











Simple Carbs = SUGAR (AKA Poison)







# March 2014

March 2014						
	1	2 	3 	4 	5 	6 
 7	 8	 9	 10	11 	12 	13 
 14	 15	 16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## BLOW TORCH

1 LP + MCT  
1 LP + 2 FC + MCT  
7 SHF + MCT  
7 SHF + 2 FC + MCT  
1 LP + HHF + MCT  
7 + HHF + MCT

## FASTEST WEIGHT LOSS

1 LP  
1 LP + 2 FC  
1 LP + 6 SF  
4 PF + 2 FC  
7 SHF + 2 FC  
7 SHF  
7 SHF + 6 SF  
6 SF  
6 SF + 2 SF

## FAST COMBINATIONS

LP + 2 FC + 3 EC  
1 LP + 2 FC + 5 FR  
1 LP + 7 SHF + 2 FC  
1 LP + 7 SHF + 2 FC + 3 EC  
1 LP + 7 SHF + 2 FC + 5 FR  
7 SHF + 2 FC + 3 EC  
7 SHF + 2 FC + 5 FR  
1 LP + 2 FC + 6 SF  
1 LP + 4 PF + 2 FC  
1 LP + 7 SHF + 2 FC  
7 SHF + 6 SF + 2 FC



**3 Meals Each Day**

**No Grazing**

**MW = 1 Snack/  
Freebies/Snacks**

**6"-8" Plate**

**Hand rule**

**200-400 Calories**







# GROCERY LIST

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## CATEGORY 1 LEAN MEAT

CHICKEN BREAST	ANY SHELLFISH <i>(Category 7)</i>
TURKEY BREAST	SHRIMP <i>(Category 7)</i>
LEAN HAM	CRAB <i>(Category 7)</i>
BOARS HEAD LONDON BROIL	LOBSTER <i>(Category 7)</i>
FISH	SCALLOPS <i>(Category 7)</i>
CANNED TUNA IN WATER	OYSTERS <i>(Category 7)</i>
CANNED WILD CAUGHT SALMON	CANADIAN BACON
PORK TENDERLOIN	JERKY
96% LEAN GROUND MEAT OR BETTER	VENISON
96% LEAN FRANKS OR FAT FREE	
FRANKS	
LEAN BOARS HEAD MEAT 3.5 GRAMS	
OF FAT OR LESS PER SERVING	

## CATEGORY 4 MEATS

RIBEYE	
FILET MIGNON	
NEW YORK STRIP	
TOP ROUND	
FLANK STEAK	
TUNA IN OIL	
CANNED SALMON IN OIL	
CANNED SARDINES IN OIL	
APPROVED TURKEY BACON	
93% LEAN UP TO 95.9% LEAN GROUND MEAT	
MOST WILD GAME	
AMY MEAT OF UNKNOWN ORIGIN	

## CATEGORY 2 FIBROUS VEGETABLES

BROCCOLI

ASPARAGUS

CELERY

SQUASH

CUCUMBERS

PEPPERS

OKRA

JICAMA

GREEN LEAFY VEGETABLES

CABBAGE

BRUSSELS

SPROUTS

GREEN BEANS

CAULIFLOWER

MUSHROOMS

## CATEGORY 3 COMPLEX CARBS

TOMATOES

CARROTS

ONIONS

LONG GRAIN BROWN RICE

LIMA BEANS

PEAS

WHITE POTATO

SWEET POTATO

GREEN PEAS

QUINOA

LONG GRAIN BROWN RICE

OATMEAL

CORN



## CATEGORY 5 FRUIT

APPLES

ORANGES

GRAPEFRUIT

BERRIES

PLUMS

BANANAS

MELONS

CANTALOUPE

GRAPES

PINEAPPLE

## CATEGORY 6 SUPER FOOD

PINTOS

BLACK BEANS

RED BEANS

REFRIED BEANS

HEMP HEARTS

HEMP FLAKES

CHIA SEED

FLAX SEED

FAVA BEANS

EDAMAME

G-BUTTER

APPROVED PEANUT BUTTER (JIFF NATURAL)

PUMPKINS SEEDS

ALMONDS

MACADAMIA NUTS

PISTACHIOS

SUNFLOWER SEEDS



## COOKING OILS/SPRAYS

100% MCT OIL

COCONUT OIL

GHEE BUTTER

HEMP OIL

PAM COOKING SPRAY

WATER

BULLION

FAT FREE BROTH

APPROVED SEASONINGS

ANYTHING ZERO CALORIE

## CATEGORY 2 BREADS (LESS IS BEST)

LA TORTILLA FACTORY 50  
CALORIES TORTILLA

OLE WELLNES EXTREME  
FIBER TORTILLA

HEALTHY LIFE BREAD

NATURES OWN DOUBLE  
FIBER WHEAT BREAD

BRAN CRISPBREAD

HEALTHY LIFE HOT  
DOG BUNS

THOMAS LIGHT MUFFINS

UDI'S MILLET CHIA  
(GLUTEN FREE)

RUDI'S GLUTEN FREE TORTILLA

SHIBBOLETH HIGH PROTEIN  
BROWN BREAD



## DAIRY

KROGER CARBMASTER MILK	FAT FREE COOL WHIP
FAT FREE FAIR LIFE MILK	FAT FREE SOUR CREAM
HEMP MILK	LOW FAT COTTAGE CHEESE
GHEE BUTTER	FAT FREE COTTAGE CHEESE
WHOLE EGGS	GREEK PLAIN YOGURT
EGG WHITES	
EGG BEATERS	
APPROVED FAT FREE CHEESE	
LIFETIME FAT FREE CHEESE	
SARGENTO REDUCED FAT CHEESE	
PHILADELPHIA FAT FREE CREAM CHEESE	
OIKOS TRIPLE ZERO BRAND YOGURT	
HOOD CALORIE COUNTDOWN MILK	
BLUE DIAMOND UNSWEETENED ALMOND MILK	

## CONDIMENTS

A1 STEAK SAUCE	SEA SALT
REDUCED SUGAR KETCHUP	PEPPER
STUBBS MOPPIN SAUCE	LIGHT ITALIAN SALAD DRESSING
WORSTERSHIRE SAUCE	STEVIA
SOY SAUCE	SPLENDA
WASABI	XYLITOL
FAT FREE SOUR CREAM	MONK FRUIT
FAT FREE COOL WHIP	MUSTARD
KNOW BETTER FOODS CROUTONS	SLAWSA
ANY SEASONING PACK UNDER 15 CALORIES	
ANY SEASONING OR HERBS UNDER 15 CALORIES	
WALDEN FARMS CALORIE FREE CONDIMENTS	
ANY GRAVY OR SAUCE MIX PACK UNDER 25 CALORIES PER SERVING	
FLUFF MARSHMALLOW TOPPING	
MS. CAMPBELLS CHOW CHOW	



## CEREAL

KAY'S NATURAL CEREAL

AHS CINNAMON CRISP CEREAL

KASHI GO LEAN ORIGINAL

SPECIAL K RED BERRIES

REESES PUFFS

HI LO NUTRITIOUS LIVING

## SNACKS

BIO-COFFEE

HEALTHSMART PEANUT BUTTER

PATTIES; UP TO 1 PACKAGE

HEALTHSMART PECAN CLUSTERS

HEALTHWISE BISCOTTI

HALO-TOP ICE CREAM

ARCTIC ZERO ICE CREAM

SHIBBOLETH ICE CREAM MIX

HEALTHWISE CHIPS

EVOLVE PLANT BASED PROTEIN BARS

COCORINGA MORINGA HOT CHOCOLATE

HIGH PROTEIN PUDDING

FIBER GOURMET THINNABLES

DOUBLE BITES

KIND PLUS BAR

SUGAR FREE POPSICLES

QUEST CHIPS

13 BEANITOS

HIGH PROTEIN JELLO

## CHIPS/SALTY SNACKS

BEANITOS

HEALTHWISE CHIPS

DOUBLE BITES

SKINNY POP

BOOM CHICKA POP

POP CHIPS

SIMPLY TOSTITOS BLACK BEAN CHIPS

## BEVERAGES

WATER

ANY ZERO CALORIE BEVERAGE

SPRITE ZERO

DIET COKE

COKE ZERO

DIET MOUNTAIN DEW

OCEAN SPRAY DIET

V8 SPLASH DIET

CELSIUS

ADVOCARE SPARK

COFFEE BUT ONLY APPROVED  
SWEETENERS OR CREAMERS

UNSWEET OR APPROVED TEAS

FUZE SLENDERIZE



## MEAL REPLACEMENTS

MIGHTY MUFFIN

HEALTHWISE HOT CHOCOLATE

QUEST COOKIE

POWER CRUNCH BAR

QUEST BAR

APPROVED SHAKE

1/3 HEMP BAR

AHS MAC AND CHEESE

AHS FETUCCINE

AHS CHEESESTEAK PASTA

OH YEAH ONE BAR

HEALTHWISE MICROWAVEABLE MEAL

REAL GOOD PIZZAS

REAL GOOD ENCHILADES

KNOW BETTER WAFFLES

KNOW BETTER DOUGHNUTS

ATKINS BAR

KNOW BETTER COOKIES

G BUTTER

PURE PROTEIN BARS

PREMIER PROTEIN BARS

HEALTHWISE HIGH PROTEIN

SHIBBOLETH HIGH PROTEIN SOUPS

PREMIER PROTEIN SHAKES

SHIBBOLETH MEAL REPLACEMENT BARS

SHIBBOLETH HIGH PROTEIN BARS

SHIBBOLETH HIGH PROTEIN MEAL REPLACEMENT SHAKES RTD

AHS PANCAKES

AHS OATMEAL

## BREADINGS FLOURS

TVP

COCONUT FLOUR

CARBQUICK