21-Day “Beat the Bulge” Diet Guide

AmazingAbsSolution.com
21-Day “Beat the Bulge” Diet Guide

By Yuri Elkaim, BPHE, CK, RHN
Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Yuri Elkaim and Total Wellness Consulting, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Yuri Elkaim or Total Wellness Consulting, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.
# Table of Contents

80% of Fat Loss is Your Diet ................................................................. 4

PART 1
The Science and Foundation .......................................................... 6

PART 2
The Program ....................................................................................... 13

PART 3
Workout Nutrition: What to Eat and When to Eat it ....................... 27

PART 4
The Recipes and Meal Plan ................................................................. 34
  Liquid Nutrition: Smoothies & Juices ............................................... 36
  Other Healthy Breakfast Ideas ......................................................... 45
  Simple Salads, Soups, and Sides ....................................................... 50
  Mains .................................................................................................. 64
  Delicious Desserts and Healthy Treats ............................................. 71

The 12-Week Meal Plan ....................................................................... 76
80% of Fat Loss is Your Diet

Let’s face it...

The Amazing Abs Solution features the BEST abdominal workouts in the industry. With me on your headphones, you’ll burn more calories, more fat, and get fitter than ever in less than 30 minutes 2-4 times per week!

But for the majority of the population, great workouts are simply not enough.

A strategic and healthy approach to eating well is absolutely critical to short-term and long-lasting belly fat loss results.

And that’s why I’ve included this Diet Guide for you.

I’ve put this guide together to help you incorporate the healthiest (and great tasting) foods into your diet and in such a manner that works seamlessly with your AAS workout schedule.

I’ll be showing you what to eat and when to eat it. All you have to do is follow my advice and you’ll see substantially better body transformation results than you would through exercise alone.

What Makes This Nutrition Guide So Special?

The biggest difference between the 21-Day “Beat the Bulge” Diet Guide and most other “diets” is that this guide is based on a very healthy and strategic approach to caloric consumption and energy expenditure.

In plain English, that means that this Diet Guide is more strategically focused on higher and lower calorie days to help you lose weight more effectively. It is also fundamentally based on high quality, predominantly plant-based recipes that actually improve your health – instead of destroying it (like so many other weight loss diets do).

And by weight loss, we really mean fat loss. No one wants to lose muscle.

So, you’ll have days of lower food intake and days with higher food intake. This, in conjunction with your AAS workouts, will build and preserve your lean muscle and burn additional fat!

Excited yet?
You should be!

I’ll begin by giving you 10 food principles that will change your life.

Then, we’ll look at some of the science behind the approach in our 21-Day “Beat the Bulge” Diet Guide so that you have a better understanding of how your body is about to transform – in a healthy and safe manner.

**HINT:** It comes down to naturally influencing hormone levels to keep your metabolism elevated. And since your metabolism accounts for roughly 70% of the calories you burn each day, this will have a marked effect on your ability to lose weight.

In the third part of this Guide, we’ll be tackling Workout Nutrition, specifically meal timing in relation to your workouts. A lot of people want to know what to eat/drink before and after their workouts (and exactly when they should do so) and that’s precisely what I’ll be giving you in this section.

Finally, I’ll give you ALL of my top recipes (mostly plant-based) for fat loss and optimal athletic performance and helpful 21-day rapid fat loss plan to complement your AAS workouts.

Are you ready?

Let’s rock and roll!
- PART 1 -

The Science and Foundation
The Hormone Leptin

Why on earth are we talking about Leptin?

Well, part of the reason that this Diet Guide is so effective is because of its strategic calorie cycling structure. This, in turn, has an effect on some very important fat burning hormones in your body, including Leptin.

So let’s look at why it is so important.

The hormone Leptin is derived from the Greek word leptos, meaning “thin” and, when it comes to weight loss, it’s possibly the most important (yet overlooked) hormone in your body.

What is Leptin’s function?

It communicates your nutritional status to your body and brain. Bear with us as we get a little technical for a moment.

Leptin acts on receptors in the hypothalamus of the brain where it inhibits appetite by:

1. Counteracting the effects of neuropeptide Y (a potent feeding stimulant secreted by cells in the gut and in the hypothalamus);
2. Counteracting the effects of anandamide (another potent feeding stimulant that binds to the same receptors as THC, the active ingredient of marijuana);
3. Promoting the synthesis of α-MSH, an appetite suppressant. This inhibition is long-term.

In short, Leptin tells your brain that you are full!

The absence of a Leptin (or its receptor) leads to uncontrolled food intake and resulting obesity. Several studies have shown that fasting or following a very-low-calorie diet lowers Leptin levels.

Leptin levels are mediated by two things:

The FiRST mediating factor of Leptin is your level of body fat. All else being equal, people with higher levels of body fat will have higher leptin levels than those with lower levels of body fat and vice versa.
Because Leptin is secreted by your fat cells, it follows that under normal conditions there is a direct correlation between the amount of circulating Leptin and the amount of fat in your body.

Thus, being fat is kind of ironic since having more fat would mean higher Leptin levels, which would mean lower appetite and thus less food intake.

However, research tells that people who are really overweight or obese are Leptin resistant – much in the same way that Type 2 Diabetics are resistant to insulin.

So even though there is more Leptin in the body of an overweight individual, it has little effect because their body doesn’t respond to it!

However, just like insulin resistance in Type 2 Diabetes can be reversed through proper diet and lifestyle, so too can Leptin resistance. We’ll show you how in this Guide.

In an effort to lose weight, most people naturally jump into the latest “fad” diet and restrict their calories – big time!

But this is one of the worst things you could possibly do because during prolonged periods of caloric restriction or starvation your body responds by lowering Leptin levels.

This is because the SECOND mediator of Leptin levels is your caloric intake.

Put simply, when you lower your caloric intake, Leptin levels fall - regardless of your body fat.

So even though you might be overweight, you CAN still suffer from low Leptin levels if you’ve been starving your body or severely restricting calories – ie. being on a diet.

**So why does this matter? What happens when Leptin levels are low?**

Again, under normal conditions Leptin levels are normal and your brain gets the message that your nutrition intake is adequate.

Your metabolism is high and, as a result, your body has an easier time churning through calories and burning excess fat.

Research has shown that Leptin levels decrease by about 50% after only one week of dieting!
Low Leptin levels are often seen in people with anorexia nervosa. Not only is this detrimental to their metabolism but also to the health of their bones since Leptin is also known to stimulate bone formation.

So, extreme dieting is not a good thing. Not from a weight loss perspective and not from a health perspective.

The good news is that it doesn’t take nearly as long for Leptin levels to climb back up with a substantial increase in caloric intake.

In fact, research has shown that it only takes about 12-24 hours.

In the 21-Day “Beat the Bulge” Diet Guide, we’re going to show you how to strategically “cheat” with higher calorie foods (yet, foods that are still conducive to cleansing your body) to give your Leptin levels and metabolism a major boost!

This will help set you up for subsequent weight loss when you resume your reduced calorie eating regimen. There will be more on this in a moment.
The Weight Loss and Health Benefits of Short Term Fasting

One of the most powerful ways of achieving incredible fat loss results, without compromising your muscle mass, is through short, intermittent fasting.

And, yes you guessed it...

Short term fasting is also an integral of the 21-Day “Beat the Bulge” Diet Guide. And I’m going to explain exactly how it works and why you need it – not only for losing fat but for bettering your health too.

When most people think of fasting, they think of deprivation and how dangerous “not eating” is for your health. However, most of this thinking has no foundation in science or understanding of how our bodies operate.

Short-term fasting (ie. 24 hours) is one of the most POWERFUL tools you have at your disposal and one of the greatest ways of boosting your health and losing weight, safely and effectively.

A vast amount of research has shown that short-term fasting has the following health benefits:

- Decreased body fat & body weight
- Maintenance of skeletal muscle mass
- Decreased blood glucose levels
- Decreased insulin levels & increased insulin sensitivity
- Increased lipolysis & fat oxidation
- Increased Uncoupling Protein 3 mRNA
- Increased norepinephrine & epinephrine levels
- Increased Glucagon levels
- Increased growth hormone levels.

Don’t worry if you don’t completely understand the benefits to which the above list refers. Just understand that fasting is good for you.

And in relation to losing weight, and specifically to burning fat, here’s what a few studies have found:

In one study, researchers found that when they made people fast for 3 days, their metabolic rate did not change. This is 72 hours without food. So much for needing to eat every three hours!
In another study by a different group of researchers, people who fasted every other day for a period of 22 days also had no decrease in their resting metabolic rate.

In addition, people who were on very low calorie diets and on a resistance exercise program (i.e. lifting weights) did not see a decrease in resting metabolic rate, and these people were only eating 800 Calories a day for 12 weeks!

In another interesting study, women who ate half the amount of food that they normally eat for 3 days saw no change in their metabolism either.

In still more studies, there was no change in the metabolic rate of people who skipped breakfast, or people who ate 2 meals a day compared to 7 meals per day.

The bottom line is food has virtually nothing to do with your metabolism. In fact, your metabolism is much more closely tied to your bodyweight. If your weight goes up or down, so does your metabolism. The only other thing that can affect your metabolism (in both the short term and longer term) is exercise and weight loss. Even in the complete absence of food for three days, your metabolism remains unchanged.

Uncoupling Protein-3 is a very important protein found in our muscles that is associated with fat burning. Simply put, when fat burning increases so does the amount of Uncoupling Protein-3 in our muscles.

Amazing research has shown that as little as 15 hours into a fast, the gene expression for Uncoupling Protein-3 increases by 5 fold!

Probably the most revealing information in the research was a study published by a group of scientists from the University of Texas. It examined how short-term fasting affects fat and sugar metabolism in our bodies.

They found that after only 24 hours of fasting, the amount of fat being released from people’s fat stores (lipolysis) and the amount being burnt for fuel (oxidation) had been significantly increased by over 50%.

Bringing a few of these studies to your attention has hopefully shown you that short term fasting can provide incredible benefits for you. There’s nothing to be scared of and hopefully any misconceptions you’ve had of fasting are now gone forever!

Using the 21-Day “Beat the Bulge” Diet Guide, you’ll ideally be doing a 1-day fast every 7 days! You’ll never look and feel better.

However, if you don’t feel ready for a full day of fasting then that’s fine. You can start by fasting for a half-day. The easiest way to do this is doing your fast while you sleep.
For instance, let’s say you go to bed at 10pm and wake up at 7am. You’ve just completed a 9-hour fast. Just 3 more hours to make it a half-day.

Remember, your 1-day fast only occurs once per week so it won’t destroy your metabolism. Instead, it will boost it, making fat loss so much easier. And it won’t compromise your hard-earned muscle!
- PART 2 -

The Program
How to Use This Diet Guide

As you now know, this nutrition guide was specially designed to fit with your AAS workout schedule. It has also been strategically designed to give you days of higher and lower caloric intakes in order to keep your metabolism “on its toes”, which will help you burn more fat.

The following few pages describe exactly how to eat on any given day as you follow the Amazing Abs Solution program. You can rest assured that ALL of it is safe, healthy, and highly effective in helping you get the body of your dreams.

Essentially, we’ve got a simple 5-day caloric cycle, which looks like this...

### 5-Day Caloric Cycle (explained in detail below)

- **AAS Workout Days** => Low – Moderate Calorie Intake Day
- **AAS + AFTERBURN Workout Days** => Moderate Calorie Intake Day
- **Light Cardio (optional on OFF Days)** => Low Calorie Intake OR 1-Day Fast
- **OFF Day 1** => Low Calorie Intake OR 1-Day Fast
- **OFF Day 2** => Healthy Cheat Day

These 5 days represent the 5 possible workout or rest options you have on any given day. And since there are 7 days to your training schedule, some of these “caloric” days will be repeated in any given week.

**For instance...**

Here’s an example of what your diet in BUILD - Week 1 of the Amazing Abs Solution might look like when you consider the workout schedule...
Variety = Results

As you go through the AAS system, you’ll notice that each week will have a different workout schedule. So, the graph above would NOT be the same week and week out. This variety is one of the hallmark features of the AAS and why it’s so effective at helping you burn belly fat and getting amazing fitness results!

By simply following our simple 5-day caloric cycle (from above) you'll easily be able to apply the high/moderate/low calorie days to your workout schedule, no matter which month you’re in.
The 5-Day Caloric Cycle Explained

AAS Workout Days
Low to Moderate Calorie Intake

On the days which have you doing Amazing Abs Solution workouts (usually 2-4 times per week) we suggest that you eat a low to moderate amount of calories. For the rest of this description, I’m going to assume a moderate caloric intake to make things easier to understand.

Well, what does “moderate” mean?

As I’m defining it, a moderate amount of calories is your maintenance level. Stated otherwise, it’s the number of calories you generally eat on a daily basis right now. For most people that tends to range between 1500 to 2500 calories, depending on body weight and activity.

You don’t need to count your calories. Just assume that where you are right now represents your MODERATE calorie intake level. Don’t get fussy about weighing your foods or worrying about how much protein, carbohydrates, or fats you’re eating.

As long as you follow the recipes in this Diet Guide (at least 80% of the time), you’ll be getting all the quality nutrition and calories that your body needs.

So let me repeat myself…

**Moderate calorie intake = your current level of daily calories**
*(ie. how much you tend to eat each day…right now).*

Make sense?

Using this *moderate calorie intake level as your baseline*, it will be really easy to eat less and more depending on the TRAINING DAY you’re on.

Don’t Know Your Baseline?

If you don’t know where you are to begin with then here’s what I could recommend…
Find out how many calories you are eating now by keeping a food journal and recording your food intake. Then add your entries on a site like Fitday.com or CalorieKing.com.

These sites will give you a good idea of how many calories you’re currently eating. And whatever “daily calories” number you get, I would add another 10-15% to that since most of us tend to under-report how much we eat.

Now that you know where you stand, you can move forward.

**Low to Moderate Eating and Your Workouts**

In the earlier workouts of the AAS you might find that eating “lower” than your moderate caloric intake might be feasible. This is so because the initial few workouts are not as calorically-demanding as the workouts later in the program.

Thus, as you progress through the workouts, listen to your body and see what it needs on any given workout day. For instance, you might need a “moderate” calorie intake in SCULPT and BURN because they are more intense workout phases. Ultimately, the choice is yours.

Just make sure that eating “lower” than your moderate level is still adequate in providing fuel for your workouts and their recovery.

Following the nutrition guidelines I’ve set out for you, not only will you burn enough calories (thanks to your AAS workouts) but you’ll also recover and bounce back quicker than if you were to eat very little (ie. fasting) on a workout day.
AAS Workout + AFTERBURN Days

Moderate Calorie Intake

**NOTE: The following guidelines will also apply if you’re doing your AAS workout AFTER another workout.**

On certain workout days, I’ve included the option to further the “caloric burn” by adding on an interval training AFTERBURN cardio workout.

On these days, because you’ll be engaged in some pretty high-intensity work, your muscles will need enough glycogen (stored carbohydrates) and blood glucose (sugar) to help you get the most out of your workouts.

That’s why on these days, I would recommend “moderate” calorie intake and ensuring that you get enough “healthy” carbs. And I’m not talking about breads or pastas – not by a long shot.

Instead, here is a list of healthy carbs that you can eat on a daily basis, and perhaps even more so on your workout days:

- Fruit (any and all kinds)
- Legumes (lentils, beans, chic peas)
- Starchy root vegetables (potatoes, sweet potatoes, squash, etc…)
- Non-glutenous grains (quinoa, amaranth, buckwheat, millet)

Refer to the delicious recipes in this Diet Guide for ideas on how to incorporate these foods into your day.

**Advanced Fat Loss Nutrition Strategies**

It’s often said that breakfast is your most important meal of the day. I’m not sure if I agree with that but I do believe that if you’re going to eat carbs, you’re better off eating more of them earlier in the day.

First, your body is best able to metabolize carbs earlier in the day.

Second, the fewer carbs you eat late in the day, the less your body will convert to fat.
Third, since your body predominantly uses carbs for energy during high-intensity workouts, getting your carbs in early on will provide adequate fuel for your subsequent workout.

But here’s where things get a little tricky…

Unless you’re working out within 2-3 hours upon waking, I would recommend that your morning meals be higher in protein. I suggest this because it will be helpful in stabilizing your blood sugar and keeping your “tummy” satisfied longer.

Plus, you won’t feel the lethargy and energy drain that many people experience after eating carb-only meals.

I know combining protein and carbs is not the best food combining but I would suggest at least following the recipes in this Diet Guide for some really good breakfast and pre-workout carb + protein options.

And, if proper food combining is not an option, then you can always follow these simple food sequencing tricks to help your digestion…

- Eat carbs BEFORE proteins
- Eat fruit ideally on their own OR before anything else

For instance, if you choose to have organic, free-run eggs after your morning steel cut oatmeal, then that’s fine. Just make sure you eat them (the protein) AFTER the carbs (the oatmeal). This is because carbs are digested much quicker than proteins.

Likewise, if you want fruit, be sure to start your meal with them.

For me, I often like starting my day with mango and papaya (or some kind of fruit). After that, I might make some raw oatmeal (see recipes) or a smoothie, and then follow that with some basic scrambled eggs with veggies.

So as you can see, the principles of food combining or, at the very least, food sequencing, are present. Whether or not you choose to follow these guidelines is up to you. Just be aware of how your body responds to different food combinations and adjust accordingly.

To help your digestion even further, it may be wise to throw back a few digestive enzymes with your more complex meals, especially if they are not raw.

So play around with your meals and see what works best for you.
Tapering Your Carbs Throughout the Day

As you progress through this day, you'll want to taper your carbohydrate consumption. The last thing we want on this day (or even in general) is to eat a truckload of carbs late in the day. You'll sleep terribly and your body will store those excess carbs as fat – not a good thing!

Later in the day focus on healthy proteins, raw plant fats, and lots of greens. A typical dinner might be big salad with some type of protein (i.e. black beans, nuts/seeds, sprouts, wild fish, free-run chicken, etc…) and some healthy raw plant fats (i.e. olive oil, flax oil).

Ideally, you want to eat at least 3-4 hours before going to bed. This way your body can digest what you’ve eaten, which will help you sleep soundly.

Remember, this is not a high-calorie cheat day so eat in moderation and only when hungry. Focus on healthy carbs in the AM and transition to greater amounts of non-starchy carb foods like greens, quality proteins, and healthy fats in the PM.

Common Question:

“But what if I workout at night? How do I eat in that case?”

This is one of the most common questions I get asked. And it’s something I deal with all the time since I do most of my workouts between 8-10pm.

Here’s what I suggest…

Have a decent size dinner 3-4 hours before your workout. Then, right after your workout, focus on Liquid Nutrition (see recipe section) for some immediate fuel replenishment and muscle recovery nutrients.

For me, I usually make a big smoothie that I drink a few hours before my workout and then again afterwards. And don’t worry, if your meal/smoothie has some fruit/carbs in it. Your muscles will be most receptive to uptake sugars right after a workout, which means that less of those carbs will be converted to fat!
OFF DAY 1 and Light Cardio (on OFF Days)

Low Calorie Intake OR 1-Day Fast

OFF Day 1 simply refer to this first OFF day in the week. OFF Day 2 would be the 2nd OFF day in the week.

So, on OFF Day 1’s and those OFF days on which you decide to do a light cardio session you can follow these guidelines.

On the days, we’re going to call your body’s fat stores into your action. This will happen because on these days you will either be eating very little or nothing at all. Thus, your fat stores will be providing the bulk of the fuel for your workouts.

Before we go any further let me remind you that you should do a 1-day fast just ONCE per week. Although fasting has many benefits, considering the fact that you’re going to be pretty active I wouldn’t want you depriving your body of calories or nutrients more often than needed.

So just ONE 1-day fast per 7-day period. Got it? Great!

Therefore, each 7-day period (ie. one week) should have at least ONE low calorie day AND ONE 1-day fast. If you decide to do more Light Cardio (on your OFF days) then just add another low calorie day.

“1-Day Fast” Defined

Fasting has incredible health and weight loss benefits. It’s no wonder that every religion in the world incorporates fasting, to some degree, in their tradition.

However, don’t be scared by the term “fasting”. If anything, this fasting will not only help you lose weight but allow you to really tune in to your body’s messages when it comes to hunger. After doing a few of these Fasting Days, you’ll feel more in control of your body and your relationship with food.

Now, from a weight loss perspective, the reason for putting this 1-Day Fast on your cardio days is to create a massive caloric deficit while your body is primed to burn fat.
GUIDELINES:

- On this day you will consume nothing but water – even after your cardio workout. It’s that simple. Just make sure you drink LOTS of water all day.

“Low-Calorie Intake” Defined

Earlier, we talked about how your “moderate calorie intake” reflects your current calorie consumption (assuming you don’t eat like a pig).

The beauty of the Low-Calorie Intake day is that we’re simply going to slice those calories or portion sizes in HALF.

**Low Calorie Intake Day = 1/2 of Moderate Calorie Intake Day**

Again, no counting calories or anything like that.

It’s really as simple as saying...

“If this is my normal portion size, then today (low calorie day) I’m only going to eat/drink half that amount.”

The follow guidelines should be helpful in reducing your portion sizes in half.

Helpful Portion Size Reducing Tips:

- Use smaller plates, bowls, and cups. If you can’t fit more food on your plate, then you won’t be eating more food either. Simple stuff here.

- Drink a big glass of water 5 minutes before you start eating. This will help curb your appetite.

- Be conscious of what you’re eating. Avoid eating in front of the TV or computer. Be present as you eat/drink your meal and you’ll be more in tune with when your body is satisfied.

- Take a 5-minute break during your meal. Taking some time away from your food will most often have you realize that you’re no longer hungry. We usually just finish what’s on our plate because we’re on autopilot. So step away from the table, then see how you feel.
• Eat fewer times throughout the day. If you normally eat 4-6 times in a day, just cut that in half to 2-3 times. Just make sure that you aren’t compensating by eating more during those fewer feedings and you’ll be fine.

• Follow a HIGH GREENS + PROTEIN protocol. Let me explain…

Aside from the other tips mentioned above, the easiest way to consume fewer calories throughout the day is to focus on eating nothing other than greens and quality protein.

*Examples of this include:* salmon and steamed leafy greens, scrambled eggs with spinach and broccoli, a big green salad with added black beans or chic peas, or my personal favourite – a massive green juice!

In fact, this entire day could be a green juice day. You’d look and feel amazing and it would be low calorie (and high protein). A win-win situation if you’re into juicing.

Since greens contain little to know calories (but huge amounts of protein and overall nutrition) it will be very unlikely that you’ll consume too many calories eating greens.

Furthermore, proteins – be it from plant or animal sources – contain very few calories as well. So the combination of greens and proteins is a surefire winner for a low-calorie day!

Realistically, after your 1-Day Fast, the Low-Calorie Day should have the fewest calories. While keeping your body “on its toes” with this lower calorie day, you’ll still be getting more than adequate nutrition by eating tons of greens and high quality protein.

Since most protein is acid-forming, it is important to eat lots of greens (which are very alkaline) to offset the acid influx and maintain a healthy pH within the body.

If you like counting calories (I don’t!) you’ll want to aim for 0.6 to 1.0 grams of protein per POUND of lean body mass (LBM). You’ll easily achieve this by following the recipes in this Diet Guide.

Remember, the focus today is on eating (or juicing) lots of greens, moderate amounts of healthy protein, and limited amounts of carbohydrates and fat. Also, be sure to drink plenty of water today since the digestion of cooked proteins is a water-intensive job required of your body. Eating more raw foods will also help with this.
OFF Day 2
Healthy Cheat Day

On your 2nd OFF day each week – a day in which you do absolutely nothing – you’ll get to enjoy your Healthy Cheat Day!

Please bear in mind that in any given 7-day period you should have no more than ONE Healthy Cheat Day. This is the same rule that applies to your 1-Day Fast days.

Thus, if you have 3 OFF Days in a given week, one of those days would be a Fasting Day (OFF Day 1), a Low Calorie Day (OFF Day with Light Cardio), and a Cheat Day (OFF Day 2).

Now let’s move on to what our Cheat Days are all about and why they are recommended.

Because we’re trying to trick your metabolism and up-regulate certain hormones (ie. Leptin), the major focus of the Healthy Cheat Day is to eat larger quantities of “healthy” food.

Healthy Cheat Day = 1.5x Moderate Calorie Intake Day

Looking at it quantitatively, the caloric intake of your Healthy Cheat Day should be about 1.5 times your “Moderate Calorie Intake” Day.

Again, no need to count calories but let’s say that your Moderate Calorie Intake is about 2500 calories, then your Healthy Cheat Day would be 2500 calories x 1.5 = 3,750 calories.

In general, a Healthy Cheat Day is a full-out onslaught of food intake. But let me advise you that this food should be relatively healthy. If you are pretty healthy throughout the week, then you can let yourself go a bit on this day but please don’t let it get too far out of hand.

Other than the physiological benefits of eating more ONCE per week, having a cheat day is also very rewarding. It allows you to let loose and enjoy some of your favourite foods. This is very helpful for your overall morale and will help you stay on track the other days of the week.
Surprising Tips to Help You Eat More?

- Eat bigger meals more often throughout the day.
- Add some liquid nutrition (ie. smoothie) between your main meals.
- Eat more calorie-dense foods (ie. nuts and seeds, healthy desserts, etc…) and heartier meals.

It’s kind of funny that I’m giving you suggestions on how to eat more considering that our goal is to burn fat and lose weight but remember a cheat day ONCE per week is massively helpful (and important) for helping you achieve those goals. Just refer back to the earlier chapter on Leptin for added reassurance.

Now, let’s have a quick gander at some of “healthy” food options for your cheat day…

Examples of Healthy Cheat Day foods might include:

- Non-glutenous grains like quinoa, millet, amaranth, buckwheat, or oats (ie. oatmeal, manna bread, sprouted grain bread, brown rice or buckwheat pasta, etc.)
- Fruit – all levels of sweetness
- Nuts and seeds – almonds, walnuts, cashews, pumpkin seeds, etc.
- Legumes – black beans, chic peas, lentils, etc.

Examples of some special treats you may want to enjoy on this day:

- Non-dairy ice cream – ie. coconut ice cream, soy-based ice cream (although don’t overdo the soy products please!)
- Any of the desserts in the recipe section of this guide.
- Any other “treat” foods you might enjoy that are IDEALLY wheat-free, dairy-free, caffeine-free, non-alcoholic, unprocessed, and whole-food based.

Just refer to the recipes and meal plan in this Diet Guide for more specifics on cheat day food and meal options.
But remember, you have the freedom to do what you want on this day. I’ve provided some suggestions and parameters but you do what you need to do.

Although some dietary approaches would recommend eating anything you want on your cheat day, I don’t believe (or recommend) that you can eat WHATEVER you want.

You see, it’s not just about losing weight. It’s about being healthy as well. I’m sorry, but eating pizza, hamburgers, ice creams, and other such foods on your cheat day is just ridiculous – even if they help you lose weight!

GUIDELINES:

• Eat the “healthy” cheat foods you crave without feeling guilty,

• Don’t stuff yourself; eat until you’re satisfied, not to the point of discomfort,

• Avoid skipping meals and holding out for a single feast; eat throughout the day.

So, within the above guidelines, you can pretty much eat whatever you want. And you can eat as much of it as you like. Don’t worry about eating too much on this day – you will not pack on the pounds. It’s part of the weight loss strategy and is a necessary component of our 5-day caloric cycle.
- PART 3 -

**Workout Nutrition:**
What to Eat and When to Eat It
Workout Nutrition – The “Hour Glass” Concept

In order to most easily understand how you should eat in relation to your workouts, have a look at the following “hour glass” graphic that I’ve put together...

What this “hour glass” refers to is that as you move closer towards your workout, the simplicity of your food intake increases and, as you move further away from your workout, the complexity of your meals increases.

“Simple” refers to ingesting simple nutrients – like simple sugar from fruit or amino acids (instead of complex proteins). This is perfect for just before and/or right after a workout.

“Complex” refers to meals/drinks that provide complex carbohydrates (ie. starchy vegetables, oatmeal, etc…) and/or healthy proteins and fats. These meals are more suitable for several hours before and after your workout.

Think of it this way...
If you’re about to workout, your body does not want you wolfing down a plate of steak and potatoes an hour before you start lifting.

You would save that kind of “complex” meal for 2-4 hours after your workout.

But let’s break this meal timing concept down to before and after your workouts so you really have a good understanding of it all.

What to Eat Before Your Workouts

**Meal #1: 3-4 hours before workout**

This larger meal should consist of a predominantly CARBOHYDRATE-based meal with some healthy protein/fat. The reason you want carbs here is that they are going to top off your muscle glycogen and get your blood sugar to a good level for your workout – this does not apply if you are doing a 1-day fast on your cardio days).

*Hydration note:* During the day (or first thing in the morning), and before your meal is also when you want to ensure that you drink at least 1-2 liters of water so that you’re well hydrated – for your workout and in general.

Some examples of this kind of meal might include:

- Steel cut oats, with berries, almond butter, and flax oil.
- Veggie omelette with a side of black beans, avocado, and tomato.
- Big GREEN Smoothie.

I’ll use myself as an example for a moment. If I workout at 8pm I’ll aim to have my big pre-workout meal about 5pm. That timing tends to work for me. And if I need something a little closer to my workout (which I normally don’t), then I would consider the following...

**Meal #2 (Snack): 30-60 minutes before workout (optional)**

If you feel you need a little sugar boost or you’re supplementing with glutamine or BCAAs (branched-chain amino acids), now is the time when you would consider this pre-workout snack.
Referring back to the hour glass, this snack MUST be simple. Some examples of a pre-workout snack might include:

- A banana
- Yuri’s “All-Natural” sports drink
- Orange juice with glutamine (or BCAAs)
- A small amount of fruit smoothie

The only reason you would need to have a pre-workout snack is if you’re really concerned that you don’t have enough fuel in your system.

But it might help to realize that even what you eat 3-4 hours before your workout won’t make a big contribution to your workout fuel anyways. In fact, it’s what you eat the day before your workout that will be used predominantly as your workout fuel.

It also helps to remember that your muscles usually have more glycogen than we tend to think. That’s why doing a cardio workout on a fasted day is possible and effective.

The other reason you want to keep food intake as simple as possible as you close in on your workout is that you don’t want to be doing high-intensity workouts on a full stomach – nothing like losing your cookies on the gym floor!

What to Eat After Your Workouts

Now, I need you to pay close attention to this section because what you eat/drink after a workout is absolutely paramount to improving your recovery after a workout.

Once again, this information will not apply if you’re on a fasted day doing your cardio workout, in which case you would simply drink water after your workout - forcing your body to tap into its fat stores for energy. However, this should not be done on any other day!

**Recovery Meal #1: 1-30 minutes post-workout**

Literally immediately after your workout (you can even do this during your cool down and stretch) is to get **simple sugars and water** (and maybe electrolytes) into your
body ASAP. This is the MOST IMPORTANT time for nutrient replenishment because your muscles are most receptive to taking up glucose (sugar) and other nutrients.

During the workout, your muscles have used a lot of muscle glycogen and your blood sugar has most likely dropped. Thus, it is important to “refill” your tank as soon as you can.

Furthermore, if you can make this nutrient intake liquid that would be best because it would ensure immediate delivery to the cells – no digestion required.

In combination with water, would suggest the following post-workout drinks/foods:

- Yuri’s “All-Natural” sports drink
- Fruit juice with glutamine (or BCAAs)

**Recovery Meal #2: 30 to 90 minutes post-workout**

Now that you’ve got some simple sugars back into your system, you want to continue with simple foods that will provide you both carbohydrates and amino acids (protein building blocks).

Since, by this time, you might have returned home some really good options might include:

- Fruit (bananas, dates, watermelon, grapes, etc…)
- Smoothies (which should include some protein like greens, hemp seeds, or protein powder)
- Veggie juices (green juices provide immediate sugars and up to 30 grams of protein – at least mine do!)

Again, all we’re doing here is providing your muscles with more fuel to help them recover to their fullest possible capacity.

And don’t worry, you’re still going to lose weight even if you drink or eat after your workouts. The only difference is how much you’ll be eating and drinking, and that will depend on which day of the 5-day caloric cycle you’re on.

Make sense?
Recovery Meal #3: 2-4 hours post-workout

As we move away from your actual workout, most of the nutrition has already been provided back into your muscles through our previous two recovery meals.

Now, this larger recovery meal serves the purpose of feeding your “hungry” metabolism and providing the more complex building blocks (proteins, healthy fats) that your body needs to repair itself.

Now is when you’d want to have a heavier, more hearty/complex meal if you so choose. Some examples might include:

- Salmon, sweet potato, avocado, big salad
- Quinoa salad with black bean chili (see recipes)
- Nori wrap with mango & avocado, big salad
- Big GREEN Smoothie + nuts and seeds

A Final Note on Protein

The most common question I get asked is...

“Where do I get my protein? How much protein do I need?”

Ok, that’s more like 2 questions. But let me answer them here.

If you’re trying to reduce your intake of animal products (and you should), don’t worry about protein. As long as you’re eating a normal amount of “good whole food”, you’ll be getting all the protein you need.

For most recreational exercisers I recommend 0.6 to 1.0 grams of protein per lean body mass.

So if you weigh 180 lbs and have 20% body fat (36 lbs of body fat) your lean body mass would be 154 lbs. Therefore, at the HIGH END you would only need 154 grams of protein per day – and that’s still a lot for most people.

Getting 154 grams of protein is not that difficult either. Here are most of my protein sources (most them are vegan):
• Eggs – 5 grams protein per egg (not vegan obviously)
• Lentils – 23 grams of protein per 3/4 cup
• Hemp seeds – 15 grams per 3 tbsp
• Walnuts – 24 grams per 100 g serving
• Tons of green leafy veggies – my “Green Cappuccino” juice (see recipes) contains about 25 grams of protein)
• Oatmeal – 6 grams protein per 1 cup
• Peanut butter – 4 grams per protein per tbsp
• Spinach, cooked – 5 grams protein per cup
• Broccoli, cooked – 4 grams protein per cup
• Black beans – 15 grams protein per cup

As you can see, getting your protein while eating predominantly plant-based foods is pretty simple.

If you want to supplement with a good whole-food based vegan protein powder I would recommend any of the following three:

1. Sun Warrior protein (vegan and raw)
   www.sunwarrior.com

2. Progressive Harmonized Vegan Protein Powder (5 vegan protein sources)
   www.progressivenutritional.com

3. Vega (most of Brendan’s stuff is great – I just don’t like the taste)
   www.myvega.com
- PART 4 -

The Recipes and Meal Plan
A Quick Note Before We Start Eating

The vast majority of the recipes in this Diet Guide are plant-based. That’s because I believe that the human body thrives on a predominantly vegetarian diet.

Having said that though, I have included a number of recipes that involve eggs and some meat. This should appease the non-vegans out there.

And remember, these are just recommended recipes. You don’t have to use all of them and in many cases I don’t either.

For instance, you might have breakfast of eggs, black beans, and steamed spinach. You obviously don’t need a recipe for that but I have included such simple meal options in the Meal Plan section that follows.

Shall we eat?
Liquid Nutrition: Smoothies & Juices
The “Shake”

Ingredients
• 1 cup blueberries
• 1 cup raspberries
• 1 banana
• 2 tbsp peanut butter
• 2-3 tbsp hemp seeds
• 1 tbsp ground flax seeds
• 1 scoop protein powder (optional)
• Equal parts almond milk and water (add as much as needed for desired thickness)

Directions

Sweet Almond Date

Ingredients
• 1 banana
• 2 tbsp almond butter
• 4-5 dates
• 1 tsp maple syrup
• 2-3 tsp cinnamon
• 500 ml of almond milk

Directions
Sweet Green Goodness

**Ingredients**
- ¼ head of broccoli
- 1 big handful of spinach
- 1 cup pineapple chunks
- 1 mango
- 1 banana
- 1 orange
- 2 tbsp Greens powder
- Water (as much as needed for desired consistency)

**Directions**

Blueberry Bliss

**Ingredients**
- 1 cup blueberries
- 1 banana
- 1 tbsp spirulina
- 1 tsp maple syrup/agave/xylitol
- 500 ml of almond milk

**Directions**
Tropical Nut

Ingredients
• 1 mango
• 1 banana
• ½ cup coconut milk
• 1-2 tsp nutmeg
• 1 scoop protein (optional)
• 500 ml of almond milk

Directions

Popeye’s Green Drink

Ingredients
• 2-3 handfuls baby spinach
• 1 banana
• 1 apple or pear
• 1-2 tbsp hemp seeds
• Juice of 1 lime
• 500 ml of water

Directions
Blood Oxygen Smoothie

_Ingredients_
- 1 banana
- 1 orange
- 2 tbsp pumpkin seeds
- 1 tbsp ground flax seed
- 1 tbsp hemp protein powder
- 1 tbsp agave nectar/maple syrup
- 1 tbsp hemp or flax oil
- 2 cups water

_Directions_

1. In a blender, blend all ingredients until smooth.

Exercise Rejuvenator

_Ingredients_
- 2 cups almond milk (or coconut water)
- 1 banana
- ½ cup blueberries
- 1 tbsp ground flax seed
- 1 tbsp hemp protein powder
- 1 tbsp ground sesame seeds
- 1 tbsp pumpkin seeds
- 1 tbsp flax/hemp/fish oil

_Directions_

1. In a blender, blend all ingredients until smooth.
The Ironman

Ingredients

• 10 strawberries
• 10 raspberries
• 1 slice of watermelon
• 1 handful of parsley
• ½ cup of water
• 2-3 ice cubes (if desired)
• a squeeze of lemon

Directions

1. In a blender, blend all ingredients until smooth

The Ultimate Green Smoothie

Ingredients

• 1 apple
• 1 banana
• 3-4 leaves of kale, stemmed
• 1 handful of spinach
• 1 tbsp spirulina
• 1 tbsp fish oil
• 1 tbsp hemp seeds
• 1 tsp maple syrup or agave
• Juice of 1 lime
• 500 ml water

Directions

1. To prepare, just throw everything in a blender and give it a whirl!
**Simply Protein**

*Ingredients*
- 1-2 scoops protein powder
- 350-500 ml of almond milk

*Directions*
Combine protein powder and almond milk in a shakeable container and shake until powder is mixed properly. Alternatively, you can use a handheld blender to do this.

---

**Tissue Repair**

*Ingredients*
- 1 tsp L-glutamine (about 5 grams)
- 350 ml of your favourite fruit juice (I use orange juice)

*Directions*
1. Stir glutamine into juice until well mixed, then drink it up.
Yuri’s “All Natural” Sports Drink

This is my “go-to” sports drink after a sweat fest in the gym, outside, or after a game. It tastes better than the Gatorade and doesn’t have all the nasty dyes.

Ingredients

- 500 ml water
- 2-3 tbsp pure maple syrup
- Juice of 1/2 lime
- Juice of 1/2 lemon
- Pinch of sea salt

Directions

1. To prepare, just mix everything together in a glass.

Athlete Booster

Ingredients

- 2 cups coconut water
- 2 tbsp of spirulina

Directions

1. Combine both in a glass and stir.
Green Cappuccino

**Ingredients**
- 8 stalks (leaves) of kale
- 4 stalks of celery
- 1 apple
- ½ cucumber
- 1 carrot
- ½ handful of parsley
- Juice of ½ lemon

**Directions**
1. Throw all ingredients into a juicer. Once juiced, give it a stir and enjoy!

Yerry and Yammy’s Green Juice

**Ingredients**
- 1 head of kale
- 4 - 6 leaves of Swiss chard
- 1 handful of spinach
- 1 cucumber
- 2 stalks celery
- 1 pear
- Juice of ½ lemon

**Directions**
1. Place all ingredients through a juicer and drink promptly.
Other Healthy Breakfast Ideas
Quinoa Banana Breakfast

*Ingredients*
- ½ cup quinoa
- 1 ripe banana
- 3 or 4 small dried apricots
- 1 tbsp shredded dried coconut

*Directions*
1. Rinse quinoa and cook as directed by package – usually about 20 minutes twice the amount of water (ie. 500 ml) – until softened and water is fully absorbed.
2. Mash the banana well and add fruits. Pour over quinoa. Stir and serve.

Breakfast Mediterranean Burrito

*Ingredients*
- 6 egg whites
- 2 whole eggs
- 1 chicken breast, diced
- 1 cup of chopped veggies (spinach, bell peppers, tomatoes, black olives)
- ¼ cup light feta cheese
- 2 spelt tortillas

*Directions*
1. Scramble eggs in a pan.
2. Add scrambled eggs and other ingredients into tortilla, fold, and serve.
Best Oatmeal Ever

Ingredients

• 1/2 cup steel cut oats, boiled and simmered to liking
• 1 apple, diced
• 1 tbsp cinnamon
• 1-2 tbsp maple syrup or agave
• 1 tbsp nut butter (preferably raw organic)
• 1 tbsp ground flax seed
• 1 tbsp flax seed oil

Directions

1. To prepare, once oatmeal has been sufficiently cooked, add diced apples and cinnamon. Stir for 2-3 minutes.

2. Serve into a bowl and mix in nut butter, flax seed oil/seeds, maple syrup/agave. Stir and enjoy!

Morning Muesli

Ingredients

• 2 cups of nuts (your choice), chopped
• 1 cup berries (your choice)
• 1 apple, diced
• 1 banana, sliced
• 2 tbsp dried shredded coconut
• 1 tbsp ground sesame seeds
• 1 tbsp ground flaxseed
• 1-2 cups nut milk

Directions

1. Mix together all the nuts, berries, and fruit in a bowl.

2. Top with shredded coconut flakes, and ground sesame and flaxseeds.

3. Pour your favourite Nut Milk over top and enjoy!
Live Granola

**Ingredients**
- ¼ cup raw almonds, soaked
- ¼ cup raw sunflower seeds, soaked
- ¼ cup raw walnuts
- 4 dates, pitted and chopped (raisins or figs can also be used)
- ½ cup fresh semi-fruit (apple, pear, berries)
- 1 tsp cinnamon
- Pinch of sea salt
- 1 cup almond or rice milk

**Directions**
1. Briefly pulse the almonds, sunflower seeds, and walnuts in a food processor.
2. Add the dates, cinnamon, and salt and process briefly to mix.
3. Store in a sealed container in the refrigerator OR serve immediately with fresh fruit and almond/rice milk.

Banana Cinnamon Mash

**Ingredients**
- 2 bananas
- 2 tbsp dried coconut
- 1 tsp cinnamon
- 1-2 tsp honey/agave nectar/maple syrup

**Directions**
1. Mash up the bananas and mix in the coconut, cinnamon, and honey/agave/maple syrup.
Fluffy Banana Pancakes with Berry Sauce

**Pancakes:**
- 1 cup buckwheat flour
- ½ quinoa flour (optional)
- 1 ¼ cups of rice or nut milk
- ½ banana
- 2 tsp baking powder
- ½ tsp cinnamon
- 1/8 tsp all spice
- 2 tsp maple syrup
- Pinch of sea salt

1. Combine all ingredients in a blender or food processor to form batter.
2. Preheat pan and add 1 tsp of coconut oil.
3. Add desired amount of pancake batter to pan and let it do its thing.

**Berry sauce:**
- Mixed berries of choice
- 2 tbsp maple syrup

1. Lightly warm berries and maple syrup in a saucepan
2. Pour over pancakes as desired
Simple Salads, Soups, and Sides
Tomato Avocado Salad

**Ingredients**
- 1 avocado, cubed
- 2 tomatoes, cubed
- 1 tsp Dijon mustard
- 2 tbsp extra virgin olive oil
- ½ tbsp balsamic/apple cider vinegar
- Salt and pepper to taste

**Directions**
1. To make the dressing, combine Dijon mustard, olive oil, and vinegar in a small cup. Stir so that it is well mixed.
2. Put avocado and tomato in a bowl, pour dressing overtop, mix well, and serve.

Super Greens Salad

**Ingredients**
- 4 kale leaves, stemmed and chopped
- 2 Swiss chard leaves, stemmed and chopped
- 1 handful of baby spinach, chopped
- ½ handful of parsley, chopped
- 4 fresh basil leaves, chopped
- 1 clove of garlic, crushed
- 2 tbsp olive oil
- Juice of ½ lemon
- Pinch of sea salt
- Fresh ground black pepper
- Dash of cayenne pepper

**Directions**
1. Combine all ingredients in a bowl, mix well, and serve.
Kale and Cauliflower Medley

Ingredients
- 1 head of kale, stemmed and leaves diced
- \( \frac{1}{2} \) head cauliflower, chopped (using knife or food processor)
- 1 cup cherry tomatoes, halved
- 1 stalk, green onion, finely chopped
- 1 handful fresh parsley, minced
- 1 garlic clove, finely minced
- Juice of 1 lemon
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Sea salt and pepper to taste

Directions
1. Add to a large bowl the kale, cauliflower, cherry tomatoes, green onion, and parsley.
2. In a separate smaller bowl, whisk together the lemon juice, garlic, apple cider vinegar, salt, pepper and the olive oil.
3. Pour dressing into the bigger bowl and give it a gentle toss before serving.

Kale, Chard, and Hempseed Salad

Ingredients
- 1 head kale, stemmed and leaves chopped
- 3-4 big leaves of Swiss chard, stemmed and chopped
- \( \frac{1}{4} \) cup hempseeds
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Juice of half lemon
- Sea salt to taste

Directions
1. In a large bowl, add all ingredients, toss, and serve.
Mango and Avocado Salad

**Ingredients**
- 4 cups mixed greens
- 1 avocado
- 1 mango
- ¼ cup red onion
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Juice of ½ lemon
- Sea salt and ground black pepper to taste

**Directions**
1. In small bowl, whisk olive oil, vinegar, and lemon juice all ingredients in a cup and pour over salad.
2. Combine dressing and all ingredients in a large bowl, toss, and serve.

Apple Carrot Salad

**Ingredients**
- 4 carrots, spiralized or grated in food processor
- 1 apple, chopped
- ½ cup walnuts, chopped
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Juice of ½ lemon
- Sea salt and ground black pepper to taste

**Directions**
1. In small bowl, whisk olive oil, vinegar, and lemon juice all ingredients in a cup and pour over salad.
2. Combine dressing and all ingredients in a large bowl, toss, and serve.
Mexican Ensalada

Ingredients

- 2 cups corn, ideally from the cob (organic canned, if no other option)
- 1 cup black beans, rinsed and drained
- 1 tomato, cubed
- 1 avocado, cubed
- 1 red pepper, cubed
- ½ cucumber, cubed
- ½ handful cilantro, chopped
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Juice of ½ lemon
- Sea salt and ground black pepper to taste

Directions

1. In small bowl, whisk olive oil, vinegar, and lemon juice.

2. De-cob corn using a knife, chop up additional ingredients bite size and add to a medium bowl.

3. Combine dressing and all ingredients in a large bowl, toss, and serve.
Super Protein Salad

**Ingredients**
- 2-3 handfuls salad greens
- 1/2 cup Chick peas, drained and rinsed
- 1/2 cup black beans, drained and rinsed
- 1/2 cup grape tomatoes
- 1/4 cucumber, sliced
- 2 tbsp goji berries, currants (optional)
- 1 tbsp pistachios (optional)
- Sea salt and pepper to taste

**Directions**
1. Combine all ingredients in a bowl, toss, and serve. Add a basic vinaigrette (2 tbsp olive oil, 1 tbsp vinegar, squeeze of lemon, and salt/pepper) for added taste.

Popeye’s Muscle Salad

**Ingredients**
- 1 cup baby spinach
- 1 cup mixed salad greens
- 2 carrots, shredded
- 1/2 of a ripe avocado, diced
- 2 hard boiled eggs, peeled and carefully sliced
- 2 tbsp chopped pecans
- 1/4 cup dried cranberries

**Directions**
1. Combine all ingredients in a bowl, toss, and serve. Add a basic vinaigrette (2 tbsp olive oil, 1 tbsp vinegar, squeeze of lemon, and salt/pepper) for added taste.
Awesome Quinoa Salad

Ingredients

- 1 1/2 cups quinoa
- 3 cups water
- 1/2 cup dried apricots (or raisins), finely diced
- 1/2 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1/4 cup pine nuts
- 3/4 cup walnuts, chopped
- 1/4 cup chopped cilantro
- Sea salt to taste

Vinaigrette

- Grated lemon zest and lemon juice from one lemon
- Splash of balsamic vinegar
- 1/4 tsp paprika
- Sea salt and pepper to taste
- 2 tbsp olive oil

Directions

1. Rinse the quinoa thoroughly in cold water then pour into a fine meshed strainer and rinse again under running water (if not rinsed well, quinoa tends to be bitter).

2. Bring water to boil and add salt, stir in the quinoa.

3. Lower the heat, cover and cook for 15 min. Taste the grain. There should be just a little resistance and the opaque spiraled ring of germ should show. If necessary continue cooking until done.

4. Pour into strainer and set it to drain over a bowl.

5. Toast all the nuts either in a dry pan or the mini oven works great too! Just put them on some foil in the mini oven, watch them carefully and stir often because they may burn.

6. Combine the apricots (raisins), peppers, nuts and cilantro in a large bowl.

7. Mix together the ingredients for the vinaigrette and add to the bowl of yummy apricots, peppers, nuts and cilantro.
8. Once the quinoa has cooled, add it to the bowl. Give it a good mix and ENJOY!

Creamy Carrot Ginger Soup

Ingredients

- 3 cups fresh carrot juice
- 1 small, ripe avocado (pit and skin removed)
- ½ cup coconut meat (optional)
- ½ cup lime juice
- 2 tbsp agave nectar
- 1 tbsp minced ginger
- ¼ tsp cayenne
- ¼ tsp sea salt
- Few sprigs of cilantro for garnish (optional)

Directions

1. In a high-speed blender, puree all ingredients until completely smooth. Taste for seasoning and add garnish if desired.
Winter Squash Kale Soup

**Ingredients**
- One 5”–6” piece of kelp
- 1 medium onion, chopped
- 1 medium winter squash, cubed (about 1 quart)
- 1 small handful parsley, chopped
- Fresh ground black pepper

**Directions**

1. Lightly rinse kelp.

2. In a soup pot, cover kelp with water and simmer for 10 minutes.

3. Remove and cut the kelp into small pieces.

4. Return to the pot with the onion and squash; add water to cover.

5. Simmer for 20–30 minutes until squash is soft, or pressure cook for 5–10 minutes. Puree soup as desired. Garnish with parsley and serve.
Lentil Squash Soup

**Ingredients**
- 1 cup dry green lentils, rinsed
- 1 can chickpeas, drained and rinsed
- 2 cups butternut squash, peeled and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp coconut oil
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 1/4 tsp tomato paste
- 4 cups vegetable stock
- 1 strip lemon rind
- 1 handful fresh parsley, chopped
- 1 lemon, wedged
- Sea salt to taste

**Directions**

1. In a large pot, heat coconut oil over medium heat.

2. Add squash, onion, garlic, chili powder, pepper and salt and fry, stirring occasionally, until onion is softened, about 5 minutes.

3. Add tomato paste; cook, stirring, for 1 minute.

4. Add lentils, chickpeas, stock and lemon rind; cover and simmer until squash is tender, about 15 minutes. Discard lemon rind. Sprinkle with parsley. Serve with lemon wedges.
Lovely Lentils

**Ingredients**
- 1 cup green lentils, rinsed
- 2-3 garlic cloves, minced
- 500 ml vegetable broth
- 250 ml water
- 2 tbsp coconut oil
- 1 tsp fresh or dried rosemary
- 1 tbsp olive oil

**Directions**
1. Pour coconut oil and chopped garlic into a saucepan, over medium heat, and sauté the garlic until lightly browned.
2. Add vegetable broth to the saucepan, allowing everything to simmer for about 5 minutes.
3. Add 1 cup of water along with lentils and allow to simmer (uncovered) for about 20-30 minutes until they are soft. Add rosemary and a titch of olive oil near the end.

Sweet Mashed Potatoes

**Ingredients**
- 2-3 large sweet potatoes, peeled and chopped
- ½ stick butter
- 1 cup hemp or almond milk
- Sea salt and pepper to taste
- 1 tsp cinnamon (optional)

**Directions**
1. In a pot that covers the potatoes with water, bring to a boil. The sweet potatoes are done when they are fork tender.
2. Mash the potatoes with a hand mixer (or fork or masher) and slowly add in butter and milk until potatoes are creamy and mashed to your preferred consistency. Add a touch of cinnamon for added flavour.
Raw Mashed Potatoes

**Ingredients**
- 6 cups chopped cauliflower
- ¼ cup flaxseed oil
- 1 tbsp Braggs amino acids to taste
- Pinch of sea salt

**Directions**
1. Process cauliflower in a food processor with "S" blade; chop until “grainy”.
2. Add other ingredients and gently mix

Sweet and Savoury Sea Wrap

**Ingredients**
- 1 avocado, cut into lengthwise strips
- 3-4 dates, pitted
- 1 mango, julienned
- 1-2 Nori sheets leaves, rinsed and carefully unfolded
- Juice of ½ lemon
- 1-2 tbsp olive oil

**Directions**
1. Lay the avocado and mango strips, and dates inside the nori sheet.
2. Drizzle some lemon juice and olive and roll to make a wrap.
Hummus

Ingredients
- 2 cups chickpeas, sprouted (you can even use sprouted lentils instead)
- 4 cloves garlic, minced
- ½ cup raw tahini (ground sesame)
- Juice of 2 lemons
- 1 cup parsley, chopped
- 2-3 tbsp olive oil
- Sea salt to taste
- Pinch of paprika (for garnish)

Directions
1. In a food processor, pulse all ingredients until smooth and creamy.
2. Top with a pinch of paprika and serve.

Guacamole

Ingredients
- 4 ripe avocados
- 2 roma tomatoes, diced fine
- ½ red onion, minced
- ½ handful cilantro, minced
- 1-2 cloves garlic, minced
- Juice of 1 lime
- Pinch of sea salt
- 1/2 - 1 jalapeno, seeded and minced fine (optional)

Directions
1. Place all ingredients in a bowl with a flat bottom and mash it with a potato masher. Alternatively, you can mix everything briefly in a food processor.
2. Stir well and keep refrigerated. This dish will brown on the areas exposed to air within a few hours, so serve it shortly after making it or just stir again before serving.
Raw Marinara Sauce

**Ingredients**
- 4 cloves garlic, diced
- 1 red bell pepper (optional)
- 1 cup sun dried tomato, soaked
- 3 cups chopped tomatoes
- 4 dates, pitted and soaked
- ¼ red onion, diced
- 2 tbsp olive oil
- ½ handful parsley, chopped
- ½ handful basil
- 1/3 cup olives, pitted (optional)
- Pinch of sea salt or kelp/dulse flakes

**Directions**
1. In a food processor, pulse all ingredients until smooth.

Pesto Sauce

**Ingredients**
- 3 cups basil leaves
- 1-2 cloves garlic, minced
- ½ cup pine nuts
- ¼ cup water
- 1/3 cup nutritional yeast flakes
- Juice of ¼ lemon
- ½ cup olive oil

**Directions**
1. In a food processor, pulse all ingredients until smooth.
Mains
Brown Rice with Steamed Greens, Roasted Veggies, and Avocado

**Ingredients**
- 1 cup brown basmati rice
- ½ head of Swiss chard, kale, and spinach, stemmed
- 1 sweet potato, peeled and sliced
- 1 zucchini, sliced
- 1 eggplant, sliced
- 1 avocado, peeled and sliced
- ½ tsp of kelp seasoning (or sea salt)
- 1-2 tbsp olive oil
- 1 tsp of fresh ground pepper

**Directions**

1. Add rice to 3 cups of water and bring to boil. Reduce heat and let simmer until rice absorbs all of the water.

2. Place slices of sweet potato, zucchini, and eggplant into a glass oven tray and sprinkle with olive oil, salt, and pepper and place in pre-heated oven (350 F) for 20-30 minutes.

3. Wash Swiss chard, kale, and spinach and then place in steamer for 15-20 minutes.

4. In a bowl, serve rice and top with greens, roasted veggies, and sliced avocado. Add olive oil, salt, and pepper to taste.
Black Bean Chili

**Ingredients**

- 1½ cups dried black beans (or 3 cans organic beans)
- 9 cups filtered water, divided
- 5-6 tomatoes, chopped
- 2 tbsp olive oil
- 2 onions, chopped
- 3 carrots, chopped
- 2 red bell peppers, chopped
- 1 stalk celery, chopped
- 4 cloves garlic, chopped
- 2 tsp cumin
- 1 tsp chili powder
- 1 large handful fresh cilantro, chopped
- Pinch of sea salt
- Fresh ground black pepper

**Directions**

1. For dry beans – in a large slow cooker or pot, combine beans and 6 cups of the water. Cover and cook on low for 6 to 8 hours, or on high for 3 to 4 hours. Drain and rinse. Put beans aside.

2. In the slow cooker or pot, sauté onions for 5 minutes in olive oil over medium-low heat. Add carrots, bell peppers, and celery and sauté for another 10 minutes.

3. Add tomatoes, beans, cilantro and remaining spices, and remaining water. Cover and cook for 1 to 1½ hours.

4. For an added touch, garnish each bowl with a dollop of Guacamole.
Fresh Veggie Stir-Fry

Ingredients

- 4 cups broccoli florets
- 1 handful baby carrots
- 1 cup asparagus tips
- 2 cups spinach, chopped finely
- 1 handful bean sprouts
- 1 white onion, sliced
- 1 clove garlic, chopped finely
- 1 inch piece of fresh ginger, grated
- 1-2 tbsp coconut oil
- 1-2 tbsp sesame oil
- 2 tbsp sesame seeds
- 1 tbsp tamari
- ¼ cup almonds, chopped

Directions

1. Heat a frying pan (or wok) over medium heat. Add coconut oil.

2. Lightly sauté ginger, garlic, and onion.

3. Add sesame oil and remaining vegetables (start with tougher veggies and add softer ones last) and sauté until lightly softened.

4. Finish by adding sesame seeds and almonds. Toss and serve.
Chic Pea and Kale Bowl

Ingredients

- ½ to 1 cup chic peas
- 4-5 stalks kale
- 2-3 stalks Swiss chard
- 2-3 tbsp curry powder
- 1 tbsp sesame seeds
- 2 tbsp chopped almonds
- 1 tbsp olive oil
- Juice of ½ lemon
- Sea salt
- Fresh ground pepper

Directions

1. In a pot, warm chic peas with a little bit of water, a pinch of sea salt, and the curry powder. Allow the chic peas to absorb the curry powder. In so doing, they should take on a yellow tint.

2. At the same time, steam the kale and Swiss chard so they soften.

3. In a bowl, add chic peas and top with the steamed kale and Swiss chard. Sprinkle with sesame seeds and almonds pieces.

4. Drizzle olive oil and fresh squeezed lemon overtop, and season with fresh ground pepper.
Oven-Baked Salmon on Bed of Greens

Ingredients
- 1 salmon filet
- ½ head of kale, stemmed
- ½ head of Swiss chard
- ½ lemon
- Fresh ground black pepper and sea salt to taste

Directions
1. Preheat oven to 425 degrees Fahrenheit.
2. In a pan or skillet, sear salmon on both sides until golden. Then, place salmon in oven until middle is cooked but not dry.
3. At the same time, steam kale and swiss chard (stems removed) for 5-10 minutes.
4. Remove salmon from oven and wrap in tin foil for 2-3 minutes. This will finish the cooking process and retain the wonderful juices. Then remove salmon from tin foil and place on top of steamed greens and serve.
5. Squeeze some fresh lemon juice over top and serve!
Soba Greens

**Ingredients**
- 3-4 leaves of kale, chopped and steamed
- 2-3 leaves of Bok Choy, steamed
- 1-2 leaves Swiss chard, chopped and steamed
- ¼ head of broccoli, chopped and steamed
- ¼ sweet potato, sliced and roasted
- 1 tomato, roasted
- 1 handful bean sprouts
- 1 handful soba noodles

**Directions**

1. Bring a pot of lightly salted water to boil. Add soba noodles and cook for 15-20 minutes or until tender.
2. Place soba noodles in a bowl and top with previously steamed/roasted veggies. Garnish with bean sprouts and a drizzle of olive oil and squeeze of lemon before serving.

Raw Zucchini Pasta with Marinara Sauce

**Ingredients**
- 1-2 zucchini, peeled
- Raw Marinara Sauce (from earlier)

**Directions**

1. To create your noodles, peel the skin off the zucchini, then using a peeler or spiralizer, shave thin strips of the zucchini to create “noodles”.
2. Add the Raw Marinara Sauce to your noodles and enjoy!
Delicious Desserts and Healthy Treats
Hemp Balls

Ingredients
- 2 cups hemp seeds
- 1 cup soaked almonds
- 1 cup sesame seeds, milled
- ¼ cup honey
- ½ cup cacao nibs (optional) (for a special treat – add some good quality chopped chocolate)
- 2 tbsp coconut oil

Directions:
1. Place almonds into food processor and grind until fine.
2. Add sesame seeds, honey, and coconut oil. Process until combined.
3. Move ingredients to bowl and add hemp seeds. Form into balls, and place in container in refrigerator.

Nut Butter Smackers

Ingredients
- ½ cup almond butter
- ½ cup ground flaxseeds
- ½ tahini
- ¼ cup protein powder (optional)
- ¼ cup pumpkin seeds
- ¼ cup maple syrup
- 1 cup shredded dried coconut (optional – see directions)

Directions
1. Combine all ingredients in a medium size bowl, or you can use a food processor.
2. Roll into balls about the size of a small walnut and refrigerate.

I personally like rolling these “smackers” into shredded coconut. Doing so adds a nice flavour and some additional healthy fats.
Banana Nut Muffins

**Ingredients**
- 2 ripe bananas
- 2 eggs
- 2 tbsp honey
- Stevia to taste (optional)
- 1 tsp apple cider vinegar
- 1 tsp baking soda
- 1 cup nut butter (organic cashew, peanut, or almond)

**Directions**

1. Preheat oven to 350°F.
2. In a food processor, blend the bananas, eggs, honey and stevia.
3. Add in nut butter and give another short blend. Finally add your apple cider vinegar and your baking soda.
4. Put muffin papers into a 12-muffin tin and fill each with the mixture.
5. Put them in the pre-heated oven for 20 minutes or until nice and golden on the outside.
6. Let cool for 5 minutes and then dig in!
Chocolate Mousse

**Ingredients**
- 1 cup water
- ½ cup walnuts (unsoaked)
- 4 dates (pitted not soaked)
- 2 tbsp cacao powder
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ¼ tsp nutmeg

**Directions**
1. Put 1 cup of water in your high-speed blender (or food processor) then add enough walnuts to bring it up to 1 1/2 cups and blend until smooth.
2. Add the rest of the ingredients and blend until smooth.

Banana Pudding

**Ingredients**
- 2 bananas
- ¼ cup dried coconut
- 2 tbsp raw agave or raw honey
- 1 tbsp coconut butter
- ½ lemon, juiced
- 1 tbsp lemon zest

**Directions**
1. Put everything in a food processor or blender and blend until smooth.
Raw Chocolate Pudding

Ingredients

- Meat of one young coconut
- 1/3 cup of coconut water
- 1/4 cup cacao powder
- 4 tablespoons cacao nibs (optional)
- 2 tablespoons organic maple syrup
- 1 tsp vanilla extract

Directions

1. Combine all ingredients in food processor and blend until smooth.

2. Let chill in refrigerator for 60 minutes. Top with favorite berries and serve.
12-Week Meal Plan

The following Meal Plan is an EXAMPLE of how you can structure your days when factoring in your workouts and the according 5-day calorie cycling strategy.

You don’t have to follow it to the letter but it is very helpful to follow if you are unsure of what to eat and when to eat it.

You’ll also notice that this 21-day plan works in conjunction with the workouts from the first 3 weeks of BUILD of AAS.

I’ve also included some pre/post workout meal ideas on those days in which you’ll be working out. These represent the 30-90 minute range meals/drinks you should be having AFTER your workout and in some cases beforehand.

For the POST-WORKOUT scenario, the indicated meals/liquids should follow the immediate 1-30 minute “quick replenishment” liquid options we discussed earlier on.

A Note About Snacks

On your “Moderate Calories” and “Healthy Cheat” Days don’t forget that you can snack throughout the day. Ideally you should be reaching for raw (unsalted) nuts and seeds and fresh fruit and veggies as snacks. I haven’t included any examples in the Meal Plan but you can enjoy whatever healthy food works for you.

Some of my favourite simple snacks include:

• Veggies with hummus (p.68) or guacamole (p.68)
• Apples, pears, oranges
• ½ handful of almonds and walnuts (raw and unsalted)

And, as always, if you have any questions just pop into the Locker Room forum for all the answers.
## BUILD – 21-DAY RAPID & HEALTHY FAT LOSS

<table>
<thead>
<tr>
<th>Week 1</th>
<th><strong>DAY 1</strong></th>
<th><strong>DAY 2</strong></th>
<th><strong>DAY 3</strong></th>
<th><strong>DAY 4</strong></th>
<th><strong>DAY 5</strong></th>
<th><strong>DAY 6</strong></th>
<th><strong>DAY 7</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WORKOUT</strong></td>
<td><strong>OFF</strong> (assume Light Cardio)</td>
<td><strong>OFF</strong></td>
<td><strong>OFF</strong> (WORKOUT)</td>
<td><strong>OFF</strong></td>
<td><strong>OFF</strong></td>
<td><strong>OFF</strong></td>
<td><strong>OFF</strong> (WORKOUT) (optional)</td>
</tr>
<tr>
<td><strong>Breakfast:</strong></td>
<td>The Shake (p.37)</td>
<td><strong>Breakfast:</strong></td>
<td>Green Cappuccino (p.44)</td>
<td><strong>Breakfast:</strong></td>
<td>Quinoa Banana Breakfast (p.46)</td>
<td><strong>Breakfast:</strong></td>
<td>Fluffy Banana Pancakes with Berry Sauce (p.49)</td>
</tr>
<tr>
<td><strong>Lunch:</strong></td>
<td>Winter Squash Kale Soup (p.58)</td>
<td><strong>Lunch:</strong></td>
<td>Super Greens Salad (p.51)</td>
<td><strong>Lunch:</strong></td>
<td>Mango and Avocado Salad (p.53) with Salmon.</td>
<td><strong>Lunch:</strong></td>
<td>Popeye’s Muscle Salad (p.55)</td>
</tr>
<tr>
<td><strong>Dinner:</strong></td>
<td>Oven-Baked Salmon on Bed of Greens (p.69)</td>
<td><strong>Dinner:</strong></td>
<td>Fresh Veggie Stir-Fry (p.67)</td>
<td><strong>Dinner:</strong></td>
<td>Black Bean Chili (p.66)</td>
<td><strong>Dinner:</strong></td>
<td>Green Cappuccino (p.44)</td>
</tr>
<tr>
<td><strong>Pre/Post Workout:</strong></td>
<td>The Ironman (p.41)</td>
<td><strong>Pre/Post Workout:</strong></td>
<td>The Ultimate Green Smoothie (p.41)</td>
<td><strong>Pre/Post Workout:</strong></td>
<td>The Shake (p.37)</td>
<td><strong>Pre/Post Workout:</strong></td>
<td>Whatever you like</td>
</tr>
<tr>
<td><strong>Other:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>DAY 8</td>
<td>DAY 9</td>
<td>DAY 10</td>
<td>DAY 11</td>
<td>DAY 12</td>
<td>DAY 13</td>
<td>DAY 14</td>
</tr>
<tr>
<td>-------</td>
<td>-----------------------</td>
<td>---------------------------</td>
<td>--------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td>-----------------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>Water</td>
<td>OFF</td>
<td>Week 2 WORKOUT +</td>
<td>OFF</td>
<td>Week 2 WORKOUT</td>
<td>OFF</td>
<td>Week 2 WORKOUT +</td>
<td>OFF</td>
</tr>
<tr>
<td></td>
<td>1-Day Fast</td>
<td>AFTERBURN</td>
<td>Low Calories</td>
<td>Moderate Calories</td>
<td>(assume Light Cardio)</td>
<td>AFTERBURN</td>
<td>Healthy Cheat Day</td>
</tr>
<tr>
<td></td>
<td>WATER (all day)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
</tr>
<tr>
<td></td>
<td>Best Oatmeal Ever</td>
<td>The Ultimate Green Smoothie</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Morning Muesli</td>
<td>Green Cappuccino</td>
<td>Whatever you like</td>
</tr>
<tr>
<td></td>
<td>(p.47)</td>
<td>(p.41)</td>
<td>Mediterranean</td>
<td></td>
<td>(p.47)</td>
<td>(p.44)</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
</tr>
<tr>
<td></td>
<td>Mexican Ensalada</td>
<td>Kale, Swiss Chard, and</td>
<td>Awesome Quinoa</td>
<td></td>
<td>Creamy Carrot Ginger</td>
<td>Super Greens Salad</td>
<td>Whatever you like</td>
</tr>
<tr>
<td></td>
<td>(p.54)</td>
<td>Hempseed Salad (p.52)</td>
<td>Soup (p.56)</td>
<td></td>
<td>Soup (p.57)</td>
<td>(p.51)</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
</tr>
<tr>
<td></td>
<td>Creamy Carrot Ginger</td>
<td>Oven-Baked Salmon on Bed</td>
<td>Lovely lentils</td>
<td></td>
<td>Soba Greens (p.70)</td>
<td>Mexican Ensalada (p.54)</td>
<td>Whatever you like</td>
</tr>
<tr>
<td></td>
<td>Soup (p.75) with Sweet</td>
<td>of Greens (p.69)</td>
<td>(p.60), Sweet</td>
<td></td>
<td>(p.70)</td>
<td>(p.54) with Omelette</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>Pre/Post Workout:</td>
<td>Pre/Post Workout:</td>
<td>Pre/Post</td>
<td>Pre/Post Cardio:</td>
<td>Pre/Post Workout:</td>
<td>Pre/Post Cardio:</td>
<td>Other:</td>
</tr>
<tr>
<td></td>
<td>Blood Oxygen Smoothie</td>
<td>The Ultimate Green Smoothie</td>
<td>Cardio:</td>
<td></td>
<td>The Ironman</td>
<td>The Shake (p.37)</td>
<td>Whatever you like</td>
</tr>
<tr>
<td></td>
<td>(p.40)</td>
<td>(p.41)</td>
<td></td>
<td></td>
<td>(p.41)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Week 3

<table>
<thead>
<tr>
<th></th>
<th>DAY 15</th>
<th>DAY 16</th>
<th>DAY 17</th>
<th>DAY 18</th>
<th>DAY 19</th>
<th>DAY 20</th>
<th>DAY 21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 3</strong></td>
<td><strong>WORKOUT+</strong></td>
<td><strong>OFF</strong></td>
<td><strong>WORKOUT</strong></td>
<td><strong>OFF</strong></td>
<td><strong>WORKOUT+</strong></td>
<td><strong>OFF</strong></td>
<td><strong>WORKOUT</strong></td>
</tr>
<tr>
<td><strong>AFTERBURN</strong></td>
<td><strong>OFF</strong></td>
<td><strong>Low Calories</strong></td>
<td><strong>Low Calories</strong></td>
<td><strong>Moderate Calories</strong></td>
<td><strong>Cheat Day</strong></td>
<td><strong>Moderate Calories</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast:</strong></td>
<td>Live Granola (p.48)</td>
<td>WATER (all day)</td>
<td>Breakfast: Blueberry Bliss (p.38)</td>
<td>Breakfast: Best Oatmeal Ever (p.47)</td>
<td>Breakfast: Sweet Green Goddess (p.38)</td>
<td>Breakfast: Whatever you like</td>
<td>Breakfast: Whatever you like</td>
</tr>
<tr>
<td><strong>Lunch:</strong></td>
<td>Tomato Avocado Salad (p.51) with Eggs and steamed spinach.</td>
<td>Lunch: Super Greens Salad (p.51)</td>
<td>Lunch: Kale and Cauliflower Medley (p.52) with Protein of choice.</td>
<td>Lunch: Awesome Quinoa Salad (p.56)</td>
<td>Lunch: Whatever you like</td>
<td>Lunch: Whatever you like</td>
<td>Lunch: Whatever you like</td>
</tr>
<tr>
<td><strong>Pre/Post</strong></td>
<td>The Ultimate Green Smoothie (p.41)</td>
<td>Pre/Post Workout: The Ultimate Green Smoothie (p.40)</td>
<td>Pre/Post Workout: Blood Oxygen Smoothie (p.40)</td>
<td>Pre/Post Cardio: Exercise Rejuvenator (p.40)</td>
<td>Pre/Post Workout: Green Cappuccino (p.44)</td>
<td>Other: Whatever you like</td>
<td>Pre/Post Workout: The Shake (p.37)</td>
</tr>
</tbody>
</table>