

PRINT THIS WORKSHEET FIRST

PHASE 1: LOADING MEAL PLAN INSTRUCTIONS

As you've heard, THE BETTER YOU LOAD, THE MORE YOU WILL BURN!! How you feel during the entire re:Lease Program, as well as your overall success, all START HERE. Put in the effort now for great rewards not only in the days and weeks ahead, but long-term as well.

Don't let the task of creating your Menus overwhelm you. We've simplified this critical step by creating these worksheets as well as providing a Sample Loading Menu that's completely done for you. You can choose to follow this exactly, make adjustments, OR make your own using the sheets provided.

Additional Sample Loading Menus can be found in the Resource Library on the website that include healthier loading suggestions, Vegan and Vegetarian style Menus.

If you have a medical reason that you cannot Load as explained here, please refer to the PHASE 1 Modifications in the re:Define System Guide under MODIFICATIONS.

CREATING YOUR MENU

1. Review the SAMPLE MENU. Pay attention to the Nutritional Facts listed.
2. Will you follow the Sample as is, modify or create your own?
3. To Modify or Customize, using the forms provided and make a list of foods you prefer.
4. Fill in ALL the NUTRITIONAL FACTS as shown on the Sample Menu to the sheet from any online resource such as www.calorieking.com or an APP such as My Fitness Pal.
5. Create your complete Meal Plan using the information you've gathered **making sure** your menu meets the minimum nutritional criteria EACH DAY.*

RECOMMENDED DAILY NUTRITIONAL VALUES FOR OPTIMAL LOADING

Each day of Loading you are strongly encouraged to consume these amounts:

- ***6,000 + calories***
- ***300 grams of Fat***
- ***90 grams of Protein***
- ***500 grams of Complex Carbohydrates such as vegetables or Grains***
- ***Caution should be taken with Sugar Intake. Pay attention and carefully consider how much you add. Simple sugars lower your immune system, increase fatigue, irritability and inflammation.***

LOAD LIKE YOU MEAN IT!

Here's lists of high fat, high calorie foods that are perfect for Loading. You are not limited to this list, it's simply provided to get you started. HINT: Loading doesn't have to be with Junk Food! As long as you reach the Required Nutritional amounts, you can Load with HEALTHIER, CLEANER foods as shown below.

SUGGESTED LOADING FOODS:

- Meat and Cheese Omelets
- Bacon and Sausage
- Biscuits & Sausage Gravy
- Double Bacon Cheese Burgers
- 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, Frito's
- Double Stuffed Cookies
- Chocolate Treats
- Cheese Cake
- Peanut Butter anything!

CLEANER 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

MY FAVORITE FOODS:

SAMPLE: PHASE 1 MEAL PLANNER

Instructions: Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
4 Large Scrambled Eggs, 1 Tsp. Milk and 1 Tbsp. Butter	393	30	3	27
2 Slices Whole Wheat Toast with 2 Tbsp. Butter	150	27	27	6.7
6 Slices Thick Bacon	366	28.3	1	28.3
1 Cup Hashbrowns	613	38.1	63.7	7.2
TOTAL	1522	123.4	94.7	69.2
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Strawberries and Cream - 16 Oz. Fresh Strawberries Sliced	145	1.4	34.8	3
- 1 Cup Heavy Cream	819	87.9	6.6	4.9
- 4 Tbs. Sweetened Condensed Milk	240	3	46	6
TOTAL	1204	92.3	87.4	13.9
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Double Cheeseburger (In and Out)	670	41	39	37
French Fries	395	18	54	7
XL Coke (32 oz)	373	0	103.9	0
TOTAL	1438	59	196.9	44
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Kirkland Ice Cream Bars X2	560	42	44	8
TOTAL	560	42	44	8
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
Chili's TM Quesadilla Explosion Salad	1340	87	82	58
Chocolate Molten Lava Cake with Ice Cream	1170	59	155	12
TOTAL	2510	146	237	70
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
EVENING SNACK	CAL-ORIES	FAT (g)	CARBS (g)	PROTIEN (g)
1 Large Apple Sliced	117	0.2	28.2	0.5
3/4 Cup Peanut Butter	999	57.7	33.3	42.7
TOTAL	1580	57.9	61.5	43.2
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
LOADING TOTAL NUTRITION CONSUMED:	8814	374.6	721.5	248.3
MY DAILY LOADING NUTRION GOALS:	8,000 - 12,000	300 - 600	< 500	< 200

ADDITIONAL MENUS MAY BE FOUND IN RESOURCE LIBRARY

PHASE 1 MEAL PLANNER

Instructions: Add the nutritional information for each food item you list; then calculate the meals total for each column. Add additional food items until the recommended nutrition value is met.

BREAKFAST	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
AM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
LUNCH	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
PM SNACK	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
DINNER	CALORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
EVENING SNACK	CAL-ORIES	FAT (g)	CARBS (g)	PROTIEN (g)
TOTAL				
NUTRITION GOAL TOTALS	1,500 - 2,000	100	100	30
LOADING TOTAL NUTRITION CONSUMED:				
MY DAILY LOADING NUTRION GOALS:	8,000 - 12,000	300 - 600	< 500	< 200

PHASE 1: FAT LOADING GROCERY LIST

PROTIEN	DAIRY	FROZEN
BREADS	PASTA	CANDY
FRUITS	VEGGIES	MISC.