

# Cori Ann's 10 Day Fatblast

## Using Michi's Ladder

C Carb
 F Fat
 P Protein

### Tier 1: The Pious Tier

Apples, with skin <span style="color: #FFD700;">C</span>	Endive <span style="color: #FFD700;">C</span>	Peppers <span style="color: #FFD700;">C</span>
Artichokes (no sauce) <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Fish (broiled, steamed, grilled) <span style="color: #8B0000;">P</span> <span style="color: #008000;">F</span>	Pineapple <span style="color: #FFD700;">C</span>
Amaranth <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Flaxseed <span style="color: #008000;">F</span>	Plums <span style="color: #FFD700;">C</span>
Arugula <span style="color: #FFD700;">C</span>	Garlic (fresh) <span style="color: #FFD700;">C</span>	Prunes <span style="color: #FFD700;">C</span>
Asparagus <span style="color: #FFD700;">C</span>	Grapefruit <span style="color: #FFD700;">C</span>	Quinoa <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Barley <span style="color: #FFD700;">C</span>	Grapes <span style="color: #FFD700;">C</span>	Radishes <span style="color: #FFD700;">C</span>
Beans <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span> <span style="color: #008000;">F</span>	Hempseed <span style="color: #008000;">F</span>	Raspberries <span style="color: #FFD700;">C</span>
Beets <span style="color: #FFD700;">C</span>	Herbs	Refried beans (nonfat) <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Blueberries <span style="color: #FFD700;">C</span>	Kale <span style="color: #8B0000;">P</span> <span style="color: #008000;">F</span> <span style="color: #FFD700;">C</span>	Rice (whole-grain) <span style="color: #FFD700;">C</span>
Bok choy <span style="color: #FFD700;">C</span>	Ketchup (homemade, no sugar) <span style="color: #FFD700;">C</span>	Salsa (natural, no sugar or oil) <span style="color: #FFD700;">C</span>
Boysenberries <span style="color: #FFD700;">C</span>	Kiwifruit <span style="color: #FFD700;">C</span>	Spelt <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Bran <span style="color: #FFD700;">C</span>	Lentils <span style="color: #8B0000;">P</span> <span style="color: #008000;">F</span> <span style="color: #FFD700;">C</span>	Shakeology <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Broccoli <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Lettuce (romaine, green or red leaf) <span style="color: #FFD700;">C</span>	Spinach <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Broccoli sprouts <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Melon honeydew <span style="color: #FFD700;">C</span>	Squash <span style="color: #FFD700;">C</span>
Brussels sprouts <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Milk (nonfat) <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Strawberries <span style="color: #FFD700;">C</span>
Cabbage <span style="color: #FFD700;">C</span>	Mushrooms <span style="color: #FFD700;">C</span>	String beans <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Carrots <span style="color: #FFD700;">C</span>	Mustard <span style="color: #FFD700;">C</span>	Sweet potatoes <span style="color: #FFD700;">C</span>
Cauliflower <span style="color: #FFD700;">C</span>	Natto <span style="color: #8B0000;">P</span> <span style="color: #008000;">F</span> <span style="color: #FFD700;">C</span>	Tea (green or black, no sugar)
Celery <span style="color: #FFD700;">C</span>	Nectarines <span style="color: #FFD700;">C</span>	Tomato sauce (no sugar) <span style="color: #FFD700;">C</span>
Chard <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Onions <span style="color: #FFD700;">C</span>	Tomatoes <span style="color: #FFD700;">C</span>
Chickpeas <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Papayas <span style="color: #FFD700;">C</span>	Vinegar
Cherries <span style="color: #FFD700;">C</span>	Peaches <span style="color: #FFD700;">C</span>	Water
Citrus fruits <span style="color: #FFD700;">C</span>	Pears <span style="color: #FFD700;">C</span>	Yams <span style="color: #FFD700;">C</span>
Collard greens <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Peas <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>	Yogurt (nonfat, no sugar) <span style="color: #8B0000;">P</span> <span style="color: #FFD700;">C</span>
Cottage cheese (nonfat) <span style="color: #8B0000;">P</span>		Zucchini <span style="color: #FFD700;">C</span>
Cucumbers <span style="color: #FFD700;">C</span>		
Egg whites <span style="color: #8B0000;">P</span>		

**During the 10 Day Fatblast**  
 ALL of the items on Tier 1 of Michi's Ladder are allowed after Day 3.

These items from Tier 1 of Michi's Ladder are NOT allowed on days Days 1 through 3:

Barley  
 Bran  
 Cottage cheese (nonfat)  
 Prunes (no dried fruit)  
 Quinoa  
 Refried beans (nonfat)  
 Rice (whole-grain)

**After the 10 Day Fatblast**  
 Try to replace other options with these foods as often as you can!

Tier 2: The Happy Tier

Apples, skinless <sup>C</sup>	Dates <sup>C</sup>	Olive oil <sup>F</sup>
Applesauce (raw) <sup>C</sup>	Eggs, whole <sup>P F</sup>	Olives <sup>F</sup>
Avocados <sup>F</sup>	Eggplant <sup>C</sup>	Pork tenderloin <sup>P F</sup>
Bagels (whole-grain) <sup>C</sup>	Feta cheese (low-fat) <sup>P F</sup>	Plantains <sup>C</sup>
Bananas <sup>C</sup>	Fowl (skinless, white meat only) <sup>P F</sup>	Raisins <sup>C</sup>
Bread (whole-grain) <sup>F C</sup>	Figs <sup>C</sup>	Ricotta cheese (nonfat) <sup>P</sup>
Broths (veggie, chicken, etc., low sodium) <sup>F C</sup>	Granola (raw, no sugar) <sup>P F C</sup>	Rye Crisp <sup>C</sup>
Buffalo, super lean (under 10% fat) <sup>P F</sup>	Hummus <sup>P F C</sup>	Seitan <sup>P F C</sup>
Cereal (whole-grain) <sup>P F C</sup>	Juice (fresh-squeezed w/ pulp, no sugar) <sup>C</sup>	Squid <sup>P F</sup>
Cheese (nonfat) <sup>P</sup>	Mangoes <sup>C</sup>	Stevia
Coffee (black or cappuccino w/ nonfat milk) <sup>C</sup>	Meat, wild game <sup>P F</sup>	Sunflower seeds <sup>P F</sup>
Coconut <sup>F</sup>	Milk (1%) <sup>P F C</sup>	Tahini <sup>P F</sup>
Corn <sup>F C</sup>	Muesli (raw, no sugar) <sup>P F C</sup>	Tempeh <sup>P F C</sup>
Couscous <sup>P F C</sup>	Nuts (raw) <sup>P F</sup>	Tofu <sup>P F C</sup>
Cottage cheese (low-fat) <sup>P F</sup>	Nut butters (raw, no additives) <sup>P F</sup>	Vegetable juice <sup>C</sup>
Cream cheese (nonfat) <sup>P</sup>	Oatmeal <sup>P C</sup>	Veggie burger <sup>P F C</sup>
		Yacon syrup <sup>C</sup>
		Yogurt (low-fat, no sugar) <sup>F C</sup>

**During the 10 Day Fatblast**

*These are the only things you should eat from Tier 2 of Michi's Ladder:*

**Days 1 through 10**

*Apples, skinless  
Bananas  
Eggs (optional)  
Eggplant  
Fowl (skinless, white meat only)  
Juice (fresh-squeezed w/pulp, no sugar)  
Mangoes  
Olives  
Plantains  
Vegetable juice  
Veggie burger  
Yogurt (low-fat, no sugar)*

**Days 4 through 10**

*Avocados  
Bagels (whole grain)  
Bread (whole-grain)  
Couscous  
Hummus  
Oatmeal  
Sunflower seeds  
Tofu (optional)*

**After the 10 Day Fatblast**

*Although other foods may be healthy as well, the options on Tier 1 and Tier 2 of Michi's Ladder are usually even healthier. Keep getting results! Try your best to continue to choose options from Tier 1 and 2 of Michi's Ladder instead of other foods.*

**Tier 3: The Swiss Tier**

Applesauce (big brand) <b>C</b>	French fries (baked) <b>F C</b>	Popcorn (plain) <b>F C</b>
Agave nectar <b>C</b>	Fruit (dried) <b>C</b>	Potatoes (baked or boiled) <b>C</b>
Almond milk <b>P F C</b>	Granola (no sugar added) <b>C</b>	Refried beans (low-fat) <b>P F C</b>
Beef, ground, super lean (under 10% fat) <b>P F</b>	Honey <b>C</b>	Rice cakes <b>C</b>
Beef (lean cuts) <b>P F</b>	Jam or marmalade (no sugar added) <b>C</b>	Rice milk <b>C</b>
Broths (veggie, chicken, etc.) <b>C</b>	Ketchup (store bought, no sugar added) <b>C</b>	Rice (white) <b>C</b>
Butter (unsalted) <b>F</b>	Lamb (lean) <b>P F</b>	Sauerkraut <b>C</b>
Canola oil <b>F</b>	Lettuce (iceberg) <b>C</b>	Shellfish <b>P</b>
Cheese (hard)	Maple syrup (natural, no sugar added) <b>C</b>	Shrimp <b>P</b>
Cheese (low-fat) <b>P F</b>	Milk (2%) <b>P F C</b>	Soy milk <b>P F C</b>
Chicken taco (baked) <b>P F C</b>	Muesli (big brand) <b>P C</b>	Soy nuts <b>P F C</b>
Chili (no lard or sugar added) <b>P F</b>	Molasses <b>C</b>	Sugar alcohols (Truvia, & anything ending in -tol) <b>C</b>
Crackers (whole-grain) <b>F C</b>	Oatmeal (flavored) <b>P C</b>	Sushi <b>P F C</b>
Cream cheese (low-fat) <b>P F</b>	Pancakes (buckwheat) <b>C</b>	Tortillas (whole wheat) <b>F C</b>
Fowl (skinless, dark meat only) <b>P F</b>	Pasta (whole-grain) <b>C</b>	Veal <b>P F</b>
Fowl, ground, super lean (under 10% fat) <b>P F</b>	Pickles <b>C</b>	Wine (red) <b>C</b>
		Wine (white) <b>C</b>

*After the 10 Day Fatblast  
Although some of these foods  
are healthy, there are  
options that are even  
healthier.  
Try your best to choose  
options from Tier 1 and 2  
of Michi's Ladder  
instead of Tier 3.*

**During the 10 Day Fatblast**  
*These are the only things you  
should eat from  
Tier 3 of Michi's Ladder:  
**Days 1 through 10**  
Almond milk  
Soy Milk  
**Days 4 through 10**  
Crackers (whole-grain)  
Oatmeal (flavored)  
Pasta (whole grain)  
Refried beans (low-fat)  
Sushi BUT NO RICE, NOTHING  
FRIED, NO CREAM CHEESE,  
MAYO, or other SAUCES!*

**Tier 4: The Dodgy Tier**

Artificial sweeteners (sucralose, aspartame, saccharine, etc.)	Fowl, ground, lean (under 20% fat) <b>P F</b>	Popcorn (w/ salt and butter) <b>F C</b>
Bagels (refined flour) <b>C</b>	Graham crackers <b>C</b>	Pork chop <b>P F</b>
Beef, ground, lean (under 20% fat) <b>P F</b>	Ham <b>P F</b>	Potato salad or macaroni salad <b>F C</b>
Beer <b>C</b>	Hot dogs (turkey) <b>P F</b>	Pretzels <b>C</b>
Bread (refined flour) <b>C</b>	Ice cream (sugar-free or fat-free) <b>F C</b>	Pudding (w/ low-fat milk) <b>F C</b>
Butter (salted) <b>F</b>	Jell-O <b>C</b>	Reuben sandwich <b>P F C</b>
Caesar salad (w/ chicken) <b>P F C</b>	Jerky (turkey) <b>P</b>	Sauce (steak, etc.) <b>C</b>
Canadian bacon <b>P F</b>	Juice (from concentrate) <b>C</b>	Sherbet <b>C</b>
Cheese, soft (including blue and goat) <b>F</b>	Lamb chops <b>P F</b>	Sloppy Joe (lean beef or turkey) <b>P F C</b>
Chips (low-fat, baked) <b>C</b>	Lasagna <b>P F C</b>	Soup (canned creamy) <b>P F C</b>
Cobb salad <b>P F C</b>	Macaroni and cheese <b>F C</b>	Soy sauce
Coffee (iced mocha latte w/ nonfat milk) <b>P C</b>	Mayonnaise <b>F</b>	Spaghetti (w/ meatballs) <b>P F C</b>
Coffee (latte w/ whole milk) <b>P F C</b>	Meat loaf <b>P F</b>	Sub sandwich <b>P F C</b>
Coffee cake <b>F C</b>	Milk (whole) <b>P F C</b>	Sweet-and-sour sauce <b>F C</b>
Crackers <b>F C</b>	Muffins <b>F C</b>	Tortilla (refined flour or corn) <b>F C</b>
Cream cheese <b>F</b>	Nuts (salted or roasted) <b>F</b>	Tuna salad or chicken salad <b>P F</b>
Fish (fried) <b>P F</b>	Nut butters (processed) <b>F C</b>	Yogurt (frozen) <b>C</b>
Fowl (with skin) <b>P F</b>	Pancakes <b>F C</b>	
	Peanut butter (not raw) <b>F C</b>	
	Pizza (thin crust veggie) <b>P F C</b>	

**During the 10 Day Fatblast**  
Do NOT eat **ANYTHING** on  
Tier 4 of Michi's Ladder.

*After the 10 Day Fatblast*  
Although some may have the reputation of  
being healthy choices, try your best to view  
these foods as indulgences.  
Keep them at an extreme minimum.

**Tier 5: The Newburg Tier**

Alcohol (hard liquor)	Cookies (Oreo®, etc.) <b>FC</b>	Milk (cream or half-and-half) <b>PF</b>
Bacon <b>PF</b>	Creamed veggies <b>FC</b>	Nachos <b>FC</b>
Baked beans <b>PF</b>	Creamer (nondairy) <b>FC</b>	Onion rings <b>FC</b>
Beef, ground, regular, (over 20% fat) <b>PF</b>	Doughnuts <b>FC</b>	Pastries <b>FC</b>
Beef taco (fried) <b>PF</b>	Energy drinks <b>C</b>	Pies <b>FC</b>
"Breaded" foods <b>FC</b>	Fowl, ground, regular (over 20% fat) <b>PF</b>	Pizza (delivered) <b>PF</b>
Breakfast sandwich (fast-food) <b>PF</b>	French fries <b>FC</b>	Potato skins (fried) <b>FC</b>
Cake <b>FC</b>	Gravy <b>PF</b>	Refried beans (w/ lard) <b>PF</b>
Candy <b>PF</b>	Grilled cheese sandwich <b>PFC</b>	Salad dressing (creamy) <b>FC</b>
Cereal (sugared) <b>PF</b>	Hamburger (fast-food) <b>PF</b>	Sausage <b>PF</b>
Chicken à la King <b>PF</b>	High fructose corn syrup <b>C</b>	Soft drinks, diet (read the studies)
Chicken (buffalo wings, nuggets, tenders) <b>PF</b>	Hot dogs <b>PF</b>	Soft drinks, sugared <b>C</b>
Chicken or fish sandwich, fried <b>PF</b>	"Hydrogenated" foods <b>F</b>	Sports drinks & foods (unless you're playing sports)
Chips (potato or corn) <b>FC</b>	Ice cream <b>FC</b>	Syrup <b>C</b>
Chocolate <b>PF</b>	Jerky (beef, pork, venison) <b>PFC</b>	Sugar (refined) <b>C</b>
Chicken fried steak <b>PF</b>	Juice (sugar added) <b>C</b>	Tater tots <b>FC</b>
Cinnamon bun <b>FC</b>	Lobster Newburg <b>PF</b>	Toaster pastries <b>FC</b>
Coffee (mocha, macchiato, ice blended, frappé, triple caramel vanilla buzz bomb, etc.) <b>FC</b>	Margarine <b>F</b>	Vegetable oil (cheap big brand) <b>F</b>

*During the 10 Day Fatblast  
Do NOT eat ANYTHING on  
Tier 5 of Michi's Ladder.*

*After the 10 Day Fatblast  
Continue to see results!  
Try your best to not eat these  
foods or to keep them at an  
extreme minimum when you  
do indulge.*