



Applying the 80% nutrition to 20% fitness rule, know that what you eat determines the effectiveness and quality of your results through exercise. While hard work, consistency and discipline is necessary, healthy eating is essential and should be combined which provides a complete package in order to achieve best results and for maintenance.

Here are some healthy eating tips:

1. For the next 21 days:

- No cheat meals are allowed. Stay focused on the meal plan and goal.
- Avoid sweets, fast or fried foods, sodas, juice or alcohol and anything with artificial sweeteners.
- Minimize your salt and sugar intake.
- Purchase your BCAA -Branch Chain Amino Acids which is helpful to enhance immune function and delay fatigue. I use [Women's Best BCAA](#).

2. Drink at least a half-gallon to one gallon of water daily.

3. To help with digestion and reducing belly fat:- Include half of a sliced cucumber with the skin into your water every other day or lemon; and pour a teaspoon of apple cider vinegar into a 16.9 fl oz bottle of water before bed each day for one week. I don't recommend doing this for an extensive period, only periodically.

4. For women, the easiest way to control calories without measuring is:

Protein = 1 palm portion with each meal

Vegetables = 1 fist with each meal

Carbs = 1 cupped handful

Fat dense foods = 1 entire thumb

For men, the easiest way to control calories without measuring is:

Protein = 2 palm portion with each meal

Vegetables = 2 fist with each meal

Carbs = 2 cupped handful

Fat dense foods = 2 entire thumbs



5. Below are some healthy food choices:

<u>Protein</u>	<u>Green Vegetables</u>	<u>Healthy Carbs</u>	<u>Healthy Fats</u>	<u>Fruits</u>
*Salmon *Any White Fish (Grouper, Mahi Mahi, Snapper) *Tuna *Turkey *Greek Yoghurt Tofu Plant Base: *Beans *chickpeas *Green Peas *Lentils *Whole Wheat Quinoa *Spirulina *Tempeh	*Asparagus *Broccoli *Spinach *Arugula *Kale *Lettuce *Okra *Brussel sprouts *Green bell peppers *Celery *Zucchini *Artichokes *Cucumbers Other Vegetables: *Mushrooms *Cauliflower *Carrots	*Sweet Potatoes *Red or White Potatoes *Brown Rice *Ezekiel Bread *Yams *Oatmeal *Multigrain cereal *Whole Wheat Quinoa *Pumpkin *Butternut Squash *Couscous *Rice Cakes	*Flaxseed *Olive Oil *Coconut Oil *Avocado <u>Types of Nuts</u> *Almonds *Walnuts *Cashews *Peanuts *Pecans	*Apples *Oranges *Bananas *Strawberries *Blueberries *Rasberries *Blackberries *Pineapple *Mango *Grapefruit *Grapes *Lime *Lemon *Peaches *Apricots

A meal plan is attached for your use and guidance.