



NTXMSK4LIFE

how to discover absolute health



NTXMSK4LIFE

NTXMSK4LIFE is not a diet, it is a way of life

Fad diets, calorie restriction diets, or the old adage "eat less, move more" are NOT the way to lose weight and keep it off.

Studies show that 90% of those who follow one of these will gain the weight lost back, and for many, a few extra pounds. We at NTXMSK understand it is not a lack of will power. We want to teach you to change and help you start over from a new perspective. Weight is predominantly a hormone problem, not a calorie one. I have

heard so many patients say, "I know what I need to do, I just need to do it." We are here to tell you why that is incorrect. What you think you know has been ill advised.

Your body has strong hormone responses that keep you from making these changes. Our goal is to help you understand these hormones and how they work, and then use nutrition to change them back into a better, more efficient fueling machine.

Are you with me?

We will give you the tools to help your body reach its highest metabolic potential and metabolic flexibility. We will give you what all the best science and research has proven to get you back into that strong, resilient body and get you enjoying life to the fullest!

GOAL SETTING

As you follow this journey you will relearn what your body needs, when you are hungry and full. You will notice your tastes buds change, discovering new foods to savor and look forward to eating. You can also look forward to a steady state of energy, many of the cravings you had will start to go away.

Your plan will be individualized based on weight loss goals, fitness improvement, and helping to manage chronic diseases. Our team of qualified professionals here at Rejuv will work with you to create a diet that works for your lifestyle, instead of the other way around.

SET YOUR GOALS TO ACHIEVE SUCCESS

To climb a mountain, you must have a detailed strategy for success. The same is true for obtaining health and sticking to your exercise and meal plan. Health doesn't just occur because you want it; it is a product of your mapped out systemized plan. Envision yourself with positive mental images with the lifestyle, mind, and body that you desire. Imagine the rewards of your hard work as you hike, run, or any other adventures in a fit, disease-free body with a sharp innovative mind.

Start by setting your goals and engraining them into your subconscious. Ask yourself two important questions:

1. ***What are my goals?*** They may include weight loss, toning, reversing health concerns, getting off medication, etc. Set goals that are personal to your needs and will be realistic in achieving.
2. ***Why do I want it?*** Your reasons might be to enjoy life with your spouse and kids, live longer with a better quality of life, run a marathon, be a role model to your children, etc. Choose a goal that has deep personal value and meaning. It should be a goal that will truly change you and your family's life for the better. It needs to have

conviction and evoke an emotional response that stirs you to taking action and make change happen.

MY Goal: _____

My Reason Why: _____

Next, develop a plan to achieve the main goal by setting mini-goals that can be achieved in set periods of time. You can always make it to the next small step. Do it one step at a time. Set goals for weekly, monthly, and yearly success. Work with your Medical Fitness Specialist to map these all out.

Short Term Goal: _____

Long Term Goal: _____

When you first start on this journey some lose a lot of weight quickly, others it takes awhile to start. Everyone is different, and we need to honor that and accept it. Almost everyone will plateau before they get to their weight loss goal. This can be frustrating, but we need to realize this is part of the journey and only a small part of our goals. If you only want to change a number on a scale, you will be missing a large part of the benefits a healthier way of eating and living can bring to you. Monitor your percent body fat, inches, how your clothes fit, how you feel, mood, sleep, mobility, pain to list a few.

Proper nutrition is the first step in obtaining your health goals. The Rejuv4LIFE Meal Plan will give you all the secrets you need to achieve total body transformation. From losing excess fat to gaining lean muscle, it has all the key ingredients to make that transformation occur in your body.

THE STAGES

Not only is the NTXMSK4Life Meal Plan a new way of eating, it is a new way of thinking.

Induction Goal

Get metabolically healthy

- ✓ Focus on the basics - Sleep, stress management, avoid sugar, refined carbohydrates and vegetable oils.
- ✓ Goal setting
- ✓ Support system in place
- ✓ Detoxify the body and support the liver in cleansing it of the years of poor food choices and chemical preservatives in processed foods; mobilize
- accumulated environmental and dietary toxins.
- ✓ Retrain the palate away from sugar and refined carbohydrates.

Reset your metabolism

- ✓ Decrease overall carbohydrate intake to get to your goal
- ✓ Incorporate healthy fats into your diet
- ✓ Reset your body's set point
- ✓ Mobilize deep fat stores to be used as energy. Learn to use dual fuel - fat and glucose.
- ✓ Increase lean body muscle
- ✓ Stabilize blood sugars and decrease persistent insulin production that leads to further insulin resistance.
- ✓ Decrease inflammation in the body from inflammatory foods
- ✓ Add time-restricted eating
- ✓ Functional medicine evaluation to look at hormones and nutritional deficiencies if not making progress.

Optimizing Performance Mental/Cognitive function

- ✓ Fine tune your nutrition, fitness and overall health.
- ✓ Add intermittent fasting
- ✓ Become fat adapted.
- ✓ Decrease carbohydrates to less than 50 grams or lower to get into nutritional ketosis if desired with professional guidance.

Weight loss and weight maintenance are complicated. We will continue to work with you and adjust your individual diet based on your needs and goals.

You can do it. Let us be your guide as we are the fitness and nutrition experts who have your greatest desires and most beneficial outcomes in mind. With our help you can accomplish any goal you wish to achieve. Have fun, eat well, and enjoy the journey!



NTXMSK4LIFE

3 PHASES

N4L Foundation 100-150 grams of carbs per day.

This is the most moderate way of adopting the low-carb diet and could be a good place to start. Simply excluding refined grains and sugar will largely get you to this point and will go a long way in supporting overall health and helping you to maintain your current weight, and maybe lose a bit. This is like cutting out sugar, candy, breads and pastas and soda. If you are a very active person, this may be an option, but it will not result in very rapid weight loss as the body still may not dive into its fat stores for energy. With this option, eat as many vegetables as you'd like, moderate amounts of fruit (about 2 pieces per day), and some starchy vegetables such as sweet potatoes and winter squash. Overall, it is a good idea to avoid all grains if optimal health and any weight loss is desirable. For most healthy-active individuals, this is a good balance where you are often in a "dual fuel" mode.

N4L Accelerated 50-100 grams of carbs per day.

This option is more restrictive but will allow you to lose weight more easily and rapidly averaging about 1-2 pounds per week. It still allows for some carbohydrate (especially at the top end of the range), such as most vegetables and 1-2 pieces of high fiber fruits per day, but you will have to limit starchy carbohydrates and refrain from grains and processed carbohydrates if you want to continue to lose some body fat. You will not be in nutritional ketosis, but will still be utilizing your fat stores for energy and decreasing your dependence on glucose for energy. This will set you up for an easier transition into a ketogenic diet if you wish. There may be similar benefits for some, but others note a larger benefit in utilizing ketones for energy. Phase 1 is a good maintenance phase for many so they easily transition between being a sugar and fat burner.

N4L Advanced 30 - 50 grams of carbs per day. This

level of carbohydrate intake is what is truly considered a ketogenic diet. It is a good option for those needing to lose significant amounts of weight and also for those with diabetes and other metabolic diseases that want to reset their insulin regulation to become more sensitive. To get into ketosis, your diet must cross a sustained threshold of high fat (around 70% of your calories), moderate protein (25%), and low amounts of carbohydrates (5%). Eating under 30 grams (and some health authorities would say under 50), is where the most impressive benefits of the low-carb lifestyle start to show up. If you are overweight or obese and want to lose weight safely and quickly, this is a good option for you. There is higher amounts of healthy fats than you may be used to consuming but DO NOT FEAR FAT. It may be the secret ingredient to keeping your feeling full and not craving all the quick energy carbohydrates you have been dependent on.

3 PHASES

Using fat for energy and having ketones in the blood will naturally lower your appetite leading to weight loss. You can eat protein from meats, vegetables and dairy, healthy fats, low-carbohydrate vegetables, smaller amounts of low-carb fruits and some trace carbohydrates found in foods like nuts, seeds and avocados. Starchy vegetables like corn, parsnips, green peas, potatoes, pumpkins, winter squash and yams all fall into this category and should be avoided due to their higher carbohydrate content.

Many find once they get accustomed to less carbs, they feel better physically and mentally, and it no longer becomes a restriction.

A ketogenic, or high fat low carb way of eating can be just as variable and tasteful as any other nutrition plan. In fact, you can eat many whole, rich, healthy foods that you once avoided because of the fat content. Remember, we are finding that fat doesn't make you

fat. It is the insulin response to a high carbohydrate/sugar load that stimulates your body to store all that extra energy as fat for future use. Also keep in mind that this is not a free for all diet plan where you can have more fats thinking you will lose weight. If you do not decrease your insulin through decreasing total carbohydrate consumption, the fat you eat will indeed make you fat. You can NOT have high fat and high carb, or the carbs will tell your body to spike insulin and store it ALL as fat.

What is cool, is a keto diet can also be plant based. In fact, all nutrition plans should have a healthy plant base to them. Green leafy vegetables and cruciferous vegetable should always fill the bulk of your plate. Those foods are packed with water, phytonutrients and fiber and low in calories and carbohydrates for the room they take up on your plate. It is more difficult to be strict vegan, but it can still be a plant-based approach with meat and dairy consumption

individualized. Skipping meat a few days a week is easy and making sure that the meats you do consume are high quality, pasture grass fed and organic is important to negate any negative effects from the high grain fed, hormone and antibiotic pumped mass-produced animal protein sources.



CARBS

C A R B O H Y D R A T E S

Carbohydrates: Are they good? Are they bad? What are they?

Carbohydrates are good for us... in fact, they are considered a must for our body to function properly. That said, everyone has a different body, type as you learned and requires different amounts of carbohydrates.

There are 2 types of carbs.... *simple* carbs and *complex*. Really what you need to know is.... one burns **FAST** and one burns **SLOW**.

Simple carbs are **FAST** burning... things that have a lot of sugar, like bananas, pineapple, tropical fruits, candy, and white breads. Things that are "processed". Chips, pastry, sugar filled coffee and most energy bars and drinks like gatorade. These give you quick energy and a quick pick me up!

Complex carbs are slow burning.... complex carbs have lots of nutrients, vitamins, minerals and fiber. It releases slowly into your system and gives you long lasting energy. Think foods like brown rice, sweet potatoes and vegetables.

Our bodies need some glucose, less than we previously thought, for certain body functions. Our bodies are able to make most of the glucose we need without ingesting large amounts. There may be times when our body needs carbohydrates. If you are working out and not fat-adapted you may need some carbohydrate sources for quick energy. There are many types of working out that can utilize fatty acid or ketones for energy. If you have not used these sources before you need to train your body, which N4L phases will allow you to do. If you are active and ingest carbohydrates you may not gain much weight if you use the energy quickly, but it does not mean you are immune to the effects of a diet high in sugars and refined carbohydrates. If you are more sedentary



BLUEBERRIES

Wonderful antioxidant and are a good source of vitamin K, vitamin C and manganese. They also contain a good amount of fiber

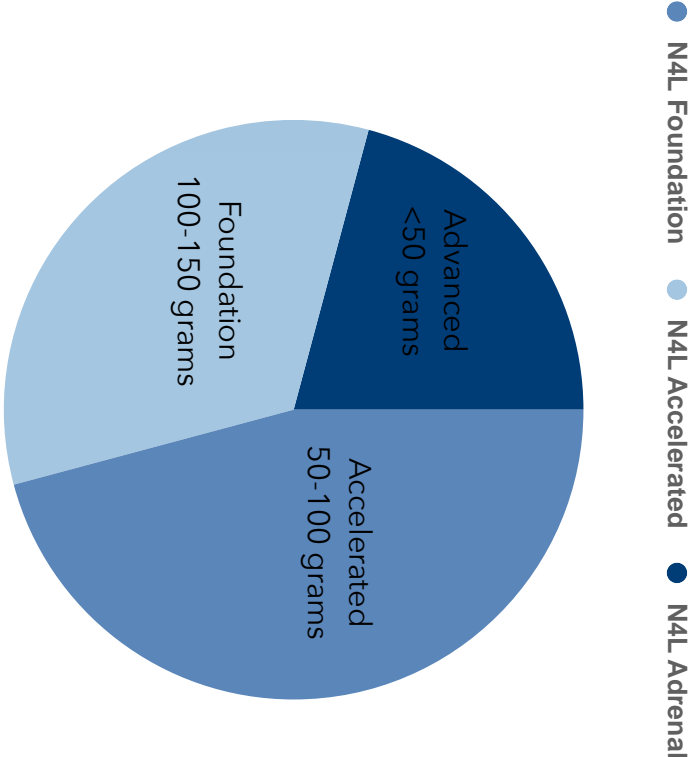
1 CUP OF BLUEBERRIES

83 calories
21 grams of carbohydrates
3.5 grams of fiber
14 grams of sugar

and you are sitting at your desk and eat a banana, your body is not going to use that quick energy unless you jump up out of your seat and do some quick burpees... but, I'm thinking you're just having it as a snack as you continue at your desk ;)

In both cases, you are going to release sugar quickly into your blood stream. The sprinter is going to use that energy and not store it as fat. The person sitting at the desk is not going to use that energy and so ultimately the excess insulin or sugars in the body are going to be stored as fat. Now this is not to say having a banana is "bad" but, if you are not going to use it as energy (burpees) better to choose a different snack that won't then be stored as fat. There is really no place for sugars or refined carbohydrates in our diet. Simple carbohydrates like fruit, and complex ones can be added as long as staying within the guidelines.

In general, most Americans eat too many carbs and do not burn off what they consume. For you, doing NTXMSK4LIFE... you get to choose what phase, thus how many carbohydrates you are going to eat per day.



List of Carbohydrates to Eat

- Quinoa

Wild rice

Teff

Gluten free oatmeal

Apples

Raspberries

Strawberries

Blueberries

Lemons

Oranges

Grapefruit

Kiwi

Apricots
- Vegetables**

Artichoke

Asparagus

Beet greens

Beets

Bell peppers

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Collards

Cucumber

Dandelion

Eggplant
- Endive

Green onions

Kale

Kohlrabi

Lettuce

Mushrooms

Mustard greens

Onions

Parsley

Parsnip

Peppers

Pumpkin

Purslane

Radish

Rutabaga

Seaweed

Spinach

Squash

Sweet Potato

Swiss chard

Tomato

Turnip greens

Turnips

Watercress



PROTEIN

N T X M S K 4 L I F E

You need enough protein to build and repair muscle. It also plays a role in rewiring fat-burning metabolism and reducing the hunger pangs that can lead to an attack on the vending machine you know when 2:00 rolls around and you're going after the snack box. Protein also works to slow the release of carbohydrates into your bloodstream, which can prevent the sudden spikes in blood sugar that are thought to encourage fat storage and sagging energy levels... that 3:00, 4:00 CRASH.

How much protein should I eat? Our recommendation is:

0.5 - 0.8grams/kg of lean body mass

How to calculate Lean body mass: Take your total body fat percentage from 100. Example. If my total body fat percentage is 30 subtract from 100 = 70 percent lean mass. Divide that by 100 to get the decimal. .70%.

Next, Multiply your lean mass decimal by your total body weight to calculate your lean mass weight. If you weigh 175 lbs multiply by .70 for 122.5 lbs of lean mass.

If we take the 0.5 grams per pound of lean body mass that would = 61.25 grams per day.

On the next page you will find a list of great sources of protein. If you are dairy intolerant... by all means don't eat dairy. There is LOTS to choose from. What I DO NOT want you to do is get hooked in by protein BARS. Most bar companies do a great job of marketing and packaging. *30 grams of protein! low carb! Really, truly I want you to eat REAL protein.. from the list. I am not saying to never use a bar or a shake... I get it, you're busy and you need something quick. or you just worked out and you want a recovery shake. Thats fine, but make sure you watch the sugar and the quality of the ingredients. Also, you will see that Nuts are not on the list of Protein... What? I thought nuts were a protein? You are correct in that nuts do have*

1 ounce
108 calories
7.9 grams of fat
8 grams of protein

AGED CHEESES

SWISS CHEESE

some protein, but they have a higher percentage of fat and so, therefore, you will see nuts listed under “fats”.

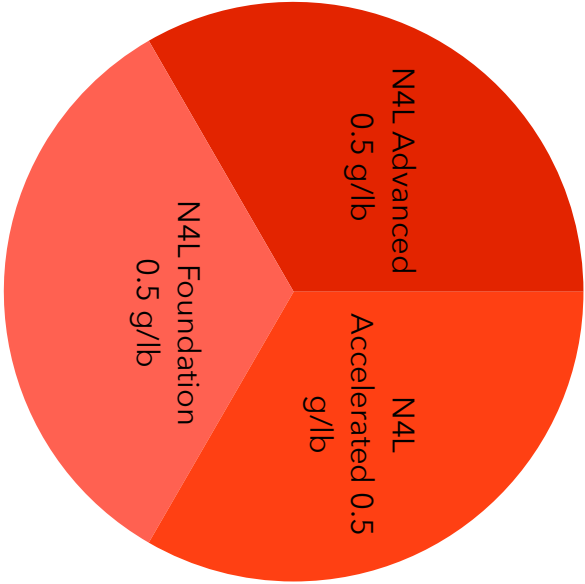
Focus on healthy protein sources

We need protein for repairing our bodies. Follow recommended amounts and do not feel compelled to have such large amounts as we have been taught. Listen to your body. If you are craving protein, eat more of it.

Try and get local, grass-fed, organic meat, dairy, eggs, vegetables, and fruits when possible

Eggs can be a source of protein with a complete set of amino acids. The fat is a good fat and will not increase cholesterol.

- N4L Foundation
- N4L Accelerated
- N4L Advanced



***If you have a allergy to dairy, eggs or any other source listed... do not choose that as your source of protein and you should consult with your Dr. with regard to how to fulfill your protein need.*

List of Protein to choose from

Beef	PLANT BASED PROTEIN
Flank steak	Seitan
Top sirloin steak	Tofu
Hamburger	Tempeh
London broil	Edamame
Chuck steak	Lentils
Veal	Nutritional Yeast
Pork	Spelt
Pork loin	Teff
Pork chops	Hempseed
Bacon	Green Peas
Pork rinds	Spirulina
Poultry- dark meat preferred	Chia Seeds
Fish - freshwater (lake trout, trout, cod, walleye, northern, perch	Nuts
Lamb	Nut butters
Eggs	broccoli
Wild Game	spinach
Elk	asparagus
Venison	artichokes
Moose	potatoes
Poultry	sweet potatoes
Salmon	Brussels sprouts
Tuna	

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FAT

H E A L T H Y F A T S

But if I eat fat, it will make me fat! NOOOOOO Fat does not cause you to have extra fat on your body. Having sugar, refined grains, too many carbohydrates and **Trans fats and hydrogenated oils** (think margarine, vegetable oil and french fries) are bad for you and will cause you to gain weight. These types of fats have been “artificially” manipulated into saturated fats.

We are finding that fat doesn't make you fat. It is the insulin response to a high carbohydrate/sugar load that stimulates your body to store all that extra energy as fat for future use. Also keep in mind that this is not a free for all diet plan where you can have more fats thinking you will lose weight. If you do not decrease your insulin through decreasing total carbohydrate consumption, the fat you eat will indeed make you fat. You can NOT have high fat and high carb, or the carbs will tell your body to spike insulin and store it ALL as fat. You need to relearn how to cook, what is cool, is a low carb/high fat diet can also be plant based. In fact, all nutrition plans should have a healthy plant base to them. Green leafy vegetables and cruciferous vegetable should always fill the bulk of your plate. Those foods are packed with water, phytonutrients and fiber and low in calories and carbohydrates for the room they take up on your plate. It is more difficult to be strict vegan, but it can still be a plant-based approach with meat and dairy consumption individualized. Skipping meat a few days a week is easy and making sure that the meats you do consume are high quality, pasture grass fed and organic is important to negate any negative effects from the high grain fed, hormone and antibiotic pumped mass-produced animal protein sources.



AVOCADO

Wonderful antioxidant and are a good source of vitamin K, vitamin C and manganese. They also contain a good amount of fiber

1 WHOLE AVOCADO

227 calories
13 grams of carbohydrates
10 grams of fiber
1 gram of sugar
22 grams of healthy fats.

Omega 3's - polyunsaturated fats. A type of fat your body can't make. Because your body can't make them they are considered "essential" meaning you MUST get them from your diet. See the list below to see how you can get Omega 3's!

Omega 6's - also polyunsaturated fats. These fats are primarily used for energy. The typical American diet contains more than enough of these types of fats.

Omega 9's - Monounsaturated fats. These can be produced by the body and in fact are the most abundant fats in most cells of the body.

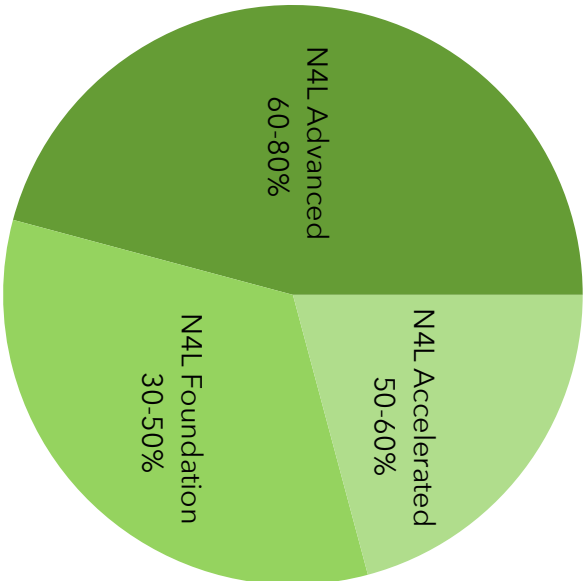
Omega Rich foods

<u>Omega 3's</u>	
Salmon	cashew nut oil
Mackerel	Almond oil
Sardines	Avocado oil
Anchovies	Almonds
Chia Seeds	Cashews
Walnuts	Walnuts
Flaxseeds	
<u>Omega 6's</u>	
mayonnaise	
walnuts	
sunflower seeds	
almonds	
cashew nuts	
6's are also found in vegetable oil and refined oils that are not recommended.	
<u>Omega 9's</u>	
olive oil	

List of Fats to choose

Avocado	
<u>Butters:</u>	
Real Butter	<u>Nuts & Seeds</u>
Almond butter	chia seeds
peanut butter	pumpkin seeds
cashew butter	sesame seeds
Ghee	flax seeds
<u>Oils</u>	hemp seeds
Avocado oil	Almonds
Coconut oil	Cashews
Olive oil	pecans
	walnuts

● N4L Foundation ● N4L Accelerated ● N4L Advanced



PLAN

Bringing it all together

When do I eat?

That's the big question... it's not what you may have experienced in the past where you are told to always eat breakfast and to have your meals at a specific time.

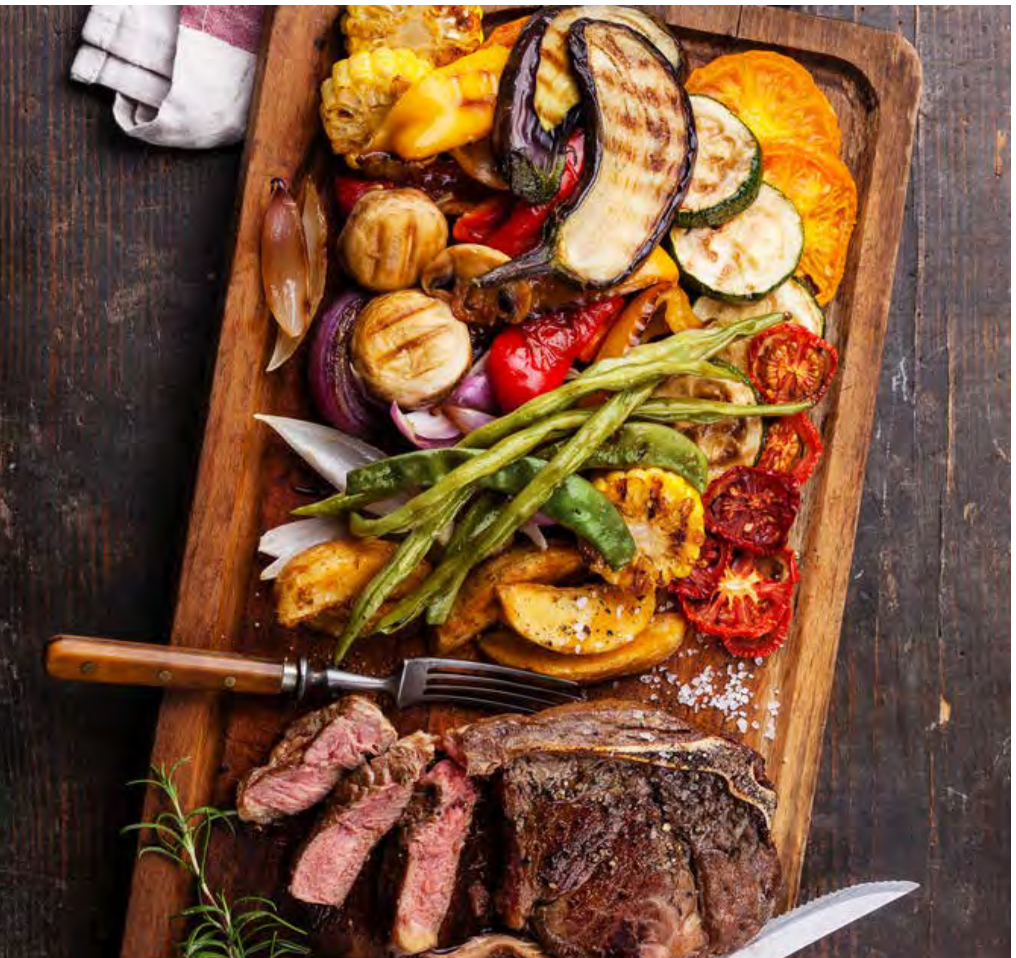
You are going to eat.... **WHEN YOU ARE HUNGRY** and within a 12 hour window.

How do you know if you are hungry? Hunger is physical. It's not a thought, a craving, or a rationalization. These are some but not all signs you could be hungry: Feeling of emptiness in stomach, Gurgling, rumbling or growling in stomach, Dizziness, faintness or light-headedness, Headache, Irritability, easily agitated, Lack of concentration, Nausea.

12 hour window? Studies show that when eating between a 9 or 12 hour window allows our bodies to follow our natural circadian rhythm which allows us to stay leaner. What your window may look like if you are doing 12 hours. Start eating at 7am and stop eating at 7pm nothing but water outside of that window. A 9 hour window which can be more effective may look like this: start eating at 10am and stop eating by 7pm nothing to eat or drink other than water outside of those times.

How many meals? For some of you, you may choose to eat 2 larger meals or if you do not like large meals or time does not allow, break it into 3 or 4 meals. You get to choose.

General rule for meals: 1. Eat when you are hungry 2. Stop when you are full, not stuffed. 3. Stay under your total calorie need for the day. 4. Eat within your window of time. 5. Eat whole foods cooked by you!



PROTEIN, FAT, CARBS

CREATE YOUR FAVORITE GO TO MEAL!

You need to Like what you eat. Nobody likes to just eat chicken and veggies right? So pick foods you enjoy eating. If you struggle with veggies... try cooking them a different way or sneaking them into a soup or smoothie.

Average Day Meal Plan

DAY 1

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY 2

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY 3

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY 4

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Prepare ahead of time!

It all starts in the grocery store. Have a list and know what to get and what to avoid. Read labels and shop the periphery of the store and avoid the center isles (processed calorie dense and nutrition poor food).

Make sure you have healthy choices on hand at all times.

Pack healthy, balanced meals for work.

Cook in bulk and make use of portable storage containers.

If you don't have healthy snacks, consider not eating until you can have a healthy option. As you become keto-adapted you will not having sugar crashes leading to binges. You will have the ability to have sustained stable energy which is very powerful to be in control of your appetite again.

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY 5

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY 6

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

My total Daily Calories _____

My Protein _____ Carb _____ Fat _____

My Eating window _____ am - _____ pm

Meal 1: _____

Meal 2: _____

Meal 3: _____

Meal 4: _____

Water intake ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Other Healthy Tips

Eat organic when you can, especially the “dirty dozen”.

Some people benefit from allergy free food living (i.e., grains-gluten, dairy, legumes, soy). For specific food sensitivities, consider getting tested.

Eat rotationally, meaning don’t eat the same foods all year long. Eat what is actually in season example; eat asparagus during summer months not during winter when it is not typically grown.

Move more every day. Avoid the active couch potato syndrome. A well explained phenomenon for those who work out hard but are then sedentary the rest of the day. It is better to move more throughout the day to improve mobility, flexibility, and strength to avoid the negative effects of sedentary jobs and life.

Exercise 30 minutes daily

Add in mindful activities during the day... put the phone down and do a hands on puzzle or activity.

The Rules

- *Change your thoughts "daily gratitude"
- *Slow deep breaths
- *Drink half your body weight in ounces of water
- *7-8 hours of sleep a night
- *Eat whole foods; no sugar, fast food, refined carbohydrates, vegetable oils
- *Exercise minimum 20 min daily

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HABITS

DAILY HABITS

Losing weight and taking steps to become healthy and fit take more than just an eating plan. It takes giving your body the basic needs....

Thinking - don't let your thoughts cycle. Keep your thoughts around what is important instead of what is not.

Breathing - Deep breaths from your diaphragm is vital

Drinking water - Daily, half your body weight in ounces

Eating nutritious foods - as outlined in this guide

Sleeping - 7 hours is a must. This is when your body repairs, you cannot keep functioning without repair

Movement - Exercise is not only important for your heart and lungs it's important for stress levels and longevity.

When any of these get out of sync, it effects how we handle stress, our weight goes up or down, we can become sick more often and many other issues may arise.

The focus of NTXMSK4LIFE is to assist you in making sure you are taking the steps to get your basic needs and create daily habits.

FINAL STEPS

****PRINT THIS PAGE****

Step 1: Download Myfitnesspal (free version) if you have not already on your smart phone.

Step 2: Adjust the Protein, Carbohydrates and Fats on the app to match the plan you chose. (Foundation, Accelerated, Advanced)

Step 3: Choose foods from the list that you like to eat (pages 7,9,11) or choose meals from the cookbook that you would like to try.

Step 4: Take the next 2-3 days to get prepared; go to the grocery store, prep your food and make a few things you can grab easily as you head out to work.

Step 5: Begin by just making your meals and record what you ate in myfitnesspal. you will begin to see and learn what is in your food. From there you can adjust accordingly. It's not going to be perfect your first few times you are going to go over or under on some things maybe even by a lot! That's ok just adjust for the next day.

Additional resources:

How to use and set up myfitnesspal for macros
https://youtu.be/ICNcg9_ljZ0



Name: _____