



Please speak to your Trainer if you feel like there is any medical reason why you cannot comply with this plan.

First, you need to calculate your daily caloric maximum:

If you need to lose weight: Your weight in lbs x 12 =

If you would like to maintain your weight: Your weight in lbs X 15 = -----

If you would like to gain weight: Your weight in lbs X 18 = -----

Track your food and drink and limit your TOTAL carbohydrate intake each day to under 100 grams.

The rest is easy. Track every food and drink you have. Stay within 200 calories of your caloric maximum and at or UNDER the carbohydrate grams limit. And follow the following rules:

Only consume REAL, WHOLE FOODS. No foods from packages, or anything not prepared by you (no fast or restaurant food)

Do not consume anything with ANY form of sugar, grains, or alcohol. Sugar substitutes of splenda, stevia, monk fruit and allulose are allowed in moderation. Do not eat any grains. No rice, bread, corn, wheat, cereal, oatmeal, pasta, quinoa, flour, wheat flour, pastries, cakes, anything made with grains