



Your Best Body Blueprint Holiday Season Edition!

How To Eat & Enjoy The Holidays & Still Move Forward On Your Physical Goals!

Lions & Lionesses!

Billy Beck III reporting for duty! (Salute)

First off, Thank You for being here!

Andrea and I really appreciate you for trusting us with your health, fitness and longevity. It means a lot to us and we never take you for granted.

We consider it our honor and privilege to Serve.

Thank you!!!!

Here in the USA, it's Thanksgiving.

Historically, Thanksgiving was intended to be a day of gratitude and appreciation for what you have no matter how little or how much.

And to come together in a state of Loving Kindness & Appreciation for your friends and family.

However, this message has been lost.

I AM about to share some startling facts about the last 6 weeks of the year. But fear not I have a solution and a highly effective, simple plan of action for you.



Humans tend to be extreme creatures. Our brains categorize information and people and situations into categories. For example, good or bad. The best or the worst!

As we evolve on the path of Self-Mastery, we develop less extreme categories. We begin to see everything through the lens of Unconditional Love....this includes oneself.

Instead of going “all in or all out” we learn to shift gears with precision.

We learn that it’s not intelligent or healthy or even effective to try to be “perfect” all of the time.

The focus is on “giving your best then learning from the rest.”

You learn to adjust for the situation.

You DECIDE IN ADVANCE how you want to show up and what you would love to create.

Keep that in mind as I share these facts.

The average human gains 2-4 pounds(1-2kg) per year over a lifetime.

However, they also lose lean body mass at the same time. The scale doesn’t tell the entire story! It may say you gained a pound but you lost a pound of lean muscle and gained 2 pounds of fat.

This loss of lean muscle can be avoided by consistently and intelligently challenging your body with resistance and consuming adequate protein.

Research shows that we gain unwanted fat in “bursts” and the data shows that most of the damage is done in the final 6 weeks of the year.

In fact, 50-90% of the unwanted fat is accumulated from now to January 1st!!!!

So all of the progress people make from the previous 10.5 months is lost in just 6 weeks of neglect!



Then January comes and you feel bad so you begin again.

Most people constantly take 2 steps forward and 2 or more steps back!
Until they just accept mediocrity.

This is the average human.

Do you know what's GREAT?

There is not a single "average" thinking person here!

When most humans are searching for the new "shortcut", WE are focused on the long term solution.

Self-Mastery is the gateway to Living Greatly and with no regrets!

Self-Mastery is not only the mindset that creates your own Best Body but it is the mindset of creating a happy, fulfilling, abundant, Love-filled Lifestyle!

I have been working relentlessly (I mean A lot!) to create this "holiday blueprint" so you can enjoy the holidays and still make progress.

In this PDF you now have a clear, simple plan of action.

This system works when you do.

This is the "Science of Transformation". I got you covered here!

Then there is your part...the "Art of Living It" no matter what life throws your way. That's the challenging but most rewarding part.

Progress not perfection.

One last thing...

Ask yourself & write down the answers to these important questions:

What would it take for me to NOT follow through?

What is my level of determination? 0-100%



What would it take for me to joyfully learn and live this?

What would Victory look like to me?

What would make me feel even more proud of myself?

Describe what you need to do and how you need to show up in order to Light Up your loved ones and joyfully progress your health, energy and vitality during this time!

Be sure to embody your North Star every day and make certain it is powerful enough to pull you towards your Vision and Purpose.

“If it excites you, then it ignites you!”

The North Star is the single most important action you can take each day.

After all...

“Everything that has ever been created or accomplished was first born in the theater of the Mind.”

Happy Holidays Lions & Lionesses!
Let's create a Masterpiece!



***The Best Body Blueprint contains the same principles and strategies that we have utilized to help over 3,000 clients TRANSFORM. I share this because BELIEF in the plan plays a profound effect on your results. Our beliefs can either make us or break us...quite literally. Beliefs are the software of the mind. Beliefs are the lens in which we view the world. During this time, limiting beliefs will arise. You may want to quit or take drastic measures because you are not making progress fast enough. Stay the course. Trust me on this. Don't jump ship. This is the SCIENCE OF TRANSFORMATION. Learning to stick to it even when limiting beliefs pop up is the ART OF LIVING IT! A great piece of advice came from a client who lost over 200 pounds. She is a world renowned gastrointestinal surgeon and has kept the weight off for over a decade and absolutely loves the Lion way of life! Her advice, *"Look at how many other people have changed their bodies and lives, why not me? Why not now? I have been through tougher things. I AM here to face the challenge and conquer it...one day at a time!"*

Rules of the Game

Outcome:

To joyfully learn how to navigate the holiday season in a fun, healthy way that makes me feel proud of myself. To release fat for fuel, build strength, to speed metabolism with lean muscle and endurance and energy so I live greatly and with no regrets!

Purpose:

My purpose is to be my Highest & Best Self and to Light Up everyone who comes into contact with me. To Master my thoughts, emotions and actions and live a life of Love, Meaning and Purpose. To Love. To Learn. To Serve. To forget 'perfection' and focus on progress! To create memories that last a lifetime! To enjoy the adventure!



THE EAT PRINCIPLES

1. Hydrate.

Drink mostly water. Avoid drinking calories unless it's a high quality protein shake. Spread your water intake out throughout the day for best results. **Bodyweight in pounds X 0.5 = minimum ounces of water per day. (1 kg = 2.2 lbs.)**

2. Eat foods closest to their natural source most of the time but not all of the time.

Foods that are closest to their natural source are “**nutrient-dense**” which makes you feel more energized and satisfied. Most ultra-processed foods are “**nutrient-less**” which leads to overeating. One study showed that those who consume mostly ultra-processed nutrient-less foods eat 40% more calories than those that consume foods from **Mother Nature**.

3. Consistent Fuel Up Routine.

The human body thrives on consistency and routine. Do your best to eat at about the same times each day. Avoid drastic changes in meal frequency. Consistency in when you fuel up creates even energy levels and has a positive impact on blood sugar levels. According to the research from Dr. Roy Baumeister, this improves willpower, self-control and decision making capabilities. Consume all of your meals within a 12 hour window. Allow at least 12 hours for your body to digest and “fast” each day.

4. Consume adequate protein at each meal.

This has a number of benefits including minimizing cravings, consistent energy and a positive effect on fat loss and lean muscle! **Bodyweight in pounds X 0.8 = daily number of grams of protein per day. Spread evenly throughout the day.** For example, if you are scheduled to consume 160 grams of protein per day and you have 4 meals per day, then it's best to consume 40 grams of protein at each meal. That's ideal but the main objective is to get it all in.



5. Enjoy up to 3 FREE meals per week.

FREE meals consist of a reasonable serving of any type of food and is enjoyed in a state of Grateful Presence. This mindful eating method helps prevent overeating. FREE meals are built into the Best Body Blueprint. Since excessive restriction has a negative effect upon behavior and always backfires, we prevent it ahead of time. **So there are no foods that you cannot eat. How does that feel?**

Do I need to measure and track all of my food?

That's your choice but let me explain what allows you to create lasting change. During the holidays, it's not always a good idea to measure, weigh and track your food. If you are currently doing it and enjoy it, then go for it!

Our goal here is to not only to TRANSFORM your body but also continue to improve. This requires the ability to adapt your lifestyle to the challenges that often arise.

It is ideal to track your calories and protein. With that information, we can make precise adjustments. However, there is another option that is also very effective. Maybe even more effective for you!

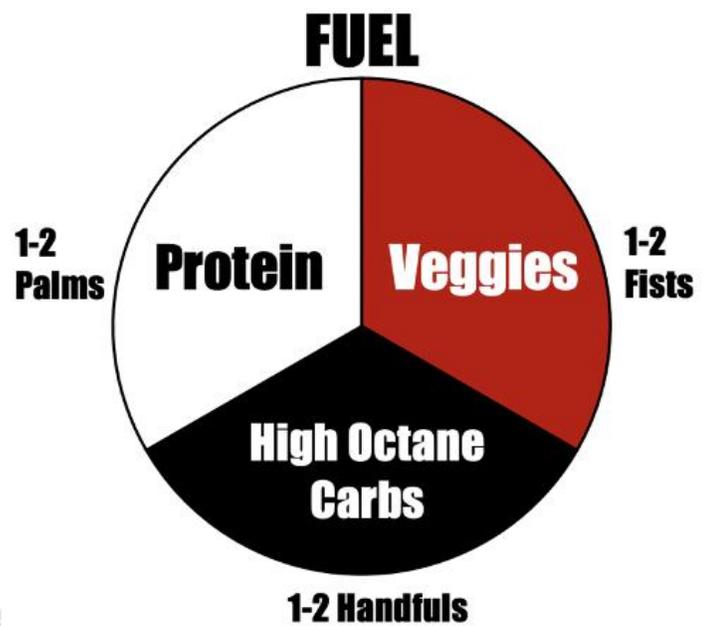
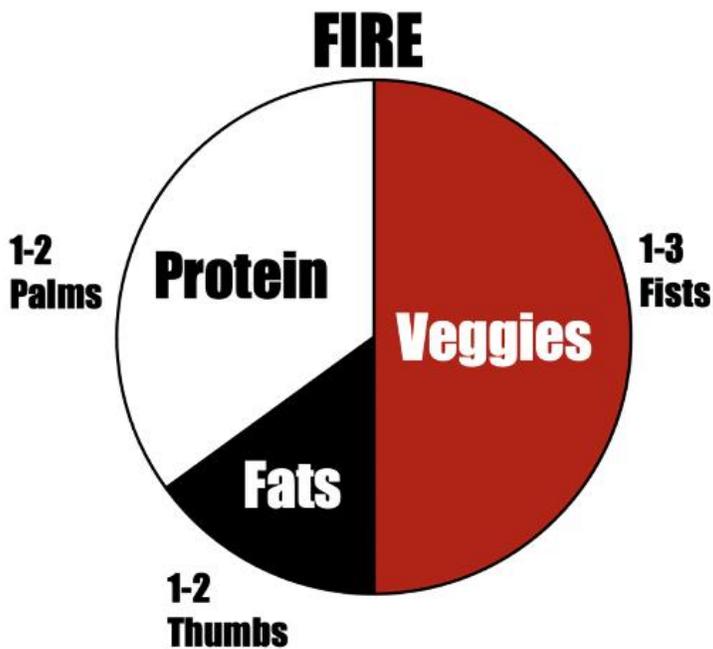
There is only one way to find out...to dive in and give it a go!

It is the best method for living this for a lifetime. And all you need is at least one hand...



Introducing the FIRE FUEL Nutrition System (Rocky theme song plays!!!)

After reviewing data on thousands of nutrigenomics tests, I can tell you that every human thrives on some combination of the following meals. Rather than explain it in minute detail, let me show you what they look like.

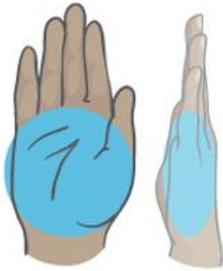


Free

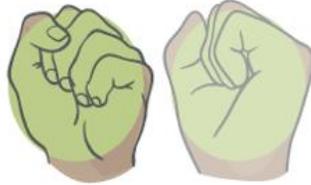
Anything that fits
on plate. Eat
mindfully until
80% full.



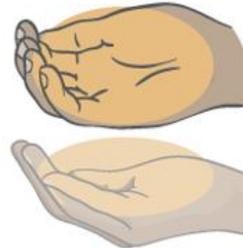
YOUR HAND IS YOUR PORTIONING TOOL



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb

To build your meal of choice, simply select one food from the recommended categories.

LEAN PROTEIN	HIGH OCTAIN CARBS	FIBROUS VEGGIES	"GOOD" FATS
Poultry (chicken, turkey, eggs)	Roots like potatoes: purple potatoes, red potatoes, sweet potatoes, yams, baked or roasted	Cruciferous veggies like broccoli, cauliflower, Brussel sprouts, kale, cabbage	Avocados
Grass-fed beef or bison or elk	Rice or quinoa steamed	All types of lettuce	Nuts (Macadamias, cashews, walnuts, almonds, etc.)
Plant-based high protein pastas 1 serving = 20 or more grams of protein	Oats/porridge	Fermented veggies like sauerkraut, kimchi, Ume plum, etc.	Seeds (ground flaxseed, chia seeds, sesame seeds, etc.)
Protein powders	Fruits like berries, apples, pears	Sprouts: specifically broccoli, alfalfa, radish, etc.	Oils (Olive oil, coconut oil, grape seed oil)
Seafood of all types including wild salmon, shrimp, etc.	Avocado (Contains both good fats and carbs from fiber.)	All types of veggies. Focus on variety for greater microbiome diversity. Asparagus, artichokes, onions, carrots, etc.	Almond butter

For even more options, check out our [Ultimate Food List](#).



The Treasure Map

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Freestyle any fun activity	Resistance Training	<i>Cardio Conditioning</i>	Resistance Training	<i>Cardio Conditioning</i>	Resistance Training	<i>Cardio Conditioning</i>
FIRE Meal	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Meal
FIRE Meal	FUEL Meal	FUEL Meal	FIRE Meal	FUEL Meal	FUEL Meal	FIRE Meal
<u>FREE Meal</u>	FUEL Meal	FIRE Meal	<u>FREE Meal</u>	FIRE Meal	FUEL Meal	<u>FREE Meal</u>
	FIRE Meal	FIRE Meal		FIRE Meal	FIRE Meal	
10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps	10,000 steps

Sample FIRE Meals:

- Omelet with vegetables and avocado
- [Protein shake](#) with greens powder and almond butter. (*Use plant based protein powder for a plant based option. **)
- Greek yogurt with protein powder and coconut flakes
- Chicken salad: Chicken with lemon or balsamic vinegar, extra virgin olive oil on a salad including any of the following: cucumbers, tomatoes, romaine lettuce, arugula, peppers, onions, broccoli, etc.
- Ground bison with tomato sauce and veggies on spaghetti squash
- Shrimp with cauliflower rice and asparagus
- Ground turkey lettuce burger
- Grass fed beef stuffed bell peppers
- Chicken and veggie stir-fry
- Wild caught salmon with asparagus



Sample FUEL Meals:

- Breakfast burrito: Sprouted corn tortilla with eggs and vegetables
- Chocolate, strawberry protein oats: Old fashioned, gluten free oats with [Whey Cool Chocolate Protein Powder](#) and strawberries. (*Use plant based protein powder for a plant based option. **)
- Banana [protein shake*](#)
- Turkey breast with vegetables and baked potato
- Salmon with sauteed vegetables and sweet potato
- Ground turkey and quinoa on a salad including lettuce, tomatoes, cucumbers, bell peppers, onions, chickpeas, parsley, etc. with extra virgin olive oil and lemon juice.
- Bean chili: chopped tomatoes, chickpeas, black beans and kidney beans, with broccoli and edamame*
- Grilled tofu with rice and vegetables*
- Shrimp fired rice with steamed vegetables
- Grass fed ground beef tacos

Protein Shakes are simply a fast, convenient liquid meal. They are ideal around Training sessions. After intense Training, blood flow is shunted to the extremities and away from digestive tract. Shakes are easy to digest and absorb making them a great tool pre or post workout.

For those in the United States, the highest quality protein comes from [Designs For Health](#) and [Thorne](#).

If not, available then the best protein powders are:

1. [Grass fed Whey](#) (most researched by far)
2. [Collagen protein](#) (easy to digest and great for skin, hair, nails and joints)
3. [Pea protein](#). The best plant-based option.

FIRE Shakes: FIRE shakes contain only protein powder and water. If you prefer using an unsweetened almond or coconut milk, then that is acceptable.

The most effective protein powder before or after Training is Grass Fed Whey Protein mixed in water.

FUEL Shakes: FUEL shakes contain both protein and high octane carbs like berries, bananas, etc. Check out the food list for a lot more ideas.



Sample Week of Meals

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIRE Meal Omelet w/ Vegetables & Avocado	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Protein Shake	FIRE Meal Greek Yogurt w/ Protein Powder & Coconut Flakes
FIRE Meal Wild Salmon w/ Asparagus & Olive Oil	FUEL Meal Sprouted Tortilla, Egg & Spinach Breakfast Burrito	FUEL Meal Oats w/ Protein Powder, Berries & Almonds	FIRE Meal Chia Pudding w/ Protein Powder & Almond Butter	FUEL Meal Turkey Chili (Beans, Peppers & Onions)	FUEL Meal Eggs & Veggie Scramble w/ Blueberry Oats on the Side	FIRE Meal Chicken & Veggie Stir Fry (no rice)
FREE Meal	FUEL Meal Shrimp Stir Fry w/ Rice & Mixed Veggies	FIRE Meal Ground Bison & Spaghetti Squash w/ Tomato Sauce & Olive Oil	FREE Meal	FIRE Meal Taco Lettuce Wraps (see recipe)	FUEL Meal Grilled Chicken, Quinoa & Steamed Broccoli	FREE Meal
	FIRE Meal Ground Turkey & Zucchini Skillet in Avocado Oil	FIRE Meal Chicken Salad Bowl w/ Veggies, Lemon & EVOO		FIRE Meal Shrimp w/ Cauliflower Rice	FIRE Meal Grass-Fed Beef Stuffed Bell Peppers	

Why does every diet “work” at first?

This will set you free from the “diet trap.”

***Be sure to listen to the [audio Coachcast](#) describing “**Metabolic Adaptation**” and how to use it to smash through plateaus.



The Ultimate Success Formula (or the Scientific Method of Success)

1. North Star.

Have a clear compelling Vision, Purpose and Identity! Know exactly what you want and why you want it. Place your attention upon your Story of Victory and Triumph every day. Your North Star pulls you towards it like a powerful magnetic force!

2. Have a Blueprint for Success.

In order to create lasting change, you need an effective plan that you can sustain. Wah-lah!!! You have it before you! Your Training and Nutrition Treasure Map!

3. Measure and Modify your approach as needed to continuously improve.

This is important. Most people fail because they go by how they “feel” instead of by facts. Feelings lie. They are not reliable indicators. Here is a simplified “Results Tracking System” that works incredibly well:

1. Bodyweight taken on same scale first thing in AM. Take the average of the week.
2. Tape measurements using Myotape: hips, waist over navel and neck. This data can be done weekly and put into a [United States Army Body Fat Calculator](#) to estimate body fat percentage.
3. Strength and endurance from week 1 of your program to week 2.

4. Take Consistent, Intelligent Action.

Stay the course. Follow the plan. Random actions produce little, often zero results! Choose one path and stick to it.

5. Re-Measure and Modify plan as needed.



Recipes

Blueberry Millet Muffins

Ingredients:

- 1 Cup “Bob’s Red Mill Whole Grain Millet Flour: Stone Ground”
- 1 Cup unsweetened organic apple sauce
- 1 organic whole egg & 9 egg whites
- 1 scoop of vanilla protein powder
- 1 tablespoon of organic raw manuka honey
- 2 teaspoons of organic vanilla extract
- 1 organic smashed banana
- 1 cup of blueberries
- Cinnamon (as much as desired)

Instructions:

1. Preheat oven to 350 F
2. Thoroughly mix all ingredients together in a large bowl
3. Pour batter into a previously greased cupcake sheet
4. Bake for 25-30 minutes

Makes 12 muffins

Nutrition Facts:

1 Muffin (batch makes 12):

Calories: 93

Protein: 6g

Carbs: 15g

Fat: 1g

Note: This would be considered a FUEL meal - Eat only on Monday’s, Wednesday’s and Friday’s.



Taco Lettuce Wraps

Ingredients:

- Butterhead lettuce leaves
- 1 tbsp extra virgin olive oil
- 1 pound grass fed ground beef
- ¼ teaspoon salt
- 1 pack of organic taco seasoning
- 1 diced avocado
- Broccoli sprouts &/ microgreens (have 5 times the vitamins or the full grown version)
- Lime
- Cilantro (binds heavy metals)
- Optional nutrient dense toppings and flavor enhancers: red onions, green onions, tomatoes, peppers, cabbage, radishes, Greek yogurt, etc.

Instructions:

1. Wash and dry lettuce leaves
2. Heat oil in a large nonstick skillet over medium-high heat. Add ground beef, season with salt and taco seasoning and cook, stirring often, until cooked through. About 4 to 6 minutes.
3. Remove the pan from the heat and serve in lettuce leaves, topped with avocado, sprouts &/ microgreens, juice from 1 lime, chopped cilantro & any other optional nutrient dense, flavor enhancing toppings of choice.

Nutrition Facts:

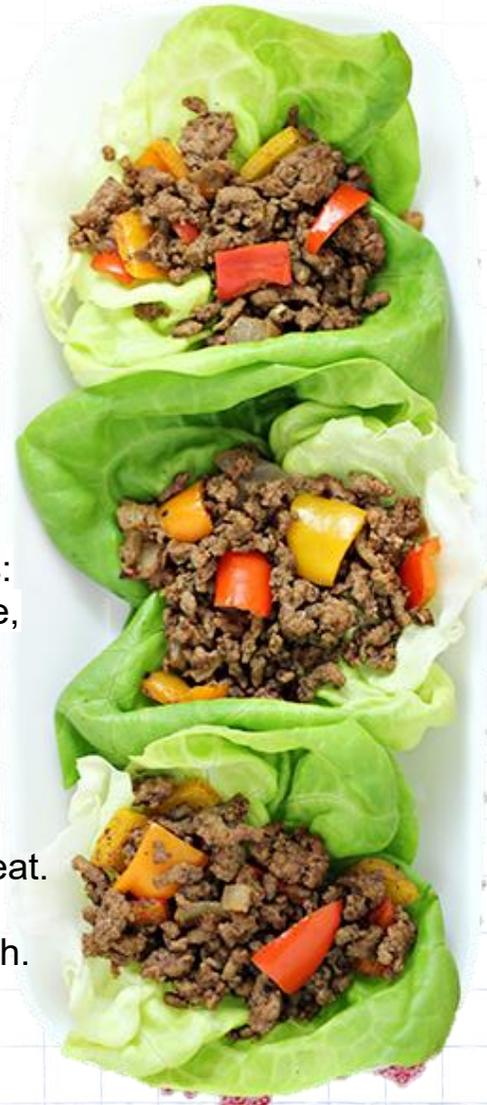
(Per serving – There are 4 servings in the full recipe)

Calories: 350

Protein: 20g

Fat: 28g

Carb: 5g



Chocolate Protein Mug Cake

Ingredients:

- ¼ cup protein powder
- 1 tbsp coconut/almond flour
- 2 tbsps Stevia sweetener
- ½ tsp baking powder
- 1 ½ tbsp cocoa powder
- 1 large egg
- ¼ cup unsweetened nut milk
- Optional: 1 tbsp of unsweetened dark chocolate chips



Instructions:

1. Grease a small bowl or deep mug and set aside.
2. In a mixing bowl, combine the protein powder, coconut flour, baking powder, sweetener and cocoa powder and mix well.
3. In a separate bowl, whisk the egg with the milk and pour into the dry mixture and mix until fully incorporated. Top with unsweetened dark chocolate chips if desired.
4. Microwave for 60 seconds, remove from microwave and enjoy immediately.
5. This can also be cooked in the oven: Pour batter in an oven safe dish and bake for 10-12 minutes on 180 degrees Celsius (350 F) for 10-12 minutes, until desired consistency.
6. Add this dessert to any meal for an added protein boost.

Nutrition Facts:

(1 Mug cake)

Calories: 128

Protein: 16g

Fat: 5g

Carb: 9g



Disclaimer (legal stuff):

The content provided in this PDF is for informational and educational purposes only.

The contents of this document are not intended to diagnose, treat, cure, or prevent any health conditions, nor are they intended to replace a physician, dietitian, nutritionist, or other qualified healthcare professional's advice.

You should always consult your physician or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs.

“It’s the little things...the small daily actions that when done consistently & relentlessly that lead to MASSIVE RESULTS over time. Stay the course & you will be rewarded.” - BB3

