





MEATS:

- Chicken
- Mackerel
- · Salmon
- · Tuna
- · Lean Beef
- Jerky
- Turkey
- · Lunch Meat Ham
- · Lunch Meat Roast Beef
- · Eggs



CARBOHYDRATES:

- · Brown Rice
- Sweet Potato
- Quinoa
- Oatmeal
- · Whole Wheat Bread
- Ezekiel Bread
- · Whole Wheat Spaghetti
- · Yams
- · Barley
- · Rye Bread
- Pumpernickel Bread



FRUITS:

- ApplesStrawberries
- · Papaya
- · Pears
- Fresh Prunes
- Orange
- Grapefruit
- · Kiwi
- · Peaches

VEGETABLES:

- Asparagus
- Bamboo Shoots
- Bean Sprouts
- · Beet Greens
- · Bok Choy Greens
- Broccoli
- Cabbage
- Cauliflower
- · Celery
- · Chards
- Chicory
- Collard Greens
- Cucumber
- Endive
- Escarole
- Garlic

- · Kale
- Kohlrabi
- Lettuces
- Mushrooms
- Mustard Greens
- Parsley
- Radishes
- Salad Greens
- Sauerkraut
- · Spinach String Beans
- Summer Squashes
- · Turnip Greens
- Watercress
- · Yellow Squash
- · Zucchini Squash



FATS:

- Avacado
- · Almonds
- · Cashews
- · Olive Oil
- Whole Organic Butter
- Walnuts
- Kidney BeansBlack Beans
- Brazil Nuts

CONDIMENTS + SEASONINGS:

- Spicy MustardHot Sauce
- Crushed Red Pepper
- · Mrs. Dash Original Blend
- · Mrs. Dash Fiesta Lime
- · Mrs. Dash Extra Spicy
- · Mrs. Dash Tomato Basil Garlic
- · Mrs. Dash Lemon Pepper







Wake-Up



SUPPLEMENT:

SHRED MATRIX®: 1-3 capsules CLA CORE™: 1-2 capsules

* Take with 8-12 oz. of water.



FOOD:

No Food



Breakfast



SUPPLEMENT:

ARMOR-V™: 3 capsules
*Take with 8-12 oz. of water.



FOOD:

Choose One of the Following:

Option 1) 3 whole eggs

Option 2) 1 cups of 2% cottage cheese

Option 3) 2 whole eggs and 2 strips of organic turkey bacon



3 Hours After Breakfast



SUPPLEMENT:

MUSCLEGEL®: 1-2 packets

Fruit: 1 cup Fats: 1/2 cup

*Take with 8-12 oz. of water.

* If you do not have MuscleGel you can substitute 1 scoop of Combat Powder.



FOOD:

No Food







1/2 Hour Before Lunch



SUPPLEMENT:

SHRED MATRIX®: 1-3 capsules CLA CORE™: 1-2 capsules

* Take with 8-12 oz. of water.



FOOD:

No Food



Lunch



SUPPLEMENT:

ARMOR-V™: 3 capsules
*Take with 8-12 oz. of water...



Choose From Food List:

Meat: 8 oz.

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Vegetables: 2-3cups Carbohydrate: 1/2 cup

Ex. 8 oz. of tuna, 2-3 cups of broccoli and 1/2

cup or brown rice.



3 Hours After Lunch



SUPPLEMENT:

MUSCLEGEL®: 1-2 packets

*Take with 8-12 oz. of water,

* If you do not have MuscleGel you can substitute

1 scoop of Combat Powder.



FOOD:

No Food







EX. TIME: **7:00**PM

Dinner



SUPPLEMENT:

No Supplement



FOOD:

Choose From Food List:

Meat: 8 oz.

Vegetables: 2-3cups Carbohydrates: 1/2 cup

Ex. 8 oz. of tuna and 2-3 cups of broccoli.



EX. TIME: **9:00**PM

Night Snack



SUPPLEMENT:

No Supplement



FOOD:

Choose One of the Following:

Option 1) 1/2 - 1 cup of 2% cottage cheese

Option 2) 1 oz. of almonds

Option 3) 1/2 cup of tuna



MONDAY: UPPER BODY + CARDIO

WARM UP: 20 Minutes

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

- 1. CHEST: Flat bench press or flat dumbbell press or pushups
- 2. BACK: 1 arm dumbbell row 20x each arm
- 3. SHOULDERS: Military press
- 4. BICEPS: Curls
- 5. TRICEPS: Kickbacks
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

WEDNESDAY: UPPER BODY + CARDIO

WARM UP: 20 Minutes

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

- 1. CHEST: Flat bench press or flat dumbbell press or pushups
- 2. BACK: 1 arm dumbbell row 20x each arm
- 3. SHOULDERS: Military press
- 4. BICEPS: Curls
- 5. TRICEPS: Kickbacks
- 10 minutes cardio intense walk, run, bike, or stepper
- (do the cardio only once).

TUESDAY: LOWER BODY + CARDIO

WARM UP: 20 Minutes

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

- 1. LEGS: Bodyweight squats 20-30 reps(not what you weigh on your back just actual bodyweight) advanced add weight
- 2. LEGS: Lunges 15 each side stationary lunges
- 3. CALVES: Calf raise 30-50 reps
- 4. ABS: Ab crunch 30-50
- 5. ABS: Legs up and crossed 30-50
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

FRIDAY: LOWER BODY + CARDIO

WARM UP: 20 Minutes

Walk or Run on treadmill alternating 1 minute fast then 1 minute slow for 20 minutes. Apply to whatever you have available: bike, elliptical, etc.

WEIGHTLIFTING:

Set up 5 exercises, do 20 reps of each exercise 2x through, once completed do 5 minutes of low intensity cardio, 5 minutes intense cardio and then repeat just the lifts.

2X THROUGH - 20 REPS EACH

- 1. LEGS: Bodyweight squats 20-30 reps(not what you weigh on your back just actual bodyweight) advanced add weight
- 2. LEGS: Lunges 15 each side stationary lunges
- 3. CALVES: Calf raise 30-50 reps
- 4. ABS: Ab crunch 30-50
- 5. ABS: Legs up and crossed 30-50
- 10 minutes cardio intense walk, run, bike, or stepper (do the cardio only once).

THURSDAY + SATURDAY + SUNDAY: REST DAYS

Use these days to rest and recover. If you want you can do an optional 30 minutes of cardio.

CHEAT MEAL:

TWO CHEAT MEALS OF YOUR CHOICE ARE ALLOWED ON WEEKENDS

PRE WORKOUT:4 CAPSULES WITH WATER

POST WORKOUT: 4 CAPSULES WITH WATER

