Daily Nutrition Checklist Day 43 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt	Oatmeal High fiber cereal
		Cottage cheese Protein shake	Veggies Skim milk
Snack	Time:	Choose 1	
	•	Nuts	Veggies & Hummi
		Fruit Cottage cheese	High fiber cracker Protein shake
		Low sugar yogurt	Low fat cheese
Lunah		Chance 2	
Lunch	Time:	Choose 2	Colod/ Veggies
		Cold cuts	Salad/ Veggies High fiber wrap
		Fish	Brown rice
		Lean beef	Beans or Chick p
Snack	Time:	Choose 1	
		Nuts	Veggies & Humm
		Fruit	High fiber cracker
		Cottage cheese	Protein shake Low fat cheese
		Low sugar yogurt	Low lat cheese
Dinner	Time:	Choose 2	
		Ground turkey	Salad
		Chicken Fish	Veggies Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1	
Optional		Sugar free fudgesicle	e Veggies & Humm
•		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		Sugar free Jell-O	
		8-10 Glasse	s of Water
How Did You I			
	d drank 8 glasses of water	!	
I only ate the foods on	my Phase 2 Checklist!		
I found it to f	ollow today's meal plan, a	nd/but I'm ready for to	morrow!

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Deadlift-Curl-Press - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

<u> Start&Finish Midpoint</u>







Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				



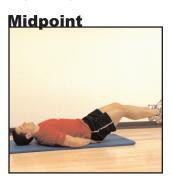
Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells by your sides and squat sitting backwards. As you begin to stand, curl the weight up using your biceps. Next, transition from your curl into an overhead press keeping the weights above your shoulders. Reverse the process and repeat.

Reverse Crunch - Complete reps to failure. Rest 20 seconds.

<u>Start&Finish</u>





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip



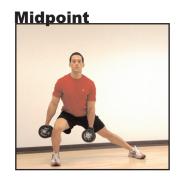
Keep your shoulders and hips touching the ground the whole set. Make sure not to let your lower back arch up in the air!

How To: Maintain a flat back by keeping your hands flat under your hips. Keep your shoulders & hips in contact with the ground throughout the set. Pull your knees into your abs & then slowly extend your legs without arching your back. Pull back in & repeat.

Dumbbell Lateral Lunges - Complete 15 reps on each side. Rest 60 seconds.

Start&Finish





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

<u>abral's Tip</u>



Keep the weight on the heel of the foot that is luging to the side! Allow the opposite leg to stay straight and stretch.

How To: Holding the dumbbells by your sides, lunge to only one side keeping your feet in alignment. The weights will now move to each side of the leg that you just lunged out with. Keep the weight on the heel of that foot and push back standing up straight.

Daily Nutrition Checklist Day 44 - Phase 2

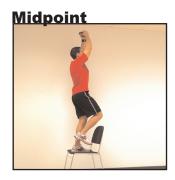
Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit	High fiber crackers Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
L			
Lunch	Time:	Choose 2	Colod/ Vaggina
		Chicken Cold cuts	Salad/ Veggies High fiber wrap
		Fish	Brown rice
		Lean beef	Beans or Chick pe
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummu
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner		Choose 2	 1 □
Diffice	Time:	Ground turkey	Salad
		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Hummi
		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		3.3	
		8-10 Glasses	of Water
How Did You I	Do Today?		
i ale o illeais louay allo	d drank 8 glasses of water!		
I only ate the foods on	DI 0.01 111 11		

Fatlossity Workouts® **Day 44**

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Step-Up with Plate Press - Complete 10 reps on each. Rest 20 seconds.

Start&Finish



Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

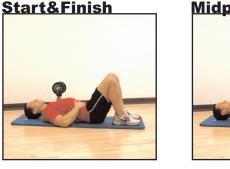
<u>Cabral's Tip</u>

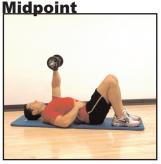


Keep your weight on the hip that is raised up. Step up using those hip muscles! The other leg is used only for balance.

How To: Hold a weight in front of your chest with one leg up and planted on a step that is about knee high. Push through the heel of the foot that is up on the step and stand all the way up straight while pressing the weight above your head. Repeat 10x - switch.

Dumbbell 1 Arm Chest Press - Complete 15 reps on each side. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

<u>Cabral's Tip</u>



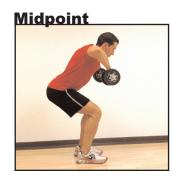
Keep your shoulders pulled back and maintain a flat back. Do not arch your low back or lock out your elbow at the top!

How To: Lying on your back, hold 1 dumbbell with your palms facing away from your body. Keep your back and shoulders touching the floor as you press the weight over your chest. Lower the weights slowly until the back of your arms just touch the ground.

Dumbbell Bent Over High Pulls - Complete 15 reps lasting 40 seconds. Rest 60 seconds.

Start&Finish





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip



Keep your shoulders pulled back and maintain a flat back. Do not lock out your elbow at the bottom!

How To: Hold dumbbells with your palms facing your body. Sit back with your hips into a shallow squat allowing the weights to rest by your knees. Squeeze your shoulder blades together and pull the weights up to your shoulders while remaining in a squat.

Daily Nutrition Checklist Day 45 - Phase 2

Cottage cheese Protein shake Snack Time: Nuts Veggies & Hum	Breakfast	Time:	Choose 2	
Snack Time: Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Choose 2 Chicken Cold cuts Fish Brown rice Beans or Chick Snack Time: Choose 1 Nuts Fruit Lean beef Cold cuts Fish Brown rice Beans or Chick Snack Time: Choose 1 Nuts Fruit Choose 1 Nuts Fruit Choose 1 Nuts Fruit Choose 1 Nuts Fruit Chicken Fruit Count urkey Coltage cheese Low sugar yogurt Chicken Veggies & Hum High fiber crack Cottage cheese Cold cuts Fruit Chaose 1 Nuts Fruit Choose 1 Sugar free fudgesicle Count urkey Salad Chicken Veggies Fish Beans Lean beef Choose 1 Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding			Low sugar yogurt Cottage cheese	High fiber cereal Veggies
Nuts Fruit High fiber rack Cottage cheese Low sugar yogurt Protein shake Low fat cheese Lunch Time: Choose 2			Protein shake	Skim milk
Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Lunch Time: Choose 2	Snack	Time:	Choose 1]
Cottage cheese Low sugar yogurt Choose 2 Chicken Cold cuts Fish Brown rice Lean beef Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Choose 2 Ground turkey Cotticken Cotticken Frotein shake Low fat cheese Chicken Veggies Fish Beans Chicken Veggies Fish Beans Chicken Veggies Fish Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Watel How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				Veggies & Hummi
Lunch Time: Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Beans or Chick Snack Time: Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Choose 1 Ground turkey Veggies Fish Beans Chicken Veggies Fish Beans Chicken Veggies Fish Beans Chicken Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free poplicle Sugar free polding Sugar free Jell-O 8-10 Glasses of Watel				
Lunch Time: Choose 2 Chicken Cold cuts Fish Evan beef Cold cuts Fish Evan beef Cold cuts Fish Evan rice Beans or Chick Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Cover for the shake Low sugar yogurt Cover for the shake Low sugar yogurt Cover for the shake Cover				
Chicken Cold cuts High fiber wrap Brown rice Lean beef Beans or Chick Snack Time: Nuts Veggies & Hum High fiber crash Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 1 Nuts Veggies & Hum High fiber crash Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Company Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Veggies & Hum Sugar free popsicle Sugar free po			Low Sugar yogurt	Low lat officese
Cold cuts Fish Even beef Beans or Chick Snack Time: Choose 1 Nuts Fruit High fiber wrap High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Choose 2 Ground turkey Chicken Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Nuts Fruit High fiber crack Protein shake Low fat cheese Low fat cheese Cottage cheese Low fat cheese Low sugar yogurt Veggies Fish Beans Lean beef Chick peas Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding	Lunch	Time:	Choose 2	
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Choose 1 Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Chick peas Chick				
Snack Time: Nuts				
Nuts Veggies & Hum Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
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Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				Veggies & Hummu
Dinner Time: Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
Dinner Time: Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
Ground turkey Salad Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O Sugar free Jell-O B-10 Glasses of Water I ate 5 meals today and drank 8 glasses of water!	Dinner	Timo	Choose 2	1 🗆
Chicken Veggies Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!		Time:	1	Salad
Dessert Optional Optional Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
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Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			Lean beef	Chick peas
Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Dessert	Time:	Choose 1]
Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Optional		Sugar free fudgesicle	Veggies & Hummu
B-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			Sugai free Jell-O	
I ate 5 meals today and drank 8 glasses of water!			8-10 Glasses	of Water
I ate 5 meals today and drank 8 glasses of water!	How Did You D	o Todav?		
I only ate the foods on my Phase 2 Checklist!	I ate 5 meals today and	drank 8 glasses of water!		
	I only ate the foods on I	my Phase 2 Checklist!		

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Sumo Deadlifts - Complete 15 reps on each side. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

<u>Cabral's Tip</u>



Be careful not to let your knees point in and go over your toes! Make sure not to round vour shoulders or back!

How To: Hold a dumbbell in front of you and between your legs. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep your weight back on your heels and push up through them as you stand back up.

Ab Crunch with Plate Pullover - Complete reps to failure. Rest 20 seconds.







Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip

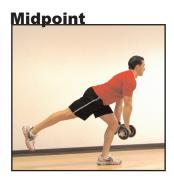


Make sure to always keep your chin off of your chest and looking up! Do not excessively round your back or shoulders.

How To: Lie on your back holding a weight behind your head. Pull the weight over your head to your chest. Crunch up lifting the weight to your knees. Look up the whole time, keeping your chin up off of your chest. Come back down the same way.

Dumbbell 1 Leg Romanian Deadlifts - Complete 15 reps each side. Rest 60 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

<u>Cabral's Tip</u>

Keep your shoulder blades pinched together throughout the set and remember never to round your back!

How To: Hold dumbbells with your palms facing each other. With 1 leg raised, sit back with your hips allowing the weights to slowly lower until your back cannot remain flat any longer or you feel enough stretch behind your legs. Keep a 20° bend in your knees.

Daily Nutrition Checklist Day 46 - Phase 2

Eggs Low sugar yogurt Cottage cheese Protein shake Snack Time: Nuts Veggies & Hummu. High fiber crackers Protein shake Low sugar yogurt Low fat cheese Low sugar yogurt Low fat cheese Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Low fat cheese Cotd cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick pe Snack Time: Choose 1 Choose 1 Choose 1 Nuts Veggies & Hummu. First Brown rice Lean beef Beans or Chick pe Snack Time: Choose 1 Nuts Veggies & Hummu. First High fiber crackers Cottage cheese Cottage cheese Protein shake Low sugar yogurt Low fat cheese Cottage cheese Protein shake Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar f	Breakfast	Time:	Choose 2	
Cottage cheese Protein shake Skim milk Snack Time: Choose 1 Nuts Fruit Fruit Choose 2 Chicken Cold cuts High fiber crackers Cold cuts High fiber wrap Brown rice Lean beef Cottage cheese Low sugar yogurt Chicken Cold cuts High fiber wrap Brown rice Lean beef Cottage cheese Low sugar yogurt Chicken Cold cuts High fiber wrap Brown rice Lean beef Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Low ficken Protein shake Low fat cheese Choose 2 Ground turkey Cottage cheese Cottage cheese Cottage cheese Cold cuts Fish Beans Cottage cheese Protein shake Low fat cheese Choose 2 Ground turkey Chicken Fish Beans Lean beef Choose 1 Sugar free fudgesicle Sugar free pudding Sugar free pudling Sugar free pudding Sugar free pudling Sugar free pudding				
Snack Time: Nuts Fruit Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Chicken Cold cuts High fiber crackers Cold cuts High fiber wrap Fruit Lean beef Cold cuts High fiber wrap Brown rice Beans or Chick pe Snack Time: Choose 1 Nuts Fruit Lean beef Nuts Fruit Cottage cheese Low sugar yogurt Veggies & Hummu. High fiber crackers Cold cuts High fiber crackers Protein shake Low far cheese Cold cuts High fiber crackers Protein shake Low far cheese Cold cuts High fiber crackers Protein shake Low far cheese Choose 1 Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Choose 1 Choose 1 Choose 1 Sugar free fudgesicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				Veggies
Nuts Fruit Fruit High fiber crackers Low sugar yogurt Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies & Hummu. Fish Brown rice Beans or Chick pe Choose 1 Nuts Yeggies & Hummu. High fiber crackers Cottage cheese Low sugar yogurt Choose 1 Nuts Veggies & Hummu. Fish Brown rice Beans or Chick pe Choose 1 Choose 2 Chicken Salad/ Veggies & Hummu. Fish Brown rice Beans or Chick pe Choose 1 Choose 2 Choose 2 Chicken High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Choose 2 Choose 3 Chicken Veggies Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free pudding Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			Protein shake	Skim milk
Nuts Fruit Fruit High fiber crackers Low sugar yogurt Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies & Hummu. High fiber wrap Fish Brown rice Lean beef Cold cuts High fiber wrap Fish Brown rice Beans or Chick pe Choose 1 Nuts Veggies & Hummu. High fiber crackers Cottage cheese Low sugar yogurt Choose 1 Choose 2 Chicken Salad/ Veggies & Hummu. Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Choose 2 Choose 2 Choose 2 Chicken Veggies & Hummu. Salad Chicken Veggies Fish Beans Chick peas Chicken Veggies Salad Chicken Veggies Fish Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free pudding Sugar f	Smook		Chassa 4	l
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Snack Time: Nuts			1	
Snack Time: Nuts Veggies & Hummu				
Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crackers Protein shake Low fat cheese Low fat cheese Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O 8-10 Glasses of Water I only ate the foods on my Phase 2 Checklist!				
Nuts Veggies & Hummu High fiber crackers Protein shake Low sugar yogurt Low fat cheese Choose 2			Lean beef	Beans or Chick pe
Pruit Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Cottage cheese Protein shake Low fat cheese Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O Sugar free Jell-O 8-10 Glasses of Water I only ate the foods on my Phase 2 Checklist!	Snack	Time:	Choose 1	
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Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O 8-10 Glasses of Water I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			Fruit	
Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Veggies & Hummu Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water I tonly ate the foods on my Phase 2 Checklist!			Cottage cheese	Protein shake
Ground turkey Salad Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			Low sugar yogurt	Low fat cheese
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Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!	Doggert		Change 4	I
Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water		Time:		
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B-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				
B-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				
How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			Sugar free Jell-O	
I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			8-10 Glasses	of Water
I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!	How Did You I	o Today?		
	I ate 5 meals today and	l drank 8 glasses of water	!	
I found it to follow today's meal plan, and/but I'm ready for tomorrow!	I only ate the foods on	my Phase 2 Checklist!		
	I found it to fe	ollow todav's meal plan. a	nd/but I'm readv for tom	orrow!

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Daily Nutrition Checklist Day 47 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1	
		Nuts	Veggies & Hummi
		Fruit	High fiber crackers Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken Cold cuts	Salad/ Veggies High fiber wrap
		Fish	Brown rice
		Lean beef	Beans or Chick po
Snack	Time:	Choose 1	
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner	Time:	Choose 2	0-11
		Ground turkey Chicken	Salad Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1	
Optional		Sugar free fudgesicle	Veggies & Hummi
<u> </u>		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		Sugar free Jeii-O	
		8-10 Glasses	of Water
How Did You [o Today?		
I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on I	my Phase 2 Checklist!		
I found itto fo	ollow today's meal plan, an	d/but I'm ready for tom	orrow!

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Bulgarian Split Squat - Complete 15 reps on each side. Rest 20 seconds.





	~	Jel Z	JEL J	Set 4
Record your				
weights to right:				

Cabral's Tip

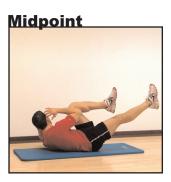
Be (
knee
Rem
hip a

Be careful not to let the front knee go over the toes. Remember to sit back into your hip and glutes!

How To: Take a big step forward with 1 leg while holding dumbbells by your sides. Keep the front foot flat with the weight on the heel of that foot. Rest the back foot on a step and allow the knee to move towards the floor as you sit into a lunge.

Bicycle Crunch - Complete reps to failure. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

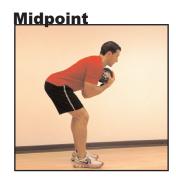
Cabral's Tip Crui shoo who just

Crunch upwards and keep your shoulders off the floor the whole set. Make sure not to just rock side to side!

How To: Lie on your back with your shoulders, head & legs off the ground. Crunch up touching your right elbow to your left knee. Come back down to the middle without letting your shoulders touch & alternate by crunching your left elbow up to your right knee.

Dumbbell Modified Good Mornings - Complete 15 reps lasting 40 sec. Rest 60 seconds.





V	Neiahts	Set 1	Set 2	Set 3	Set 4
F	Record your				
V	veights to right:				
_					

Cabral's Tip
Beg
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your

Begin the movement by sitting backwards with your hips. Keep a flat back as you lower your upper body.

How To: Hold a weight above your chest with your feet hip width apart. Slowly sit back with your hips and lower your upper body. Keep your weight towards your heels and maintain a flat back. Pull yourself up using the back of your legs, glutes and low back.

Daily Nutrition Checklist Day 48 - Phase 2

Snack Time: Choose 1 Nuts Fruit Hi Cottage cheese Protein shake SH Nuts Fruit Hi Cottage cheese Protein shake Choose 1 Nuts Fruit Hi Cottage cheese Protein shake SH Nuts Fruit Hi Cottage cheese Protein shake SH Nuts Fruit Hi Cottage cheese Protein shake SH Choose 2 Chicken Sa Cold cuts Hi Fish Br Lean beef Sh Choose 1 Nuts Fruit Hi Cottage cheese Protein shake SH Choose 2 Ground turkey Chicken Vericken Fish Br Lean beef Choose 2 Ground turkey Chicken Vericken Fish Br Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free pudding	
Snack Time: Nuts Vector Vector	Datmeal High fiber cereal Veggies
Nuts Verification Verification	Skim milk
Lunch Time: Choose 2 Chicken Sa Cold cuts Hi Fish Evan beef Snack Time: Choose 1 Nuts Fruit Cottage cheese Cold cuts Hi Fish Fish Br Lean beef Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free pudding Sugar free pudling	
Cottage cheese Low sugar yogurt Choose 2 Chicken Sack Cold cuts Fish Br Lean beef Snack Time: Choose 1 Nuts Fruit Hi Cottage cheese Pr Low sugar yogurt Choose 1 Nuts Fruit Hi Cottage cheese Pr Low sugar yogurt Cottage cheese Pr Low sugar yogurt Cottage cheese Pr Low sugar yogurt Choose 2 Ground turkey Sac Chicken Ve Fish Be Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding	/eggies & Humn ligh fiber cracke
Lunch Time: Choose 2 Chicken Sa Cold cuts Hi Fish Br Lean beef Snack Time: Choose 1 Nuts Ve Fruit Hi Cottage cheese Pr Low sugar yogurt Choose 2 Ground turkey Sa Chicken Ve Fish Be Lean beef Choose 1 Sugar free fudgesicle Ve Sugar free popsicle Sugar free pudding Sugar free Jell-O S-10 Glasses o	Protein shake
Chicken Sa Cold cuts Hill Fish Br Lean beef Be Cold cuts Hill Fish Br Lean beef Cold cuts Fish Br Lean beef Cold cuts Pruit Hill Cottage cheese Pr Low sugar yogurt Low sugar yogurt Low Sugar yogurt Cold cuts Pruit Hill Cottage cheese Pr Low sugar yogurt Low sugar yogurt Low Sugar free post Cold cuts Hill Fish Br Lean beef Cold cuts Pruit Hill Cottage cheese Pr Low sugar yogurt Low Sugar free fudgesicle Versional Sugar free fudgesicle Versional Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O	ow fat cheese
Chicken Sa Cold cuts Hill Fish Br Lean beef Be Cold cuts Fish Br Lean beef Cold cuts Pruit Hill Cottage cheese Pr Low sugar yogurt Low sugar yogurt Low Sugar yogurt Cold cuts Pruit Hill Cottage cheese Pr Low sugar yogurt Low Sugar footnote Pruit Hill Cottage cheese Pr Low sugar yogurt Low Sugar footnote Pruit Hill Cottage cheese Pr Low sugar yogurt Low Sugar free fudgesicle Versional Sugar free fudgesicle Versional Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O	
Snack Time: Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Low sugar yogurt Choose 2 Ground turkey Chicken Ve Fish Be Lean beef Choose 1 Choose 2 Ground turkey Chicken Ve Fish Be Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popding Sugar free Jell-O 8-10 Glasses o	Salad/ Veggies
Snack Time: Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Choose 2 Ground turkey Sa Chicken Ve Fish Be Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	ligh fiber wrap
Snack Time: Nuts Very	Brown rice
Nuts Ve Fruit Hi Cottage cheese Pr Low sugar yogurt Low	Beans or Chick p
Pruit Cottage cheese Pr Low sugar yogurt Low Sugar fore Jell-O Choose 2	
Cottage cheese Low sugar yogurt Low sugar free posicite Sugar free popsicite Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses o	/eggies & Humn
Dinner Time: Choose 2 Ground turkey Sa Chicken Ve Fish Be Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	ligh fiber cracke Protein shake
Ground turkey Chicken Vericken Fish Bet Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	ow fat cheese
Ground turkey Chicken Vericken Fish Bet Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	
Pish Be Lean beef Choose 1 Sugar free fudgesicle Ve Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	Salad
Dessert Optional Choose 1 Sugar free fudgesicle Ver Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	/eggies
Dessert Time: Optional Sugar free fudgesicle Versugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	Beans Chick peas
Sugar free fudgesicle Versugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	——————————————————————————————————————
Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses o	
Sugar free pudding Sugar free Jell-O 8-10 Glasses o	eggies & Humn
Sugar free Jell-O 8-10 Glasses o	
	of Water
How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	
7	
I only ate the foods on my Phase 2 Checklist! I found it to follow today's meal plan, and/but I'm ready for tomorro	

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Multi-Directional Lunge - Complete 15 reps on each leg. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's

Make sure to sit back into your hip & heel to not let your knee go over your toes! Try to keep the opposite leg straight.

How To: Use your body weight or hold dumbbells by your sides. With both feet pointed straight ahead keep one foot in place as you lunge & rotate the other foot out to face either 3 or 9 o'clock. Sit into your hip and heel. Push off the lunging foot to stand up.

Modified or Regular Push-Ups - Complete reps to failure. Rest 20 seconds.





<u>Weiahts</u>	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip
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enga
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Always maintain a flat back by engaging your abs. Make sure you don't allow your hips to fall down towards the floor!

How To:

Dumbbell Bent Over Alternating Rows - Complete 30 alternating reps. Rest 60 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				
	•	•	•	

Cabral's Tip
Kee
ing
cles
out:

Keep your back flat by engaging your abs and back muscles. Don't let your elbows lock out at the bottom!

How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat, allowing the weights to rest by your knees. Squeeze your shoulder blades together and row 1 weight up to your hip. Lower that weight, then row the other.

Daily Nutrition Checklist Day 49 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit	High fiber crackers Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
		Low Sugar yogurt	200 100 010000
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick pe
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner	Time:	Choose 2	1
	i iiiie.	Ground turkey	Salad
		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Hummi
		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		Sugai free Jell-O	
		8-10 Glasses	of Water
How Did You D	o Todav?		
I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on I	my Phase 2 Checklist!		
I found it to fo	ollow today's meal plan, an	nd/but I'm ready for tom	orrow!

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!