

PHASE 2 MEAL GUIDE

PHASE 2 DAY PLANNER

<p>BREAKFAST</p> <ul style="list-style-type: none"> - 2 cups of water - 1 serving protein - 3 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS® Nutrition Shake with 1 cup of water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 2 cups of water - 1 serving good fat** - 1 serving protein - 2 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 1 cup of water - 2 servings vegetables 	<p>DINNER</p> <ul style="list-style-type: none"> - 2 cups of water - 1 serving good fat** - 1 serving protein - 3 servings vegetables <p>POST WORKOUT SNACK</p> <ul style="list-style-type: none"> - 1 serving of protein within 30 minutes of exercise
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PHASE 2 DIRECTIVE

- Isotonix OPC-3®*
- Isotonix® Multivitamin*
- Isotonix Isochrome*
- TLS Nutrition Shake*
- No dairy
- No grains or starches

- No alcohol
- Fitness Australia recommends at least 150 minutes of moderate intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise per week.†

DAILY FOOD SERVINGS

- Vegetables: 8–12 servings per day
- Fruit: 1 serving per day
- Protein: 3–4 servings per day
- Good Fats: 2 servings per day

*as directed on label

**unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

†SOURCE:<http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activityin-patients-with-cvd-management-algorithm.pdf> http://www.getmoving.tas.gov.au/_data/assets/file/0003/45048Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.pdf

PHASE 2 POWER FOODS

VEGETABLES: 1 SERVING, 1–2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Asparagus • Bean sprouts • Beets • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots • Cauliflower • Celery • Collard greens 	<ul style="list-style-type: none"> • Cucumber • Dandelion greens • Eggplant • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) • Hot peppers • Jerusalem artichokes • Kohlrab • Leeks 	<ul style="list-style-type: none"> • Lettuce (any) • Mangetout • Mushrooms • Okra • Olives • Onions • Parsley • Pimientos • Radicchio • Radishes • Rhubarb • Rocket • Salsa • Sauerkraut 	<ul style="list-style-type: none"> • Scallions • Silverbeet • Snow peas (no sugar) • Spinach • Squash leaves • Stir-fry vegetables (no sauce) • Swede, turnip • Taro root, 1/4 cup • Tomatoes (fresh) • Tomato juice (no salt), 1/2 cup • Tomato paste, 2 tbsp. • Tomato sauce, 1/2 cup 	<ul style="list-style-type: none"> • Vegetable juice (no salt), 1/2 cup • Vegetable soup (low-fat), 1/2 cup • Water chestnuts • Watercress • Yam bean • Zucchini
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GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (olive, avocado, coconut, grapeseed)
- Avocado, 1/2 medium*

FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon 	<ul style="list-style-type: none"> • Cherries, 12 large • Currants, 3 tbsp • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon 	<ul style="list-style-type: none"> • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange 	<ul style="list-style-type: none"> • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, paw paw, 1/2 medium • Passion fruit • Peach • Pear 	<ul style="list-style-type: none"> • Persimmon • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp • Starfruit • Tangelo • Tangerine
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PROTEINS: PHASE 1 — 1 SERVING, 85 GRAMS, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 113–170 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57–85 GRAMS WITH SNACKS
MEN: 170–227 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57–85 GRAMS WITH SNACKS

<ul style="list-style-type: none"> • Canned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1–2) • Egg whites (3–4) • Lean veal 	<ul style="list-style-type: none"> • Tofu • Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.) • Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) • Tempeh* 	<ul style="list-style-type: none"> • TVP (texturized vegetable protein)* • Veggie or garden burger (grain-free)* • TLS® Nutrition Shake* <p>*Only allowed during Phase 2</p>
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