



You will need to download [My Fitness Pal](#) or another calorie counter. Enter your AGE, HT, WEIGHT, GOAL WEIGHT, AND ACTIVITY LEVEL so you know your numbers.

IMPORTANT Change your settings to **40% Carbs, 30% Protein, 30% Fat**. - (1. Click more bottom right 2. Click goals 3. Enter weight and activity 4. Click calorie, carbs protein fat 5. Adjust the settings 6.Done)

MOST IMPORTANTLY...

- ★ Eat healthy foods more often.
- ★ Less snacking. More Meals!
- ★ Healthy food prepping or healthy food delivery. Be Prepared!
- ★ Letting go of OLD BAD habits that no longer serve you!
- ★ Limiting treats and cheats.
- ★ Being mindful of what you put into your body.

FOODS LIST

<p>TREATS (1-2 per week)...</p> <ul style="list-style-type: none"> ● No white sugar HAVE A PIECE OF fruit OR TEA, if you have a sweet tooth... ● No white flour ● No high fat foods ● No alcohol 	<p>LIMIT...</p> <ul style="list-style-type: none"> ● fried food ● sauces ● dairy ● butter ● salt or salty food <p>NO Carbs AFTER 5PM or 5 hours before bed</p>
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B FEARLESS LEAN FLOW NUTRITION GUIDE

PROTEIN OPTIONS: MUST BE ORGANIC (The hormones and antibiotics in the meat will kill you).

CARB OPTIONS: Complex = energy for 3-5 hrs. Complex carbs are foods, which contain vitamins, minerals and antioxidants.

LIMIT! SIMPLE CARBS: Simple carbohydrates are sugars. All simple carbohydrates are made of just one or two sugar molecules. They are the quickest source of energy, as they are very rapidly digested.

HEALTHY FATS: Limit to 2 servings a Day! (Know what a serving is).

PROTEIN OPTIONS	CARB OPTIONS	SIMPLE CARBS	HEALTHY FATS
<ul style="list-style-type: none"> * Fish * Egg whites w/one yolk * Chicken breast * Lean meat * Lean turkey 	<ul style="list-style-type: none"> * Oatmeal * Brown Rice * Quinoa * Potatoes * Beans * Peas and Lentils * Sweet potato/Yam 	<ul style="list-style-type: none"> * Table sugar * Brown sugar * Corn syrup * Honey * Maple syrup * Molasses * Jams, jellies * Fruit drinks * Soft drinks * Candy 	<ul style="list-style-type: none"> * Avocados (1 medium avocado has approx 23 grams of fat, primarily monounsaturated fat) * Walnuts * Plus other nuts, like almonds & pistachios * Nut & seed butters * Olives * Olive oil * Ground flaxseed

B FEARLESS LEAN FLOW NUTRITION GUIDE

Clients that have THE MOST success, put in all of their food in the counter in the a.m. so they can see where their numbers are at.

Within 45min. of waking up - Protein shake with greens. (I like spinach and ginger with Garden of Life Sport Protein or Vega.) **Do NOT add a bunch of fruit or calories.** This is JUST to get your metabolism started! ***NOTE:** If you're hungry in the morning, eat a meal. SAVE the shake for your late afternoon snack.

2-3 hrs. Later - Breakfast - Pick 1 Carb, 1 Protein, 1 Health Fat

Carbs are important for energy.

- Gluten Free toast
- Protein pancakes
- Oatmeal or Qi'a or another complex carb. ADD - nuts or a different healthy fat & 3 egg whites or a different protein.

4ish hrs. Later - Lunch - Pick: ½ Carb, 1.5 Protein, 1 Healthy Fat

4 - 6 OZ Protein and Veggies - IF Feeling hungry add a complex carb. It's your last one for the day!

- Chicken breast with a big salad. ADD beans or quinoa.
- Shrimp stir fry over rice and veggies

2-3 hrs. Later - Snack

Protein shake if you haven't already! A serving of nuts, cut up veggies with hummus, hard boiled eggs, apple with almond butter

2hrs. Later is dinner - Pick 1.5/2 Protein, 1-2 Health Fats

DON'T EAT CARBS AT NIGHT

4 - 6 OZ Protein and Veggies. Have a piece of fruit or tea if you have a sweet tooth.

- 4-6oz of fish over steamed veggies
- Turkey burger, no bun with a salad.

B FEARLESS LEAN FLOW NUTRITION GUIDE

Grocery List

PROTEIN	FRUIT	VEGETABLES
<ul style="list-style-type: none">• Boneless/skinless chicken breast• Eggs/egg whites• Lean Turkey Breast• Lean Deli Meat• Lean Red Meat• Scallops• Shrimp• Salmon• Tilapia• Tuna• Lamb• Venison and any Lean Wild meat• Protein Powder (Dairy or Plant based)• Protein Bars (Low sugar)• *Tofu• *Vegetarian Meat Substitute	<ul style="list-style-type: none">• Apple• Banana• Blueberries• Cantaloupe• Cherries• Clementines• Dates• Grapes• Kiwi• Lemon• Limes• Mango• Nectarines• Oranges• Peaches• Pears• Pineapple• Raspberries• Strawberries• Watermelon	<ul style="list-style-type: none">• Asparagus• Avocado• Bell Peppers• Broccoli• Brussel Sprouts• Butternut Squash• Cabbage• Carrots• Cauliflower• Celery• Cherry Tomatoes• Corn• Cucumber• Eggplant• Garlic• Jalapenos• Kale• Lettuce• Mushrooms• Onions• Spinach• Sweet Potatoes• Tomato• Zucchini

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Grocery List

BREADS, FLOURS & GRAIN	ESSENTIAL FATS & OILS	DAIRY/DAIRY ALTERNATIVES
<ul style="list-style-type: none"> ● Ezekiel Bread (frozen / refrigerated section) ● Whole Grain Bread ● Whole Grain Pasta ● Whole Grain Wraps ● Whole Grain Flour ● Gluten Free Flour ● Quinoa Flour ● Coconut Flour ● Buckwheat ● Brown Rice ● Quinoa ● Spelt ● Rice Cakes ● Pantry ● Black Beans ● Chia Seeds ● Chickpeas ● Coffee (black) ● Dark Chocolate (70-80% cacao) ● Green Tea ● Lentils ● Spices ● Stevia ● Oatmeal (old fashioned or steel) 	<ul style="list-style-type: none"> ● Almonds ● Avocado ● Avocado Oil ● Cashews ● Coconut ● Coconut Oil ● Extra-virgin Olive Oil ● Fatty Fish (salmon, sardines, tuna, mackerel & freshwater trout) ● Natural peanut butter ● Nuts (unsalted, unflavored) ● Olives 	<ul style="list-style-type: none"> ● Coconut Milk (unsweetened) ● Flax Milk (unsweetened) ● Oat Milk (unsweetened) ● Rice Milk (unsweetened) ● Hemp Milk (unsweetened) ● Cashew Milk (unsweetened) ● 0% Fat Plain <p style="text-align: center;">CONDIMENTS</p> <ul style="list-style-type: none"> ● Apple Cider Vinegar ● Balsamic Vinegar ● Hot Sauce ● Hummus ● Mustard ● Pico De Gallo ● Raspberry Vinaigrette ● Vinegar ● Pesto <ul style="list-style-type: none"> ● All Salt Free Spices