



FEEL HEALTHY

VIBRANT

AND STRONG

with AWAKENDbody™

AWAKENDbody™ Nourishment and Meal Guidance Plan

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## INTRODUCTION

Awakend was designed to help you wake up to the truth of how powerful YOU are. Our AWAKENDbody program is here to help you understand that your body was beautifully created to thrive, so you can begin living in healthy abundance.

As you embark on your transformative journey to awaken your body's innate ability to release what isn't serving you and find renewed health, you'll find that this guide isn't full of rigid "no's" and hardcore diets. Instead, you'll find guidance backed by science and fueled by experience to provide you with powerful knowledge you can apply for the rest of your life.

Please remember that you are not alone on your journey. We are here to support you! In addition to this informative guide, you'll want to check out our two Facebook groups dedicated to your success.

- Head over to the **Z Community** Facebook group for tips and tricks on using Zenith™, our clinically-proven fat-loss accelerator!\* Ask for advice on troubleshooting and share what works best for you. We will also provide daily AWAKENDbody classes to help get your body moving!
- You'll also want to check out the **Z Transformations** group, where you'll see powerful testimonials from Zenith users who have experienced incredible life transformations. Witness healthy lifestyles unfold and share your journey with others!

While this Nourishment & Meal Guidance Plan contains food lists and meal suggestions, it's also packed with information to help you understand your body's brilliant design so you can learn how to nurture your body as it deserves.

This guide is for anyone wanting to tap into greater knowledge about their health, and especially for those who:

- Want to lose excess body fat
- May be insulin and leptin resistant
- Experience food cravings
- Are eating around 5-6 times per day, including snacks and drinks
- Have urges to eat or drink after dinner
- Are you taking Zenith™ (recommended but not necessary) and want to maximize their results

## OUR GOALS:

1. Provide clear examples of an average 1,500 calories per day
2. Offer a structured plan to help remove feelings of being overwhelmed
3. Assist in transitioning someone with leptin resistance into a healthy leptin way of living
4. Encourage an increase in whole foods and a decrease in processed foods
5. Explain the "why" behind your weight loss resistance
6. Empower a lifelong mindset shift so choosing healthy foods is no longer a struggle
7. Assist in balancing unhealthy hormone levels to also focus on your longevity, not just your weight

The 1,500-calorie meal plans found later are designed to mimic the research study trial using our clinically-proven, proprietary Zenith fat loss product with women participants<sup>1</sup>. It is a baseline that may need to be adjusted based on your activity level, your starting metabolic rate, your height/bone structure, and your sex. On average, men have more muscle and higher metabolic rates than women, so men should increase calories through higher protein consumption.

Let's face it — sometimes it's hard to figure out how much is too much or just right. We break it down by combining two science-driven principles:

1. The 5 Rules of Mastering Leptin
2. The PROT-AGE Study for Optimal Dietary Protein in Older People

Under the guidance of these principles, you'll learn:

1. How your brain health determines your body weight
2. How hormones decide if you store or lose fat
3. How you can begin to heal and control your hormones with simple and satisfying meals
4. How WHEN you eat is often more important than WHAT you eat

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## THE NOURISHMENT PLAN

This eating plan will change the way you nourish, care for, and love yourself with food. It's a simple plan to help you feel satisfied by choosing protein, healthy fats, and non-starchy, low-glycemic plants.



### PRO TIP

*Remove the word “diet” from your vocabulary. You are learning how to give your body what it needs to be lean and healthy.*

## BALANCING YOUR LEPTIN & INSULIN

Although portion control is important, this meal plan works synergistically to help you balance your hormones that drive appetite and cravings. Your body's resting weight set point is established inside your brain and influenced by key hormones. Your brain wants to keep you at your current weight, which means you need to “reprogram” it to a lower number. The two most important hormones responsible for lowering your brain's set point for your body weight are insulin and leptin. Insulin is your primary fat-storage hormone, and leptin is a fat-burning hormone. Both hormones need to be in optimal ranges, which is not typically the case.

If you are struggling with weight loss resistance or obesity, there is a good chance your insulin and leptin levels have been dangerously high for too long. Wait, isn't leptin a fat-burning hormone? High leptin should make you skinny, right? Unfortunately, that's not how it works. More is not always better! Every chemical you make has an optimal range, and they work together to create harmony in the body. If your brain has been flooded with excessive amounts of leptin and insulin for years, it damages the parts of the brain that “read” the hormone messages. The brain eventually can't “hear” the hormones (much like a tired mom learns to “not hear” her kids yelling at each other). That's what “resistance” means — you have too much of a particular hormone in your blood, but the brain (or target cell) no longer recognizes it. This causes the brain to respond as if the hormone level is very LOW when it is actually very HIGH.

If you are overweight or obese, there is a high chance you are insulin and leptin resistant. The fastest way to lower insulin and leptin for long-term success is by learning to love a low-insulin nutrition lifestyle. Over time, by keeping these two hormones low as you lose excess body fat, your brain will have time to heal. This allows your brain's body weight set point to lower to a “new normal” for you. When the set point is lowered, your brain will work to adapt your metabolism to maintain that new lower body weight with ease.



### PRO TIP

*Changing your body's weight set point begins in the brain by lowering insulin and leptin; severely restricting food intake on crash diets” never moves this dial.*

## USING FOOD TO BALANCE LEPTIN & INSULIN LEVELS

Later on, you will see that we included the glycemic index to help you understand how to lower your insulin levels through better food choices. Eat foods low on the glycemic index (below 20) for best results in managing your fat-storage hormone insulin.

When it comes to pasta or bread, serving sizes must be strictly adhered to since these are some of the strongest provokers of insulin spikes. Some people can do moderation very well, while some cannot. This is a personal decision that requires you to be honest with yourself. When it comes to food addictions, there is very strong evidence that moderation is not an option for many people. No one expects an alcoholic to moderately intake alcohol on the road to recovery. With alcoholism, it is very well understood that any ingestion triggers a profound chemical cascade that cannot be stopped by willpower. Therefore, if you choose over time that it is easier to eliminate certain trigger foods such as pasta and bread, know that it is a valid choice for your health. Many people enjoy a wide variety of incredible foods and active social lives without ever consuming foods that do not make them feel well, such as bread, pasta, desserts, and other grains.

The most common error in all “diet plans” is the severe restriction of the most satiating, nourishing macro with a very low insulin response and no known addictive qualities: animal protein.

Eating enough protein is the key to lowering insulin levels, leptin levels, inflammation, and having enough raw material to build strong bones and muscle. Studies have shown that the body will continue to eat in excess in search of enough protein (it's really looking for nitrogen, but let's keep it simple!) If you don't hit your “protein goal” for the day, you are much more likely to start searching for more

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nitrogen from potato chips or ice cream before bed. Simply put, you will continue to eat excessive amounts of carbohydrates and fats if you don't meet your body's protein requirements.

**PRO TIP**

*Remember that protein is used for structure/repair, while fat and glucose are used as energy sources.*

Your protein portions — meat (beef, bison, elk, venison, etc.), poultry (chicken and duck), pork, eggs, fish, and seafood — can be large as long as you are not covering them with sauces that are not acceptable. Remember, animal protein already contains high-quality healthy fats. You do not need to drown your food in excess fats, even if they fall into the “healthy fat” category. The idea is you want your body to start using the healthy fat you have stored in your belly, hips, and thighs instead! You need good fats from organic butter, ghee, beef tallow, duck fat, cold pressed extra virgin olive oil, avocado, and MCT oils, but you only use these to taste. You will easily hit your “fat goal” by eating enough protein.

**PRO TIP**

*If the goal is to burn fat off your body, then you don't need to eat excess amounts of fat to get into “fat-burning” mode, as is often promoted in keto communities. You just need to keep insulin low long enough for the body to remember how to unlock the fat again. High insulin keeps filling fat, not dumping it.*

For the first week, you will eat mainly protein — minimize the use of protein powders (plant-based & whey), eat lean red meats, eggs of all kinds, fish, seafood, poultry —and healthy fats until you are in fat-burning mode. Minimize the use of protein powders (plant-based, beef, & whey).

Protein powders like whey raise insulin levels much higher than their whole food counterparts. Our meal plan includes the use of protein powders for both diversity and ensuring you are consuming the needed amounts of protein. However, when using protein powders, please source only the highest-quality powders that contain around 20+ grams of protein per scoop. Many protein powders are highly processed that testing reveals contain high levels of toxins such as glyphosate and lead.

**PRO TIP**

*It is very hard to lose fat with excess toxin consumption because fat cells save your life by storing heavy metals, pathogens, and chemicals. The more toxins that enter your bloodstream through your skin, hair, nails, and mouth, the more fat cells want to get bigger to store dangerous poisons to protect your brain and heart. Consider cleaning up your home and beauty products along the way.*

**Vegetarians** often do not get enough protein, even those who are very careful about food combinations. It is imperative if you are a vegetarian that you eat protein powders, beans, legumes, nuts, and seeds, or if you are lacto-ovo vegetarian, include eggs or cheese as alternatives to the animal-based protein recommended in the following diet. Eating protein and good fats is the secret to this program. If following a vegetarian diet, it may not be easy to consume all of the protein recommended for this meal plan.

## EATING ENOUGH PROTEIN SETS THE STAGE FOR SUCCESS

Many weight loss efforts fail because of three key mistakes:

1. Not eating enough complete protein.
2. Lack of addressing poor sleep, overwhelming stress, and inadequate recovery.
3. Lack of patience; quitting too soon. This urge to quit is often created by ignoring steps 1 and 2.

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We will help you address the protein deficit with this Nourishment Guide. Sleep and stress management are supported inside the AWAKENDself programs that include Mindset, Visualization, Sleep, Meditation, and Movement programs. We believe this combination will make quitting much harder because your discipline will become more effective if you are not fighting against hunger, fatigue, and dissatisfaction.

Your body isn't really searching for protein in food. It is seeking a certain combination of the smaller amino acids. There are 20 amino acids, and 9 of these are essential. Essential means we cannot make them and must eat them. We must eat enough essential amino acids to make the other 11 non-essential amino acids.

You CAN get all the amino acids from plants, but please do not be misled — quinoa does not have the same protein quality as meat, based on its amino acid profile. In addition, the higher carbohydrate content increases insulin levels and leptin levels. This is particularly important to keep in mind with an aging population who struggles with eating enough food. You must eat a lot more calories to get the same protein content from plants.

As you get older, you need fewer calories but require the same essential nutrients; thus, you must increase nutrient density. You actually need to eat MORE protein and fewer calories as you age due to lower hormones and muscle loss.

Protein quality is different in plants simply because of the amino acid content. After protein quality, important nutrients for brain and muscle function, like creatine and choline, need to be considered. Most vegetarians decrease total protein intake to near the RDA, which is defined as the minimum using high-quality protein. If vegetarians consume 120 grams of protein per day, the quality will be less important.

Why do we want you to hit your protein goals? It's all about building the organ of longevity — your skeletal muscle. Your number one currency against age-related decline and keeping extra fat off your belly is how much skeletal muscle you can protect or add as you age. Age-related muscle loss starts as early as your 30's. After all, what do you think keeps your insulin levels low and burns up alcohol, sugar, fat, and ketones? It's all that beautifully sculpted muscle waiting to be admired under the extra fat! So let's learn how you can biohack your body to build muscle with food and resistance training.

## SCIENCE CORNER: HOW YOU CAN BUILD MUSCLE WITH EACH MEAL

1. You need 2.5 grams of leucine (one of the three essential branched-chain amino acids) per meal to stimulate muscle protein synthesis.
2. Research shows 30 grams of high-quality protein contains 2.5 grams of leucine.
3. Animal sources have a higher amount of leucine, which is a complete protein.
4. You need 35-40 grams of plant protein to hit the same leucine threshold. So, in order to get the same leucine, you'd have to eat between 35 to 45 percent more protein when you're eating soy or wheat.
5. Eating less than 2.5 grams of leucine per meal (or 30 grams of complete animal protein or 40 grams of incomplete plant protein) will NOT stimulate new muscle growth.

## HOW DO YOU KNOW HOW MUCH PROTEIN YOU NEED TO EAT?

The old paradigms on obesity don't seem to work. If "eat less, move more" worked, everyone would have a healthy body composition. If the "calories in calories out" theory of metabolism worked, every calorie-counting program should work the very first time you learn how to eat for your goal weight. The newer science looks at obesity differently. What if you are not "over-fat" but are "under-muscled"?

When you are young, muscle growth is driven by hormones. You don't need as much protein. As you age, your body becomes more resistant to hormones. Then there are only two ways to stimulate muscle protein synthesis: resistance training or nutrition. Nutrition means the right amount of protein at the right times in the right amount to stimulate growth. Aging today is on a fast-track trajectory of sarcopenia (muscle loss) and cachexia (muscle wasting). Sarcopenia and anabolic resistance are happening earlier. Usually, it begins in your 40's and 50's, but we are so inactive that it is starting in our 30's. This involves a loss of muscle function, muscle strength, and fat infiltrating the tissue. As we age, we need to eat more protein at once. We need around 50 grams at one time. At 65 and up, we need 40 to 50 grams of protein to stimulate the same kind of muscle turnover. There is a tendency to eat less protein as we age.



### PRO TIP

*Humans used to be more active. Physical activity stimulates our muscles. The more sedentary you are, the more protein you need to eat to compensate for the lack of muscle stimulation. Many people think you need to eat less protein on days you do not lift weights when the exact opposite is true.*

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Start eating protein for the weight you want to reset your brain to maintain. If you want to be 145 pounds, then you need to eat like a 145-pound person, not like your current weight.

Protein Equation: 1 gram of protein for every goal pound. If you are over 65 or chronically ill, this number can increase even to 1.2 grams of protein per pound. Going over isn't as dangerous as going under.

That means if you want to be 145 pounds, you aim to eat 145 grams of protein each day, split into three meals. If you want to be 200 pounds, your goal is 200 grams.



**PRO TIP**

*The lower your calories, the higher your protein needs to prevent placing the body into starvation mode and slowing metabolism. You protect your muscle (and metabolic rate) by eating protein.*

# WHAT DOES 25G OF PROTEIN LOOK LIKE?

	AMOUNT	CALORIES	PROTEIN
QUINOA	 3 CUPS	666 CAL	25 G
PEANUT BUTTER	 7 TABLESPOONS	665 CAL	25 G
KIDNEY BEANS	 3 1/2 CUPS	385 CAL	25 G
LENTILS	 1 1/2 CUPS	345 CAL	25 G
TOFU	 11 OUNCES	250 CAL	25 G
BEEF	 4 OUNCES	180 CAL	25 G

## THE 5 RULES TO MASTER LEPTIN

Now that you understand the importance of protein in creating satiety, providing low-calorie nutrition, offering healthy fat for energy, lowering insulin levels, building muscle through leucine signals, increasing metabolism, and increasing willpower by keeping the brain out of starvation mode, let's talk about the timing of eating and why it matters.

### RULE 1: NEVER EAT AFTER DINNER.

- Dinner should be at least 3 hours before bedtime.
- Never go to bed on a full stomach.
- Plan at least 11-12 hours from dinner to your next meal.

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**RULE 2: EAT THREE MEALS A DAY SPACED 4-6 HOURS APART.**

- Do not snack. Snacking keeps insulin levels chronically high, telling the body to store fat and not allowing you to use it efficiently.
- Snacking stresses the pancreas through a repetitive strain.

**RULE 3: DO NOT EAT LARGE MEALS.**

- Overeating causes high blood sugar and insulin levels.
- Overeating stretches the stomach setting you up with a larger waistline.
- In addition, you can't get enough protein in one meal to sustain the healing and repair your body needs during this healing and building muscle phase you are in.
- These rules are for those who are overweight and struggle with leptin resistance. Once you are healthy, you have more flexibility and can reduce to 1-2 meals a day if desired for fasting purposes.

**RULE 4: EAT A HIGH-PROTEIN BREAKFAST.**

- This increases your metabolism for the entire day and keeps insulin levels low.
- Although protein is technically registered as four calories per gram, we know now that it takes energy in the body to use protein, so it is more like three calories per gram.

**RULE 5: REDUCE THE NUMBER OF CARBOHYDRATES EATEN.**

- Carbohydrates are the main signal for insulin release.
- They are easy-to-use fuels.
- Choose non-starchy, low glycemic whole fruits and vegetables.

**Side Note:** these rules are not written for children. Children grow at an accelerated rate and may require more frequent meals without the same metabolic consequences. Once you are 30, there are significant health consequences to chronically high insulin levels through eating too frequently or excessive carbohydrate consumption. Children have a much different tolerance for carbohydrates than adults.

**LETTING THESE RULES GUIDE YOU**

Some of you will not have the physical ability to follow these rules initially. It means that you are not healthy enough — yet. Being able to not eat 11-12 hours from dinner to breakfast or wait 5-6 hours between breakfast and lunch takes a certain level of metabolic flexibility and healthy hormone patterns that most overweight individuals do not possess. These are the goals you will be working towards. This 8-week plan will start off with three meals and two snacks, assuming you are already eating frequently because you tend to feel hungry, shaky, lightheaded, or “hangry” if you don't.

In addition to these Leptin Rules and Increasing Protein, your body will heal fastest by focusing on building muscle through exercise. Muscle is what clears sugar and insulin from your bloodstream.

If you are already healthy enough to go an extended time between meals and don't snack, please do not start snacking. We start the plan with an increased protein intake as the primary goal. Fat intake will naturally come along for the ride with the protein, and we start reducing the carbohydrates to lower insulin levels consistently. Once this happens, it is easy to remove the snacking habit you developed.

The normal leptin 24-hour pattern is to rise at night and be highest 2 hours into sleeping. It gradually falls until it hits a low point at about noon. In a healthy person with normal signaling, you should have no hunger at night, be burning a ton of fat while leptin peaks, and then have the strongest desire to eat when leptin is lowest at lunchtime. Remember, if you are leptin resistant, your leptin is high at night, but your brain can't hear the message, so it thinks it is low, and it asks you to go find some food and turns off fat burning because your brain thinks you are in danger.

For this reason, Rule #1, not eating after dinner, tends to be the hardest and most important. Be gentle with yourself as you are learning to make these changes. Leptin is a very powerful driver of food cravings and eating. One of the most commonly reported benefits of using Zenith is the drastic reduction in cravings and the ability to stop eating desserts and late-night snacks.

**WEIGHT LOSS TIPS****ALCOHOL**

Truth telling time: alcohol is not good for you. When you drink alcohol, it is the primary fuel source your body uses. It takes priority to clear it out of the blood over glucose or fatty acids. Once cleared, your body stops burning fat for up to 48 hours. It disrupts deep sleep where you heal, lowering growth hormone and testosterone — two hormones known for their fat-burning abilities. Limiting alcohol or eliminating it completely will only accelerate your efforts to lose weight and age gracefully.

**WALK AFTER EATING**

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A brisk 10-minute walk after each meal has incredible power to lower your blood glucose levels and therefore insulin very quickly. Remember, insulin is your fat-storage hormone, so keeping it consistently low is the key to getting your body to burn fat and stop storing it.



### PRO TIP

*Walking at least 2 hours/wk reduces all-cause mortality by 34% and cardiovascular mortality by 39%.*

## ELIMINATE DISTRACTIONS FROM SCREENS

Eating while watching your favorite movie, weekly series, or even scrolling through a social media feed will almost certainly ensure you will overeat. Commit to being present with yourself, your family, and your gratitude for the nourishing food before you. Appreciate what you see, how it got to your table, and who you are with. Breathe in the moment without the distraction and inflammatory radiation from a screen.

## COFFEE

Limit coffee to 1-2 cups (preferably organic) per day. Drink green tea the rest of the day; it is an excellent fat-attacking drink. It has a natural combination of low-dose caffeine and L-theanine that promote focus and reduce stress.

## MULTIVITAMINS

Take your multivitamins with minerals with food or as prescribed.

## PROTEIN FOR BREAKFAST

Eat protein for breakfast. This truly is the most important meal of the day for determining your metabolism. 30-50 grams of protein activates your engine, also known as your muscles. It accelerates your fat-burning furnace by 25 percent, and it burns higher for up to six hours. You can add protein powders to yogurt, cooked oatmeal, and other foods if you are not used to eating more whole foods that include eggs and meat, yet.

## FOOD ORDER

If desired, you can add this trick to keep insulin levels even lower. This is not a requirement.

Eat all the protein on the plate first.  
Then eat the carbohydrates (non-starchy vegetables and leafy greens).  
Then eat all the sugars last.

This is a bit of an advanced topic, but consider reclassifying what you call a sugar as anything that creates a high blood sugar level spike: potatoes, rice, bread, starch root vegetables, all grains like quinoa/oatmeal/risotto/pasta, all fruit (even the low GI ones because most people overeat them), and alcohol.

So if you are planning a birthday celebration and want to enjoy an indulgent meal, just change the order of how you eat it to create a much smaller insulin spike by drinking the champagne with your birthday cake at the end and learning to skip appetizers entirely.

## INTERMITTENT FASTING

If you are extremely leptin resistant, start by focusing on Rule 1: not eating after dinner and trying to go 11-12 hours before eating breakfast.

Most women over 45 do best eating in an 8-12 hour window long term. That ends up being a 12 to 16-hour fast daily. This is a good long-term goal to maintain. Slowly work your way there over the next 8 weeks.

Men can tend to do well with even shorter eating windows, such as 6-12 hours. Their fasting windows are often longer, with 12 to 18 hours of fasting daily.

Do not eat after 7 PM.

Remember, alcohol counts as "eating" because it dramatically raises insulin levels and turns off all other energy use in the body until all the alcohol is cleared out first.

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### PLATE SIZE

Eat your food on a side plate; the dinner plate is too large, and you end up eating more than you need. Be reasonable about portion size. This program is for life, not just for a few weeks. Use a big salad bowl and fill it with low glycemic index vegetables and salad greens. You don't need to worry about portion size if you eat on a side plate and use a bowl for the veggies and salad.

### SPICE IT UP

Put cayenne pepper in your pepper shaker instead of black pepper. Cayenne increases your fat-burning furnace.

### SLOW IT DOWN

Use lemon juice and balsamic or apple cider vinegar on carbohydrates (vegetables, lentils, beans, pasta, and breads) to slow the release of glucose.

### CHEW WELL

Chew your food well. Do not swallow until the food is thoroughly chewed.

### STAY HYDRATED

Drink water with clean, pure salt and lemon/lime throughout the day. Try not to drink too many fluids with your meal, as this can dilute digestive juices and stomach acid.

### DIGESTION AID

Take high-quality digestive enzymes from your functional clinician with every meal and snack if you have been experiencing gas, bloating, burping, constipation, or have a distended abdomen.

### CHOOSE FULL FAT & GOOD FATS

Buy full-fat yogurt instead of no-fat, low-fat, or skim. When we take the fat out of foods, the companies add extra carbohydrates like sugars to compensate for the change in taste.

### NUTS AND DAIRY

You can eat nuts and cheese. However, please be aware these are very high-energy foods that are often eaten without paying attention to quantity. Nuts are often cooked in fattening seed oils and are easy to overconsume. Certain cheeses can stimulate the brain, similar to opioids, and have very addictive properties. Often, the elimination of these foods helps move the dial in a weight loss plateau or stuck point. Be mindful that in several weeks or months, you may want to consider reducing these foods even further.

### HYDRATION FACTS VS. MYTH?

Did you know the water you drink never gets inside your cells? It's true. Cellular hydration happens in an entirely different way. Cellular water is a very unique form of water made by the "powerhouses" of your cells, your mitochondria. This is why you can drink a tremendous amount of water, yet your blood labs can show kidney stress and dehydration because that has nothing to do with helping your mitochondria hydrate your cells. What helps your cells hydrate are healthy salts, sunlight, red light therapy, low insulin levels, and the ability of your mitochondria to use electrons from fats versus glucose. Sugar (glucose) makes much less energy and water in the cell than fat inside the mitochondria. So focusing on reversing leptin resistance through a low insulin and low inflammation lifestyle with plenty of healthy salts and sunshine will help your cells hydrate as nature designed.

Drinking water helps to hydrate different areas of the body, such as the lymphatic system and blood plasma. The water inside your cells is also used to hydrate your entire body. The more water your cells make, the less thirsty you will become because you will not be dehydrated. This is one of the great hidden benefits of a flexible metabolism that can switch back and forth from using glucose and fats easily. (This is why therapeutic ketogenic diets for epilepsy or brain cancer create massive hydration and very little need to drink much water.) To help the lymphatic or "sewer system" of your body flush fat and waste products out, it's important to have enough water in your body.

You most likely are dehydrated because your mitochondria do not work very well, and you cannot make much cellular water from fat. Water itself does not hydrate, however. It must carry minerals inside it. That is simply what we call salt. Real salt carries with it roughly 60-84 minerals depending upon where it is sourced, land or sea, for instance. Common table salt is an artificial chemical consisting of only two minerals in forms that don't hydrate well. Please get real salt and ditch the table salt! Add a pinch of salt to every glass of water you drink to bring minerals. Squeezing lemon into the water adds more hydration and minerals as well as helps prepare a weak acid in your stomach, which should be highly acidic at a pH of 1.5.

Please do not ever drink alkaline water (pH of >7.5) with your food, as this is ruining your ability to use your natural stomach acid to kill pathogens and break down protein easily.

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The health community often repeats advice that has zero scientific or physiological evidence to support it. It just is a matter of repetition, creating a sense that it is a proven fact when it is not. One of those commonly repeated mantras is “Drink half your body weight in ounces of water every day.” There is actually not a single study or biological reference anyone can provide to support this as healthy advice. When your brain and kidneys are in an optimal state, they send you correct thirst signals. There is no need to drink water when you are not thirsty. Your body does not make any mistakes; you were not born defective. When you are in a healthy state, your body will tell you when it needs to drink through normal thirst signals.

However, chances are your hormonal signals of hunger and thirst are not working correctly if you are inflamed with excess body fat. In fact, excessive thirst is one of the first and classic signs of diet-created Type 2 diabetes. And drinking excessive water causes strain on the kidneys as well as alters a kidney hormone called Antidiuretic Hormone (ADH). This, in turn, then creates excessive thirst and more dehydration.

If you need to lose excess body fat, your body isn't in optimal condition. And if you are adding in Zenith, with incredible fiber to help you regulate leptin and lose weight easier, you need to drink healthy clean water with minerals free of fluoride, chlorine, and drug residues that are found in most city tap water systems.

### LEMON FOR DIGESTION

Each day you will start the morning with fresh-squeezed lemon juice (not lemon juice from a plastic bottle, but the real thing) or organic apple cider vinegar (not white vinegar) in water; this helps flush and decongest the liver and stimulate digestion. You can use hot water or squeeze lemon juice into your favorite herbal tea, especially ginger tea, which also aids in fat loss. Lemon and water stimulate bile and promote the movement of wastes through the colon, speeding up elimination. For extra adrenal support, you can add a pinch of high-quality salt, such as U.S.-sourced Redmond's Real Salt from Utah. Please never use common table salt.

### ORGANIC

Choose organic, free-range, and wild to reduce environmental hormones and pesticides, which contribute to belly fat.

### AVOID FAKE SWEETENERS

Synthetic sugar substitutes like aspartame (Nutrasweet™) and sucralose should be avoided. Aspartame is more sinful than sugar. It is a synthetic substance made up of phenylalanine, aspartic acid, and methanol (wood alcohol).

### NATURAL SWEETENERS

Stevia is a great alternative to artificial sweeteners. It is 300 times sweeter than sugar, has no calories, and is safe for people with diabetes. Stevia leaves have been used as herbal teas by diabetic patients in Asian countries. In a study published in 1993, no side effects were noted in diabetics who ate stevia for years. Two other research studies, published in 1981 and 1986, found that stevia extract can improve blood sugar levels.

AWAKEND™



## LOW GLYCEMIC FOODS INDEX

A system that ranks food on a scale from 1 to 100 based on their effect on blood-sugar levels.

It is so simple to be healthier, thinner, and more energetic once you learn which foods to avoid and which to choose. People with diabetes, obesity, cancer and heart disease who choose low glycemic index foods (below 60) will find that many of their symptoms quickly heal. For weight loss, eat more foods below 20.

Low glycemic foods balance blood sugar, lower insulin requirements, reduce body fat, reduce blood pressure, improve the immune system, promote longevity, and provide overall enhanced well-being. This does not eliminate or drastically reduce carbohydrates. This nutrition plan focuses on muscle growth, stimulating protein with fats and plant carbohydrates that have a low glycemic index rating.

### AVOID THE FOLLOWING FOODS

- Glucose
- Potato, baked
- Carrots, cooked
- Cornflakes
- White rice, instant
- Honey
- Bread, white
- Bagels
- Melba toast
- Potato, mashed
- Bread, wheat
- Table sugar
- Beets
- Raisins
- Bran Muffin

### EAT FOODS RATED 60 OR LESS IN MODERATION

Limit consumption of these foods. Although fructose is a low GI food, it comes with its own problems through liver damage and raised triglycerides. Blood sugar tests assess glucose and not fructose.

- Pita
- Oatmeal, large cut (not instant)
- Popcorn (air-popped)
- Buckwheat
- Banana
- Brown rice
- Grapefruit juice, unsweetened
- Bread, whole-grain, pumpernickel
- Soy milk
- Bread, dark whole-grain rye
- Pinto beans
- Whole-grain pasta
- Apples
- Tomato juice, canned unsweetened
- All-Bran™ cereal
- Tomatoes
- Yogurt, plain
- Yams
- Chickpeas
- Skim milk
- Strawberries\*
- Real egg fettuccine

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- Kidney beans
- Whole-grain spaghetti, protein enriched
- Peaches
- Cherries
- Fructose

\*Strawberries are very heavily sprayed with pesticides. Buy only organic.

### FOODS BELOW 20 CAN BE EATEN FREELY

Non-starchy plants below 20 on the glycemic index:

- Arugula
  - Asparagus
  - Avocado
  - Broccoli
  - Brussels sprouts
  - Cauliflower
  - Celery
  - Chard
  - Cucumber
  - Eggplant
  - Kale
  - Lettuces
  - Mushrooms
  - Purple cabbage
  - Rhubarb
  - Scallions
  - Seed sprouts
  - Zucchini
- Meat, poultry, fish, eggs, fats, and oils are not rated because they have almost no carbohydrates.

### SLIMMING FOODS

The following are protein recommendations. As it's impossible to list all protein choices, you can also use the glycemic index food list as a source of food choices. Remember to choose foods low on the glycemic index. The lower the foods on the chart, the faster you lose weight.

For the first few weeks, the program focuses on foods below 20 on the chart. Choosing foods below 20 will ensure a jump start to your weight loss.

After the first two weeks, foods below 60 on the chart can be added to provide variety. Remember, the goal is to learn how to eat to maintain optimal health for life, not just for 56 days.

Choose foods that are in their natural state, and eat organic foods whenever possible. Avoid all foods containing sugar, artificial sweeteners, trans-fatty acids (you will see them listed on the label as hydrogenated and partially hydrogenated), and processed foods.

- Bison
- Canned water-packed wild salmon
- Dairy products (organic)
- Free-range chicken and turkey (breasts, lean ground breast)
- Free-range eggs and/or omega-3- enriched eggs
- Grass-fed beef
- Kefir (kefir contains friendly bacteria yogurt doesn't have, and it re-colonizes the intestinal tract with good bacteria)
- Lamb
- Lobster or crab (canned, water-packed)
- Organic tofu (soft or firm)
- Ostrich

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- Protein powder (beef, whey, pea, or rice)
- Sardines
- Scallops
- Shrimp
- Organic sour cream
- Tuna (fresh, or canned water-packed)
- Venison
- Wild fish (cod, bass, haddock, halibut, mackerel, perch, pollock, snapper, sole, trout, whitefish)

## SLIMMING FOODS - CARBOHYDRATES

### FRUITS- KEEP TO SMALL AMOUNTS SUCH AS ¼ CUP

- Blackberries
- Blueberries (fresh, frozen unsweetened)
- Cherries (fresh, canned unsweetened)
- Cranberries (fresh, frozen unsweetened)
- Apricots
- Kiwi
- Lemons and limes (or their pure juice only, no concentrates)
- Peaches and pears (fresh or packed in their own juice)
- Plums
- Raspberries (fresh, frozen unsweetened)
- Unsweetened cranberry juice (small amount, no concentrates)
- Unsweetened grapefruit juice (no concentrates, small amount)
- Unsweetened pomegranate juice (small amount)

Choose other fruits from the glycemic index list.

## VEGETABLES

- Arugula
- Avocado (technically a fruit)
- Brussels sprouts
- Broccoli
- Cauliflower
- Celery
- Chard
- Cucumber (technically a fruit)
- Eggplant
- Olives (fatty fruit)
- Lettuces
- Mushrooms
- Purple cabbage
- Rhubarb
- Scallions
- Seed sprouts of all kinds
- Zucchini

Any vegetable is acceptable except white potatoes, corn (canned baby corn in moderation is allowed as starches are reduced), parsnips, pumpkin, beets, and carrots.

You are a learner and are craving more, otherwise, you wouldn't still be reading this far into the Nourishment plan! We see you. You've probably seen some interesting words on social media or in other advertising, such as "oxalates, lectins, phytates, gluten." These are just a few of the many poisons plants produce to protect themselves or provide structure. Although this beginner's plan is primarily focused on reversing leptin resistance and muscle wasting, we will include a very short list of a few foods that have the highest amount of chemicals that are highly involved in making it much harder to lose excess fat over time.

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**ADVANCED KNOWLEDGE INFLAMMATORY SUBSTANCES:**

Please consider (not required) avoiding the following foods to accelerate results:

Spinach, kale, wheat products, soy products (including soy sauce and fermented items), peanuts, alcohol, red kidney beans, nightshades (tomato, eggplant, potato), beans/legumes, and dairy products.

You will still find these items throughout the meal plan, as they are commonly consumed and recognized foods, but we shouldn't ignore the increasingly widespread education about the involvement of these chemicals in obesity and other diseases. That is a topic best left to you and your nutrition-based clinician.

**STARCHES & BREAD**

The following should be highly restricted or eliminated from a long-term plan.

- Unsweetened, protein-enriched, whole-grain rye and pumpnickel breads
- Tortillas
- BEANS & LEGUMES
  - Black beans
  - Chickpeas
  - Lentils
  - Pinto beans
  - Split peas
  - White navy beans

**SAFER DAIRY PRODUCTS**

- Organic cheese
- Organic milk
- Organic yogurt, unsweetened & unflavoured

**SOUPS (CANNED)** — *watch for high sodium content*

- Black bean
- Lentil
- Tomato

**SWEETENERS**

- Stevia

Avoid all synthetic sweeteners and glucose or any sugar ending in -ose, such as dextrose, lactose, and fructose.

**CONDIMENTS & SPICES**

- Balsamic vinegar
- Basil
- Capers
- Cardamom
- Carob or cocoa powder
- Cayenne
- Chives
- Cilantro
- Cinnamon
- Coriander
- Garlic
- Mayonnaise
- Organic apple cider vinegar
- Peppercorns
- Real flavor extracts, no sugar added (vanilla, anise, almond, lemon, etc.)
- Rosemary
- Sage

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- Sea salt
- Thyme
- Turmeric
- Unsweetened Dijon mustard
- Unsweetened salsa

## FATS & OILS

- Best cooking fats are natural fats with a high cooking temperature such as beef tallow, duck fat, butter/ghee, and coconut oil
- Extra virgin olive oil and MCT oil for dressings
- Free-range organic butter
- MCT (medium-chain triglyceride) oil for increased fat burning
- Organic coconut butter, excellent for cooking; provides medium chain triglycerides, which improve thyroid function and aid fat loss by maintaining blood sugar

## TEA & COFFEE

- Herbal teas (unsweetened) throughout the day
- Organic coffee (1-2 cups per day)

## GENERAL MEAL SUGGESTIONS

Keep these guidelines in mind when creating meals for your plan. We've provided 8 weeks of menus, but you can substitute your creations using these helpful reminders on how to eat healthily.

## PROTEIN

Make sure you eat protein (0.82 to 1 gram per ideal body weight) such as chicken, eggs (scrambled, poached, soft or hard-boiled, or omelet), high-quality protein powder (plant-based, beef isolate, or whey), beef, fish, lamb, seafood, lentils, pork or tofu, at every meal.

## FATS

Choose full-fat, organic dairy products, extra virgin olive oil, grass-fed butter or ghee, MCT oil, and avocados. Fats make you feel satisfied. You will easily consume enough healthy fat if you eat your protein goals with natural, whole, animal protein versus manufactured shakes. However, you should not be focused on fat as the goal — this can often lead to excessive use of fats in drinks like coffee.



### PRO TIP

*C8 MCT oil is a unique fat that can't be stored as body fat. It is processed by the liver to make ketones, which are a form of fuel that helps give the brain energy and focus. Ketones have recently been associated with a number of anti-inflammatory healing responses throughout the entire body.*

## DARK GREEN VEGGIES

Dark green veggies such as broccoli, peas, Brussels sprouts, asparagus, romaine lettuce, mixed salad greens, arugula, and celery, etc., can be eaten without limit to serving size.

## “WHITE” FOODS

During the first (14-days) two weeks, no white foods are allowed. After that, limit your intake of white foods (white pasta, white bread, white sugar, white flour, white rice). Remember, these are the obesity foods.

## AVOID ARTIFICIAL SWEETENERS & FLAVORS

Use full-fat, organic plain yogurt and add your own fruit to avoid artificial sweeteners and processed flavorings. Add protein powder to yogurt for a protein-enhanced snack.

The only sweetener allowed is stevia, available at most grocery stores.



## INSTEAD OF BREAD AND CRACKERS?

Now that you aren't putting everything on bread and crackers, you can use low-toxin plants as the foundation. Put smoked salmon or tuna between cucumber slices; use endive lettuce to hold meat and bits of cheese; eat celery with salsa; wrap lettuce around your burger; use mounds of sprouts or spiralized zucchini, instead of rice or pasta, to hold sauces and veggies; avocado is a great cup for holding crabmeat, tuna, and chopped herbs.

## ARE YOU READY?

**Congratulations!** You are now armed with all the nutritional guidance you need to really begin your transformation journey. It's time to check out our delicious, nutritious, fat-burning meal plans. So, grab a notepad and a pen, and create your grocery list. Change happens one step and one day at a time. Your day begins NOW!

## NOURISHMENT GUIDANCE PLAN

We are so proud of you for taking the next step to awaken your body's innate ability to thrive! The journey you are embarking on will empower you with both the knowledge and tools to help your body heal and transform.

The following 8-week meal guidance is just that — guidance! We've followed the protein recommendations discussed earlier. If you need to slowly work into eating this amount of protein per day, that is more than okay! Start with breakfast and go from there. If there are any meals that don't resonate with you, you can create your own! You are completely free to mix and match meals, just do your best to stay with the same protein grams and calorie recommendations per meal. You can use the "myfitnesspal" app to figure out the protein grams and calories of any food. We have also included several vegetarian substitution options at the end of this Meal Guidance Plan.

Let's do this!

## WEEKLY GOALS

### GOALS FOR WEEK 1:

- Join the Z Community Facebook page for support!
- Plug into our daily AWAKENDbodyclasses & weekly nutritional coaching
- Choose an Accountability Partner
- Read over the Meal Guidance Plan
- Increase your hydration!
- Think about one thing you want to release. This will start in week 2:
  - (Examples: alcohol, latte, candy, bread, eating in front of a screen, eating in your car, fast food, etc.)
- Focus on breakfast:
  - High protein (30-50 grams protein)/low insulin/no grains/low glycemic fruit/ breakfast
- Don't eat after dinner (eating after dinner is the strongest sign of leptin resistance)

### GOALS FOR WEEK 2:

- Write down what you will release for the next 4 weeks
- Continue High Protein Breakfast (30-50 grams protein)
- Continue not eating after dinner
- If you have yet, focus on also getting a high protein Lunch (30-50 grams protein)

### GOALS FOR WEEK 3:

- Continue High Protein Breakfast and Lunch (30-50 grams protein)
- Continue not eating after dinner
- High Protein Lunch
- Remove one snack if still snacking

### GOALS FOR WEEK 4:

- Continue High Protein Breakfast
- Continue High Protein Lunch
- Continue not eating after dinner
- Focus on getting a High Protein Dinner (30-50 grams protein)
- Remove all snacks if still snacking

### GOALS FOR WEEK 5-8:

- Continue High Protein Breakfast, Lunch and Dinner (30-50 grams protein)
- Continue not eating after dinner
- Continue to not snack
- Find exciting ways to congratulate yourself!

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# WEEK 1



## GOALS FOR WEEK 1:

- Join The Z Community Facebook page for support!
- Plug into our daily AwakendBody classes & weekly nutritional coaching
- Choose an Accountability Partner
- Read Over Meal Guidance Plan
- Think about one thing you want to release. This will start in week 2:
  - (Examples: Soda, Alcohol, Latte, Candy, Eating in front of a screen, Eating in your car, Fast Food, etc)
- Focus on breakfast:
  - High protein (30-50 grams protein)/low insulin/no grains/low glycemic fruit/ breakfast
- Don't eat after dinner (eating after dinner is the strongest sign of leptin resistance)

## DAY 1: 140G PROTEIN / 1,519 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S. Sourced Redmond's Real Salt from Utah to ensure you're hydrating those cells!

<p><b>BREAKFAST</b> 40g / 704 cal</p> <ul style="list-style-type: none"> <li>• Veggie scramble with five eggs (31g protein) with asparagus and/ or broccoli (1g protein), mushrooms (3g protein), and/or onions, and ½ avocado (2g protein); use coconut butter to saute the pan</li> <li>• (If needed) Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 7g / 161 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 cup yogurt (6g protein) and 3 oz blueberries (1g protein); stevia for sweetener, if needed</li> </ul>	<p><b>LUNCH</b> 34g / 260 cal</p> <ul style="list-style-type: none"> <li>• Canned wild-caught salmon in water 4 oz (34g protein)</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos, and 1 tbsp extra-virgin olive oil or MCT oil blend</li> </ul>	<p><b>SNACK</b> 21g / 100 cal (if needed)</p> <ul style="list-style-type: none"> <li>• Protein powder shake: one scoop of high-quality protein powder (grass-fed beef protein powder preferred) equalling (21 g protein) mixed into water or milk of your choice</li> </ul> <p><b>PRO TIP:</b> <i>One of the healthier protein powders on the market is Equip Foods Grass-Fed Beef</i></p>	<p><b>DINNER</b> 38g / 294 cal</p> <ul style="list-style-type: none"> <li>• Steak (6oz), grilled or roasted with garlic (35g protein)</li> <li>• 1 cup Brussel Sprouts (3g protein)</li> </ul>
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## DAY 2: 167G PROTEIN/ 1,419 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah to ensure you're hydrating those cells!

<p><b>BREAKFAST</b> 50g / 414 cal</p> <ul style="list-style-type: none"> <li>• 6 oz smoked salmon (31g protein) wrapped around three hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 24g / 160 cal (if needed)</p> <ul style="list-style-type: none"> <li>• Protein powder smoothie: Protein powder one scoop of protein powder (21g protein) place ice, protein powder, ½ cup yogurt (3g protein) into a blender and mix until smooth, add stevia if desired</li> </ul>	<p><b>LUNCH</b> 46g / 432 cal</p> <ul style="list-style-type: none"> <li>• 1 large grilled chicken breast (43g protein)</li> <li>• Sauteed Mushrooms (1g protein) &amp; Cauliflower (2g protein) (1 C of each) in 1 tbsp. coconut oil</li> </ul>	<p><b>SNACK</b> 13g / 142 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1/2 cup chia seed pudding with blueberries (26g protein): 1 cup unsweetened coconut milk, one scoop high-quality vanilla or chocolate protein powder &amp; 2.5 tbsp. chia seeds, whisk together, and set in the refrigerator for 1 hour</li> </ul>	<p><b>DINNER</b> 35g / 271 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Ground Turkey (33g protein)</li> <li>• 1 cup green beans (2g protein)</li> </ul>
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### DAY 3: 136G / 1,603 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 41g / 569 cal</p> <ul style="list-style-type: none"> <li>4 eggs poached, boiled, or scrambled with 4 oz breakfast ground sausage containing no antibiotics or growth stimulants or artificial coloring, and ½ avocado (41g protein)</li> </ul>	<p><b>SNACK</b> 10g / 161 cal (if needed)</p> <ul style="list-style-type: none"> <li>½ cup plain yogurt (9g protein), stevia for sweetener and ½ cup berries (1g protein)</li> </ul>	<p><b>LUNCH</b> 39g / 302 cal</p> <ul style="list-style-type: none"> <li>4.5 oz Baked turkey breast (38g protein)</li> <li>Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp. extra-virgin olive oil or MCT oil blend</li> </ul>	<p><b>SNACK</b> 13g / 142 cal (if needed)</p> <ul style="list-style-type: none"> <li>½ c chia seed pudding with blueberries (26g protein) 1 cup unsweetened coconut milk, 1 scoop protein powder &amp; 2.5 tbsp. chia seeds, whisk together and set in the refrigerator for 1 hour</li> </ul>	<p><b>DINNER</b> 36g / 429 cal</p> <ul style="list-style-type: none"> <li>4 oz. salmon filet (32g protein)</li> <li>1 cup roasted sweet potato (2g protein)</li> <li>1 cup sautéed Broccoli (2g protein) in 1 tbsp butter</li> </ul> <p><i>Now you should be in the accelerated fat-burning mode.</i></p>
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### DAY 4: 154G PROTEIN / 1,349 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 44g / 415 cal</p> <ul style="list-style-type: none"> <li>4 eggs poached, boiled, or scrambled (25g protein), 2 oz ground turkey (17g protein), ½ avocado (2g protein)</li> <li>Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 21g / 100 cal (if needed)</p> <ul style="list-style-type: none"> <li>Protein powder shake chocolate or vanilla, no fruit (21g protein)</li> </ul>	<p><b>LUNCH</b> 48g / 540 cal</p> <ul style="list-style-type: none"> <li>8 oz Bison Burger patty (46g protein)</li> <li>Green salad with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp extra-virgin olive oil or MCT oil blend (130 cal)</li> </ul>	<p><b>SNACK</b> 12g / 95 cal (if needed)</p> <ul style="list-style-type: none"> <li>½ cup low-fat cottage cheese (12g protein)</li> </ul>	<p><b>DINNER</b> 31g / 199 cal</p> <ul style="list-style-type: none"> <li>6 oz White Fish (30g protein)</li> <li>Cabbage Salad (1g protein) ½ tbsp. mayo and salsa to taste</li> </ul>
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### DAY 5: 176G PROTEIN/ 1,549 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 50g protein / 375 cal</p> <ul style="list-style-type: none"> <li>1 cup plain yogurt, (6g protein) with 1 tbsp ground flaxseed (2g protein) (available from a health food store or grind your own seeds in a small coffee grinder) and 2 scoops of protein powder (42g protein)</li> <li>Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 26g protein/ 136 cal (if needed)</p> <ul style="list-style-type: none"> <li>3 oz of turkey breast (26g protein) 1 teaspoon of mayo wrapped in romaine lettuce</li> </ul>	<p><b>LUNCH</b> 43g protein / 457 cal</p> <ul style="list-style-type: none"> <li>6 oz. lean ground beef (35g protein)</li> <li>¼ cup cooked quinoa (6g protein)</li> <li>½ cup cooked green beans (2g protein)</li> </ul>	<p><b>SNACK</b> 26g protein / 285 cal (if needed)</p> <ul style="list-style-type: none"> <li>½ c chia seed pudding with blueberries (26g protein), 1 cup unsweetened coconut milk, 1 scoop high-quality vanilla or chocolate protein powder &amp; 2.5 tbsp chia seeds, whisk together, and set in the refrigerator for 1 hour</li> </ul>	<p><b>DINNER</b> 31g protein / 296 cal</p> <ul style="list-style-type: none"> <li>4 oz grilled salmon (25g protein)</li> <li>1 cup roasted Brussels sprouts (6g protein)</li> </ul>
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### DAY 6: 148G PROTEIN/CAL 1,692

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 42g protein / 560 cal</p> <ul style="list-style-type: none"> <li>• 4 eggs scrambled poached, boiled, or scrambled (25g protein), 2 oz ground beef (15g protein), ½ avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 13g protein/ 280 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 oz of cheddar cheese (7g protein) and 1 oz almonds sprouted (if possible) - 6g protein</li> </ul>	<p><b>LUNCH</b> 37g protein / 207 cal</p> <ul style="list-style-type: none"> <li>• 9 oz shrimp (35g protein) with garlic, onions, fresh sugar snap peas (2g protein)</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and extra- virgin olive oil or MCT oil blend</li> </ul>	<p><b>SNACK</b> 19g protein / 113 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 3 oz of chicken breast (19g protein) 1 teaspoon of mayo wrapped in romaine lettuce</li> </ul>	<p><b>DINNER</b> 37g protein / 532 cal</p> <ul style="list-style-type: none"> <li>• 6 oz steak (36g protein), ½ sweet potato (1g protein), with ½ tsp. grass-fed butter</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp. extra-virgin olive oil or MCT oil blend. (130 cal)</li> </ul>
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### DAY 7: 153G PROTEIN / 1,521 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 32g protein/ 486 cal</p> <ul style="list-style-type: none"> <li>• 4 eggs, poached, boiled, or scrambled (25g protein) with bacon (5g protein)</li> <li>• ½ avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 22g protein / 116 cal (if needed)</p> <ul style="list-style-type: none"> <li>• Protein powder shake (21g protein) with 3 oz blueberries (1g protein)</li> </ul>	<p><b>LUNCH</b> 41g protein / 402 cal</p> <ul style="list-style-type: none"> <li>• 5 oz turkey burger, (41g protein) or all-beef burger</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil blend</li> </ul>	<p><b>SNACK</b> 7g protein/ 116 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 oz of cheddar cheese (7g protein)</li> </ul>	<p><b>DINNER</b> 51g protein / 401 cal</p> <ul style="list-style-type: none"> <li>• 8 oz grilled chicken breast (51g protein)</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and 1 extra- virgin olive oil or MCT oil blend (130 cal)</li> </ul> <p> <b>PRO TIP:</b> Don't forget to incorporate walking after meals to lower insulin. Walking 3-4 hours/wk is linked to 54% lower mortality</p>
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## WEEK 2



REPEAT DAILY MEALS FROM WEEK 1

#### GOALS FOR WEEK 2:

- Write down what you will release for the next 4 weeks
- Continue High Protein Breakfast
- Continue not eating after dinner
- If you haven't already, begin focusing on a High Protein Lunch (30-50 grams protein)

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## WEEK 3



### GOALS FOR WEEK 3:

- Continue High Protein Breakfast & Lunch (30-50 grams protein)
- Continue not eating after dinner
- Remove one snack if you are still snacking

### DAY 15: 158G / 1,596 CAL 1 SNACK

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S. Sourced Redmond's Real Salt from Utah to ensure you're hydrating those cells!

BREAKFAST 50g / 414 cal	SNACK 14g / 88 cal (if needed)	LUNCH 48g / 345 cal	DINNER 46g / 649 cal
<ul style="list-style-type: none"> <li>• 6 oz smoked salmon (31g protein) wrapped around 3 hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup low-fat cottage cheese (14g protein)</li> <li>• 7 walnut halves (2g protein)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ can of tuna (in water) (48g protein)</li> <li>• Mixed green salad with garlic, chili, and flaxseed oil</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large chicken breast, roasted (43g protein)</li> <li>• 1/2 yam (1g protein) ½ tsp grass-fed butter</li> <li>• 1 cup zucchini (2g protein)</li> </ul>

### DAY 16: 157G/ 1,330 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

BREAKFAST 45 g / 544 cal	SNACK 24g / 136 cal (if needed)	LUNCH 48g / 391 cal	DINNER 45g / 259 cal
<ul style="list-style-type: none"> <li>• 5-egg omelet (31g protein), 1/2 tbsp grass-fed butter, with zucchini, onions, mushroom, (2g protein) 1 oz cheese, (7g Protein) and 1 tbsp salsa</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<ul style="list-style-type: none"> <li>• High-quality grass-fed protein powder shake (21g protein) with 1/4 cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• 6 oz lean ground beef (35g protein)</li> <li>• 1 cup cooked green beans (2g protein)</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz grilled sea bass (42g protein)</li> <li>• 1 cup roasted Brussels sprouts (3g protein)</li> </ul>

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### DAY 17: 157G / 1,345 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 51g / 380 cal</p> <ul style="list-style-type: none"> <li>• 1/2 cup plain yogurt, (9g protein)</li> <li>• 2 scoops of protein powder (42g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 26g / 172 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 3 oz of turkey breast (26g protein) ½ tbsp of mayo wrapped in romaine lettuce</li> </ul>	<p><b>LUNCH</b> 30g / 379 cal</p> <ul style="list-style-type: none"> <li>• Half avocado (2g protein) stuffed with 1 can crab meat (16g protein), 3 oz shrimp (12g protein) and chopped green onions, 1 tbsp MCT oil</li> </ul>	<p><b>DINNER</b> 50g / 414 cal</p> <ul style="list-style-type: none"> <li>• Grilled chicken breast 6 oz (50g protein)</li> <li>• Green salad in lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil</li> </ul>
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### DAY 18: 148G / 1,550 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 43g / 599 cal</p> <ul style="list-style-type: none"> <li>• 5 eggs, poached, boiled, or scrambled (31g protein) with 3 slices turkey bacon (10g protein)</li> <li>• ½ avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 12g / 95 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1/2 cup low-fat cottage cheese (25g protein) and Salsa</li> </ul>	<p><b>LUNCH</b> 53g / 417 cal</p> <ul style="list-style-type: none"> <li>• 6 oz sliced turkey breast (51g protein) rolled up in lettuce, cucumber, red onion &amp; ½ avocado (2g protein), then spread turkey with 1/2 tsp mayonnaise &amp; mustard</li> </ul>	<p><b>DINNER</b> 40g / 439 cal</p> <ul style="list-style-type: none"> <li>• 6 oz steak (36g protein),</li> <li>• 1 cup Brussels sprouts (3g protein)</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp. extra-virgin olive oil or MCT oil blend. (130 cal)</li> </ul>
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### DAY 19 - 151G / 1,402 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 50g protein / 414 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Smoked salmon (31g protein) wrapped around 3 hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 6g protein/ 164 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 oz almonds (6g protein) (sprouted if possible)</li> </ul>	<p><b>LUNCH</b> 45g protein / 425 cal</p> <ul style="list-style-type: none"> <li>• 9 oz shrimp with garlic, onions, fresh sugar snap peas, (35g protein)</li> <li>• 3 oz Scallops (10g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra- virgin olive oil or MCT oil</li> </ul>	<p><b>DINNER</b> 50g protein / 399 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Grilled chicken breast (50g protein)</li> <li>• Sautéed vegetables in 1 tbsp grass-fed butter with coconut aminos</li> </ul>
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### DAY 20: 159G / 1,496 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 49g protein / 362 cal</p> <ul style="list-style-type: none"> <li>• 1 cup plain yogurt, (7g protein) and 2 scoops of high-quality protein powder (42g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 13g protein/ 143 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 2 hard-boiled eggs (13g protein)</li> </ul>	<p><b>LUNCH</b> 52g protein / 365 cal</p> <ul style="list-style-type: none"> <li>• 7 oz Sea Bass (52g protein)</li> <li>• 1 cup roasted Brussels sprouts (3g protein)</li> </ul>	<p><b>DINNER</b> 45g protein / 626 cal</p> <ul style="list-style-type: none"> <li>• 6 oz lean steak broiled with garlic and cracked peppercorns (36g protein)</li> <li>• ¼ cup quinoa (6g protein)</li> <li>• Green salad(1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or ½ tbsp MCT oil</li> </ul>
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### DAY 21: 158G / 1,585 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 43g protein/ 599 cal</p> <ul style="list-style-type: none"> <li>• 5 scrambled eggs (31g protein)</li> <li>• 3 slices of turkey bacon (10g protein)</li> <li>• 1/2 avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 32g protein / 197 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 can of tuna (in water) with 1 tsp mayo, mustard and or salsa (32g protein)</li> </ul>	<p><b>LUNCH</b> 45g protein / 465 cal</p> <ul style="list-style-type: none"> <li>• 8 oz Turkey (44g protein) or all-beef burger</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra- virgin olive oil or MCT</li> </ul>	<p><b>DINNER</b> 38g protein / 324 cal</p> <ul style="list-style-type: none"> <li>• 6 oz lean ground beef (48g protein), mixed with 1 cup green beans (2g protein)</li> </ul>
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#### PRO TIP

The more you walk, the more results you will achieve. Try to get at least 8,000-12,000 steps/day. Compared to walking 4,000 steps, walking 12,000 steps/day is linked to a 65% lower risk of all causes of mortality. Work your way up! Taking 8,000 steps/day is linked to 51% lower mortality risk compared to 4,000 steps/day.

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## WEEK 4



### GOALS FOR WEEK 4:

- Continue High Protein Breakfast & Lunch
- Continue not eating after dinner
- If you haven't already, begin focusing on also getting a High Protein Dinner (30-50 grams protein)
- Remove all snacking if still snacking

### DAY 22 157G / 1,517 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

BREAKFAST 50g / 414 cal	SNACK 14g / 88 cal (if needed)	LUNCH 48g / 345 cal	DINNER 46g / 649 cal
<ul style="list-style-type: none"> <li>• 6 oz Smoked salmon (31g protein) wrapped around 3 hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup low-fat cottage cheese (14g protein)</li> <li>• 7 walnut halves (2g protein)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ can of tuna (in water) (48g protein)</li> <li>• Mixed green salad with garlic, chili, and flaxseed oil</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large chicken breast, roasted (43g protein)</li> <li>• 1/2 yam (1g protein) ½ tsp butter</li> <li>• 1 cup zucchini (2g protein)</li> </ul>

### DAY 23: 146G/ 1,300 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

BREAKFAST 40 g / 544 cal	SNACK 24g / 136 cal (if needed)	LUNCH 37g / 301 cal	DINNER 45g / 259 cal
<ul style="list-style-type: none"> <li>• 5-egg omelet (31g protein), ½ tbsp.butter, with zucchini, onions, mushroom, (2g protein) 1 oz cheddar cheese, (7g Protein) and 1 tbsp salsa</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<ul style="list-style-type: none"> <li>• Vanilla protein powder shake (24g protein) with 1/4 cup blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• 6 oz lean ground beef (35g protein)</li> <li>• 1 cup cooked green beans (2g protein)</li> </ul>	<ul style="list-style-type: none"> <li>• 6 oz grilled sea bass (42g protein)</li> <li>• 1 cup roasted Brussels sprouts (3g protein)</li> </ul>

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**DAY 24: 158G / 1,345 CAL**

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 51g / 380 cal</p> <ul style="list-style-type: none"> <li>• 1 ½ cup plain yogurt, (9g protein)</li> <li>• 2 scoops of high-quality protein powder (42g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 26g / 172 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 3 oz of turkey breast (26g protein) ½ tbsp of mayo wrapped in romaine lettuce</li> </ul>	<p><b>LUNCH</b> 30g / 379 cal</p> <ul style="list-style-type: none"> <li>• Half avocado (2g protein) stuffed with 1 can crab meat (16g protein), 3 oz shrimp (12g protein) and chopped green onions 1 tbsp MCT oil</li> </ul>	<p><b>DINNER</b> 50g / 414 cal</p> <ul style="list-style-type: none"> <li>• Grilled chicken breast 6 oz (50g protein)</li> <li>• Green salad (1g protein) in lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil</li> </ul>
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**DAY 25: 148G / 1,580 CAL**

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 43g / 599 cal</p> <ul style="list-style-type: none"> <li>• 5 eggs, poached, boiled, or scrambled (31g protein) with 3 slices turkey bacon (10g protein)</li> <li>• ½ avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 12g / 95 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1/2 cup low-fat cottage cheese (25g protein) &amp; Salsa</li> </ul>	<p><b>LUNCH</b> 53g / 417 cal</p> <ul style="list-style-type: none"> <li>• 6 oz sliced turkey breast (51g protein) rolled up in lettuce, cucumber, red onion &amp; ½ avocado (2g protein), then spread turkey with 1/2 tsp mayonnaise &amp; mustard</li> </ul>	<p><b>DINNER</b> 40g / 439 cal</p> <ul style="list-style-type: none"> <li>• 6 oz steak (36g protein)</li> <li>• 1 cup Brussels sprouts (3g protein)</li> <li>• Green salad with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp extra-virgin olive oil or MCT oil blend (130 cal)</li> </ul>
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**DAY 26: 151G / 1,402 CAL**

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 50g protein / 414 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Smoked salmon (31g protein) wrapped around 3 hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 6g protein/ 164 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 1 oz almonds (6g protein) (sprouted if possible)</li> </ul>	<p><b>LUNCH</b> 45g protein / 425 cal</p> <ul style="list-style-type: none"> <li>• 9 oz shrimp with garlic, onions, fresh sugar snap peas, (35g protein)</li> <li>• 3 oz Scallops (10g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra- virgin olive oil or MCT oil</li> </ul>	<p><b>DINNER</b> 50g protein / 399 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Grilled chicken breast (50g protein)</li> <li>• Sautéed vegetables in 1 tbsp grass-fed butter with coconut aminos</li> </ul>
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### DAY 27: 162 G / 1,525 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 51 g protein / 380 cal</p> <ul style="list-style-type: none"> <li>• 1 cup plain yogurt (9g protein) and 2 scoops of high-quality protein powder (42g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>SNACK</b> 13g protein/ 155 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 2 hard-boiled eggs (13g protein)</li> </ul>	<p><b>LUNCH</b> 52g protein / 365 cal</p> <ul style="list-style-type: none"> <li>• 7 oz Sea Bass (52g protein)</li> <li>• 1 cup roasted Brussels sprouts (3g protein)</li> </ul>	<p><b>DINNER</b> 46g protein / 625 cal</p> <ul style="list-style-type: none"> <li>• 6 oz lean steak broiled with garlic and cracked peppercorns (36g protein)</li> <li>• ¼ cup quinoa (6g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra- virgin olive oil or ½ tbsp MCT oil</li> </ul>
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### DAY 28: 165G - 1,489 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 43g protein/ 477 cal</p> <ul style="list-style-type: none"> <li>• 5 eggs poached, boiled, or scrambled (31g protein)</li> <li>• 3 breakfast link chicken or turkey sausage no antibiotics or growth stimulants or artificial ingredients (12g protein)</li> </ul>	<p><b>SNACK</b> 32g protein / 272 cal (if needed)</p> <ul style="list-style-type: none"> <li>• 8 oz yogurt (12g protein)</li> <li>• 1 scoop protein powder (21g protein)</li> </ul>	<p><b>LUNCH</b> 39g protein / 332 cal</p> <ul style="list-style-type: none"> <li>• 4.5 oz baked turkey breast (38g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and 1 tbsp extra-virgin olive oil or MCT oil blend</li> </ul>	<p><b>DINNER</b> 50g protein / 408 cal</p> <ul style="list-style-type: none"> <li>• 6 oz salmon filet wild (48g protein)</li> <li>• 1 cup sautéed Broccoli (2g protein) in 1 tbsp grass-fed butter</li> </ul>
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## WEEK 5



## GOALS FOR WEEK 5:

- Continue High Protein Breakfast, Lunch, & Dinner (30-50 grams protein)
- Continue not eating after dinner
- Continue to not snack
- Congratulate yourself!

## DAY 29: 145G / 1,552 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

BREAKFAST 49g / 550 cal	LUNCH 51g / 353 cal	DINNER 46g / 649 cal
<ul style="list-style-type: none"> <li>• 5 eggs, poached, boiled, or scrambled (38g protein) with 3 slices turkey bacon (10g protein)</li> </ul>	<ul style="list-style-type: none"> <li>• 7 oz of tuna (in water) (50g protein)</li> <li>• Mixed green salad (1g protein) with garlic, chili, and flaxseed oil</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large chicken breast roasted (43g protein)</li> <li>• 1/2 yam (1g protein) ½ tbsp grass-fed butter</li> <li>• 1 cup zucchini (2g protein)</li> </ul>

## DAY 30: 58G / 1,262 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

BREAKFAST 50 g / 414 cal	LUNCH 45g / 425 cal	DINNER 51g / 478 cal
<ul style="list-style-type: none"> <li>• 6 oz smoked salmon (31g protein) wrapped around 3 hard-boiled eggs (19g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<ul style="list-style-type: none"> <li>• 9 oz shrimp with garlic, onions, fresh sugar snap peas (35g protein)</li> <li>• 3 oz Scallops (10g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil</li> </ul>	<ul style="list-style-type: none"> <li>• 6 oz grilled chicken breast (50g protein)</li> <li>• Sautéed vegetables in 1 tbsp grass-fed butter with coconut aminos</li> <li>• ½ yam (1g protein)</li> </ul>

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### DAY 31: 150G / 1,426 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 5g / 670 cal</p> <ul style="list-style-type: none"> <li>• 5-egg omelet (31g protein), ½ tbsp grass-fed butter, with zucchini, onions, mushroom, (3g protein) 2 oz cheddar cheese,(14g Protein) and 1 tbsp salsa</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>LUNCH</b> 48g / 391 cal</p> <ul style="list-style-type: none"> <li>• 8 oz lean ground beef (46g protein)</li> <li>• 1 cup cooked green beans (2g protein)</li> </ul>	<p><b>DINNER</b> 52g / 365 cal</p> <ul style="list-style-type: none"> <li>• 7 oz grilled sea bass (49g protein)</li> <li>• 1 cup roasted Brussels sprouts (3g protein)</li> </ul>
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### DAY 32: 152G / 1,446 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 51g / 380 cal</p> <ul style="list-style-type: none"> <li>• 1 cup plain yogurt (9g protein) and 2 scoops of protein powder (42g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>LUNCH</b> 55g / 441 cal</p> <ul style="list-style-type: none"> <li>• 6 oz Grilled chicken breast (50g protein)</li> <li>• Sautéed zucchini &amp; mushrooms (5g protein) in 1 tbsp grass-fed butter with coconut aminos</li> </ul>	<p><b>DINNER</b> 46g / 625 cal</p> <ul style="list-style-type: none"> <li>• 6 oz lean steak broiled with garlic and cracked peppercorns (36g protein)</li> <li>• ¼ cup quinoa (6g protein)</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or ½ tbsp MCT oil</li> </ul>
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### DAY 33: 140G / 1,590 CAL

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

<p><b>BREAKFAST</b> 50g protein / 670 cal</p> <ul style="list-style-type: none"> <li>• 6 scrambled eggs (38g protein)</li> <li>• 3 slices of turkey bacon (10g protein)</li> <li>• 1/2 avocado (2g protein)</li> <li>• Green tea or coffee. Sweeten with stevia and milk (3g), if desired</li> </ul>	<p><b>LUNCH</b> 45g protein / 400 cal</p> <ul style="list-style-type: none"> <li>• 8 oz Turkey (44g protein) or all-beef burger</li> <li>• Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-½ tbsp virgin olive oil or MCT</li> </ul>	<p><b>DINNER</b> 45 g protein / 520 cal</p> <ul style="list-style-type: none"> <li>• 1 large chicken breast, roasted (43g protein)</li> <li>• 1 cup zucchini (2g protein)</li> </ul>
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**DAY 34: 145G/1,448 CAL**

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

**BREAKFAST**

50 g protein / 670 cal

- 5-egg omelet (31g protein), ½ tbsp grass-fed butter, with zucchini, onions, mushroom (3g protein) 2 oz cheddar cheese (14g Protein) and 1 tbsp salsa
- Green tea or coffee. Sweeten with stevia and milk (3g), if desired

**LUNCH**

45 g protein / 370 cal

- 9 oz shrimp with garlic, onions, fresh sugar snap peas (35g protein)
- 3 oz Scallops (10g protein)
- Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil

**DINNER**

50 g protein / 408 cal

- 6 oz salmon filet, wild (48g protein)
- 1 cup sautéed Broccoli (2g protein) in 1 tbsp grass-fed butter

**DAY 35: 157G / 1,277 CAL**

Upon rising, drink 8 oz hot water or herbal tea with fresh-squeezed lemon juice or organic apple cider vinegar. Add a pinch of U.S.-sourced Redmond's Real Salt from Utah.

**BREAKFAST**

51 g protein/ 380 cal

- 1 cup plain yogurt (9g protein) and 2 scoops of protein powder (42g protein)
- Green tea or coffee. Sweeten with stevia and milk (3g), if desired

**LUNCH**

53 g protein / 402 cal

- 6 oz ground turkey (47g protein)
- 1 cup mushrooms, 1 cup zucchini, ½ cup broccoli (6g protein)

**DINNER**

42 g protein / 495 cal

- 8 oz chicken breast (51g protein)
- Green salad (1g protein) with lemon juice or balsamic vinegar or coconut aminos and extra-virgin olive oil or MCT oil
- ½ yam (3g protein)

**WEEK 6, 7, 8  
COMING SOON!**

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## VEGETARIAN MEAL SUBSTITUTIONS

Below is a list of high-protein plant-based options for our vegetarian Awakend Nation members! Consuming enough daily protein can be a challenge for many, but can be especially difficult for vegetarians. Eating protein and good fats is the secret to this program, so if choosing vegetarian options, please ensure you are taking in the recommended amounts.

### Steak Substitutes:

- Portobello mushroom “steaks” (2g protein per mushroom cap)
- Cauliflower “steaks” (11g protein for 1 medium head)

### Chicken Substitutes:

- King Oyster Mushrooms (whole or shredded) (3g protein per 5g of mushrooms)
- Garbanzo beans (39g protein per 1 cup)
- Quinoa (8g protein in 1 cup of cooked quinoa)

### Sausage/ground beef/ground turkey Substitutes:

- Crumbled tofu (36g protein in 1 block of tofu)

### Bacon Substitute:

- Tofu “bacon” (36g protein in 1 block of tofu)

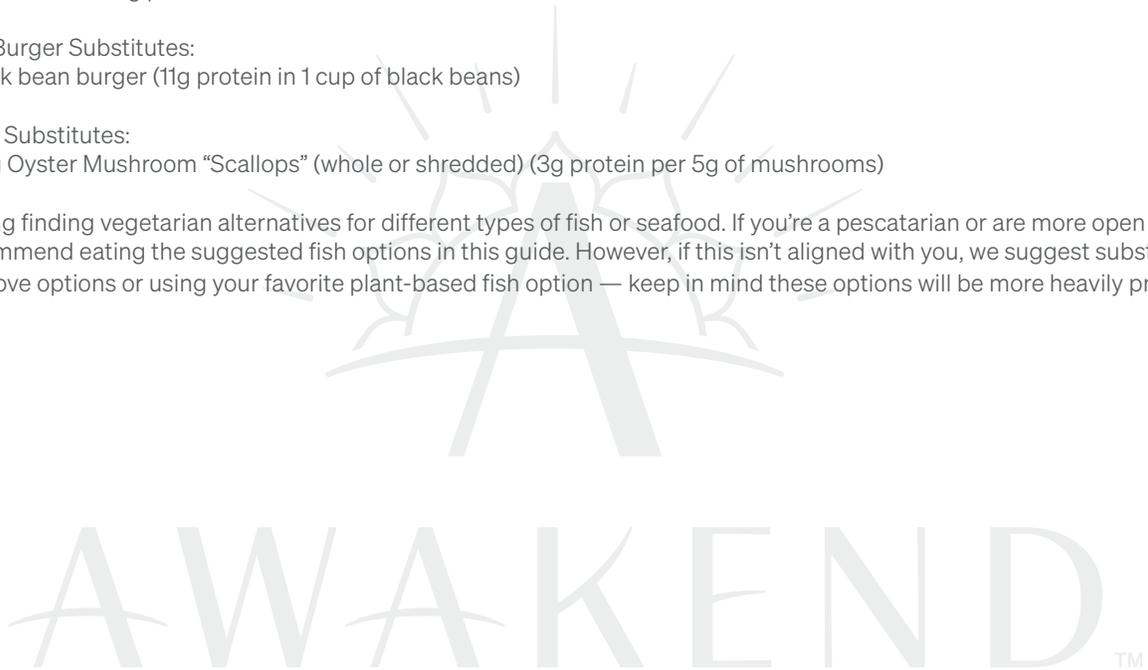
### Turkey/Beef Burger Substitutes:

- Black bean burger (11g protein in 1 cup of black beans)

### Fish/Seafood Substitutes:

- King Oyster Mushroom “Scallops” (whole or shredded) (3g protein per 5g of mushrooms)

It's challenging finding vegetarian alternatives for different types of fish or seafood. If you're a pescatarian or are more open with your diet, we recommend eating the suggested fish options in this guide. However, if this isn't aligned with you, we suggest substituting with any of the above options or using your favorite plant-based fish option — keep in mind these options will be more heavily processed.



AWAKEND™

