

DAILY EATING PLAN



POWERED BY **WiO**
WEIGHT IS OVER™

ALTERNATIVE

PHASE 1 FIRST WEEK ONLY
RESET: 12 WEEKS
Strictest Week!

Use PRO-22 for first 2 weeks then switch to PRO-6 for rest of Phase 1
One bag of MRP Pro-22 should last 1 week (in Phase 1): 3 Shakes/Day
One bag of Pro-6 should last 2 weeks (in Phase 1): 3 Shakes/Day

3-6 SmartShakes & 1 Meal per Day*

Breakfast

Lunch










Dinner

4th Meal

Instructions

<100g CARBS DAILY • EAT PROTEIN EVERY 4-5 HOURS

*ALTERNATIVE OPTION: May consume 6 shakes/day (1 Scoop MRP / 1 pump Omega PRO 3-6-9 Oil, every 2 hours)

 <p>Add 2 scoops MRP Pro-22 to 8 oz water (4 oz can be approved optional milk) Ice - optional</p>  <p>2 Pumps (1 Tbs) Pro Omega 3-6-9 Oil in every Shake</p>	 <p>Add 2 scoops MRP Pro-22 to 8 oz water (4 oz can be approved optional milk) Ice - optional</p>  <p>2 Pumps (1 Tbs) Pro Omega 3-6-9 Oil in every Shake</p>	<p>Meal can be switched to lunch.</p>  <p>7 oz of Fish/Seafood 5 oz Beef/Poultry/Pork</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	 <p>Add 2 scoops MRP Pro-22 to 8 oz water (4 oz can be approved optional milk) Ice - optional</p>  <p>2 Pumps (1 Tbs) Pro Omega 3-6-9 Oil in every Shake</p>	 <p>Approved Optional Milks Milk must have < 3 grams of carbs or less and unsweetened</p> <ul style="list-style-type: none"> •Almond •Coconut •Cashew, etc. •No Soy Milk <p>SmartShake Recipe 8 oz water (4 oz optional milk) 2 scoops MRP Pro-22 2 pumps Omega Oil Ice (optional)</p> <p>Macros 15 F, 22 P, 1 C</p>
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DAILY WATER INTAKE = HALF YOUR BODY WEIGHT IN OUNCES PER DAY



WiO HYDRATE Electrolyte Enhancer
1-2 capsules per day with food



PROTEINS: Low-fat cuts only. No frying or breading permitted (unless using WiO Smart Flour) • **FISH:** 7 oz/day • **SEAFOOD:** 7 oz/day
• **BEEF:** 5 oz/day • **VEAL:** 5 oz/day • **POULTRY:** 5 oz/day • Eggs (2 whole)/day • Chicken (Skinless) • **PORK:** 5 oz/day



VEGETABLES: Alfalfa • Asparagus • Arugula • Avocado • Broccoli • Bean Sprouts • Brussels Sprouts • Cauliflower • Cabbage (purple only) • Red Pak-Choi (Bok-Choy ok) • Celery • Chicory • Collards • Cress • Cucumbers (pickles) • Kale • Endive • Green Beans • Green Bell Peppers (green only) • Green Onions (not cooked) • Kohlrabi • Leeks • Mushrooms • Okra • Onions (raw only) • Hot Peppers • Radicchio • Radish • Rhubarb • Sauerkraut • Spinach • Swede • Swiss Chard • Turnip • Watercress • Zucchini



SEASONING: ALL seasonings are permitted (read label to insure no sugars are added) • Apple Cider Vinegar • Fine Herbs • Garlic • Hot Sauce • Soy Sauce • Mustard • Hot Mustard • Dijon Mustard • Lemon • Lime • NO BALSAMIC or REDWINE VINEGAR, if it contains sugar!



FATS: Omega PRO 3-6-9 Oil (not used for cooking) • Avocado Oil • Coconut Oil • Grape Seed Oil • Extra Virgin Olive Oil • 1/8 C. Nuts (except Cashews & Peanuts)



COMPLEX CARBOHYDRATE: Not by itself. Accompany with Protein. 1/3 C. Steel Cup Oats (use 1 scoop Vanilla MRP) • 1 Slice Whole Grain Bread • 1/3 C. Brown Rice (dry; not instant)



IMPORTANT! - EXERCISE: Energy levels will be considerably lower the FIRST WEEK ONLY due to your metabolic energy exchange from carbohydrates to stored fats. Energy levels will return after you are fat adapted. You must drink your MRP shake immediately following exercising, no more than 20 min. after your workout. Consult with your WiO Health Clinician to prescribe the correct amount depending on the type and level of exercise.