

Smart Proteins

Protein is essential for weight loss since it helps build muscle.*



Recommended Serving Size:
Palm-size portion

Smart Carbs

Carbohydrates are vital for energy.*



Recommended Serving Size:
Fist-size portion

Smart Vegetables

Vegetables fortify your body with vitamins, minerals and fiber.*



Recommended Serving Size:
Two fist-size portions

Smart Fats

Healthy fats help keep you feeling full longer.*



Recommended Serving Size:
Thumb-size portion

<p>Dairy Cottage cheese (<i>low fat</i>) Eggs Egg substitutes Greek yogurt (<i>nonfat plain</i>) Yogurt (<i>low carb/high protein</i>)</p> <p>Poultry Chicken Duck breast Ostrich Turkey breast (<i>low sodium</i>)</p> <p>Red Meat Beef (<i>lean cuts</i>) Buffalo (<i>ground</i>) Elk Roast beef (<i>low-sodium deli</i>) Venison</p> <p>Seafood Catfish Clams Cod Crab Halibut Lobster Mussels Salmon Scallops Shrimp Snapper Tilapia Trout Tuna</p> <p>Vegetable Protein Tempeh Texturized Vegetable Protein (<i>TVP</i>) Tofu</p> <p>White Meat Pork (<i>lean</i>)</p>	<p>Dairy Milk (<i>1% or skim</i>) Yogurt (<i>low fat</i>) with fruit</p> <p>Bread Corn tortillas Whole grain breads Whole grain English muffins Whole grain tortillas</p> <p>Fruit Apples (<i>p</i>) Apricots (<i>p</i>) Bananas (<i>p</i>) Berries (<i>p</i>) Grapes (<i>p</i>) Kiwi Melons Oranges Tangerines Peaches (<i>p</i>) Nectarines (<i>p</i>) Pears (<i>p</i>) Pineapple Plums (<i>p</i>)</p> <p>Grain Amaranth Barley Bran cereals Buckwheat Corn Couscous Long grain brown rice Oatmeal (<i>old fashioned or steel cut</i>) Popcorn Quinoa Spelt Whole grain cereals Wild rice</p> <p>Pasta Brown rice pasta Whole grain pasta</p> <p>Root Vegetables Potatoes (<i>russet, red, gold; small 1-1/2" diameter</i>) Sweet potatoes/yams (<i>small 2" diameter, 4" long</i>)</p> <p>Legumes Beans (<i>boiled or low-sodium canned</i>) Edamame Lentils (<i>boiled or low-sodium canned</i>) Peas Soy Milk</p>	<p>Artichokes Arugula Asparagus Beets Bok Choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Collard greens Cucumber Endive Eggplant Green beans Kale Lettuce Mixed greens Mushrooms Mustard greens Okra Onions Peppers Radicchios Radishes Rhubarb Romaine Rutabaga Snow peas Spinach Sprouts Squash Tomatoes Turnips Zucchini</p>	<p>Dairy Cheese (<i>low fat</i>) Feta cheese Heavy cream Mozzarella (<i>low fat</i>)</p> <p>Dressings Balsamic vinaigrette Creamy salad dressing (<i>low fat</i>) Mayonnaise (<i>regular</i>)</p> <p>Fruit Avocado Olives (<i>large</i>)</p> <p>Nuts & Seeds Almond butter (<i>with salt</i>) Almonds (<i>raw, whole</i>) Peanut butter (<i>natural, with salt</i>) Peanuts (<i>raw, chopped</i>) Pecans (<i>raw, chopped</i>) Pumpkin seeds Sesame butter/tahini Sunflower seeds Soy nuts (<i>roasted, lightly salted</i>) Walnuts (<i>raw, chopped</i>)</p> <p>Oils Canola oil Fish oil Flaxseed oil Olive oil Safflower oil</p>
		<p>Smart Beverages Water, almond milk, tea, brewed coffee with non-caloric sweeteners (if desired). Limit specialty coffees, creamers and sugars as they are a source of refined carbohydrates.</p> <p>Smart Condiments Vinaigrettes, barbeque and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice can be used sparingly.</p>	

(p) = preferred fruit

*These products are not intended to diagnose, treat, cure or prevent any disease.

Weeks 1 to 3 (of each 4-week cycle)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LOW CARB	LOW CARB	HIGH CARB	LOW CARB	LOW CARB	HIGH CARB	GUILT FREE

Week 4 (of each 4-week cycle)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HIGH CARB	GUILT FREE					

Low-Carb Days

Purpose: To help enhance your body's burning potential*

- **2 Bod•ē Burn daily** (one within 30 minutes of waking and one when desired)
- **1 Bod•ē Cleanse daily** (take for seven consecutive days at least once a month or a 7-day cycle every other week for a deeper cleanse)
- **1 Bod•ē Rest daily** (take 30-to-60 minutes before bedtime to maximize results)
- **First meal that consists of:** One serving of smart protein, one serving of smart carbs and unlimited smart veggies
- **Remaining 4 meals that consist of:** One serving of smart protein, one serving of smart fats and unlimited smart veggies (spaced out every 3 hours)

High-Carb Days

Purpose: To help boost your body's metabolism into high gear.* Now, a high-carb day doesn't mean a free pass to the pasta bar; eat a balanced serving of smart carbs with protein and veggies to keep your body revved.*

- **2 Bod•ē Burn daily** (one within 30 minutes of waking and one when desired)
- **1 Bod•ē Cleanse daily** (take for seven consecutive days at least once a month or a 7-day cycle every other week for a deeper cleanse)
- **1 Bod•ē Rest daily** (take 30-to-60 minutes before bedtime to maximize results)
- **5 meals that consist of:** One serving of smart protein, one serving of smart carbs and unlimited smart veggies (spaced out every 3 hours)

Guilt-Free Day

Purpose: To reward yourself by indulging with foods you crave for one full day, on the last day of every carb cycle. Take 1 Bod•ē Burn within 30 minutes of waking; then, eat what you want (without going over-the-top) and enjoy this day because it actually helps keep your body from adapting! The emotional side of eating can be powerful and this enables you to enjoy life's occasions, such as birthdays, holidays and special events.

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