

7-Day Cleanse MEAL GUIDE

PROTEINS

- > Fish
- > Chicken Breast
- > Lean Beef
- > Lean Turkey
- > Egg Whites
- > 1 Whole Egg
- > Milk

PLANT BASED

- > Tofu
- > Tempeh
- > Peas/ Beans/Legume
- Seitan/Edamame
- > Nutritional Yeast
- > Soy Beans (High Protein -Low Carb)
- > Bean Burgers

CARBS

- > Ground Vegetables (Yam, Sweet Potatoes, etc)
- > Breadfruit
- > Brown Rice
- > Quinoa
- > Oats
- > Bulgur Wheat
- > Couscous
- > No White Flour
- > Whole Grain Flour
- > Peas/Beans/Legumes
- Plantains
- > Fruit In Season
- Carrots
- > Corn
- > Any Type of Squash
- > Eggplant/Pumpkin /Beets
- > Whole Grain Pasta

FATS

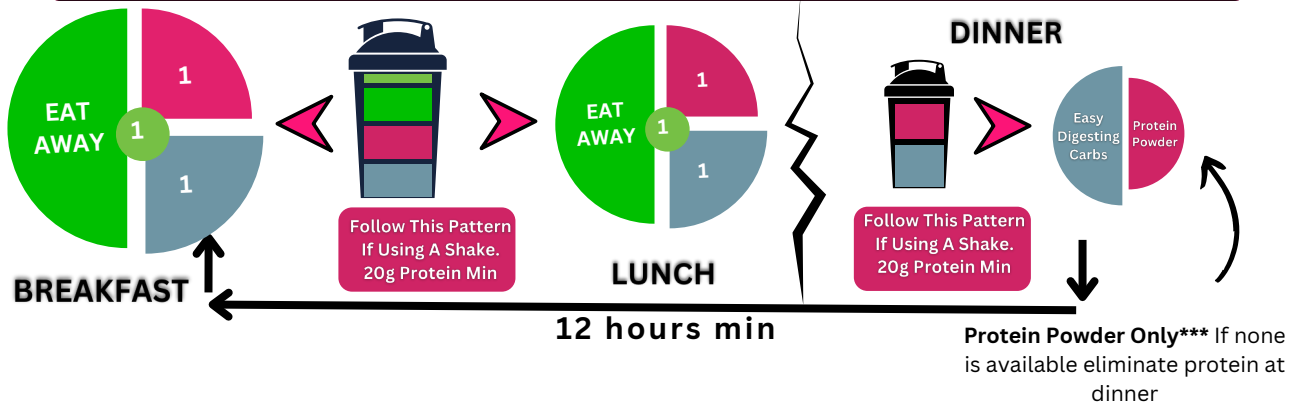
- > Nuts
- > Seeds
- > Avacados
- > Virgin Olive Oil
- > Virgin Coconut Oil
- > Nut butters
- > Olives
- > Edamame
- > Chia Seeds
- > Flaxseeds

VEGGIE

MIX & MATCH COLORFUL VEGGIES

- > Kale
- > Patchoi
- > Broccoli
- > Cauliflower
- > Peppers
- > Celery
- > Cabbage
- > Lettuce
- > Cucumbers

MEALS WHERE VEGGIES ARE USED (DON'T MIX FRUIT & VEGGIES AT THE SAME MEAL)



AM STACK

- 7-DAY CLEANSE
- PEAK VITALITY
- INFERNO

PRE WORKOUT

- KICKSTART 2.0

INTRAWORKOUT

- REBUILT XTREME

PM STACK

- COLON SWEEP
- PEAK VITALITY
- INFERNO

MORNING



BED TIME



GROCERY GUIDE

PROTEINS

- > Fish
- > Chicken Breast
- > Lean Beef
- > Lean Turkey
- > Egg Whites
- > 1 Whole Egg
- > Milk

PLANT BASED

- > Tofu
- > Tempeh
- > Peas/ Beans/Legume
Seitan/Edamame
- > Nutritional Yeast
- > Soy Beans
(High Protein -Low Carb)
- > Bean Burgers

CARBS

- > Ground Vegetables
(Yam, Sweet Potatoes, etc)
- > Breadfruit
- > Brown Rice
- > Quinoa
- > Oats
- > Bulgur Wheat
- > Couscous
- > No White Flour
- > Whole Grain Flour
- > Peas/Beans/Legumes >
Plantains
- > Fruit In Season Carrots
- > Corn
- > Any Type of Squash
- > Eggplant/Pumpkin
/Beets
- > Whole Grain Pasta

FATS

- > Nuts
- > Seeds
- > Avacados
- > Virgin Olive Oil
- > Virgin Coconut Oil
- > Nut butters
- > Olives
- > Edamame
- > Chia Seeds
- > Flaxseeds

VEGGIE

MIX & MATCH COLORFUL VEGGIES

- > Kale
- > Patchoi
- > Broccoli
- > Cauliflower
- > Peppers
- > Celery
- > Cabbage
- > Lettuce
- > Cucumbers

**PURCHASE
WEEKLY**

**PURCHASE IN BULK
MONTHLY**

**PURCHASE
WEEKLY**

PRO TIPS

If a specific food is not on this plan it's because
you can't have it for the challenge.
"When in doubt as about"

1lb Beans = approx 70- 100g

1lb Lean Meat = 100g

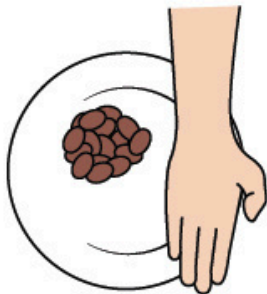
NOTES

- 1 Don't Mix Fruits & Veggies in the same meal
- 2 All Veggies must be lightly steamed meal (except lettuce)
- 3 Fruits are all plant foods with seeds e.g, Apple, Mango, Tomato, Egg Plant
- 4 Aim to Eat Meals at the SAME time every day

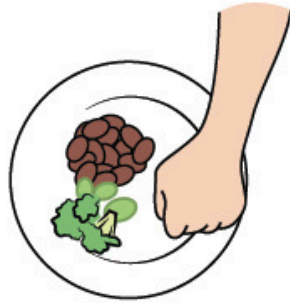
7-Day Cleanse

PRO TIPS

Here's the general idea.



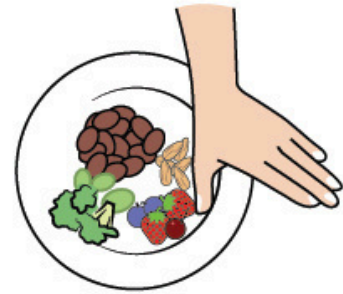
A portion of protein = 1 palm



A portion of vegetables = 1 fist



A portion of vegetables = 1 cupped hand



A portion of fats = 1 thumb

This handy portion-measuring system 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.

	Hand Portion	Macronutrient	Conventional Measurement
Protein	1 Palm	-20-30 g	-3-4 Oz Cooked Meat, 2 Whole Eggs, 1 Cup Greek Yogurt
Carbs	1 Cupped Hand	-20-30 g	~1/2-2/3 Cup Cooked Grains/legumes, 1 Medium Fruit/tuber
Fats	1 Thumb	-7-12 g	1 tbsp

APPROVED FOOD PREPARATION METHODS

Any preparation method **except** frying and stewing

7-Day Cleanse DAILY PLAN



WAKE UP



BED TIME

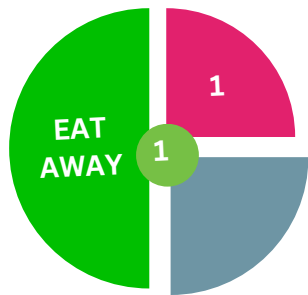


LARGE GLASS
WARM
WATER + LEMON



2 CAPS PER DAY
IN THE MORNING
ON AN EMPTY STOMACH

FIRST MEAL



OR



SECOND MEAL

LAST MEAL



Protein Powder Only*** If none is available eliminate protein at dinner

OR



2 CAPS PER DAY
BEFORE BED

EXERCISE
(ON EMPTY STOMACH)

OR

EXERCISE



“WHEN IN DOUBT ASK ABOUT” - COACH JASON

DAILY
PLAN

