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PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

PHASE 3 - EXERCISE

AT LEAST ONE STRESS REDUCING ACTIVITY
(YOGA, DEEP BREATHING, GET A MASSAGE)

PHASE 3 - MEAL GUIDE

3 MEALS W/MOD-CARBS, MOD-PROTEIN LOW-GLYCEMIC FRUITS & 2 HEALTHY FAT SNACKS

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Fruit	Veggie	Fat/Protein	Veggie	Fat/Protein
Fat/Protein	Fat/Protein	Veggie	Fat/Protein	Veggie
Grain		Fruit		Optional:
Veggie				Grain/Starch

HEALTHY FATS	HIGH FAT PROTEINS	LOW-GLYCEMIC	LOW GLYCEMIC
Nuts/Seeds	Salmon	Blackberries	Artichokes
Avacados	Sesame/Almond butter	blueberries	Asparagus
Coconuts	Hemp seeds	Raspberries	Beans
Olives	Hummus	Cranberries	Cauliflower
Olive Oil		Grapefruit	Leafy greens
		Lemons/Limes	Eggplant
			Spinach
			Seaweed
			Sweet Potatoes

THYROID-STIMULATING	RICH IN INOSITOL/CHOLINE	CARBS
Seaweed	Legumes, Black Beans, Chick-Peas, Kidney Beans, & Lentils	Barley
Coconut oil	Beef/chicken Liver	Wild rice
Shrimp	Nuts and Seeds	Oatmeal
Lobster	Brussel Sprouts	Sprouted-grain breads
		Quinoa pasta

PORTIONS

PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

GRAINS	PROTEIN
1 cups of cooked grains	8 of meat or 12 oz of fish
1/4 cup pretzels	1 cup beans
	2 whole eggs
FATS	FRUIT
1 Avacado	2 peices or 2 cups
1/2 cup raw nuts	VEGGIES
1/2 cup hummus	Unlimited
4 tbls nut/seed butter	

VEGETARIAN ADJUSTMENTS

1/2 CUP LEGUMES (LENTILS, BLACK BEANS, WHITE BEANS OR ANY PHASE SPECIFIC BEAN)
INSTEAD OF MEATS

PHASE 3 - HEALTHY FATS

DAYS 5/6/7 FRIDAY, SATURDAY, & SUNDAY

VEGGIES	FRUITS	ANIMAL PROTEIN	BROTHS, HERBS, SPICES AND CONDIMENTS
Arugula	Blueberries,	Beef: filet, steaks	Brewer's Yeast
Artichokes	Blackberries,	lean ground	Broths: Beef, chicken
Asparagus	Raspberries	Buffalo meat	vegetable
Avacados	Cherries	Calamari	Carob chips
Bean sprouts	Coconut, milk,	Chicken: skinless	Dried/Fresh herbs- any/all
Beans: green, yellow,	cream, water	boneless white meat	Garlic
or french	Cranberries	Corned beef	Ginger
Beets	Grapefruit	Clams	Horseradish
Broccoli Florets	Lemons	Crab, lump meat	Ketchup-no sugar, cornsyrup
Bok Choy	Limes	Delimeats,	Mustard - prepared, dry
Brussel sprouts	Peaches	nitrate free,	Natural seasonings: Bragg liquid
Cabbage, all types	Plums	turkey, chicken,	amlnos, coconut amino acids,
Carrots	Prickly pears	roast beef	tamarl
Celery		Eggs, whole	Noncaffeinated Herbal teas or pero
Cucumbers		Halibut Filet	Pickles, no sugar
Eggplant		Herring	Seasonings: Sea Salt,
Endive		Lamb	pepperonion salt
Fennel	Barley	Liver	Salsa
Green chilies	Oats: steel-cut	Lobster meat	Sweeteners: Stevia,
Green Onions	Quinoa	Oysters	Xylitol Birtch only
Hearts of palm	Sprouted-grain,	Pork-chops, loin	Tobasco
Jicama	bagels, bread,	Salmon	Tomato Paste
Kale	tortillas	Sardines-in water	Tomato sauce, no sugar added
Leeks	Wild rice	Sausages, nitrate free	vanilla or peppermint extract
Lettuce- any no iceberg		turkey or chicken	Vinegar: anytype, except rice
Mixed greens		Scallops	
Mushrooms		Sea Bass Filet	
Okra		Shrimp	
Olives, any		Skate	
Onions, red or yellow		Trout	
Peppers: Bell, Pepper		Tuna- solid white	
Radishes		in water	
Rhubarb		Turkey	
Seaweed		Turkey bacon	
Spinach		nitrate free	
Sprouts			
Sweet Potatoes			
Yams			
Tomatoes			
Watercress			
Zucchini			
Winter or yellow summer squash			

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1/2 cup hummus	VEGGIES
4 tbls nut/seed butter	Unlimited

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Celery	Prickly pears	Eggs, whole	Noncaffeinated Herbal teas or pero
Cucumbers		Halibut Filet	Pickles, no sugar
Eggplant	STARCHES/ GRAINS	Herring	Seasonings: Sea Salt,
Endive	Barley	Lamb	pepperonion salt
Fennel	Oats: steel-cut	Liver	Salsa
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Hearts of palm	bagels, bread,	Pork-chops, loin	Tobasco
Jicama	tortillas	Salmon	Tomato Paste
Kale	Wild rice	Sardines-in water	Tomato sauce, no sugar added
Leeks		Sausages, nitrate free	vanilla or peppermint extract
Lettuce- any no iceberg	VEGETABLE PROTEIN	turkey or chicken	Vinegar: anytype, except rice
Mixed greens	Almond milk	Scallops	
Mushrooms	Almond cheese,	Sea Bass Filet	
Okra	Almond Flour	Shrimp	
Olives, any	Cashew milk	Skate	
Onions, red or yellow	Chana Dal/ Lentils	Trout	
Peppers: Bell, Pepper	Chickpeas/Garbanzo	Tuna- solid white	
Radishes	Dried or canned: Black,	in water	
Rhubarb	butter, great northern,	Turkey	
Seaweed	kidney, lima, navy,	Turkey bacon	
Spinach	pinto, white	nitrate free	
Sprouts	Fava Beans		
Sweet Potatoes			
Yams			
Tomatoes			
Watercress			
Zucchini			
Winter or yellow summer			
squash			

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