

# BEST PHASE 1 COMBINATIONS

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

4PF  
4PF + 2FC  
6SF  
6SF + MCT  
6SF + 2FC  
6 + 2 + MCT  
MR

1LP + 6SF + 2FC  
1LP + 6SF + 2FC + MCT  
1LP + 7SHF + 2FC  
1LP + 7SHF + 2FC + MCT

LP - Lean Protein | FC - Fibrous Carbs | SHF - Shellfish | SF - Super Food  
PF - Protein + Fat | MR - Meal Replacement

Cook with Zero Drag 100% MCT Oil or Pam Cooking Spray.

You may add condiments to meals. Approved condiments or zero calorie to near zero calorie condiments.

You may have up to 3 meals in a portion control plate each day. Approved snacks and freebies are only allowed if you are having a weak moment.

You should lose 3-10 pounds your first week, up to 10% of your beginning body weight the first month, and then around 4% of your body weight each month thereafter until maintenance.

Beginner First 7-10 days: Follow meal plan or food combinations exactly, watch the Phase 1 daily doses, take the test, pass the test and earn the badge.

YOU CAN USE A 50-CALORIE CONDIMENT ON ANY APPROVED COMBINATION.  
YOU MUST USE THE HAND RULE TO DETERMINE PORTIONS OR EAT FROM A 6-8 INCH PLATE.


Legends

 CATEGORY 1: LEAN PROTEIN

 CATEGORY 2: FIBROUS CARB

 CATEGORY 3: COMPLEX CARB OR ENERGY CARBS

 CATEGORY 4: PROTEIN + FAT

 CATEGORY 5: FRUIT OR ANTI-OXIDANT

 CATEGORY 6: SUPER FOOD


 CATEGORY 7: SHELLFISH


 CONDIMENT

 MR: MEAL REPLACEMENT

 PP: PERFECT PAIRING

 HHF: HEMP HEARTS, HEMP FLAKES

 SNACK

 FREEBIES

 EXTRA