

Step 1 of 7**Selection | Day 1-5**

If your choice of food is unhealthy, this step is for you. (Meat is at your discretion until Step 7)

Fruit Selection ▼

<input type="checkbox"/> Banana	<input type="checkbox"/> Apple	<input type="checkbox"/> Orange	<input type="checkbox"/> Drgn Fruit
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Mango	<input type="checkbox"/> Papaya	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Melon	<input type="checkbox"/> Guava	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Passion Fruit

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice	<input type="checkbox"/> Wheat Flour	<input type="checkbox"/> Potato	<input type="checkbox"/> Toast Bread
<input type="checkbox"/> Oat/Quinoa	<input type="checkbox"/> Ckd. Pasta	<input type="checkbox"/> Ckd. Beans	<input type="checkbox"/> Corn Tortilla

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Carrot	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Bell Pepper
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Spinach	<input type="checkbox"/> Tomato	<input type="checkbox"/> Beetroot
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Lettuce	<input type="checkbox"/> Zucchini	<input type="checkbox"/> String Beans

--	--	--	--

--	--	--	--

--	--	--	--

--	--	--	--

--	--	--	--

Step 2 of 7

Portion | Day 6-7

If you don't know how much of what to eat, this step is for you.

Fruit Selection ▼

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

--	--	--	--

--	--	--	--

--	--	--	--

--	--	--	--

--	--	--	--

Step 3 of 7**Occasion | Day 8**

If you're undecided about what's the best time to eat, this step is for you.

Fruit Selection ▼

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

--	--	--	--

Breakfast: Eat breakfast between 6:00am - 8:59am

--	--	--	--

Lunch: Eat lunch between 12:00pm - 5:59pm

--	--	--	--

Dinner: Eat dinner between 6:00pm - 8:59pm

--	--	--	--

Hydration: Drink water throughout the day

--	--	--	--

Step 4 of 7**Elimination | Day 9-10**

If you're unsure what foods you should avoid, this step is for you.

~~Butter & Cheese~~

~~Coffee & Alcohol~~

~~Sugar & Snacks~~

~~Milk & Yogurt~~

Fruit Selection ▼

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

--	--	--	--

Breakfast: Eat breakfast between 6:00am - 8:59am

--	--	--	--

Lunch: Eat lunch between 12:00pm - 5:59pm

--	--	--	--

Dinner: Eat dinner between 6:00pm - 8:59pm

--	--	--	--

Hydration: Drink water throughout the day

--	--	--	--

Step 5 of 7**Hydration | Day 11**

If your water intake is suboptimal, this step is for you.

Butter & Cheese

Coffee & Alcohol

Sugar & Snacks

Milk & Yogurt

Fruit Selection ▼

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ck. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

Liquid Selection ▼

<input type="checkbox"/> Purified Water	<input type="checkbox"/> Coconut Water	<input type="checkbox"/> Plain Tea	<input type="checkbox"/> 100% Fruit Juice
-----------------------------------------	----------------------------------------	------------------------------------	-------------------------------------------

Breakfast: Eat breakfast between **6:00am - 8:59am**

--	--	--	--

Lunch: Eat lunch between **12:00pm - 5:59pm**

--	--	--	--

Dinner: Eat dinner between **6:00pm - 8:59pm**

--	--	--	--

Hydration: Drink water **throughout the day**

--	--	--	--

Step 6 of 7**Supplementation | Day 12-13**

If your meals need a boost of flavor or more nutrition, this step is for you.

~~Butter & Cheese~~~~Coffee & Alcohol~~~~Sugar & Snacks~~~~Milk & Yogurt~~**Fruit Selection ▼**

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

Liquid Selection ▼

<input type="checkbox"/> Purified Water	<input type="checkbox"/> Coconut Water	<input type="checkbox"/> Plain Tea	<input type="checkbox"/> 100% Fruit Juice
-----------------------------------------	----------------------------------------	------------------------------------	-------------------------------------------

Supplement Selection ▼

<input type="checkbox"/> Clove of Garlic	<input type="checkbox"/> Thumb of Ginger	<input type="checkbox"/> Sting of Cayenne	<input type="checkbox"/> Squeeze of Lime
<input type="checkbox"/> Slice of Onion	<input type="checkbox"/> Taste of Salt & Black Pepper		<input type="checkbox"/> Dash of Cinnamon
<input type="checkbox"/> Splash of Cider	<input type="checkbox"/> Handful of Cilantro	<input type="checkbox"/> Pinch of Pakrika	<input type="checkbox"/> Sprinkle of Curry

Breakfast: Eat breakfast between 6:00am - 8:59am

--	--	--	--

Lunch: Eat lunch between 12:00pm - 5:59pm

--	--	--	--

Dinner: Eat dinner between 6:00pm - 8:59pm

--	--	--	--

Hydration: Drink water throughout the day

--	--	--	--

Step 7 of 7**Perfection | Day 14**

If you're ready for a big breakthrough from your diet, this step is for you.

Butter & Cheese

Coffee & Alcohol

Sugar & Snacks

Milk & Yogurt

Fruit Selection ▼

<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Drgn Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Carb Selection ▼

<input type="checkbox"/> Ckd. Rice ~90g	<input type="checkbox"/> Wheat Flour ~70g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Toast Bread ~2
<input type="checkbox"/> Oat/Quinoa ~80g	<input type="checkbox"/> Ckd. Pasta ~70g	<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Corn Tortilla ~4

Vegetable Selection ▼

<input type="checkbox"/> Cauliflower ~50g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Pumpkin ~70g	<input type="checkbox"/> Lettuce ~170g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

liquid Selection ▼

<input type="checkbox"/> Purified Water	<input type="checkbox"/> Coconut Water	<input type="checkbox"/> Plain Tea	<input type="checkbox"/> 100% Fruit Juice
-----------------------------------------	----------------------------------------	------------------------------------	-------------------------------------------

Supplement Selection ▼

<input type="checkbox"/> Clove of Garlic	<input type="checkbox"/> Thumb of Ginger	<input type="checkbox"/> Sting of Cayenne	<input type="checkbox"/> Squeeze of Lime
<input type="checkbox"/> Slice of Onion	<input type="checkbox"/> Taste of Salt & Black Pepper		<input type="checkbox"/> Dash of Cinnamon
<input type="checkbox"/> Splash of Cider	<input type="checkbox"/> Handful of Cilantro	<input type="checkbox"/> Pinch of Pakrika	<input type="checkbox"/> Sprinkle of Curry

Breakfast: Eat breakfast between 6:00am - 8:59am

<input type="checkbox"/> Egg White ~2	<input type="checkbox"/> Protein Shake ~1	<input type="checkbox"/> Carb ~1	<input type="checkbox"/> Fruit ~1
---------------------------------------	-------------------------------------------	----------------------------------	-----------------------------------

Lunch: Eat lunch between 12:00pm - 5:59pm

<input type="checkbox"/> Chicken B. ~140g	<input type="checkbox"/> Coconut Oil ~1tbsp	<input type="checkbox"/> Vegetable ~1	<input type="checkbox"/> Carb ~1
-------------------------------------------	---------------------------------------------	---------------------------------------	----------------------------------

Dinner: Eat dinner between 6:00pm - 8:59pm

<input type="checkbox"/> Chicken B. ~140g	<input type="checkbox"/> Coconut Oil ~1tbsp	<input type="checkbox"/> Vegetable ~1	<input type="checkbox"/> Carb ~1
-------------------------------------------	---------------------------------------------	---------------------------------------	----------------------------------

Hydration: Drink water throughout the day

<input type="checkbox"/> Purified ~1/2 Liter	<input type="checkbox"/> Purified ~1/2 Liter	<input type="checkbox"/> Purified ~1/2 Liter	<input type="checkbox"/> Water ~1/2 Liter
----------------------------------------------	----------------------------------------------	----------------------------------------------	-------------------------------------------