

## 90 DAY DIET

Follow The 10 Rules

- How you eat affects calorie utilization and insulin levels, which can cause you to store body fat.

Stay in the top 2 boxes

One cheat meal a week

- This will help you stay on the diet (i.e., top two boxes) during the entire week, one cheat meal per week will not undermine the effectiveness of the diet, the cheat meal once a week will actually help the diet continue to work over time, because the one high calorie meal per week will boost your metabolism.



With consistent adherence to this program your body weight will normalize to your ideal baseline body weight over time.

Weight loss will average 30 lbs in 3 months, 60 lbs in 6 months, 90 lbs in 9 months, 120 lbs in one year. (Average weight loss 10 lbs per month)

After ideal weight is achieved - continuing this eating program will maintain ideal weight. The less you have to lose, the sooner you will hit your ideal body weight.

“Power 90-90 Day Boot Camp for Total Body Transformation”

Source: Eat to Carve your physique: Climb MICH'S LADDER

<p>Your Body Will be Ripped!</p> 	Artichokes Beans Beets Blueberries Bran Broccoli Brussels Sprouts Cabbage Cantaloupe Carrots Cauliflower	Cereal (whole Grain) Citrus (fruits & juices) Cranberry Juice Egg Whites Fish (cold water: salmon, mackerel, sardines) Garlic (fresh) Grape Juice Kale Kiwi fruit	Mangoes Milk (nonfat) Mushrooms (shitake, mitake) Nectarines Oatmeal Olive Oil Onions Papayas Peas Peppers	Prunes Rice (brown) Salsa Spinach Sweet Potatoes Tofu (light) Tomato (sauces & products) Vegetable Juice (fresh) Water Tea (green, black)
<p>Your Body Will be Trim</p> 	Almonds Apples Asparagus Bananas Bread (rye, marble, pumpernickel) Broccoli sprouts Celery, dry (3-5 grams of fiber per serving) Cherries Chicken skinless White meat	Corn Cucumbers Eggplant Fish (fresh water) Graham Crackers Lettuce (romaine, leafy green or red) Lima Beans Melon (honeydew) Milk 1% Mushrooms (Portobello) Oysters Pancakes (buckwheat)	Pasta (marinara, fish, or vegetables) Peaches Pears Plums Raisins Raspberries Ricotta Cheese, nonfat Shellfish Soy Milk Strawberries String Beans	Sunflower Seeds Tomatoes Turkey Breast Vegetable Juice (canned or bottled) Veggie Burger Walnuts Watermelon Wine (red) Yogurt (low fat including frozen) Zucchini

<p>Your Body Will Not Change Quickly</p>	<p>Animal Crackers Applesauce Avocados Bagels Baked Beans Beef, Eye of Round Beef, London Broil Beef, Top Round Canola Oil Chicken, dark meat Chicken Sandwich, broiled Chicken Taco, baked</p>	<p>Chocolate Coffee Eggs (whole) English Muffins French Fries (baked) Fruit (dried) Fruit Juice (unsweetened) Granola (low fat) Jam and Marmalade Latte (iced mocha non fat)</p>	<p>Margarine (trans fat free) Mushrooms Mustard Nuts (walnuts, hazelnuts, pine nuts) Olives Pancakes Pasta (plain) Peanut Oil Peanuts Pork Tenderloin</p>	<p>Potatoes (white) Pretzels Re-fried Beans (low fat) Rice Cakes Rice (white) Sauerkraut Soup (canned broth) Veal Cutlet Wine (white) Yogurt (regular frozen)</p>
<p>Your Body Will Not Access Stored Fat</p>	<p>Beef ( Filet mignon) Beef (Lean ground) Beef or Chicken (barbecued) Beef ( Sirloin) Beef Stroganoff Beer Butter Caesar Salad, chicken Canadian Bacon Cheese Chefs Salad Chili Chinese Food (with lots of vegetables)</p>	<p>Chips, low fat Coffee Cake Crackers Cream Cheese (low fat) Duck (other game) Granola or energy bar Grilled Cheese Sandwich Ham Hawaiian Pizza Honey Lettuce (iceberg) Juice (sweetened) Lamb Chops Lasagna (meat) Lunch meat and Hotdogs (low fat)</p>	<p>Macaroni and Cheese Mayonnaise (low fat) Meat Loaf Mexican Food (baked not fried) Mike 2% Muffins Peanut butter Pepper (stuffed) Pizza (meatless) Popcorn (salt and butter) Pork Chop (fat removed) Potato or Macaroni salad Reuben Sandwich</p>	<p>Sherbert Sloppy Joe (lean Beef, Ground turkey) Soup (canned creamy) Soy Sauce Spaghetti with meatballs Sub sandwich Taco Salad (chicken, tuna or chicken salad) Vegetable Oil Yogurt (regular) Pudding (low fat milk)</p>
<p>Your Body Will Quickly Store More Fat</p>	<p>Bacon Beef (Regular Ground) Beef Taco (fried) Breakfast sandwich (fast food) Cakes Candy Cereal (sugared) Charred or Blackened food Chicken a la King Chicken buffalo wings, nuggets)</p>	<p>Chicken or Fish sandwich (fried) Chips ( potato or corn) Cinnamon Buns Clams Cookies Crab Cream Cheese Creamed Veggies Doughnuts French fries Gravy</p>	<p>Hamburger (fast food) Hot Dogs Ice Cream latte (whole milk) Lobster Newburg Lunch meat Mayonnaise Milk (whole) Nacho Chips (with cheese) Onion Rings Pastries</p>	<p>Pies Potatoes (fried) Potato skins (fried) Pot Pie Re-fried beans Salad Dressing Sausage Shrimp (fried) Soft Drinks Spar-ribs Tater tots Toaster Pastries</p>

Support Tools

Climb MICHI'S LADDER

Eat to carve your Physique!

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

Tier 1: The Pious tier (Your Body Will Be Ripped!)						
<u>Fruits</u>	<u>Vegetables</u>		<u>Meats/Soy</u>	<u>Condiments/Sides</u>	<u>Breakfast/Dairy</u>	<u>Drinks</u>
Apples with skin	Artichokes	Cucumbers	Fish (cold or fresh water)	Beans	Cereal (whole grain)	Milk (nonfat)
Boysenberries	Arugula	Endive	Salmon	Bran	Egg Whites	Milk (soy)
Cherries	Asparagus	Garlic (fresh)	Mackerel	Cottage Cheese (nonfat)	Flax-seed	Water
Citrus Fruit	Avocados	Kale	Sardines	Mustard	Granola (raw/no sugar)	
Nectarines	Beets	Lettuce (romaine, green or red leaf)	Tempeh	Salsa (natural, no sugar)	Hemp seed	
Pears with skin	Bok Choy	Mushrooms	Tofu	Re-fried Beans (nonfat)	Museli (raw)	
Plantains	Broccoli	Olives		Rice Brown	Oatmeal	
Prunes	Broccoli Sprouts	Onions		Sweet Potato	Yogurt (nonfat, no sugar)	
Raspberries	Brussels sprouts	Peas		Vinegar		
Strawberries	Cabbage	Peppers				
	Carrots	Radishes				
	Cauliflower	Spinach				
	Celery	Squash				
	Chard	Tomatoes and sauce				
	Collard greens	Yams				
		Mushrooms				

Tier 2: The Happy tier (Your Body Will Be Trim!)						
<u>Fruits</u>	<u>Vegetables</u>	<u>Meats/Soy</u>	<u>Condiments/Sides</u>	<u>Breakfast/Dairy</u>	<u>Drinks</u>	
Apples skinless	Melon (honeydew)	Corn Eggplant	Chicken (skinless white meat)	Bread (whole grain)	Cheese (nonfat)	Coffee (black or nonfat milk)
Bananas	Papayas	String beans	Duck (free range)	Cream Cheese (nonfat)	Cottage Cheese (low fat)	Cappuccino (nonfat milk)
Blueberries	Peaches	Zucchini	Fish (farmed)	Hummus	Granola or energy bar	Juice (fresh squeezed with pulp, no sugar)
Cantaloupe	Pineapple		Ostrich	Nuts (raw)	Meal Replacement Bar	Milk 1%

Grapes	Plums		Squid	Soy nuts	Pancakes (buckwheat)	Vegetable Juice
Kiwifruit	Raisins		Turkey breast	Soy sauce	Ricotta cheese (nonfat)	
Mangoes	Watermelon		Veggie Burger	Sunflower seeds	Yogurt (no sugar)	
			Venison (free range)	Tortillas (whole wheat)		

Tier 3: The Swiss tier (Your Body Will Not Change Quickly!)

<u>Fruits/ Vegetables</u>	<u>Snacks/ meals</u>	<u>Meats/Soy</u>		<u>Condiments/Sides/ Desserts</u>		<u>Breakfast/ Dairy</u>	<u>Drinks</u>
Dried Fruit	Pasta (plain)	Beef (eye of round)	Crab	A1 steak sauce	Jam	Bagels	Coffee (whole milk)
Lettuce (iceberg)	Peanut butter (raw)	Beef (London broil)	Jerky (turkey)	Angel food cake	Marmalade	Cheese (low fat)	Cappuccino (whole milk)
	Popcorn (plain)	Beef (Top round)	Lamb (lean)	Applesauce	Ketchup	Eggs (whole)	Juice from concentrate
	Pretzels	Chicken (dark meat)	Lobster	Canola oil	Mayonnaise	Granola	Milk 2%
	Rice Cakes	Chicken Sandwich (broiled)	Oyster	Cream Cheese (low fat)	Potato (baked/broiled)	Muesli	Wine (red)
	Soup (canned broth)	Chicken Taco (baked)	Pork tenderloin	French Fries (baked)	Re-fried beans (low fat)	Oatmeal (flavored)	
		Clams	Steak Lean	Graham Crackers	Rice (white)	Pancakes	
			Veal cutlet	Honey	Sauerkraut	Yogurt (frozen nonfat)	
					Sweet and sour sauce		

Tier 4: The Dodgy tier (Your Body Will Not Access Stored Fat!)

<u>Meals</u>		<u>Snacks/desserts</u>	<u>Meats</u>		<u>Condiments/ Sides</u>	<u>Breakfast/Dairy</u>	<u>Drinks</u>
Caesar salad with chicken	Pizza (meatless/Hawaiian style)	Animal Crackers	Beef (filet mignon)	Pork Chop	Bread (refined flour)	Canadian bacon	Beer
Chili	Reuben sandwich	Chips (low fat/baked)	Beef (lean ground)	Shrimp	Butter	Cheese (bleu and goat)	Coffee (iced mocha latte with nonfat milk)
Chinese food	Sloppy Joe (lean or turkey)	Coffee cake	Beef (sirloin)		Coconut	Muffins	Juice sweetened
Grilled Cheese	Canned creamy soup	Crackers	Beef Stroganoff		Margarine		Milk (whole)

sandwich							
Lasagna with meat	Spaghetti with meatballs	Ice cream (sugar or fat free) Frozen	Buffalo Wings		Peanut butter (regular)		Soft drinks (diet)
Mac and cheese	Sub sandwich	Jello	Ham		Potato salad		Wine (white)
Meat loaf	Taco salad with chicken	Nuts (salted/roasted)	Hot dogs (turkey)		Marconi salad		
Mexican food	Tuna or chicken salad	Popcorn (salt and butter)	Lamb chops		Tortilla refine flour/corn		
Peppers (stuffed)		Pudding (low fat milk)			Vegetable Oil		
		Sherbet					

Tier 5: The Newburg tier (Your Body Will Quickly Store More Fat!)						
Meals		Snacks/dessert	Meats	Condiment/Sides	Breakfast/Dairy	Drinks
Beef taco (fried)	Onion rings	Cakes	Bacon	Baked beans	Breakfast sandwich (fast food)	Alcohol (hard liquor)
Chicken a la king	Potato skins (fried)	Candy	Beef (ground/regular)	Cream Cheese	Cereals (sugared)	Coffee (mocha, macchiato, ice blended, frappe, caramel vanilla, etc.)
Chicken buffalo wings or nuggets	Potpie	Chips (potato or corn)	Jerky (pork or venison)	Creamer (nondairy)		Juice (sugar added)
Chicken or fish sandwich (fried)	Tatar tots	Chocolate	Sausage	Gravy		Soft drinks (sugar)
Creamed veggies		Cookies		Re-fried beans with lard		
French fries		Cinnamon bun		Salad dressing		
Hamburger (fast food)		Doughnuts				
Hot dogs		Ice cream				
Lobster Newburg		Pastries or Toaster pastries				
Nachos		Pies				