

DAILY EATING PLAN



POWERED BY **WiO**
WEIGHT IS OVER™

ALTERNATIVE

PHASE 1
RESET: 12 WEEKS

1

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 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>Fruit One Serving or SmartMuffin</p>	<p>OPTIONAL SNACK</p>  <p>Add 2 scoops MRP 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>Complex Carbohydrate One Serving + 1-2 Cups Veggies Unlimited Lettuce</p>	<p>Meal can be switched to lunch.</p>  <p>7 oz of Fish/Seafood 5 oz Beef/Poultry/Pork</p> <p>OPTIONAL SNACK</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>  <p>Dairy One Serving</p>	 <p>Add 2 scoops MRP 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>OPTIONAL SNACK</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 2 pumps Omega Oil Ice (optional)</p> <p>Macros 15 F, 22 P, 1 C, 227 Cal.</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 • Cauliflower • Cabbage (purple only) • Red Pak-Choi (Bok-Choy ok) • Celery • Chicory • Collards • Cress • Cucumbers (pickles) • Kale • Endive • Green Bell Peppers (green only) • Green Onions (not cooked) • Kohlrabi • Leeks • Mushrooms • Okra • Onions (raw only) • Hot Peppers • Radicchio • Radish • Rhubarb • Spinach • Swede • Swiss Chard • Turnip • Watercress • Zucchini
WEEK 5 (No more than 2x per week): Brussels sprouts • Beans: Green and Wax • Eggplant • Palm Hearts • Rutabaga • Snow Peas • Tomato



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!

OPTIONAL SNACK



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)



FRUIT-Simple Carbohydrate: (Week 8: no more than twice a week. Week 9: can have twice/week) Never by itself, always with MRP or just after.
 Fresh fruit only! 1 Apple (small) • 2 Apricots • 1/2 Banana • 1/4 C. Fresh Berries • 1/2 Cantaloupe • 10 Cherries • 1 Fig • 1/2 Grapefruit • 10 Grapes • 1/5 Honeydew Melon • 1 Large Kiwi • 1/2 Mango • 1 Nectarine • 1 Orange • 1/4 C. Papaya • 1/2 Passion Fruit



DAIRY: Not by itself. Accompany with Protein. (Vegetable Optional) All Cheeses (2 oz) • Cottage Cheese (2 oz) • Sour Cream (1 Tbsp) • Greek Yogurt - Unsweetened (2 oz)



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)



SNACK IDEAS: 1/2 -1 WiO Smart Muffin • 2 oz Lunch Meat • Pickles-unlimited (no carb) • 1/2 WiO Smart Bun w/ Lunch Meat • 1 Celery Stick w/ WiO Peanut Butter or white Laughing Cow cheese spread • (1) Boiled Egg (2x per week)



IMPORTANT! EXERCISE: WiO recommends that you exercise a minimum of 3 days a week. Have an MRP SmartShake immediately following your workout, <20 minutes. It is vital you consume more Water, Protein and Omega PRO 3-6-9 Oil. You will feel tired and fatigued if you are not receiving enough of these macro-nutrients.