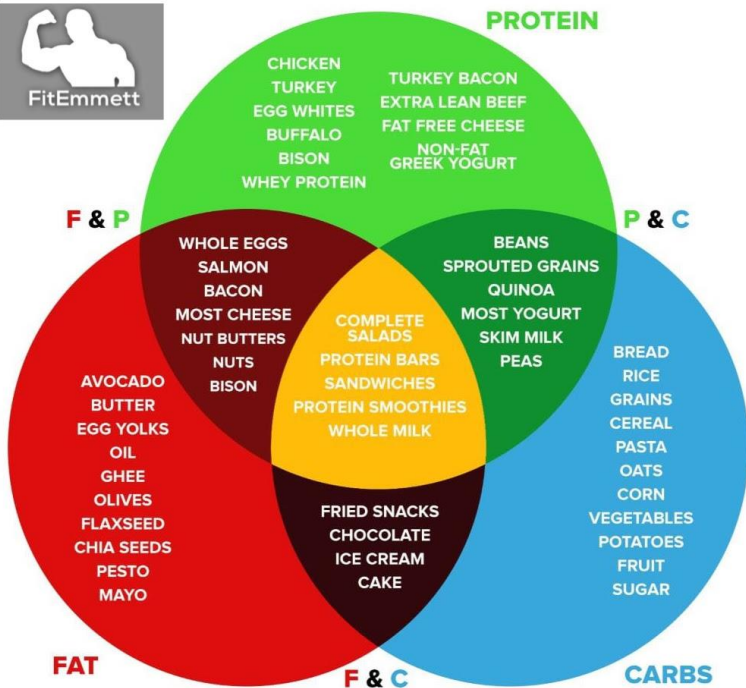


Nutrition Guideline

MACRO CHEAT SHEET

Macros – 45p 40f 15c



Supplement Guide

Whey Proteins:

Optimum Nutrition Whey

Dymatize Whey

Syntha 6 Combo Proteins

Vegan Proteins:

Plant By Vi

Orgain organic protein

Sun Warrior

DOSAGE/TIMING:

1-2 SCOOPS IMMEDIATELY POST WORKOUT
AND ALSO AS A SNACK BETWEEN MEALS

Fish Oil Softgels

BENEFITS INCLUDE: FAT LOSS, HEART HEALTH, BLOOD (CHOLESTEROL/TRIGLYCERIDES), BRAIN, SKIN, & JOINT HEALTH.

DOSAGE/TIMING:

2 SOFTGELS WITH BREAKFAST

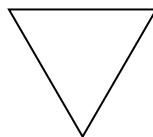
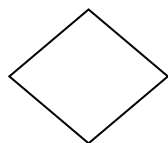
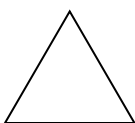
Pre & Intra-Workout - Xtend

BENEFITS INCLUDE: EXERCISE ENDURANCE AND RECOVERY

DOSAGE/TIMING:

1-2 SCOOPS BEFORE WORKOUT

NUTRITION OVERVIEW



**Only 3 Components to Nutrition:
Meal Frequency**

Meal Quality
Meal Volume

Consume more calories in the morning and ONLY Lean Meat and Veggies for dinner!!

MEAL TIMING: 12X12 INTERMITTENT FASTING

***FAST 12 HR AND EAT WITHIN THE 12 HR WINDOW**

***DRINK A GLASS OF LEMON WATER UPON WAKING**

***EAT MEAL 1 AFTER WORKOUT**

***EVERY MEAL THEREAFTER SHOULD BE EATEN 2-3 HOURS APART.**

***PROTEIN SHOULD BE TAKEN WITHIN 30 AFTER EXERCISE OR FOR SNACK.**

MEAL GUIDELINES:

NO SOY

NO GLUTEN

MINIMAL RED-MEAT

NO MILK

MINIMAL YOGURT

MEAL OPTIONS:

BREAKFAST+ SNACKS: PLEASE ADHERE EXACTLY TO HOW MEALS APPEAR IN THE NUTRITION PLAN.

LUNCH + DINNER: CHOOSE FROM FOOD LIST AND FOLLOW SERVING SIZES LISTED IN THE NUTRITION GUIDE.

WATER:

DRINK 100 OZ. OF WATER
PER DAY. CONSUME AT LEAST 1 SQUEEZED
LEMON IN WATER DAILY TO HELP BOOST
METABOLISM, CLEANSE TOXINS, AND ELIMINATE
WATER RETENTION.

WHAT TO EAT BEFORE THE WORKOUT:

WORKOUTS SHOULD BE
PERFORMED ON AN EMPTY STOMACH.
YOUR LAST MEAL SHOULD BE EATEN
NO CLOSER THAN 1 HOUR BEFORE WORKING OUT.

PRE-WORKOUT SUPPLEMENT: 1SCOOP OF XTEND

WHAT TO EAT POST-WORKOUT:

8 OZ UNSWEETEND ALMOND MILK +
1 - 2 SCOOPS OF PROTEIN FROM LIST

DAILY MACRONUTRIENTS:

Macros – 45p 40f 15c

MEAL 1: *MORNING SHAKE*

1.5 TO 2 SCOOPS OF PROTEIN
1/2 CUP QUICK-COOK OATS
1 CUP OF BERRIES
6-8 OZ UNSWEETENED VANILLA ALMOND MILK
1 TBSP CHIA SEED OR GROUND FLAXSEED

MEAL 1: *Option 2*

2 Whole Eggs and 3 Egg Whites

½ CUP COOKED SPINACH

1 MEDIUM APPLE OR 1 CUP BERRIES

MEAL 2: *CHOOSE FROM FOOD LIST*

2 CUPS VEGETABLES (KALE)

6 OZ LEAN PROTEIN (CHICKEN)

½ CUP CARBOHYDRATES (QUINOA)

2 TBSP HEALTHY FATS (AVOCADO)

MEAL 3: *SNACK*

1 HALF OF FRUIT (APPLE, PLUM, PEAR, PEACH, NECTARINE) OR

1 CUP BERRIES +

1 SMALL HANDFUL (RAW ALMONDS, PISTACHIOS

OR 1 TBSP OF NUT BUTTER) + 1 SCOOP OF PROTEIN

MEAL 4:

2 CUPS VEGETABLES (KALE)

6 OZ LEAN PROTEIN (CHICKEN)

2 TBSP HEALTHY FATS (AVOCADO, FLAXSEED)

MEAL 5: *PROTEIN ONLY!!*

POST-WORKOUT MEAL: *OPTIMUM WHEY*

2 SCOOPS OF PROTEIN

1 TBSP NATURAL PEANUT OR ALMOND BUTTER

½ CUP FROZEN BERRIES OR 1/3 BANANA

6-8 OZ UNSWEETENED ALMOND MILK

1 CUP OF ICE

CARBOHYDRATES:

QUINOA

QUICK COOK OATS

BROWN RICE

SWEET POTATO

BLACK BEANS

CHICKPEAS

LENTILS

BERRIES (STRAWBERRIES, BLUEBERRIES ETC)

LEAN PROTEIN:

EGGS

TURKEY BREAST

CHICKEN BREAST

TUNA

TILAPIA

SALMON

SEABASS

MAHI MAHI

WHITE FISH

SIRLOIN STEAK

GUIDELINES: NO RED-MEAT, NO PORK, NO DELI MEATS

EGG SERVING SIZE (MEN): 2 WHOLE, 5 WHITES

WOMEN EGG SERVING SIZE (WOMEN): 1 WHOLE, 4 WHITES

VEGETABLES:

KALE

OKRA

CABBAGE
CARROTS
ZUCCHINI
ASPARAGUS
CELERY
COLLARD GREENS
SPINACH
ARUGULA
BROCCOLI
BELL PEPPERS
MIXED GREENS

HEALTHY FATS:

CHIA SEED
FLAXSEED
1/4 AVOCADO
VIRGIN COCONUT OIL
VIRGIN PUMPKIN OIL
RAW ALMOND BUTTER
CANOLA OIL COOKING SPRAY
ALL-NATURAL PEANUT BUTTER
PREMIUM EXTRA VIRGIN OLIVE OIL
NUTS: UNSALTED RAW CASHEWS,
WALNUTS, ALMONDS

GUIDELINES: MAKE SURE ALL YOUR OILS ARE VIRGIN.

SEASONING & SPICES:

DILL
CURRY

GINGER

NUTMEG
JALAPENO
CINNAMON
CORIANDER
WHOLE LEMON
CAYENNE PEPPER
TOMATOES (1/2 CUP)
AGAVE (LIMIT 1 TBSP.)
GROUND BLACK PEPPER
CANOLA OIL COOKING SPRAY
STEVIA (KAL IS PREFERRED BRAND)
VANILLA EXTRACT (ALCOHOL FREE)
SEA SALT (1500-2300MG PER DAY= 3/4-1 TSP.)
GUIDELINES: UNLIMITED SERVING SIZE ON ALL SEASONING

EXCEPT AGAVE + SALT

WATER:

DRINK 100 OZ FILTERED H2O PER DAY.
8 OZ UNFLAVORED COCONUT WATER
TO BE CONSUMED ONLY AFTER WORKOUTS.

OTHER BEVERAGES:

COFFEE LIMIT 2 CUPS PER DAY
UNSWEETENED HERBAL UNLIMITED
8 OZ. UNSWEETENED ALMOND MILK
CAFFEINE-FREE GREEN TEA UNLIMITED TEA BAGS
GUIDELINES: NO SODA, FRUIT JUICE, SPORTS DRINKS,
ENERGY DRINKS,
ALCOHOL. IF IT'S NOT ON THIS LIST, DON'T DRINK IT.

FORGET LAME DIET PLANS. THE 6 WK SLIM FOOD LIST WAS

DESIGNED FOR THE
REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT,
YOU GET TO
DECIDE FOR YOURSELF. **BY PAIRING THE INGREDIENTS
WITH THE
APPROPRIATE PORTION SIZE.**

RESTAURANT GUIDE

THE SOLUTION:

ORDER MEAT GRILLED, BAKED, OR STEAMED.

ORDER ALL SAUCES TO BE PUT ON THE SIDE.

ORDER “NO BUTTER” AND “VERY LIGHT” OIL, IF ANY IS USED.

THE PROBLEM:

RESTAURANTS LOAD MEATS WITH HIDDEN BUTTER,
OIL, AND SALT, MAKING EVEN SEEMINGLY “HEALTHY”
CHOICES A TOTAL CALORIE-BOMB.

THE SOLUTION:

TELL THE SERVER YOU DON'T NEED ANY BREAD. TAKE
A PRE-DINNER SALAD INSTEAD. ORDER WITH WITH OLIVE OIL
AND VINEGAR DRESSING, AND YOU'RE GOOD TO GO.

THE PROBLEM:

THAT DARN BREAD BASKET & THOSE CHIPS.
ESPECIALLY WHEN YOU SHOW UP
HUNGRY, SAYING NO CAN BE
NEARLY IMPOSSIBLE.

THE SOLUTION:

ORDER VEGETABLES TO BE GRILLED OR STEAMED WITH NO BUTTER, OIL, OR SALT.

THE PROBLEM:

EVER NOTICE THAT YOUR VEGETABLES “GLISTEN” WHEN YOU ORDER THEM IN RESTAURANTS? THAT’S BECAUSE THEY’RE SATURATED IN BUTTER AND OIL. AGAIN, A “HEALTHY” CHOICE GONE BAD.

THE SOLUTION:

ORDER YOUR SALAD WITH ZERO:

CROUTONS,

TORTILLA STRIPS,

DRIED OR FRESH FRUIT,

RANCH OR THOUSAND ISLAND DRESSING.

*ASK IF THEY HAVE A “LOW SUGAR” VINAIGRETTE OPTION.

IF NOT, REQUEST OLIVE OIL AND BALSAMIC VINEGAR.

*REQUEST THAT THEY PUT ALL CARBS ON THE SIDE (I.E. BEANS, RICE, CORN). WHEN CARBS ARE MIXED INTO A SALAD, YOU CAN’T SEE HOW MUCH IS BEING USED, MAKING IT EASY OVEREAT.

THE PROBLEM:

RESTAURANTS LOAD SALADS WITH INGREDIENTS THAT ARE HIGH IN FAT AND CALORIES.

DINING OUT HAPPENS. MY JOB IS TO MAKE SURE YOU’RE PREPARED NO MATTER WHAT THE MENU THROWS AT YOU. SIMPLY FOLLOW THE GUIDE BELOW WHEN ORDERING YOUR MEAL,

STICK TO THE FOODS ON THE FOOD PLAN, AND YOU’LL BE GOOD TO GO.

KEEPING YOU ON TRACK NO MATTER WHERE YOU ARE,

