

Three Phases

Phase 1: Unwind stress and calm the adrenals.

- *Lots of carbs and fruits*

Phase 2: Unlock Fat stores and build muscle

- *Lots of proteins and veggies*

Phase 3: Unleash the burn: Heart, Hormones, Heat

- *Food from phases 1 & 2 plus healthy fats and oils*

Ten simple rules: The Do's

1. Three meals and two snacks daily
2. Eat every 3-4 hours, except when sleeping
3. Eat within 30 minutes of waking. Every day.
4. Stay on the plan for 28 days
5. Stick to only the food list for each phase
6. Follow phases in order
7. Drink ½ your body weight in ounces
8. Eat organic when possible
9. Meat must be nitrate free
10. Exercise 3 times per week

Ten simple rules: The Don'ts

1. No wheat
2. No corn
3. No dairy
4. No Soy
5. No refined sugars
6. No caffeine
7. No alcohol
8. No dried fruit or fruit juice
9. No artificial sweeteners
10. No fat free "diet food"