

PHASE 2 MEAL GUIDE

PHASE 2 DAY PLANNER

<p>BREAKFAST</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving protein - 3 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 237 ml of water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 473 ml 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 237 ml of water - 2 servings vegetables 	<p>DINNER</p> <ul style="list-style-type: none"> - 473 ml 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*
- TLS Nutrition Shake*
- TLS CORE with Chromium, White Kidney Bean & LeptiCore®*
- Isotonix Digestive Enzymes Probiotics*
- No dairy
- No grains or starches
- No alcohol
- England's Department of Health recommends at least 150 minutes of moderate-intensity aerobic activity every week, combined with muscle-strengthening activities 2 days a 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.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

PHASE 2 POWER FOODS

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

<ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Arugula/Rocket Salad • Asparagus • Aubergine • Bean sprouts • Beetroot • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots 	<ul style="list-style-type: none"> • Cauliflower • Celery • Chard • Courgette • Cucumber • Dandelion greens • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) 	<ul style="list-style-type: none"> • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks • Lettuce (any) • Mangetout (no sugar) • Mushrooms • Okra • Olives • Onions • Parsley 	<ul style="list-style-type: none"> • Pimientos • Radicchio • Radishes • Rhubarb • Salsa • Sauerkraut • Scallions/Spring onions • Spinach • Squash leaves • Stir-fry vegetables (no sauce) • Taro root, 1/4 cup • Tomatoes (fresh) 	<ul style="list-style-type: none"> • Tomato juice (no salt), 1/2 cup • Tomato paste, 2 tbsp. • Tomato sauce, 1/2 cup • Turnips • Vegetable juice (no salt), 1/2 cup • Vegetable soup (low-fat), 1/2 cup • Water chestnuts • Watercress
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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 	<ul style="list-style-type: none"> • Casaba melon • Cherries, 12 large • Currants, 3 tbsp. • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava 	<ul style="list-style-type: none"> • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 	<ul style="list-style-type: none"> • Mandarin orange • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit • Peach • Pear 	<ul style="list-style-type: none"> • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • 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"> • Tinned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) 	<ul style="list-style-type: none"> • Eggs (1-2) • Egg whites (3-4) • Lean veal • Tofu 	<ul style="list-style-type: none"> • Fresh fish (salmon, sardines, tuna, flounder, red snapper, trout, etc.) • Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) 	<ul style="list-style-type: none"> • Tempeh* • Soy* 	<ul style="list-style-type: none"> • Veggie burger (grain-free)* • TLS Nutrition Shake* <p>* Only allowed during Phase 2</p>
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