

## A Lifestyle Approach

When tackling a nutrition goal first ask yourself what do I want to accomplish and is there anything I want to do differently this time? Many times a combination of events lead us back to consuming more energy than we burn. The goal is not to be skinny from a calorie deficit it is to look better, feel better and perform better.

In the next four weeks you can be surrounded with an environment of like minded people on our Facebook support group Evolve Life Results. You will also have access to tools and resources to educate and bring clarity on a lifestyle approach that can be maintained for years to come😊

## Portion Size, Food Timing & Food Combining

Learn how to decipher the right portion size for your metabolism. We will show you how to balance proteins, healthy fats, good carbohydrates, fruits and vegetables so you can not only eat well at home but also on the go.



## Supplemental science to fill in the gaps and optimize results.

- We will suggest nutritional supplements that are scientifically proven to be safe and effective.
- Utilizing quality supplements to fill in gaps will provide optimal health for faster and longer lasting results.
- Anti-aging is about providing the right nutrients in the appropriate places where the body would otherwise struggle and break down.

## The Proven Success Equation

Our programs are designed to partner a **food guide** with **nutritional support**. Our years of transforming bodies and lives has taught us that long term success lies in body composition (*lean muscle tissue to body fat*) not just scale weight. Food plans without quality supplementation and the right ratios of building blocks can produce misleading results in the form of decreased scale weight but not increase in lean body mass. As a result this leads to lower energy, a slower metabolism, short term scale weight loss and weight rebounding. Our focus is to increase and preserve lean muscle tissue which can lead to an increased metabolism. The result will be more energy and a healthy relationship with food.

## Exercise

Exercise is a pillar of overall wellness and has mental and physical benefits. Resistance training increases lean body mass resulting in a higher metabolism. Cardio training reduces stress, builds heart health, burns additional calories and improves overall fitness levels. Flexibility and mobility assists in your movement and functional fitness. Utilizing all of these types of exercise will increase your overall health and the quickness of your results. You may choose your own regimen or utilize a Team Evolve plan to become mentally and physically fit.

## Portion Details

**Small (S) = under 130lbs****Medium (M) = 131-175lbs****Large (L) = 176-225lb****X-Large (XL) = 225+**

Use all 4 FACTORS to determine your portion size:

### FACTOR #1 Body Weight:

**This is your starting point. You can move up or down depending on the next couple factors.**

*Ex. Carmen's body weight is 165lbs, which means she will start on the **Medium** portion size. (see chart above)*

### FACTOR #2 Meals Per Day:

**Do you currently eat 1-2 / 3-4 / or 5-6 meals per day?**

*If you just finished another program successfully remain on the same portion.*

1-2 Meals per day currently – *decrease 1-2 portion sizes*

3-4 Meals per day currently – *decrease 1 portion size unless you feel you are an over eater*

5-6 meals per day currently – *stay at the same portion size as determined in Factor #1*

#### Notes:

*1) If you decide to move down two portion sizes but started at the medium or small in **FACTOR #1** move to the lower end of the **Small** on the Portion Chart.*

*2) When you're hungry for all 5-6 meals you may move up to the next portion size & continue moving up as your metabolism increased or at the appropriate portion size for your body weight.*

### FACTOR #3 Activity Level:

**Do you work out? Intentional workouts are different than an active lifestyle.**

*If you exercise intensely for more than 7 hours per week – increase 1-2 portions sizes*

*If you exercise 5-7 hours per week – increase 1 portion size*

- Activity like Yoga, Pilates, Barre and walking do not factor into increased portion sizes.
- If your weight is at the low end of a portion size then stay the same.

*Ex. if your weight is 131 – 150lbs and you exercise 5+ hours a week then **DO NOT** increase a size. However if your weight is 150 to 170 and you exercise 5+ hours then **DO** increase to large portions.*

*If you exercise 1-4 hours per week do not adjust your portions due to exercise*

*If you do not exercise decrease 1 portion size*

### FACTOR #4 Age:

**Age can be a factor due to a natural decrease in lean body mass as we age.**

Age 55-75 – decrease 1 portion

Over 75 – most cases do small portions

Move up a portion if hunger starts to increase in all 5-6 meals.

PROTEIN	FRUITS	VEGETABLES	CARBS	HEALTHY FATS
MEAL 1 / 2 / 3 / 5 / 6	MEAL 1 / POST WORKOUT	WITH 2-3 MEALS	MEAL 1 / 3 / 4	MEAL 2 / 4 / 5
S M L XL	S M L XL	S M L XL	S M L XL	<b>B Nuts</b> Almonds or Cashews S M L XL
GOOD = <b>G</b> BETTER = <b>B</b> OPTIMAL = <b>O</b>				
<b>Fish</b> <i>Wild recommended</i> <i>No canned</i> <i>weigh in ounces after cooking</i>  <b>O</b> Halibut <b>O</b> Tilapia <b>B</b> Cod <b>B</b> Salmon <b>B</b> Tuna filet <b>B</b> Shrimp <b>G</b> Crab <b>G</b> Lobster  <b>O Egg Whites</b> S M L XL  <b>Meat</b> <i>Organic recommended</i> <b>O</b> Chicken breast <b>G</b> 99% ground turkey <b>G</b> 96% ground beef  <b>G Greek Yogurt</b> <b>G Cottage Cheese</b> Plain / Nonfat ONLY <i>Maximum 1x per day</i> S M L XL  <b>PURE</b> Chocolate whey S M L XL  <b>SUSTAIN</b> Chocolate/Vanilla S M L XL	<i>Bold is best for Constipation</i>  <b>Orange</b> <b>Pear</b> <b>Apple*</b> <b>Blueberries</b> <b>Kiwi</b> <b>Pitted Prunes</b> <b>Grapes</b>  Strawberries Raspberries Blackberries Grapefruit Cantaloupe Guava Nectarine Cherries Peach Plum Banana*  <i>*Less ripe is best</i>	<i>Free food in Orange</i>  <b>Spinach*</b> <b>Cucumbers</b> <b>Lettuce* (Any)</b> <b>Celery</b> <b>Leeks*</b> <b>Green onion*</b> <b>Radish*</b>  <i>Bold is best for constipation</i>  <b>Kale*</b> <b>Swiss Chard</b> <b>Asparagus*</b> <b>Green beans</b> <b>Carrots</b> <b>Rutabaga</b>  All Peppers All Onions* Tomatoes Cauliflower Collard Greens Cabbage Mushrooms Zucchini Snow peas Parsnips Kohlrabi Beets Broccoli Brussel Sprouts Artichoke Eggplant  <i>* Prebiotic feeds probiotic. Prebiotic rich</i>	<b>O</b> Yams 158 <b>O</b> Couscous* 176 <b>O</b> Brown rice* 216 <b>O</b> Lima Beans 216 <b>B</b> Quinoa* 222 <b>B</b> Kidney Beans 225 <b>B</b> Black beans 227 <b>B</b> Lentils* 230 <b>G</b> Navy Beans 256 <b>G</b> Chickpeas 286 <b>G</b> Oatmeal* 300 <b>G</b> Pinto Beans 360  <b>How to Measure:</b> <i>Yams - cooked</i> <i>Ounces on a scale</i> <i>Oatmeal - dry</i> <i>In a measuring cup.</i> <i>All others - cooked</i> <i>In a measuring cup.</i>  Oatmeal, Quinoa & Chickpeas <i>(garbanzo beans) have most fat content.</i>  Beans <i>have a higher protein content.</i>  <i>#'s after are calories in 1 cup cooked; except oatmeal calories are 1 cup uncooked</i>  <b>Brown Rice Cakes</b> S M L XL	<b>O Avocado</b> S M L XL  <b>B Spreads</b> <i>Peanut or Almond Butter</i> S M L XL  <b>O Oils</b> <i>Grapeseed, Sesame, Olive, Walnut, Almond, Hemp</i> S M L XL  <b>G Seed</b> <i>Chia, Flax, Hemp</i> S M L XL  <b>G Coconut Milk</b> <i>Unsweetened</i> <i>1 cup = 8 ounces</i> S M L XL  <i>1 cup = 45 calories/4.5grF</i> <i>Use Different fats to = 1 fat</i> <i>Example:</i> <i>1 Medium Fat = 1 cup coconut milk + ½ Tbsp. PB</i>  <i>Unsweetened Almond &amp; Cashew milk has less fat. To use; double the portion size</i>

## Week 1

## Week 2

## Week 3

## Week 4

### PREPARATION

Beginning with excellence means preparing your mindset and your meals! Be intentional this week to get out to a successful start. If your not preparing your preparing to fail. Prep PROTEINS, CARBS and FATS to have in your fridge in bulk to make the day to day portioning easy.

Use a scale, measuring cup, table spoon and teaspoon along with Tupperware for daily tracking and measurements.

### NUTRITION

#### PROTEIN

- The bodies main building block; essential for preserving and building lean muscle tissue.
- Don't worry ladies, muscle is more dense than fat and will create a smaller tighter look.

#### CARBOHYDRATES

- Consuming complex CARBS will aid in stabilizing blood sugar levels, balancing insulin, increase energy and promote a higher metabolism that will eventually allow you to eat more without putting on unwanted weight.

#### HEALTHY FATS

There are two reasons for adding HEALTHY FATS to your menu.

- FATS have more energy per gram and will help increase energy output at a more consistent rate.
- Each cell in your body is surrounded by a membrane of fat. When that membrane is healthy due to the consumption of HEALTHY FATS and increase water intake the cell will function more efficiently allow nutrients to enter in to the cell and waste to exit at a more rapid rate. Unhealthy fats or saturated fat do the opposite!

#### HYDRATION

The body is made up of mostly water. The consumption of it helps every function of the body to also run more efficiently. From digestion to transportation of nutrient to utilization. The speed of all bodily function hinges on hydration.

- ✓ Start by increasing water intake to 70oz a day with the goal of a drinking a gallon (128oz) outside of workouts by the end of this program. Use the chart at the bottom of your MEAL PLAN to plan out your water goals per day.

### EXERCISE

- GOOD : 10,000 Daily **STEPS** *download **STEPS APP***
- BETTER : Daily **CARDIO** *45-60 minutes*
- OPTIMAL : TE **3D Physique** [www.EvolveLifeByDesign.com](http://www.EvolveLifeByDesign.com)

1	2	3	4	5	6	7

### FREE MEAL

*Free meals are planned, whereas a cheat is not. While developing healthy habits it is healthy to reward yourself with a treat and not feel guilty! That is creating boundaries.*

WEEK 1: Choose one meal to add one item not on your menu.

- This could be a glass of wine, a cookie or even a sandwich.
- Avoid anything fried.

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## MEAL PLAN WEEK 1

TIMES <small>2.5-3.5 hrs apart</small>	EVENT	MÔDERE	WHAT TO CONSUME	NOTES	TIPS
	<b>Wake up</b> <small>5 -15min prior to Breakfast</small>	<b>1 BURN</b> 1 LOGIQ Coffee			<b>BURN</b> Timings: 3 total per day. - As listed or - 3 @ once for concentrated energy or - 1 each main meal to assist w/ balancing blood sugar.
	<b>Breakfast</b>	<b>1TBSP TRIM</b> 1 MULTI VITAMIN 3 OMEGA-3 1 Co Q10			
	<b>AM Snack</b>				Snack options posted under the RECIPES tab Remember adhere to your portion
	<b>Lunch</b>	<b>2 BURN</b>			
	<b>PM Snack</b>	1 REVITALIZE			REVITALIZE is great for use anytime as a natural energy boost
	<b>Dinner</b>				
	<b>Before Bed</b>	<b>1 ACTIVATE</b> Days 1-3 1 PROBIOTIC 1 LIQUID BIO CELL			PROBIOTIC is most effective w/ the fiber in the <b>ACTIVATE</b> or with other meals that contain Vegetables.
	<b>POST WORKOUT</b>				Add to meal following a weight lifting workout.

### 16oz WATER BOTTLES



### 80oz per DAY

UP TO 128oz

## MÔDERE PRODUCT KEY

### REQUIRED

- **RED** is Required

### OPTIONAL TO PERSONALIZE

- **BLUE** for Maximizing Results.
- **PURPLE** is to Increase Energy
- **BLACK** is for Overall Health & Digestion

## DAILY WINS ADD UP TO BIG RESULTS

Use the chart below to track your weight and body measurements as outlined.

Take measurements in inches on both sides of body (*where applicable*).

STARTING DATE		MIDPOINT DATE	
BODY WEIGHT		BODY WEIGHT	
BODY FAT %		BODY FAT %	
LBS OF FAT		LBS OF FAT	
LEAN BODY MASS		LEAN BODY MASS	
VISIBLE ABS (circle)	None 2 4 6 8	DESIRED ABS (circle)	None 2 4 6 8

STARTING MEASUREMENTS			MIDPOINT MEASUREMENTS		
NECK			NECK		
CHEST			CHEST		
SHOULDERS			SHOULDERS		
WAIST			WAIST		
ARMS			ARMS		
WAIST			WAIST		
	RIGHT	LEFT		RIGHT	LEFT
THIGHS			THIGHS		
CALVES			CALVES		

STARTING & MIDPOINT PHOTO	NOTES
<ul style="list-style-type: none"> <li><b>Clothing:</b> <ul style="list-style-type: none"> <li>fitted sports gear that shows your body outline and can be seen in public</li> </ul> </li> <li><b>Picture Timing:</b> <ul style="list-style-type: none"> <li>after waking go to the bathroom then take pics on an empty stomach</li> </ul> </li> <li><b>Duplicate:</b> <ul style="list-style-type: none"> <li>Plan on wearing the same clothes for before &amp; after pics</li> </ul> </li> </ul> 	