

BODY FAT LOSS CONDITION PROTOCOL

Supplementation Regimen:

- 21 Day Blitz Challenge
 - Opti-Pak, 1 packet daily
 - Optimal LipoLean CLA, 2 capsules morning and night
- OR**
- Daily Nutrients Essentials Pak, 1 packet 3 times daily
 - Optimal LipoLean CLA, 2 capsules morning and night
 - Optimal Complete Nutrition Plus, 1 serving daily (included in nutrition regimen)



Nutrition Regimen:

- 8oz of water with each meal

Breakfast:

- 1 fist-sized portion of raw fruit
- 1 serving of oatmeal
 - ½ cup old fashioned rolled oats
 - 1 tsp nuts or seeds (slivered almonds, pumpkin, or sunflower seeds)
 - Pinch of flax seeds
 - Organic honey or Stevia to taste

Morning Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

Lunch:

- Large salad (2-4 cups) or raw vegetables including dark, leafy greens
- Lean protein (3-4 oz) chicken, turkey, fish, tofu, or whale beans (try to use salmon at least once a week)
- Dressing: vinegar or lemon juice with 1 tsp of healthy oil (such as grape seed oil or extra virgin olive oil)
- Add Mrs. Dash (or like) seasoning, if desired **NO CHEESES, CREAMED DRESSINGS, CROUTONS, BACON BITS, etc.**

Afternoon Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8oz skim milk, soy milk, almond milk, fresh juice, or water **OR** 1 fist-sized serving of raw fruit (berries, if possible) **OR** 1 fist-sized portion of fresh vegetables

Dinner:

- 1 cup whole grains
 - 3-4 oz lean meat
 - 1 cup of vegetables (raw is best)
 - Avoid cheese or processed sauces and dressings.
- Example meals:**
- Turkey sandwich on whole-grain bread, with vegetables (lettuce, tomato, sprouts, etc.)
 - Fish, brown rice, green salad
 - Chicken fajitas (chicken, onions, peppers) on steamed corn tortillas
 - Marinara sauce on whole wheat or spinach pasta, green side salad
 - Brown rice, chicken, steamed vegetables

Exercise Regimen:

- High Intensity Interval Training (HIIT): 20 Rounds - 20 seconds full out, 40 seconds off, 4-5 times per week
- Strength Training: 20 minutes, 2-3 times per week