Legal Disclaimer

You must get physician's approval before beginning this program.
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The information should be used in conjunction with the guidance and care of your physician. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.
You must undergo a complete physical examination by a physician if you are sedentary, if you have high blood pressure or high cholesterol, if you are overweight, have diabetes or are over 30 years old.
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INTRODUCTION FROM KATE VIDULICH

Hey! It’s Kate here and I’m really excited to share my brand new “common sense” meal plan… this has been a HUGE game changer for me!

See this pic to the right? Yep, that’s me. This year I’ve totally transformed my body - yay for sexy results! ;)

Anyway, I’ve been constantly getting questions about what I’ve been doing differently.

How did I get so lean and sculpted?

Well here's the deal...

I didn't go on an extreme diet.

I didn't cut out alcohol.

Or carbs.

Or go "Paleo" Lol!

And no... I'm NOT in training for a bodybuilding figure contest!

Anyway, this simple meal plan I’ve been consistently following worked so well… I thought it was a fluke.

But it wasn’t a fluke at all.

It’s really simple:

When it comes to eating, I’ve been using common sense.

More on that in just a sec.
The fact of the matter is this: if you want to sculpt lean muscle – you need to eat.

The right foods.

At the right time.

And be “kind” to yourself.

NO starving. Or beating yourself up.

However, you have to be honest. No blaming other people. Take full responsibility for what you’re eating. Plus, be present and aware of how your body feels.

Basically, it’s a daily practice of eating to fuel your body.

And I call it the 3-2-1 method.

So what the heck is the common sense diet all about?

Everyone knows the foods they shouldn’t be eating on a regular basis. Like hey, you won’t be surprised when I say eating fried foods every day is not good for you, right? ;)

It’s just about being consistent with the right foods and being aware of your body.

Here’s what I mean:

#1. If you’re hungry – eat until you’re full. If you’re not hungry – don’t eat.

This is simple, right? Plus, it eliminates the other reasons why you might be eating. Like:

- stress eating
- emotional eating
- boredom snacking
- any other reason aside from hunger

#2: Be Consistent

Again, this is very important. That’s why I’ve said it 3 times already lol.

One VERY important thing to note:

There’s no time frame here. Your goal is to be as consistent as you can every single day. It won’t happen overnight. Just warning you, ok.

Yep. You have to practice this style of eating.

And it’s not all about looking awesome.

Sure, that rocks.

(And don’t get me wrong, getting lean will make you feel good.)

But when you FEEL incredibly awesome from the inside out, you can carry that confidence over into the rest of your life and enjoy every day to the fullest.

More energy.

Better workouts.

Solid sleep.

All round awesomeness.

Good luck! I’m here for you any time you need help. So please reach out if you’re stuck.

Here’s to accelerating fat loss with healthy, delicious foods!

Kate Vidulich, BSc, ACSM, Master CTT

Exercise Physiologist

FatLossAccelerators.com
3-2-1 METHOD

Remember, this is the common sense meal plan... So no need to get complicated or fancy.

Here’s the basic outline for your main meals (breakfast/lunch/dinner) that you need to consistently follow:

**Step 1:** Eat 3 serves of non-starchy vegetables (any will do. Green are always best... like spinach, broccoli, kale)

**Step 2:** Eat 2 serves of lean protein

**Step 3:** Eat 1 serve of good fats or carbs (depending on time of day. See meal plan below on page 22 for more details)

See, now there’s no ninja tricks here. And I’m sure you can see this is nothing “breakthrough”. I don’t want you to feel overwhelmed, or like this is too complicated.

It needs feel easy, so you can make it part of your everyday life.

And stay CONSISTENT.
11 COMMON SENSE RULES OF EATING

1. Eat a high quality protein at every meal

2. Use healthy fats and oils freely

3. Eat carbs at night. Avoid anything processed, like bread, chips, pasta, cereal. Choose rice, potatoes and beans.

4. Avoid fried stuff and fast food.

5. Eat green vegetables as often as you can.

6. Drink plenty of water: at least 100 ounces water/day **minimum**.

7. Eat fresh fruit if you’re craving sugar.

8. Be consistent with this plan

9. Eat slowly and enjoy every mouthful. Stop eating when you feel full.

10. Choose organic foods (particularly fruits and vegetables) where available

11. Enjoy a treat meal 1-2 times per week.
MEASURING PORTIONS

Deprivation is not cool... So don’t starve yourself. But poor food selection will deter your progress. **Do NOT count calories please.** Just learn to eyeball your serving sizes.

- **Greens:** Consume a salad/green vegetables the **size of both hands put together.** This equals a little more than a cup of greens.

- **Proteins:** go for serving the **size of your fist** for chicken, fish, lean beef, lean turkey, egg whites, whole eggs.

- **Carbs:** go for serving the **size of your fist** for rice, potato, lentils, quinoa, chickpeas and black beans.

- **Healthy fats:** Eat a serving of extra-virgin olive oil, coconut oil, Udo’s oil, nut butter, nuts, salad dressing or seeds the **size of two thumbs.** This measurement equals two tablespoons.

- **Fruits:** Measure a serving of fresh fruit the **size of your fist.**

  *Use these “handy” guides for easy measuring:*

  ![Images of hand measurements](image)
2 Simple Eating Tricks You Need To Know

Trick #1: Focus On What You Can Eat... Not What You Can’t...

Have you ever picked up a new diet book, and immediately thought of all the things you CAN’T eat?

Yeah, me too.

It’s not fun.

Why is it when you can’t have something, you want it even more?

Here are 3 reasons why this happens...

1. “Psychological Reactance”

People don’t like to be told they can’t have something. It’s related to not wanting to be controlled by others, especially if the situation feels unfair.

That’s why if you have a list of forbidden foods – you’re more likely to crave it – even if you never fancy it. The “reactance” is both emotional and behavioural.

2. Heightened Attention

When something is forbidden, you immediately pay more attention to it. So if you’re on an extremely restricted diet, you sometimes get too focused on what you can’t eat.

This heightened attention – which can escalate into obsession – make the forbidden food seem very important. Your inner little monster comes out to play and tries to convince you that you MUST have that ice cream or burger.
3. Perceived Scarcity

If something is scarce or in short supply, it’s perceived value increases. You want it more because you think it’s running out of supply or other people want it.

If you’ve ever been bid at auctions, you know the last-minute excitement as you watch the bids spiral upwards. The more people who bid, the more people are willing to pay for the item. Your inner little monster wants it at any cost.

The idea is to keep the little monster under control, and your goal is to concentrate on the delicious foods you CAN eat.

You need to think of food as your fuel, and the pathway to more energy.

Energizing Whole foods => feeling awesome

Processed, sugary foods => feeling sluggish and unwell

So start by ADDING foods into your meal plan, before you start subtracting.

**Trick #2: Eat Protein at Every Meal**

Protein is considered the king of macronutrients for fat loss nutrition, as it helps you build and maintain lean muscle tissue and keeps you satiated (that means feeling full for longer).

But a single egg, or two ounces of lean meat on a sandwich is not enough protein in a meal.

It’s not to say you need to go nuts and buy a year’s supply of protein supplements. You can very simply enjoy healthy, whole based foods and get your daily protein requirements.

Don’t be afraid to eat more protein if you feel hungry. You’re better off eating a little more of a healthy, lean protein than that starving yourself and bingeing on junk food later in the day.
Like I mentioned before, measure your portions against the size of your palm.

Ladies, you need at least one serve per meal and guys, you get two. Minimum.

The best sources of lean protein include:
- Skinless chicken breast (white meat)
- Skinless turkey (white meat)
- Grass fed beef
- Wild fish
- Egg whites
- Eggs (also contains fats)
- Fat-free Greek yoghurt
- Protein powder

**TOP 4 THINGS YOU MUST DO DAILY**

- **Skip Sugar:** Choose foods with less than 10g of sugar total.

Sugar hides in foods under sneaky names like brown sugar, beet sugar, cane sugar, confectioner’s sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, invert sugar, lactose, maltodextrin, malitol (a sugar alcohol), mannitol (a sugar alcohol) sorbitol (a sugar alcohol), sucrose, and turbinado sugar. These sugars are in everything from breads and dairy to energy bars and protein shakes.

Sugar is found not only in things that are sweet, but also in processed food like ketchup, spaghetti sauce, and BBQ sauce.

You will have sugar cravings but you can get past this. Just remember: Sugar is what makes you fat!!

- **Eliminate all calorie-containing beverages**

Watch out for “healthy” organic green juices and coconut water. These contain loads of sneaky sugars!
Avoid Gluten

The reason it seems so expensive to eat healthy is because we fall for hyped up food products and label scams.

Avoiding gluten is a very good idea, especially if you’re intolerant.

Here’s the thing, 90% of the food labels listed as “gluten-free” NEVER had gluten in them in the first place!

Food marketers know that adding the label “gluten-free” to the packaging instantly increases sales, so they can scam you into thinking it’s healthier for you and charge you more in the process. <= Gee, thanks!

The only 3 foods you should buy “gluten-free” are barley, rye or wheat. Or you can simply choose beans, sweet potato, or rice instead.

Everything else is a scam!

Avoid processed foods

Anything packaged with ingredients you can’t pronounce and artificial sweeteners.

What is processed food, anyway?

You know processed food is not good for your health, however you may be confused what actually constitutes a processed food.

If you can’t identify them – how can you possibly cut them out of your diet?

Here’s a quick definition for you…

Processed foods have been altered from their natural state.
The methods used include canning, freezing, refrigeration, dehydration and aseptic processing. Commercially prepared food designed for ease of consumption.

Basically anything that comes in a packet, can or bottle is processed.

**What is processed food doing to your body?**

The truth about food additives

Additives bring about a desired characteristic ("enhanced" flavor, longer shelf life, texture, fewer calories, etc.) that can be seriously harmful to your health.

- artificial colors
- artificial sweeteners
- BHT and BHA
- Citric acid
- Carrageenan
- Calcium propionate
- Monosodium glutamate (MSG)
- Sodium benzoate
- Sulfites

**5 reasons why you need to avoid processed food:**

1. Processed foods are often nutrient-deficient. The processing they undergo robs them of vitamins, minerals, and micronutrients.

2. They often contain added salt, sugar, and fat (including trans fats) to make them more palatable. In a population with record levels of hypertension, obesity, and diabetes--or precursors to same--we should avoid excess amounts of these ingredients.

3. The addition of sugar, salt, fat, and "flavor enhancers" actually alter your taste, so that you lose the ability to taste subtle characteristics of actual food and become addicted to and crave the altered food.
4. There may be hidden ingredients that you'd rather not ingest; not everything in a "food" has to be labeled. Some of those ingredients may come from countries that have little regulation.

5. Every dollar spent on processed food profits the food industry, giant conglomerates that care only about the bottom line and have gone to great lengths (and great expense) to get so-called regulatory agencies to see things their way, regardless of the evidence that many food industry practices are detrimental to our health and well-being.

Once you wean yourself off processed foods, you will discover they actually have off-flavors and strange chemical tastes.

**What are the processed foods at the store?**

- Canned foods with large amounts of sodium or fat
- Breads and pastas made with refined white flour
- Packaged high-calorie snack foods such as chips and candy
- Frozen fish sticks and frozen dinners that are high in sodium
- Packaged cakes and cookies
- Boxed meal mixes that are high in fat and sodium
- Sugary breakfast cereals
- Processed meats

**5 SNEAKY HEALTH BUZZ WORDS TO WATCH OUT FOR**

Here’s a quick “how-to” guide, to help you avoid falling into a health food trap.

**Label Warning #1: Gluten-Free**

Do you think eating a gluten-free diet is healthier?

If you have a gluten allergy, it’s obvious. Yes. This is not just the better choice – it’s your only choice.
So this warning is for gluten tolerant people, who think picking a gluten free snack is the healthier option.

Please...

Don’t be fooled by the label.

Eating the gluten-free variation of certain foods does not mean it’s healthy. Even just now as I was writing this article, the flight attendant offered me a snack, and I asked if she had anything healthy. She looked puzzled and said, “oh yes, we have these gluten-free chips”. So I checked out the ingredients – and surprise surprise – not healthy.

As my New Year’s resolution, I decided to go gluten-free for a month. No particular reason, other than I wanted to challenge myself. It was tough.

During this time, I investigated the endless gluten free offerings. Surprisingly, there were SO many choices. A whole aisle at the store was dedicated to gluten free products. Whoa.

Wheat (gluten) is replaced with rice or potatoes. Or worse. An evil concoction or modified version of the two.

Checking out the gluten free baked goods was very interesting. Just because it didn’t contain gluten, wasn’t a guarantee it was lower in calories, carbs or fats.

In fact, I found these “gluten-free” foods to contain more calories, more fat and crazy modified ingredients I’d never heard of.

I have no objection to you going gluten-free. I must admit, cutting gluten out of my diet made a huge difference to my digestion and energy levels. Just don’t fall into the trap of replacing those foods with higher calorie packaged junk.

But honestly, if I’m craving bread or a muffin, screw it. I’d rather go all in. I figure, if you really want to eat baked goods, and you’re not
allergic to gluten, wouldn’t you prefer to just eat the real thing? I sure as hell know I would.

Looking for a healthy snack? Skip the processed “gluten-free” foods, and go for real gluten-free snacks, like fruit and nuts.

**Label Warning #2: Fat-Free or Low Fat**

Oh goody, the label says there’s no fat in this snack. So you figure you can eat unlimited quantities of this healthy stuff?

This is the sneaky food label that led to my ridiculous sugar addiction and obsession with fat free food in the 90’s. Not only did this damage my thinking towards dieting and what I considered healthy foods, I actually gained a ton of weight thanks to my so-called “healthy” addiction to low-fat banana bread.

Every morning, I ate two slices, thinking I was making a healthy choice because the packaging said “low in fat”. Oh gawd. Naïve, young KV.

Turns out, one slice of this stuff has more calories than a donut!

Basically, fat-free means high in sugar.

As you already know, a high level of sugar circulating in your blood is bad news for fat loss. In fact, it’s bad news for your entire body.

Another culprit is the smoothie chains. Most of their dairy-free drinks are promoted as “healthy” and “fat-free” – which is true – but **extremely misleading**. Some of these drinks contain over 100g of sugar. And that’s not even the large size. Oh. My.

If the label says “Fat-free” or “Low-Fat” – make sure you check the carb and sugar count on the nutrition panel. I bet you’ll be in for a shock. After you take a photo of the ingredients list and recover from the shock, run away.

**Label Warning #3: Vegan**
The vegan movement is gaining momentum, but is going vegan good for your health?

I’m not convinced.

Eliminating whole food groups for the long-term means your body is missing out on nutrients it needs.

What is a vegan-approved food?

Any food that doesn’t contain animal products, like milk, eggs, or meat. Even fish is off the menu.

The thing is, you need to a lot of carbs (that also contain protein) in order to get your protein.

But you’ll be interested to know there are plenty of unhealthy options.

Here’s a list of other approved vegan foods:
- Potato chips
- Pizza
- Blueberry Muffins
- Banana Bread
- Bagels
- Candy

Do any of thee foods sound healthy to you? No.

Going vegan does not guarantee you’ll lose weight. In fact, I think it’s just another fad diet. Just because President Clinton lost weight on a vegan diet, doesn’t necessarily mean it will work for you. Remember, he was overindulging in meat and animal products, so of course this change made a huge difference.

Vegans are missing out on essential proteins and fats you can only get through your diet. Plus it’s carb overload.

And one last thing. How boring. Have you ever been to a restaurant with a fussy eater? It’s torture. If you can’t eat anything on the menu, why even bother going out?
Label Warning #4: No Added Sugar

Don’t be fooled by this one folks.

If the packet says “No Added Sugar” and the food is sweet, well guess what? It’s loaded with poisonous artificial sweeteners that’s going to damage your body more than actual sugar.

A classic example is flavored yoghurt that says zero sugar and zero fat. If you take a peek at the ingredients list, prepare yourself for words you can’t pronounce. Remember the golden rule: if you can’t pronounce it, don’t eat it.

Label Warning #5: Trans Fat Free

Trans fat is dangerous stuff. Eat this on a regular basis and you have a heart attack coming your way.

Fortunately, it is mandatory for any foods with more than of trans fat to indicate it on the label.

However, keep your eyes peeled. In the US, trans fat level of less than 0.5g can be listed as 0 grams trans fats on the food label. Yes, a food can contain trans fat and be labelled otherwise.

Outrageous!!

How do you know if the packaged food has trans fats?

You can catch it on food labels under “partially hydrogenated oils”. If you spot this ingredient on the label – it contains trans fat.

However, you need to watch out for certain fast foods containing trans fats, that don’t carry a warning label. Food served in a restaurant doesn’t warn you of the impending heart attack.

This includes:

- Anything fried (that includes fries, chicken, chips)
- Burgers
- Cakes
- Cookies

The simple solution? Avoid fried, packaged food and you avoid trans fat.

5. Made with Whole Grains

Beware of this food label lie!

A product claiming to be “made with whole grains” may actually contain a significant amount of a less desirable main ingredient.

So what you think is a healthy choice, may not be entirely made from whole grains and could also be loaded with other ingredients – that are not on the happy list.

Crafty food marketers are riding off the health buzz words, and strategically placing these claims on food packaging, knowing this will seal the deal for shoppers.

Keep your eyes pealed!
HOW TO USE THIS MEAL PLAN

This is a very simple breakdown of how to eat each day:

**Breakfast:** 3 Veggies + 2 Protein + 1 Good Fat (or if I'm in a rush I'll have a protein shake)

**Example of What I Eat:**
Spinach + lean grilled chicken breast + half avocado

**Lunch:** 3 Veggies + 2 Protein + 1 Good Fat

**Example of What I Eat:**
Broccoli or Large Salad + Wild Salmon + Extra Virgin Olive Oil

**Dinner:** 3 Veggies + 2 Protein + 1 Carbs (beans, rice or potato only)

**Example of What I Eat:**
Cauliflower rice / broccoli + Lean Turkey Chilli + Black beans or steamed white rice

If I get hungry between meals and it’s a workout day, I eat a piece of fruit. Like mango, banana, or berries. Other times I’ll snack on raw almonds or walnuts.

WHY YOU NEED TO EAT CARBS AT NIGHT

Here’s The Deal...

This might be the least “common sense” of all the guidelines.

However, carbs make you sleepy. If you’ve ever had a huge stack of pancakes for breakfast, you know what I’m talking about.
Since carbs spike your insulin and can induce a “coma”…especially if you go overboard… It makes sense to eat these foods at night to help you sleep better.

**SPICES, CONDIMENTS & BEVERAGES**

**HOW TO MAKE YOUR MEALS TASTE GOOD!**

Here’s 4 Simple Ways to Add Flavor:

1. *Add Herbs and Spices*

=> There are millions of options…! Try pepper, cumin, paprika, garlic, parsley, rosemary, organo, ginger, tumeric, mint, sage, cloves, cinnamon (delicious in coffee!)

2. *Frank’s Original Hot Sauce* (or any hot sauce without sodium benzoate or other nasty additives)

=> Amazing on eggs, chicken or anything really!

3. *Use Whole Grain Mustard*

=> Great to add to turkey, lean beef or chicken for flavor.

4. *Create Your Own Salad Dressing* (avoid commercial dressings)

=> Use extra virgin olive oil, lemon or lime juice, garlic and pepper (or any combination you like!)
BEVERAGES

What you drink is just as important as what you’re eating. Here’s a few simple guidelines:

- Drink at least 100 ounces of water each day. It’s super important to stay hydrated!

- Drink coffee if you’re a fan. But not just any coffee. Avoid adding syrups, low fat milks, or sugar. Listen… I’m shamelessly addicted to caffeine – the cold brew here in San Francisco is legit. In fact, the cold brew is lower in acidity which makes it better for you :) I always go for organic blends, and only add almond milk (no sugar added)

- **Skip the sodas, juices with added sugars and diet drinks.** **Avoid** artificial sweeteners (like Equal, Sweet N Low or Splenda). This stuff will kill you!

- I drink a cup of ginger tea every morning. Why? Because it simply makes me feel good. Sometimes I’ll enjoy one in the evening, too.

- Drink alcohol strategically. More on that in this next section…

ALCOHOL

Now, in the past I’ve recommended avoiding all alcohol when trying to lose weight. And sure, eliminating it from our lives is probably the best option… But is that realistic?

Not really.

Especially if you want to go out and socialize with friends.

Over the last few months I’ve been experimenting and noticed certain alcohols are fine to enjoy on this plan.
So you don’t necessarily have to avoid alcohol to see results. Obviously, you don’t want to go overboard and drink a bottle of wine or two every night!

Bottom line is this: there’s nothing wrong with having an alcoholic beverage, if you like.

But here are a few sneaky tricks that can help you to NOT pack on the pounds from drinking alcohol. Here’s what I recommend:

➢ **Drink tons of water to prevent dehydration.**

Gee, thanks Captain Obvious. But if you plan to down a few beers after breaking a sweat, try polishing off a few glasses of water first.

Then for every drink you order, get a glass of water too. If you alternate between the two, it should keep you out of trouble.

And when you get home, drink a liter of water to rehydrate your body. This is one thing I always do when I get home from a late night of drinking.

➢ **Stay away from syrpy, fruity drinks that are loaded with sugars…**

This is double trouble for your belly and butt fat. You’re not only getting empty calories from the alcohol… but loads of empty calories from sugar.

These beverages (like margaritas and daiquiris) have 500-600 calories per serving!

YIKES!

Stick with clear alcohol mixed with water or club soda/seltzer/soda water.

Clear liquors like vodka or tequila with seltzer and fresh squeezed lime juice is my favorite. This is awesome if you’re at a restaurant, bar, or club.
Also, most people don’t realize this, but tonic water is loaded with almost as much sugar as regular soda – while club soda has ZERO calories.

If you’re a beer drinker, you’re better off choosing just 1 or 2 dark beers rather than 5 or 6 light beers.

Although dark beers have more calories than light beers, they also have more B vitamins and antioxidants than light beers, so you actually get more nutrition from the dark beer.

As long as you keep it to just 1 or 2 dark beers you’ll be fine, but if you go beyond that you should start counting calories and go with a low-calorie light beer option instead.

➤ Eat a dinner is based only around protein and vegetables…
   If you know you’re going to consume more booze than you’re supposed to!

Eating a good portion of satisfying lean protein along with nutrient-dense vegetables can help to control your appetite and give your body the nutrients it needs.

As I just explained above, too many carbs + alcohol intake = bad news.

➤ Avoid late night junk food after drinking.

This will screw up your weight loss efforts BIG time. The worst thing for your body is loading up on fries, pizza, ice cream, or other junk foods after consuming alcohol.

The best method is to plan ahead. Make sure you have an alternative healthy option planned ahead of time so when you get home you can heat it up and satisfy your late-night cravings. Sure, it’s not the ideal situation. But it’s better than eating fast food.

By the way, I’m not perfect. I’ve screwed up in this department many a time. You need to remove temptations, and keep yourself in control!
➢ Get a high intensity total body workout before your night out of drinking.

This is the best way to get your metabolic rate revved for some extra damage control.

Also make sure to get in some exercise the morning after your night out along with extra water intake.

If your energy sucks, just stick with lower intensity and focus on doing what you can, sweating it out and rehydrating.

I ALWAYS hit the gym afterwards to "sweat it out."

Alcohol rocks at depleting your body of vitamins and minerals it needs to feel healthy and normal, so you need to replenish these key compounds to recover quickly.
ANYTIME VEGGIES

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Fennel
- Green Onion
- Leek
- Lettuce – Spinach ideally
- Mushroom
- Onion
- Radish
- Snow Peas
- Spinach
- Tomato
- Zucchini

*Anytime Veggies can be added to any meal or consumed as a snack throughout the day (except during 12 hour overnight fast).*
BONUS RECIPES: MY FAVORITE EASY TO COOK MEALS

Cauliflower Rice

Serves 2-3 people

Ingredients:

- 1 head organic cauliflower
- 2 tbsp organic vegetable broth
- 1 garlic clove, finely chopped
- Sea salt
- Black pepper

Directions:

Grate the cauliflower or finely chop it until it resembles rice. In a skillet heat the broth and add the cauliflower and finely chopped garlic. Put the lid on and cook on medium heat for about 5 minutes until tender. Season with salt and pepper to taste.

Enjoy!
Lean Turkey Chili (Serves: 4)

Ingredients:

- 1lb ground lean turkey (98% lean)
- 1-3 tbsp dried chili pepper flakes (to taste)
- 1 tbsp dried oregano
- 1 tbsp cumin seeds, crushed
- 1-2 tsp pepper (to taste)
- 2 cups organic vegetable broth
- 1-2 tsp cayenne pepper
- 2 cloves garlic, crushed
- 1 medium onion, chopped
- 15 oz can tomatoes (no salt or preservatives added), diced
- 2 tbsp oregano
- 2 tbsp cilantro

Directions:

1. Finely chop garlic and onion.
2. Heat 1 tbsp broth in a medium pot.
3. Add the onion to the broth and sauté over medium heat for 5 minutes.
4. Add garlic, ground turkey, cumin, chili, salt and pepper and sauté breaking up turkey for another 5 minutes.
5. Add diced tomatoes and broth to turkey mixture and bring to a boil on high heat. Reduce heat to medium and simmer for another 15 minutes.
6. Add cilantro, salt, and pepper to taste and serve.
Protein Pancakes (Serves: 1)

Ingredients:

- 2 scoops vanilla protein powder
- 1/2 cup organic egg whites
- 4 tbsp almond milk
- 2 tsp cinnamon
- 2 tbsp ground flax seeds
- A generous handful of blueberries

Directions:

1. Mix all of the ingredients together and mash the blueberries a little. This will make it easier to flip, trust me.
2. Spray a pan with olive oil cooking spray and heat to medium.
3. Pour a small amount into the pan and cook one side until the little bubbles appear.
4. Carefully flip it over and cook the other side until center is done.
5. Makes approximately 4 little pancakes.
6. Add strawberries or more blueberries to serve.