



Prepare to Reset Your Body, Mind & Spirit in 30 Days

Congratulations on your decision to commit to living a healthier and happier lifestyle! You're going to LOVE experiencing the daily successes during your re:Define transformation journey. Delivering so much more than impressive weight release and cleansing benefits. You'll also experience a complete mind, body, and spirit reset that will support the lifestyle of your dreams.

Over the next 90 days, you'll engage in four unique phases of the re:Define Transformation System. It's important that you fully understand the unique purpose of each phase and how they work synergistically to help you reach your personal goals.

We strongly encourage you to read this guide thoroughly, and learn the material extensively. Then be sure to join our re:Define Facebook Support Group, as this is an invaluable resource to use during your journey! Take full advantage of the incredible re:Define online resources and tools available to you and even track your progress by visiting [redefinesystems.com](https://www.redefinesystems.com).

Whether you're here to dramatically improve your health, cleanse and detox, or release excess body fat, the re:Define Transformation System has a solution for your needs. re:Define offers the safest, fastest, and most empowering mind, body, and spirit transformation imaginable!

A Proven System that Works

The 4-Part re:Define Program is a proven system of nutritional and emotional education that'll provide you with the knowledge and tools you'll need to be successful in reaching your individual goals.

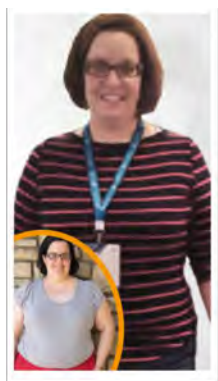
This Program addresses not only the physical, but also the mental and emotional components that are critical to enjoying a healthy and happy lifestyle long-term.

During your transformation you'll have the opportunity to discover any hidden obstacles that have previously been a challenge for you. You'll learn what your body needs, why you need it, and exactly how you can maintain your best life without a lot of added stress.

If you want to truly transform your lifestyle and enjoy optimal health, then we encourage you to embrace the mental and emotional lessons that will show up along your journey.



Becky Lost 50 Lbs



Teri Lost 80 Lbs



Michelle Lost 105 Lbs



Aaron Lost 60 Lbs



You're Never Alone

With re:Define, you have the incredible opportunity to have personalized support. We have an amazing support community filled with individuals who, like you, are just starting, as well as those who've successfully completed their transformation. To get your questions answered and celebrate your milestones join our [re:Define Coaching and Member Support](#) Private Facebook Group.

Based on actual results of tens of thousands of our customers. Those with 30 lbs or more of abnormally stored body fat, release an average of 5 lbs per week by following the re:Define System guidelines. Results are unique to each individual.

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System Overview

As with everything worthwhile in life, it's important to make a master plan to achieve MAXIMUM SUCCESS! There are some important things to understand and consider about the re:Define System before getting started.

| PHASE | ACTION STEPS |
|--|---|
| PHASE 1 PREP & LOAD <i>2 Days</i> | Loading & Preparation - START RE:LEASE DROPS Consume high-fat and high-calorie foods for two days to prepare your body for Phase 2. Follow the required Phase 1 Meal Plan as written. Record your meals and weight daily in your Daily Tracking Journal. |
| PHASE 2 FAT BURN & DETOX <i>28 Days</i> | Fat Burning & Detoxification - CONTINUE RE:LEASE DROPS Continue re:Lease Drops and start nutritional supplements as directed. Begin following the customized Phase 2 Meal Plan you've created. Continue tracking your meals and weight daily in your Journal. |
| PHASE 3 RESET & STABILIZE <i>30 Days</i> | Stabilize Results - STOP RE:LEASE DROPS Stop re:Lease Drops, continue using the nutritional supplements for added support. Begin your Phase 3 Meal Plan to stabilize your new healthier body. |
| PHASE 4 MAINTAIN & ACCELERATE <i>30 Days</i> | Maintain Final Weight - NO RE:LEASE DROPS Continue with nutritional supplements and enjoy customizing your Phase 4 Meal Plan with zero restrictions. Continue tracking your weight and meals to solidify your long-term success. |

Preparation = Success

Each Phase of the re:Define System has its own unique Meal Plan that is proven to deliver dramatic results. Your success is dependent on your dedication to following each Meal Plan correctly—meaning, if you put in the work, you'll see and feel the results!

Before You Begin Your Journey...



1. Before jumping ahead and attempting to "start" the program, it's important you understand the role of each Phase in reaching your goals. To have a better understanding how the system works, we suggest reading each Phase of the guide thoroughly.
2. Each PHASE has its own specialized menu and List of Foods. Delicious Recipes are available in the **Members Area** at redefinesystems.com
3. If necessary, modifications may be made for any specific physical or nutritional need. Modifications can be found starting on page 41.

Choosing Your Best Start

Because of the specific structure of this system, the time you choose to start is very important. There are several determining factors to consider to ensure the best possible results.

1. Find a 30-day window you can commit to the structured Meal Plans. Life will always be busy, simply find a time with the least amount of distractions to follow the required Meal Plans.
2. Phase 1 should not be attempted without proper preparation. As it is the most challenging Phase, we **STRONGLY** recommend giving yourself at least two days away from work or any distractions! Loading requires your full attention.
3. Women, it's best to start immediately after your monthly cycle ends **OR** at least two weeks before you know it's going to start.



Women & Menstrual Cycles

What do you do if your cycle begins during your re:Define System? Scan this QR code for access to a timeless video from our educational archives about managing your Menstrual Cycle

Maximize Your Results

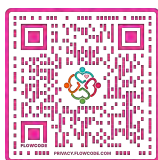
Low weight release, hunger, food cravings, and low energy during Phase 2 is almost always due to one or more of the following:

- Ineffective Loading - not consuming the required nutritional "minimums"
- Not being prepared with your **PHASE 2** meals
- Not drinking the required amount of liquids during Phase 2
- Lack of adequate, quality sleep

Maximizing your results is as simple as familiarizing yourself with this entire guide and following the step-by-step instructions.

The first week sets the pace for your entire transformation success. How well you complete Phase 1, sets the foundation for your Phase 2 results. Choosing to stay the course, and finish Phases 3 and 4 strong will provide you with tools that will help you enjoy a wonderful, healthy life for decades to come.

Before Getting Started



There are some important things to understand and required items to prepare before you begin your re:Define Transformation. Here is the list of required items you'll need to accurately measure your food and chart your progress. These items are **ESSENTIAL** to your re:Define Transformation success.



A digital bathroom scale is necessary. You'll be recording your weight first thing each morning in the re:Define Daily Tracking Journal. Using the same scale is important for accurate results.



Digital food/postal scale for weighing protein portions in grams. Spring-loaded scales or basic food scales have been found to not be as accurate as digital scales. Consistent portion sizing is critical.



Body tape measure to track your body measurements throughout your re:Define Transformation. When measuring yourself, please be mindful to wear tight-fitting clothing.



Containers to store prepared measured proteins. Food storage containers, Ziploc® bags, aluminum foil, or other containers simplify meal planning. We encourage you to prepare all the proteins needed for the next 30 days and have them easily available at all times.

The re:Define Transformation System is designed to help you achieve incredible success during your journey. At the end of each Phase, we added detailed instructions describing how to maximize and/or simplify your re:Define Transformation.

Customizing Your Meal Plans

- Take full advantage of this unique opportunity! Besides the obvious benefit of eating foods you know you'll enjoy, you'll also be able to make any necessary modifications to fit your lifestyle and nutritional needs.*
- Most importantly, you'll develop skills that will last after you've completed your re:Define transformation, enabling you to maintain your results long-term with instinctive ease.
- Taking the time to research the nutritional information required on the Phase 2 Meal Plan, you'll learn foundational principles that will help you make wiser food choices without having to count calories for the rest of your life.

Journaling Daily

- Even though you are creating your Meal Plans here, it doesn't replace the need to record EVERYTHING in your Daily Tracking Journal every day!
- Fill in all the information on the Journal pages! Record your daily weight, activities, emotions, and thoughts. Accurate records are invaluable in determining what's working well and what adjustments need to be made to your meals and routine.



The re:Define Experience

Throughout the guide, we've placed QR codes to provide more information. To access this content, take your smartphone out, scan the code with your camera and follow the link to view the content...it's that simple!

*Loading rapidly within 2 days is optimal, however certain health and nutrition restrictions and body types may require modifications. MODIFICATIONS are explained on page 41.

Setting a Winners Pace

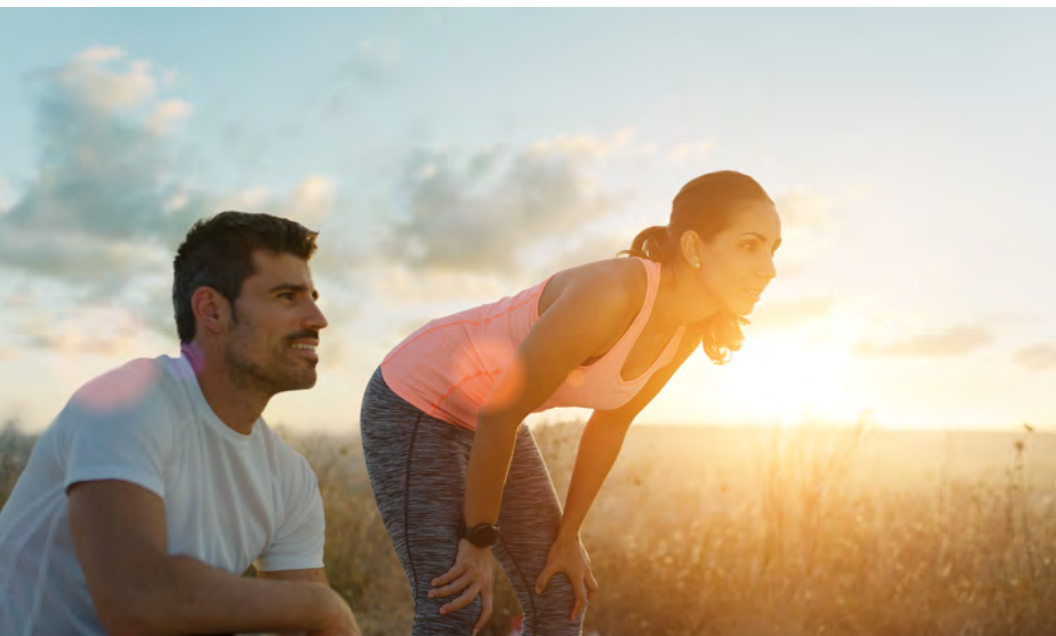
Imagine standing with some of your closest friends at the starting line for a marathon. You're pumped and excited to begin your race toward the finish line.

With each passing mile, you are painfully reminded of every training you missed and every sugary indulgence you gave into. Your excitement fades as you are unable to keep pace with your friends. You even begin to wonder if you can make it to the finish line.

In contrast, now imagine being at the exact same starting line, with your same friends, knowing you are 100% prepared. As you begin, the pace is not only comfortable, you're able to support your friends as well. Giving it your all, you cross the finish line with a strong and deeply satisfying feeling of personal triumph!

Today, you're standing on the starting line of your transformation, hopefully with your closest friends. What are you willing to do, maybe even sacrifice, to reach the goals you wish to achieve?

How you show up the very first week and view your re:Define transformation sets the pace for your results. Choosing to set a winner's pace from the very start will significantly increase your ability to cross the finish line a victor despite any of life's random obstacles that always show up unexpectedly. You can do it! Let's get started!



RE:DEFINE PHASE 1

Prep & Loading

Days 1 & 2

Phase 1 Prepares your body to rapidly release abnormally stored body fat and toxins during Phase 2. This is done by consuming excessive amounts of fat and calories while taking re:Lease Drops.

PHASE 1: LOADING GOAL

Your goal is to gain 5lbs or more within 2* days by following the Phase 1 Meal Plan. This menu requires a minimum consumption of 8,000 calories, 300g of fat, 90g of protein, and 500g of carbohydrates per day of Phase 1.

PHASE 1: LOADING & HOW IT WORKS

Consuming the minimums will trigger your body to quickly shift into a higher metabolic burn rate. WHY?

1. Consuming an extremely high amount of calories kickstarts your resting metabolic rate to burn faster and hotter.
2. Consuming high amounts of fatty foods flips a master switch that instructs your body to aggressively seek fat as its primary fuel source. This will continue during Phase 2 with the assistance of the re:Lease Drops
3. It's important to also consume the proper amounts of protein and carbohydrates during the two loading days to provide your muscles and organs with essential, building block nutrients.

PHASE 1 ACTION STEPS

- ✓ **Take Your Before Photos (Front, Back, Side)**
- ✓ **Record Your Weight First Thing Each Morning**
- ✓ **Start The re:Lease Drops On Day 1 of Loading**
- ✓ **Follow Your Phase 1 Customized Meal Plan Begin**
- ✓ **Tracking Your Journey In Your Tracking Journal**
- ✓ **Complete Meal Preparations For Phase 2 Check-In With Your re:Define Support Team**

*Loading rapidly within 2 days is optimal, however certain health and nutrition restrictions and body types may require modifications. MODIFICATIONS are explained on page 41.

Taking DROPS During Fat Burner & Detox

The re:Lease Drops create and maintain a synergistic environment that is responsible for triggering the body to recognize and rapidly burn abnormal, unhealthy, fat and release stored toxins.



re:Lease Drops must be taken daily during Phase 1 and 2.

- Take re:Lease Drops three (3) times daily
 - Morning, Before Lunch, and Before Dinner
- Wait 15 minutes before or after eating/drinking to take Drops. Eating or drinking too soon either before or after will dilute absorption and minimize VIBE's effectiveness
- Using the dropper, place 10 drops UNDER your tongue
- Rest your tongue into the liquid and hold for 30 seconds, then swallow to ensure proper absorption

Common re:Lease Drops FAQs

Q: Can I start taking re:Lease Drops before I officially start Loading?

NO. re:Lease Drops performs a very specific function within the body that will ONLY be realized when taken as instructed during Phases 1 & 2.

Q: Can my friend "DO" the re:Define System WITHOUT taking re:Lease Drops?

NO. WHY? After two days on Phase 2 without re:Lease Drops, they'll be starving and only burning muscle. You, on the other hand, will be releasing fat quickly and feel amazing!

Q: Since I've recently gained 5lbs or more, can I skip Phase 1: LOADING and start Phase 2: FAT BURN now?

NO! LOADING IS NOT OPTIONAL!

Q: I accidentally Loaded without re:Lease Drops! NOW WHAT?

Unfortunately, loading is only effective when done with re:Lease Drops. You must start Phase 1 over.



Loading Meal Plan Details

The Phase 1 Meal Plan requires an aggressive menu. It cannot be done properly without planning. To successfully reach the goal of gaining 5 lbs in two days you'll need to consume the minimum amounts of fat, calories, proteins, and carbohydrates each day.

Keep this task simple and use the Meal Planning tools provided on page 13. There you will find sample menus, special tips, a variety of food suggestions and blank Meal Planners. You will be able to customize your own Phase 1 menu to meet your personal preferences.

Feeling Overwhelmed? Wondering if you can actually do this?

If so, perfect! Recognizing the importance of Loading is a huge plus. When you're ready to customize your Meal Plan, we urge you to go over to the re:Define Meal Planner and follow the step-by-step instructions.

Loading Preparation

Using the Meal Planners provided here, make sure your menu meets the minimum nutritional criteria EACH DAY. Minimums are 8,000 calories, 300 grams of fat, 90 grams of protein and 500 grams of carbohydrates.*

As we've already established, this Phase 1 task can be quite overwhelming. Review the Sample Loading Menu on the following page, and pay close attention to the detailed nutritional facts, as this is how your Meal Plan should look.



Load Like a Pro

The more you load, the MORE you will burn during Phase 2! The Phase 1 Sample Menu provided on page 13 is an actual loading menu. You can find more Sample Loading Menus by scanning the QR code, and a Vegetarian Menu can also be found on page 42 in Phase 1: Modifications.

*If this is not possible for a medical reason, refer to the Phase 1 Modifications on page 41. Note, while modifications are sometimes necessary, realize each menu modification also modifies the end result.

Meal Planner Sample

Add the nutritional information for each food item in your list, then calculate the meals total for each column. Add additional food items until the recommendation nutritional value is met.

| | Calories | Fat | Carbs | Protein |
|---|-----------------|------------|--------------|----------------|
| DAY 1 & 2 MEAL NUTRITION GOALS | 1500-2000 | 100g | 100g | 30g |
| BREAKFAST | Calories | Fat | Carbs | Protein |
| 4 Large Eggs, 1 tsp Milk & 1 tbsp Butter | 393 | 30 | 3 | 27 |
| 2 Slices Whole Wheat Toast w/ 2 tbsp Butter | 150 | 27 | 27 | 6.7 |
| 6 Slices Bacon | 366 | 28.3 | 1 | 28.3 |
| 1 Cup Hashbrowns | 613 | 38.1 | 63.7 | 7.2 |
| Breakfast Total | 1522 | 123.4 | 94.7 | 69.2 |
| AM SNACK | Calories | Fat | Carbs | Protein |
| 16 Ounces Fresh Strawberries | 145 | 1.4 | 34.8 | 3 |
| 1 cup Heavy Whipping Cream w/ 1 tsp Vanilla (whipped) | 189 | 87.9 | 6.6 | 4.9 |
| 4 Tbsp Sweetened Condensed Milk | 240 | 3 | 46 | 6 |
| AM Snack Total | 1204 | 92.3 | 87.4 | 13.9 |
| LUNCH | Calories | Fat | Carbs | Protein |
| Double Cheeseburger | 670 | 41 | 39 | 37 |
| French Fries | 395 | 18 | 54 | 7 |
| XL Coke (32oz) | 373 | 0 | 103.9 | 0 |
| Lunch Total | 1438 | 59 | 196.9 | 44 |
| PM SNACK | Calories | Fat | Carbs | Protein |
| 2 Ice Cream Bars | 560 | 42 | 44 | 8 |
| PM Snack Total | 560 | 42 | 44 | 8 |
| DINNER | Calories | Fat | Carbs | Protein |
| Quesadilla Explosion Salad | 1340 | 87 | 82 | 58 |
| Chocolate Molten Lava Cake w/ Ice Cream | 1170 | 59 | 155 | 12 |
| Dinner Total | 2510 | 146 | 237 | 70 |
| PM SNACK #2 | Calories | Fat | Carbs | Protein |
| 1 Large Apple Sliced | 117 | .2 | 28.2 | 0.5 |
| Chocolate Molten Lava Cake w/ Ice Cream | 1170 | 59 | 155 | 12 |
| PM Snack #2 Total | 2510 | 146 | 237 | 70 |
| SAMPLE MENU LOADING TOTALS | 8,814g | 374.6g | 721.5g | 248.3g |
| DAILY LOADING GOAL TOTALS | 8,000-12,000 | 300-600g | >500g | >90g |





Load Like You Mean It!

Here are lists of high-fat, high-calorie foods perfect for Loading. There are foods with zero health restrictions and are considered healthier food options. Just make sure to track the nutritional content by looking them up online. Calorieking.com is an easy place to start.

Suggested Loading Foods

- Meat and Cheese Omelets
- Bacon and Sausage
- Biscuits and Sausage Gravy
- Double Bacon Cheeseburgers
- Hot Dogs / Chili Cheese Dogs
- Enchiladas, Chimichangas
- Nacho Supreme, Carne Asada Fries
- Lasagna, Fettuccine Alfredo
- Pizza and Calzones
- Fish and Chips
- Chicken Wings
- French Fries / Onion Rings
- Grilled Cheese / Quesadillas
- Cream Cheese Bagel
- Corn Dogs / Pulled Pork
- Thick Ice Cream Shakes
- Pastries and Donuts
- Potato Chips, Fritos®
- Double Stuffed Cookies
- Chocolate Treats
- Cheesecake
- Peanut Butter anything



Alternative Options

- Salads with Full-Fat Dressing
- Salmon and Grilled Veggies
- Sardines, Herring
- Avocado on Toast Chips
- Guacamole
- Nuts, Nut Butters, Seeds
- Fresh Fruit with Heavy Cream or Coconut Creme
- Cheese and Crackers
- Chocolates
- Olive Oil and Balsamic
- Full Fat Cheese
- Whole Fat Yogurt
- Granola
- Chia Seeds
- Hemp Hearts



If you know that your body doesn't handle consuming fat well due to a specific medical condition such as gallbladder problems, please discuss this with your healthcare provider for a possible solution. We also highly recommend that you consult with your physician prior to beginning this system.

Emotional Benefits Of Loading

Phase 1 provides an empowering perspective about food that will significantly strengthen your mind, body, and spirit transformation.

Strange as it may seem, Loading delivers many more benefits than simply triggering rapid fat burn. Loading tends to trigger mental and emotional responses as well. Being aware of such triggers can be very enlightening and empowering in supporting your long-term success.

Paying attention to these triggers and journaling them will help you to understand even more about yourself and your relationship with food.

Charting Exact Nutritional Facts

The process of customizing your Phase 1 Meal Plan requires the tracking of macronutrients for each food. Most people are stunned when they see the actual calorie and fat content of some of their favorite foods.

Swear Off Unhealthy Foods

While you're Loading, you'll curse unhealthy food! You'll feel like crying and start longing for a salad. Feeling awful during Loading is very normal and beneficial.

Loading Magnifies 'symptoms'

Loading greatly increases the effects of any dietary symptoms you've learned to ignore or compensate for in everyday life.

Gaining Weight is Actually Difficult

It's a common misconception that weight gain comes from a single day of eating too much. Not true. In the real world, weight gain is the result of a series of factors, food being only one. Achieving the Phase 1 Goal takes effort!

Take Action

1. Customize and map out your Phase 1 Meal Plan, using page 13 as an example.
2. Thoroughly review Phase 2, then prep for both Phases 1 & 2 Meal Plans at the same time.
3. If on the morning of Day 3 your weight is not at least 5lbs more than when you started, then you **MUST** load additional days as follows:
 - **If you met the required daily nutritional minimums and still didn't gain the minimum 5lbs**, you'll need to Load for one (1) more day as aggressively as possible. Then, regardless of your weight on the morning of day 4, move to Phase 2 with confidence.
 - **If you did NOT meet the daily required nutritional minimums**, then you must Load for two (2) additional days. Then, regardless of your weight on the morning of day 5, move to Phase 2.

RE:DEFINE PHASE 2

Fat Burning

Days 3-30

Phase 2 is the fun part, but that fun will only take place if you're prepared. If not, it'll feel frustrating and restrictive. The structure of the Phase 2 Meal Plan actually makes following it simple.

Phase 2 Goals

Your goal is to rapidly release fat and toxins effectively every day by strictly following the Phase 2 Meal Plan, continuing the re:Lease Drops, and starting the Nutritional Supplements as directed. Continue to record everything in your Daily Tracking Journal for your own discovery purposes.

Fat Burning & Detox: How It Works

With Phase 1 successfully completed, your body should be fully primed and ready to burn any and all abnormally stored fat, as well as experience a total-body detox!

1. As you shift into the low-calorie Phase 2 Meal Plan, your body will remain in high-burn mode.
2. Consuming a low amount of calories makes it necessary for your body to search for alternative energy sources.
3. re:Lease Drops triggers your body to recognize excess body fat as the new energy source.
4. The Nutritional Supplements provide necessary nutrients that support your organs as you purge unhealthy fat and toxins. Taken as directed, they will help to reduce detox fatigue, hunger, cravings, protect your lean muscle, and alleviate stressful situations.

Phase 2 Daily Actions

- Take Progress Photos (Front, Back, Side)
- Continue Taking re:Lease Drops as Directed
- Start Taking Supplements as Directed
- Begin Nutritional Supplements as Directed
- Follow Your Phase 2 Customized Meal Plan
- Continue Recording Your Weight First Thing Each Morning
- Continue Tracking Your Journey in Your Tracking Journal
- Check In With Your re:Define Support Team

Nutritional Supplements Information Here



Phase 2 Meal Plan Details

The Phase 2 Meal Plan is very different from Phase 1. You will now be following a reduced-calorie menu allowing your body to begin burning abnormally stored body fat as its primary energy source. Detailed instructions and the Meal Plan tools can be found on page 24.

Important Facts About The Phase 2 Menu

- 1. Rotate Food Choices:** It is very important that you avoid eating the same foods over and over. Each food provides different but essential building block nutrients. Proper rotation ensures you receive a more nutritionally balanced meal and prevents you from feeling restricted with what you can eat. On page 23, you'll see detailed instructions about rotating food choices as you begin customizing your Phase 2 menu.
- 2. Managing Unplanned Adjustments:** If you're away from your prepared meal and find yourself needing to adjust a meal due to unforeseen circumstances, you'll need to decide to skip or adjust. Though it's not optimal to skip or adjust, life happens. While there are definite consequences, you can limit the severity by how you manage the situation. This would be important information to add to your daily Journal.
- 3. Meal Plan Modifications**
 - The 'List of Allowed Foods' is considered the gold standard of the re:Define System that helps you to achieve optimal results. We also know that modifications may be necessary for a multitude of reasons including dietary restrictions that vegetarians, vegans, pescatarians, and others may follow.
 - Additionally, if you are here for the cleansing benefits, with very little, if any abnormally stored body fat to burn, you will need to adjust portion sizes gradually after you have released the loading weight to maintain a healthy balance and avoid burning muscle.
 - Other modifications may be necessary if you are a high-level athlete, perform very heavy labor, or work very long, strenuous hours, or have large amounts of weight to release.
 - What you need to know is, yes, you can modify as needed. However, each modification will also modify your final result. Vegans and vegetarians release only about 50% of the weight as meat-eaters simply due to the additional calories required to consume adequate amounts of protein.
 - We've created guidelines for many types of modifications which can be found on page 43. These modifications are designed to be as close to the original "gold standard" as possible while still meeting individual nutritional needs.



What To Expect During Phase 2

Phase 2: Fat Burning and Detox puts the body and mind through a lot of changes. Most notably, transitioning from an extremely high-fat, high-calorie menu to a restrictive, low-calorie menu. Be patient with the feelings and emotions you may experience as your body is going through this period of adjustment. Here are a few normal adjustments you may experience the first week:

- Hunger
- Light-headedness
- Headaches or Weakness
- Crankiness and Irritability
- Intestinal and/or bowel movement changes

The majority of these side effects should resolve within a few days, and by day six of Phase 2: Fat Burning you should feel much better. If you experience more than noticeable hunger before meals the first few days, check-in with the Facebook re:Define Community Group.

RE:DEFINE PHASE 2

Troubleshooting

The Loading Hangover

During the first few days of Phase 2, it's not uncommon to experience some physical and emotional adjustments such as headaches, inflammation, digestive distress, irritability or HUNGER!

Don't worry, you're not alone. These cleansing symptoms should quickly resolve within a few days. By day 6 you should be feeling much better! Adding the Nutritional Supplements to your daily routine will be very helpful in overcoming this loading purge.



If these symptoms persist, you may need to adjust your Meal Plan. Be responsible with your health and follow your instincts. For additional Phase 2 Fat Burning tips, scan the QR code!

Monitoring Your Weight Loss

During Phase 2, weight loss averages about .5 to 1 pound per day. If your results are slower, there are generally two different solutions depending on which category you fall into. First, read below to determine where you fit. If you're still having trouble, reach out to the re:Define Community for support.



Low Weight Loss WITH Excessive Hunger

If you're struggling with Low Weight Loss AND if soon after meals your stomach is growling and you're feeling very hungry or weak, it's a good indication you're not fully in fat-burning mode.

- Eat one extra serving of protein to relieve hunger immediately
- Take 10 drops of re:Lease Drops
- Drink 16 oz of water

If hunger is unbearable and weight loss has completely stalled, also do the following:

- Begin adding .5 tsp of MCT or Coconut oil every other day to your meals to ease hunger and encourage shift into fat burning.
- Adjust the way you take the re:Lease Drops Take 8 drops 4 times daily, as the body may be metabolizing them too quickly.

Low Weight Loss WITHOUT Hunger

If your weight loss is slow and you feel no hunger, you may need to reduce the number of re:Lease Drops.

- Decrease the amount of re:Lease Drops you are taking to 8 drops 3 times per day and see how your body responds the next couple of days.
- If hunger increases, simply go back to 10. Unfortunately, your results may come slower...but they will come!



Detoxification & Constipation

During Phase 2, you will experience a release of toxins which are stored throughout your body, including in body fat and in the colon. Because of this, slow moving bowels or constipation is quite common. Scan the QR code to learn how you can naturally flush and detoxify the body.



RE:DEFINE PHASE 2

Women & Hormone Management

Menstrual Cycles

As mentioned earlier, start Phase 1 immediately after your menstrual cycle ends OR at least 10 days before your next cycle starts.

Because of the shift in your hormones during your cycle, the effectiveness of re:Lease Drops diminishes. When your cycle starts, STOP taking re:Lease Drops and continue your same Meal Plan. Hunger should not increase for several days. Once your cycle begins winding down, you can start re:Lease Drops again. If your cycle remains heavy longer than 4 days, you may carefully adjust your protein portions as necessary to control hunger.

Birth Control

If you are on oral contraceptives or any device that releases hormones to prevent ovulation, be aware that your weight loss journey will likely be slower than you'd like. In our experience, the weight loss seems to be more sporadic. You may lose a great amount of weight and then stall. Don't panic, and please be patient with yourself and the re:Define System. It is working, you really are burning fat even though the scale isn't

being your friend every day. If you stay the course, you'll be thrilled with your final results!

Hormonal Water Retention

It's not uncommon for women to retain water and not show a steady weight loss mid-month, around day 14. This is usually due to ovulation and hormonal fluctuation. Your weight loss will catch up, so be patient. It will self-correct, or you can choose to have an "Apple Day", which can be found on page 27.

Break-Through Bleeding

Women with a history of hormonal imbalance, irregular cycles, estrogen dominance, PCOS, etc. may experience unexpected bleeding. Even women who have gone through menopause, may experience a menstrual response. This is due to the ability of the re:Define System and the re:Lease Drops to support hormonal balancing. As each case varies, you'll need to follow your instincts on how to manage the symptoms. Just know you're not crazy and the re:Lease Drops are doing a great job!

RE:DEFINE PHASE 2

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 before weighing and cooking.

| (A) CHICKEN Boneless/Skinless | (B) Red Meat 93% Lean | (C) 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. A 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 |

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 (C) |
|--------------|--------------|----------------------|
| Strawberries | Apples | 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, Frank's 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 i.e.: Grissini Breadsticks or Melba Toast once weekly

TIP: If it's not on the List...Don't Eat it!

ROTATE FOOD CHOICES DAILY!

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

| | LUNCH | | | DINNER | | |
|--------------|----------|-----------------------|------------|----------|-----------------------|------------|
| | Protein | Fruit | Vegetables | Protein | Fruit | Vegetables |
| Day 1 | Chicken | Strawberries | Romaine | Seafood | Apple | Spinach |
| Day 2 | Red Meat | Grapefruit/ Orange | Onions | Chicken | Strawberries | Radishes |
| Day 3 | Seafood | Apple | Cucumbers | Red Meat | Grapefruit/ Orange | Tomato |

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



RE:DEFINE PHASE 2

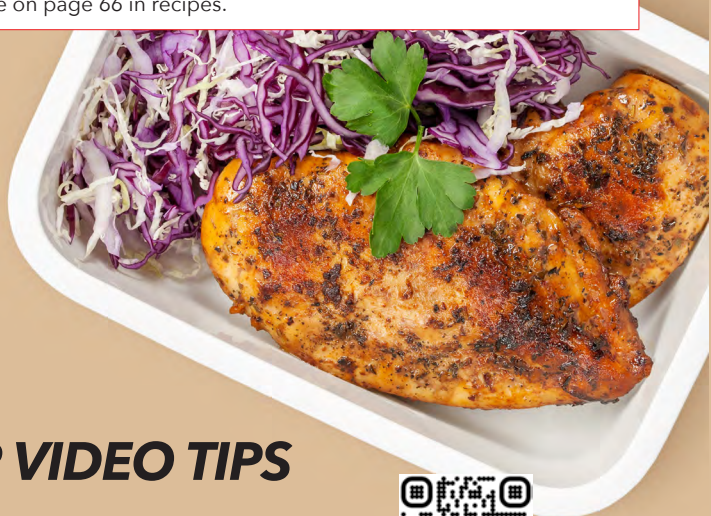
Meal Plan Preparations

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 | <ul style="list-style-type: none">• Water or Herbal Tea• Drink ½ gallon by lunchtime and the other ½ the rest of the day |
| Lunch | <ul style="list-style-type: none">• 100 grams of protein (raw weight) from list*• One serving of vegetable from list*• One serving of fruit from list* + |
| Dinner | <ul style="list-style-type: none">• 100 grams of protein (raw weight) from list*• One serving of vegetable from list*• One serving of fruit from list* + |
| Snack | <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• 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 66 in recipes. |



MEAL PREP VIDEO TIPS

Scan this QR Code to check out a Quick Video showing the many different delicious menu combinations you can make during PHASE 2



Phase 2 Recipes

Let's recreate this same rotation example using recipes from the Phase 2 Recipes, which can be found on page 63. Your meals should NOT be bland or boring. They should be full of flavor and satisfy both your hunger and taste buds.

Below is a simple example of how to create a delicious menu within the Phase 2 guidelines following a proper rotation.

| | LUNCH | | | DINNER | | |
|--------------|-----------------------------------|---|---|------------------------|-----------------------------------|------------------------|
| | Protein | Fruit | Vegetables | Protein | Fruit | Vegetables |
| Day 1 | Grilled Chicken Tenders Hot Wings | ½ Serving Strawberries Sliced - ½ 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

Proteins are the trickiest to prepare on the run. Do yourself a huge favor and prepare your proteins ahead of time. Create an easy assembly line; have a cutting board, scale, spices and method of cooking. Weigh them out, place them in the pan and season.

- Prepare all proteins for the full 30 days and freeze (grab and go)
- Prepare your proteins each week
- Prepare your proteins daily (most time consuming)

Storing Proteins

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.

Reheat Proteins

Reheated proteins will taste the very best when thawed naturally and then reheated as noted on the following page; 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 over the full 30 days or just over a pound per week.

RE:DEFINE PHASE 2

Tips for Success

To achieve the best results possible, make sure you understand the details of Phase 2 inside and out! Such as:

- Read the System Guide at least twice.
- Strictly follow the list of allowed foods. Understand how to prepare the food, the amounts to eat, and the times to eat.
- Take re:Lease Drops as directed: Start them during Phase 1: Loading.
- Take Supplements as directed: Start during Phase 2: Fat Burning & Detox.
- Complete the tasks in the Daily Tracking Journal on page 52.
- Keep an accurate journal so you'll know where to adjust if needed.
- Do your best to weigh yourself at the same time every morning and record it in your journal.
- Be certain to rotate your food choices. **Repeating the same food choices over and over will stall your weight loss.**
- Take before and progress photos of yourself. You'll be glad you did as an amazing reference later!
- Don't cheat! Cheating will cost you 3-5 days of weight loss results. It's simply not worth it.
- Read all food labels! If the ingredients aren't on the list...don't eat it!
- Avoid artificial sweeteners of all kinds. They have many side effects and are also known to increase appetite. Stevia is the preferred sweetener, but ensure the Stevia you are purchasing has no other sweeteners, such as sucrose or dextrose.



Has Your Weight Loss Stalled?

Overcoming an Extended Plateau with an Apple Day

An Apple Day will help your body to release water weight and help you return to daily weight loss. An Apple Day should only be followed if your weight has stalled and remains the same for **FOUR consecutive days or more**.

FYI, an Apple Day is not a solution to weight that has been gained from poor eating choices. It only helps release retained fluids. If you've gained weight because you weren't following the nutritional guidelines, an Apple Day is actually the **LAST** thing you should do.

How to 'Apple Day'

- Beginning at lunch, eat only apples until just before lunch the next day. Eat a maximum of six apples in those 24-hours. Don't eat or drink any additional foods or liquids except plain water that day. Drink only enough water to quench your thirst as needed. You should show a good release of weight the following morning. Begin again with the normal menu that next day. Your weight loss should resume as normal.



Stuck or stalled?

Don't struggle alone, reach out to your Coach, Check out the Video Library, or ask for some support in our Private Facebook Group!

RE:DEFINE PHASE 3

Stabilization

Days 31-59

Many people get nervous as they begin Phase 3. They feel safe with the structure of Phase 2 and don't want to mess things up. Don't worry! By shifting and following the new structure of Phase 3 you will learn how to live again in the real world of numerous food choices and still maintain your new lean, healthier body.*

Phase 3 Goals

Your goal is to stay within 2 pounds of your Phase 2 Final Goal weight (Day 32). If you gain over 2 pounds you must correct the weight gain IMMEDIATELY by doing a 'Steak and Apple Day' (see page 36). This will reset and stabilize your metabolism.

Phase 3 Purpose

There are two purposes here: 1) Tell your body, "This is our new weight." and 2) discover in real-time exactly what foods, amounts, and behaviors will best support long-term success. During Phase 3, your body rediscovers how to use food as primary energy sources again, this time more efficiently.

How Phase 3 Works

To stabilize and fully reset your metabolism, it's time to gradually introduce new foods **one at a time**. As you continue to track your daily progress, you'll learn quickly what your body needs to stay within 2 lbs of your final weight. Following this structure and adjusting when necessary will teach your body what it needs to maintain your new weight.

Phase 3 Daily Actions

- ✓ **Take Progress Photos (Front, Back, Side)**
- ✓ **Continue the Nutritional Supplements as Directed Follow Your Phase 3 Customized Meal Plan**
- ✓ **Continue Recording Your Weight First Thing Each Morning**
- ✓ **Continue Tracking/Journaling Your Journey Check In With Your re:Define Community**

*If you are not at your desired optimal weight yet, you can complete another session of the re:Define System AFTER completing Phases 3 & 4. These two final Phases are critical steps toward long-term healthy weight management.

STOP Taking re:Lease Drops Fat Burner & Detox Drops

- **DAY 31:** STOP taking re:Lease Drops and continue on the Phase 2 Meal Plan for 3 more days. You should still feel satisfied with your meal portions. Discard any remaining re:Lease Drops, as it does not store long-term once opened.
- **Day 32:** Circle your morning weight; this is your Final Weight for this re:Define session. Your goal is to maintain this weight with a margin of 2 pounds above or below for the long-term.
- **DAY 33:** You may have released more weight this morning, but DO NOT adjust your Final Weight.
- **DAY 34:** Begin the Phase 3 Meal Plan you've created from the new list of allowed foods based on your caloric needs.

It is normal to have fluctuations in your weight during the first week of Phase 3: Stabilization. Women, especially, tend to go over the two-pound limit at least once in the first 7-10 days. This can be normal. Gaining weight at this point can be emotionally stressful. Remember your body is continuing to adjust to your new nutritional lifestyle.

Exceptional Nutritional Wellness

Hopefully you've recognized the value of the Nutritional Supplements taken during Phase 2. These supplements will continue to be extremely beneficial as your body begins to adjust to a broader menu and more activity. We highly recommended continuing them through Phases 3 and 4.

This is a great time for you to learn more about how our exclusive, proprietary formulas can enhance your healthy lifestyle long-term. Get with the person who shared re:Define with you or visit redefinesystem.com to learn more.

RE:DEFINE PHASE 3

New List of Allowed Foods

Here is the list of foods you will be able to add to the foods you've already been eating during Phase 2.



| Proteins | Fresh Fruits | Vegetables | Dairy & Fats |
|-------------------|--------------|-----------------|--------------|
| Steak | Berries | Broccoli | Eggs |
| Turkey | Pineapple | Cauliflower | Milk |
| Dark Chicken Meat | Kiwi | Brussel Sprouts | Cheese |
| Salmon | Peaches | Squashes | Olive Oil |
| Tuna | Nectarines | Green Beans | Coconut Oil |
| Beef | Apricots | Bell Peppers | Butter |
| Buffalo | Plums | Leafy Greens | |
| Venison | Cherries | Lettuce | |
| Veal | Pomegranate | Cabbage | |
| Chicken Breast | Strawberries | Onions | |
| Fresh White Fish | Orange | Radishes | |
| Shrimp | Grapefruit | Tomato | |
| Lobster | Apple | Asparagus | |
| | | Celery | |
| | | Cucumber | |

List of Foods to Avoid

These foods should be avoided completely as they are higher in sugar and starch. Even though it's naturally occurring, it still impacts your insulin levels. You will begin adding these foods gradually in PHASE 4.

- **Vegetables:** Corn, Potatoes, Peas, Carrots, Jicama, Beets.
- **Fruits:** Grapes, Bananas, Melons, Fruit juices, Canned fruit, Dried fruit.
- **Breads and Grains:** Pasta, Breads, Rice, Beans, Legumes, Lentils
- **ANY & ALL SUGAR** as well as processed, canned foods!



Healthy Portion Sizes

As you begin customizing your Menu, be sure that you increase your protein size from what you've been eating in Phase 2. When looking at the Sample Menu, realize that your portion sizes should be determined by the amount of calories your body needs.

Follow these basic guidelines to get started customizing your Phase 3 Meal Plan:

Proteins

You should consume 2-3 servings of protein per day. Protein portion sizes should remain reasonable. A simple method of measuring your protein portions is to keep them approximately the size of a deck of cards or the palm of your hand. Your dinner plate should be about 10-20% protein and 80-90% vegetables at this time.

According to the Dietary Reference Intake report for macronutrients, a sedentary adult should consume 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. An average sedentary man weighing 200lbs should consume 72 grams of protein per day. An average

woman weighing 150 lbs, should eat about 54 grams. As the body cannot digest more than 30 grams of protein nutritionally in a single meal, do not exceed 90 grams per day.

Fruits & Vegetables

Continue to make vegetables the largest part of each meal. Don't get lazy now that you are consuming calories from other sources. Continue to eat 2 servings of fruit per day and stay the healthy course.

Fats

Eating healthy fats are nutritionally important to keep you hormonally balanced. How much fat you eat per day should be based on your calorie needs to stabilize your new weight. Here are a few examples of suggested daily fat ranges from on a moderate-fat diet, based on different calorie goals:

- 1,500 calories: about 58-67 grams of fat per day
- 2,000 calories: about 78-89 grams of fat per day
- 2,500 calories: about 97-111 grams of fat per day



New Daily Menu Basics

You'll be gradually adding variety to your daily menu as follows:

| | |
|------------------------|---|
| Week 1 | Your meals should remain fairly simple. These meals may look similar to Phase 2 except for increasing your portion sizes as explained below and meeting your individual caloric needs. |
| Week 2 | It's time to gradually begin introducing more varieties of food into your Meal Plan. We suggest adding one or two new items each day giving your body time to adjust. |
| Weeks 3 & 4 | Now that you're more comfortable with your new menu, try adding even more variety by trying some new recipes. You may discover you really enjoy foods you have never liked before. You will learn to adjust your menu by staying with your target weight. |
| Liquids | Continue to drink as close to one gallon of either water or herbal tea per day for best results. Coffee may be added at this time. |



Phase 3 Sample Menu

You can find more Sample Menus by scanning the QR code.



RE:DEFINE PHASE 3

Meal Plan Details

The Phase 3 menu contains a much broader variety of food choices and you'll even be able to mix your vegetables again! Did you find yourself craving a real salad during Phase 2? Now you can enjoy a real salad with real dressing! Get excited about the options in front of you.

As your menu options increase AND your goal is to maintain your new weight, this shift can be a little intimidating. Don't worry, we've created special tools to help you learn what your individual caloric needs are on the the following page.

5 Day Meal Plan Example

As you review this Sample Phase 3 Menu, you will see below that many meals are the same as you were eating on Phase 2. However, it is important to INCREASE THE PROTEIN SERVING SIZE AMOUNT. See information below regarding portion sizing as explained in detail on page 31.

| | Breakfast | Snack | Lunch | Snack | Dinner |
|-------|---------------------------------|-------------------------------------|--|-------------------------------------|---------------------------------|
| Day 1 | Small, 2 Egg Omelet w/ Veggies | Small Fruit, Nuts OR Low-Fat Cheese | Fantastic Baked Chicken, Seasoned Sliced Cucumbers | Small Fruit, Nuts OR Low-Fat Cheese | Beef & Cabbage Stir-Fry |
| Day 2 | Protein Shake w/ Fruit | Small Fruit, Nuts OR Low-Fat Cheese | Spinach salad w/ chicken, strawberries and steamed asparagus | Small Fruit, Nuts OR Low-Fat Cheese | Lettuce Wrap Burger |
| Day 3 | ¼ of Spinach & Cheddar Frittata | Small Fruit, Nuts OR Low-Fat Cheese | Beef Fajitas Green Salad | Small Fruit, Nuts OR Low-Fat Cheese | Steak, Chicken or Shrimp Kabobs |
| Day 4 | Small, 2 Egg Omelet of Choice | Small Fruit, Nuts OR Low-Fat Cheese | Chinese Chicken Salad | Small Fruit, Nuts OR Low-Fat Cheese | Grilled Tilapia and Asparagus |
| Day 5 | 2 Eggs Scrambled with Fruit | Small Fruit, Nuts OR Low-Fat Cheese | Sea Bass with Ginger & Scallions | Small Fruit, Nuts OR Low-Fat Cheese | Beef Fajitas Green Salad |



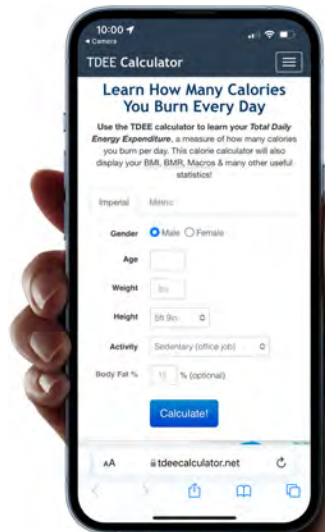
RE:DEFINE PHASE 3

Meal Plan Preparations

Before you begin customizing your Meal Plan, you will need to know how many calories you should be consuming each day to maintain your final weight. As this is very individualized, use the Total Daily Energy Expenditure calculator to measure how many calories you burn per day. Scan the QR code below or visit www.tdeecalculator.net, to see how many calories are suggested for you.

Knowing your daily caloric needs is a great start. Next is to determine the amount of each food group that will best support your body and your activity level. There are a multitude of different dietary styles that would be too extensive to include here.

As you create your Phase 3 Meal Plan, we'll provide you with the basic nutritional guidelines you should follow at this time. Once you begin following it, listen to your body and adjust the quantities until you find what works best for you. The redefinesystems.com resource library has additional nutritional resources.



Hydration

You should continue drinking as much water as you can. Continuing to drink a gallon daily offers many benefits. Water assists your body in continuing to flush fat and toxins, in addition to suppressing hunger. The body can't tell the difference between being dehydrated and being hungry; so keep drinking!

Know Your Body

During Stabilization you will have a rare opportunity to see exactly how your body responds to certain types of food. This is priceless information that will enable you to manage your weight long term. To gain this valuable insight, you must continue to journal throughout maintenance.

Customizing Your Meal Plan

Just as you did in Phase 1, it will be very helpful for you to chart the full nutritional facts of the foods you are eating each day. This exercise will help you to learn more about the nutritional makeup of each food group. As you learn more about the nutritional facts about your favorite foods, you'll be able to make healthy choices WITHOUT counting calories for life!

Don't be overwhelmed by all of this information, just get started creating your Meal Plan. Follow the example of the Sample Menu and adjust as you desire. Then look up the nutritional facts to determine the portion size that will best fit your current caloric needs. It's that simple....ok, it'll take work. But once you get the hang of it, you'll see it's just a game of creating delicious meals that provide you with tons of energy to maintain a healthy weight!

RE:DEFINE PHASE 3

Troubleshooting

Stabilizing Your New Weight

During Phase 3: Stabilization; your goal is to stay within 2 pounds of your Final Weight (measured on day 32). To maintain your new weight and reset long-term, you should NOT go over or under your Final Weight by more than 2 pounds. The first day you reach 2.2 pounds over, you need to immediately do a 'Steak and Apple Day'. If for some reason you can't do it immediately, then follow the alternative instructions.



Steak & 'Apple Day'

If you gain OVER 2lbs at any point during Stabilization and Phase 4: Maintenance, you must correct the weight gain immediately by having a 'Steak and Apple Day'. By strictly adhering to these directions, you should drop the extra weight overnight! Otherwise, the weight will not be lost or may take several days of strict dieting to correct the situation. This is imperative in resetting your metabolism to your new lower weight.

A Steak and Apple Day is a great tool to use even after you've completed the re:Define System. Anytime you have a sudden increase in weight and need to bring it back into alignment, follow these instructions.

How to Steak & Apple Day

Beginning at lunch, eat only apples until just before lunch the next day. Eat a maximum of six apples in those 24-hours. Don't eat or drink any additional foods or liquids except plain water that day. Drink only enough water to quench your thirst as needed. You should show a good release of weight the following morning. Begin again with the normal menu that next day. Your weight loss should resume as normal.

Skip breakfast and lunch, drinking plenty of fluids. For dinner eat a HUGE steak with only an apple OR a raw tomato. The amount of fat content in the steak doesn't matter, and any size of steak is fine.

Alternative

Another alternative to the Steak and Apple Day, although much slower and less reliable, is to revert back to the Phase 2 Meal Plan, increasing proteins to 150 grams; adding a basic breakfast if needed. The goal is to drop a little each day until you are back at the correct weight. Good luck!

RE:DEFINE PHASE 4

Maintenance

Days 60-88

Congratulations! It's time to begin maintaining your transformation success! If you are not at your desired optimal weight yet, you can complete another session of the re:Define System AFTER completing Phases 3 & 4. These two final Phases are critical steps toward long-term healthy weight management.

Phase 4 Goals

To complete your re:Define Program on a strong and a high note, staying within 2lbs of your day 32 weight.

Phase 4 Purpose

To prove that you earned all of the gratifying results from your commitment to Phases 1, 2, & 3. Phase 4 will propel you to a place where you will celebrate and confidently share your physical, emotional, and mental transformation.

How Phase 4 Works

With new healthier nutritional habits established, Phase 4 provides a realistic long-term blueprint of how you can sustain your optimal weight through clean cooking and eating routines. Reintroducing all foods back into your schedule during Phase 4 is the final step of stabilizing your new metabolism.

Phase 4 Daily Actions

Take Progress Photos (Front, Back, Side)

Continue the Nutritional Supplements as Directed

Create Your Meal Plan as Desired

Continuing Recording Your Weight And Journaling Is Very Beneficial As You Establish Healthy Eating Patterns

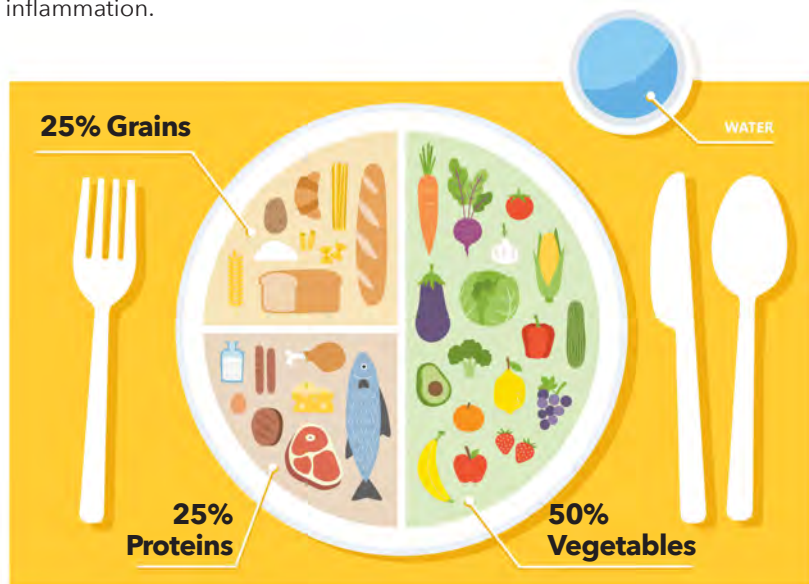
Check In With Your re:Define Support Team



RE:DEFINE PHASE 4

Meal Plan Details

Watch your weight as you add starches. Introduce them one at a time and keep notes in your journal. Many people have an intolerance to the gluten found in grains. Some common symptoms are bloating, weight gain, depression and inflammation.



Protein

Avoid consuming excessive amounts of fatty animal proteins. While you can add in and enjoy all meats at this time, learning the nutritional facts of different types and cuts of meat can help you make wiser choices from day to day.

Grains

Whole grains contain all the vital nutrients of the grain, providing you with many essential vitamins and minerals. You will need to read the ingredient list on all packages. Do not trust the advertised label. If it says 'enriched' it's not a whole grain!

Starches

Starchy foods react in the body just like sugar; therefore, should be eaten in moderation. They should total about 15-20% of the content of your plate.

Sugars

Processed and refined sugars should always be avoided in your daily diet. It should be saved for special occasions. Natural forms of sugar will always be best. Only 25 grams of sugar is recommended daily. This includes fructose which is naturally occurring in fruit.

Long-Term Maintenance

Here are a few important things to understand about the basics of good nutrition that can help you as you plan your meals in the future for maintaining your goal weight:

- Eat foods in their most natural form just as you have been doing during Phase 2: Fat Burning. This means avoiding processed foods as much as possible. Note that prepackaged foods generally contain added sugars, fillers, and chemical preservatives.
- Eat a balance of protein, fruits, vegetables, and healthy fats at each meal. Making sure each meal has one of each will make balanced eating much easier.
- Keep simple carbohydrates like bread, pasta, and sugars as a treat rather than the majority of the meal. This applies to after the first three weeks of Maintenance. Follow the plan as outlined regarding the adding of carbohydrates.
- Read labels and watch for artificial ingredients. Make it fresh. Learn to make simple healthy meals. MSG or Mono-sodium Glutamate is a flavor enhancer that is highly addictive, increases hunger and has many negative side effects.

Meal Plan Preparations

You are encouraged to continue using these detailed Meal Planners for the first few weeks of Maintenance as you allow your body to adjust to adding grains, breads, and sugars.

RE:DEFINE PHASE 4

Troubleshooting

Don't be fooled into being lazy with MAINTENANCE! You can create a lot of frustration while attempting to maintain your weight if you don't stay focused. Sometimes it's easy to relax and not follow the guidelines precisely. One mean trick your body will play on you is that it will pretend like cheating isn't affecting you, until a few days later. Perhaps you decide to cheat a little by eating some forbidden sugar or carbohydrates in the first 3 weeks, and you DON'T gain any weight...at first.

Sometimes your body can trick you into a false sense of security, and you begin by eating things not on the list with no apparent setbacks. However, you will suddenly gain 3 pounds one day when you wake up! A 'Steak and Apple Day' may not be enough to fix it this time. The only way we know to get back is to do a 'Steak and Apple Day' followed by several days of following the plan from the first week of MAINTENANCE until you are back at your previous goal weight.

Your long-term success begins with Stabilization and Maintenance. It is as important as the first two phases. Whatever caused you to gain your weight before your transformation can happen again if you do not follow the guidelines and make healthier choices.

You can gain your weight back or you can keep it off. When you choose to follow Phase 4: Maintenance, you will be amazed at the amount and types of foods that you can eat and enjoy while also maintaining your new weight - no more being frustrated over the holidays or after vacation.

You now have the tools to manage and maintain your weight for life. Simply keep track of your weight regularly and if you go over your goal weight, address it immediately.



RE:DEFINE PHASE 1

Modifications

Special considerations must be made for those with the following circumstances:

Gastric Bypass, Lap-Band®, or Any Other Abdominal Restrictive Procedure:

- Load for a minimum of 5 Days. Try to meet the daily calorie and fat requirements by at least 50% (4,000-5,000 calories & 150 grams of fat)
- Loading in this manner generally doesn't trigger the 5lb gain. Move to Phase 2 on Day 6 regardless of your weight.
- You may need to be extra creative with your Meal Plan to find foods that contain the highest possible fat and calories per serving.
- If you have any concerns, contact your physician.

Gallbladder or other Digestive Issues:

- Create your Phase 1 Meal Plan by doing your best to avoid the foods you know cause you the most trouble.
- Digestive Enzymes may help.
- It may be easier for you to Load for 3 days instead.
- If you have any concerns, contact your physician.

Diet or Restrictive Weight Loss:

If you frequently diet OR have recently been on any other restrictive weight loss program within the past six months, then your body may need additional load days. Think carefully about this. If your body has been in a "starvation" state, which includes excessive meal skipping, additional Load days may benefit you greatly.

- With frequent dietary restrictions, the body's normal fat reserves tend to be quite low, so you will need a couple of extra days of loading to replenish to healthier levels.
- We recommend Loading for 3-5 days depending on how well you can meet the daily goal of 8,000-10,000 calories and 300 grams of fat.
- Make sure to add balanced, whole foods when creating your Phase 1: Loading Meal Plan as you may be extra depleted.

Alternative Options

Here is an example of a Vegetarian Loading Menu that meets the Loading nutritional minimums.

| | Day 1 | Fat | Calories | Day 2 | Fat | Calories |
|------------------|--|---------------|---------------|---|-------------|---------------|
| Breakfast | 3 Slices Avocado Toast with Sunflower seeds, 2 Cups Hash Browns cooked in 4 TBSP Butter or Olive Oil | 98.5g | 1,444 | Yogurt Smoothie, MCT Oil | 65g | 1241 |
| Snack | Strawberries & Cream with ½ Cup Granola | 100g | 1,000+ | 7oz Bag Coconut Chips | 130g | 1,200 |
| Lunch | Mediterranean Marinated Vegetable with Olive Oil | 93g | 2,100 | Veggie Cheese Burger, with Fries | 100g | 1,450 |
| Snack | 2 Cups Chocolate Coconut Milk | 144g | 1,440 | Chocolate Molten Lava Cake with Ice cream | 50g | 1,200 |
| Dinner | 3 Cheese Enchiladas w/ Guacamole & Sour Cream, Side of Refried Beans, Rice, Chips & Salsa | 137.6g | 2,437 | 4 Slices Cheese Pizza | 132g | 3,152 |
| Snack | 2 Ice Cream Bars | 42g | 560 | One Pint Peanut Butter Cup Ice Cream | 104g | 1,480 |
| Last Meal | ¾ Cup Peanut Butter with Apple Slices | 130g | 1,580 | 2 Chicken Pot Pie | 96g | 1,480 |
| Totals | | 784.6g | 10,774 | | 676g | 11,203 |

| | | | | |
|-----------------------------------|--------------|----------|--------|--------|
| SAMPLE MENU LOADING TOTALS | 8,814g | 374.6g | 721.5g | 248.3g |
| DAILY LOADING GOAL TOTALS | 8,000-12,000 | 300-600g | >500g | >90g |

RE:DEFINE PHASE 2

Modifications

Plant-Based Protein Alternatives

Vegetarians, vegans, and pescatarians have enjoyed great success with the re:Define System. Although the average weight loss during Phase 2 is about 50% of meat-eaters, they are still thrilled with their results. The average weight loss in this category is about 12-15 pounds in 30 days.

The reason for the lower weight loss is that most traditional plant-based protein sources have a higher calorie vs protein ratio per serving than animal protein. They tend to be:

1. Higher in fat
2. Higher in carbohydrates
3. Are a grain, seed, or a starch
4. Many also contain processed fillers

You'll need to determine which plant-based protein best supports your needs. Below are the nutritional facts for the list of allowed proteins. The closer you come to meeting these values, the more you will burn and the more energy you'll experience.

Nutritional Content Of Allowed Animal Proteins

| Type, Amount | Calories | Protein (g) | Fat (g) | Carb (g) |
|--|----------|-------------|---------|----------|
| Red Meat, 100g (75g cooked) | 145 | 21.9 | 5.7 | 0 |
| Chicken Breast/Tender, 100g (75g cooked) | 98 | 23.5 | 0 | 0 |
| Tilapia, 100g (75g cooked) | 98 | 20.1 | 1.7 | 0 |
| Halibut | 110 | 20.8 | 2.3 | 0 |
| Cod, 100g (75g cooked) | 82 | 17.8 | .7 | 0 |
| Shrimp, 100g (75g cooked) | 106 | 20.3 | 1.7 | .9 |
| Lobster, 100g (75g cooked) | 90 | 18.8 | .9 | .5 |

For optimal weight loss during Phase 2, each day, you'll need to consume a minimum of 45 grams of protein without exceeding 300 calories. Optimal protein recommendations per meal are:

1. Minimum of 15-21g of protein per meal to protect muscle. (3rd serving may need to be added to meet the 45g minimum)
2. Calories need to stay between 100 - 140
3. Less than 5g of Fat AND less than 5g of Carbohydrates

Here's a list of vegetables that are often suggested as a Protein Substitute:

Notice the amount that must be consumed for such little protein. Very low protein to calorie ratio. Important to note, these items are NOT on the allowed vegetable list. By choosing these, you're creating 2 negatives without a true positive!

| Type, Amount | Calories | Protein (g) | Fat (g) | Carb (g) |
|--------------------------------|----------|-------------|---------|----------|
| Broccoli, 4 Cups Chopped | 155 | 12.8 | 1.7 | 30.2 |
| Edamame, ½ Cup Shelled | 151 | 11.9 | 1.1 | 31.5 |
| Artichokes, 2.5 Cups | 188 | 16.6 | 8.7 | 14.1 |
| Snow Peas, 6 Cups | 147 | 10.6 | 0.8 | 28.5 |
| Green Peas, 1.3 Cup | 153 | 10.2 | 0.8 | 27.3 |
| White Mushrooms, 6 Cups Sliced | 92 | 13 | 1.4 | 13.8 |

We have found the very best way to meet these nutritional standards is by using a Protein Powder that also meets your personal preferences.

| Type, Amount | Calories | Protein (g) | Fat (g) | Carb (g) |
|---|----------|-------------|---------|----------|
| Kyani Origin Protein Powder | 160 | 20 | 4 | 10 |
| Spinach, 1 lb | 122 | 15 | 2 | 19 |
| 1 Egg, 3 Egg Whites | 123 | 17 | 5 | 0 |
| Nutritional Yeast 30g, (Approx 3 Rounded TBSP) | 117 | 17 | 0 | 14 |
| Tofu, 6oz | 129 | 13 | 8.1 | 3.2 |
| Tempeh, 2.5oz | 137 | 13.1 | 7.7 | 6.7 |

HIGH-LEVEL ATHLETE Modifications

Competitive athletes use a lot of energy and burn a lot of calories during training and sporting activities. Because of this it's important to find a balance between appropriate nutrition portion sizing and maintaining your desired physical conditioning and body type.

For competitive athletes, we recommend studying the re:Define System Guide thoroughly and then use the modification options below to achieve your re:Define goals and sustain your desired physical fitness.

Athlete Protein Requirements

To accurately calculate your protein requirements, you must have your body fat percentage, which can be obtained through most gyms, personal trainers, or even advanced digital scales. The formula below is to help you find the weight of your lean body mass (LBM), which will provide you with your daily protein requirement.

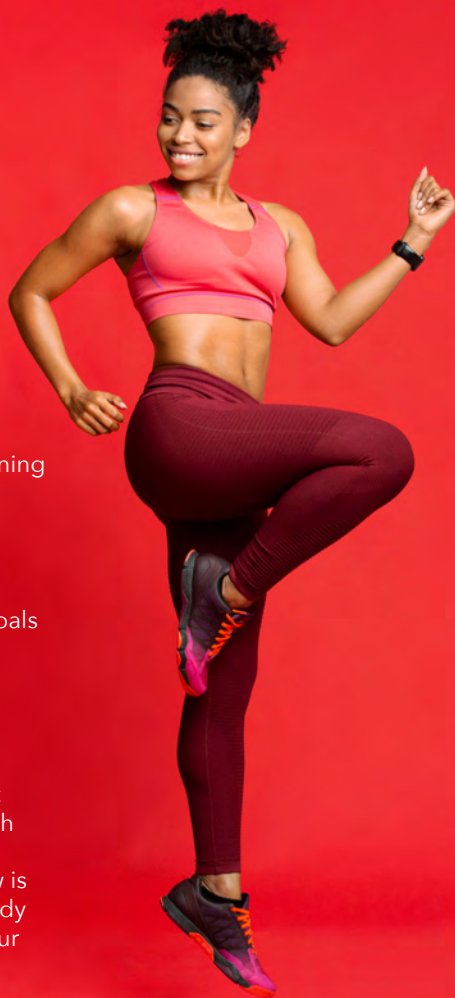
1. Current Weight _____ x Body Fat % _____ = _____ Lbs. of Fat

2. Current Weight _____ - Lbs. of Fat _____ = _____ LBM

3. LBM _____ x Need Factor # _____ = _____ **Grams Protein**

For example, if your current weight is 200 lbs and your Body Fat Percentage is 20%, then:

- 200 x .20 (20%) = 40 Lbs. of Fat
- 200 - 40 = 160 LBM
- 160 x .7 Need Factor (see pg. 46) = **112 Grams of Protein**



Athlete Need Factors

- **0.5** - sedentary, no sports or training
- **0.6** - jogger or light fitness training
- **0.7** - sports participation or moderate training 3 x week
- **0.8** - moderate daily weight training or aerobic training
- **0.9** - heavy weight training daily
- **1.0** - heavy weight training daily plus sports training or '2-a-day' training

All of the above will need to be taken into consideration when creating your modifications. The steps below will give you a solid foundation to build from.

If you begin to feel weaker as you progress through your re:Define or begin to feel an increased lack of energy you will need to make additional modifications as found in the re:Define System Guide on page 20 under the heading 'Monitoring Weight Loss'.

After you eat lunch and dinner you should be able to go at least 2-3 hours before feeling hungry again. If you are hungry within an hour after you eat, truly stomach growling hungry, then increase your re:Lease Drops as described on page 20.

These 4 Steps must be followed in their specific order for maximum results.

Step 1: Add Protein Shakes

- **Breakfast:** If fruit is not enough for breakfast to satisfy you until lunch, add a protein shake. If you are stomach hungry, light-headed, or have a serious headache, add a protein shake (20-30 grams of protein). The amount needed will be dictated based on the 'Need Factors' listed above. Typically, use the same amount of protein you were using before starting the system, and remember your protein supplement should not have any added sugars or starches.
- **Add a Post Workout Shake:** This should be done only on weight training days or long-duration high-intensity cardio days. Adding another protein shake will help your body to recover faster and more efficiently. One reason you may be hungry may be due to the lack of 'volume' of foods you are eating. To make a high volume shake, add the ingredients below into a blender:
 - 1 scoop of protein powder (20-30 grams of protein, we suggest Kyani FIT2O or Origin Protein Powder.
 - 2 cups of ice-cold water
 - 1 cup of frozen strawberries OR 1 cup of fresh strawberries and 1-2 cups of ice

Step 2: Increase Portion Size

- **Proteins:** Start with the 100 grams as listed in the Phase 2 Meal Plan. However, if you're experiencing intense hunger within an hour after eating and you've already increased your re:Lease Dropss as described on page 20, then also increase your protein to 150 grams. If after a couple of days you are still hungry within an hour after eating, increase the protein to 200 grams each meal.
- **Vegetables:** At this time you can increase your vegetable serving size. You cannot overeat in the veggies category. Eat all you want of the approved veggies from the list using the recipes provided.
- **Fruit:** Depending on your body fat percentage and exercise intensity and type, you may need more carbs, so start by eating larger-sized apples, oranges, grapefruits and a large handful of strawberries. Don't worry about weighing them if you are exercising at a high-intensity level because you will burn it off and then some.

Melba Toast™ and Wasa™ Crackers

- Eat these crackers with your lunch and dinner OR as a snack between meals. Eat 2-3 pieces of Melba Toast™ or 1-2 Wasa™ crackers per day. This will give you a few added carbs that work on this program without hindering the fat loss. Women should add this step in slowly and with caution to see how your weight responds. If your weight loss slows, decide what is more important...a snack or the fat burn?

Increase Water Consumption

- Drink 1.5-2 gallons of water. The more water you drink during this program, the better you will do. As you know, everyone who is doing the re:Define System needs to drink a gallon of water daily. Therefore, you should be doing this gallon and then some even if you're exercising at your normal intensity.

These modifications are intended for high-level, competitive athletes only. This is a very aggressive modification and if used inappropriately, it will completely stop your re:Define Progress.

CLEANSE ONLY

Modifications

How to modify the re:Define System for those with very little, if any, abnormally stored fat. This is for those that are following the re:Define System specifically for a total mind, body, spirit transformation and detoxification.

1. Follow Phase 1 exactly as written, or by following one of the Phase 1 Modifications. Track everything in the Journal.
2. Follow Phase 2 exactly as written until you release the Loading weight as well as any additional abnormally stored body fat.
3. Your appetite will begin to increase significantly as your body fat becomes less and less available.
4. Gradually begin increasing portion sizes from the LIST OF ALLOWED FOODS or any modified one you are following.
 - As hunger increases, you may also need to begin adding a 3rd meal. You may add eggs to the protein list (3 whites and 1 whole egg)
 - Continue to increase or decrease based on your daily weight
5. The re:Lease Drops are not an appetite suppressant. Their properties allow body fat to be converted readily to fuel. If you have no excess body fat, under normal circumstances, your appetite should return with a vengeance. Increase portions until hunger eases and weight is maintained.
6. Stay on Phase 2 until day 23, then you may proceed to Phase 3 with confidence.



TRAVELING / EATING OUT

Modifications

Traveling while on Phase 2 can be difficult, but there are many viable options available to help you remain in control of your meals. Traveling during the re:Define Program requires planning!

It is NOT recommended to eat out during Phase 2. Eating out removes your control of measurements and how the food is prepared. If you must eat out due to circumstances beyond your control, the suggestions below will help you make the best choices possible.



Before you even set foot in a restaurant, it helps to recommit yourself emotionally.

If possible, choose a restaurant that makes their food from scratch as opposed to a chain restaurant that uses pre-seasoned food from their suppliers. This prevents the chef from preparing meals with added sugar or fats.

Compare the menu with the 'List Of Allowed Foods' in this guide to see what will work best, and be sure to ask the server for suggestions. Most people will think you're a knowledgeable health expert and start excusing the way they eat!

Eating Out Tips

- Caesar salad with grilled chicken: Request NO croutons, cheese or dressing. Lemon wedges, vinegar or fresh salsa are delicious as a dressing!
- Fresh salsa can be used as your vegetable OR fruit. This makes a great salad option.
- Child's plate hamburger with a side salad or allowed vegetable. Ask for no bun and extra veggies. Mustard may be used.
- Grilled white fish, cooked dry, no added seasonings, NO rice on the plate and add a side salad. Ask for extra lemon wedges and/or salsa.
- Order meats cooked dry, with NO oil or sugar.
- Specific fresh fruits are not readily available at most restaurants. If you desire to have fruit with your meal, we suggest you bring your own or eat the fruit as a pre-meal snack or after you're finished dining.
- Steamed broccoli dry (meaning with no butter). Although not on the list of allowed foods, this is an acceptable alternative on a rare occasion.

EMERGENCY PAUSE DURING PROGRAM

Should you have an emergency that prevents you from sticking to the system guidelines, there is another alternative that can be considered as a last resort. This alternative works best if you have been on the system for at least 20 days and the interruption is less than 14 days.

Move to Step 3 three days before your event. AS SOON as you return from your travels, immediately resume Step 2: Fat Burning where you let oand finish your system as outlined.

