

DAY 6

7-DAY SIZEDOWN



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By now you are down the home stretch. Did you eat perfectly during Days 1 through 5? Probably not. It is never about perfection but rather continued progress. You never finish this program – you only continue to get better and better at it. Several other things start to happen on a program such as this, and that is discovering what really works best for you. For example, your typical protein choices on this program are antibiotic-free and hormone-free white meat turkey and chicken breast, eggs, egg whites, liquid egg whites, fish, etc. Typical carb choices are sweet potatoes, brown rice, beans, lentils, quinoa, steel-cut oats, etc. Fibrous veggies include bell peppers, lettuce, spinach, carrots, cauliflower, broccoli, etc. And include fats. Yes, no longer be afraid of fats (just certain ones). These are ideally raw, uncooked fats such as avocado, raw nuts, raw nut butters and coconut oil used sparingly. A teaspoon per meal, provided you are eating clean, can be beneficial in health, losing body fat and food flavor satisfaction.

EATING GUIDE

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
4 to 5 ounces of egg whites, 1 cup of veggies, 1 teaspoon of avocado and $\frac{3}{4}$ cup of steel-cut oats.	3 to 4 ounces of chicken breast, $\frac{3}{4}$ cup of brown rice, 1 cup of veggies and 1 teaspoon of coconut oil or avocado.	Same as Meal 2.	3 to 4 ounces of fish, turkey or chicken, $\frac{3}{4}$ cup of carbs, 1 teaspoon of fat and 1 cup of veggies.	3 to 4 ounces of protein, 1 teaspoon of fat, 1 cup of veggies and a salad.

RESULTS

When you are diligent on such a strict program, not only do you see results like never before, but you also start to learn how your body responds to certain foods in less than a week. Some people require slightly more fat and less carbs, while others might require additional carbs and more protein. If you exercise a lot and lift weights with intensity, you might need an additional meal, including more protein to actually see even better results. If you get weak, tired or irritable, you aren't eating enough and should gradually increase carbs, add a meal or all of the above. This is also the ideal time to turn up the volume. Increase efforts both physically and emotionally.

Sometimes the results you see can be so drastic that a loved one or spouse can actually become insecure. It is always best when you can have full support of one another or do the program together because **MOST PEOPLE QUIT** right when they are about to make the most amount of progress. To avoid that, you must stay the course.

Tomorrow is Day 7. It is not the last day; it's just the beginning.

