



REFUEL® Master Chart/ Cheat Sheet

Phase 1: 3 Days	<p>DOs:</p> <ul style="list-style-type: none"> · Eat less than a total of 50 grams of high quality carbs each day. · No seconds: use one 6” plate per meal when possible. · Find more pleasure in food quality. · Weigh yourself and self-track daily. · Try to eat at least one Daily Dose (“DD”) of one or more of these each day: green tea, cinnamon, oysters, cruciferous vegetables, or hot chilies. · Do 5 minutes each of high intensity (10 seconds 9/10 effort, + 50 seconds of 2/10 effort) for both strength and stamina. · Drink 3 liters of citrus water daily. <p>DON'Ts:</p> <ul style="list-style-type: none"> · Drink your calories. · Overexercise.
Phase 2: 14 Days	<p>DOs:</p> <ul style="list-style-type: none"> · Apply the 2/50 Technique for two consecutive days out of each seven · Eat sensibly--few starches , more protein, more healthy fat, no booze-- five days out of seven · Continue to drink 3 liters citrus water, self-track, find pleasure, eat DD, use a 6” plate. · Snack on seeds and nuts, and once in a while, whole fruit. · Get familiar with food labels: look at calories and carbs in the whole box. · Up your intervals to 10-15 minutes, with one day off out of each seven. · Read something nonviolent for 5 minutes before bed at least twice, and go to bed 30 minutes early at least twice. <p>DON'Ts:</p> <ul style="list-style-type: none"> · Do not eat warmed or hot food that comes in plastic packaging · Don't eat or drink while standing, lying down, walking, working online or watching TV. · Eat anything you can crush or crumple
Phase 3: 7 Days	<p>DOs:</p> <ul style="list-style-type: none"> · Apply the 2/50 Technique for two consecutive days out of each seven · Carry over your newly acquired habits · Plan, choose, and eat one off-plan meal this week: anything you want. · Cook at least two dishes this week. · Enjoy up to one 5-ounce glass of high resveratrol red wine or a 12 ounce beer or 1-ounce of spirits twice this week. <p>DON'T:</p> <ul style="list-style-type: none"> · Stop what you're doing—it's working.