Weeks 2-8

Burn, Sculpt, Restore

Just like your Detox Phase, Your Ignite phase is Easy as 1,2, 3:

• Step 1 – Burn – “Burn” your belly fat by adding a 6th meal, complex carbs, & metabolism boosters
• Step 2 – Sculpt – “Sculpt” your body by activating your engine with cardio & strength training
• Step 3 – Restore – “Restore” your digestive system with pro-biotics

Important Note: In your Ignite Phase you will be following the same principles as your Detox phase, only your plan will be expanded to turn your metabolism into a fat burning machine.

Step 1 – Burn your belly fat by adding more food, complex carbs, & metabolism boosters

• Add a 6th meal to keep your body fueled and attack its stored fat, especially your trouble areas.
• Add complex carbs like brown rice, quinoa & sweet potatoes to a maximum of 1-2 of your meals per day to help keep you more satisfied. (Complex carbs can cause water retention, only add daily if they do not cause bloating.)
• Add metabolism boosters to ignite your body’s furnace and maximize fat burning.

Step 2 – Sculpt your body by activating your engine with cardio & strength training

Sculpting is all about activating all your muscle and working out smarter, not harder.
Here is a exactly how to rock your exercise (adjust the days below to match your schedule):

<table>
<thead>
<tr>
<th>MON</th>
<th>WEDS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>STRENGTH TRAINING</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-3 Days/Week</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>examples</td>
<td></td>
<td></td>
</tr>
<tr>
<td>pilates, yoga, workout class, cross fit, weights</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUES</th>
<th>THURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIGH INTENSITY CARDIO †</td>
<td></td>
</tr>
<tr>
<td>2 Days/Week</td>
<td></td>
</tr>
<tr>
<td>30 Minutes</td>
<td></td>
</tr>
<tr>
<td>examples</td>
<td></td>
</tr>
<tr>
<td>jumping rope, sprinting, spinning, running stairs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MON thru FRI ‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAT BURNING CARDIO</td>
</tr>
<tr>
<td>4-5 Days/Week</td>
</tr>
<tr>
<td>30-60 Minutes</td>
</tr>
<tr>
<td>examples</td>
</tr>
<tr>
<td>stair climbing, cycling, jogging, walking, elliptical, swimming</td>
</tr>
</tbody>
</table>

‡ NOTE: PERFORM ALL STRENGTH TRAINING & HIGH INTENSITY CARDIO BEFORE FAT BURNING CARDIO.
† SPRINTING OR A SPORT LIKE SINGLES TENNIS, RACQUETBALL, BASKETBALL, ETC. IS THE IDEAL HIGH INTENSITY CARDIO
FOR COMPLETE INFO ABOUT EXERCISE, READ CHAPTER 6 OF Body Confidence

Step 3 – Restore your digestive system with pro-biotics

Your Detox Phase cleaned out your colon and now its time to Restore your digestive tract. Pro-Biotics are live bacteria that help restore your digestive system & assist in allowing your intestines to optimally function.

For additional meal options, recipes & a more detailed plan we suggest reading NY Times Best Seller, Body Confidence, written by international nutrition & fitness expert Mark Macdonald

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The same portion sizes & food exchange system guidelines in the Detox Phase apply to the Ignite Phase.

### Female portion sizes

<table>
<thead>
<tr>
<th>Protein</th>
<th>1 Palm or 3 Ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbs</td>
<td>1 Fist or 3 Ounces</td>
</tr>
<tr>
<td>Fats</td>
<td>1 Thumb</td>
</tr>
</tbody>
</table>

### Male portion sizes

<table>
<thead>
<tr>
<th>Protein</th>
<th>1 ½ - 2 Palm or 5 Ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbs</td>
<td>2 Fists or 5 Ounces</td>
</tr>
<tr>
<td>Fats</td>
<td>1 Big Thumb</td>
</tr>
</tbody>
</table>

### Clean Food List Updated for Your Ignite Phase

#### Proteins
- **Lean Proteins**
  - Bison (x-lean)
  - Chicken
  - Egg whites
  - Hemp (low in fat, ex. hemp powder)
  - Lean Fish (ex. bass, halibut, tilapia, tuna, etc.) (shellfish can also be eaten in this phase)
  - Turkey
  - Venison

- **Non-Lean Proteins** (do not choose a fat w/ any of these options)
  - Beef (Filet)
  - Beef (Ground 99% lean)
  - Eggs Whole
  - Fish (non-lean) (ex. Salmon)
  - Hemp (regular fat content)
  - Lamb
  - Pork Tenderloin

- **Protein Powder (shakes)** (see note)
  - Whey & Casein - Core Shake
  - Hydrolyzed Whey - BNRG ProtoWhey
  - Plant Based - Vega One or Warrior Blend
  - Egg Whites - Multiple Quality Brands

#### Carbs
- **Fruits**
  - Apples
  - Bananas
  - Berries
  - Grapefruit
- **Veggies**
  - Bell Peppers
  - Broccoli
  - Carrots
  - Cucumber
  - Green Beans
  - Tomato
  - etc.
- **Grains / Calorie Dense Carbs** (choose gluten free when relevant)
  - Beans (choose fresh/dried) (ex. black, kidney, garbonzo, etc.)
  - Brown Rice
  - Millet
  - Oatmeal
  - Potatoes (sweet potatoes are best)
  - Quinoa
  - Yams

#### Fats
- **Avocado**
- **Chia Seeds**
- **Flax Seeds**
- **Oils**
  - Olive
  - Coconut
  - Macadamia
- **Olive**
- **Raw Nuts & Natural Nut Butters**

#### Free Foods
- **Herbs**
  - Basil
  - Bay Leaves
  - Thyme
  - etc.
  - Rosemary
  - Thyme
  - etc.
  - Parsley
- **Spices**
  - Cinnamon
  - Garlic
  - Ginger
  - Nutmeg
  - Saffron
  - etc.
  - Peppercorns
- **Leafy Greens (fresh only)**
  - Collard Greens
  - Kale
  - Lettuce (all types)
  - Spinach

#### Condiments
- **Vinegar** (balsamic, red wine, etc)
- **Extract** (almond, vanilla, etc.)

#### Both Grains/Calorie Dense Carbs, Olives, Condiments & Non-Lean Proteins with the exception of Salmon are new to the Ignite Phase food list.

#### For Grains/Calorie Dense Carbs & Olives, please only use hand sizes rather than weight.

#### For more information on the CORE product line, visit www.Corein8.com

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## YOUR IGNITE PHASE MEAL PLAN

### IGNITE MEAL PLAN FOR FEMALES

**Breakfast** *(ex. Vegetable Omelet w/ Olive Oil)*
- 3 oz of Protein *(size of your palm)*
- 3 oz of Carb *(size of your fist)*
- 1 serving of Fat *(1 thumb)*
- Essential Fat & Fiber Supplements
  - Omega 3 Fatty Acids - 3000 mg *(3 gel caps)*
  - Psyllium Husk - 5 g *(approx. 1 heaping TSP)* *(fiber supp. is optional if having daily bowel movements)*

**Mid Morning**
- 1 Shake serving *(for best results use water, if needed can add up to 1/2 cup of unsweetened almond milk or coconut water)*
- Fat Burning Supplements *(take 15 minutes before meal)*
  - Green Tea Extract *(50% Caffeine)* - 250 mg
  - Chromium Polynicotinate - 200 mcg
  - OR can take the below to replace both above
    - Core Burn - 1 Capsule

**Lunch** *(ex. Chicken, Brown Rice & Avocado)*
- 3 oz of Protein *(size of your palm)*
- 3 oz of Carb *(size of your fist)*
- 1 serving of Fat *(1 thumb)*

**Mid Afternoon**
- 1 Shake serving *(for best results use water, if needed can add up to 1/2 cup of unsweetened almond milk or coconut water)*
- Digestive Supplement
  - Pro-Biotic - 1 Capsule OR Core Pro-Bio - 1 Packet
- Fat Burning Supplement *(take 15 minutes before meal)*
  - Green Tea Extract *(50% Caffeine)* - 250 mg
  - Chromium Polynicotinate - 200 mcg
  - OR can take the below to replace both above
    - Core Burn - 1 Capsule

**Dinner** *(ex. Halibut, Green Beans & Sliced Almonds)*
- 3 oz of Protein *(size of your palm)*
- 3 oz of Carb *(size of your fist)*
- 1 serving of Fat *(1 thumb)*
- Fiber Supplement
  - Psyllium Husk - 5 g *(approx. 1 heaping TSP)* *(fiber supp. is optional if having daily bowel movements)*

**Late Night**
- *optional - eat if hungry*
- Shake or Meal Consisting of Protein, Fat & Carbs

### IGNITE MEAL PLAN FOR MALES

**Breakfast** *(ex. Vegetable Omelet w/ Olive Oil)*
- 5 oz of Protein *(size of your palms)*
- 5 oz of Carb *(size of your fists)*
- 1 serving of Fat *(1 big thumb)*
- Essential Fat & Fiber Supplements
  - Omega 3 Fatty Acids - 3000 mg *(3 gel caps)*
  - Psyllium Husk - 5 g *(approx. 1 heaping TSP)* *(fiber supp. is optional if having daily bowel movements)*

**Mid Morning**
- 2 Shake servings *(for best results use water, if needed can add up to 1/2 cup of unsweetened almond milk or coconut water)*
- Fat Burning Supplements *(take 15 minutes before meal)*
  - Green Tea Extract *(50% Caffeine)* - 250 mg
  - Chromium Polynicotinate - 200 mcg
  - OR can take the below to replace both above
    - Core Burn - 1 Capsule

**Lunch** *(ex. Chicken, Brown Rice & Avocado)*
- 5 oz of Protein *(size of your palms)*
- 5 oz of Carb *(size of your fists)*
- 1 serving of Fat *(1 big thumb)*

**Mid Afternoon**
- 2 Shake servings *(for best results use water, if needed can add up to 1/2 cup of unsweetened almond milk or coconut water)*
- Digestive Supplement
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**Dinner** *(ex. Halibut, Green Beans & Sliced Almonds)*
- 5 oz of Protein *(size of your palms)*
- 5 oz of Carb *(size of your fists)*
- 1 serving of Fat *(1 big thumb)*
- Fiber Supplement
  - Psyllium Husk - 5 g *(approx. 1 heaping TSP)* *(fiber supp. is optional if having daily bowel movements)*

**Late Night**
- *optional - eat if hungry*
- Shake or Meal Consisting of Protein, Fat & Carbs

### Water Recommendations for Females
- Drink at least 2-4 liters per day
- Some with each meal and between each meal

### Water Recommendations for Males
- Drink at least 4-6 liters per day
- Some with each meal and between each meal

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