



ULTIMATE PLAN TO LIVING CLEANER AND BECOMING LEANER

Clean & Lean Revolution

WELCOME TO THE 7 DAY NO-CARB RECHARGE CHALLENGE!

Starting tomorrow your goal is to remove grains and starches for one week. The point of this challenge isn't to see how fast you can shed pounds (although if the pounds come pouring off, then GOOD FOR YOU!). Instead, it's about returning to your set point from time to time and keeping your eye on the prize – reaching your ideal weight and staying healthy for the rest of your life.

Your goal today is to review the meal plans, make any necessary substitutions and shop for the challenge. You will find the menu plan, recipes and shopping list by visiting 'TAKE THE CHALLENGE' and locating NO-CARB RECHARGE #1.

When you shop for the week ahead be mindful that fish is included at the beginning and at the end of the week. I noted this on the shopping list. Please purchase ½ cup bay shrimp and the salmon at the start of the week and ½ cup bay shrimp and the halibut at the end of the week.

The goal here is to boost foods that feed your metabolism and pull foods that slow your metabolism. Here is the foundation from which I created the NO-CARB RECHARGE plan:

EATING PATTERN:

1. Eat breakfast within an hour of waking
2. Include a snack midmorning and midafternoon (10AM and 3:30PM are ideal)
3. Keep lunch anchored at the same time daily (12-1PM is ideal)
4. Eat dinner by 6PM
5. Refrain from eating after 6:30PM



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HOW TO SET YOURSELF UP FOR SUCCESS:

1. Set reminders to eat
2. Set a reminder after dinner to prompt you to prep for the following day
3. Sleep is the foundations of making healthier eating choices. 7+ hours is ideal
4. Stay hydrated! Drink room temperature water consistently across the day and stop drinking after 7PM (sleep is more important than trying to overhydrate and increase the possibility of interrupting sleep at night having to urinate).
5. Enjoy the process! You may be a bit apprehensive about pulling grains and starches. You will soon experience little to no craving AND you will feel less hungry across the day.

INCLUDE:

Healthy fats: Oils- sauté with extra virgin coconut oil, and ghee and use unfiltered extra virgin olive oil or walnut oil to drizzle on salads and vegetables; include nuts, seeds, eggs and avocado.

Proteins: organic chicken, grass fed meats or wild caught fish and seafood, pastured eggs (not pasteurized – pastured eggs will only be found at a natural foods store like PCC or WF, or get them from your local farmer).

Fruits: all fruit (except banana) – focus on berries

Vegetables: loads of healthy (non-starch) vegetables

EXCLUDE: dairy, refined vegetable oils, grains, starches (including beans, lentils, bananas*, white potatoes), processed carbs and sugar. *these are included once this week in the Paleo-Muffins

