



R3[©]

- **Reset**
- **Reintroduce**
- **Real Life**

W E I G H T L O S S

UNITED STATES





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R3 Weight Loss Plan

Reset • Reintroduce • Real Life

Following this 6 week plan will shift your metabolism from fat storage to fat burning mode. You will experience weight loss, more energy, less fatigue, decreased appetite and less sugar and carb cravings. You will learn portion control and choose foods for increased energy. The recommended "tools" in green bold print are extremely healthy and affordable. Using the "tools" will guarantee your success!

There are three, 2-week plans to follow. After the six weeks, you will know how to lose weight, maintain your weight, and get back on track if needed. This is NOT a diet! It will teach you how to control your weight forever! We do not weigh food, measure, count calories/grams, or keep a journal. You will learn freedom!

1. Reset

- Develop proper hunger patterns
- Increase energy
- Develop willpower
- Learn healthy choices
- Increase rate of metabolism
- Eliminate unhealthy food addictions
- Eliminate cravings
- Shift from fat storage to fat burning mode
- Experience weight loss
- Decrease measurements

2. Reintroduce

- Maintain better hunger patterns
- Learn how to balance carbs, proteins, and fats
- Continue weight loss

3. Real Life

- Learn how to eat balanced in real life situations, holidays, parties, vacations, etc.
- Learn how to enjoy your favorite foods and continue to lose weight.
- Learn skills to lose weight and maintain for life!

No guilt, No fail – ONLY - Real Food, Real Life!!

YOU MUST WEIGH YOURSELF AND TAKE MEASUREMENTS ON DAY ONE!

Measure: middle of neck, middle of right upper arm, widest part of right forearm, widest part of chest around back, upper mid-belly, belly button, widest part of your hips, middle of right thigh, widest part of right calf.

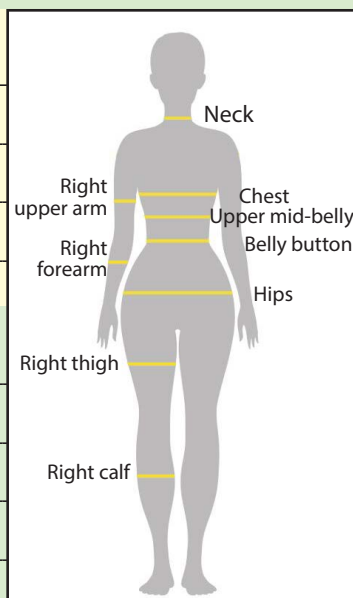
Weigh and measure every 2 weeks!

The content of this plan is intended to provide helpful and general information for educational purposes only. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or health problem, or seeking a diagnosis, or treatment and before undertaking a new health care regimen. The author and creator of the R3 Weight Loss Plan specifically disclaims all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any contents of this plan.

Name: _____ Starting Date: _____

Why am I starting now? _____

I will achieve (goals) _____



YOU MUST WEIGH YOURSELF AND TAKE MEASUREMENTS ON DAY ONE!

Measure: middle of neck, middle of right upper arm, widest part of right forearm, widest part of chest around back, upper mid-belly, belly button, widest part of your hips, middle of right thigh, and the widest part of right calf. **Weigh and measure every 2 weeks!**

	Starting Date Date: _____	2 weeks Date: _____	4 weeks Date: _____	6 weeks Date: _____
Weight (lbs.):	_____	_____	_____	_____
Measurements:				
Neck	_____	_____	_____	_____
Right upper arm	_____	_____	_____	_____
Right forearm	_____	_____	_____	_____
Chest	_____	_____	_____	_____
Upper mid-belly	_____	_____	_____	_____
Belly button	_____	_____	_____	_____
Hips	_____	_____	_____	_____
Right thigh	_____	_____	_____	_____
Right calf	_____	_____	_____	_____



1. Reset - The First 2 weeks

(You MUST eat every 2-3 hours and you MUST eat a protein source within 60 minutes of waking up)

These are the most popular food suggestions listed below. Consult with your physician before starting this plan if you are a nursing mom, diabetic, have PCOS, or thyroid issues, vegetarian, vegan, dairy free, gluten free, nut free, soy free, pescatarian, or have any other special dietary needs. We can tweak the R3 Plan for you. We have alternative options available to meet your needs. You may choose any foods from the YES List.

Choose real food options first. You may use the “tools” (bars and shakes as convenient back-up choices) when needed. If you do not like one of the food options, you can always choose any food from the YES List to replace my suggestions.

Breakfast

Eat according to your hunger:

- 1-2 eggs
- light Greek yogurt (flavor or fruit OK)
- lean meat
- ½ cup light/low fat cottage cheese
- **Proflex 20 Protein Shake**, Chocolate or Vanilla (15 serv/\$16 or 30 serv/\$30.48)
- **Ultra performance Protein Shake**, Chocolate or Vanilla (15 serv/\$26.49 or 30 serv/\$44.98)
- **Ultra Performance Protein Bar**, Double Chocolate Crisp or Chocolate Peanut Butter Crunch (6 bars/\$12.99 or 12 bars/\$23.48)

Morning Snack

Choose any choice from breakfast that you did not eat, or choose **GC Control Shake**. Flavors include Chocolate Fusion, Caramel CrèmeBrulee, French Vanilla, Peach Cobbler, Apple & Cinnamon, Pumpkin Spice (10 serv/\$16.99 or 20 serv/\$30.48 or 30 serv/\$44.97)

Lunch

- Salad and protein (choose 3-4 oz. can tuna/water with light mayo, chicken, turkey, hard boiled eggs, lean hamburger/cheeseburger, steak, pork, shrimp, salmon, any fish)
- 1-2 cups of veggies (fresh is best, frozen second, canned third)
- 1-2 Tbsp light dressing

OR Homemade Lunchable:

- protein
- 1-2 slices of non-processed cheese or cheese stick
- 1-2 cups of veggies
- 1-2 Tbsp light dressing or 1-2 Tbsp. hummus

OR if you can't get a whole food source and it's more than 3 hours later, choose the **Attain CraveBlocker Shake** or **Attain CraveBlocker Bar** as a safe back up choice **OR** you may choose the **Proflex 20 Protein Shake**, **Ultra Performance Protein Shake** or **Ultra Performance Protein Bar**.

- **Attain CraveBlocker Bar**, patented meal replacement bar. Sweet & Salty, Chocolate Peanut Butter, Chocolate Caramel Nut (6 bars/\$10.49 or 12 bars/\$18.98)
- **Attain CraveBlocker Shake**, Vanilla, Milk Chocolate, Strawberry, Blueberry (10 servings/\$14.99 or 20 servings/\$27.48)

continued on next page

Afternoon Snack

25 almonds and mozzarella light cheese stick (If you dislike almonds, you may choose any other nut option listed on the YES List **OR** choose any option from the YES List.)

30 Minutes Before Dinner Have: Fiberwise Drink, this will make you feel satisfied and gently flushes out toxins, fat, and cholesterol. It contains pre- and pro-biotics, healing herbs for the gut, kills candida yeast, balances gut flora and microbes. Best flavors: Orange, Peach, Berry (15 serv/\$12.99 or 30 serv/\$19.99) *If you cannot drink it 30 minutes before dinner, make sure you drink it at least 1 time per day, any time of day is OK.

Dinner

Serving of protein and 2-3 cups of vegetables (Look at the YES List for all of your healthy options.)

Evening Snack (ONLY IF NEEDED)

Choose anything from your day; eat extra almonds, cheese, yogurt, shake, veggies and hummus, hard boiled eggs, meat, **Proflex 20, Attain CraveBlocker Bar, Fiberwise**.

Beverages

Drink at least 8 glasses per day. If you need a sweet drink, you can choose either **Splash H2O** or **Sustain**. (Sustain is recommended during the first two weeks and throughout the R3 plan to make sure you are hydrated and have plenty of electrolytes in your system.) **Sustain** includes calcium, magnesium, sodium, and potassium. It helps to rehydrate your cells, maximize muscle performance, convert carbohydrates into energy, minimizes muscle tissue breakdown, and is low in sugar.

- **Sustain**, Lemonade, Orange, Raspberry Lemonade, Ruby Red Grapefruit (30 serv/\$10.99)
- **Splash H2O**, Lemonade, Fruit Punch, Strawberry Kiwi, Peach Tangerine (2.5 gallons/\$3.99 or 5 gallons/\$6.73)
- **Mountain Cabin Coffee and Specialty Drinks**, large variety, see online
- **Hidden Garden Specialty Teas**, large variety, see online

Exercise

- **Start walking** if you're not currently exercising. 10-15 minutes, 3-4 days per week to start.
- **Interval training** – walk fast one minute, walk regular-moderate the next minute (alternate).
- Continue **running, weight training, etc.**, if you are currently doing it.

Access Bar, patented fat burning bar, eat 15 minutes before exercise on an empty stomach. Chocolate Caramel Cruncher, Chocolate Peanut Butter, Chocolate Mint, Chocolate Coconut, Chocolate Raspberry, Chocolate S'mores (10 bars/\$15.49 or 20 bars/\$28.58).

If you are an athlete or train at an intense level, try to follow the first two weeks as laid out. However, if you notice feelings of fatigue, headache, or lack of endurance while you are exercising, or experience a longer recovery time, you will need to add in natural sugars from fruit and/or one of the healthy carb options from the Yes List.



Choose ONE according to your need:

Always take supplements after you eat a good size meal. Never take on an empty stomach.

Do not take poor quality over-the-counter supplements. They can do more damage than good as your body only absorbs 8-10% from over-the-counter brands of supplements. The body works best and the cells produce more energy when nourished at the cellular level. The best absorbed and most affordable are:

- **Vitality Pack**, vitamins, minerals, calcium complete (30 day supply/\$19.99)
- **Essential Pack**, contains Vitality Pack + probiotics, cardioOmega, antioxidants (30 day supply/\$39.99)
- **Peak Performance Pack**, contains Essential Pack + Heart + Joint Health (30 day supply/\$72.99)
- **Total Pack**, contains everything! Look online (30 day supply/\$119.99)
- **Vitality Pack Prenatal**, vitamins, minerals, calcium complete and Omega 3 (DHA & EPA) (30 day supply/\$36.62)

Additional items depending on needs:

- **Coldwater Omega 3**, DHA + EPA (30 day supply/\$14.99)
- **Florify**, 10 billion colonies of acid resistant pro-biotics (30 day supply/\$19.99)
- **Good Zymes**, enzymes help with digestive issues (30 day supply/\$27.99)
- **Activate C Immune Complex Drink** (20 packets/\$10.69)
- **Nutratherm**, stimulant free metabolism boost (30 day supply/\$27.99)

Add if needed:

- **Replenex**, joint protection (30 day supply/\$11.69)
- **Replenex-Xtra Strength**, joint support and soothing relief (30 day supply/\$19.99)
- **Luminex**, natural mood support (30 day supply/\$17.94)
- **K2-D3**, optimal calcium delivery (30 day supply/\$24.99)
- **RestEZ**, relaxation support (30 day supply/\$10.99)
- **EstrAval**, menopausal support (30 day supply/\$20.89)
- **Prostavan**, prostate support (30 day supply/\$16.99)
- **Cranbarrier**, urinary tract support (30 day supply/\$13.44)



2. Reintroduce – The Second 2 weeks

(Continue with food plan)

Add ONE serving of fruit per day if needed:

- 1 apple, banana, orange, pear, etc. **OR**
- ½ cup of berries (strawberries, blueberries, blackberries, raspberries, etc.) **OR**
- 1 cup of melon, cantaloupe, pineapple, mango, etc.

You MUST EAT the fruit with a small PROTEIN serving (some nuts, cheese, meat, yogurt, etc.)

Add ONE serving of carbs per day if needed OR 3 servings per week:

- 1 slice of dense healthy bread (whole grain, high fiber, Ezekiel bread, etc.)
- 1 potato or sweet potato
- ½ cup cooked pasta, brown rice, quinoa
- 1 serving of **Simply Fit Crackers, Harvest Grain or 7 Real Cheese** (1 box/\$3.99)
- 1 serving of **Simply Fit Popcorn, Natural Butter or Classic Salted** (3 bags/\$3.99)
- 1 serving of **Simply Fit Granola, Blueberry Crisp or Vanilla Crunch**, (1 bag/\$5.79)
- 1 serving of **Simply Fit Veggie Protein Crisps** (5 packs/\$9.79)
- 1 serving of **Simply Fit Snack Bars** (5 bars/\$5.69)
- 1 serving of **Fiberwise Bars** (6 bars/\$7.99)

*As long as you continue to lose weight and have energy, you can continue with carb and fruit intake. More are permitted as long as weight loss continues. However, if weight loss stops, try only consuming EITHER 1 fruit/day OR 1 carb/day.

3. Real Life – The Third 2 weeks

(Continue with food plan)

You now have the freedom to eat a meal of your choice once every two weeks! Anything! Pizza, bread, lean hamburger/ cheeseburger, french fries, chicken fettuccini alfredo, ice cream, calzone, brownie sundae, etc. ENJOY this...NO GUILT!!!



Eat according to hunger levels.

If you're following the R3 plan, do not worry about serving sizes.

Eat slowly and stop when satisfied.

You should not feel hungry following the R3 plan.

If you are hungry, you need to eat more.

The NO List – Weeks 1-2

- Bread
- Fruit
- Crackers
- Oatmeal
- Cereal
- All beans
- Aspartame, artificial sweeteners
(Truvia, Stevia, Xylitol allowed)
- Diet products
- Fat free
- Sugar free
- Peanuts/
Peanut butter
- Soda
- Sweet tea
- Juice
- Corn
- Peas
- Carrots
- Pasta
- Rice
- Potatoes
- Quinoa
- Popcorn
- Chips
- Cookies
- Cakes
- Ice cream
- Jelly
- Meat marinades
- BBQ sauce
- Ketchup
- Tomato sauce
- Honey
- Agave nectar
- Edamame
- Veggie chips

ONLY choose 1-2 Tbsp of salad dressing (must be light or low fat – no diet, sugar free, fat-free dressings)

Butter is OK, use in moderation

Half & Half is OK, use in moderation

Milk (your choice) is OK, one 8 oz. glass per day if desired

NO alcohol in the first 2 weeks.
(After that, use in moderation – it could slow down weight loss if too much is consumed)

Zero carb alcohol drinks: Gin, Rum, Vodka, Whiskey, Martini, Tequila

The YES List – Weeks 1-2

Veggies (1-2 cups per meal)

- Acorn squash
- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Avocado (1-2 Tbsp. per day)
- Bamboo shoots
- Basil
- Bean sprouts
- Beets (sparingly)
- Bok choy
- Broccoli
- Broccolini
- Broccoli rabe
- Brussel sprouts
- Butternut squash
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumber
- Chili peppers
- Chives
- Cilantro
- Collard greens
- Dill
- Daikon
- Eggplant
- Endive
- Garlic
- Ginger
- Grape leaves
- Green beans
- Green pepper
- Habanero peppers
- Horseradish (raw)
- Jalapeño
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (all types)
- Long beans
- Mixed greens
- Mushrooms
- Nopales
- Okra
- Onions
- Olives (sparingly)
- Palm hearts
- Parsley
- Peppers (all)
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Rosemary
- Scallions
- Shallots
- Squash (any type)
- Spinach
- Sprouts
- Thyme
- Tomatoes (sparingly)
- Turnips
- Wasabi
- Water chestnuts
- Zucchini

The YES List – Weeks 1-2

Fats

Dairy

- Butter (sparingly)
- Ghee
- Cheese (low-fat, non-processed)
- Feta cheese
- Cottage cheese (low fat)
- Half & Half (1-2 Tbsp.)
- Heavy Cream (sparingly)
- Milk - your choice
(1 8 oz. glass per day, if desired)
- Sour cream - light
- Yogurt
 - Greek yogurt (best choice plain, flavored/fruit is ok, choose low sugar/high protein and no artificial sweeteners)
 - Low fat yogurt

Condiments

- Aioli (mayonnaise seasoned with garlic)
- Any seasonings
- Chimichurri sauce
- Dill pickles
- Fish sauce (sparingly)

- Horseradish (sparingly)
- Mayonnaise (light)
- Mustard
- Pesto sauce
- Salad dressings (1-2 Tbsp., light)
 - Balsamic vinaigrette
 - Creamy salad dressings (low fat)
- Sherry (cooking)
- Soy sauce (low sodium)
- Sriracha
- Tahini
- Vinegar
- Wasabi

Fruit

- Avocado (1-2 Tbsp. per day)
- Lemons
- Limes
- Olives (sparingly)
- Tomatoes (sparingly)

Oil (1-2 Tbsp. per day)

- Avocado oil
- Canola oil
- Coconut oil

- Fish oil
- Flaxseed oil
- Grapeseed oil
- Olive oil
- Red palm oil
- Safflower oil
- Sesame oil
- Sesame butter/Tahini

Nuts and Seeds- Choose 1 per day, raw is best

- Almonds (25 per day, whole)

(1-2 Tbsp. per day)

- Powdered peanut butter
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Pine nuts
- Soy nuts (roasted, lightly salted)

(1/4 cup per day)

- Pecans
- Walnuts
- Cashews
- Pistachios
- Macadamia nuts



Snacks

- Access bar/Access shake (1 per day)
- Attain bar/Attain shake (meal replacement or snack, 1 per day)
- Beef jerky (sparingly)
- Fiberwise (1-2 per day mixed with water)
- GC Control shake (1-2 per day mixed with water or coffee)
- Hard boiled eggs
- Lean meat (1-2 slices)
- Low-fat mozzarella cheese stick
- Nuts (See list under Fats)
- Pickles - dill
- Proflex 20 protein shake (snack or meal replacement)
- Turkey jerky (sparingly)
- Ultra Performance Protein Bar (meal replacement or 1/2 bar as a snack)
- Veggies and 1-2 Tbsp. hummus
- Veggies and 1-2 Tbsp. salad dressing (See list under Fats, Condiments)
- Yogurt (See list under Fats, Dairy)

The YES List – Weeks 1-2

Protein

Dairy

- Cottage cheese (low fat)
- Eggs
- Egg substitute
- Milk - your choice
(1 8 oz. glass per day, if desired)
- Greek yogurt
- Yogurt (low sugar/high protein)

Poultry

- Chicken
- Duck breast
- Turkey breast (low sodium)
- Turkey bacon (low sodium)
- Turkey sausage

Red Meat

- Beef (lean cuts)
- Buffalo (ground)
- Elk
- Roast beef (low sodium deli)
- Venison

Seafood

- Bass
- Blue Gill
- Catfish
- Ceviche
- Clams
- Cod
- Crab
- Crappie
- Flounder
- Grouper
- Haddock
- Halibut
- Lobster
- Mahi-mahi/Dorado
- Mussels
- Orange roughy
- Oysters
- Salmon
- Scallops
- Shrimp
- Snapper

- Sole
- Swordfish
- Tilapia
- Trout
- Tuna (canned in water or fresh)
- Walleye

Vegetable Protein (for Vegetarians ONLY)

- Beans (boiled or low sodium)
- Edamame (soy beans)
- Tempeh
- Tofu

White Meat

- Pork (lean)
- Bacon (sparingly)
- Pork sausage (sparingly)

Nuts and Seeds

- See list under Fats



Beverages

- Amino Boost
- Coffee
- La Croix sparkling water
- Polar 100% Natural Seltzer
- Sparkling water – natural
- Sparkling mineral water – natural
- Splash H2O Water
- Sustain sport drink
- Tea (non sweet)
- Kombucha (sparingly)
- Water (at least 8 glasses per day)
- Truvia, Stevia, and Xylitol allowed. No artificial sweeteners.

Herbs/Spices All herbs and spices are allowed.