



NUTRITION PLAN GUIDELINES

Complete 20-30 minutes of “fasting” cardio BEFORE your first meal of the day.

Eat every 2.5 to 3 hours.

Aim to eat approximately one hour before your workout, and no more than one hour following it.

You may have 1 tablespoon of nearly any condiment you wish for each meal. Be sure they contain no artificial ingredients, high fructose corn syrup or dyes.

Drink at least ONE GALLON of water per day.

You may have up to four cups of coffee or green tea daily.

No starchy carbs (potatoes, rice, pasta, squash, corn) after 3pm.

Avoid soy, gluten, sugar, artificial sweeteners and chemical preservatives and dyes. When in doubt, ask us for an alternative in the Facebook Group!

Eat organic produce, wild fish, grass-fed beef and free-range chicken whenever possible.

Use chicken broth or get creative with herb-infused brines from jars of peppers, etc, to add a kick and some moisture to your dishes without adding more oil.

Choose metabolism-boosting spices like cinnamon, cumin, cayenne pepper and turmeric, wherever they are a good fit, and to taste.