

Thomas Murphy

Note: If you get to the point that you are tired of cod or tilapia it is ok the substitute with skinless turkey breast. Either use the MCT in your dressing or take up to two tablespoons daily. It is tasteless and odorless.

Supplement List:

- Niacin – 500 mg daily – Will cause skin flushing or tingling
- Vitamin D3 – 2000 mg daily
- ***Important...-ample use of MCT Oil either in dressing or teaspoon
- Nature's Way Primadophilus Reuteri – Take as directed
- Multi-Vitamin
- Garden of Life Organic Raw Fiber – (can also use Ultra Pure DX fiber from **vitamin shoppe**)
- Dandelion Leaf or Expel daily until last week of show
- Vinegar and Oil Dressing: 1 tablespoon of met oil, grapeseed or canola oil 1 tablespoon of squeezed lime juice, 1 tablespoon of vinegar, ½ tablespoon of sea salt and ½ tablespoon of cayenne pepper
- Alt* is alternative

Food Meal List	Grams	Calories
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Meal 1.		
1 cups of organic oatmeal		
Alt* 1 cups of plain grits		
1 scoop of Garden of Life Organic Raw Fiber		
Protein – Up to 6 egg whites See list below		
Alt* 1 whole eggs		
Note: Sprinkle fiber on oatmeal		
Meal 2.		
Protein – Up to 8 ounces of tilapia or cod fish protein See list below		
Up to 2 ½ cups of vegetables or salad		
Use MCT Oil Dressing		

Meal 3.		
Up to 6 ounces of tilapia or cod fish		
Up to 2 ½ cups of vegetables or salad		
Meal 4.		
Up to 6 ounces of tilapia or cod fish		
Up to 6 ounces of complex carb		
Up to 2 ½ cups of vegetables or salad		
Use MCT Oil Dressing		
Meal 5.		
Specific-----8 ounces of baked/broiled cod or tilapia		
Fish only		
Meal 6.		
Specific----Up to 6 ounces...try to eat bison/buffalo. See list below		
Up to 2 cups of vegetables or salad		
Use MCT Oil Dressing		
Use Garden of life Raw Fiber		

Proteins	Complex Carbs	Fats
Buffalo/Bison	Rice – Brown, White, Black (any as long as not fried)	Fat from oils such as olive oil, grapeseed oil, hemp oil, canola oil, MCT Oil
Beef Round Steak grass fed only if possible	Potatoes – Plain Sweet Potato only	There will be some fat from meat proteins – that is ok.

Skinless Chicken Breast (No Chicken at this point)		
Skinless Chicken Thigh meat (No Chicken at this point)	All green vegetables example: green beans, green leaf salad greens, cucumbers, asparagus, broccoli	
Skinless Turkey Breast (Approved)	Avoid bananas, mango, and other sweet fruits. Apples are ok. One apple per day	
Skinless Dark meat turkey		
Ground Round (Approved)		
Ground Sirloin		

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