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| Morning: Start each day by drinking ¼ of your total daily water allowance (24-36oz) mixed with the juice of ONE freshly squeezed lime or lemon. Drink ONE serving of organic greens superfoods OR one large serving of blended vegetable juice. |

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| Meal |  |  | Supplements |
| Breakfast | 2 egg whites + 2-4 whole eggs  1-3 breakfast meat (sausage, bacon, smoked salmon)  1 cup of hot cereal or 2 slices Ezekiel Bread  1 piece of fruit or 1 cup berries |  | 1 fish oil  1 black seed oil  1 multi-vitamin (sex specific) |
| snack | Low carb listed below |  |  |
| Lunch | 4-6 oz lean protein (chicken breast/turkey/salmon)  Large Salad + 1 cup sweet potato |  | 1 fish oil pill  2000 mg Vitamin C |
| snack | Snack choice Low fat listed below + protein shake |  |  |
| Dinner  No later than 7;30 | 3-6 oz lean protein (sirloin, turkey or salmon)  1-3 cups green veggies (steamed or sauteed in coconut oil)  ½ cup carbs (long grain rice, sw potato, quinoa) |  | 1 black seed oil  4 oz kombucha or 1 probiotic pill |
| (optional before bed if hungry) | 3 egg whites or 3 oz ground turkey or 1 protein shake |  | 2000 mg Vitamin C  1000 mg Magnesium |

Notes:

LOW FAT SNACK OPTIONS; 2-4 hard boiled egg whites with cucumber in vinegar, 20g protein shake with small apple, 3 tablespoons of hummus or salsa with 15 NO MORE THAN 15 reduced fat triscuits

LOW CARB SNACK OPTIONS; 30 unsalted almonds, egg/tuna salad (use olive oil or coconut oil mayo), 3 Tablespoon Hummus with celery or broccoli, 2 Tablespoon guac w veggies, 3 oz cooked meat/jerky, 2 oz unsalted sunflower seeds

Rules for success weeks 1-4

1. Make it a habit to eat 3 meals and 2 snacks per day, avoid skipping meals.
2. Try to drink your bodyweight in ounces of water per day. EX. 100lb = 100oz water
3. If possible use a food scale to measure foods, and prep your meals 2-4 days ahead of time. “If you fail to plan you plan to fail”
4. Limit use of table sugar and table salts these 4 weeks, Pink or Himalayan salt is ok, local honey or stevia are ok sweeteners.
5. Take fish oil with every meal.