

HOLIDAY SHREDZ DAY 10- DAY 18

LOW DAY NUTRITION GUIDE

Here Are Your Sample Macros: Use MyFitnessPal or other tracking app

3 Rules

- 1) Hit Your Protein and Fat Range Everyday
- 2) Adjust Your Carbs To The Carb Cycle Calendar Above
- 3) Drink upwards to 120oz of water a day

Protein

95-110g

Low Carb Day

70-85g

Fat

45-60g

AM MEAL Examples

*See the portion guide for serving size details (See Grocery List For For Food Options)

Breakfast Shake - Various ways to prepare

- OR -

2 Eggs + 1 cup egg whites with serving of Oatmeal

- OR -

Cold water + ShredzShot (Fast until lunch)

Lunch/Dinner Examples

(See the portion guide for serving size details)

Lunch Shake

- OR -

Measure out 2 palms (6-8 oz) full of Turkey, Chicken, Beef,
Fish, or Vegetarian "Meats"

+

with some veggies, and some fat from foods like avocado,
egg yolks, nuts, nut butters, or oils cooked with.

*You can drink another shake on the way home from work as a snack. IF you do then reduce dinner to 1 serving of protein

HOLIDAY SHREDZ DAY 10 - DAY 18

HIGH/MEDIUM DAY NUTRITION GUIDE

Here Are Sample Daily Macros: Use MyFitnessPal or other tracking app

3 Rules

- 1) Hit Your Protein and Fat Range Everyday
- 2) Adjust Your Carbs To The Carb Cycle Calendar Above
- 3) Drink upwards to 120oz of water a day

Protein

95-110g

High Carb Day

150-165g

Medium Carb Day

105-120g

Fat

45-60g

AM MEAL Examples

*See the portion guide for serving size details
(See Grocery List For Food Options)

Breakfast Shake - Various ways to prepare
- OR -

2 Eggs + 1 cup egg whites with serving of Oatmeal
- OR -

cold water + ShredzShot) (Fast until lunch)

Lunch/Dinner Examples

(See the portion guide for serving size details)

Measure out 2 palms (6-8 oz) full of Turkey, Chicken, Beef,
Fish, or Vegetarian "Meats"

+

2 fist of sweet potatoes

+

some veggies, and some fat from foods like avocado, egg yolks, nuts, nut butters, or oils cooked with.

HOLIDAY SHREDZ DAY 10 - DAY 18

"THE BASICS"

Low Carb Day Basics

Here's a couple of tips for your low carb days:

1. Low Carb Day = High Fat Day

All meals on low carb day will be focused on eating lots of protein, veggies, and healthy fats. You will get your energy from healthy fats on low carb days.

2. Eat when you are hungry and until you are satisfied.

This is very important. Remember that you are not cutting calories, but cutting out the calories your body doesn't need. Your body thrives on calories, so they are needed (even when trying to burn fat). Your worst mistake will be to drastically cut calories. If you are constantly hungry, you are not eating enough. When in doubt, it's always great to eat more protein and veggies.

3. Don't mind the fat.

On your low carb days, you may think that you are consuming a lot of fat, and that is because you are! But do not worry, all the fats you are eating will be very beneficial in helping you burn unwanted fat. Eating good fat burns fat. Keep that in mind.

4. Best Time for Carbs on Low Carb Day = Post Workout.

If you are going to have some fruit or another carb source on low carb day, the best time to eat them is post workout. After an intense training session, your body is primed to indulge in carbs to allow for recovery and to "refill" the glycogen stores in your muscles.

High Carb Day Basics

Here's a couple of tips for your high carb days:

1. High Carb Day = Low Fat Day

All meals will be focused on high protein, higher carb, and lower fat. Your protein options will remain the same as low carb days, but on this high carb days you will be lowering your fat intake. Instead, you will focus on incorporating more carbohydrates into your meals.

2. Your high carb day will and should be a bump in calories. Because you are eating more frequently, your calorie intake should be higher than your low carb days.

3. Get in Carbs Post Workout.

After an intense training session, your body is primed to indulge in carbs to allow for recovery and to "refill" the glycogen stores in your muscles.

4. Eat when you are hungry and until you are satisfied.

This is very important. Remember that you are not cutting calories, but cutting out the calories your body doesn't need. Your body thrives on calories so they are needed (even when trying to burn fat). Your worst mistake will be to drastically cut calories. If you are constantly hungry, you are not eating enough.

When in doubt, it's always great to eat more protein and veggies.

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PROTEINS:

- CHICKEN BREAST
- BISON BURGER
- VENISON
- 99% LEAN TURKEY BREAST
- PORK TENDERLOIN
- 96/4 GROUND BEEF
- ANY WHITE FISH
- ANY SHELLFISH
- EGG WHITES
- 0% COTTAGE CHEESE
- 0% GREEK YOGURT
- 1 TUNA PACKET

VEGETABLES

- ASPARAGUS
- CELERY
- BROCCOLI
- KALE
- SPINACH
- CAULIFLOWER
- ZUCCHINI
- GREEN BEANS
- CHARD
- ROMAINE LETTUCE
- CUCUMBERS
- OLIVES
- PICKLES

CARBS:

- MASH SWEET POTATO
- MASH RED POTATO
- ANY BEAN/LEGUMES
- COOKED BROWN RICE
- COOKED WHITE RICE
- 2 SLICES EZEKIEL BREAD
- ROLLED OATS
- PASTA
- BERRIES
- COOKED QUINOA
- COOKED COUSCOUS
- 1 PIECE OF FRUIT (FIST SIZE)

SHREDZ TEA

- 1 SERVING GREEN TEA CONCENTRATE
- 1 SERVING PROBIOTIC
- 8-12 OZ OF WATER
- 1 TBSP OF APPLE CIDER VINEGAR
(WITH THE MOTHER)

FATS/OILS

- 2 TB PEANUT BUTTER
- 2 TB ALMOND BUTTER
- 1.5 TB COCONUT OIL
- 2 TB GRASSFED BUTTER
- 1.5 TB OLIVE OIL
- 1/2 OF MEDIUM AVOCADO
- 1/4 CUP ANY NUTS
- 4 COFFEE CREAMERS (4 TB)
- 1.5 TB ANY COOKING OIL

SNACK LIST

- 1/2 CUP OF NON-FAT COTTAGE CHEESE
- 1 RICE CAKE WITH 1 TSP OF PEANUT BUTTER
- 1 SERVING OF MIXED NUTS
- 1 SERVING OF GREEK YOGURT
- 1 PIECE OF LOW FAT MOZZARELLA STRING CHEESE
- 3-4 EGGWHITES
- FRESH DELI TURKEY MEAT (2 OZ.)
- 1/2 CAN TUNA
- PROTEIN DRINK MIX (15G PROTEIN NO CARBS)
- ICED PROTEIN COFFEE

SHOPPING GUIDE

HOLIDAY SHREDZ DAY 10 - DAY 18

The Ultimate Hand Measuring Guide

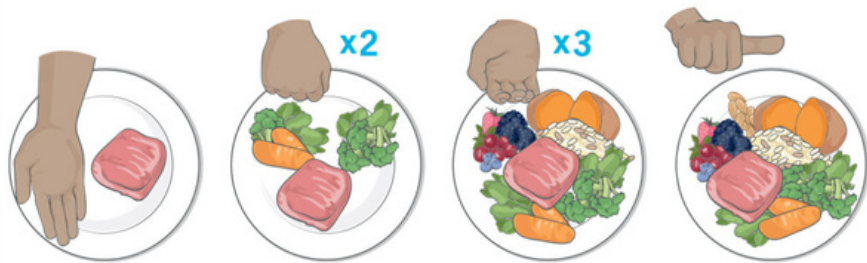
We understand that everyone has busy lives and may not always have the time to plan, prep, and prepare the perfect meal.

That is why we suggest the [drinking a healthy shake](#) as an ideal option. They taste great, easy to make and have the micro nutrition content of a perfect meal.

We also use this handy portion-measuring system as another option because it works well for many reasons.

1. Hands are portable. They come with you to work lunches, restaurants, social gatherings, and even Grandma's house.
2. Hands are a consistent size. This provides a consistent portion reference.
3. Hands are proportional to the individual. Bigger people generally need more food, and tend to have bigger hands, so therefore get larger portions. Smaller people generally need less food, and tend to have smaller hands, so therefore get smaller portions.

Plus, the hand portion-measuring system provides appropriate amounts of nutrient-dense foods and their specific macronutrients.



<u>PROTEIN= PALM</u>	<u>VEGGIES= FIST</u>	<u>CARBS=1 CUPPED HAND</u>	<u>FATS= 1 THUMB</u>
~ 20-30G	FEEL FREE TO	~ 20-30G	~ 7-12G
~3-4 OZ COOKED	EAT UNLIMITED	~1/2 - 2 COOKED	~ 1 TBSP OF OIL
MEAT	AMOUNT OF	GRAINS/ LEGUMES	
2 WHOLE EGGS	NON STARCHY	1 MEDIUM	
1 CUP GREEK	VEGGIES	FRUIT	
YOGURT			

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ADVANCED HIGH INTENSITY INTERVAL TRAINING (HIIT) PROTOCOLS

HIIT or interval training has taken the fitness and sports science world by storm, showing amazing results in aesthetics and performance with workouts lasting 30-40 minutes. You'll receive done for you home / HIIT workouts to ensure your body becomes a fat burning machine the rest of the day. HIIT has been proven to boost your metabolism by 48 hours compared to just the 4-6 hours following traditional training.

And keep this in mind... When you drop your cell phone, what do you do? Do you pick it up as quickly as possible, clean it off, and salvage whatever of it you can? Or...Do you kick it and smash it until its broken into a million pieces?.....Same holds true for your diet. If you eat something off your plan, don't throw in the towel and say "Oh well, this day is ruined, and proceed to eat 5 tacos, 3 twinkies, and 1.5 boxes of Oreos! Pick yourself up, and get right back on track, and salvage the rest of the day!

REMEMBER

No one is forcing you to do this. No one is holding a gun to your side, making you follow this plan, guide, or program. You are doing this because you want a result, you have a goal, and its to get somewhere different than where you are in your current state.

FOLLOW THE PLAN! It's a process, but with this program, I promise you will FEEL the differences almost immediately. I didn't say SEE the differences, because that will come in time, as a by product of improving OUR HEALTH & WELLNESS from the inside out

- Gauge your level of commitment.
- Be realistic with yourself and your level of cooking expertise - how much do you want to cook and how often?
- If you aren't a culinary Expert, opt for more quick cook foods, pre-chopped produce and simple recipes.
- Tackle your weak spots first.
- What meals or snacks need the most attention? If you're eating out every night, but doing alright when it comes to lunches, you may want to start with dinner.
- Start small. Begin by prepping for only 2 to 3 days meals each week. Or start with something easy like breakfast or snacks. Pick a day to plan and execute.
- You can dedicate one or more days per week to prepping. And don't forget to set aside some time to plan for the following week.
- For many, Sunday works as a great day to menu plan and cook for the week.
- Stock up on food containers and cooking equipment you will need. Having reliable meal prep containers can help you portion your food better, and keep meals tasting fresh and stored safely. And be prepared with any travel coolers if needed.

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