

/ DAY 36 LUNCH (Skip Inj.) DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 37 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 38 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 39 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 40 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 41 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 42 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable\_\_\_\_\_ Vegetable\_\_\_\_\_   
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 43 LUNCH (Skip Inj.) DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable \_\_\_\_\_ Vegetable \_\_\_\_\_  
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 44 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable \_\_\_\_\_ Vegetable \_\_\_\_\_  
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 45 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable \_\_\_\_\_ Vegetable \_\_\_\_\_  
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 46 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable \_\_\_\_\_ Vegetable \_\_\_\_\_  
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 47 LUNCH DINNER VITAMINS WATER  
Chicken Beef Fish Chicken Beef Fish Biotin   
Weight\_\_\_\_\_ Apple Strwb Orange Tom Apple Strwb Orange Tom B12  
Vegetable \_\_\_\_\_ Vegetable \_\_\_\_\_  
Grissini Melba Toast Grissini Melba Toast

NOTES: \_\_\_\_\_

/ DAY 48 Starts Phase 3

**\*\*Phase 3 is a total of 6 weeks. The first 3 weeks absolutely no carbs...Bread, Pasta, Rice, Sugar etc. The Grissini and Melba toast are also considered a carbohydrate!**

**\*\*Add extra protein your first few days of Phase 3 as your body is protein depleted!**

**\*\*It is recommended to purchase a package of B12 during this phase as it allows for weekly weigh-ins and adds extra energy.**

**\*\*Weigh yourself daily! Any day that you are 2 lbs. or more below your LIW weight you must add calories. Any day that you are 2 lbs. or more above your LIW weight you must do a Steak Day as directed in your Phase 3 paperwork.**

**\*\*The 2<sup>nd</sup> 3 weeks of Phase 3 you may add small amounts of carbohydrates but weigh yourself daily. CAUTION! Adding these carbs can be instrumental in putting your weight back on. Weigh yourself daily to assure no weight gain!!**

**\*\*Do not be alarmed if you have to do Steak Days occasionally. Bodies need time adjust metabolically to your new weight!**

**\*If additional weight loss is desired there must be a period of maintenance between rounds. This can be addressed at your final appointment!**

**\*\*At this point you should resume with your physical fitness routine and your supplement intake.**