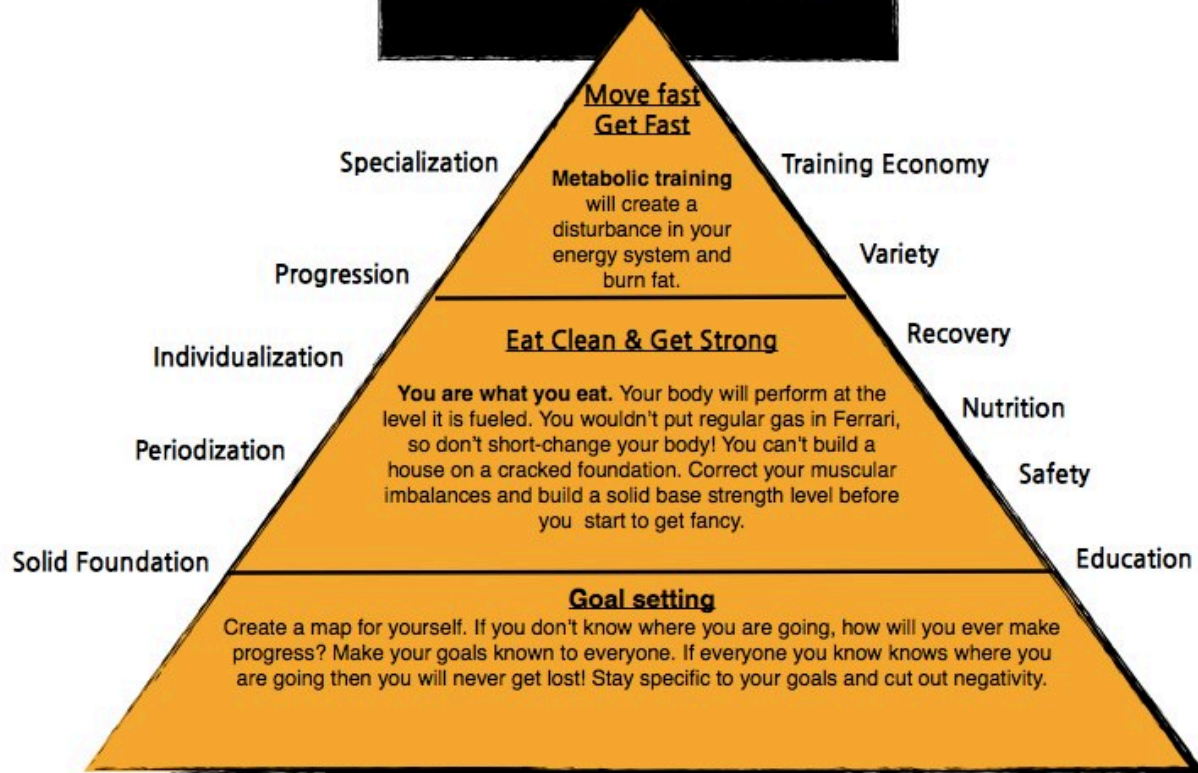


BRING OUT THE WARRIOR WITHIN



The Fitness Pyramid

Welcome to Training for Warriors at Ropestone. I want to start by saying thank you. The decision where to spend your time is one of the most important decisions you can make and we are honored to be apart of that. I also want to define the term “warrior.” A warrior, in our dojo, has nothing to do with fighting. We define our warriors as people who can face their struggles in life and decide not to let that turmoil take over. A warrior is anyone who resists against their struggles and succeeds in spite of them. We have put this handbook together for you to use a tool to refer to throughout your training. The struggles you will face with your training, dietary intake, and life will not determine who you are, but they will reveal your inner warrior.

In this handbook, you will find a 1 month training log for your strength days and your warrior challenges. I know that the number one thing people track is their weight. I am sorry to say that weight is just one measurement. I wouldn't even say it is the most important. Looking good isn't dependent on your weight, it is more about your body fat percentage and measurements. Transforming your body is also about getting strong. This is where your training log becomes invaluable. It is important to track your progress for two reasons. Number 1 is to look back and see how you have grown as an athlete over time. Number 2 is so you can know what weights to use from week to week. Using our sample log for a month will build a new habit and teach you discipline. When you fill it up I suggest you buy a notebook and keep it going! You will also find a sample food journal. If you can build the discipline to keep track of everything you eat, then you will have the discipline to succeed. It is amazing what you will forget that you eat. People tend to pick more than they like to admit. The journal keeps you honest.

Follow The System

“Follow the system and the system works.” One of the biggest setbacks people encounter on their mission to better health is continuity. TFW is a program and a lifestyle designed by Martin Rooney and it has evolved over the last 20 years into something special. The catch is... you have to use it! Most of you are here for a reason. That reason is because you want to become more. It might be fat-loss or muscle gain. Whatever the reason, the way to achieve your goals is to be consistent. We have strength days partly because it's cool to lift heavy things but mostly because building muscle helps keep disease away and makes you stronger so you can withstand the struggles of life. Strength days are a key component to not only preparing you and building strength but also to burn fat. Lifting heavy burns a ton of fat. We have hurricane days and speed says because creating a disturbance in your body forces your body to burn fat for hours after the workout. Fat loss doesn't happen during a TFW session. It takes place at home while you recover. The mission of your TFW coach is to create the disturbance. Your mission is to recover properly, aka EAT HEALTHY and SLEEP. If you participate in only speed days or only strength days then you are missing key pieces to the puzzle.

The TFW system is different because we have an endless supply of progressions and regressions. What does this mean? We have put together a formula where it does not matter if you are an athlete or an out of shape couch potato, you can still train hard, smart, and effectively. We accomplish this by making you earn your exercises. for instance. If you can't master the goblet squat then you will not earn the right to back squat. On the flip side if you are already an athlete you may progress fast through the system and earn a more advanced workout. Your TFW coach will put you in the best position to succeed.

Prehab: Foam Rolling.

Prehab is what we do to prevent rehab. One of the best ways to prevent injury is to take preventative measures. Working on the fascia is the best way to accomplish this. Foam rolling can be done with a foam roller, lacrosse ball, tennis ball, golf ball, or any of the 30 other devices that have come out in the last decade. I think the 2 best tools are the roller and a lacrosse ball. The roller should be pretty dense because you grow out of the softer ones fast. Below, I will discuss the rules to increase the effectiveness of your prehab.

- Rule #1: DO IT. It is a mistake to come to the dojo and roll for a few seconds and then forget about it. This is something that must be done as much as possible. I always recommend to try to do it at least 20 minutes per day.
- Rule #2: Go slow. A common mistake is that people go too fast over their spots. Do not try to fit it all in every time you do it. Pick a couple spots to focus on. Results with this come from slow methodical pressure, don't rush over your spots.
- Rule # 3: Hit the whole body. don't fall in love with one spot. That's great you like to hit the IT Band but in order to adapt an effective prehab routine you must pay attention to the body as a whole. The most important spots to hit are the feet, the ankle/calf, ITB, piriformis, and T-spine. There are more advanced places to hit but if you can master those key areas then you will be on your way to staying injury free.

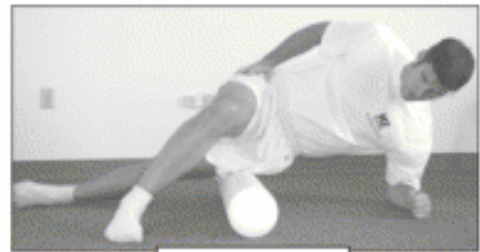




Piriformis/Gluteus Medias

- Sit on side of glute area w/ ankle of opposite foot across quad.
- Balance on hand and one foot holding "hot spots" until pain diminishes
- Roll from top of glute to middle.

- Begin w/ roller at hip bone on your side. Keep body perpendicular to ground. Balance on forearm.
- Slowly roll to find "hot spots"
- Change emphasis slightly by rolling side to side.



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NUTRITION OVERVIEW

The most important thing to remember about nutrition is that it is going to be different for everyone. We all have our own special blueprint and with a little trial and error you can discover yours. The hard part is developing the discipline to maintain your new lifestyle.

EAT RIGHT. Sugar is a healthy persons kryptonite. Sugar makes you tired and impairs your workouts. You might be thinking I don't put sugar on anything. Think again. Sugar is in Everything that is processed. I see it on so called "whole wheat" bread. I see it in salsas, virtually all cereal, and this just in: Instant oatmeal (I love the stuff) but it is loaded with sugar which negates all the good stuff the oatmeal does for you. Oatmeal is a complex carb which is great to keep you energized. However, the added sugar is a

simple carb so the body stores the oatmeal as fat and utilizes the sugar right away. What we are concerned with as far as sugar goes is insulin. Insulin is produced whenever you consume a simple sugar (soda, even diet soda, cookies, fruit juices (unless natural never drink them read the labels!, crackers, pretzel, jelly, cake, etc). Insulin puts the sugar into your muscles but they are probably full most of the time so the rest is stored as fat. At this point the body sends a signal to stop producing insulin. There is always a slight delay, at which point your blood sugar drops significantly because all your sugar was stored or used in muscle. Due to the insulin, you go into craving mode and as a result; hungry again. During this process cortisol is also triggered which releases stored sugar from the fat. This spikes your blood sugar back up and starts the process all over again. This is debilitating to your metabolism, and causes crashes, fatigue, and in many cases decreased motivation.

- Vitamins & Fruits

- You need to eat a variety of foods in order to be running efficiently. You are not an elite athlete so you don't need to be a fanatic about nutrition. You should still try to eat all different types of colors when it comes to your fruits and veggies. If you eat (just an example) broccoli and a red pepper one day then eat asparagus and an orange pepper the next and then baby carrots and roasted squash. Each veggie and fruit has its own contribution. If you can't bring yourself to get all your essential nutrients then invest in a vegetable juicer (this is better in many ways because you absorb more of the nutrients in a liquid form) or a green drink which is a vegetable powder, not unlike protein powder.

Foods you COULD be eating:

When shopping for the perfect foods, look for items that fall into one, or a combination, of the following 4 categories: 1) high in recovery-boosting, immune system strengthening antioxidants, vitamins, and minerals; 2) low in animal and saturated fats while offering a good source of monounsaturated fats or omega-3 fats; 3) high in fat-fighting fiber; 4) good source of lean and complete protein 5) stabilized energy in the form of complex carbohydrates.

Remember - this is not a diet plan, and simply because a food is not included doesn't mean you shouldn't eat it. But choosing the right type of foods reduces your likelihood of eating the wrong type of foods. Use this list as a guideline to assist you in making good decisions!

Apples. Recovery is enhanced with antioxidants and vitamin C, while the soluble fibre (pectin) can lower blood cholesterol and keep your digestive system working smoothly. Apples are considered low glycemic index food, meaning your blood sugar will stay more stabilized when eating apples, as opposed to some other "sweeter" fruits. Over 7,500 varieties of apple are grown throughout the world, so be sure to try out several varieties. A bowl of apples on the kitchen table will help you grab a quick and healthy snack!

Bananas. Bananas, contrary to popular belief, are not fattening. They are quick and convenient for fueling the body before and after exercise. Bananas also contain

recovery enhancing antioxidants, vitamin B6 for healthy skin, and a good dose of potassium, which keeps your muscles firing and can also lower blood pressure. Keep one in your exercise bag for a convenient pick-me-up during a workout. Timing is key though. Plan either in the morning or around workouts.

Beans. I am not a huge believer in beans but they are a super food for some. I will say be wary of gut issues as well as they are loaded with carbs. Full of vitamin B, folic acid, copper, zinc, magnesium and potassium, beans also contain a good dose of protein, fiber, and complex carbohydrates (the stable, low glycemic index energy form). Beans can lower cholesterol and contribute insoluble fiber to the diet, which reduces the risk of colon cancer. Try tossing a few table- spoons of red, white, or black beans onto a salad or into a stir fry. EAT THESE SPARINGLY

Berries. A great alternative sweetener for many recipes, berries contain high doses of fiber, minerals , vitamins, and antioxidants. Blueberries, raspberries, blackberries and strawberries can help prevent cancer, heart disease, and other effects of aging. Add them to yogurt, smoothie, and your morning bowl of oatmeal or cereal to help dress- up your menu

Broccoli. Lutein, one antioxidant in broccoli, can **enhance vision.** I know this will interest you! The high levels of folic acid and beta-carotene in broccoli will help combat heart disease. Recover from exercise faster and prevent chronic disease by steaming a handful of broccoli with your dinner or by tossing a few sprouts over a salad.

Carrots. The powerful antioxidant beta-carotene, also found in beets, sweet potatoes and other yellow-orange vegetables, provides protection against lung, bladder, breast, esophageal and stomach cancers, heart disease, and arthritis. Cooked carrots are even higher in cancer fighting antioxidants! Munch on a handful of baby carrots for an afternoon salad.

Chicken. Versatile, quick, and convenient to cook, chicken meat (especially white) is low in fat and high in iron, protein, niacin and zinc, making it a great post-workout meal, lunch or dinner. Slap 1/2 of a sautéed, baked or broiled chicken breast over a sliced tomato and one piece of whole grain bread for a juicy snack!

Eggs. Fast and inexpensive, eggs contain all the essential amino acids (complete protein source). Boil an egg for a quick snack later in the day, or crack a couple eggs with a handful of spinach and a teaspoon of olive oil for a power breakfast. If you're concerned about cholesterol, opt for the egg white instead, which cuts cholesterol by about 300 milligrams.

Garlic. Contains high amounts of antioxidants, boosts the immune system, has strong anti-viral and anti-bacterial effects and helps lower cholesterol and blood pressure while reducing the risk of blood clots. If you don't like the taste, you can take it in cap form.

Roast whole heads of garlic for several minutes, then puree in a blender with a handful of red peppers for a great whole grain bread dipping sauce!

Hot Peppers. High in capsaicin, which boosts the immune system and has a strong anti-viral effect, as well as possibly reducing the risk of stomach cancer from barbecued foods. Hot peppers have also been suggested to have the ability to raise your body temperature and boost your metabolism. This makes them a great choice for throwing into a sandwich, salad, or stir-fry.

Nuts. All nuts are full of essential vitamins, minerals and fiber, and a handful of nuts a day can help reduce heart disease, lower cholesterol, and quell the appetite. Full of monounsaturated fats (the good kind of fat!), nuts can improve your body's fat burning efficiency. Top choices include brazil nuts, almonds, walnuts, and soy nuts. Calorically dense, they should be a healthy part of your daily routine, but consumed in moderation!

Oats: Not only are oats considered a top-notch whole grain food and blood sugar stabilizing complex carbohydrate, but the beta-glucan in whole oats can reduce the risk of coronary heart disease, while the soluble fiber can lower blood cholesterol. Make sure to get the real stuff, not the sugar and cream powder filled instant packets - and if you can find them, steel-cut oats are by far the best!

Olive Oil: As a monounsaturated fat, olive oil is great for the heart, and can lower levels of bad cholesterol while increasing levels of good cholesterol. Monounsaturated fats, found in most vegetable based fats and oils, are more easily burned by your body as a fat fuel source and less likely to be stored as fat on the waistline. Olive oil is also rich in antioxidants, making it a great recovery compound! Just be careful - one tablespoon contains 120 calories, so a "healthy" olive oil based salad dressing can turn a low calorie salad into a big meal. They make this in a spray now, easier to control servings.

Red Grapes: You've heard all the hype about red wine, but many of us simply can't afford the empty calories provided by the alcohol. Red grapes contain resveratrol and quercetin, the two potent antioxidants that make red wine a heart healthy source of anti-inflammatories and plaque blocking compounds. Red grapes can also reduce the risk of gastric ulcers, stroke, osteoporosis and tumor formation. Grab a bag and stick it in the freezer for a quick and healthy dessert!

Salmon: A great source of lean, high-quality protein, vitamins, minerals, and especially omega-3 fats, which can reduce blood clotting, inflammation, depression, dementia and coronary artery disease, while stabilizing blood sugar levels, increasing brain power, and providing high levels of antioxidants. Seafood, especially cold-water fish, is low in bad cholesterol, and helps raise levels of good cholesterol. Tip: don't like fish? Try flaxseed instead, which contains high levels of alpha-linoleic acid, the plant based source of omega-3s. Flaxseed also contains high amounts of lignins, powerful cancer fighting antioxidants.

Spinach: Lutein, a major compound in spinach, is not only a potent antioxidant, but also can protect your vision by providing valuable eye pigments. It has also been suggested to reduce risk of heart disease. Spinach is a convenient and affordable way to dress up many meals, and one of my favorite salads is a spinach salad with sliced strawberries, walnuts, and olive oil - heart healthy and lean body boosting!

Sweet potatoes: Sweet potatoes are tasty and easy to cook, with high levels of vitamin A, vitamin C, calcium, magnesium, potassium and beta-carotene. They're low on the glycemic index, meaning stabilized blood sugars levels and a solid source of energy.

Tea: Not only can the caffeine in tea help keep you alert and motivated, but tea is also a great source of catechins, an antioxidant that can protect artery walls from inflammation and prevent blood clot formation. Try a cup of green tea before a workout for quick pick-me-up. I think this one you would really enjoy. I can totally see you sipping tea.

Tomatoes: A great recovery source of antioxidants, due to the presence of lycopene, which can also decrease cancer risk for the bladder, colon, prostate, and pancreas. Another antioxidant in tomatoes, glutathione, can boost immune function. After a workout, for a quick recovery meal, I'll often eat a handful of cherry tomatoes with a boiled egg or two. Cooked tomatoes will release even more antioxidants - try sautéing a few diced tomatoes with basil and olive oil, then toss over whole wheat pasta or slice of whole grain bread.

Water: Of course. Not enough people drink water, so follow this rule: divide your body weight in pounds by half, and drink that many ounces of water per day. In addition to providing the H₂O necessary for normal body function, like burning fat, water is also necessary for crucial minerals, including sodium, potassium, calcium, and phosphorus. Remember - if you're dehydrated, your metabolism will be depressed!

Yogurt: While providing a more quickly absorbed form of calcium than a multi-vitamin, yogurt can also improve intestinal health and speed digestion. Fat-free, plain yogurt is a great source of both protein and complex carbohydrates, and is a good post-workout recovery meal source. Just be careful - regular, sugar-filled yogurt can do more harm than good!

Meal Suggestions:

Remember to eat in moderation and balanced. 30-60% fat, 30-40% protein, and the rest Carbohydrates. That doesn't mean that you can eat 60% fat and 40% protein and forget about carbs. I just set those as guidelines to emphasize they are the most important aspects to your diet. Your diet depends on your sport or activity level. Start with a complex carb like oatmeal or quinoa in the morning. This will help curb your appetite and set you up for the rest of the day. Have some more complex carbs for lunch but less and only veggies or maybe a piece of fruit for the rest of the days meals and snacks. (Veggies and protein for dinner).

- Fat sources: avocado, almond butter, almonds, walnuts, meat, coconut, flaxseed, fresh olives, chia seeds. Coconut oil is a medium chain fat which means your body will utilize it more readily and burn fat more efficiently.
- Eat complex carbs for breakfast and then taper off carb intake for the rest of the day. Oatmeal or quinoa are great choices for breakfast. Make it plain and then add a little almond butter, and locally made honey for flavor. Also, add some cinnamon to stabilize your blood sugar. This mixture works well for quinoa too.
- Stay away from daily sandwiches. Too much bread will kill your progress. Most bread is filled with sugar and fake ingredients. Whole grain, stone ground bread will provide you with valuable nutrients but it is high in calories and high in carbohydrates. You can easily find these nutrients elsewhere. 3 sandwiches per week max.
- Limit dinner to a lean meat source (or a complete protein source like quinoa, black beans, lentils if you are a vegetarian) and a vegetable medley. You can do simple and easy recipes like stir fry (made with coconut oil) or baked chicken. **Make extra and eat leftovers for lunch.**

STAY ORGANIC

- The meat in the grocery store is mostly crap. You want to buy foods that say organic on them. No steroids, no hormones added. Your best bet is trying to buy locally. Grass-fed animals are best. Grain fed are likely to be filled with toxins. It cost a little extra to eat organic but it is important and you will feel the affects within a couple of months.
- Drink water! Lots and lots of water. A glass when you first wake-up because you are dehydrated after 8 hrs of sleep. A glass after breakfast. Another glass 2 hours later. Repeat this process for lunch and dinner. Bottom line: you are dehydrated (most likely). Drink all day. Don't let yourself become thirsty because it is already too late if you do. When you become thirsty you are already dehydrated on a cellular level and therefore not functioning as you should be. Your cells are breaking down and chronic dehydration to this magnitude can lead to fatigue, headaches, and even degenerative diseases later in life.

Sample Meals:

Breakfast: start ALL breakfast with large glass of water.

1. 2 whole eggs (up to 4 for muscle gain). 1 piece Ezekiel bread toast/muffin with coconut mana spread. Blueberries (I like to crush the blueberries and put them on my toast). 6-8oz of black coffee with one drop stevia or Green Tea.

2. Quinoa (1/2 cup cooked), Almond butter (1 serving), coconut milk (or almond milk), blueberries. Sweeten with local honey if you need to. Sprinkle cinnamon. Vanilla extract also great for flavor.

3. Super shake: protein powder (12-20g), berries, MCT oil (coconut oil) heaping table spoon, almond milk (1 cup), cacao powder (1 serving), spinach (couple handfuls), cinnamon (to your liking), vanilla extract (to your liking). See handout for other shake hints. Do not blend protein more than 10s. Put it in last.

Lunch:

1. Salad. Get creative. Use either baby kale or spinach. Some form of protein (chicken, tuna, salmon, streak). Some form of fruit, preferably berries. Some form of fat: avocado, olives, olive oil or grapeseed oil, nuts. I like to make a bunch of ground chicken or beef and use it for taco salad also. A salad is a great opportunity to clean up your nutrition intake. Hide things you don't like. I don't like raw veggies but raw is the healthiest so I hide them in my salads.

2. Lean meat like grilled chicken or baked fish. Steamed or raw veggies. You can also add a sweet potato, or quinoa. Use salsa as a tasty condiment. I like to add garlic, spinach, and herbs to my quinoa as it simmers for flavor. Apple for desert (with peanut butter). I prefer almond butter but some peanut butter as a treat won't hurt.

3. Boiled eggs 2-4 depending on who you are and what your goals are. Fat loss people should stick with 2. Muscle gain people go up to 4. Side salad: spinach, chunks of sweet potato, blueberries, tomatoes, peppers, and dressing (homemade is best, I just use seasoned vinegar most of the time). I separate the eggs and the side salad to trick myself into thinking it isn't just a salad. I usually take this opportunity to dress my eggs up with salsa and a sweet potato.

SNACK: I don't really eat snacks anymore except for my super shake after workouts which is just protein powder, greens, and a simple carb like an apple. If I do eat a snack it is usually olives or nuts. I truly believe a high fat diet is key. Carbs have to be timed.

CARB TIMING: morning is great because you are more insulin sensitive and will utilize them better.

- Pre or post workout is great. These carbs should be simple though. Apples, juices, even bread (but healthy break like Ezekiel). Your body will blow through it for the workout or replenish with it after the workout.
- Lunch. This is your midday refueling and you still have hours left to use those carbs so they don't get stored. However, if you eat a bunch of carbs at lunch and then sit at your desk for 4 or 5 more hours you will basically store them anyway. If you eat carbs at lunch then find a way to be active right afterward. Go for a walk, or stand at your desk and do some light stretching. Your co-workers might be curious but you will lead by

example!!!! If you don't have people questioning what you're doing then you aren't doing something great. In order to do great things, you have to take on great challenges and no challenge is greater than going against the social norms.

Dinner: NO CARBS. With the exception of vegetables.

Anything else pretty much a go in my book. The only thing I will caution you about is pork and steak. I love steak but it is very fatty so once a week. I believe you are what you eat and unless you are raising your own pork and know what they are eating trust me when I say; THEY ARE DIRTY. I eat bacon on a rare occasion but RARE is the key word. You will be safe with a lean meat, a vegetable medley, and a side salad. If you have kids then make them a better side like rice or quinoa (again, quinoa can be what you make it. Throw whatever you want in it and it will be good!)

Planning is crucial. Know what you want to make for the week on Sunday and plan it out. budget your time. You have 168 hours in the week so make sure you hold yourself accountable. It is easy, here is a sample:

4 hours: gym
56 hours: sleep
56 hours: work
14 hours: kids activities

That's just 116 hours. that still gives you 38 hours left in your week to find maybe 2 hours to plan and cook meals ahead of time.

Note: Start sharing good recipes on the private Facebook page. We can all hold each other accountable that way!

NUTRITION NOTES & RECIPES

Portion Sizes:

- Men meat: 2 palm sizes
- Woman meat: 1 palm size

Supplements:

- Carlson's liquid fish
- Vitamin D3: 2000-4000 IU's every other day.

- Protein powder (optional morning shake with 12-17g and post workout shake with 15-25g).
- Creatine monohydrate (2-5g for optimal brain health, NOT body building).
- Natural Calm: a calcium/ magnesium supplement that will help recovery and sleep.

Snacks:

- Warrior 20 super Shake. Remember to put the protein powder in last and only blend it for 10s
- any Raw veggies with hummus (be sure to get organic hummus with as little ingredients as possible)
- don't snack when really hungry, you will overeat. It is imperative to eat balanced meals at all times to avoid overconsumption at a meal.
- I am a huge fan of the quest bars. This does not mean eat 2 a day but they are great meal replacements when you are in a pinch.

Sample meal plan

DAY 1

Breakfast:

- 2-3 eggs
- 1 slice Ezekiel toast
- broccoli, peppers, tomato scrambled with the eggs
- Tall glass of water
- Green tea

Lunch:

- Spinach or kale salad. With chicken (2 palm size pieces), mixed veggies, avocado (1 whole one), red grapes and tomatoes.
- Dress with grape seed oil and balsamic

Dinner: stir fry

- Ground bison meat cooked like taco meat.
- Broccoli, carrot, celery, Bell Pepper, Chili peppers, onion, ginger
- Taco seasoning: garlic powder, chili powder, onion powder, black pepper, Tumeric.
- Side salad: mixed greens with some chopped raw brussels sprouts. A pinch of goat cheese, a handful of pecans.
- Dress with grape seed oil and balsamic
- Use coconut oil to cook with.

DAY 2

Breakfast:

- Fage plain greek yogurt. Add vanilla extract, almonds, blueberries, and cinnamon.
- Tall glass of water/ Green tea

Lunch:

- Burger. No bun. Add the fixings. spinach, tomato, onion, beets
- Side of Quinoa season with garlic cloves (throw in while cooking), oregano, sea salt, and pepper

Dinner:

- Grilled Chicken or Turkey breasts (2 palm sizes) with grilled veggies (bell pepper, brussel sprouts, and asparagus).
- Use coconut oil to glaze the food with. season as you like (no salt).

Day 3:

Breakfast:

- Turkey sausage (use portion sizes above).
- 1/2 cup oatmeal with blueberries, almond butter (1 table spoon), cinnamon, almond milk

Lunch:

- Chicken/Turkey salad. Shredded grilled chkn/trky with plain greek yogurt, walnuts, grapes, shredded spinach, pepper, sea salt (sprinkled), a touch of balsamic vinegar, garlic powder, onion powder. Other acceptable flavoring would include: Tumeric, fennel, basil leaves, mint leaves.
- Sweet potato: baked with coconut oil (read serving sizes. Don't exceed 12-15g)

Dinner:

- Steak & veggies. Get grassfed steak when possible. They have it at Hannaford and Adam's.

DAY 4

Breakfast:

- Ezekiel Bread, Organic butter (just 1 tbl spoon)
- 2 eggs
- Fruit (berries)

Lunch:

- Bunless Turkey burgers (2)
- Grilled veggies
- Spinach salad with fruit, broccoli, and balsamic vinegar (not a dressing, make your own).

Dinner:

- Turkey meat loaf. Use oatmeal instead of bread crumbs in it.
- Green beans (raw), almonds, and grapes tossed in a grape seed oil based dressing. Get creative with your dressings.

ex: grapeseed oil, apple cider vinegar, pepper, sea salt, garlic powder, onion powder, and tumeri.

2 Days/week:

Breakfast:

- 3 eggs, strawberries, banana, broccoli

Lunch:

- nuts (almonds, walnuts, pecans), grapes, blueberries, bowl of raw veggies (bell pepper, ginger slices, spinach, onion, garlic clove, carrot, celery). Make veggie mix colorful.

Dinner:

- fish or chicken (grilled or baked). Light on the oil, just a drizzle of coconut oil. Big side salad full of veggie mix. Avocado.

Side Dishes:

Broccoli/ Avocado dish:

- Heat up some grape seed oil (2 table spoons or more)
- cook finely chopped broccoli until soft
- Dice avocado put in bowl
- When broccoli is toasted add to bowl and toss with Himalayan sea salt and lime

Mashed Sweet Potatoes

- Boil potatoes until soft
- mash in a bowl
- Mix in coconut oil (extra virgin)
- Top with Himalayan sea salt
- Stir and serve