



10 Steps to Success

- 1** READ all the way through this document.
- 2** BE PREPARED by making your meal plan, going to the grocery store with the Healthy Shopping List, and preparing the right foods/etc. Cooking before you need to will make things easy, cut down on undesirable snacking and help keep you on track!
- 3** Follow one of our recommended plans.. If it helps, set an alarm on your phone to remind you when it is time to do something until it has become habit forming! Stay close to me and keep me updated with any questions or concerns you may have.
- 4** Drink 128 oz. of water per day. It will help flush toxins from the body and water is the #1 fat burner in the body.
- 5** Avoid these three white foods (even on eating days): flour, salt and sugar.
- 6** Eat high fiber foods on eating days: salads and vegetables are great for this. Avoid high carb foods like peas, rice, starches and even whole wheat breads.
- 7** Eat enough food. Not eating enough will KILL your metabolism and hold on to fat. Eat high fiber foods from day 3-8 : salads and steamed or raw veggies.
- 8** Take your before picture (front, side and back) and take your measurements following the measurment guide document. Do NOT skip this step!
- 9** Limit your excercise during the 8-day due to your low calorie intake. You are encouraged, however to follow the exercise plan as spelled out in the side bar of your 8-day plan.
- 10** Commit and you will succeed!

***Remember: Nothing here is magic! Commit, keep your eyes on the goal. Give it at least 30 days to figure out how to optimize the products in your unique body, and you will be on the road to a lifetime of healthy, energetic, fit and trim you.**