



## NUTRITION GUIDELINES

**Our goal with your nutrition to start off is to cleanse and repair your body. Once we get past that stage we can introduce a baseline meal plan in the second week and then evaluate how that is working for you. In the second week of the challenge we will have your consult and go over what has worked and not work for you then make some adjustments for you specifically.**

- \* Drink at least 8 glasses of plain water or half your body weight is a great place to start
- \* No alcohol, soda, power drinks, juice or shakes. You can have 2 cups of green tea or any herbal tea one in the morning and one around lunch time. None in the evening. If you drink coffee each morning cut it in half no sugar (no even artificial sweetener or creamer).
  
- \* NO Packaged Foods
- \* NO Processed Foods
- \* NO Processed Meats
- \* NO Refined Oils
- \* NO Frozen Foods
- \* NO Fast Foods
- \* NO Eating Out
- \* NO Salty Snacks
- \* NO Cakes, Cookies, Breads
- \* NO Sugary Drinks, Power Drinks, Gatorade, JUST WATER & Tea NO SUGAR ADDED
- \* NO Artificial Sweeteners of any kind
- \* NO Premade in a container Protein Shakes (buy the bulk natural kind)
  
- \* For lunch a salad of any mixed greens and veggies with a piece of lean meat (chicken, beef, fish) that has been baked or grilled in any way you like.
- \* Have 2 snacks a day. One in between breakfast and lunch. Again between lunch and dinner. Snacks can be a cup of plain Greek yogurt with fruit you add (do not use the already premixed yogurts), handful of nuts, or a piece of fruit (apple, mango, orange or cup of pineapple/strawberries/blackberries/raspberries)
- \* For dinner have a piece of lean meat grilled or baked (chicken breast, beef, fish) with a good servicing size of veggies any kind other than corn. A baked potato or brown/wild rice fist size.
- \* For portion size make a fist with your hand and use this for a guideline for the size of the serving of lean meat/fish and potato/rice servings.
- \* You can have as much veggies as you like. The more veggies the leaner you get. Plus they replace the nutrients and repair your muscle tissue not to mention give you energy.
- \* No creamy salad dressings, gravies, creams, etc. Salad dressing use lime, lemon, seasonings, balsamic vinegar, olive oil, garlic etc. Avocados can be blended with olive oil and vinegar for a great creamy like dressing, you can also add cilantro and or parsley to it. Sea salt, pepper, garlic powder any herb or spices you can use in the dressings or to spice up your recipes for the lean meats/veggies.