

Overview *Without Botanicals*

Many people do not understand the role that eating clean foods and taking supplements play in how we look, feel, think and respond. The ability to absorb foods and nutrients we consume daily can become diminished through environmental toxins and poor eating choices. When this happens, you are less likely to receive the full nutritional benefits of the food you eat. No matter your health or age, a proper diet should provide essential macronutrients and micronutrients to keep your body functioning and recovering at a high level.

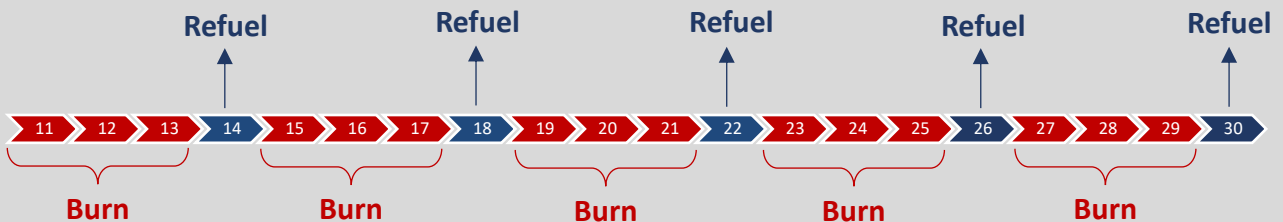
This meal plan will give you the guidance and structure you need to help you prepare each day in a way that properly feeds and fuels your body. You will experience improved energy, digestion and absorption as well as strengthening your immune system. Many people who use this program experience an encouraging reduction in pounds and inches.

If you are pregnant or nursing it is not recommend to add herbals and botanicals to your regimen because there is not sufficient studies or documentation on herbals partnered with pregnancy and nursing. There are no herbals or botanicals in this program.

PHASE I: PREP

Our 1st goal is to improve overall health, specifically in the area of digestion. An increase in good healthy bacteria in the small intestines leads to the body functioning at a higher level which can improve weight loss results.

PHASE II: BURN/REFUEL



Phase II provides nutrient dense supplemental support to partner with the correct ratios of protein, fat and carbohydrates for maximum results.

This program is optimal for someone who is pregnant, nursing or doesn't want metabolism enhancers. There are additional carbohydrate calories so that if pregnant or nursing it will help to keep milk supply strong and nutrient dense while still promoting energy and weight loss.

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

1 2 3 4 5 6 7 8 9 10

PHASE I PREP

TIMES <i>2.5-3.5 hrs apart</i>	EVENT	MÖDERE	WHAT TO CONSUME	NOTES	TIPS
	Wake up <i>5-30min Prior to Breakfast</i>	1 FIBER w/ ALOE 1 PROBIOTIC 1 LOGIQ Coffee			H2O
	Breakfast	1 MULTIVITAMIN 2 OMEGA 1 ANTIOXIDANT			
	AM Snack				H2O
	Lunch				H2O
	PM Snack				<i>Make sure you have consumed 1/2 gallon of water by now.</i>
	Dinner				H2O
	Optional 6th Meal	1 ACTIVATE <i>Days 1-3</i> 1 PROBIOTIC			
	Physical Activity	LIQUID BIOCELL SPORT <i>before</i> REVITALIZE <i>during</i>			<i>Drink REVITALIZE during exercise or if no exercise drink 1x daily at anytime</i>
	Before Bed	1 MULTIVITAMIN 2 OMEGA 1 ANTIOXIDANT LIQUID BIOCELL PURE			

RED: Required

Blue: Optional

BLACK: Food

Working Out

- Working out is recommended for best results.
- We recommend to ease into workouts for those who have not been physically active.

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		END 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			ENDING MEASUREMENTS		
NECK			NECK		
CHEST			CHEST		
SHOULDERS			SHOULDERS		
WAIST			WAIST		
ARMS			ARMS		
WAIST			WAIST		
	RIGHT	LEFT		RIGHT	LEFT
THIGHS			THIGHS		
CALVES			CALVES		

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