

10 STEPS TO SUCCESS

- 1) READ all the way through this document.
- 2) BE PREPARED by making your meal plan, shopping list and preparing the right foods/etc.
- 3) Stay close to me and keep me updated with any questions or concerns you may have.
- 4) Drink $\frac{1}{2}$ your body weight in ounces of water per day. It will help flush toxins from the body and water is the #1 fat burner in the body.
- 5) Avoid these three white foods (even on eating days): flour, salt and sugar
- 6) Eat high fiber foods on eating days: salads and vegetables are great for this. Avoid high carb foods like peas, rice, starches and even whole wheat breads.
- 7) Eat enough food. Not eating enough will KILL your metabolism and hold on to fat. Eat high fiber foods from day 3-8 : salads and steamed or raw veggies.
- 8) Take your before picture and take your measurements.
- 9) Go to the grocery store!!! Being prepared with all of your proteins will set you up for success.
- 10) Commit and you will succeed!

SHOPPING GUIDE

- Fish
- Turkey
- Chicken
- Lean beef
- Eggs
- Walnuts
- Raw almonds
- Veggies for Days 3-8 (stick to mostly dark greens): broccoli, asparagus, kale, spinach, cauliflower, brussel sprouts
- Milk for shakes: unsweetened coconut milk, unsweetened almond milk or soy milk

*Remember: Nothing here is magic! Commit, keep your eyes on the goal. At least give it 30 days to figure out how to optimize the products in your unique body and you will be on the road to a lifetime of healthy, energetic, fit and trim you!