If doing the 3 day split in the companion workout manual, change to a 2 day split as follows, but you will repeat one day so you perform 3 days of weight training:

| Day 1 of The Beta Switch 7-Day Photo Shoot Formula | Back, Chest, and Abs |
| Day 2 of The Beta Switch 7-Day Photo Shoot Formula | Shoulders, Biceps, and Triceps |
| Day 3 of The Beta Switch 7-Day Photo Shoot Formula | Back, Chest, and Abs |

Remember, you may feel tired, but push on through your workouts, the results will be worth it in the end, I promise!
Additional Notes:

- Make sure your protein powder does not contain carbohydrates (it can have a max of 2g per serving)
- Water used in protein shakes should count towards your total water intake
- Eat every 3-4 hours
- Today you may salt your foods and use condiments such as herbs, spices, lemon juice, and vinegars
- You may have tea or coffee (2 per day, max), but use only a very small amount of milk if desired (no milk is best)
- Remove all additives, sauces, and artificial sweeteners (stevia is ok) from your diet this week

<table>
<thead>
<tr>
<th>Example Menu - Day 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal 1</td>
<td>2 whole boiled eggs and 60g (2oz) avocado</td>
</tr>
<tr>
<td>Meal 2</td>
<td>100-150g (3-5oz) fresh chicken breast and mixed salad</td>
</tr>
<tr>
<td>Meal 3</td>
<td>100-150g (3-5oz) fresh fish fillet with steamed green beans</td>
</tr>
<tr>
<td>Meal 4</td>
<td>30g protein shake, water, 8 walnut halves</td>
</tr>
<tr>
<td>Meal 5</td>
<td>100-150g (3-5oz) fresh turkey breast with mixed salad and 60g (2oz) avocado</td>
</tr>
</tbody>
</table>

*Remember to double your usual water intake*
Diet

Eat only protein and vegetables and 2-3 portions of good fats (see food choices on the following page).

Proteins:

• 100-150g (3-5oz) Fresh Chicken or Turkey
• 100-150g (3-5oz) Fresh Fish
• 100-150g (3-5oz) Canned Tuna or Salmon
• 100-150g (3-5oz) Lean Steak
• 8 Egg Whites OR 2 whole eggs (1 serving per day, max)
• 30g Whey protein (2 servings per day, max)
• ½ Cup Low fat cottage cheese (2 servings per day, max)

Vegetables (1-2 cups, minimum):

• Broccoli
• Green Beans
• Zucchini (courgette)
• Asparagus
• Mushrooms
• Spinach

Fats:

• 1 tablespoon Coconut oil, olive oil, or flax oil
• 15 almonds
• 8 walnut halves
• 1 tablespoon Nut butters (peanut, almond, Brazil, etc.)
• 60g (2oz) Avocado
BETA SWITCH 7-DAY PHOTO SHOOT FORMULA

... might find some inspiration for your own photo shoots or just some inspiration to keep you motivated and on track…