburger | Asparagas | |
| NOTES: | | | | | |
| | | | | | |
| DAY 2 | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
| BREAKFAST | | Water | X | X | X |
| SNACK 1 | | Water | | | Orange |
| LUNCH | Grilled fish and cucumber slices | Herbal Tea | Tilapia filet | Cucumber | |
| SNACK 2 | | Water | | | |
| DINNER | Fajitas | Water | Chicken | Lettuce | Tomato |
| NOTES: | | | | | |



FAT BURNING 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 2 MENU PLANNER

Instructions: First add your the Protiens, Veggies, and Fruits in the far right columns following the A, B,C rotation explained. Then determine the "TODAY'S MENU" field by using meal suggestions from recipes in the PHASE 2 Cookbook or your own meal creations.

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|---------------|--------------|--------|----------|----------|----------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|---------------|--------------|--------|----------|----------|----------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|-----------|--------------|--------|---------|---------|-------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|-----------|--------------|--------|---------|---------|-------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|-----------|--------------|--------|---------|---------|-------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|-----------|--------------|--------|---------|---------|-------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

| DAY ____ | TODAY'S MENU | LIQUID | PROTIEN | VEGGIES | FRUIT |
|---------------|--------------|--------|---------|---------|-------|
| BREAKFAST | | | X | X | X |
| SNACK 1 | | | | | |
| LUNCH | | | | | |
| SNACK 2 | | | | | |
| DINNER | | | | | |
| NOTES: | | | | | |

PHASE 2: FAT BURNING GROCERY LIST

| PROTIEN (1 serving: 100 g = 3.5274 oz.) | FRUITS (1 per serving) |
|---|--|
| _____ Boneless, Skinless Chicken Breast | _____ Oranges |
| _____ Ground Chicken Breast Only | _____ Grapefruit |
| _____ Chicken Breast Tenderloins | _____ Apples |
| _____ 93% Lean Beef, Ground | _____ Strawberries |
| _____ Lean London Broil | |
| _____ Buffalo, Veal, Venison | |
| _____ Fresh White Fish | |
| _____ Shrimp, Lobster, Crab | |
| | |
| VEGGIES | MISCELLANEOUS ITEMS |
| _____ Lettuce, Romaine, Red Leaf, Butter Lettuce... | _____ Spices, Seasonings, Herbs |
| _____ Chicory, Chard, Beet Greens | _____ Garlic, Jalapeño Peppers |
| _____ Spinach | _____ Mustard |
| _____ Asparagus | _____ Herbal Tea - No Caffiene |
| _____ Cucumbers | _____ Lemons |
| _____ Celery | _____ Skim Milk or 0 Fat Greek Yogurt |
| _____ Tomatoes | _____ Calorie Free Miracle Noodle |
| _____ Onions | _____ Stevia, Monk Fruit, or Xylitol |
| _____ Radishes | (Calorie Free Natural Sweeteners) |
| _____ Cabbage | _____ Grissini Breadsticks/Melba Toast |
| | _____ Dill Pickles, Etc. |
| | _____ Apple Cider Vinegar |
| | _____ Franks Hot Sauce, Tabasco, etc |

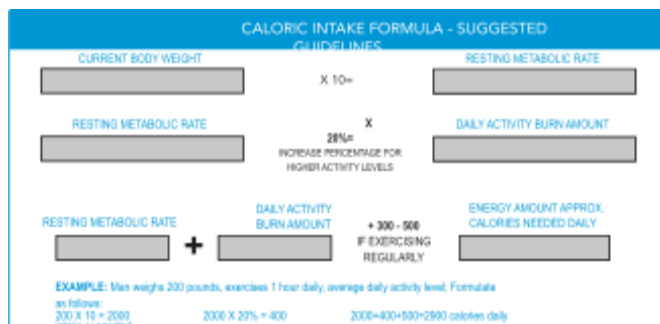


PHASE 3 STABILIZATION

PHASE 3: STABILIZATION MEAL PLAN PREPARATIONS

HOW MUCH DO I EAT?

Before you begin customizing your Meal Plan, you will need to know how many calories you should be consuming each day to maintain your Final Weight. As this is very individualized, use the chart below completing the formula as a basic guide. Put your numbers into the chart and see how many calories are suggested for you.



- To use an online tool to calculate go to - for PH3 use the "low carbs option": <https://tdeecalculator.net>
- To find the nutritional information of your food choices go to: <https://www.calorieking.com>

Knowing your daily caloric needs is a great start. Next is to determine the amount of each food group that will best support your body and your activity level. There are a multitude of different dietary styles that would be too extensive to include here.

As you create your PHASE 3 MEAL PLAN, we'll provide you with the basic nutritional guidelines you should follow at this time. Once you begin following it, listen to your body and adjust the quantities until you find what works best for you. The re:Define.com resource library has additional nutritional resources. Our library will continually be growing and can point you in the right direction to find your optimal balance.

NEW LIST OF ALLOWED FOODS

Here is the list of foods you will be able to add to the foods you've already been eating during PHASE 2.

| Proteins | Fresh Fruits | Vegetables | Dairy and Fats |
|-------------------|--------------|----------------------|----------------|
| Steak | Berries | Broccoli | Eggs |
| Turkey | Pineapple | Cauliflower | Milk |
| Dark Chicken Meat | Kiwi | Brussel Sprouts | Cheese |
| Salmon | Peaches | Squashes | |
| Tuna | Nectarines | Green Beans | Olive Oil |
| Beef | Apricots | Bell Peppers | Coconut Oil |
| Buffalo | Plums | Leafy Greens Lettuce | Butter |
| Venison | Cherries | Cabbage | |
| Veal | Pomegranate | Onions | |
| Chicken Breast | Strawberries | Radishes | |
| Fresh White Fish | Orange | Tomato | |
| Shrimp | Grapefruit | Asparagus | |
| Lobster | Apple | Celery | |
| | | Cucumber | |

LIST OF FOODS TO AVOID:

These foods should be avoided completely as they are higher in sugar and starch. Even though it's naturally occurring, it still impacts your insulin levels. You will begin adding these foods gradually in PHASE 4.

- Vegetables: Corn, Potatoes, Peas, Carrots, Jicama, Beets.
- Fruits: Grapes, Bananas, Melons, Fruit juices, Canned fruit, Dried fruit.
- Breads and Grains: Pasta, Breads, Rice, Beans, Legumes, Lentils
- ANY AND ALL SUGAR as well as processed, canned foods!

New Daily Menu Basics

You'll be gradually adding variety to your daily menu as follows:

| | |
|----------------|---|
| WEEK 1: | Your meals should remain fairly simple. These meals may look similar to PHASE 2 with the exception of increasing your portion sizes as explained below and meeting your individual caloric needs. |
| WEEK 2: | It's time to gradually begin introducing more varieties of food into your Meal Plan. We suggest adding one or two new items each day giving your body time to adjust. |
| WEEKS 3 AND 4: | Now that you're more comfortable with your new menu, try adding even more variety by trying some new recipes. You may discover you may really enjoy foods you have never liked before. You will learn to adjust your menu by staying with your target weight. |
| LIQUIDS | Continue to drink as close to one gallon of either water or herbal tea per day for best results. |

Menu Ideas for Phase 3:

| | Breakfast | Snack | Lunch | Snack | Dinner |
|-------|-------------------------------------|--------------------------------------|---|--------------------------------------|---------------------------------|
| DAY 1 | Small 2 egg omelet with veggies | small fruit, nuts, OR low-fat cheese | Fantastic Baked Chicken, seasoned sliced cucumbers | small fruit, nuts, OR low-fat cheese | Beef and Cabbage Stir-Fry |
| DAY 2 | protein shake with fruit | small fruit, nuts, OR low-fat cheese | Spinach Salad with Chicken and Strawberries and Steamed Asparagus | small fruit, nuts, OR low-fat cheese | Lettuce Wrap Burger |
| DAY 3 | Small 2 egg omelet of choice | small fruit, nuts, OR low-fat cheese | Beef Fajitas Green Salad | small fruit, nuts, OR low-fat cheese | Steak, Chicken or Shrimp Kabobs |
| DAY 4 | 1/4 of a Spinach & Cheddar Frittata | small fruit, nuts, OR low-fat cheese | Chinese Chicken Salad | small fruit, nuts, OR low-fat cheese | Grilled Tilapia and Asparagus |
| DAY 5 | 2 eggs scrambled with fruit | small fruit, nuts, OR low-fat cheese | Sea Bass with Ginger and Scallions | small fruit, nuts, OR low-fat cheese | Beef Fajitas Green Salad |

HEALTHY PORTION SIZES

As you begin customizing your Menu, be sure that you increase your protein size from what you've been eating in PHASE 2. When looking at the Sample Menu, realize that your portion sizes should be determined by the amount of calories your body needs.

Follow these basic guidelines to get started customizing your PHASE 3 MEAL PLAN:

PROTEINS:

You should consume 2-3 servings of protein per day. Protein portion sizes should remain reasonable. A simple method of measuring your protein portions is to keep them approximately the size of a deck of cards or the palm of your hand. Your dinner plate should be about 10-20% protein and 80-90% vegetables at this time.

According to the [Dietary Reference Intake report](#) for macronutrients, a sedentary adult should consume 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. Average sedentary man weighing 200lbs should consume 72 grams of protein per day. An average woman weighing 150 lbs, should eat about 54 grams. As the body cannot digest more than 30 grams of protein nutritionally in a single meal, do not exceed 90 grams per day.

FRUITS & VEGETABLES:

Continue to make vegetables the largest part of each meal. Don't get lazy now that you are consuming calories from other sources. Continue to eat 2 servings of fruit per day and stay the healthy course.

FATS:

Eating healthy fats are nutritionally important to keep you hormonally balanced. How much fat you eat per day should be based on your calorie needs to stabilize your new weight. Here are a few examples of suggested daily fat ranges from on a moderate-fat diet, based on different calorie goals:

- 1,500 calories: about 58–67 grams of fat per day
- 2,000 calories: about 78–89 grams of fat per day
- 2,500 calories: about 97–111 grams of fat per day

Customizing Your PHASE 3 Meal Plan

Just as you did in PHASE 1, it will be very helpful for you to chart the full nutritional facts of the foods you are eating each day. This exercise will help you to learn more about the nutritional makeup of each food group. As you learn more about the nutritional facts about your favorite foods, you'll be able to make healthy choices WITHOUT counting calories for life!

Don't be overwhelmed by all of this information, just get started creating your Meal Plan. Follow the example of the SAMPLE menu and adjust as you desire. Then look up the nutritional facts to determine the portion size that will best fit your current caloric needs. It's that simple....ok, it'll take work. But once you get the hang of it, you'll see it's just a game of creating delicious meals that provide you with tons of energy to maintain a healthy weight!

The re:Define Cookbook

Once again you can find recipes for Phase 3 in our re:Define Cookbook. Your meals should NOT be bland or boring. They should be full of flavor and very satisfying. They should satisfy both your hunger and your taste buds.

<https://redefinefamily.com/recipes>

PHASE 3 SAMPLE MEAL PLANNER

Use www.calorieking.com to find nutritional values for your food

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---|----------|---------|-----------|-------------|
| Omlette with 2 eggs | 182 | 13 | 2 | 12 |
| Slice ham | 134 | 5 | 0 | 21 |
| Slice cheese | 114 | 9 | 0 | 7 |
| Onions | 32 | 0 | 7 | 1 |
| | 462 | 27 | 9 | 41 |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Apple | 95 | 0 | 25 | 0 |
| 2 tbs. Creamy Peanut butter | 188 | 16 | 6 | 8 |
| | | | | |
| TOTAL | 283 | 16 | 31 | 8 |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| Salad with mixed greens | 25 | 0 | 4 | 2 |
| Tomato | 22 | 0 | 5 | 1 |
| 100g Salmon | 156 | 6 | 0 | 23 |
| Cesar dressing Lite | 11 | 1 | 1 | 0 |
| TOTAL | 214 | 7 | 10 | 26 |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| 125 g chicken breast | 142 | 3 | 0 | 27 |
| Parmesan cheese | 111 | 7 | 1 | 10 |
| Green Beans | 106 | 0 | 19 | 7 |
| TOTAL | 359 | 10 | 20 | 44 |
| | | | | |
| MY DAILY NUTRITION GOALS: (Yours will be different*) | 1306 | 58 | 65 | 131 |
| *Go to https://tdeecalculator.net and find your stats. | | | | |



STABILIZATION 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 3 MEAL PLANNER

Instructions: Look up the nutritional needs for your body. Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

Go to <https://tdeecalculator.net> and find your stats.

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---------------------------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

PHASE 3: STABILIZATION GROCERY LIST

| PROTEINS | VEGETABLES | FRUITS | DAIRY/FATS |
|--------------------------------------|---------------------|------------------|-----------------|
| ___ Steak | ___ Broccoli | ___ Berries | ___ Eggs |
| ___ Turkey | ___ Cauliflower | ___ Pineapple | ___ Milk |
| ___ Dark Meat Chicken | ___ Brussel Sprouts | ___ Kiwi | ___ Cheese |
| ___ Lean Pork | ___ Squashes | ___ Peaches | ___ Olive Oil |
| ___ Salmon | ___ Green Beans | ___ Nectarines | ___ Coconut Oil |
| ___ Tuna | ___ Bell Peppers | ___ Apricots | ___ Butter |
| ___ Beef | ___ Leafy Greens | ___ Plums | ___ Nuts |
| ___ Buffalo | ___ Lettuce | ___ Cherries | |
| ___ Venison | ___ Cabbage | ___ Pomegranate | |
| ___ Veal | ___ Onions | ___ Strawberries | |
| ___ Chicken Breast | ___ Radishes | ___ Orange | |
| ___ Fresh White Fish | ___ Tomato | ___ Grapefruit | |
| ___ Shrimp | ___ Asparagus | ___ Apple | |
| ___ Lobster | ___ Celery | | |
| | ___ Cucumber | | |
| | | | |
| MISCELLANEOUS ITEMS | | | |
| ___ Spices, Seasonings, Herbs | | | |
| ___ Garlic, Jalapeño Peppers | | | |
| ___ Mustard | | | |
| ___ Herbal Tea - No Caffeine | | | |
| ___ Lemons | | | |
| ___ Skim Milk or 0 Fat Greek Yogurt | | | |
| ___ Calorie Free Miracle Noodle | | | |
| ___ Stevia, Monk Fruit, or Xylitol | | | |
| (Calorie Free Natural Sweeteners) | | | |
| ___ Grissini Breadsticks/Melba Toast | | | |
| ___ Dill Pickles, Etc. | | | |
| ___ Apple Cider Vinegar | | | |
| ___ Franks Hot Sauce, Tabasco, etc | | | |



PHASE 4 MAINTENANCE

PHASE 4: MAINTENANCE MEAL PLAN PREPARATIONS

You are encouraged to continue using these detailed Meal Planners for the first few weeks of Maintenance as you allow your body to adjust to adding grains, breads, and sugars.

WHAT CHANGES FOR PHASE 4?

In Phase 4 we will be adding in the types of foods that often derail “healthy eating” and cause people to “yo-yo”. Obviously we want to avoid that in the future.

Once again, before you begin customizing your Meal Plan, you will need to know how many calories you should be consuming each day to maintain your Final Weight. As this is very individualized, use the chart below completing the formula as a basic guide. Put your numbers into the calculator below with “moderate carbs” and write down your numbers for daily intake of calories, fat, carbs and protein.

- To use an online tool to calculate go to - for PH4 use the “moderate carbs option”: <https://tdeecalculator.net>
- Continue to find the nutritional information of your food choices go to: <https://www.webmd.com/diet/healthtool-food-calorie-counter>

As you create your PHASE 4 MEAL PLAN, we’ll provide you with the basic nutritional guidelines you should follow at this time. Once you begin following it, listen to your body and adjust the quantities until you find what works best for you. The re:Define.com resource library has additional nutritional resources. Our library will continually be growing and can point you in the right direction to find your optimal balance.

NEW LIST OF ALLOWED FOODS

Here is the list of foods you will be able to add to the foods you’ve already been eating during PHASE 2 & 3.

| Proteins | Fresh Fruits | Vegetables | Misc. |
|--|--|---|--|
| Grains Breads Rice Beans Legumes Lentils Pasta | Fruit Juices Canned Fruit Dried Fruit Grapes Bananas Melons | Corn Potatoes Peas Carrots Jicama Canned Veggies | Coffee Alcohol (may be consumed in small amounts, occasionally) |

LIST OF FOODS TO AVOID:

Processed foods and refined sugars should continue to be avoided. Even though some are naturally occurring, they still impact your insulin levels. You can eat these foods only occasionally.

- White Cane Sugar
- High Fructose Corn Syrup, Crystalline Fructose & Most forms of Agave Nectar
- Natural forms of sugar like: Unprocessed/Unrefined Sugar - sucanat, muscovado or rapadura, 100% Maple Syrup, Brown Rice Syrup & Honey

New Daily Menu Basics

You’ll be gradually adding variety to your daily menu as follows:

1. It's time to gradually begin introducing more varieties of food into your Meal Plan. We suggest adding one or two new items each day giving your body time to adjust.
2. Now that you're more comfortable with your new menu, try adding even more variety by trying some new recipes. You may discover you may really enjoy foods you have never liked before. You will learn to adjust your menu by staying with your target weight.
3. Continue to drink as close to one gallon of either water or herbal tea per day for best results. Coffee may be added at this time.

RECOMMENDATIONS:

- Starchy foods react in the body just like sugar and therefore should be eaten in moderation. They should total about 15-20% of the content on your plate.
- Stevia or Monkfruit is still recommended as often as possible. Only 25 grams of sugar is recommended daily, including fructose naturally occurring in fruit.
- Whole grains provide many vital nutrients like essential vitamins and minerals. You will need to read the ingredient list on all packages to determine if it is a whole grain. Do not trust the advertised label. If it says "enriched" it is not a whole grain! You should include 3-5 servings of whole grains per day. A serving is equal to 6 ounces.

HEALTHY PORTION SIZES

Follow these basic guidelines to get started customizing your PHASE 4 MEAL PLAN:

PROTEINS:

You should consume 2-3 servings of protein per day. Protein portion sizes should remain reasonable. A simple method of measuring your protein portions is to keep them approximately the size of a deck of cards or the palm of your hand. Your dinner plate should be about 10-20% protein and 55-65% vegetables and 10-15% starches at this time.

According to the [Dietary Reference Intake report](#) for macronutrients, a sedentary adult should consume 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. Average sedentary man weighing 200lbs should consume 72 grams of protein per day. An average woman weighing 150 lbs, should eat about 54 grams. As the body cannot digest more than 30 grams of protein nutritionally in a single meal, do not exceed 90 grams per day.

FRUITS & VEGETABLES:

Continue to make vegetables the largest part of each meal. Don't get lazy now that you are consuming calories from other sources. Continue to eat 1-2 servings of fruit per day and stay the healthy course.

FATS:

Eating healthy fats are nutritionally important to keep you hormonally balanced. How much fat you eat per day should be based on your calorie needs to stabilize your new weight. Here are a few examples of suggested daily fat ranges from on a moderate-fat diet, based on different calorie goals:

- 1,500 calories: about 58–67 grams of fat per day
- 2,000 calories: about 78–89 grams of fat per day
- 2,500 calories: about 97–111 grams of fat per day

Customizing Your PHASE 4 Meal Plan

Just as you did in PHASE 1 & 3, it will be very helpful for you to chart the full nutritional facts of the foods you are eating each day. This exercise will help you to learn more about the nutritional makeup of each food group. As you learn more about the nutritional facts about your favorite foods, you'll be able to make healthy choices WITHOUT counting calories for life!

Don't be overwhelmed by all of this information, just get started creating your Meal Plan. Follow the example of the SAMPLE menu and adjust as you desire. Then look up the nutritional facts to determine the portion size that will best fit your current caloric needs. It's that simple....ok, it'll take work. But once you get the hang of it, you'll see it's just a game of creating delicious meals that provide you with tons of energy to maintain a healthy weight!

PHASE 4 MEAL PLANNER

Instructions: Look up the nutritional needs for your body. Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

Go to <https://tdeecalculator.net> and find your stats.

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|------------------------|----------|---------|-----------|-------------|
| 1 slice toast | 89 | 1 | 17 | 3 |
| 2 tbs peanut butter | 188 | 16 | 6 | 8 |
| 1 tbs strawberry jelly | 50 | 0 | 13 | 0 |
| | | | | |
| TOTAL | 327 | 17 | 36 | 11 |

| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|----------|----------|---------|-----------|-------------|
| Orange | 62 | 0 | 15 | 1 |
| | | | | |
| TOTAL | 62 | 0 | 15 | 1 |

| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|--------------|----------|---------|-----------|-------------|
| 2 tortillas | 147 | 3 | 25 | 4 |
| 125g chicken | 142 | 3 | 0 | 27 |
| Red Pepper | 23 | 0 | 4 | 1 |
| Onions | 32 | 0 | 7 | 1 |
| TOTAL | 344 | 6 | 36 | 33 |

| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|----------|----------|---------|-----------|-------------|
| Carrot | 4 | 0 | 1 | 0 |
| | | | | |
| TOTAL | 4 | 0 | 1 | 0 |

| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|--|----------|---------|-----------|-------------|
| Cheeseburger (ground beef, cheese & bun) | 431 | 22 | 21 | 34 |
| Lettuce | 10 | 0 | 2 | 1 |
| Tomato | 22 | 0 | 5 | 1 |
| Tater tots | 170 | 9 | 21 | 2 |
| TOTAL | 633 | 31 | 49 | 38 |

| | | | | |
|--|------|----|-----|----|
| MY DAILY NUTRITION GOALS: (Yours will be different*) | 1306 | 51 | 114 | 98 |
| <i>*Go to https://tdeecalculator.net and find your stats.</i> | | | | |

| | | | | |
|-------------------------------|-------------|-----------|------------|-----------|
| DAILY TOTALS CONSUMED: | 1370 | 54 | 137 | 83 |
|-------------------------------|-------------|-----------|------------|-----------|

NOTES: It is not necessary to get the exact numbers for your meals, just get as close as you can and it is better to go a little over on calories.



MAINTENANCE 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 4 MEAL PLANNER

Instructions: Look up the nutritional needs for your body. Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---------------------------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---------------------------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---------------------------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| | | | | |
|----------------------------------|-----------------|----------------|------------------|--------------------|
| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|---------------------------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| | | | | |
|----------------------------------|-----------------|----------------|------------------|--------------------|
| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |
| MY DAILY NUTRITION GOALS: | | | | |
| DAILY TOTALS CONSUMED: | | | | |
| NOTES: | | | | |

| BREAKFAST | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|-----------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |

| AM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|----------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |

| LUNCH | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|-------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |

| PM SNACK | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|----------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |

| DINNER | CALORIES | FAT (g) | CARBS (g) | PROTIEN (g) |
|--------|----------|---------|-----------|-------------|
| | | | | |
| | | | | |
| | | | | |
| TOTAL | | | | |

MY DAILY NUTRITION GOALS:

DAILY TOTALS CONSUMED:

NOTES:

PHASE 4: MAINTENANCE GROCERY LIST

| PROTIEN | DAIRY/FATS | FRUITS |
|---------|------------|--------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| VEGGIES | BREADS | NUTS/LEGUMES |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| GRAINS | PASTA | OTHER |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |



JOURNAL & MEAL TRACKER

UTILIZING YOUR JOURNAL

This journal is designed to help you achieve success with your Detoxification and Weight Loss System. Each day you should begin by recording your many successes. Upon waking each morning, immediately after you use the restroom, you should weigh yourself on a digital bathroom scale and record your current weight. Note the difference you see from the day before. It will be important for an accurate measurement to do your best to weigh yourself at the same time each morning. It is also important to keep accurate details of the foods that you eat and the liquids you consume daily. To keep it really simple, it is easy to write down what you ate the previous day at the same time you weigh yourself so that you don't feel like you have to carry your journal around with you.

Track everything! For example, if you generally eat lunch around 12pm, and then one day you are not able to eat until 3pm, make a note of it. This does affect what the scale will say the next day.

Take the time to write how you are feeling. If you feel great, write it down. If you feel like garbage, write it down. It is very helpful to have a clear picture of your progress so that we can coach you effectively.

It is very important to have a great attitude and a clear picture of where you are going... especially when you are making big changes. Don't let anyone, not even you, sabotage your commitments to yourself.

CONSIDER THIS

As you prepare to meet your new goals, thoughtfully consider the following questions. We recommend using a simple notebook that you can journal your answers to these questions as well as your thoughts and feelings throughout your experience.

1. What is motivating you today to make this step towards saying YES to taking care of yourself in a whole new way?

2. Can you recognize the benefit and commit to a lifestyle change today? _____

3. What are the benefits you feel you will gain?

4. What behaviors do you have that would need modification to support your success?

Are you willing to modify or let go of these behaviors?

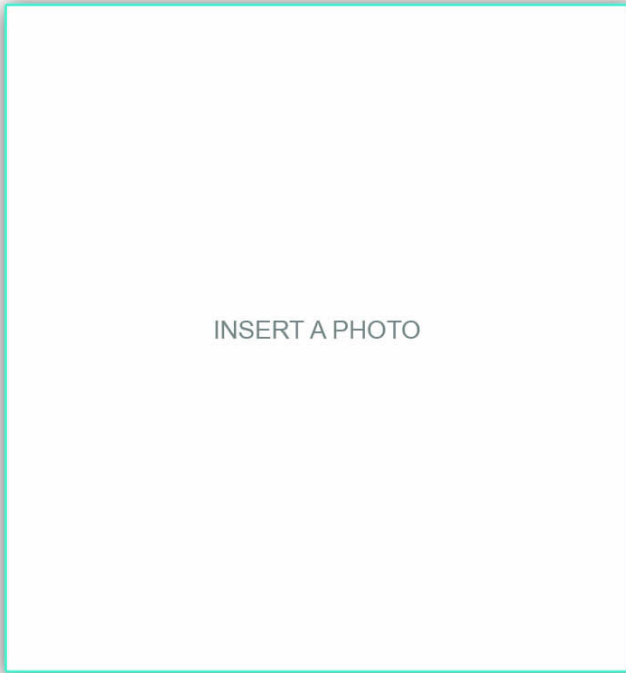
5. Would you like the added support of a group to work with and cheer you on?

6. Who can you invite that is currently in your circle of friends and family to support you?

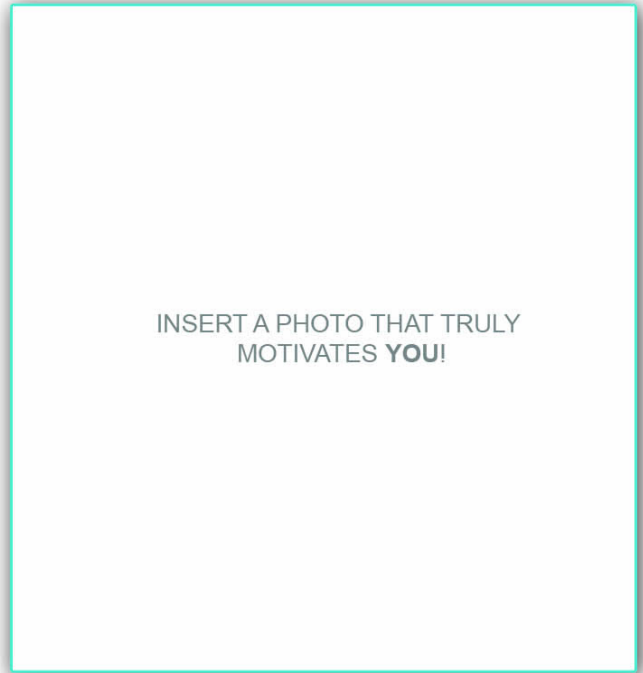
7. Are there circumstances in your life that have held you back from achieving the health you desire? What are they? Are they things you can imagine letting go of or working through while on this program?

8. Do you have a picture in your mind of how you desire to be, look and feel? Take some time to create a description... then know that this will be an image you can think of each day to support and encourage you!

YOU ARE POWERFUL!
YOU ARE CAPABLE OF BECOMING EXACTLY
WHAT YOU DESIRE!



Here is my "BEFORE" picture as I embark
on the journey to the NEW ME!



THIS IS WHAT I TRULY DESIRE TO LOOK LIKE!

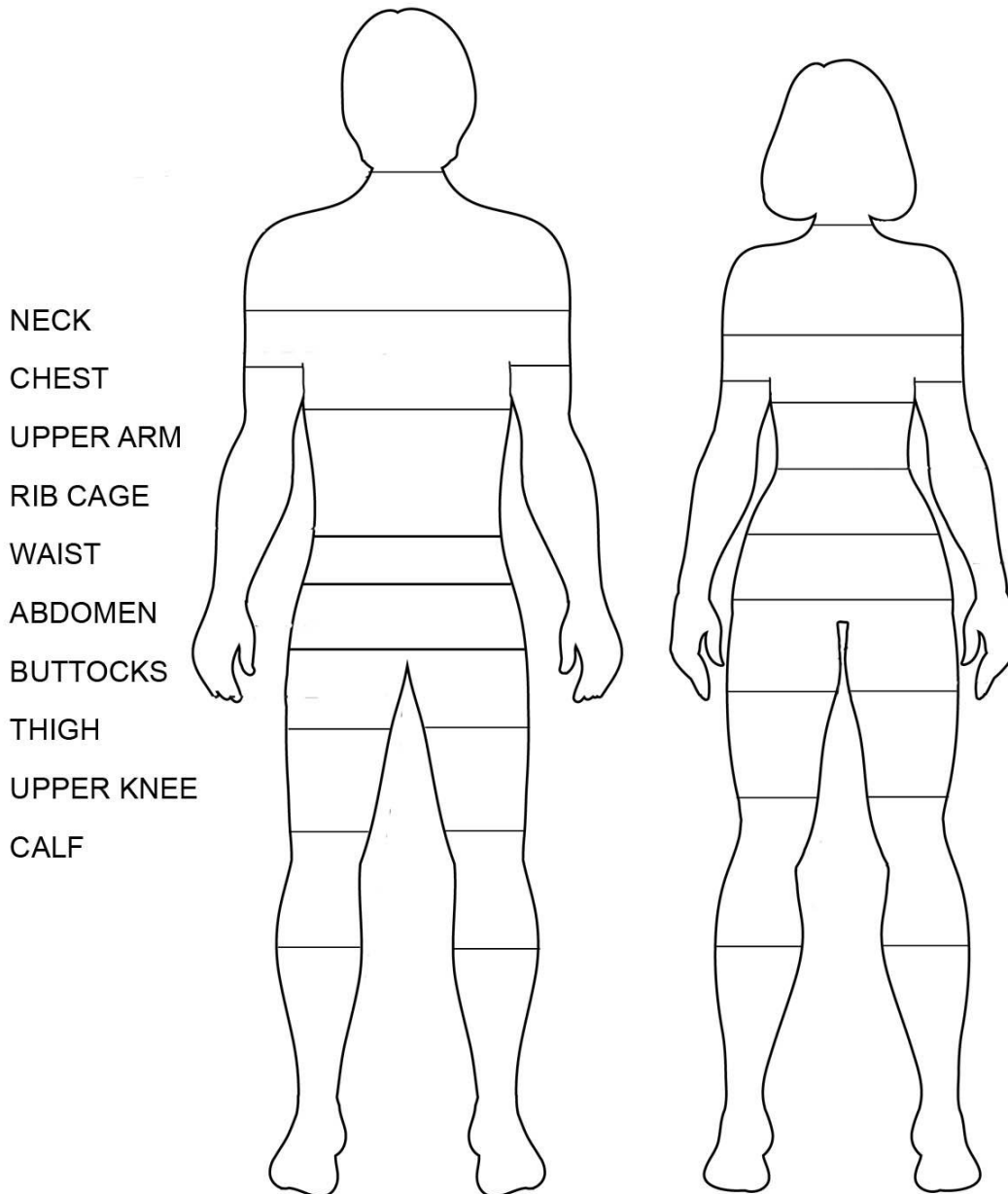
I believe that my ideal weight is _____

This will require a total of _____ to be released.

I am committing to release _____ over the next 30 days.

WEIGHT MANAGEMENT PROGRAM PERSONAL PROGRESS REPORT

MEASUREMENT LOCATIONS



Tracking your measurements is very important. Sometimes the scale does not show any change, but your body is moving things around and your measurements will change. Make sure you are measuring and tracking weekly. Record them in the chart below.

MY MEASUREMENTS ARE:

| WEEK | START | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|------------------------|-------|---|---|---|---|---|---|---|
| NECK | | | | | | | | |
| CHEST | | | | | | | | |
| UPPER ARM (L) | | | | | | | | |
| UPPER ARM (R) | | | | | | | | |
| RIB CAGE | | | | | | | | |
| WAIST | | | | | | | | |
| ABDOMEN | | | | | | | | |
| BUTTOCKS | | | | | | | | |
| THIGH (L) | | | | | | | | |
| THIGH (R) | | | | | | | | |
| UPPER KNEE (L) | | | | | | | | |
| UPPER KNEE (R) | | | | | | | | |
| CALF (L) | | | | | | | | |
| CALF (R) | | | | | | | | |
| TOTAL # OF INCHES | | | | | | | | |
| TOTAL INCHES LOST | | | | | | | | |
| MY WEIGHT LOSS TO DATE | | | | | | | | |

BEFORE/AFTER PHOTO GUIDELINES

Taking before photos can be a tad emotional. . . HOWEVER, consider how excited you'll be to be when you can compare them with your AFTER photos in the next 30 Days! You'll be able to easily see how your body has transformed as part of following the System. Use these guidelines to take the best pictures possible!

PHOTO BACKGROUND



- A clean, plain white or light colored background is best.
- Avoid a door or toilet) being in the background of the picture.

PREFERRED CLOTHING

Women:

- SMILE! Show us your best happiest face.
- Think 1 size too small; you'll wear the same clothing in your AFTER photos.
- Pants: Solid yoga pants or other fitted pants or shorts. Avoid Jeans if possible.
- Tops: Tight Fitted T-Shirt or Sports Bra works best
- Tasteful Swim Suit may be appropriate for home viewing, but not preferred for marketing.
- NO UNDERGARMENTS! It's just plain embarrassing lol

Men:

- Yeah, you gotta Smile too!
- Pants: Workout Gym shorts
- Tops: Fitted T-Shirt or Tank Top
- Taking photos BOTH Shirtless and with a shirt is always great!
- NO UNDERWEAR! No matter how sexy you look... keep it for home viewing please!

Link to website to upload pics.

PHASE 1: FAT LOADING

Record what you've actually CONSUMED, not what's on your Menu.

DAY 1 Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

Evening Snack: _____

NOTES: _____

DAY 2 Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

Evening Snack: _____

NOTES: _____

PHASE 1: FAT LOADING

ADDITIONAL PAGE ONLY IF NEEDED

Record what you've actually CONSUMED, not what's on your Menu.

***DAY 3** Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

Evening Snack: _____

NOTES: _____

***DAY 4** Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

Evening Snack: _____

NOTES: _____

PHASE 2: FAT BURN & CLEANSE

DAY 3 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

Today's Experience:

DAY 4 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Today's Experience:

DAY 5 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

Today's Experience:

DAY 9 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

NOTES:

DAY 10 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

NOTES:

DAY 11 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

NOTES:

DAY 12 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

NOTES:

DAY 13 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

NOTES:

DAY 14 Date: Weight: Difference:

Water consumed in ounces: 32 64 128

Lunch:

Dinner:

Snack(s):

NOTES:

| | | | |
|-------|-------|---------|-------------|
| DAY15 | Date: | Weight: | Difference: |
|-------|-------|---------|-------------|

| | | | |
|---------------------------|----|----|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
|---------------------------|----|----|-----|

Lunch:

Dinner:

Snack(s):

NOTES:

| | | | |
|--------|-------|---------|-------------|
| DAY 16 | Date: | Weight: | Difference: |
|--------|-------|---------|-------------|

| | | | |
|---------------------------|----|----|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
|---------------------------|----|----|-----|

Lunch:

Dinner:

NOTES:

| | | | |
|--------|-------|---------|-------------|
| DAY 17 | Date: | Weight: | Difference: |
|--------|-------|---------|-------------|

| | | | |
|---------------------------|----|----|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
|---------------------------|----|----|-----|

Lunch:

Dinner:

Snack(s):

NOTES:

| DAY 18 | Date: | Weight: | Difference: |
|---------------------------|-------|---------|-------------|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 19 | Date: | Weight: | Difference: |
|---------------------------|-------|---------|-------------|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 20 | Date: | Weight: | Difference: |
|---------------------------|-------|---------|-------------|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 21 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 22 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 23 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 24 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 25 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 26 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 27 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |
| | | | |

| DAY 28 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| NOTES: | | | |
| | | | |
| | | | |
| | | | |

| DAY 29 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |
| | | | |

| DAY 30 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 31 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| NOTES: | | | |
| | | | |
| | | | |

| DAY 32 Date: | Weight: | Difference: | |
|---------------------------|---------|-------------|-----|
| Water consumed in ounces: | 32 | 64 | 128 |
| Lunch: | | | |
| Dinner: | | | |
| Snack(s): | | | |
| NOTES: | | | |
| | | | |
| | | | |

PHASE 3: STABILIZATION

Record what you've actually CONSUMED, not what's on your Menu.

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date:

AM Weight:

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date:

AM Weight:

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date:

AM Weight:

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: AM Weight:

DAILY TOTALS - CALORIES: FAT: CARBS: PROTEIN:

Breakfast:

AM Snack

Lunch:

PM Snack:

Dinner:

NOTES:

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

| | | |
|---|-------|------------|
| DAY | Date: | AM Weight: |
| DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____ | | |
| Breakfast: | | |
| AM Snack | | |
| Lunch: | | |
| PM Snack: | | |
| Dinner: | | |
| NOTES: | | |

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____

DAY Date: _____ AM Weight: _____

DAILY TOTALS - CALORIES: _____ FAT: _____ CARBS: _____ PROTEIN: _____

Breakfast: _____

AM Snack _____

Lunch: _____

PM Snack: _____

Dinner: _____

NOTES: _____