Phen375's 14-DAY FAT BURN DIET PLAN

A proven plan to boost your metabolism, balance your hormones and burn fat fast!
Welcome to the lean & clean 14-Day fat loss plan

How and why this plan works
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- No calorie counting!
- Ease and flexibility
- Fast, flexible fitness plan
- The nutrients and micronutrients you need to feel great and lose fat

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Welcome to the Lean & Clean 14-Day Fat Loss Plan!

When used in conjunction with Phen375.com, this nutrition and exercise plan will help you to finally shed excess body fat and do it quickly, safely and easily. The Western diet is loaded with calories, sugar, processed foods and unhealthy fats that not only lead to excess body fat, but also cause imbalances in certain hormones and suppress the immune system, which just leads to more weight gain and even an inability to lose stored body fat. While you are taking Phen375, you also need to correct the metabolic and hormonal issues that have led to your weight problem so that you can not only lose the fat but keep it off for good. You need to do this without starving yourself or feeling dissatisfied, deprived and fatigued.

This diet plan is carefully designed to:

- **Be extremely simple**
  - No complicated preparations, no exotic or expensive ingredients and no tracking or calorie counting.

- **Be very flexible**
  - You choose which meals you eat each day, to suit your schedule, your plans and your pantry.

- **Accommodate you**
  - In most cases, you’re given a choice of a variety of foods for each meal so that you can choose the ones you enjoy and have access to and skip the ones you don’t.

- **Improve hormonal imbalances**
  - Rich in fiber, low in sugar and starch and with plenty of healthy fats, this eating plan will help correct your cortisol, insulin, leptin and ghrelin levels so that you can not only lose fat now but prevent new fat from being stored in the future.

- **Correct inflammation and boost your immune system**
  - A challenged immune system and the chronic, whole-body inflammation it causes, are one of the most significant underlying causes of excess body fat. This eating plan gives you a wide array of antioxidants and other micronutrients each day that will help fight free radicals, boost your immune system and reduce inflammation.

- **Improve digestive function**
  - An impaired digestive system due to a poor diet greatly reduces your ability to absorb nutrients and lose body fat. This plan is high in plant fibers and contains no processed foods, enabling your digestive system to rid itself of built up wastes and toxins and restore optimal function.
In order to succeed in losing body fat fast, healthfully and without cravings, you need a diet that is not only easy to follow, but easy to continue following until you’ve reached your weight loss goals. You also need an exercise program that can be done by anyone at any fitness level, without taking up a great deal of time or requiring a lot of equipment. The Lean & Clean plan is carefully designed to address those needs and help you finally succeed at losing weight and body fat.

All of this is provided in a diet that keeps you feeling satisfied and energetic, so that you can feel great while you’re losing the weight. We’ve also created a simple but extremely effective exercise plan that can be done anywhere, with or without a gym, and by anyone at any fitness level. This exercise plan is designed to boost your metabolism and help you build lean muscle, all in less than thirty minutes per day.
A Simple, Sustainable Plan

The Lean & Clean Weight Loss Plan gives you plenty to eat, with a wide variety of healthy, inexpensive and readily-available foods. There’s no need to shop for exotic, hard-to-find ingredients and there are no complicated, time-consuming recipes to follow. Many weight loss plans are so strict and demanding that they become a part-time job in themselves. You are far too busy to write down everything you eat, count every gram of protein or fat or even calculate calories. You’ve probably tried those types of diets, only to become frustrated and quit before you’ve reached your fat-loss goals. With this diet, you do not even have to count the calories you eat.

No calorie counting!

For decades, diet books and magazines have told us that losing weight and shedding fat is all a matter of mathematics; that you need to keep your calories down to a magic number in order to lose weight. But numerous recent studies have shown that even the stress of counting calories can raise your cortisol levels and not only keep you from losing the fat you have now, but stimulate your body to add more fat, especially around your abdomen. Cortisol is a stress hormone whose primary job is to store calories as fat in the abdominal area. When high levels of cortisol are present in the bloodstream, fat loss is virtually impossible, no matter how much you cut your calorie intake. In fact, cutting your calories too low will actually raise your cortisol levels. So will skipping meals or doing too much strenuous exercise. Not only will you not be counting calories, but this plan has you eating three main meals and several snacks per day, which not only keeps your metabolism running but prevents the hunger that causes fatigue and excess cortisol secretion. (In the guidelines section, we’ll give you some additional ways to reduce your cortisol levels.)
Ease and Flexibility

No diet or exercise plan will work for you if you can’t stick with it. Diets that contain foods you can’t get or won’t eat are doomed to failure. When you’re on a diet that strictly dictates every food you put into your mouth at every meal, something as simple as an invitation to dinner out, a strong dislike for asparagus or an unexpected late night at work can completely derail you.

With our eating plan, you choose which meals you eat on which days and which foods you include in that meal. If you’re planning to have lunch at a restaurant, you can choose one of the lunch options that are easily adapted to dining out. If you don’t have much time to cook, you can choose one of the cold or especially quick meal options. Don’t like asparagus? No asparagus required! You choose your meals based on your schedule, your tastes and your mood. This means that you have a diet you can stick with until you reach your goals.

Fast, Flexibility Fitness Plan

One of the most common reasons that people fail to reach their weight loss goals is that they don’t feel they have time to exercise or they spend too much time doing the wrong kind of exercise. You don’t need to spend an hour or more every day working out in order to lose fat. In fact, if you’ve been spending long hours on the treadmill or elliptical machine, stop. That type of exercise may burn a few calories, but it will not help you burn fat. It’s really only effective at maintaining your current cardiovascular fitness level. It will not boost your metabolism or help you shed pounds fast.

In fact, thirty minutes of strength and interval training each day will get you to your goals much faster than an hour or more in the gym every day. What’s more, you’ll also be building lean muscle. Adding lean muscle to your body while you’re losing fat means that you’ll be able to eat more and that your body will look firm, sleek and defined when you’ve lost your weight, instead of flabby and soft.

Our exercise plan consists of 20 minutes of strength training and 10 minutes of interval cardio six days per week. That’s it. Our interval training plan gives you several choices in what type of cardio you do and you don’t even need to stick with the same type of exercise every day – feel free to switch back and forth between cardio routines as your mood and schedule suit you.

No matter how busy you are, you can find time for thirty minutes of exercise.

The Nutrients and Micronutrients You Need to Feel Great and Lose Fat

The Lean & Clean eating plan is carefully designed to give you a wide variety of antioxidants and other micronutrients that will reduce boost your immune system, reduce inflammation and restore digestive health so that you can lose fat quickly and efficiently. You will also be getting all of the lean protein, fiber, healthy fats and energy-giving carbs you need to be satisfied and energetic as you’re losing weight.

You will not be hungry or fatigued, which is so common with other eating plans and causes many people to drop their weight loss plans almost before they’ve begun.

Our eating plan and additional guidelines correct problems with your immune system, hormonal system and digestive system so that you can lose weight now and prevent weight gain in the future.
The Lean & Clean Fat Loss Plan

In this section, we’ll cover what foods you’ll be eating and why, give you some guidelines for following the eating plan, share some additional tips to help you speed your fat loss and lay out the eating plan for you.

What you’ll be Eating and Why

This plan is based on a foundation of fresh, whole, unprocessed, readily-available foods. It’s designed to give you a very balanced diet with all of the protein, healthy carbs and healthy fats you need, plus a wide variety of antioxidants, vitamins and minerals. Here are the main foods that will make up your daily diet and why they’re so essential to your success.

You need some healthy fats in your diet in order to lose the unhealthy fat stored on your body. Our eating plan focuses on getting enough of the right fats, especially Omega-3 fatty acids and healthy plant-based fats, to keep you healthy and satisfied. Some of these fats will come from lean meats, seafood and dairy. You may also use olive or coconut oil for cooking and enjoy nuts, seed and avocados.

Fish and seafood are excellent, lean sources of protein. You may enjoy shellfish such as shrimp, prawns, crab and lobster, mollusks such as clams, oysters, mussels and scallops and lots of delicious fresh fish. These foods are loaded with important B-vitamins as well as Omega-3 fats. In order to get the most Omega-3s, your fish need to be cold-water, wild-caught fish such as mackerel, cod, haddock, salmon, sardines and others. Fish and seafood can be pan-sautéed, baked, broiled, steamed or raw. No frying, breading or addition of creamy sauces should be used with your seafood. Instead, use olive oil, seasoning, herbs and lemon juice to give your seafood all of the flavor it needs.
Lean meats are an important source of protein, Vitamin B-12, healthy saturated fats and iron. However, you will not be relying on it as heavily with the typical Western diet. You may have leaner cuts of beef, pork and game meat, trimmed of most visible fat. Whenever possible, choose wild or organically-raised, pasture-fed meats. These are free of antibiotics, pesticides, herbicides and other toxins that have hampered your immune system and digestive tract. Yes, these choices are more expensive, but since you'll be eating less meat, you can spend just a bit more.

Again, choose organically-raised or wild varieties as much as is possible. You may have light or dark meat, but remove the skin before eating (you may cook the meat with the skin on to keep it moist). Choose from chicken, turkey, Cornish Game hens, duck, goose, partridge or any other bird you enjoy.

Dairy foods are a limited, but delicious and important part of the eating plan. Choose organic whenever possible. While hard and most soft cheeses are off-limits due to fat content, you may enjoy cottage cheese, mozzarella and Neufchatel cheeses. You can also have low-fat (1-2%) milk and plain or vanilla Greek yogurt. Greek yogurt has twice the protein of regular yogurt (14g per cup) and usually far less sugar. Do not choose fat-free varieties of yogurt, milk or cheese, but low-fat. Remember, you do need some fat in your diet!
Fresh vegetables are the building blocks of your daily diet. You’ll be eating dark, leafy greens for their fiber and antioxidant content, richly-colored vegetables for a variety of phytonutrients and choices that are especially rich in fiber and vitamins C and B. Vitamin C reduces the perceived effects of stress (lowering your cortisol levels), boosts your immune system and reduces free radicals and the inflammation they cause. Vitamin C is also what your body uses to create a compound called l-carnitine, which transports stored fat back to your liver so that it can be burned as energy. For these reasons, you may have unlimited vegetables throughout the day, but you must eat at least the amounts stated in the daily eating plan. Vegetables may be raw, steamed, baked, sautéed in olive oil or tossed in olive oil and seasoning and roasted in the oven. Do not boil vegetables, as they will lose most of their vitamin content and fiber. You may use olive oil, vinegar, red wine vinegar, mustard, lemon or lime juice, herbs and seasonings to add flavor, but do not use butter or packaged salad dressings. The only vegetables you may not have are corn and white potatoes, which are too high in starch and stimulate a sharp increase in your insulin and blood sugar levels.

Like vegetables, fresh fruits are an important source of antioxidants, vitamins, minerals and fiber. They’re also a great way to satisfy your sweet tooth. Because it’s important to keep your blood sugar and insulin levels steady and within a healthy range, the majority of the fruits you’ll be eating will be low-glycemic choices such as apples, pears, berries and melon. Higher-sugar fruits are allowed, but will be eaten early in the day and with other foods containing fat and fiber to slow the absorption of sugar.
Grains are limited on the eating plan. There are no nutrients in grains that you cannot get from fresh vegetables, legumes and lean meat and seafood, but most grains are loaded with starch, pesticides, herbicides and calories. Breads are limited to whole-grain, preferably sprouted grain rolls and cereals. Choose whole-grain, steel-cut oats and other healthy grains such as brown rice, barley and bulgur. You may also have quinoa, which is actually a seed but is loaded with protein and can be used as a hot cereal or in place of pasta.

Legumes or beans supply you with a ton of fiber, protein, iron, B-vitamins and other important nutrients. They also help you to feel full and satisfied and are extremely economical. You may have any type of bean that you wish, but try to use dried beans rather than canned if at all possible. If you do use canned beans, rinse and drain them to remove some of the starch and salt.

Nuts and seeds are an important source of healthy saturated and monounsaturated fats, iron and fiber. They are great to add to salads, yogurt or cereal and to eat out of hand as a snack, as they lower blood sugar and help ward off cravings. Choose raw varieties or those roasted without sugar, salt or honey. Steer clear of peanuts, cashews and macadamias, as they are too high in fats. Instead, choose almonds, walnuts, pecans, chia seeds, pumpkin or squash seeds, sunflower seeds, pistachios and flax seed.
A diet that requires complete deprivation of sweet treats is a diet that you won’t stay on for very long. Believe it or not, a carefully chosen selection of sweet treats is built right into your fat loss eating plan. You can also use maple syrup, honey and a very limited amount of white or brown sugar to sweeten coffee, tea or your breakfast cereal. Please do NOT use any artificial sweeteners unless you have been ordered to by your doctor because of Type 2 diabetes or other medical issues.

Beverages are limited to water, tea and coffee. No sodas or fruit juices, as they contain far too much sugar. You need to drink a minimum of 64fl oz. of water per day. This will help you stay hydrated, improve liver and kidney (and therefore hormone) function and help rid your body of built up wastes and toxins as you’re improving your digestive health. There’s nothing wrong with moderate caffeine. In fact, recent studies have shown that it can boost both your metabolism and immune system. You may have any type of caffeinated tea or coffee that you like, up to two cups per day, and unlimited decaffeinated versions. Please limit the amount of milk and/or sugar that you use. Try using honey as a sweetener instead, or leave it unsweetened if you can.
How the workout plan is Designed

As we explained in the introduction, the workout plan is designed around two components: strength training and interval cardio. The two components together should take you about thirty minutes per day. It’s best if you do them together (with strength-training first) in order to rev up your metabolism and ensure that you get your full workout done each day. However, if necessary, you can break up the two and do one early in the day and the other later on.

Every other day, you will do a strength-training workout for the upper arms, chest and core. Every other day you will do a strength-training workout for the legs, backside and core. There is no equipment needed and you don’t even need to go to a gym. You will be using your own body weight as your resistance. Because you’ll be doing compound exercises that use large muscle groups together, you’ll be burning calories and building muscle fast. If you’re somewhat fit and find the exercises too easy for you, you can increase the intensity by using ankle weights, a weight belt or dumbbells during the exercises.
The eating Plan

The eating plan is designed to be extremely flexible. Instead of being told every morsel you should eat at every meal, we give you a selection of 7 breakfasts, 7 lunches, 7 dinners, and 14 snacks to enjoy throughout the week.

There are interval cardio routines for walking, jogging, cycling and swimming, making it easy for you to choose an exercise that suits your tastes and the facilities you have available (or not). While it’s easier to track your progress if you stick with the same cardio routine throughout the next two weeks, you can switch out walking for swimming if you can’t get to the pool, or indoor cycling for jogging if the weather is bad. It’s better to change your activity on a given day than to skip it altogether.
You also have a small selection of sweet treats that you can have during the day. You can mix and match the meals however you like, but you do need to eat each of the meals in a given week to ensure the proper balance of nutrients and micronutrients each week. If there is something on the plan that you absolutely cannot or will not eat, you can substitute it for a similar food. For instance, if you detest shellfish, simply have fish instead. If you don’t care for milk, you may have coconut milk, almond milk, a serving of cheese or some Greek yogurt. To keep things as simple as possible and make sure you eat all of the meals on the plan, we suggest that you print out the diet plan each week and highlight or cross out each meal as it’s eaten. This way you can tell at a glance what your remaining choices are.

**Note to Men:**

The eating plan is laid out for women in order to keep it short and simple. However, while there is no calorie counting or calculating of protein and fat grams on this plan, men do need more of these than do women. To keep the plan simple and easy to follow, but ensure that your nutritional needs are met, increase all specified protein, dairy, fat (oil, nuts, seeds) portions by 50%.

In other words, if a meal calls for 4-ounces of lean poultry, you should eat 6-ounces. If the plan suggests ½ cup of brown rice or quinoa, have ¾ cup. The only exception to this rule is with fruit. Men do not require more fruit intake than women and because you have unlimited vegetables available, you’ll get plenty of healthy carbs without increasing your fruit intake.
# The Meal Plan

## Breakfasts

(All breakfast and lunch options include 8 ounces of water and 1-2 cups of coffee or tea. Dinner beverages should be limited to unsweetened tea and water)

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| 1  | 6 ounces of vanilla or plain Greek yogurt  
½ cup fresh berries such as blueberries, raspberries, strawberries or blackberries  
2 tablespoons nuts |
| 2  | 1 cup of cooked steel-cut oats or quinoa with 1 T milk and 1 T honey or maple syrup  
¼ cup fresh berries  
2 eggs, boiled or scrambled with olive oil |
| 3  | 2 eggs, scrambled with any of the following vegetables: spinach, mushrooms, onions, peppers  
1 cup of any kind of melon  
1 slice of whole-grain toast |
| 4  | Two egg omelet filled with 2 tablespoons cottage cheese and any vegetables  
½ cup fresh berries |
| 5  | One six-ounce cup of vanilla or plain Greek yogurt with ½ sliced banana and 1 T chia, sunflower, flax, pumpkin or squash seeds |
| 6  | 4 ounces of lean, sliced steak  
1 slice whole-grain toast  
1 cup any kind of melon or 1 large orange or grapefruit |
| 7  | Smoothie made of ½ cup milk, 1 medium banana, 1 T flax seed, 1 T honey, ¼ t nutmeg and 6 ice cubes |
Lunches

1. Vegetable salad with: at least 1 cup of dark leafy greens (such as Romaine lettuce, spinach, chard, kale) and at least ½ cup of colorful vegetables such as tomato, carrots, red and yellow peppers, radishes, etc. ½ cup of fresh melon or 1 medium banana 3 ounces of mozzarella or cottage cheese Choice of dressings (see Vegetables section in previous chapter)

2. Poultry salad with 3 ounces cooked chicken, turkey or game bird and 1 cup dark, leafy greens and at least ½ cup of colorful vegetables Choice of dressings

3. Smoothie made of ½ cup milk, 1 medium banana, ¼ cup fresh berries, 1 T flax or chia seeds and 6 ice cubes

4. 6 ounces fish or shellfish 1 cup sautéed dark leafy greens ½ cup cooked brown rice, quinoa, barley or bulgur

5. 6 ounces grilled, baked or sautéed lean meat 1 cup root vegetables such as beets, carrots, parsnips, sweet potato or turnips, roasted or sautéed ½ cup melon

6. 6 ounces of plain or vanilla Greek yogurt or cottage cheese 1 cup peaches, nectarines, apple, pears or plums 2 T nuts or seeds

7. 1 whole grain tortilla, wrap or pita filled with: 3 ounces cubed lean meat Unlimited raw vegetables Choice of dressings, mustard or horseradish
Dinners

1
6 ounces of lean beef, pork or game
½ cup of cooked brown rice, quinoa, barley or bulgur
1 cup roasted, baked or steamed broccoli, cauliflower or Brussels sprouts
Unlimited raw vegetables of any kind

2
8 ounces of fish, shellfish or mollusks with lemon, olive oil and/or herbs
1 cup of legumes or beans
Salad of dark leafy greens with choice of dressing

3
6 ounces of poultry or game bird
1 cup of asparagus, green beans or kale
1 sweet potato or 1 cup of brown rice, quinoa or bulgur

4
Omelet made with 2 eggs and unlimited vegetables
1 slice of whole-grain toast or a small whole-grain roll
1 cup melon

5
1 cup of clear soup with seafood or poultry and any vegetables
1 small whole-grain roll
Salad of dark leafy greens and unlimited colorful vegetables

6
6 ounces of fresh fish
1 cup roasted, baked or steamed broccoli, cauliflower or Brussels sprouts
½ cup legumes or beans

7
6-ounces of lean beef, pork or game meat
1 cup of asparagus, green beans, chard or kale
Unlimited raw vegetables or salad

Sweet Treats
(Choose one per day and enjoy before 8pm)

1
½ cup of sorbet
½ cup of sherbet
1 Popsicle or frozen fruit bar
1 square of dark (minimum 70% cacao) chocolate
1 portion cup of low-fat pudding
(Choose three per day. You do not need to include every snack in your diet; feel free to repeat)

1

Citrus fruit
T nuts or seeds
Smoothie of ½ cup milk, ¼ cup berries and 6 ice cubes
1 mozzarella string cheese and 1 sliced apple or pear
½ cup cottage cheese with ¼ cup berries
Celery stick or sliced apple dipped in 1 T almond butter
1 medium banana
1 medium peach
1 nectarine
1 plum
1 medium apple
1 medium pear
1 cucumber, sliced and served with choice of dressing
6 ounce container of plain or vanilla Greek yogurt with ¼ cup berries

The Workout Plan

To make things as flexible and simple as possible, your workouts are not laid out by specific days of the week, but as Days 1, 3 & 5 or Days 2, 4 & 6. This way, you can schedule your workout program to start any day of the week. All of these exercises can be found online, with detailed pictures and/or videos.
The Strength-Training Workout

(Days 1,3 & 5)
Arms, Chest and Core

- **Push-Ups**
  3 sets of 10 with 30 seconds rest between sets

- **Reverse Crunches**
  3 sets of 20 with 45 seconds rest between sets

- **Push-Ups**
  3 sets of 5 with 30 seconds rest between sets

- **Small Leg Raises**
  3 sets of 20 with 45 seconds rest between sets

(Days 2,4 & 6)
Legs, Backside and Core

- **Squats**
  3 sets of 10 with 30 seconds rest between sets

- **Reverse Crunches**
  3 sets of 20 with 45 seconds rest between sets

- **Lunges**
  3 sets of 10 for each leg, with 30 seconds rest after both legs

- **Small Leg Raises**
  3 sets of 20 with 45 seconds rest between sets

are you READY FOR THIS?
The Interval Cardio Workout

The interval cardio workout is done on Days 1-6, preferably immediately after your strength-training workout.

For Walking:
1. Stretch for 1 minute
2. Walk at a moderate pace 1 minute
3. Jog for 30 seconds
4. Repeat steps 2 & 3 four times
5. Walk for 1 minute.

For Jogging:
1. Stretch for 1 minute
2. Cycle at a moderate pace for 1 minute
3. Cycle at top speed or at top resistance (if using a stationary cycle) for 30 seconds
4. Sprint for 30 seconds
5. Repeat steps 2 & 3 four times
6. Cycle at a moderate speed for 1 minute.

For Cycling:
1. Stretch for 1 minute
2. Cycle at a moderate pace for 1 minute
3. Cycle at top speed or at top resistance (if using a stationary cycle) for 30 seconds
4. Repeat steps 2 & 3 four times
5. Cycle at a moderate speed for 1 minute.

For Swimming:
1. Stretch in the pool for 1 minute.
2. Swim 1 lap using the crawl or breast stroke.
3. Swim 1 lap using the butterfly stroke.
4. Repeat steps 2 & 3 three times.
5. Stretch in the pool for 1 minute.
Additional Guidelines for Your Fat Loss Success

1. Get a minimum of seven hours sleep each night. Numerous studies have shown that less than seven hours sleep every night not only increases your cortisol levels but disrupts the balance of the hormones leptin and ghrelin, which tell you when you’re hungry and when you’re full.

2. Do not eat fruit or your sweet treat after 8pm. Carbs and sugars within three hours of sleeping are usually stored as fat instead of being burned as fuel.

3. We strongly suggest taking a Vitamin C supplement daily to be sure you have enough to not only support your immune system but create enough l-carnitine to support the loss of stored fat.

4. If at all possible, try to do your workout first thing in the morning to make sure that unplanned events and schedule changes don’t keep you from working out.

5. Do not drink alcohol while on the plan, as it’s nothing but sugar and empty calories.

6. If you live alone, get all of the processed foods, junk foods and processed snacks out of the house before you begin. If you live with others who won’t be following the diet, ask that these foods be stored at the back of the fridge or in one high cupboard to help prevent temptation.

7. If you find yourself still hungry after eating a meal or snack, add an additional serving of vegetables first. If this doesn’t satisfy you, add another half portion of that meal’s protein.
Conclusion

You can lose weight, burn stored body fat and build lean muscle. You can do it without starving, without hurting your health and without being miserable. This plan was carefully designed to help you reach your goals while improving your health and without having to devote hours each day to planning or exercise. Take each day at a time, take each meal at a time and stay focused on your goal: a leaner, healthier, stronger and more attractive you.