











Your new body has begun


CMR Stay on Phase 3 for 3 weeks.
 P-22 - Use only if weight loss or muscle growth is desired
 P-6 - use until fat loss is plateaued, then switch to P-3
 P-3 - use unless body muscle mass is lost


Breakfast Lunch Dinner 4th Meal Supplements


EAT PROTEIN EVERY 4-5 HOURS, NO LONGER • <100g Carbs Daily

 <p>2 Pumps or 1 Tbs 3B Omega Oil</p>  <p>4 oz. Milk (Optional) & Water (to desired texture) Ice - optional</p>	<p>Can be switched to any meal time except 4th meal</p>  <p>7 oz of Fish/Seafood 5 oz. Beef/Poultry/Pork</p> <p>S N A C K</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	<p>Can be switched to any meal time except 4th meal</p>  <p>7 oz of Fish/Seafood 5 oz. Beef/Poultry/Pork</p> <p>S N A C K</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	<p>Can be switched to any meal time except 4th meal</p>  <p>Do not have a full meal right before bed. Eat a light protein or omega fat snack OR CMR shake</p> <p>S N A C K</p>  <p>1-2 Cups Veggies Unlimited Lettuce</p>	 <p>1-2 Caps per day with food</p>  <p>Approved Optional Milks Milk must have < 3 grams of carbs or less and unsweetened</p> <ul style="list-style-type: none"> •Almond •Coconut •Cashew, etc. •No Soy Milk
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Your water intake HALF YOUR BODY WEIGHT IN OUNCES ounces per day!

 **PROTEINS:** No frying or breading permitted (except when using Smart Flour) **Fish:** Anchovy · Bass · Catfish · Cod · Grouper · Haddock · Halibut · Hake Mahi Mahi · Monk Fish · Pike · Perch · Red Snapper · Redfish · Sea Bass · Shark · Smelt · Sole · Sword Fish · Tilapia · Tuna (Red Tuna-1x per week) · Trout · Whiting · Walleye · Wild Salmon (1x per week) **Seafood:** Crab · Crawfish · Clams · Lobster · Mussels · Oysters · Shrimp · Scallops (4 Large) **Beef:** Flank Steak · Ground Beef (Extra-Lean) · Rump Steak · Roast · Sirloin · Round · Tenderloin · **Veal:** Breast · Cutlet · Inside Round Steak · Rib · Shank Shoulder · Tenderloin · **Poultry:** Eggs (2 Whole) · Chicken (Skinless) · Turkey · Fowl · Quails · Wild Birds · Pork: Fat-Free Cooked Ham · Pork Tenderloin · **Other:** Bison · Deer · Elk · Frog's Legs · Kidney · Liver · Ostrich · Rabbit


 **VEGETABLES:** Alfalfa · Asparagus · Arugula · Broccoli · Bean Sprouts · Cauliflower · Cabbage (purple only) · Red Pak-Choy (Bok-Choy ok) · Celery · Chicory · Collards · Cress · Cucumbers (pickles) · Kale · Endive · Green Onions (not cooked) · Green Bell Peppers (green only) · Kohlrabi · Leeks · Mushrooms · Okra · Onions (raw only) · Hot Peppers · Radicchio · Radish · Rhubarb · Sauerkraut · Spinach · Swede · Swiss Chard · Turnip · Watercress · and Zucchini · Brussels sprouts · **BEANS:** (Green and Wax) · Eggplant · Palm Hearts · Rutabaga · Snow Peas · Tomato


 **SEASONING:** ALL seasonings are permitted (read label to insure no sugars are added) · Apple Cider Vinegar · Fine Herbs · Garlic · Hot Sauce · Soy Sauce · Mustard · Hot Mustard · Dijon Mustard · Lemon · Lime · **NO BALSAMIC or REDWINE VINEGAR**, if it contains sugar!


 **FATS:** Omega PRO 3-6-9 Oil (not used for cooking) · Avocado Oil · Coconut Oil · Grape Seed Oil · Extra Virgin Olive Oil 1/8 C. Nuts (except Cashews & Peanuts)

 **FRUIT (Simple Carbohydrate: Never by itself, always with CMR or just after. Fresh fruit only!)**
 1 Apple · 2 Apricots · 1 Banana · 1/2 C. Berries · 1/2 Cantaloupe · 10 Cherries · 1 Fig · 1/2 Grapefruit · 10 Grapes · 1/2 Honeydew Melon · 1 Large Kiwi · 1 Mango · 1 Nectarine · 1 Orange · 1/2 Papaya · 1 Passion Fruit

 **DAIRY: Not by itself. Accompany with Protein (Vegetable optional)** All Cheeses (2 oz) · Cottage Cheese (2 oz) · Sour Cream (1 Tbsp) · Greek Yogurt · Unsweetened (2 oz)

 **COMPLEX CARBOHYDRATE: Not by itself. Accompany with Protein.** 1/3 C. Steel Cut Oats (use 1 scoop Vanilla CMR) · 1 Slice Whole Grain Bread · 1/3 C. Brown Rice (dry, not instant) · 3 oz. Whole Grain Pasta · 1/3 C. Beans (all kinds) · 3B SmartTortilla or low carb tortilla (<5g) · 1/2 Potato / 1/2 Cauliflower mix

 **SNACK:** 1/2-1 3Believe Smart Muffin · 2 oz Lunch Meat · Pickles-unlimited (no carb) · 1/2 3Believe Smart Bun w/ Lunch Meat · (2) Celery Sticks w/ 1 tsp. White Cheese Spread (1) Boiled Egg (2x per week) · 2 oz Lunch Meat & White String Cheese

 **IMPORTANT – EXERCISE:** 3Believe recommends that you exercise a minimum of 3 days a week. Have a shake immediately following your workout, <20 minutes. It is vital you consume more Water, Protein and Omega PRO 3-6-9 Oil. You will feel tired and fatigued if you are not receiving enough of these macro-nutrients. Go to the online library of the web site for the correct amount depending on the type and level of exercise.