



SHAPE Phase 1 “Apple Day”

If during Phase 1 (500 Calorie Phase), you experience a plateau in weight loss for 2 days or any weight gain, the Vibrance nurse may prescribe an *Apple Day*. The following are the instructions for an *Apple Day*:

6 Medium **Green** Apples eaten throughout the day. (*No other food that day.*)
Apples can be eaten raw, baked, or boiled and mashed into applesauce (you can add cinnamon!)

You should resume losing weight.

SHAPE Phase 2 “Steak Day”

If during Phase 2 (the Calorie Reset), you experience a gain of two pounds, the Vibrance nurse may prescribe a *Steak Day*. The following are the instructions for a *Steak Day*:

Breakfast: One Fruit: Apple, Orange, ½ Pink Grapefruit, or Strawberries (6 large or 10 small)
Lunch: 3.5 oz of Lean Protein & 3/5 oz of Veggie (*Phase1 Meal*)
Dinner: 5.0 oz of steak – NY Strip Steak or steak with similar fat %

Vegetarian Options for the Phase 2 *Steak Day* are as follows:

One of the following choices:

- 3 Meals consisting of 2 oz of cheese each (your choice) and 2 Apples
- or
- 32oz. of Plain Fage Yogurt (Full Fat) with ¼ Cup of strawberries throughout the day.
- or
- 8-12 Boiled Eggs – Yolk is Fine – eaten throughout the day.
- or
- ***Vegan Option***
- 32oz. of Unsweetened Coconut Yogurt (Full Fat) with ¼ Cup of strawberries throughout the day.

Drink more water and go to bed at least 2 hours earlier.
Your weight should stabilize.

ANY QUESTIONS PLEASE CALL THE NURSE (805) 379-0254

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