

DAY 3

Breakfast:

1/2 Cup oatmeal OR whole grain cereal
1 Cup skim OR soy milk
1 Cup blueberries OR strawberries
1 Packet artificial sweetener (optional)

Snack:

15 Raw almonds OR walnuts
1 Apple OR orange

Lunch:

1 Slice whole wheat or rye bread
1 Slice low-fat cheddar
1 Slice lettuce
1 Slice tomato
2 Slices low-sodium deli turkey OR ham
1 Tsp. mustard

Snack:

1 Stick string cheese OR 1 cup of low fat cottage cheese
1 Apple OR orange

Dinner:

4 Oz. Grilled chicken breast, white meat, no skin
1 Cup steamed asparagus or green beans

Snack:

Hot Decaffeinated Tea

Calories= 1216
Protein= 105 grams
Carbs= 120 grams
Fat= 40 gram

DAY 4

Breakfast:

1 Slice whole wheat OR rye bread
4 Egg whites OR 3/4 cup egg beaters
1 Tbsp. low-sugar OR sugar-free Jelly

Snack:

1/2 Cup low-fat cottage cheese w/ berries OR low calorie, low sugar protein bar

Lunch:

2 Oz. rotisserie chicken (white meat only) OR turkey (white meat only)
1 Whole wheat tortilla
2 Oz. Boiled black beans
1 Tbsp. non-fat sour cream OR salsa

Snack:

1 Cup baby carrots and celery sticks
1 Tbsp. low-fat dressing OR hummus

Dinner:

5 Oz. Grilled lean steak OR chicken
1 Cup steamed green beans OR asparagus
1 Tbsp. low-fat dressing OR vinegar

Snack:

Hot Decaffeinated Tea

Calories = 1248
Protein= 127 grams
Carbs= 100 grams
Fat= 25 grams

DAY 5

Breakfast:

1/2 Cup oatmeal OR whole grain cereal
1 Cup skim OR soy milk
1 Cup blueberries OR strawberries
1 Packet artificial sweetener (optional)

Snack:

15 raw almonds OR 1 stick low-fat string cheese
1 Cup strawberries OR blueberries

Lunch:

1-1/2 Cup low-sodium soup OR chicken (solid white, packed in water)
1 Whole wheat bread
1 Tbsp. low-fat mayonnaise
1 Slice low-fat cheddar

Snack:

4 Celery sticks w/1 Tbsp. natural low-fat peanut butter
OR low calorie, high protein bar

Dinner:

4 Oz. Grilled chicken OR fish
1/2 Cup grilled OR steamed vegetables
1 Tbsp. low-sodium soy sauce

Snack:

Hot Decaffeinated Tea

Calories= 1275
Protein= 109 grams
Carbs= 150 grams
Fat= 26 grams

DAY 6

Breakfast:

1/2 Cup low-fat cottage cheese
1 Cup blueberries or strawberries
1 Tbsp. low-sugar Jelly OR
1 Slice whole wheat/rye toast w/
1 Tsp. of sugar free jelly/low fat peanut butter

Snack:

1 Apple OR 1 orange
1 Stick low-fat string cheese

Lunch:

1/2 Cup low-sodium canned tuna OR chicken (solid white, packed in water)
1 Whole wheat bread
1 Tbsp. low-fat mayonnaise
1 Slice low-fat cheddar

Snack:

15 Almonds OR walnuts
1 Cup strawberries OR blueberries

Dinner:

6 Oz. Grilled fish
1 Cup steamed broccoli OR asparagus

Snack:

1 Cup decaffeinated tea

Calories= 1223
Protein= 139grams
Carbs= 120 grams
Fat= 30 grams

Shopping List:

Get ready to lean down now.
Let's go shopping

Fruits

Blueberries or strawberries
Apples or oranges

Dairy/Cheese

Cottage cheese low fat
Low fat cheddar cheese
String cheese
Skim milk or soy milk

Breads/Grains

Whole wheat bread/rye bread
Whole wheat tortillas
Oatmeal or whole grain or bran cereal
Whole wheat crackers

Vegetables

Lettuce
Green beans
Broccoli
Celery
Carrots
Cucumbers
Asparagus

Meats/Nuts/Proteins

Almonds (RAW) or walnuts
Eggs or egg beaters
Low sugar, low calorie protein bar
Black beans (canned)
Low sodium deli turkey/ham
Salmon or white fish (ex. halibut)
Grilled chicken breast (white meat no skin)
Rotisserie chicken or turkey (white meat only)

Lean steak
Canned tuna OR
Low sodium chicken
(white meat packed in water)

Low sodium soup for lunches

Condiments you should have at home (optional!):

Artificial sweetener
Low fat mayo
Mustard
Low fat low sugar dressing
Low sugar or sugar free jelly
Salsa
Non fat sour cream
Vinegar
Low sugar maple syrup
Low fat peanut butter
Low sodium soy
Decaf tea

Choose wisely! This is the lean down week! Do what you think would be best for you body! You will never feel better than you do after a week of clean eating!
Best of luck!
—Barry



HOLLYWOOD CODE RED

TOP SECRET

6 DAY RAPID-FIRE WEIGHT LOSS WORKOUT

CODE RED

RAPID-FIRE 6 DAY WEIGHT LOSS PLAN

It's time to get serious!

Have a big event coming up? Need to look fabulous and lose weight in as little as a week? Don't sweat it.

It's human nature—we all procrastinate. But, what happens when you need to slim down fast? Barry designed his **Code Red:6 Day Rapid-Fire Weight Loss System** for his celebrity clients who need to get Red Carpet Ripped—in a hurry.

The Code Red Workout is 15-minutes of pure fat burning and body slimming exercises. Code Red is co-hosted by Pamela Anderson's co-star on the action adventure series "VIP" **Natalie Raitano**. Natalie's a Bootcamp veteran who has used this system many times to get Red Carpet Ready in just 6 days.



How To Use Code Red

Here's how to lose weight and tone up fast—the healthy way—by following Barry's two step Code Red System.

STEP 1 - THE CODE RED WORKOUT

Do Code Red every day for the next 6 days. For best results we suggest that you do the Code Red Workout every day AFTER your Fat Blaster™ Workout. The combined body shaping and fat blasting routines produce results like nothing else!

STEP 2. CODE RED EATING PLAN

Jump start your metabolism and get rid of excess weight by using Barry's Code Red eating plan. You'll be dropping your calorie intake just enough to keep your body energized while you shed those unwanted pounds. With Code Red – Losing weight quickly – the healthy way is Mission:Possible!



Barry's Code Red Rules

You deserve amazing results, so I'm giving you the same guidelines I give my celebrity clients to achieve their amazing bodies. Follow my advice and whatever you do, DON'T GIVE UP! It's just 6 days to a leaner you!

- 1) Eat immediately when you wake up. NEVER skip breakfast! If you aren't a morning person, go ahead and enjoy your coffee, but don't wait too long to eat a good nutritious meal. Breakfast is your most important meal of the day.
- 2) Drink a lot of water and green or decaffeinated tea. This will help get rid of any toxins in your body and unwanted water weight. It's also important to drink at least 8-10 glasses in a day. Every time you go to eat, drink a glass of water. Any time you want to eat between meals when you aren't supposed to be eating, drink water or hot tea to help get you through the craving.
- 3) NO CHEATING! Give your body these 6 days to really kick in. You can do anything for 6 days! Make every effort to follow this program to the very letter!
- 4) NO EATING OUT! You can give up restaurant and fast food for 6 days! Restaurants add way too much sodium to their food, even the healthy choices. So stay clear of them this week!
- 5) STAY AWAY FROM CANNED OR PRE-PACKAGED FOODS! This week keep everything fresh and process free!

DAY 1

Breakfast:

1/2 Cup oatmeal OR whole grain cereal
1 Cup skim OR soy milk
1 Cup blueberries OR strawberries
1 Packet artificial sweetener (optional)

Snack:

15 Raw almonds OR walnuts
1 Apple OR orange

Lunch:

1/2 Cup Tuna (solid white, packed in water)
1 Tbsp. low-fat mayonnaise OR mustard
Small salad with tomato, carrots, cucumber
1 Tbsp. low-fat, low-sugar dressing

Snack:

String cheese OR 1 cup low fat cottage cheese
1 Cup strawberries OR blueberries

Dinner:

4 Oz. Grilled chicken breast, white meat, no skin
1 Cup steamed asparagus or broccoli

Calories = 1226
Protein = 126 grams
Carbs = 140 grams
Fat = 15 grams

DAY 2

Breakfast:

1 Slice whole wheat OR rye bread
4 Egg whites OR 3/4 cup egg beaters
1 Tbsp. low-sugar OR sugar-free Jelly

Snack:

10 Raw almonds OR walnuts
1 Cup blueberries OR strawberries

Lunch:

1-1/2 Cup low-sodium soup
2 Oz. Rotisserie chicken (white meat only)
5 Whole wheat crackers (baked) or 1 slice of wheat bread

Snack:

1 Tbsp. natural low-fat Peanut butter OR hummus
4 Sticks celery OR 1/2 cup of baby carrots

Dinner:

6 Oz. Grilled fish or chicken
1 Cup steamed broccoli OR asparagus

Snack:

Hot Decaffeinated Tea

Calories = 1200
Protein = 91 grams
Carbs = 71 grams
Fat = 22 grams