

Phase One "Shred" Nutrition Plan Day 7

- Fast for the first three hours
 - Only drink water, black coffee/tea
 - No milk, sugar or artificial sweeteners
 - Take your AM multivitamin supplement
 - Drink 16 ounces of water
 - Optional: add electrolytes to your water (unsweetened)
 - Optional: add 1 tspn of MCT or coconut oil to your coffee/tea (for energy)
- Morning (after fasting period)
 - Eat at least 4-6 oz of protein (20-35 grams)
 - Eat low/no carb vegetables (as much as you want)
 - Add healthy fats to your meal for energy and flavor
 - Drink 16 oz of water
- Lunch
 - Eat at least 4-6 oz of protein (20-35 grams)
 - Eat low/no carb vegetables (as much as you want)
 - Add healthy fats to your meal for energy and flavor
 - Drink 16 oz of water
- Mid afternoon
 - Eat at least 4-6 oz of protein (20-35 grams)
 - Eat low/no carb vegetables (as much as you want)
 - Add healthy fats to your meal for energy and flavor
 - Drink 16 oz of water
- Evening
 - Eat whatever you want for a 4 Hour period
 - (You can switch this window to be in Mid afternoon if desired)
- Night time
 - Suggested: Take PM supplement
 - Get 8+ hours of sleep

Please consult with your physician before starting any diet or exercise program.