

DISCLAIMER: I hereby acknowledge and agree that the nutrition plan I am purchasing was not created by a registered dietician. The author makes no representations or warranties to the accuracy or completeness of the contents of this work and specifically disclaims all warranties, including without limitation warranties of fitness for a particular purpose. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the author is not engaged in rendering medical or professional advice or services. If professional assistance is required, the services of a competent professional should be sought. Always speak with a physician or doctor before making any dietary changes or supplementation.

Nutrition Guide Breakdown

The purpose of this guide is to teach you how to develop healthy habits and create meals that include the necessary macro and micro nutrients to reach your desired goals. Preparation will be key to ensure that you remain on track and prevent overeating or undereating. **This means food prepping for the week ahead or the night before is integral to your success.** We are using food to **FUEL** our body. Skipping meals or snacks will slow your metabolism and lead you to binge eat foods with little to no nutritional value. Reading nutrition labels is a great habit to increase awareness of what ingredients you are putting in your body. My goal for you, male or female, is to ensure that you eat **REAL** food each and every day!

The structure of the nutrition guide is as follows:

At the top you will find Proteins (P), Carbohydrates (C), Fats (F), Vegetables (V), and Fruits/Natural Sugars (S). This guide will teach you a variation of carbohydrate (carb) cycling.

Protein: Protein is our body's building block and essential part of our diet. All your organs, including the skin, muscles, hair, and nails, are built from proteins. Protein is vital to development and to a properly functioning body. You can make the choice if you want your protein intake to come from animals or plants. Personally, I like to rotate animal proteins.

Carbs/Grains: Carbs are our body's preferred source of fuel. The healthiest sources of carbohydrates—unprocessed or minimally processed whole grains, vegetables, fruits and beans—promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients.

Fats: A properly functioned and balanced diet must include fats. Portion control is key when it comes to fats as it is very easy to overdo this.

The items listed in each category on the nutrition guide (refer to pg. 6) are listed as suggestions for you when creating meals. You will have a mandatory protocol of P, C, and/or F for each day (EX: P+C+V means a protein, carbohydrate, and vegetable).

Additional Recommendations:

1. **NO** Alcohol for the first 21 days (you may consume on Fridays or Saturdays only after day 21)
2. **MUST** consume at least 3.5 liters of water per day (except for Sunday)
3. Eliminate processed foods. This means eliminating flour (ex: white flour) in your diet.
4. Eliminate refined sugars in your diet. Fruit is from the earth and a natural sugar, fruit is permitted.
5. Eliminate fried food.
6. Decrease or limit sodium intake.
7. Aim to eat 5-7 small meals every 3-4 hours to avoid overeating. Your meals should consist of 75% protein and 25% for carbs, vegetables, and or fats (depending on the day).
8. Research a multivitamin, L- Carnitine NSF, fish oil, 1000 mg Tonalin CLA (conjugated linoleic acid), and Vitamin C to take each morning.

Below I have provided what a strict day of eating looks like. Use this guide to create your daily menu from the P+C+V+F menu.

Breakfast

First thing in the morning, take 500 mg of L- Carnitine NSF with 12 oz of water and a ½ fresh lemon squeezed into it.

Reminder: Hydrate before you dehydrate. This is particularly important if you drink coffee or green tea.

- **OPTION 1:**

MEN

4 egg whites + 1 yolk omelet (optional: add vegetables)

1 cup of oatmeal (rolled oats, cinnamon, light fruit)

TIP: Organic raw blue agave nectar and raisins are great natural sweeteners for oatmeal.

WOMEN

2 egg whites + 1 yolk omelet (optional: add vegetables)

½ cup of oatmeal (rolled oats, cinnamon, light fruit)

TIP: Organic raw blue agave nectar and raisins are great natural sweeteners for oatmeal.

- **OPTION 2:**

MEN

Protein Shake: 1-2 scoops of Momentous protein.

1 scoop is 20 grams of protein. If you are trying to build muscle, add 2 scoops. You can use almond milk and one serving of fruit (from one fruit source or a blend of berries).

If you are really hungry, you may have oatmeal as well. This can be made with almond milk, oat milk, or even just water. Blend with ice and banana or fruit of choice. On Wednesday and Thursday, you may add 1 tablespoon of nut butter.

The **NINJA BLENDER** is recommended as it is easy to clean and blends great. The Ninja BL 480 blender can be found on Amazon.

WOMEN

Protein Shake: 1 scoop of Momentous protein.

1 scoop is 20 grams of protein. If you're trying to build muscle add 2 scoops. You can use Almond Milk, and 1 Fruit source, or a blend of berries.

If you are really hungry, you may have oatmeal as well. This can be made with almond milk, oat milk, or even just water. Blend with ice and banana or fruit of choice. On Wednesday and Thursday, you may add 1 tablespoon of nut butter.

- **OPTION 3:**

½ Haas avocado on toast. Make sure it is gluten-free and flour-free bread. This can be found at Whole Foods Market in the freezer area.

Tip: Try to incorporate grapefruit into your diet. Grapefruit is a natural fat burner and is great to eat on an empty stomach.

REMINDER: Each bullet point represents a suggestion for that meal. You are not eating all of these options in one meal.

Snack

You want to keep your metabolism stimulated. You should never get to the point that you are starving, as that will lead to overeating or binge eating! Aim for snacks high in protein. (Refer to the item list on pg. 6.)

Suggestions:

- ½ protein bar
 - Green juice
 - Fruits (apple slices, blackberries, blueberries, banana)
 - Veggie sticks (celery with nut butter*, carrots with hummus*)
- *Be mindful of serving size

Lunch

Look at the day of the week so you can see what you're allowed:
(P) protein (C) carbs (V) veggies (F) fats

Keep in mind that your major meals, such as breakfast, lunch, and dinner, are your main sources of fuel. Portion control is extremely important. On days you are allowed carbs, you should aim for your meal to be 75% protein, the rest carbs (1 cup cooked max), and healthy fats.

6-8 oz. lean cuts of meat or fishes of your choice. **No sodium or oil is to be added.**

Suggestions:

- Chicken and brown rice or veggies
- Can of tuna in water over greens
- Turkey slices with hummus
- Brown rice, quinoa, black beans, or sweet potatoes are great options for lunch

Stay away from gluten. This means on a day you are allowed carbs, if you want to get a wrap, make sure it's gluten-free. Also, stay away from oils and things like mayonnaise.

2nd Snack

As the day goes on, the goal is to keep your metabolism stimulated by fueling it every 2-3 hours. You can't miss this snack and wait for dinner. The more consistently you eat, the more you will burn. For this snack, have a protein shake.

Dinner

Stick to the plan—you are trying to create a rotational diet! Always grill or bake your food so it is as clean as possible. For example:

MONDAY: Chicken

TUESDAY: Fish

WEDNESDAY: Steak or other red meat (beef, lamb, bison, etc.)

THURSDAY: Ground turkey or tofu/other plant-based protein.

FRIDAY: Chicken

It doesn't have to be exactly like this example; this is just an idea on how to rotate your proteins at dinner time. Keep in mind:

- No complex carbs for dinner, such as pasta, rice, breads, etc.
- Aim for a lean cut of fish, chicken, ground lean turkey meat, lamb, and lean grass-fed steak.
- For sides, aim for steamed vegetables, sweet potato, and salad.

Note: For salad dressing, be mindful of fat content. Aim for dressing low in oil.

After dinner try to brush your teeth so you don't think about eating again

Seasonings/Spices/Sweetener/Seeds:

- Turmeric
- Cayenne Pepper (spicy, natural thermogenesis)
- Balsamic
- Cinnamon
- Sodium-free seasonings of your preference
- Oregano
- Pink Himalayan Salt
- Raw Sugar or Truvia (stevia)
- Agave Nectar
- Honey
- Chia Seeds (super high in fibers, protein, very good)
- Hemp Seeds

WEEKLY NUTRITION GUIDE

If it does not run, swim, or grow on Earth, then it will not be included in this plan. Getting back to eating **REAL** food.

Proteins (P)		Carbs (C)		Fats (F)	
<ul style="list-style-type: none"> • Free range chicken breast • Lean ground turkey • Ground bison • Lean ground beef 	<ul style="list-style-type: none"> • Fish (salmon, wahoo, cod filet, tuna, etc.) • Tofu • Eggs • Grass-fed steak 	<ul style="list-style-type: none"> • Sweet potato • Yuca • Squash • Oats (rolled, steel-cut) • Quinoa • Brown, wild, or black rice • Legumes (beans) 	<ul style="list-style-type: none"> • Pasta (quinoa, brown rice, whole grain) • For bread, use Ezekiel bread for a healthy option 	<ul style="list-style-type: none"> • Nuts (almonds, pecans, hazelnuts, cashews, walnuts) • Nut butter (almond, cashew, peanut) • Avocado • Coconut oil • Olive oil • Ghee butter (good source of fat in LOW quantities. Use no more than 1 Tbsp) 	
Vegetables (V)			Fruits/Natural Sugars (S)		
<ul style="list-style-type: none"> • Spinach • Swiss chard • Asparagus • Zucchini • Cauliflower • Broccoli • Lettuce • Brussels sprouts 	<ul style="list-style-type: none"> • Cabbage • Green beans • Eggplant • Arugula • Kale • Watercress • Bok choy • Edamame 	<ul style="list-style-type: none"> • Celery • Bell peppers • Cilantro • Onions • Cucumber • Garlic • Carrots 	<ul style="list-style-type: none"> • Bananas • Strawberries • Blueberries • Apples • Pineapple • Kiwi • Raspberries 	<ul style="list-style-type: none"> • Blackberries • Grapes • Cantaloupe • Honey Dew • Watermelon • Pear • Oranges 	<ul style="list-style-type: none"> • Mango • Papaya • Pomegranate • Grapefruit • Tomato

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	LATE EVENING
MON	<p>P+C+V</p> <p>Goal: Your breakfast should consist of 75% protein and 25% fiber-rich carbs and vegetables.</p> <p>A vegetable is not required, but it is recommended to increase your vegetable intake.</p>	<p>Goal: 10-15 grams of protein every 2-3 hours.</p> <ul style="list-style-type: none"> • Handful of nuts • Turkey jerky • 1/2 protein bar • Green juice • Fiber-rich fruit • Veggie sticks • Greek yogurt • Cottage cheese 	<p>P+C+V</p> <p>Goal: Meal prep your lunch that follows P+C+V. If you eat out, always aim to get a good source of lean protein.</p> <p>NO oil and preferably baked or grilled protein (instead of fried).</p>	<ul style="list-style-type: none"> • Protein Shake: Water or almond milk, ice, 1 fruit of choice, and 1-2 scoops of protein powder* (based on your goal). <p>*I use MOMENTOUS protein powder*</p>	<p>P+V</p> <p>No carbs at this time.</p> <p>Protein portions: 4 oz* for Women 6-8 oz* for Men</p> <p>*make adjustments based on your appetite.</p>	<p>Brush your teeth after dinner.</p> <p>Late night snacking is usually attributed to boredom. Remember, your goal has to be greater than the moment.</p>
TUES	<p>P+C+V</p> <p>Goal: Your breakfast should consist of 75% protein and 25% fiber-rich carbs and vegetables.</p> <p>A vegetable is not required, but it is recommended to increase your vegetable intake.</p>	<p>Rotate your snacks based on what you had the day before.</p> <p>Start to educate yourself on fiber-rich foods. The body digests fiber slowly and will keep you feeling full for longer.</p>	<p>P+C+V</p> <p>Goal: Meal prep your lunch that follows P+C+V. If you eat out, always aim to get a good source of lean protein.</p> <p>NO oil and preferably baked or grilled protein (instead of fried).</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>P+V</p> <p>No carbs at this time.</p> <p>Protein portions: 4 oz* for Women 6-8 oz* for Men</p> <p>*make adjustments based on your appetite.</p>	<p>If you are craving a snack, always drink water first. Our body sometimes mistakes dehydration for hunger.</p>

<p>WED</p>	<p>P+F+V</p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.*</p>	<p>Rotate your snacks based on what you had the day before.</p> <p><u>Examples</u></p> <ul style="list-style-type: none"> • Hard boiled egg • 1/2 protein bar • 1 cup of berries • Carrots w/hummus* <p>*Be mindful of portions</p>	<p>P+F+V</p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.*</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>P+F</p> <p>No carbs or vegetables at this time.</p> <p>Protein portions are about: 4 oz for women 6-8 oz for men</p> <p>*Be mindful of portions for fat*</p>	<p>As the week progresses, your focus may start to slip. Remain strict to the plan and keep late night snacking to a minimum.</p>
<p>THUR</p>	<p>P+F+V</p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.*</p>	<p>Rotate your snacks based on what you had the day before.</p>	<p>P+F+V</p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.*</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>P+F</p> <p>No carbs or vegetables at this time.</p> <p>Protein portions are about: 4 oz for women 6-8 oz for men</p> <p>*Be mindful of portions for fat*</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>

FRI	<p>P+V</p> <p>Note: Carbs and fats have been removed from this day. Mental toughness is key as your body will be carb deprived.</p> <p>Stay consistent with your meals (every 2-3 hours).</p>	<p>Rotate your snacks options.</p> <p>Do NOT miss your snacks. Make sure you are eating every 2-3 hours.</p>	<p>P+V</p> <p>Note: Carbs and fats have been removed from this day.</p> <p>Create your meals using the list at the top of the page.</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>P+V</p> <p>Reminder: Your metabolism slows down towards the end of the day. The less food you put into your body, the easier it will be for your body to break down your meal.</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>
SAT	<p>P+C</p> <p>Note: Carbs have been added back for breakfast.</p>	<ul style="list-style-type: none"> • Mixed nuts • Apple slices w/ cinnamon • Celery w/ nut butter 	<p>P+V</p> <p>Note: Only protein and vegetables at this time.</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>P+V</p> <p>Note: Only protein and vegetables at this time.</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>
SUN	<p>CHEAT DAY</p> <p>Enjoy breakfast, however, be mindful of portions.</p>		<p>CHEAT DAY</p> <p>Enjoy your lunch, however, be mindful of portions.</p>	<ul style="list-style-type: none"> • Momentous protein shake 	<p>Eat clean for dinner</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>