**SLIM STRONG & SEXY DAILY ROUTINE**

**LEAN FIT HEALTHY**

**WITH THESE 3 STEPS**

**STEP: 1 MORNING ROUTINE**

1. **Drink 1 litre towards your required amount of filtered water.** Drink remainder between meals and not too close to bedtime

BENEFITS: Energy. Fat Loss. Better Bowel Movements.

1. **Get outside for 20 minutes before 10 am.** Sunglass free for best hormone balancing effect

BENEFITS: Lifts Mood. Energy. Best Sleep

1. **Exercise**. Between 20-60 min. Depending on how much time you have. Focus on Strength training 2-3 times per week.

BENEFITS: Immune support. Boost Metabolism. Best Body Shape

**STEP 2: EAT**

**Begin to eat breakfast after fasting for 14 hours.** No additional calories from last nights dinner to this mornings breakfast.

**NOTE: EAT ONLY WHEN HUNGRY. STOP WHEN 80% FULL**

SUMMARY

Protein – consume 1 gram / lb of IDEAL body weight. Ie IDEAL BODY WEIGHT 130 lbs =130 grams of protein per day

PROTEIN: 130 total for the day

Incorporate at *every* meal.

Example:

Breakfast 50 grams

Lunch 40 grams

Dinner 40 grams

Carbohydrates – consume 50-100 grams per day

CARBS: 100 total for the day

Incorporate some at *lunch and MOST at dinner* meals.

Your carbs should mainly come from colorful ‘above the ground’ veggies. COOKED. Incorporate with most meals. \*\*\* PLUS Add in ‘below the ground’ veggies as part of your evening meal.

Fats – consume 50-70 grams per day

FATS: 70 total for the day

Incorporate at *every* meal.

Your fats should mainly come from extra virgin olive oil, olives, avocados, coconut oil, butter or ghee. Incorporate 1 Tbsp or ½ avocado at *every* meal.

EXTRAS:

Incorporate daily when you can.

Bone broth, sea vegetables, herbs, spices, and sprouts into your daily meals.

**STEP 3: EVENING ROUTINE**

1. **STOP EATING STOP 3-4 HRS BEFORE BEDTIME.**
2. **WITHIN 1 HR OF SUNSET, MAKE YOUR SURROUNDINGS AS DARK AS POSSIBLE.**See ‘Tips for Optimal Sleep’ handout.
3. **GO TO BED AT THE SAME TIME EVERY NIGHT.** This ‘trains’ your body to get your best sleep.

DOWN LOAD My Fitness Plan for help with grams/meal <https://www.myfitnesspal.com/>

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