



NUTRITION GUIDELINES

Try and come as close to the recommended measurements as possible to learn the size of the proportions given. If the volume of food is larger than you are used to, start with smaller proportions and work your way up to the recommended measurements. ***Multiple meals throughout the day are necessary to help accelerate the metabolism.***

Avoid the following:

- all enriched products (*first ingredient on any label by law*)
- white bread
- dairy (*in excess*)
- sodas
- juices
- fried foods
- junk foods
- excess fruit throughout the day
- alcohol
- pasta
- processed meats (*lunch meat containing nitrites*)

*Condiments and dressings can be used with discretion, try to choose natural or organic products.

Water: Drink as much water as possible throughout the day. Your goal is to drink half of your body weight in ounces. (So a person weighing 200 lbs. would need at least 100oz. / day). Coffee and tea can be consumed in moderation.

Supplements: Should be taken EVERYDAY! These are important for rebuilding and repairing the body, as well as preventing you from becoming ill. I am an advocate of ADVOCARE and for weight loss and overall wellness the 24 Day Challenge is a great place to start.

Protein Shakes/Bars: I encouraged the use of these to get extra protein into the body, but not as a substitute for meals unless it is the only choice due to time restraints or lack of preparation. Eat only the brands I recommend.

***You are what you EAT, this proportion of OUR program is the absolute most important next to you WORKING OUT!**