

The straight forward guide to eating so you lose fat
and improve your health forever – 100% GUARANTEED!



Step-By-Step

DIET GUIDE

POWER
90

The 90 Day In-Home Boot Camp For Total Body Transformation

6- STEPS

to transform your body.

LET'S BEGIN...

The goal of this program is to increase the ratio of lean muscle to stored fat. That means trimming a lot of fat and toning/building muscle. It does not mean "losing weight".

We've heard ads that promise 10 pounds of "weight loss" in a weekend. And the only way that is possible is by losing water weight. Maybe you'll lose a pound or two of fat by starving your body. But the rest is water weight. And of course, as you re-hydrate, your weight will go right back up – but because you starved your body, your metabolism was reset! So the next time you eat food, your body will be ready to store any leftovers as fat. **And soon you've got more fat stored than when you started. Not good.**

TIP: We have 90 days here, that's 12 weeks to lose fat and tone muscle. So you don't have to do anything like fasting (or worse). In fact, you must eat and take supplements to support this exercise routine. The trick is to eat the right food at the right time, and your body will burn fat off every day while you get healthier overall.

1 CONTROL
your portions.

Don't eat until you are full, eat until you're not hungry.

2 QUESTION
everything
you eat.

Fresh vegetables, skinless white meat, smaller portions, and foods lower in fat are the obvious answers to our **Power 90 Diet Guide**.

3 CONSISTENT
5x-a-day eating
schedule.

IMPORTANT! Stick to the schedule so you do not get hungry and overeat, and so your body has enough fuel to rebuild after exercise.

4 NOURISH
your body by
drinking water.

Drink at least 2 liters of water a day.

5 FORTIFY
your diet with a
multi-vitamin.

An exceptional multi-vitamin ensures you get all the nutrients you need, especially when cutting calories.

6 REFRAIN
from eating at
the wrong times.

You want your body to be in a "fat burning state" vs. a "carb burning state".

We Haven't Changed That Much...

From an evolutionary point of view, the human body has changed very little in the past 100,000 years. Genetically, there is virtually no difference between us and our cave dwelling ancestors. In fact, our genes have not changed much in the past million years. But, our dietary habits and ability to choose what/when to eat have changed dramatically.

There's the rub... Where the caveman was chasing after herds of antelope trying just to capture enough food to survive for the week, we're now sitting in the drive-through contemplating the price/fun factor of "Super Sizing" our order. Then, when we wake up the next morning and decide to go on a diet by dramatically cutting back our calorie intake, the body and its million year old genetic processor senses this reduction and fires a message off to the metabolism saying "our food supply has been dramatically cut-back. We think there may be a famine out there, or maybe it's winter. Whatever it is, we've stopped getting fuel, so stop using so much energy. I repeat, Stop using so much energy. Conserve fat for later!"

And thus, the body's metabolism slows to conserve its resources – just like it did when a real famine or winter would force the caveman to go days or weeks without food. (**Note:** It is believed that the human body can survive about forty days without eating, using your stored fat alone for fuel. Great, huh?)



The lesson in this evolutionary example is this: To effect long-term, healthy loss of stored body fat, you want to avoid sending the body a signal that it needs to "reset" your metabolism to conserve fuel. That means while you limit calorie intake, do not restrict it so much that your body's built-in survival chemistry panics. That's why we are advocating that you consume at least 1,200 calories a day. (That's still not a lot of calories, by the way). The secret to long term fat loss is creating this "calorie deficit", without motivating your "survival genetics" to compensate by lowering your metabolism. It's a delicate balance – but once you get in the habit of disciplined portion control and regular exercise, you can forget the battle-of-the-bulge, because you will win the war, for life.

1 CONTROL your portions.

Generally, eat half what the chef serves you. An adequate portion of a meal is 3 ounces of protein (like chicken, tuna or lean ground beef) or about the size of your palm. Don't eat until you are full. Eat until you're not hungry. Same goes for salad dressing; On a large salad, limit it to just enough for flavor.

Control Your Calorie Intake and Portion Size

This is the classic "Calorie Equation". With Power 90, your daily exercise routine will increase the amount of calories you burn each day. If you also make sure that you **eat fewer calories than you burn**, "poof!" – you burn excess stored fat. It's a simple, scientifically proven fact. And here's how to do it:

CALORIES IN:

First, regulate how many calories you consume. We recommend that if "trimming fat" is your goal, a 1,200 – 1,500 calorie per day diet will do the trick, but that's as low as you want to go before your body "resets" your metabolism. If you aren't as concerned with quickly trimming fat as you are about increasing muscle, 2,000 calories is a good number. Both levels will start to steer your choices away from large portions and fatty/processed foods toward healthier, reasonable choices. (That's a general guideline for the millions of people who will read this. For specific detail as to your caloric needs, we suggest you call a registered dietician or diet center.)



CALORIES OUT:

Second, approximate how many calories your body uses each day using the following grid, which is calculated based on your body weight, your lifestyle, and the conservative assumption that you will burn **at least** 300 calories in every Power 90™ workout.


(FYI - we estimate that you can burn as many as 800-1000 calories when you're really pushing it hard in Phase IV.)

CALORIE EQUATION:

$$\text{Calories Burned} - \text{Calories Eaten} = \text{Calorie Deficit}$$

EXAMPLE: 2,300 Burned - 1,500 Eaten = 800 Calorie Deficit

HOW MANY CALORIES DOES YOUR BODY NEED?

(LIFESTYLE)	(WEIGHT)									
	110	120	130	140	150	160	170	180	190	200
 SEDENTARY	1700	1800	1900	2000	2100	2200	2300	2400	2500	2600
 MODERATE	1900	2000	2100	2200	2300	2400	2500	2600	2700	2800
 ACTIVE	2400	2500	2600	2700	2800	2900	3000	3100	3200	3300

Now that you know how many calories your body needs, you just need to make sure that you consume less than that, and your body will be forced to access its stored fat to make up the difference. That's how you lose fat: **Force your body to use stored energy by controlling the "energy" (a.k.a. Calories) you put in.**

Once you accumulate a 3,500 calorie deficit, you've burned 1 pound of fat! By controlling the calorie deficit, you can control your weight loss:

"The Daily Deficit"

450 Calories = lose 1/8 pound a day, 11 lbs of fat in 90 days

900 Calories = lose 1/4 pound a day, 22 lbs of fat in 90 days

1,100 Calories = lose 1/3 pound a day, 30 lbs of fat in 90 days

1,600 Calories = lose 1/2 pound a day, 45 lbs of fat in 90 days

This has been proven in many instances within clinical trials, by Hollywood, and by the general public. The "Daily Deficit" works. If you want to hit a very specific weight loss goal, this is how you can do it, to the pound, to the day. And we're not talking water weight – we're talking about burning off significant stored fat. The trick is to be disciplined about calorie intake.

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2

QUESTION

everything you eat.

What you eat during the 90 days has a direct effect on everything from the way your body works, to your mood, to the amount of fat your body burns or stores. For long term weight management (and health), we suggest that you question everything you eat and use the eyeball method* of controlling portion size. Balancing the type of foods you're eating and always making sure you're getting enough protein** are also important.



We recommend using "Michi's Ladder" to guide your food choices throughout the day. The closer you are to the top, the better results you will get from Power 90. It's a direct relationship which cannot be overemphasized. No matter how much you workout with Power 90, if you don't make smarter food choices, you will not see that layer of padding around your waist or thighs go away. By contrast, if you give yourself three solid weeks of eating at the top of Michi's ladder, the results will startle you.

Every meal should be conservative in portion size, and have a fairly even ratio of protein, carbohydrates, and vegetables.

- Fresh vegetables are the core to fast weight loss. Use vegetables to replace meat and processed foods, and you will lose weight.
- Skinless white meat is better than red meat.
- A piece of bread with a meal is okay; two pieces is one too many.
- Egg whites have less fat than whole eggs.
- When looking at a plate of food you suspect is high in fat (like pizza) or carbohydrates (like pasta), literally eat half the helping you would normally eat. Do not overeat.

* The "eyeball method" means knowing how much you should eat by looking at it and having a basic tool for knowing how much is enough.

**According to information in the book, "The Zone" by Dr. Barry Sears, you would need 75 - 120 grams a day, depending on your lean muscle mass and lifestyle.



Protein:

- Choose lean meats (turkey, chicken, pork) vs. fatty red meats.
- The portion of meat for a meal should be no larger than the palm of your hand.
- Broil, grill or bake – never fry!
- Avoid cream sauces and gravies.

Vegetables:

- A large salad is great, but try to limit dressings to two tablespoons of low or not-fat dressing like vinaigrette for flavor instead of a coating of creamy dressing which can blow the whole point.
- A side portion of vegetables is best if steamed, and should be about the size of a full coffee mug.
- Avoid butter or cream-based sauces. Lemon juice, salt and soy sauce are good ways to add flavor without adding fat calories.

Carbohydrates:

- One small roll with dinner is okay, but should be limited to the size of a plum, or 1 slice of bread, with no added butter or margarine.
- If you want to have a small potato, rice, or small helping of pasta, exchange that for the dinner roll.

Beverage:

- One small glass of fruit juice, nonfat milk, or wine is okay with a meal (probably avoid the wine at breakfast.)
- Otherwise, water is best, with one diet soda, iced tea, or coffee being a worst-case backup. Two glasses of water will help suppress your hunger during a meal.

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DESSERT...

Ah, wonderful glorious dessert

Why didst thou become mine enemy?

When you're confronted with the dessert tray, remember the goal; we want to chisel your body in the next 90 days. Now, slowly step away from the chocolate cake. Please - step away from the chocolate cake... (Did it work?)

If you MUST have dessert, on your birthday or at a social gathering where it's irresistible, then be smart - a cup of fruit is the best way to go to satisfy a sweet tooth. But if you still can't avoid it, give yourself the leeway to enjoy it, and take about a third of what you would normally reach for. That means; if you're going to have a piece of pumpkin pie, have a "sliver of a sliver", not a "slice".



NOTE: Be prepared for someone to make a comment about the small portion size of your dessert so he can justify the embarrassing mound he's about to consume. Your defense when this happens is your conviction to the 90 day goal. At the end of these 90 days, you'll be walking around feeling great about yourself and your health, and your clothes will be fitting perfectly - if not a little loose. Soon you will see that same person who gave you a hard time and he'll be asking your advice about how to lose the soft belly. At that moment you've won. But don't rub it in. Turn him on to Power 90, and you've got a friend for life.

If you need some motivation to stay on the program, listen to just one of Power 90's success stories:

"Power 90 has given me confidence. I feel beautiful. My energy level has gone up. I'm no longer tired in the morning. If you stick with the program 100% and eat right every day, you will see a difference you've never seen before.

THANK YOU."

- Edie May Grant

3 **CONSISTENT** 5x-a-day eating schedule.

To succeed with this program, it is very important to follow a consistent eating schedule. It will actually give you a profound sense of control over your world and assure two things:

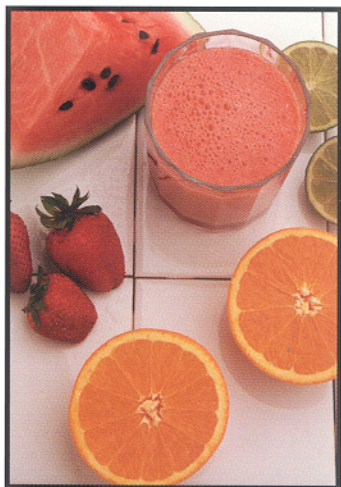
- (1) **That you don't get over-hungry, and thus overeat at the next meal time, and**
- (2) **That you are feeding your body regularly to encourage an increase in your metabolism.**

SCHEDULE:

Breakfast - within an hour of waking up	(7 AM)
Snack - 2-3 hours after breakfast	(9-10 AM)
Lunch - 2-3 hours after snack	(12-1 PM)
Snack - 2-3 hours after lunch	(2-3 PM)
Dinner - finished at least 3 hrs before bed	(7-8 PM)

The snacks should be small, depending on your caloric needs. (e.g., Half a granola bar, piece of fruit, etc.)

The most important aspects in this eating schedule are that you **DO** eat breakfast, and that you **DO** stop eating three hours **BEFORE** bed. (You might start to get hungry before bed, but then you will enjoy eight hours of solid fat burning if you can control yourself. And if you take the Power 90 Performance Formula before bed, it's a fat-burning/metabolizing bonanza man!) By allowing your body to sleep in "fasting mode" meaning you are not in the midst of digesting a meal, your body will access stored fat for energy. What better time to be slightly hungry anyway than while you sleep? You wake up hungry, and per this plan, you eat breakfast on schedule!



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Drink at least 2 liters of water a day.

This is the one people seem to take for granted. But in conjunction with the supplements, improved food intake, and exercise, the catalyst to flushing out the bad stuff and keeping your body healthy is water. It also helps you feel full during the day. A balanced eating schedule with lots of water is a very manageable routine.

5 Sample Food Plans (approx. 1,200 calories/day)

Breakfast	Snack	Lunch	Snack	Dinner
3 egg whites or 1/2 C of Egg Beaters (flavor with salsa) Slice of whole wheat toast w/ one pat of butter 2/3 C of OJ or 1 C of nonfat milk	Half a Granola bar, or half a Balance- type bar.	3 oz white turkey meat 2 slices whole wheat bread 1/2 C soup (broth-based) 1 C of fruit juice	1/2 C Jello 1 tbsp fresh fruit	1-1/2 C of pasta with 1/4 C marinara sauce 2 oz broiled chicken breast Mixed vegetables Romain lettuce salad with 2 tbsp lowfat dressing
2/3 C Oatmeal with 1/2 C of banana slices 1 C of nonfat milk	1 medium size piece of fruit with 1/4 C lowfat cottage cheese	3 oz Tuna 1 tbsp nonfat mayo 2 slices whole wheat bread 1 C of fruit juice	Fat free bran muffin 1/2 C nonfat milk	3 oz grilled or broiled salmon with marinade (2 tbsp light soy sauce, 1 tbsp Ginger root, 1 tbsp garlic) Steamed mixed vegetables 1 C brown rice
2 Waffles with 2 tps of Light Syrup 2/3 C of OJ	1 C lowfat yogurt	2 oz Ham 1 oz lowfat Swiss Cheese 2 pieces Rye bread Brown mustard 1 oz baked potato chips 1 medium size piece of fruit	1/2 C frozen yogurt	3 oz of grilled red meat (lean cut - the size of your palm) Small baked potato with 1 tbsp of fat free sour cream Mixed vegetables 1 small slice whole wheat bread
1 C of Oat Bran cereal with 1 C of fruit 1 C of nonfat milk	1 Tbsp of peanut butter on celery	1/2 C Turkey chili 1 oz lowfat Cheddar Cheese 1/2 sourdough roll 1/2 C of fresh fruit 1 C of nonfat milk	1 plain rice cake 1 tbsp of peanut butter	1/8 slice from 15" pizza Salad w/ 2 tsp lowfat salad dressing 1 C fresh fruit or vegetables
1/2 Bagel with 1 tbsp of lowfat Cream Cheese 1/2 C of nonfat milk or 2/3 C of OJ 1 C Fresh Fruit	1/2 C of nuts (Plain peanuts, cashews, etc.)	Turkey hot dog Hot dog bun Light spread of mustard/ketchup Baked Potato with 1 tbsp of fat free sour cream Mixed vegetables	1 oz fat free angelfood cake (A tea cup full) 1 oz lowfat frozen yogurt	3 oz skinless grilled turkey breast 1 medium baked potato 1 C mixed vegetables 1 C fresh fruit 3/4 C brown rice

5 FORTIFY your diet with a multi-vitamin.

When you exercise hard and/or reduce your diet, your body can easily suffer from vitamin deficiencies. Most nutritionists believe that multi-vitamins are absolutely essential, especially for active individuals because it's difficult to get enough nutrients from your diet alone. The combination of daily stress, processed foods and nutrient-depleted soils may leave your daily diet with deficiencies, which can threaten healthy muscle growth, energy production, protein metabolism, and fat burning. Taking a good multi-vitamin will ensure that your body has the nutrients it needs to function properly. We can provide ActiVit™ multi-vitamins, but there are other good brands as well. But the key is quality - when it comes to vitamins, we generally get what we pay for!

? QUESTIONS should be answered.

- How important is the "no-eating within 3 hours of bedtime" rule?

This is a great "trick" to keep your body in fat-burning mode. As you sleep, your body doesn't really need food, but gets hungry because you usually eat every 3 or 4 hours. Your body looks for carbohydrates to consume, but since you haven't eaten recently, there will be a shortage. Then the body looks to stored fat – BINGO! Also, your body has a growth hormone spike while you sleep, which also aids in the metabolism of fat. Food in your system can interfere with that spike. So it's your call – Want to lose weight while you sleep? Sleep on an empty stomach!

- Does the type of food really make a difference if you still limit calories? Why do you give us Michi's Ladder and the other guidelines too?

Michi's ladder ranks foods, but it shouldn't be the "end all" for you. What matters more is the makeup of the food; the percentage of carbs, proteins, and fats. For example, if your body doesn't get enough protein, then it goes into "starvation mode" and lowers your BMR (basic metabolic rate). Many people that eat like birds, but only eat carbs, have high body fat. That's why many women are finding such great results when they add protein to their diet - because they haven't been getting enough for years and suddenly they do and POW! - up goes the BMR.

- I just had a baby and I want to go for stunning results by just using the top tier foods for a RIPPED effect. I'm finding it hard to do a workable menu. Any suggestions?

Don't despair. Lots of moms have turned their fitness around. Don't worry too much about sticking with the Tier 1 category, especially at first. Try instead to keep to the top 3 tiers! Stick with it, and don't be too hard on yourself if you occasionally fall off for a day or two.

6**REFRAIN**

from eating at the wrong times.

Do not have a sports drink or diet bar which are heavy in carbs before bed or before working out. You want your body to be in a "fat burning state" vs. a "carb burning state" when your body looks for stored energy. Take the daily dose of Power 90 Performance Formula before bed and burn even more stored fat as you sleep.

Don't have a sports drink or diet bar before your workout.

It's the secret enemy of exercise: the wrong food at the wrong time. While your overall diet is important, we also want you to maximize the effect of exercise to burn stored fat. Controlling the foods you eat before you workout is the one step most people don't know about. And it is amazingly effective.

Your body has two main sources of energy: stored fat and stored carbohydrates. When you eat or drink substances like sports bars or sports drinks which are high in carbs, your body's insulin levels rise to cope with the additional carbohydrates in your system. That means, for the two hours you process those carbs through your bloodstream, your body's hormones are focused on burning that type of fuel for energy. Thus, if you consume those carbs before your workout, you will be in the mode to attack the carbs in your muscles and liver more than stored fat.

That's why we highly suggest putting your body in a semi-fasting state, meaning you are working out with little-to-no food in your digestive system. For hydration, don't use sports drinks, use water. Your body will now be in "fat burning mode" and your results will be maximized.

If you've ever exercised for a month and not seen the fat reduction you wanted, it's probably due to the fact that your insulin levels were high while you were working out, and your body wasn't attacking the fat stores.

If you limit your carbs during exercise and before sleep, your body has more time to function as an effective fat burning machine!

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Eat to carve your physique:

Climb MICHI'S LADDER

Michi's Ladder is a guideline, but we leave it to you to decide. If you only ate from Tiers 1 & 2, you would have a near-perfect diet!

Tier 1: The Absolute Best Foods

Artichokes	Cereal, whole-grain	Mangoes	Prunes
Beans	Citrus, fruits & juices	Milk, nonfat	Rice, brown
Beets	Cranberry Juice	Mushrooms,	Salsa
Blueberries	Egg Whites	shitake and mitake	Spinach
Bran	Fish, cold-water	Nectarines	Sweet Potatoes
Broccoli	(salmon, mackerel,	Oatmeal	Tea (green or black)
Brussels Sprouts	sardines)	Olive Oil	Tofu, light
Cabbage	Garlic, fresh	Onions	Tomato, sauces
Cantaloupe	Grape Juice	Papayas	and products
Carrots	Kale	Peas	Vegetable Juice
Cauliflower	Kiwifruit	Peppers	Water

Tier 2: Excellent Food, You NEED It!

Almonds	Coffee, black	Pancakes, buckwheat	String Beans
Apples	Corn	Pasta with marinara	Sunflower Seeds
Asparagus	Cottage Cheese, low-fat	sauce, fish, or	Tomatoes
Bananas	Cucumbers	vegetables	Turkey Breast
Bread (rye, marble,	Eggplant	Peaches	Vegetable Juice,
Pumpernickel)	Fish, freshwater	Pears	canned or bottled
Broccoli Sprouts	Graham Crackers	Plums	Veggie Burgers
Celery	Lettuce, romaine, leafy	Raisins	Walnuts
Cereal, dry	green or red	Raspberries	Watermelon
(3 to 6 grams	Lima Beans	Ricotta Cheese,	Wine, red
of fiber per serving)	Melon, honeydew	nonfat	Yogurt, low-fat
Cherries	Milk, 1%	Shellfish	(including frozen)
Chicken,	Mushrooms, Portobello	Soy Milk	Zucchini
skinless white meat	Oysters	Strawberries	

Tier 3: "Swiss Food" Neutral - Benefits & Hazards

Animal Crackers	Chicken Taco, baked	Margarine, fat-free	Potatoes, white
Applesauce	Chocolate	Mushrooms	Pretzels
Avocados	Eggs, whole	Mustard	Refried Beans,
Bagels	English Muffins	Nuts (walnuts,	low-fat
Baked Beans	French Fries, baked	hazelnuts, pine nuts)	Rice Cakes
Beef, eye of round	Fruit, dried	Olives	Rice, white
Beef, London broil	Fruit Juice,	Pancakes	Sauerkraut
Beef, top round	unsweetened	Pasta, plain	Soup, canned broth
Canola Oil	Granola, low-fat	Peanut Oil	Veal Cutlet
Chicken, dark meat	Jam and Marmalade	Peanuts	Wine, white
Chicken Sandwich,	Latte, iced mocha	Pork Tenderloin	Yogurt
broiled	w/ nonfat milk		

Tier 4: Careful! (Eat In Moderation)

Beef, filet mignon	Coffee Cake	Lunchmeat and	Potato or Macaroni
Beef, lean ground	Crackers	Hot Dogs, low-fat	Salad
Beef or Chicken,	Cream Cheese,	Macaroni and Cheese	Pudding, made with
barbecued	low-fat	Mayonnaise, low-fat	low-fat milk
Beef, sirloin	Duck, other game	Meat Loaf	Reuben Sandwich
Beef Stroganoff	Granola or	Mexican Food	Sherbet
Beer	Energy Bar	(baked not fried)	Sloppy Joe (lean beef,
Butter	Grilled Cheese	Milk, 2%	ground turkey)
Caesar Salad, chicken	Sandwich	Muffins	Soup, canned creamy
Canadian Bacon	Ham	Peanut Butter	Soy Sauce
Cheese	Hawaiian Pizza	Pepper, stuffed	Spaghetti,
Chef's Salad	Honey	Pizza, meatless	with meatballs
Chili	Lettuce, iceberg	Popcorn,	Sub Sandwich
Chinese Food (with lots	Juice, sweetened	with salt and butter	Taco Salad, chicken
of vegetables)	Lamb Chops	Pork Chop,	Tuna or Chicken Salad
Chips, low-fat	Lasagna, meat	fat removed	Vegetable Oil

Tier 5: May Taste Great...But You Will Pay Later!

Bacon	Chicken or Fish	Hamburger, fast food	Potatoes, fried
Beef, ground, regular	Sandwich, fried	Hot Dogs	Potato Skins, fried
Beef Taco, fried	Chips, potato or corn	Ice Cream	Pot Pie
Breakfast Sandwiches,	Cinnamon Buns	Latte, with whole milk	Refried Beans
fast food	Clams	Lobster Newburg	Salad Dressing
Cakes	Cookies	Lunchmeat	Sausage
Candy	Crab	Mayonnaise	Shrimp, fried
Cereal, sugared	Cream Cheese	Milk, whole	Soft Drinks
Charred or Blackened	Creamed Veggies	Nacho Chips,	Spareribs
Food	Creamer, nondairy	with cheese	Tater Tots
Chicken a la King	Doughnuts	Onion Rings	Toaster Pastries
Chicken, buffalo wings	French Fries	Pastries	
or nuggets	Gravy	Pies	