

# BELT RANKING SYSTEM

Each belt change should occur within 2 weeks.

## WHITE BELT

- 1) Drink water first thing in the morning.
- 2) Wash your hands before every meal.
- 3) Write down what you eat, drink, and at what time, for the first week.

## BLUE BELT

- 1) Carry on White Belt habits.
- 2) Gradually eliminate desserts (sweets or fruits) after cooked meals, and sodas.
- 3) Permitted drinks: water, carbonated water, coconut water, veggie juices, iced tea. No lemon or sugar.

## PURPLE BELT

- 1) Carry on Blue Belt habits.
- 2) Follow the Gracie Diet Table of Combinations.
- 3) Eliminate pork of any kind.

## BROWN BELT

- 1) Carry on Purple Belt habits.
- 2) Space your meals at least 4½ hours apart, no snacks.
- 3) Eat right 6 days a week. One day free.

## BLACK BELT

- 1) Carry on Brown Belt habits.
- 2) Eat right everyday.
- 3) Share your knowledge and help others.