

30 DAY PHIT KIT

NUTRITION GUIDE

BY LIVING PHIT

living **pH** itTM



Lose weight & feel great with Living Phit's nutrition plan. Designed to be used with our 30 Day Phit Kit products.

There are 2 components to the plan:

1. Nutrition: What to Eat
2. How to Incorporate your Phit Kit

The 30 Day Nutrition Plan - What to Eat

The goal of this plan is to detoxify your body from harmful sugar and carbs, as well as acidic waste in the body, and to eat healthy food for 30 days.

This is not a "restricted calorie" diet.

Eat until you feel satisfied. You should still lose weight due to better food choices and by increasing alkalinity in your body and digestive health.

And remember...

Nutrition accounts for 80% of weight loss efforts.

Focus here.



Proteins:

High quality protein will help you retain muscle and feel full.

Examples:

Fish, chicken, turkey, pork, eggs, lamb, beef, lobster, shrimp, and any other high-quality animal protein you like.

Try to go as natural as possible. Processed meats like hot dogs are technically protein but should be consumed much less frequently.

Add toppings like butter, seasonings, salsa, and chili powder for flavor, but try to stay away from sugary BBQ sauces and ketchups.

If you can get organic, grass-fed or pasture raised, (and wild caught for fish), that's a huge bonus, although optional.

Nuts and Seeds:

Many nuts and seeds provide healthy fats, and are packed with good calories. These also make great snacks if you get hungry between meals.

Examples:

Almonds, peanuts, organic peanut butter, walnuts, cashews, pecans, chia seeds, hemp seeds, etc.

If you love spreads like peanut butter, try to stay away from the big brands that add sugar. Check the ingredients. Sugar should not be one.

Healthy Fats & Oils:

Many studies show that healthy fats are essential for energy and brain function. There's a lot of confusion about "healthy" fats, so try to stick to the following:

Examples:

Avocado, Butter (Grass-fed is best), Olive oil & Coconut Oil. We already covered these, but nuts & seeds and eggs also contain many healthy fats.



Fruits:

Many “diets” don’t allow you to eat fruit due to its sugar content. We find that very restricting, however. You’ll feel a lot more energetic if you consume healthy sugars occasionally.

Moderate fruit consumption is fine, but you should eat it sparingly (say 1-2 servings per day), and try to eat it either:

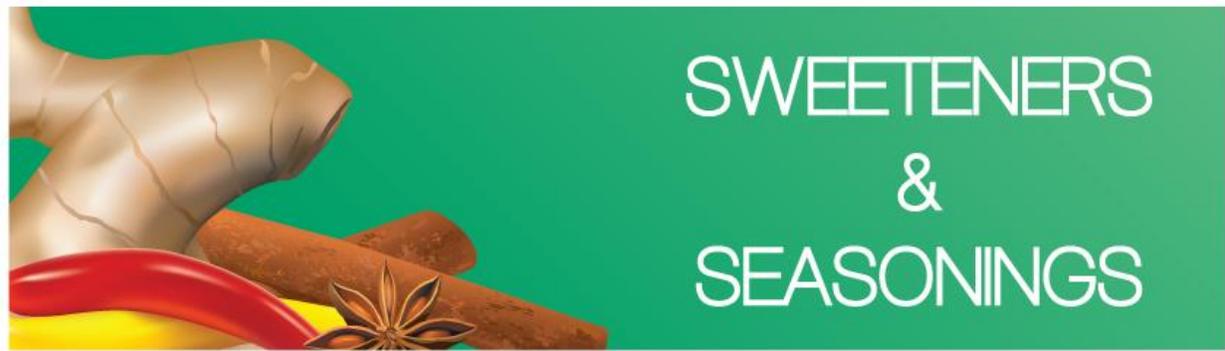
1. Immediately following exercise
2. Or with a healthy fat (i.e. eat an apple with some organic peanut butter.)

Vegetables:

Veggies are free game. Don’t worry about which ones are higher in carbs or glycemic index. Just eat various types and assorted colors.

One great tip is to drop a handful of raw spinach into your daily shake. There’s literally no taste. So simple and a great source of minerals.

Another tip is to cook your veggies in a high-quality fat. Again, that could be grass-fed butter or animal fat saved from eating your proteins (*but only use animal fat if it came from a high quality, organic/grass-fed/pasture raised animal*).



One of the easiest ways to wreak havoc on your body is to ingest sugar or use most of the artificial sweeteners that sit on our table when we go out to eat.

There are healthier ways to sweeten or add flavor to your food:

Healthy Sweeteners:

- Monkfruit Natural Sweetener as a replacement for sugar in cooking recipes
- Stevia – another great option
- Yacon syrup – great to add to nuts & seeds or even meats

Seasonings:

These are pretty much fair game. Some great options here are:

Cinnamon, Curry, Ginger, Cayenne, Sea Salt, Chili Pepper, Mustard and leafy Herbs (Basil, Thyme, Rosemary, etc)

Acids and Spices:

If you're used to flavoring your food with sugary sauces, you may think making these changes will lead to less flavorful foods.

But don't forget that acids like balsamic vinegar or a squeeze of lemon are great options to add flavor to your meals.

Same goes for adding some salsa, or spices like curry or chili powder. There's no need to sacrifice taste when eating right. Just add other smart options.



Ok, so we've covered all the wonderful things you'll be eating.

... and there are a lot.

So don't worry about the few things we'll be cutting out. I've got some great substitutes below. You won't miss them.

Avoid:

Bad carbs, sugar, soda, alcohol, most dairy, and food fried in most oils

Some of the best examples of carbs to cut out are white or brown rice, bread, potatoes & french fries, potato & tortilla chips, and pasta.

You can substitute almond flour for flour and monk fruit for sugar, and can make just about anything you want including pizza and cookies.

Some examples of sugar you may be ingesting daily (without knowing it) is in sugary coffee creamers, honey, syrups, sauces for meats, ketchup and BBQ sauce, salad dressings, energy drinks, and juices. Check the labels and try to go sugar-free.

Dairy:

Most cheeses & milk and other dairy products produced in the U.S. are garbage quality, and terrible for you. They come from sick cows who eat a terrible diet.

The exception is if you have access to dairy products that come from pasture raised, grass-fed cows. If so, have at it.

Easy Substitutes:

Ok, so before you think you have to stop drinking coffee or eating chocolate, here are some great substitutes you can use:

Sugar -> Stevia or Monkfruit Natural Sweetener

Half and Half -> Almond Milk and stevia

Flour -> Almond Flour

Soda -> Ultima Replenisher (Lecroy drinks are also great if you want something bubbly)

Chocolate -> Lily's Chocolate, flavored by Stevia

Pancakes -> Birch Benders or Lakanto pancake mix

Salad Dressing -> Primal Kitchen brand

Cheat Meal:

Feel free to indulge in ONE glorious cheat meal per week. Eat all the sugar and processed food and McDonald's you want.

Meal Timing (Optional But VERY Effective):

We're big intermittent fasting proponents at Living Phit.

It's a super easy way to eat less food and always feel full. There are other benefits too. Here's the gist of what you do:

- Eat in a 6 to 8 hour eating window every day
- Stop eating and start your "fast" at least 4 hours before bed – So if you go to bed at 10 pm, try eating your dinner early by 6 or 7, and your first meal will be around 10 am to 12 pm every day.
- Don't obsess over the things that "break your fast." Have some coffee in the morning if you need it to hold you over



Onnit Grass-Fed Protein:

One of the hardest parts about eating differently is how it taxes you mentally.

"What am I going to eat today? Do I even have that in the fridge?"

The good news?

You have high-quality protein powder you can use to make shakes that will fill you up, help you lose weight, and taste great.

... and it will take you minutes. No prep time!

We recommend you replace ONE meal per day with a protein shake.

The secret to an amazing shake? Add more than WATER and ICE.

Again, this isn't about starving yourself. It's about getting full and feeling amazing. I suggest you try adding the following to fill your shake with healthy calories:

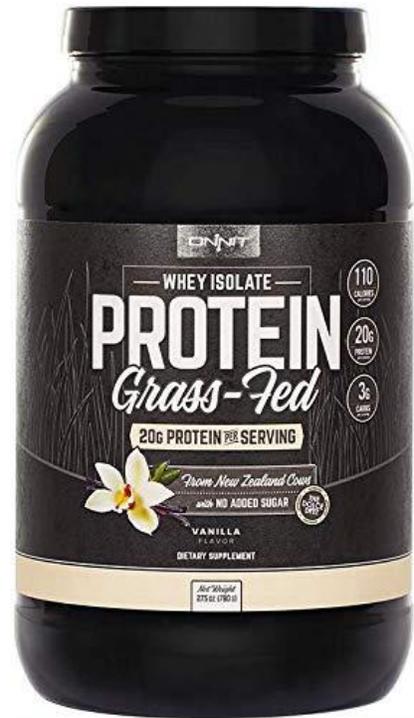
- Use almond milk instead of water
- Add a spoonful of organic peanut butter
- A tablespoon of Coconut oil
- Half a Banana
- Spinach
- Hemp seeds
- Peppermint extract for a mint shake

Concentrace Trace Mineral Drops:

One of the underlying reasons our bodies retain weight is because we're too acidic.

Coffee, sugar, alcohol, and processed foods all contribute to this. Concentrace Mineral Drops give your body the exact minerals it needs to alkalize itself so you can shed unwanted fat fast.

Simply add 5 to 10 drops to all your drinks (especially coffee) for optimal use.



Ultima Replenisher Electrolyte Powder

During your 30 days, since we ask you to abstain from soda and sugary drinks & juices, it can be hard for some people to replace those tasty drinks with just water.

Ultima's replenishing drink mix not only tastes great, but also has replenishing effects to wake you up and give you tons of energy.

Studies have shown a tall, cold drink first thing in the morning assists in weight loss, and you'll probably want the afternoon pick-me-up, so we encourage you to drink 2 servings per day, first thing in the a.m., and another in the afternoon.



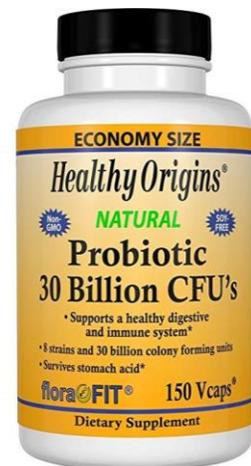
Healthy Origins Probiotics:

Many people falsely think probiotics only help digestive health.

While this is true, multiple studies have linked probiotics to weight loss. They help you feel fuller, burn more calories and store less fat. And since all you have to do is take 2 tiny pills per day, this one's a no brainer!

It will also increase your gut and digestive health, improve liver function, and improve sleep, all of which aid in helping you to feel amazing and yes, lose weight!

Simply take 2 capsules every night before bed!



Final Notes:

If you want to exercise and make some other lifestyle changes while on the 30 day program, feel free to do so, but it's optional.

If you're body is used to eating a lot of sugar, you may feel a bit run down for a few days when you switch to eating healthier, so be careful with working out, especially in the first week.

Don't Sweat It:

On an ending note, don't be too hard on yourself.

If you mess up and eat some carbs or sugar, don't sweat it... and definitely don't quit! Just try to avoid it the next day. Good health is a marathon, not a sprint.

***Disclaimer:** You should consult your physician or other health care professional before starting this or any other nutrition program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure, diabetes, or heart disease. Do not start this nutrition program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while using this nutritional protocol, you should stop immediately.*

Living Phit offers nutritional information on its website and in its courses, which is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on Living Phit's website or courses. The use of any information provided by Living Phit is solely at your own risk.

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