

Cleansing, Eating, and Exercising

2000 calorie per day 10 day Cleanse-

Four things that will help you during your cleanse. Pro-biotics, fish oil, fiber and multi-vitamins

Breakfast- 1-2 eggs, a slice of toast or oatmeal, and a fruit (banana, apple, avocado)

Lunch- 4-6 oz of meat, 1 cup of vegetables (canned or fresh), and ½ cup of rice or pasta

* If you choose to have a salad for lunch or dinner with a meat on top, you can have as much salad as you like but you must have a smaller snack or cut one out completely to account for the salad dressing.

Dinner- 4-6 oz of meat, 1 cup of vegetables (canned or fresh), and ½ cup of rice or pasta

2 snacks per day 100-200 calories. The healthier the better. Nuts, granola bars, yogurt.

Start your day with the pro-biotic about 30 minutes before breakfast. The fiber, fish oil and vitamins you can take whenever it is most convenient for you. I like to have my fiber in the late evening along with the fish oil. I take vitamins in the early morning or after breakfast.

Regular diet plan-

Find your caloric baseline: <https://www.freedieting.com/calorie-calculator>

Exercising- 150 minutes of moderate aerobic activity per week

You can break up your activity. 30 minutes a day x 5 days per week, 3 days per week x 50 minutes. Try and elevate your heart rate to the point where you break a sweat but you can still speak normally, without losing your breath. If you choose to be vigorously active and lose your breath during your activity, you can make your goal 75 minutes per week.