

W8 Magic Diet Guide™

Everyone is different, so we encourage you to eat a healthy diet that works for you and meets your goals. The following are some guidelines if you are looking to lose weight.

To maximize weight loss, limit your calories to 1250 calories per day, take your B-EPIC® supplements every day, and stick to the approved foods list. Also, do meal planning in advance and make sure you always have plenty of healthy food options on hand.

Eat a variety of healthy foods to ensure you get the nutrients your body needs; limit less healthy options or save them for special occasions; and be aware of portion sizes and total food intake. Aim to eat your first meal within 30-60 minutes of waking up, and stop eating 2-3 hours before bedtime.

Before you start your weight-loss journey, weigh yourself and take your "before" measurements and photo. Then weigh yourself at the same time of day every three days to help track your progress. Plus, every month, retake your measurements and photo so you can see your results.



Tips for Eating Healthier

- Keep healthy foods readily available.
- Remove unhealthy foods from your home.
- Don't shop for groceries when hungry.
- Never skip breakfast.
- Drink water throughout meals.
- Eat more fresh foods and whole foods.
- Start your meal with a salad.
- Include healthy protein with every meal.
- Choose foods with healthy fats.
- Snack on nuts, seeds, or colorful veggies.
- Choose good carbs such as whole grains.
- Eat fewer processed foods.
- Avoid anything fried, breaded, or creamy.
- Reduce saturated fat and trans fat.
- Cut back on salt, sugar, and sweeteners.
- Slow down and chew thoroughly.
- Eat on smaller plates.
- Do not eat while watching TV.

How to Not be Hungry on the Diet

It is important to avoid feeling hungry as hunger causes the body to store fat and slows the metabolism. To help stave off hunger, eat protein with every meal, fill up on vegetables, and drink plenty of water. If you are hungry, drink more water, have a small snack, or sit down and eat without distractions. If eating low carb, you may need to eat more than you normally would in order to fill satiated.

Boost Hydration for Weight Loss

Aim for at least 8-16 cups per day spaced throughout the day based on your overall body weight. See chart below. Unsweetened tea and coffee are good too. Avoid soft drinks, sports drinks, fruit juice, milk, and alcoholic beverages.

Drinking sufficient water has been found to assist with weight loss, especially when consumed before meals. So, drink 2 cups of water before each meal. Also, drink a glass of warm water in the morning; it has a natural cleansing effect.

Body Weight (lbs)	100	120	140	160	180	200	220	240	260+
Water Intake (oz)	64+	72+	80+	88+	96+	104+	112+	120+	128+

Approved Foods



Healthy Proteins

To avoid deficiency, get .35 g of protein per pound per day. For muscle building, get 1 g of protein per pound per day. Consume red meat in moderation.

- Eggs Whites (add yolks for flavor)
- Fish (halibut, salmon, tilapia, etc.)
- Poultry (chicken, turkey, etc.)
- Greek Yogurt, Cottage Cheese 2%
- Quinoa, Organic Tofu
- Whey Protein Powder
- Low-Carb Protein Bar

Beans / Legumes

- Black Beans, Red Beans, Pinto Beans
- Lima Beans, Black-Eyed Peas
- Lentils, Soybeans (edamame)

Plus, nuts and seeds can be eaten in moderation. They should be unsalted. Raw is best.

- Flaxseeds, Pepitas, Chia Seeds
- Sunflower Seeds, Sesame Seeds
- Almonds and Walnuts (10 max)

Slow-Burning Vegetables

- Broccoli, Cauliflower, Zucchini
- Asparagus, Celery, Bok Choy
- Brussel Sprouts, Cabbage
- Spinach, Kale, Romaine, Lettuce
- Egg Plant, Artichokes, Bamboo Shoots
- Spaghetti Squash, Sweet Potato
- Peas, Green Beans, Bean Sprouts
- Onions, Peppers, Chilies
- Carrots, Beets, Mushrooms
- Garlic, Sauerkraut, Kimchee
- Plus, All Herbs (fresh or dried)



Slow-Burning Fruits

- Tomatoes
- Avocadoes (1 cup/1 meal max)

If you are exercising, you can add fruit to breakfast and 30 minutes before or after your workout.

However, to maximize weight loss, limit these foods altogether.

- Apples, Oranges, Pears
- Nectarines, Apricots, Peaches
- Plums, Grapefruit, Kiwifruit
- Cherries, Pomegranates
- Cranberries, Lemons, Limes
- Blackberries, Blueberries
- Raspberries, Strawberries

Healthy Carbohydrates

If you are exercising, you can add healthy carbs to breakfast and 30 minutes before or after your workout.

However, to maximize weight loss, limit these foods altogether.

- Oatmeal (steel-cut or rolled oats)
- Rice or Pearled Barley
- Whole-Wheat Bread
- Whole-Grain Pumpernickel Bread
- Spaghetti (cooked al dente)
- Wheat Tortillas

Healthy Fats

Consume healthy fats in moderation (2 tsp per day).

- Butter, Ghee, or Olive Oil for low-heat cooking
- Avocado Oil, Macadamia Oil, or Coconut Oil for high-heat cooking
- Olive Oil and Balsamic Vinegar for salad dressing
- Walnut Oil and White Wine Vinegar for salad dressing
- Dairy-Free Creamer (only 1-2 tsp per day)

DISCLAIMER: This content is for informational purposes only and intended for generally healthy adults. It is not intended to be a substitute for professional medical advice. Always consult your physician if you have any health concerns before starting a new diet.

Sample Meals

The most successful dieters – regardless of whether their goal is weight loss or muscle gain – eat the same few meals over and over. So we recommend coming up with a few meals that you like and are easy for you to make. Mix and match from the list of approved foods. Build each meal with one item from each of the top three food lists. Include foods from the other lists in moderation; however, only add fruits and carbs if you exercise that day.

Breakfast Ideas

- Eggs with black beans, chunky salsa, and avocado
- Shake with 30 grams of protein powder and water
- Omelet of eggs, spinach, and sausage with sliced apple
- Cottage cheese with sliced tomatoes and almonds
- Scrambled eggs with black beans and mixed veggies
- Cottage cheese fruit bowl with pumpkin seeds
- Smoked salmon and roasted red pepper frittata
- Curry frittata with tomatoes, peppers, and onions
- Greek yogurt with berries and side of turkey bacon
- Scrambled eggs with grilled mushrooms and garlic

Lunch Ideas

- Cobb salad made with hard-boiled eggs, tomato, avocado, bacon, and lemon juice
- Ham, sautéed onions, and peppers in a lettuce wrap
- Fajita salad with guacamole and black beans
- Hamburger wrapped in lettuce with 5-bean salad
- Burrito bowl of grilled chicken, onions, peppers, black beans, salsa
- Steak, pinto beans, mixed vegetables, and guacamole
- Tuna salad lettuce wrap with chimichurri
- Chipotle meatballs with guacamole and salad

Dinner Ideas

- Orange chicken stir fry with peppers, onions, broccoli
- Slow-cooker pork loin with grilled curry vegetables
- Shredded beef and cauliflower rice bowl
- Grilled fish, steamed veggies, and red beans
- Grass-fed organic beef, lentils, and mixed vegetables
- Roasted pork loin over wilted spinach
- Roasted chicken with spiced cauliflower and black beans
- Grilled halibut with roasted asparagus and lemon juice
- Ground beef with bean chili
- Roasted chicken with Brussels sprouts and almonds
- Poached egg with chorizo over sautéed red peppers and onions

