

betr[®]

**LEVEL 1 &
MEAL PLAN
GUIDE**



DR. WILLIAM FERRO
YOU DESERVE BETR

"WHY THIS WILL WORK WHEN NOTHING ELSE HAS"

betr

Dear Member,

The Betr Method is for anyone who has tried other programs, medications or plans and nothing seems to work. They believe their lack of results is due to traits out of their control such as genetics, willpower, or age.

Our method is an easy-to-follow, 3-level protocol that relies solely on nourishing the body with a variety of whole, delicious foods.

Level 1 begins with 3 *good days* following the Betr food list. This is paired with a personal coach and recipes that promote gut health, reduce inflammation, and balance hormones. To optimize results, follow this list as closely as possible for at least 3 weeks after you complete the first three good days.

Level 2, the Reintroduction Phase of Betr starts week 4 and is when you begin to add foods back into your diet that were eliminated during Level 1. As you continue to incorporate more foods, you will evaluate how you feel with your health metrics to create your unique food list. The length of Level 2 depends on the number of re-introductions you have.

Level 3 is about turning these insights into a sustainable, well-rounded lifestyle.

You've got this!

-DR. WILLIAM FERRO
BETR FOUNDER & CEO



IT STARTS WITH THREE GOOD DAYS

Relax. We'll take this one day at a time together.

After just 3 days of eating Betr, our members have experienced reduced inflammation, less digestive upset, and more energy. Please give us 3 consecutive days of eating from the Level 1 Food List so that you can begin to experience what a healthy gut feels like. This means avoiding alcohol, processed foods, or artificial chemicals. 3 good days will become 3 good weeks before you know it!

Headache and fatigue are the most common detox symptoms during your first 3 days - they are normal and should go away once your body is rid of toxins.

LEVEL 1

3 weeks

Use healing foods from the Level 1 Food List to reduce inflammation and improve gut health, metabolism, sleep, energy, and mood.

LEVEL 2

1+ weeks

Reintroduce foods one-by-one to identify what foods heal vs. harm your unique body and mind.

LEVEL 3

Lifetime

Live by the 80/20 rule, knowing that you can still enjoy your favorite foods 20% of the time.

AND ENDS WITH A HEALTHY GUT!

GETTING STARTED ON LEVEL 1

3 Simple Steps

1. Attend Your Calls

1 on 1 Prep Call With Coach

- Other *optional* calls:
 - Group Level 1 Call
 - Dr. Ferro's Tuesday Night Call
 - Group Kickoff Meal Planning

If you have a Betr Bluetooth Scale, simply step on the scale and make sure it logs in your app!

2. Get in the app

Message Your Coach & Review Your Resources

- **Discover Tab:**
 - Level 1 Food List + meal plans
 - Recipes + Meal Planner
- **Daily Logs**
 - Log your weight & meals
- Community
 - Make a profile

3. Create your Meal Plan

Create a Sample Meal Plan

- **Send a photo** of your plan to your coach by the Friday before your start date
- Reference your Level 1 Food List and the guide (pg 9-13)

Timeline

Saturday/Sunday

Prep Weekend

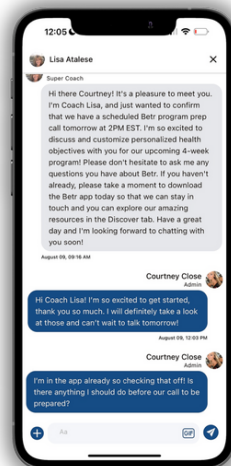
- Read Prep Articles in Discover tab
- Attend Kickoff Meal Planning call
- Prepare Meals for the week
Send the plan to your coach



Monday

Start Level 1 (Weeks 1-3)

- Log your weight and meal photos daily
- Read Level 1 daily articles sent to your coach chat
- Communicate daily with your coach



Monday

Start Level 1 (Week 4)

- Gradually introduce new whole foods
- Monitor for food sensitivities
- Your coach will guide you through week 1 of Level 2

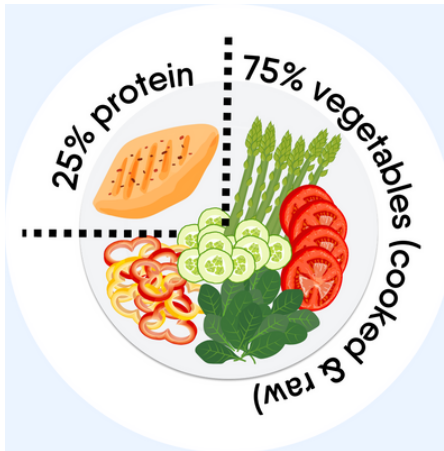


INTAKE EXPECTATIONS

Eat intuitively!

Are you hungry? → Yes **EAT**

Are you satisfied? → Yes **STOP**



We encourage you to stay fueled as often as possible. If possible, aim for 70% of your veggies and greens to be eaten raw.



SET YOURSELF UP FOR SUCCESS

Let's get planning.

What you'll need:

Level 1 Food List

Find this on the next page of this book and Discover in The Betr App.

A piece of paper

Or print the worksheet included in this book (page 15).

Favorite writing tool



LEVEL 1 BASELINE FOODS

Starting your Betr journey with these baseline foods will help calm the body and reduce internal inflammation, allowing your body to function at a much higher capacity throughout Level 1. These recommendations are based on time-tested results.

You should always consult your physician for your individual needs.

PROTEINS	VEGETABLES	ACTIVITY FUEL			
<p><i>*antibiotic/hormone-free meats and wild-caught fish are preferred</i></p> <ul style="list-style-type: none"> ● Beef ● Bison ● Chicken ● Eggs ● Shellfish (lobster, shrimp, scallops, crab) ● White Fish (halibut, mahi, bass, cod, grouper, pollock) 	<ul style="list-style-type: none"> ● Asparagus ● Cabbage/ Bok Choy ● Celery ● Cucumber ● Eggplant ● Fennel ● Green Beans ● Jicama ● Leafy Greens ● Okra ● Onions ● Peppers (Any Variety) ● Red Radishes ● Tomatoes ● Zucchini ● Alfalfa sprouts 	<ul style="list-style-type: none"> ● Almonds (1/4 cup) ● 1/4 Avocado ● Chia Seeds (2 tbsp) ● Cottage Cheese (1/2 cup) ● 1-2 Eggs ● Hemp Seeds (2 tbsp) ● Oils: Avocado, Flax, Olive, Hemp (2 tsp) ● Quinoa (1/2 cup) ● 1/2 Sweet Potato ● Walnuts (1/4 cup) 			
VEGETARIAN/ VEGAN PROTEINS					
<ul style="list-style-type: none"> ● Chickpeas ● Edamame ● Hemp Seeds ● Lentils ● Nutritional Yeast ● Quinoa ● Spirulina ● Tofu ● Tempeh ● Mung Beans 	<th>SEASONINGS</th>	SEASONINGS	<th>RECIPE USE ONLY</th>	RECIPE USE ONLY	
<th>FRUITS</th>		FRUITS		<ul style="list-style-type: none"> ● Any Herbs (fresh or dried) ● Any Spices ● Himalayan or Gray Sea Salt 	<ul style="list-style-type: none"> ● Cream of Tartar (Adrenal Cocktail) ● OJ (Adrenal Cocktail)
	<th>SWEETENERS</th>	SWEETENERS	<th>BEVERAGES</th>	BEVERAGES	<th>OTHER</th>
<ul style="list-style-type: none"> ● Honey (raw & unfiltered) ● Liquid Stevia ● 100% Monk Fruit 		<ul style="list-style-type: none"> ● Coffee ● Tea ● Sparkling Water ● Kefir (1-2 oz daily) ● Milk* ● Milk Alternatives* <p>*2 tbsp w/ tea or coffee</p>	<ul style="list-style-type: none"> ● Bragg products® (Apple Cider Vinegar, Liquid Aminos, Vinaigrette, Ginger Sesame) ● Sauerkraut ● Dijon Mustard ● Low Sodium Broths (Chicken, Beef, Vegetable) ● Oils: Hemp, Olive, Avocado, Flax, Grape Seed, Coconut ● Siete® Hot Sauce ● Tomato Paste ● Kimchi 		

ACTIVITY FUELS

What is an Activity Fuel?

An Activity Fuel is a food that contains additional energy to sustain your body's needs during activity and optimize athletic performance. These can be added to any meal or snack.

Options to support your goal

Weight loss, improved energy, better digestion

Add in the fuels listed on the Level 1 Food List to support your level of hunger on days you are especially active (typically 1-3 times per day).

Maintain weight, support high intensity activities, weight gain

During Level 1 work with your coach to add some of these "performance fuels" in addition to the Activity Fuels listed on the Level 1 Food List. They will guide you on the appropriate amount of fuels to add (total fuels may be as high as 8 depending on goals).



Activity Fuels

(only for maintenance and/or weight gain)

Millet, pearl barley

Lentils

Brown rice, black rice

Sprouted breads (i.e. Ezekiel Bread)

Organic yogurt (Siggi's, Fage, Straus)

Natural peanut butter, almond butter

Steel cut oatmeal



A DAY IN THE BETR LIFE

BREAKFAST

*Optional
prep time: under 10 minutes

- Eggs w/ Veggies
- Avocado & Tomatoes
- Warm Apple Quinoa
- Almonds & Berries



SNACK

prep time: under 2 minutes

- Apples
- Oranges
- Grapefruits
- Strawberries
- Blueberries



LUNCH

prep time: under 10 minutes

- Mason Jar Salad w/ Rotisserie Chicken
- Spicy Quinoa Wraps
- Ground Beef Lettuce Wraps
- Asian Cucumber Salad



LATE SNACK

prep time: under 2 minutes

- Apples
- Oranges
- Grapefruits
- Strawberries
- Blueberries



DINNER

prep time: under 30 minutes

- Eggroll in a Bowl
- Rotisserie Chicken w/ Grilled Veggies
- Steak Fajitas
- Pad Thai



MEAL PLANNING

**This is an example of 3 good days on Betr!
Use one of our meal plans in the Discover tab or create your own!**

For more examples and tips, join the Group Meal Planning Call.

	MEAL PLAN		
	Day 1	Day 2	Day 3
Breakfast	Eggs w/ Peppers	Almonds & Blueberries	Eggs w/ Peppers
Snack	Strawberries	Apple	Blueberries
Lunch	Mason Jar Salad w/Chicken	Mason Jar Salad w/Steak	Mason Jar Salad w/Chicken
Snack	Apple	Strawberries	Apple
Dinner	Eggroll in a Bowl	Steak Fajitas	Leftover Eggroll in a Bowl
Groceries	Apples Strawberries Blueberries Eggs	Bagged Salad Peppers Braggs Dressing Almonds	Boneless Steak Strips Rotisserie Chicken *EGGROLL IN A BOWL INGREDIENTS*

Want to save time and money? Check out **Betr Meal Delivery** in the Market tab of the Betr app. Our fresh, family-style meal trays can easily be put into a meal plan. If you don't love them, we will give you a 100% refund.

MEAL PLANNING WORKSHEET


	BREAKFAST	SNACK	LUNCH	LATE SNACK	DINNER
1					
2					
3					
4					
5					
6					
7					

ONLINE MEAL PLANNING

- Insights
- Community
- Daily Logs
- Discover New
- Market

- My Nourishment
- Betr Program
- Resources**
- Meal Plans
- Recipes
- Movement


Resources




Level 1 Baseline Food List



Level 2 - Food Reintroduction Recommendations




Level 1 Baseline Food List




Level 2 - My Food Worksheet



7 Day Meal Plan Worksheet



Meal Delivery Market




Level 1 Guide



Eating Out Guide

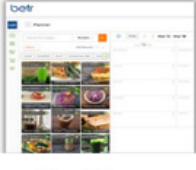
Try out our drag & drop meal planning tool to help plan your meals and create grocery lists!



Level 2 Guide



Meal Planning Guide



Meal Planner

SAMPLE MEAL PLANS

- Insights
- Community
- Daily Logs
- Discover New
- Market

- My Nourishment
- Betr Program New
- Prep
- Level 1
- Level 2
- FAQ's
- Blog

Resources

Meal Plans

Filter Options

Select Level

Select

Category

- Seafood
- Poultry
- Beef
- Nuts/Legumes
- Pork
- Vegetables

Clear

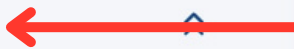
Filter Results

Recipes

Movement

Meal Plans

Chicken & Seafood Level 1 Option 1 Option 2	Chicken, Beef & Seafood Level 1 Option 1 Option 2
Chicken & Beef Level 1 Option 1 Option 2 Option 3	Pescatarian Level 1 Option 1 Option 2
Vegetarian Level 1 Option 1 Option 2	Vegan Level 1 Option 1 Option 2



**Don't want to meal plan?
We got you!**
Check out our full sample meal plans in the discover tab sorted by protein preference.

RECIPES

- Insights
- Community
- Daily Logs
- Discover New
- Market

- My Nourishment
- Betr Program New
- Prep
- Level 1
- Level 2
- FAQ's
- Blog
- Resources
- Meal Plans
- Recipes**
- Filter Options
- Movement

Recipes

Sweet Mustard Chicken Wings 50 min

Sweet & Spicy Chicken Wings 45 min

Lemon Mustard Chicken 1 hour 30 min

Lemon Dill Chicken Salad 20 min

One Pan Chicken Fajitas 30 min

Curry Chicken Salad 30 min

Orange Ginger Chicken 40 min

Chicken Tender 25 min

Air Fried Chicken Tenders 30 min

Grilled Betr Chicken Wraps 30 min

Level 1 Baseline Food List

Meal Delivery Market

chicken

Easily search for recipes by typing in key words (ie. the type of protein you want) then clicking the magnifying glass.

WHEN LIFE GETS BUSY

Level 1 Made Easy with Betr Meal Delivery

We know life gets busy and there are days when you want the convenience of take-out.

For those days, we've got you covered with Betr Meal Delivery.

- **Family style trays** delivered FRESH with **3-4 servings per tray**
- **Convenient & less expensive than take out**
- **Guilt free - Get peace of mind by staying on plan**

LEVEL 1 MEMBER FAVORITES INCLUDE:



Chicken Cacciatore
Meatballs
Orange Chicken
Marinated Flank Steak
Ginger Mahi
Shrimp & Asparagus Stir Fry

and more!



SCAN ME

ORDER BETR MEALS

CLICK ABOVE



FAQ



1. What are the portion sizes?

- No portion sizes! **We recommend eating 70% raw veggies each meal but eat as much as you need to feel satisfied.** We don't count calories at Betr!

2. When will I start seeing results?

- **Within the first 3 days**, you should start to feel and see changes in inflammation, energy and the scale!

3. How will my Betr coach help me?

- Your coach will use your food logs (remember, pictures help to tell the whole story) to form your health insights so you can adjust the program to optimize your results. **The more information you log, the more insight your coach will have to help you achieve your best outcome.**

4. Will my family eat the meals?

- We have hundreds of recipes to choose from, including a great **selection of kid-friendly recipes** like sloppy joes and chicken tenders.

5. How much weight will I lose?

- When following the Betr protocol, our average member loses **5% of their total body weight** in less than 3 weeks!

6. Can I still be successful if I don't like to cook?

- 100%! We have an amazing optional **Meal Delivery service** that has 3 to 4 servings per tray to save you time and money.

JOIN THE MOVEMENT



You Deserve Betr.

