

3Believe™

1 PHASE

Your new body has begun

CMR Stay on Phase 1 until 90% of fat is lost then move to Phase 2
 P-22 use for 2 weeks then switch to P-6 (unless weight or muscle gain is desired)
 P-6 - use until fat loss is plateaued, then switch to P-3
 P-3 - use unless body muscle mass is lost

FIRST WEEK ONLY

Breakfast

Lunch

Dinner

4th Meal

Supplements

EAT PROTEIN EVERY 4-5 HOURS, NO LONGER • <20g Carbs Daily



2 Pumps or 1 Tbs
3B Omega Oil



4 oz. Milk (Optional)
& Water (to desired
texture)
Ice - optional



2 Pumps or 1 Tbs
3B Omega Oil



4 oz. Milk (Optional)
& Water (to desired
texture)
Ice - optional



1-2 Cups Veggies
Unlimited Lettuce

Meal can be switched to
breakfast or lunch time.



7 oz of Fish/Seafood
5 oz. Beef/Poultry/Pork



1-2 Cups Veggies
Unlimited Lettuce



2 Pumps or 1 Tbs
3B Omega Oil



4 oz. Milk (Optional)
& Water (to desired
texture)
Ice - optional



1-2 Caps per day with food



**Approved
Optional Milks**

Milk must have < 3
grams of carbs or less
and unsweetened

- Almond
- Coconut
- Cashew, etc.
- No Soy Milk

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-1 x per week) · Trout · Whiting · Walleye · Wild Salmon (1 x 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-Choi (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 · Zucchini



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)



IMPORTANT – EXERCISE: Energy levels will be considerably lower the FIRST WEEK ONLY due to your metabolic energy exchange from carbohydrates to stored fats. Energy levels will return after you are fat adapted. You must drink your CMR shake immediately following exercising, no more than 20 min. after your workout. Consult with your 3Believe Health Clinician to prescribe the correct amount depending on the type and level of exercise.