

## DDP YOGA PHASE ONE

| BREAKFAST  | MID-MORNING SNACK (1)  | MID-AFTERNOON SNACK (2)  | LUNCH OR DINNER  |
|--|--|--|--|
| FRUIT: 1 serving<br>VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>PROTEIN: 1 serving<br>DAIRY: 1 serving<br>HEALTHY FATS: 1 serving | FRUIT: 1 serving<br>OR<br>PROTEIN: ½ serving<br>OR<br>DAIRY: 1 serving<br>Plus, unlimited VEGETABLES | PROTEIN: ½ serving<br>OR<br>DAIRY: 1 serving<br>Plus, unlimited VEGETABLES | VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>PROTEIN: 1 serving<br>DAIRY: 1 serving<br>HEALTHY FATS: 1 serving |

## DDP YOGA PHASE TWO

| BREAKFAST  | MID-MORNING SNACK (1)  | MID-AFTERNOON SNACK (2)                          | LUNCH OR DINNER  |
|--|--|--|--|
| FRUIT: 1 serving<br>VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>PROTEIN: 1 serving<br>HEALTHY FATS: 1 serving | FRUIT: 1 serving<br>OR<br>PROTEIN: ½ serving<br>Plus, unlimited VEGETABLES | PROTEIN: ½ serving<br>Plus, unlimited VEGETABLES | VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>PROTEIN: 1 serving<br>HEALTHY FATS: 1 serving |

## DDP YOGA PHASE THREE

| BREAKFAST   | MID-MORNING SNACK (1)  | MID-AFTERNOON SNACK (2)                          | LUNCH OR DINNER  |
|---|--|--|--|
| FRUIT: 1 serving<br>Wait 15-30 minutes.<br>VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>OR<br>PROTEIN: 1 serving<br>HEALTHY FATS: 1 serving | FRUIT: 1 serving<br>OR<br>PROTEIN: ½ serving<br>Plus, unlimited VEGETABLES | PROTEIN: ½ serving<br>Plus, unlimited VEGETABLES | VEGETABLES: unlimited<br>COMPLEX CARBS: 1 serving<br>OR<br>PROTEIN: 1 serving<br>HEALTHY FATS: 1 serving |

With the added food combining in DDP Yoga Phase Three, these must be eaten in the order shown. (While I have listed a Complex Carbohydrate and a Protein at each meal, for fastest weight loss, select either a Complex Carbohydrate OR Protein at each meal. Best scenario, select the Complex Carbohydrate at breakfast, then have Protein for lunch and dinner. This really rockets your results!)

## WATER

All living things must have water to survive. While people can live without foods for days, even months, we cannot survive without water for more than a few days!

Why is water so important to our bodies?

Water is the main ingredient in the fluids of the bodies' systems. Fluids travel through your body, carrying nutrients and waste to and from all your cells and organs. Water also keeps your joints lubricated.

Water is essential in the digestive process. Starting in the mouth, saliva is made mostly of water, and it helps break down food in the mouth. Then your digestive juices are made mostly of water to keep things moving properly.



# Ddp Yoga Guide

**AN Whitehead**



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