



DIET: PHASE 1 MARCH 12 TO MARCH 18

Phase 1 of the diet is typically 5-7 days. We will be doing this for 7 days during our transformation challenge. This first part of the diet is the toughest one! It will leave you feeling very tired the first 3 days as all the glycogen leaves the body. Removing glycogen (sugar) from your body will transition your metabolism into using fat for energy instead of carbs. This is a good thing! Once your body uses fat for energy you will feel amazing and start leaning out much faster. When you work out this week, you may feel a bit weak, just do your best and stay well hydrated. Next week it gets a LOT easier!

Please note Phase 1 of the Diet is not suitable for vegetarians, you should go to Phase 2 right away.

For this week to work and to set your body up to use fat for energy going forward you MUST follow it 100%!!! DO NOT ADD ANY FOOD/CONDIMENTS/DRINKS not on the list. If it's not these it is not allowed.

So to answer your questions in advance “*Can I have (food item name here)?*” The answer will always be “*Is it on the list? No? Then there is your answer*” 😊 Again, next week you will have a lot more choices and we will reintroduce carbs back in.

The Rules:

- Eat approx. every three hours, up till 2 hrs before bed
- Be exact with your portions & write everything that you eat down. Portion control matters! (This website will help you a lot: www.myfitnesspal.com or you can use the Nutrition Tracking app that's available on the Body Beautiful Training Portal).
- Get your daily minimum of meals (min 4 small meals ideal is 5 to 6)
- MUST eat breakfast within 30mins of waking up. If you workout in the mornings, have a snack and then breakfast after (just substitute your meals order, you will see those below)
- You will need to carefully monitor carbohydrate intake this week and be exact with max of 20g of carbs total per day (this is VERY low, but will help in getting all the glycogen out of your body). This is not the weight of the carbs but the micronutrient content (check # of grams of carbs on myfitnesspal.com to see what this means. We will also explain this in the kick off meeting. If you are still confused what this means just follow our sample diet and you will be fine.
- You MUST drink at least 3-4 L of water per day – this is very important, due to the high protein and low carbs this week, otherwise you may experience constipation.
- There will be no fruit or juice this week, or ANY other veggies that are not on the list

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- Be careful with all condiments, as many contain hidden sugars and carbs – suggest you make ALL your meals at home this week
- Eat only the foods listed below (**nothing else, no exceptions this week**)
- You will need to have one cup of broccoli per day to get your fiber intake (when carbs are low constipation can be a problem, this will help) or add 1-2 tbsp of ground flax seed to one of your evening meals (can add on top of salad or to a shake). I would start with one and see how you feel then add the second one if you do not get bloated.
- **You cannot have any protein bars and other commercial “low carb” foods except protein shake with max of 3g carbs/serving.** Look for ones that have about 20-25 g protein. We like IsoFlex and Bio-x protein isolates personally for the taste and they are priced well, and the nutritional balance is not bad. New Zealand and Australian protein powders are generally a very good quality too. There are many, many on the market, so generally look for about 100-130 calories, 20-25 g protein and <3g carbs, and that are 100% whey (we suggest avoiding products coming from the US, as their dairy regulations are very lax). Ask people in the health store for further direction.
- For vegan shakes (if you can not tolerate dairy), BodyLogix (you can buy at Shoppers Drug mart) is a good option. It is not the best tasting, but has a low carb content (most vegan ones are too high in carbs and too low in protein)
- No alcohol, NONE zero
- Do not force meals or eat too much at meal
- Build all your meals by selecting your protein first – every meal MUST have 1 serving of protein. Protein is very important, as it's a thermogenic and speeds up your metabolism as suppresses your hunger.

PROTEIN LIST (P)

Aim for 25 – 30 gr per serving for each meal. 25g is NOT the weight of the protein but the micronutrient total, for example 4oz of chicken breast in weight is about 25-30g of protein (check myfitnesspal.com if you are not sure and look for how many grams of protein your chosen source has). We have put the quantities below for you so that there is no confusion. Meat is measured cooked.

- 1 Eggs + ½ cup egg whites
- 1 cup egg whites
- 5 oz fish (most are 6g protein per ounce)
- 1 can tuna in water
- 1 scoop of Protein Powder – once per day after workout if having 4-5 meals a day, if you are having 6 meals you can have 2x a day
- 4 oz chicken or turkey breast (white meat only, skinless bonesless)

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- 4 oz extra lean ground chicken or turkey
- 4 oz lean steak
- 4 oz gamey meat: venison, bison, elk
- Cottage Cheese (Full fat only!) * Only ½ C per day * most have carbs so count it . Your best bet is Western Pressed Cottage as it's lowest in carbs. 1/2 cup only has 13g or protein, so you will need to add another ½ serving of another protein from your list to make a full meal. (You can top ½ egg white omelette mixed with veggies with ½ cottage cheese or ¾ cup egg whites with ¼ cup cottage cheese)
- You can mix any of your proteins together to make approximately 25-30g of protein

VEGETABLE LIST - FIBEROUS CARBS (FC)

(Can have them at any meal but remember that you can only have 20g of carbs max per day so count them. Eat them with your proteins; do not just munch on them all day long...)

Carb amount is listed (based on the effect on the body, not actual nutrient content). Carbs below are calculated by taking # of carbs - # of fiber to determine "net carbs". Net Carbs are what we are concerned with, by keeping them under 20g this week, our body eliminates all sugar and turns your body into using FAT as a source of energy for the rest of the weeks instead of using CARBS.

- Asparagus – 2g/cup
- Broccoli 4g/cup
- Cabbage 1g/cup
- Celery 0g/cup
- Cucumber 0g/cup
- Lettuce 0g/cup
- Mushrooms 0g/cup
- Radishes 0g/cup
- Spinach 1g/cup
- Radicchio 0g/cup

HEALTHY FATS (F)

One serving of fat per meal only!

Fat Sources (one serving size is an amount equal to 10 to 15 grams of fat – approx. 1 tbsp).

- Flax Oil - can use on top of salads or in shakes, do not cook with it
- Mayonnaise (1 tbsp = 1 carb) – don't buy too much as this will not be allowed the following week

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- Hemp Seed Oil - can use on top of salads or in shakes, do not cook with it
- Olive Oil – can use for cooking your meat
- 1 oz of Hard Cheese (no more than 2x a day)- don't buy too much as this will not be allowed the following week
- Butter (1 tbsp) don't buy too much as this will not be allowed the following week
- 1 tbsp of cream = 1 carb – you can have this in your coffee but remember to count toward your carb allowance!
- 1 tbsp coconut oil – can use to cook with, or on top of salads or in shakes

CONDIMENTS/OTHER

It's better to stay away from all condiments this week as many are high in carbs. You can use spices, salt, tabasco, apple cider vinegar or white vinegar only (not balsamic!!) and yellow or Dijon (not honey Dijon) if you'd like.

Coffee or tea is fine as long as it's black or with a bit of cream (remember count each 1 tbsp of cream as 1carb!). Milk and sugar are not okay. No artificial sweeteners are allowed this week, you may however use pure stevia (I like the liquid Now Brand), it's a natural sweetener with zero calories. Honey or any other so-called healthy sweeteners are not allowed.

You can use PAM spray or similar for cooking if you wish to add your fats after, just don't spray the PAM on the food directly. No need to measure it.

EVERY DAY FOR 6 DAYS IS THE SAME IN TERMS OF TYPE OF MEALS

Pick one from your food list

Meal 1 (Breakfast) Protein + Fat + Veggies (1P+1F+1FC)

Meal 2 (Snack) Protein + Fat (1P+1F)

Meal 3 (Lunch) Protein + Fat + Veggies (1P+1F+1FC)

Meal 4 (Snack) Protein + Fat (1P+1F)

Meal 5 (Dinner) Protein + Fat + Veggies (1P+1F+1FC)

Meal 6 (Snack) Protein (1P)

- Optional Meals are 2, 4 or 6 (meaning you can skip them). As long as you have min 4 meals.
- Walking, stretching and yoga are great additions to your training this week
- You will BE TIRED this week. It is completely normal. This is your body detoxing all the bad food, carbs and sugar out of your system. By the end of the week when your body starts using fat for energy you will feel amazing

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Here is a sample of what I would eat on a typical day of this program (again, use your own planning and this is a guideline)

- Meal 1 (Breakfast) 1 egg and ½ cup egg whites omelet w/ ½ cup spinach, mushrooms and 1 oz cheese
- Meal 2 (Snack) ½ c cottage cheese mixed with ½ scoop of protein powder and w/ cinnamon and stevia (zero calorie natural sweetener)
- Meal 3 (Lunch) chicken breast + large salad (3 cups lettuce, 1 cup cucumber peeled, ½ cup radishes) w/ dressing made of apple cider vinegar, mixed with 2 tbsp of dijan mustard, garlic powder, basil and 1 tbsp olive oil
- Meal 4 (Snack) Protein shake w/flaxseed oil
- Meal 5 (Dinner) Fish + stir fry made of 1 cup mushrooms, 1 cup cabbage + 1 c broccoli in 1 tbsp olive oil
- Meal 6 (Snack) 1 Eggs + ½ cup egg whites (cooked on non stick skillet sprayed with PAM)

A few tips.

1. Get a food scale, and cup/spoon measurement tools! This is mandatory as you are required to measure your food. DO NOT estimate.
2. Get organized – buy everything you need for the week a few days before and plan out your meals
3. Cook your proteins ahead. For example (for the breakfast):
 - a. Breakfast: make a large baked omelette, 5 servings for the entire work week (so 5x egg servings 5 eggs + 2.5 cups egg whites, add 2.5 cups mushroom and spinach), whisk together and bake on 350F a PAM sprayed pan or pour 5 servings into a muffin tray. Top with 5 oz of grated cheese. Now you have all your breakfast done! On the weekend you can make it fresh.
 - b. You can do the same with your meats – cook 5-6 chicken breasts at once (we love baking chicken breast coated with Dijon mustard and smoked paprika)
 - c. Another idea is to buy a roast – we usually get 3 lbs of Eye of Round Roast (its very lean), cover it with all kinds of spices and set the oven at 500F and bake it on high heat for 7mins per pound (so in this case 21mins – this will give you medium rare ,go longer for your taste preference). Once the time is up, turn the oven off and leave the roast in there for another 3 hrs, while the oven is off (do not open the oven until the 3 hrs is up). This is so tender, delicious and easy to

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- do. You can then cut up thin slices and weight them and pack them to take them with you or reheat for dinner.
4. Its best to choose only 2-3 different meats and cook them all ahead of time instead of having tons of options and coming home hungry with nothing ready to eat. If you love cooking and cook every night, by all means go for it!!!
 5. You can buy veggies and keep them at work as well as home, that way you can make salads fresh yourself
 6. You can make a premixed salad dressing from olive oil, Dijon mustard, spices and apple cider vinegar (just remember to count your portion size as you make it and add it to salads later) To break up the sour taste you can add a couple of packs of powdered stevia to this
 7. Your family can still have the food you are having, base everything around the meat and the veggies and they can always add a serving of potato/pasta/rice or whatever else they wish to these meals.
 8. **STICK WITH IT, IT WILL BE WORTH IT**
 9. Unfortunately if you cheat on this first week, the detox will not work. You might as well go into phase 2 of the diet.
 10. This detox should not be followed more than once to twice a year – if you have any health issues you should check with your physician first
 11. This detox is not suitable for anyone with a history of kidney stones or kidney disease

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