

7-DAY SIZEDOWN



DAY 1

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On Day 1 of this unique program, eating out is not an option. It is essential you prepare enough healthy, fat-burning food for the entire week. Should you be in a situation that requires you to eat out, order dry, steamed, grease-free sauces and dressings on the side. This dramatic loss in body fat only happens if you eat clean.

EATING GUIDE

EXAMPLE MEAL PLAN FOR WOMEN
MEN CAN DOUBLE OR INCREASE PORTIONS

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
3 to 4 ounces of protein, $\frac{3}{4}$ cup of carbs and 1 cup of veggies.	Same as Meal 1 or protein drink.	Same as Meal 1 or protein drink.	Same as Meal 1 or protein drink.	4 to 5 ounces of protein, $\frac{1}{2}$ cup of carbs and $1\frac{1}{2}$ cups of veggies.

EXERCISE GUIDE

THE EXERCISE COMPONENT MUST INCLUDE MUSCLE-BUILDING EXERCISE.

MUSCLE-BUILDING EXERCISE TERMS:

- **INTENSITY** = *How hard you're working out.* You should gradually increase in weights, reps and shorter rest between sets.
- **DURATION** = *How long you're working out.* For example, doing cardio 45 to 60 minutes every day.
- **FREQUENCY** = *How often you're working out.* For example, doing weights four times a week for 30 to 45 minutes and cardio five to seven times a week for 45 to 60 minutes.

ELIMINATING CERTAIN FOODS

During the 21-Day Slimdown, we reduce certain foods such as alcohol, processed foods, lunch meats, sugary beverages, etc. During the 7-Day Sizedown, we don't reduce — we eliminate. The first two days are the most challenging, so refer to the videos and even contact me so I can help keep you motivated. It is not uncommon for you to lose weight faster than you gain it when on this program. If you feel weak, tired or fatigued, increase your portion sizes. Water should be your primary beverage, and lots of it. **YOU'RE ON YOUR WAY!**