

Vanessa R.

Note: Master the fundamentals to a level that is considered exceptional. A successful client is all about the basics, first. That is to say: using listed foods habitually, hitting the serving-size numbers religiously, prepping meals in advance [weekly], and journaling performance.

6am-8am	Eat any ONE (1) item below daily		
<input type="checkbox"/> Banana ~110g	<input type="checkbox"/> Papaya ~210g	<input type="checkbox"/> Orange ~200g	<input type="checkbox"/> Dragon Fruit ~160g
<input type="checkbox"/> Pineapple ~190g	<input type="checkbox"/> Mango ~165g	<input type="checkbox"/> Apple ~180g	<input type="checkbox"/> Blueberry ~175g
<input type="checkbox"/> Melon ~310g	<input type="checkbox"/> Guava ~180g	<input type="checkbox"/> Kiwi ~165g	<input type="checkbox"/> Passion Fruit ~100g

Eat EACH item below daily		
<input type="checkbox"/> Whole Egg 2	<input type="checkbox"/> Slice Bread 2	<input type="checkbox"/> Protein Shake 1scp

9am-11am/3pm-5pm	Drink TWO OR MORE (2+) servings daily <input type="checkbox"/> Use a WATER BOTTLE		
<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L	<input type="checkbox"/> Pure Water ~1L

12pm-8pm								
<table border="1"> <thead> <tr> <th colspan="2">Eat 80g TUNA + any TWO (2) items</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> Ckd. Quinoa ~75g</td> <td><input type="checkbox"/> Potato ~140g</td> </tr> <tr> <td><input type="checkbox"/> Oatmeal ~80g</td> <td><input type="checkbox"/> Slice Bread ~2</td> </tr> <tr> <td><input type="checkbox"/> Wheat Flour ~30g</td> <td><input type="checkbox"/> Ckd. Pasta ~70g</td> </tr> </tbody> </table>	Eat 80g TUNA + any TWO (2) items		<input type="checkbox"/> Ckd. Quinoa ~75g	<input type="checkbox"/> Potato ~140g	<input type="checkbox"/> Oatmeal ~80g	<input type="checkbox"/> Slice Bread ~2	<input type="checkbox"/> Wheat Flour ~30g	<input type="checkbox"/> Ckd. Pasta ~70g
Eat 80g TUNA + any TWO (2) items								
<input type="checkbox"/> Ckd. Quinoa ~75g	<input type="checkbox"/> Potato ~140g							
<input type="checkbox"/> Oatmeal ~80g	<input type="checkbox"/> Slice Bread ~2							
<input type="checkbox"/> Wheat Flour ~30g	<input type="checkbox"/> Ckd. Pasta ~70g							

Eat 260g CHICKEN BREAST + any TWO OR MORE (2+) items			
<input type="checkbox"/> Cauliflower ~100g	<input type="checkbox"/> Carrot ~50g	<input type="checkbox"/> Broccoli ~70g	<input type="checkbox"/> Bell Pepper ~70g
<input type="checkbox"/> Cabbage ~80g	<input type="checkbox"/> Spinach ~140g	<input type="checkbox"/> Tomato ~125g	<input type="checkbox"/> Beetroot ~50g
<input type="checkbox"/> Ckd. Beans ~80g	<input type="checkbox"/> Ckd. Lentils ~50g	<input type="checkbox"/> Zucchini ~160g	<input type="checkbox"/> String Beans ~70g

Add-Ons	Also, add uncooked coconut oil and/or vitamin E supplements		
Fresh Garlic/Ginger	Fresh Onion/Cilantro	Cayenne/Cinnamon	Salt/Black Pepper
Lime/Apple Cider	Curry/Tumeric	Oregano/Thyme	Basil/Rosemary