

Weeks: 1-2 | 7-8

|       |   |   |   |   |   |   |   |   |   |    |    |    |    |      |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|------|
| (2:1) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14   |
|       |   |   |   |   |   |   |   |   |   |    |    |    |    | FREE |

Weeks: 3-4 | 9-10

|       |   |   |   |   |   |   |   |   |   |    |    |    |    |      |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|------|
| (3:1) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14   |
|       |   |   |   |   |   |   |   |   |   |    |    |    |    | FREE |

Weeks: 5-6 | 11-12

|       |   |   |   |   |   |   |   |   |   |    |    |    |    |      |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|------|
| (1:1) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14   |
|       |   |   |   |   |   |   |   |   |   |    |    |    |    | FREE |

## Protein

- Swordfish
- Haddock
- Halibut
- Sea Bass
- Flounder
- Red snapper
- Grouper
- Salmon
- Tilapia
- Tuna
- Chicken
- Turkey
- Ground Beef 93% Lean
- Ground Turkey 93% Lean
- Game: Bison/Buffalo/Elk
- Beef Jerky
- Turkey Jerky
- Elk Jerky
- Bison Jerky
- Hard Boiled Eggs
- Eggs
- Duck Eggs
- Tofu
- Veggie Burgers
- Tuna – Canned in Water
- Chicken – Canned in Water
- Plain Greek Yogurt

## Veggie

- Green Salad
  - Leafy Greens
  - Spring Greens
  - Romaine
  - Kale
  - Asparagus
  - Cauliflower
  - Broccoli
  - Green Beans
  - Peppers
  - (Red/Yellow/Green)
  - Spinach
  - Tomatoes
  - Salsa
  - Avocado
  - Edamame
  - Sugar/Snow Peas
  - Brussel Sprouts
  - Collard Greens
  - Zucchini
  - Eggplant
  - Cucumbers
  - Celery
  - Onions
- AVOID:** Corn, Potatoes, Squash, Peas

## Starch

- Sweet Potato
- Yams
- Brown Rice
- Oatmeal (Steel Cut Oats)
- All-Bran Cereal
- Black Beans
- Lentils
- Quinoa
- Whole Wheat “Durum” Pasta

## SNACKS

- Almond Butter
- Natural Peanut Butter
- Cashew Butter
- Sunflower Butter
- Raw or Dry Roasted Nuts
- Almonds
- Emerald Coast Cocoa Almonds
- Cashews
- Pecans
- Walnuts
- Pine Nuts
- Pumpkin Seeds
- Chia Seeds

## FRUIT

- Apples
- Grapefruit
- Strawberries
- Raspberries
- Blueberries
- Blackberries

## FATS (cooking)

- Olive Oil (Extra Virgin)
- Canola Oil
- Sunflower Oil
- Safflower Oil
- Flaxseed Oil

## MINIMAL

- Cottage Cheese
- Hard Cheese
- Colby/Jack
- Cheddar
- Farmers
- Provolone
- Havarti
- Swiss
- Mozarella

Day 14 “FREE” Days - You have a permit to eat a “treat.” You do NOT have a license to eat the entire pan, bowl, tin, (insert word) of the entire entree of treats. **\*\*“Cheat” meals accelerate your fat loss results\*\***

## OMIT/AVOID:

- All White Flour
- Bread
- ALL DAIRY
- Soda Pop
- Deli meat
- Creamy Sauces
- Dressings
- Sugar
- Honey
- Candy
- Mayo
- ALL Fried Food

**WATER:** (your weight / 2) + 20 = Ounces you should be consuming per day.  
1 Cup = 8 oz (12 cups minimum per day)