



PHASE 2

DIET GUIDELINE

- You must eat 5-6x/day and every 2.5 to 3 hrs
- You must eat within 30mins of waking up
- Time food with your workouts. Make sure you eat 1 to 1.5 hrs before your workout (snack or a meal). If you can't eat right after you train (within 30mins) you must have a protein shake right after and then eat a meal no later than 1-1.5 hour after you have your shake.
- Increase water intake to 3-4L/day—VERY IMPORTANT *for proper digestion, joint lubrication, muscle recovery, and waste removal you should strive to drink at least a liter of water per 25 pounds of body weight. Of course, more is better. Water is necessary for metabolizing stored body fat, transportation, and absorption of vitamins and minerals. It aids in circulatory and digestive functions, controls body temperatures, prevents dehydration, and removes toxins from the body.*
- It's important NOT to skip meals, eating frequently is critical to weight loss and keeping a lean figure
- Eat protein with every meal – this is scheduled in your meal plan but I want to make sure that's clear 😊
- Track your food intake: create an account on www.myfitpal.com – its free and an excellent resource to track your meals (has a get app too). We also have a nutrition app on the Body Beautiful portal that you can use instead if you prefer. In both apps make sure you use the validated food items (in myfitnesspal those are the ones with a green check mark, on the Body beautiful app it says validated). Users can create their own food items and can often be incorrect, so use the validated ones that are confirmed by the app developer.
- **You cannot have anything, anything, anything that's not on your list:** no bread, no alcohol, no sweets, or artificial sweeteners (use Stevia if you wish otherwise, it's a natural sweetener and can be found in most health food stores), no condiments/salad dressings except what's listed, no protein bars/other protein substitutes except protein powder
- Eating out: Limit it to 1-2x a week however you must ask that the meat is dry grilled without butter/sauce etc and veggies served steamed. Remember you can ask for no starch (potatoes, rice pasta) and ask them to give you veggies instead (from your allowed list)
- Stay away from "man-made" processed food – eat things that once lived (animals, fish, plants)
- You may move your meals around, BUT you may not break the structure of the meal (ie do not move a Fat from one meal to another etc. – there is rhyme and reason for the food structure and combination)
- You must stick to the days in the exact order as per plan
- **You will get one high carb day after 2 weeks – no cheat days allowed until your diet ends!**



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FOOD LIST

Measure your food – use a digital scale (can get one for under \$20 at Canadian Tire or on Amazon), measuring cup & spoon, DO NOT ESTIMATE!

PROTEINS CHOICES (P) Each of the portions below is equal to one serving - 1P (25 to 30g of protein)	FIBROUS CARBS CHOICES (FC) 1FC portion is 2 cup raw veggies or 1 cup cooked veggies. Veggies with * you can have unlimited	STARCHY CARBS CHOICES (SC) Each of the portions below is equal to 1SC (30-35g net carbs)	HEALTHY FATS CHOICES (F) Each of the portions below is equal to 1F (12-14g fats)
<ul style="list-style-type: none"> • 1 eggs + ½ cup egg whites • 1 cup egg whites • 6 oz of white fish or shell fish (shrimp, scallops etc) • 5 oz of fatty fish (salmon, mackerel, herring, lake trout, sardines and albacore tuna) • 1 large can of tuna in water • 1 scoop of whey isolate protein powder (look for 3g of carbs or less - highest quality are from New Zealand) • 4 oz chicken or turkey breast • 3 oz lean ground: beef, chicken or turkey • 4 oz gamy meat: venison, bison, elk • 2/3 cup plain 0-2% Greek yogurt or PC Plain Skyr Icelandic Style 0-2% M.F. Yogurt (its lactose free!) • 2/3 cup 0-2% Cottage Cheese (no other dairy) • 1 Wholly Veggie Burger <p>NOT OK: Non organic Soy Products Meat should be grilled, baked or boiled. Season with spices.</p>	<ul style="list-style-type: none"> • Cucumbers* • Radishes* • Tomatoes • Lettuce* • Spinach* • Bok Choy • Cauliflower • Mushrooms* • Asparagus • Green beans • Sprouts • Celery* • Broccoli • Zucchini • Green, red or yellow peppers • Any other green or leafy veggies • Onions • Egg plant • Brussels Sprouts <p>NOT OK (high in sugar): Peas, carrots, corn (can have on high carb days if you wish as your veggie option)</p>	<ul style="list-style-type: none"> • ½ cup gluten free oatmeal (plain flavor, measured dry) • 1 cup cooked pasta made from rice, potato, or quinoa (for best results omit) • 1 cup cooked quinoa • 1 cup cooked brown rice • 2 cup cooked squash • (4oz) medium Yam or Sweet potato (boiled, or baked –not fried) • 1 cup any kind or beans/lentils (measured cooked) • 2 slice flourless or millet, buckwheat, or Ezekiel bread (found in frozen selection of large grocery stores) Once a day only • 2 cups of berries • ½ grapefruit • 1 apple, 1 pear or 2 plums <p>NOT OK: Anything else that's not listed here!!! <u>No fruits, beans, nothing else that's not here</u></p>	<ul style="list-style-type: none"> • 1 tbsp any of the following oils: olive oil, flaxseed oil, coconut oil, walnut, avocado, sesame, Macadamia Nut • 8-10 medium olives (green or black) • 1/3 of avocado • 1 oz of any cheese • 1 tbsp nut butter (no peanut butter). No more than 1 tbsp!!! • 2 tbsp of ground flax seed • 1 oz of almonds or walnuts <p>NOT OK: no other nuts, none of the following oils: canola, peanut, corn, safflower, grape seed, soybean</p> <p><i>Remember to count your fat if using for cooking, although it is best to use PAM spray (no need to count it and then add Fats separately to control the amount better)</i></p>



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SNACK IDEAS (pick one per serving)

(use these as your snacks or create your own from the food list according to the weekly meal planner guideline)

- 2/3 cup Greek yogurt
- 2/3 cup of cottage cheese w/cinnamon or unsweetened cocoa + stevia (zero calorie natural sweetener available at health food stores)
- 2/3 cup Greek yogurt w/1/3 cup berries
- 1 tbsp nut butter w/protein shake made with unsweetened Almond Milk or water
- Protein Shake w/-½ cup berries
- 1 scoop protein shake w/Almond Milk or Water
- 3-4 oz chicken/turkey-breast wrapped in lettuce w/mustard
- 1 Quest Bar (limit to 2 a week)

OTHER

These are your "Free Foods" – have anytime

- Coffee black or with a bit (not a latte) of almond, skim (no cream or sugar!)
- Teas black or with a bit (not a latte) of almond, skim and sweetened with Stevia (no cream or sugar!)
- Lemon juice (pure for salads or to marinate meat)
- Unlimited Vinegar –(apple cider, white or red); if having balsamic no more than 2 tbsp a day (too much sugar in it)
- Mustard – yellow mustard or Dijon (no honey mustard)
- Hot Sauce with less than 10calries a serving
- Salad dressing: mix your own (1 tbsp olive oil, 2-3 tbsp balsamic vinegar or apple cider vinegar, basil and garlic is nice) Count at part of your fats if using the oils (otherwise you can also mix apple cider vinegar, with Dijon mustard (not honey Dijon!) and herbs and one packet of stevia
- Any Spices & Herbs, Salt (sea salt is best), Pepper (too much salt can make you bloated and retain water, do not overdo it)
- 1 cup/day unsweetened Almond milk (Vanilla or Chocolate flavor ok)
- 2 tbsp of cocoa powder a day
- Shiratake or Kelp Noodles (10 calories per serving!) – can get at most health food store
- Walden Farm Products (dressing, sauces, dips- tings like Carmel Dip, Pancake Syrup etc – AMAZING STUFF all ZERO calories! Can find on lowcarbcanada.ca



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WEEKLY PLANNER

You have three types of days you need to be familiar with:

- Carb Deplete Day: For main meals **eat one “starch” only** (at breakfast or at lunch) – below meal plan below has a carb with breakfast you can switch order around and have it with lunch instead (no starchy carbs after lunch)
- Medium Carb Day: For main meals **eat two starches**, one at breakfast one at lunch (no starchy carbs after lunch)
- Carb Load Day: This will start on week 3– Eat a starch with every meal

It is very important to follow the food combinations below. You will notice P (protein) is in all meals. You will also notice that F+SC (fats + starchy carbs) are never combined in one meal. Fats are either combined with Proteins and Starchy Carbs are combined with

Proteins. **Remember from your food list: P= protein; SC=Starchy Carb; FC=fibrous carb; F=Fat;**

WEEK 2 (week after detox)

MEAL	MON Carb Deplete	TUE Carb Deplete	WED Medium Carb	THUR Medium Carb	FRI Carb Deplete	SAT Medium Carb	SUN Medium Carb
1	Breakfast 1 P + 1 SC + (optional 1FC)						
2	Snack – choose from snack list or make your own as per the following: 1P + 1F or 1P + 1FC						
3	Lunch 1 P + 1FC + 1 F	Lunch 1 P + 1FC + 1 F	Lunch 1 P + FC + 1 SC	Lunch 1 P + FC + 1 SC	Lunch 1 P + 1FC + 1 F	Lunch 1 P + FC + 1 SC	Lunch 1 P + FC + 1 SC
4	Snack – choose from list or make your own as per the following: 1P + 1F or 1P + 1FC						
5	Dinner 1 P + 1FC + 1 F						
6	Optional only if hungry 1P						



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WEEK 3 to 8

MEAL	MON Medium Carb	TUE Carb Deplete	WED Medium Carb	THUR Carb Deplete	FRI Carb Deplete	SAT Carb Load	SUN Medium Carb
1	Breakfast 1 P + 1 SC + (optional 1FC)						
2	Snack – choose from snack list or make your own as per the following: 1P + 1F or 1P + 1FC					Snack 1P	Same as Mon- Fri
3	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 F	Lunch 1 P + 1 FC + 1 SC	Lunch 1 P + 1 FC + 1 SC
4	Snack – choose from list or make your own as per the following: 1P + 1F or 1P + 1FC					Snack 1P+1SC	Same as Mon- Fri
5	Dinner 1 P + 1FC + 1 F					Dinner 1 P + 1 FC + 1 SC	Dinner 1 P + 1FC + 1 F
6	Optional only if hungry 1P						

Questions about your diet?

Post your question on our [Facebook member group](#) – many girls can assist and we will be posting weekly recipes there!