

ABOUT THE TRANSFORMATION PHASE

This is when your body will start to become a fat burning machine, controlling your food cravings, stabilising blood sugar levels and hormones. With food cravings gone and fat burning increased, you will feel greater mental clarity and enjoy the increased energy. This is the weight loss stage but also where you improve digestion, heal your gut, and rid yourself of inflammation in the body. This is when you will see your greatest weight losses but more importantly, it is about healing your gut. We do this by simplistic-eating (one protein and one vegetable per meal). The more different foods you put on your plate the more your digestive system has to overwork. We need to improve the way we digest food so that we can then absorb the most nutrients from your food.

This phase typically lasts 30 days during which time you will likely lose 10-15% of your body weight. However, after this time you **MUST** go on to the Lifestyle Phase or your body may go in to starvation mode and weight loss will cease. If you wish to do more than 30 days you must first do 2 weeks of Lifestyle Phase before beginning again.

In order to have the most success on this program you need to follow the guide below which shows you what to eat for each meal. Use the attached Transformation Food List to choose your items for each meal. It has been designed to maximise weight loss. If you stray from this list you will not lose weight as fast.

BREAKFAST	1 x Serve Protein 1 x Vegetable
MORNING TEA	1 x Serve of Fruit
LUNCH	1 x Serve Protein 1 x Vegetable
AFTERNOON TEA	1 x Serve of Fruit or 1 x Serve of Nuts
DINNER	1 x Serve Protein 1 x Vegetable

TRANSFORMATION FOOD LIST

PROTEIN (130gm unless stated otherwise)	VEGETABLES (Not restricted – Eat until content)
Beef Chicken Crab Eggs Kangaroo Lamb Lobster/Crayfish Mussels Pork Prawns (150gm) Salmon Scallops Squid Tuna Turkey Fish White Bait White Fish Veal	Tofu Tempeh Lentils Chickpeas Kidney Beans Soybeans/Edamame
	Asparagus Bok choy/Pac choy Broccoli Brussel Sprouts Cabbage Capsicum Carrot Cauliflower Celery Chard (silver beet) Cucumber Eggplant Green Beans Kale Lettuce Mushroom Ocro Onions Radish Spinach Watercress Zucchini
FRUIT (Max 2 serves per day)	FLUIDS/DAIRY
Apple – large, green Pear Orange large raw peeled Strawberries 10 Nectarine Tomato ½ Banana Grapefruit – ½ cup Blueberries – ½ Cup Raspberries – ½ Cup Peach – ½ Cup Pineapple – ½ Cup Rock Melon – ½ Cup	You must drink 3 litres water per day – Fresh lemon and Lime is fine! 1 coffee per day with 1 tablespoon of milk only. Unlimited tea – Chamomile, Dandelion, Ginger, Green Tea, Peppermint, No Herbal Fruit Teas Unflavoured Soda Water is fine
NUTS/SEEDS (1 serve per Day)	
¼ Cup Almonds ¼ Cup Walnuts	