



PHASE 2 FAT BURNING

PHASE 2: MEAL PLAN PREPARATIONS

As you prepare to create your PHASE 2 Meal Plan, there are many things to consider. Please study this section carefully before finishing your menu.

The Daily Menu Basics

You will create your PHASE 2 menu in this manner with the PHASE 2 "Allowed Foods":

BREAKFAST	Water or Herbal Tea Drink ½ Gallon by Lunchtime and the other ½ the rest of the day
LUNCH	100 grams of protein (raw weight) from list* One serving of vegetable from list* One serving of fruit from list*
DINNER	100 grams of protein (raw weight) from list* One serving of vegetable from list* One serving of fruit from list*
SNACK	The two fruits may be eaten anytime as a snack OR used with meals, not both. (limit to 2 fruit servings per day only)
LIQUIDS	Drink at least one gallon of either water or herbal tea per day for best results. Avoid caffeinated teas. Recommended herbal tea recipe on page 40 in the cookbook.

PHASE 2 SAMPLE ROTATIONS

BASIC ROTATION EXAMPLE 1

Notice how foods are rotated in an A, B, C, pattern. Ex: (A) Chicken, (B) Fish, (C) Beef, (A) Chicken, (B) Fish, (C) Beef etc

	Lunch			Dinner		
	Protein	Fruit	Vegetable	Protein	Fruit	Vegetable
Day 1	Chicken	Strawberries	Romaine	Fish/Seafood	Apple	Spinach
Day 2	Red Meat	Grapefruit/ Orange	Onions	Chicken	Strawberries	Radishes
Day 3	Fish/Seafood	Apple	Cucumbers	Red Meat	Grapefruit/ Orange	Tomato

Now, let's make this something you'd actually look forward to eating!

The re:Define Cookbook

Let's recreate this same rotation example using recipes from the PHASE 2 section of our re:Define Cookbook. Your meals should NOT be bland or boring. They should be full of flavor and very satisfying. They should satisfy both your hunger and your taste buds.

<https://redefinefamily.com/recipes>

BASIC ROTATION EXAMPLE 2

Here's a simple example of how to create a delicious menu within the PHASE 2 guidelines following a proper rotation.

	Lunch			Dinner		
	Protein	Fruit	Vegetable	Protein	Fruit	Vegetable
Day 1	Grilled Chicken Tenders Hot Wings	1/2 Serving Strawberries Sliced - 1/2 as Dressing	Romaine Salad with Strawberry Citrus Dressing	Zesty Lime Grilled Cod	Apple Slices with Lime Yogurt Dip	Tender Steamed Spinach
Day 2	Lean Ground Beef Patty	Orange Mid Morning Snack	Grilled Caramelized Onions	BBQ Chicken Tenders	Strawberry Sorbet	Garlic Mashed Radishes
Day 3	Shrimp Cocktail	Baked Cinnamon Apples	Sliced seasoned Cucumbers w/ Lime	Browned Ground Beef	Grapefruit	Tomato Chili

Protein Preparation Tips

Proteins are the trickiest to prepare on the run! Do yourself a huge favor and prepare your proteins ahead of time. By prepare, we mean weigh, cook and store so they are 100% ready to grab and go!

You can choose to:

- Prepare all proteins for the full 30 days and freeze (Best Option)
- Prepare your proteins each week
- Prepare your proteins daily (Most time consuming)

How to Prepare:

Preparing several, if not all proteins at once saves time. Create an easy assembly line; have cutting board, scale, spices and method of cooking. Weigh them out, place in the pan and season. Cool enough to store as explained below.

How to Store:

Place each portion in snack size Ziploc® bags or tinfoil; then place all in a gallon size freezer bag. Remove all excess air to avoid freezer burn. Store in the freezer until ready to thaw or prepare. Note: fish cooks very quickly even when frozen so it doesn't need to be pre-cooked, only pre-measured and seasoned.

How to Reheat: Reheated proteins will taste the very best when thawed naturally and then reheated as noted below; NOT in a microwave.

- Add protein to a soup or sauce while heating
- Grill indoors using a George Foreman® grill or grill outside over flame
- Steam alone or with the vegetable

Grocery Shopping:

With your menus complete, plan your grocery shopping around the day you have set aside to do your Meal Prepping so everything is fresh.

As you will be following this menu for 30 Days, you'll need 60 servings of protein, including 20 servings of lean red meat, 20 servings of chicken breast, and 20 servings of fish/seafood. That averages out to about 4.5 pounds of each for the full 30 days, or just over a pound per week.

LIST OF ALLOWED FOODS

Choose at least 3 of your favorites from each category below and alternate them following an A,B,C pattern when creating your Meal Plan.

Proteins

100 GRAMS weighed raw on a digital food scale for accuracy. Should not be measured in ounces. All visible fat and bone must be removed prior to weighing and cooking.

(A) CHICKEN Boneless/Skinless	(B) RED MEAT 93% Lean	(C) FISH/SEAFOOD Fresh, Not Canned
Chicken Breast (Breast, Tenderloins, or Ground Chicken; Breast Only)	Beef Venison Buffalo Veal	Fresh White Fish Lobster Crab Shrimp

Fresh Vegetables

Use fresh vegetables, not canned. No mixing of vegetables is allowed*. Serving size is approximate. Minimum of 1 Cup per meal is recommended.

CATEGORY (A)	CATEGORY (B)	CATEGORY (C)
Spinach – 3 cups Chicory – 3 cups Chard – 3 cups Beet greens – 3 cups Lettuce – 4 cups +	Celery – 3 cups Asparagus – 2 cups Cabbage – 2 cups	Tomatoes – 1 ½ cups Cucumbers – One Radishes – 2 cups Onions – 1 cup

Fresh Fruits

One PIECE of fresh fruit is allowed twice a day. Size doesn't matter. Rotate choices methodically. Tomato may also be substituted in place of a fruit.

CATEGORY (A)	CATEGORY (B)	CATEGORY (B)
Strawberries	Apple	Orange or Grapefruit

Miscellaneous Items

Here's a list of miscellaneous items that can be used as seasonings. Use sparingly, paying attention to their individual nutritional value as you add them. These items should have zero or extremely low calories per serving. Read labels when determining compliance.

Spices, seasonings, and herbs not containing sugar or starch
Approx 1 TBSP of onion, garlic, jalapeño, peppers, or dill
pickles, etc.
Juice of 1 Lemon daily
Mustard, Franks Hot Sauce, Apple Cider Vinegar, Tabasco, etc
Coffee & Tea (using caffeine may decrease daily weight loss
results)

One TBSP Skim Milk or Fat Free Greek Yogurt
1 Serving of Calorie Free Miracle Noodle™ (Max 2 times a
week)
Stevia, Monk Fruit, or Xylitol (Calorie Free Natural
Sweeteners)
25 Calories of plain crackers ie: Grissini Breadsticks or Melba
Toast once weekly

IF IT'S NOT ON THE LIST, DO NOT EAT IT

PHASE 2 SAMPLE MENU

Instructions: First add your the Protiens, Veggies, and Fruits in the far right columns following the A, B,C rotation explained. Then determine the "TODAY'S MENU" field by using meal suggestions from recipes in the PHASE 2 Cookbook or your own meal creations.

DAY 1	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST		Water	X	X	X
SNACK 1		Water			Apple
LUNCH	Lettuce & Grilled Chicken	Herbal Tea	Chicken	Lettuce	
SNACK 2		Water			Strawberries
DINNER	Seasoned Burger with Asparagas	Water	Hamburger	Asparagas	
NOTES:					
DAY 2	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST		Water	X	X	X
SNACK 1		Water			Orange
LUNCH	Grilled fish and cucumber slices	Herbal Tea	Tilapia filet	Cucumber	
SNACK 2		Water			
DINNER	Fajitas	Water	Chicken	Lettuce	Tomato
NOTES:					



FAT BURNING 7 DAYS MENU PLANNER & GROCERY LIST

PHASE 2 MENU PLANNER

Instructions: First add your the Protiens, Veggies, and Fruits in the far right columns following the A, B,C rotation explained. Then determine the "TODAY'S MENU" field by using meal suggestions from recipes in the PHASE 2 Cookbook or your own meal creations.

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

DAY ____	TODAY'S MENU	LIQUID	PROTIEN	VEGGIES	FRUIT
BREAKFAST			X	X	X
SNACK 1					
LUNCH					
SNACK 2					
DINNER					
NOTES:					

PHASE 2: FAT BURNING GROCERY LIST

PROTIEN (1 serving: 100 g = 3.5274 oz.)	FRUITS (1 per serving)
_____ Boneless, Skinless Chicken Breast	_____ Oranges
_____ Ground Chicken Breast Only	_____ Grapefruit
_____ Chicken Breast Tenderloins	_____ Apples
_____ 93% Lean Beef, Ground	_____ Strawberries
_____ Lean London Broil	
_____ Buffalo, Veal, Venison	
_____ Fresh White Fish	
_____ Shrimp, Lobster, Crab	
VEGGIES	MISCELLANEOUS ITEMS
_____ Lettuce, Romaine, Red Leaf, Butter Lettuce...	_____ Spices, Seasonings, Herbs
_____ Chicory, Chard, Beet Greens	_____ Garlic, Jalapeño Peppers
_____ Spinach	_____ Mustard
_____ Asparagus	_____ Herbal Tea - No Caffiene
_____ Cucumbers	_____ Lemons
_____ Celery	_____ Skim Milk or 0 Fat Greek Yogurt
_____ Tomatoes	_____ Calorie Free Miracle Noodle
_____ Onions	_____ Stevia, Monk Fruit, or Xylitol
_____ Radishes	(Calorie Free Natural Sweeteners)
_____ Cabbage	_____ Grissini Breadsticks/Melba Toast
	_____ Dill Pickles, Etc.
	_____ Apple Cider Vinegar
	_____ Franks Hot Sauce, Tabasco, etc