

Starter Guide:

- 1. You need to get to the grocery store immediately. Having the food at hand will play a BIG part in your success.**
- 2. You need to set a goal. *Why am I doing this?* Decide what your goal is and write it down and read it first thing in the AM and last thing at night for *ALL* 21-Days. This will be the key to your success.**
- 3. You need a reward. Something you really want or want to do. Willpower alone will not get you to your goal. You need a reason to push through the challenges. What is your reward going to be? Write it down with your goals and read it AM and PM as well.**
- 4. Pick 5 affirmations that you feel really good about when you read them. Again, write them down and read them AM & PM. Nothing is better than starting your day and ending your day on the right foot. *Be unstoppable!***
- 5. Be opened minded. Don't view this program as something you will be depriving yourself of; look at it as a challenge and you CAN and WILL achieve it. No matter what it takes! Don't you deserve that? If you come into this program with a negative attitude you will get more negative out of it. You are doing this for a reason, think positive and kick the negative attitude to the curb.**
- 6. *Last thing to think about...***

“The only limits we have are the ones we put on ourselves.”

3 Bonus At-Home Workouts

Workouts are labeled for each week below.

Always warm up for 5-10 minutes before starting each workout and Always end with 5-10 minutes cool down and stretching.

WEEK #1 Workout:

Circuit (:60 sec of each exercise, 2 sets)

High Knees with alternating arms - use 5lb weights in hands
Russian Twists – use weights
Butt Kicks – stand tall
Plank – on forearms
High Knees with jogging arms – pull from the abdominal muscles
Pullover Sit ups –use weights
Mountain Climbers
Windmills – left side
Spiderman – alternating legs
Windmills – right side
Jumping Jacks – stand tall

WEEK #2 Workout:

Circuit – Tabata style

:20 sec of exercise/:10 sec of rest for 8 sets or 4 minutes

Burpees
Jack-knife 4 sets w/left leg straight & 4 sets w/right leg straight
Jump squats – stand tall
Side plank – left side
Suicide tap downs – make sure to stand tall in between sides
Side plank – right side
Sprints – run hard for work time

WEEK #3 Workout:

Circuit

(10 reps each exercise for 10 sets- 1 minute of Frog jumps between each set)

Spiderman – alternating legs

Oblique crunches – left side

Oblique crunches – right side

Reverse crunches

Basic Crunches

Body Saw Plank – (move back and forth 10 times)

Opposite hand-opposite leg (alternating sides for 10)

Deck squats

***Again, DO NOT perform the above workouts without properly warming up and cooling down.**

Planning for your 21-Day Meal Plan

1. You need to make your kitchen your safe haven. Get rid of the junk! You need to make it so you have to get into your car and go get the junk to have it. Get rid of all products, which have hydrogenated or partially hydrogenated oils and all products, which have high fructose corn syrup (HFCS). You may have nothing left after doing so (hence the grocery store shopping you need to do first). This will include items such as crackers, cookies, sugar cereals, microwave popcorn, cereal bars, chips, pretzels, condiments, fat free snacks, and etc. Anything with a shelf life, pretty much.
2. When getting ready to make the trip to the grocery store, DO NOT GO when you are hungry! You will end up with a cart full of Oreos. Shop the perimeters of the grocery store where the whole foods can be found.
3. When at the grocery store, buy organic wherever possible. Especially organic free range poultry, meat, and eggs. If you are unable to buy organic, at least purchase antibiotic and hormone-free.
4. Buy organic on the fruits and vegetables when possible. Or at least, for the ones exposed to pesticides & sprays right on the surface like an apple, peach, grapes, and etc. Studies have shown that certain pesticides hinder losing belly fat.
5. You will want to buy canola oil for high temperature cooking and buy extra virgin olive oil (cold pressed) for low temperature cooking and for mixing on vegetables and use for salad dressing. For salad dressing combo, choose balsamic vinaigrette and make sure it doesn't contain HFCS in combination with your olive oil.
6. No margarine!!!! Use organic butter.
7. 2-3 servings of Omega 3 fatty acids (EFA). If you do not eat enough fish, you might want to consider a supplement. You can get them also from flaxseeds (buy whole flaxseeds and then ground in a coffee grinder for best nutritional value). Avocado and raw organic nuts (walnuts and almonds) are good a source also.

8. Nut butters are great for a spread on vegetables and sprouted grain breads. Make sure the only ingredients are the actual nut and salt – no roasted nuts. Ex. Almond butter and cashew butter. Peanut butter is a legume. If you can't change to the other butters, buy natural peanut butter not your normal commercial kind – the healthy ones!
9. Dairy is limited – they are processed foods, so I choose to limit them. If you can get raw milk, great but it's hard to find. The next best thing if you are not going to stop drinking milk is organic milk. After that, almond milk.
10. Avoid Soy- processed as well. Avoid these ingredients...
 - Soy protein isolate
 - Soy protein concentrate
 - Soy bean oil
 - Soy
 - Texturized vegetable protein

*You will find them in energy bars, crackers, veggie burgers, and Vegetarian look-alike products.
11. Breads/grains – no white and even whole wheat can stop you from reaching your goals. You want to choose sprouted whole grain products or 100% whole grain preferably not whole wheat (turns to sugar just like the white flour. Such brands as Ezekiel, Food for Life, and Manna bread. You can use them for your meatloaf and meatballs just like normal breads. If you need gluten free, choose rice and spelt breads by these Companies.
12. No more using table salt – use Sea Salt. The best one on the market is Celtic Sea salt or even Redmond's Real Salt. The others may contain mercury and/or toxic heavy metals in them.
13. No Artificial Sweeteners: Stevia or Agave Nectar is best. Pure honey can be an option also. Change!
14. Spicy foods are a plus! Don't forget to add Cinnamon too!
15. Be done eating 3 hours before bed.
16. Get at bare minimum 7 hours sleep.
17. Carbohydrates are energy; so the best time to eat them is when you need energy. When you wake up, before an intense workout, after an intense workout. Try to be done with them by 6pm every day. We slowdown in the evenings, so we don't need them for energy.

18. If you get cravings try drinking a glass water. You might be dehydrated. Wait 15 minutes and see if you are still hungry or craving food. You can try to chew a piece of gum for cravings as well. Find out if it is dehydration first.
19. You will have protein pretty much every meal. You will want to continue this after the program ends.
20. Limit alcohol, of course. You can use as your treat or cheat, but remember your end goal.
21. Cheat/Treats days are designed to help you continue to stay sane and up your leptin levels. But don't go crazy and stuff yourself. Enjoy, but don't overdo it. Just like Muscle confusion, you have to have Calorie confusion.
22. Plan and prepare your meals ahead of time. You know what you have to eat with the plan, so plan ahead.
23. Make this a routine. DO something once; it's always easy to do again.
24. If you lose track of time and forget to eat, set your cell phone alarm to remind you to eat. It's a great tool.
25. Use a scale and measuring cups for portion control until you are able to eyeball portions *VERY* well! We always under-estimate.
26. Water!!!! You need to drink $\frac{1}{2}$ your body weight in ounces *EVERY* day! (example, you weigh 180 lbs, you drink 90 ounces of water) If you workout on any given day, add an additional 8oz. If you drink caffeine, like an 8oz. glass of coffee, you must add an additional 8oz. for every cup. Water will also make you feel fuller. Drink it before each meal and you'll eat less.
27. If you get hungry through the program, increase the protein, fruit or vegetable serving by one in 1 or 2 meals by 1 serving. Look at fiber also, the more you eat the more it will keep you satisfied and full.
28. For breakfast & lunch meats, make sure they are nitrate/nitrite free (no hormones or antibiotic use) for the turkey, beef, pork, bacon, and breakfast sausage. Plus, that they have 5-7 grams of protein. Read the labels. Avoid lunch meat as much as possible!
29. Eat every 3-4 hours to keep blood sugar level happy.

30. Eat earlier in the day, when you need energy and to avoid overeating later.
31. Eat cruciferous vegetables as much as possible – every day if you can. They include: broccoli, cauliflower, brussel sprouts, and cabbage. Consider them FREE calories!
32. For the supplements (fish oil pills, protein bars, and protein shakes. We will discuss this on Sat.
33. At the end of the day... Stop eating junk or you will look like junk! Every time you put junk in your body the fat burning gets put on hold. *Is it worth it?*

Last Note:

An easy way to understand what happens when you eat junk foods...

Let's talk about 2 very important functions the liver has:

1. When you eat junk food, your liver is responsible for getting the toxins out of your body. Digest and get it out!
2. It is responsible for reducing body fat.

So, the next time ask yourself when you go to eat junk... "Do I want my liver to be trying to detoxify my body or reducing body fat?" It is that easy. It will protect you first, and reduce fat second. ***You decide!***

WHAT COUNTS AS A SERVING?

BREAD, CEREAL, RICE AND PASTA & STARCHY VEGETABLES GROUP:

1 SLICE OF BREAD, ½ BAGEL OR ENGLISH MUFFIN
 ABOUT 1 CUP READY-TO-EAT CEREAL
 ½ CUP COOKED CEREAL, RICE OR PASTA
 ½ CUP CORN, MASHED & SWEET POTATOES, LEGUMES & SQUASH
 1 SMALL POTATO

VEGETABLE GROUP:

1-CUP RAW LEAFY VEGETABLES
 ½ CUP COOKED OR RAW VEGETABLES
 ¾ CUP VEGETABLE JUICE

FRUIT GROUP:

1 MEDIUM PIECE OF FRUIT
 ½ CUP CHOPPED, COOKED, OR CANNED FRUIT
 1-CUP MELON OR BERRIES
 ¾ CUP JUICE

MILK, YOGURT, CHEESE GROUP (DAIRY):

8 oz. CUP OF MILK OR YOGURT

1 ½ oz. (1" CUBE) CHEESE

2 oz. (2-3 SLICES) PROCESSED CHEESE

½ CUP COTTAGE CHEESE

MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS GROUP:

2-3 oz. COOKED LEAN MEAT, POULTRY OR FISH

½ CUP COOKED BEANS, TOFU (1 OUNCE)

2 EGGS OR ½ EGG BEATERS (3 OUNCES)

SOYBURGER (3 OUNCES)

2 TABLESPOONS PEANUT BUTTER (1 OUNCE)

1-2 OZ. OF NUTS

PROTEIN SHAKE (2 OUNCES – 1 SERVING)

***FATS, SWEETS & OILS...USE SPARINGLY (Add Flaxseed Oil to your shakes)**

PORTION SIZES REFERENCES:

FIST... 1 CUP OR 1 MEDIUM WHOLE FRUIT

THUMB... 1 OZ. OF MEAT OR CHEESE

THUMB TIP... 1 TABLESPOON

FINGER TIP... 1 TEASPOON

CUPPED HAND... 1-2 OZ. OF NUTS OR PRETZELS

PALM (NO FINGERS)... 3 OUNCES OF MEAT, FISH OR POULTRY

Food Swaps:

(If you don't like a food or are allergic, you may swap out foods)

Vegetables: choice non-starchy vegetables to swap with non-starchy vegetables.

Fruit: choice apples, pears, bananas, berries and peaches mainly

Breads: Gluten free choice rice or spelt bread

Eggs: allergic choice rice protein powder, lean meat, cottage cheese

Dairy: yogurt and cottage cheese can be swapped for each other

Anything else: Check with me!

That is it!

Commit to the next 21-Days and see the difference!

Committed to your Success,