













WARNING: The carbohydrate add-ons (fruit/starch) to the Refuel Day are KEY to fat burning. Don't skip the carbs on this day or your results will SLOW DOWN.


1	2	3	4	5	6	7	8	9	10	11	12	13	14
B	B	B	RF	B	B	B	RF	B	B	B	RF	B	FREE


Free Day (Day 14):
 This is the day you can eat without a "pattern." If you want to eat a "treat", go ahead; just don't overeat (choose a moderate portion.)

After Lean in 13: Repeat again OR do a 2:1 burn/refuel OR a 1:1 burn/refuel OR refuel everyday to maintain your new LEAN body!


Meals/ Snacks	BURN DAYS 1 - 3	REFUEL DAY 4	Notes
breakfast			Meal Replacement Shake: Add water. Optional add-ins: ice, 1-2 tsp. of flax seed oil OR 1-2 tsp. nut butter, Splenda or Stevia. Do NOT add: fruit, milk, juice, yogurt.
snack			Nuts: 1/4 cup; Raw or dry roasted. Do NOT eat nuts roasted in oil, "candied nuts", or sugar/honey coated, etc. Fruit on Refuel day: About 1 cup of any fruit
lunch			Protein: About the size of a deck of cards If you are still very hungry, eat a few more bites until you are "satisfied." Red/Green/Yellow: see the "key" below. Refuel Day: Eat an AdvoCare bar or Meal Replacement Shake as alternative meal options
snack			Muscle Gain: 1 serving plus water. Optional add-ins: Ice; if you <u>did not</u> add 1-2 tsp. nut butter or flax oil to your <i>morning</i> shake, you can add one of them here. Do NOT add: milk, juice, yogurt, or fruit (Exception: fruit on Refuel day)
dinner			Same as lunch
optional meal/snack			Optional: Some people may need to add another meal or small snack. Guideline: If you are VERY hungry two hours after dinner, have a small snack Go to bed <i>slightly hungry</i> . Waking up hungry? You're burning fat!

Important: Eat ALL five meals/snacks (do not skip any.) Space your meals/snacks at least 2.5 hours apart from each other, but do not wait longer than 4 hours without eating. If you wait longer than 4 hours, you won't get all five meals/snacks in AND you decrease your results.


 **Pure Water:**
 12 cups per day minimum
 1 cup = 8 oz

Energy and Pre-Workout Drinks: As needed, any time of the day in between meals/snacks 

For *intense* exercisers: You may use 1 Post-Workout Shake *in place* of one of your five meals to the day. Rehydrate: one serving per workout.

 **Choose a Protein: (about 1 cup)**
 White Fish**
 Salmon, Tuna
 Chicken, Turkey
 Eggs (2 w/yolks)
 Egg Whites, Tofu
 Lean Ground Beef

 **Choose a Vegetable or Combination:(about 1 cup)**
 Asparagus**, Green Salad
 Green Beans, Peppers
 Spinach, Onions, Tomatoes,
 Salsa, Eggplant, Cucumbers
 Cauliflower, Broccoli, Celery
 Do NOT choose: corn, potatoes, squash, peas

 **Choose ONE Starch from the list:**
 Sweet Potato**
 Brown Rice (1/2 cup)
 Cooked Oats (1 cup)
 All-Bran Cereal (1 cup)
 Beans (1/2 cup)
OR a fruit (1 cup)

Omit:
 All white flour products, **all dairy**, soda, deli meat, creamy sauces, dressings, sugar, honey, candy, butter, mayo, fried food

Miscellaneous foods that are OK to have: vinegars, low/no-calorie dressings, sprays, flavored seasonings (Small portions of seasonings as to avoid high salt content.) We recommend pure water over diet drinks.

** Foods that may promote faster results (also: grapefruit and almonds for fruit and nut choices.)