MACK NEWTON'S 3-2 PLAN
3 Things You Can Eat. 2 Things You Can Drink.

Strict 3-2

Lean Source Protein: fish, chicken, beef, pork

Green Vegetables: asparagus, spinach, broccoli, collard greens, brussel sprouts
No yellow or white vegetables, no carrots, no mushrooms

Fruit: One Mack Shake in the morning. This is your only fruit for the day.

Other than the Mack Shake in the morning, drink only water and a lot of it.

Eat as much as you want, when you want. DO NOT allow yourself to get hungry.

Basic 3-2

Lean Source Protein: fish, chicken, beef, pork, eggs, 2 oz. nuts

Green Vegetables: any green vegetables, plus garlic, onion. No carrots or cauliflower.

Fruit: 10% more fruit after your morning Mack Shake. Tomatoes are fruit.

Water and **100% fruit juice** (no sugar or concentrates).

Eat as much as you want, when you want. DO NOT allow yourself to get hungry.

DO NOT EAT ANY OF THE FOLLOWING:

No Salt	No Bread	No Rice	No Soda
No Sugar	No White Flour	No Pasta	No Coffee or Tea
No Dairy	No Creamy Dressing	No Potatoes	No Alcohol

MACK SHAKE

(Breakfast Drink)

Ingredients: 16 oz orange juice 1 half apple
1 whole banana 1 half pear

Directions: Pour orange juice in blender. Add banana. Cut apple and pear into small pieces and add to blender. Add ice cubes, if desired.

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