

WEEK 1 | GUIDE PROGRAM STARTING LINE

Welcome to the official starting line!

This week we are going to work on two things, and two things alone: breakfast and the removal of grains from your diet completely (don't worry...it's not permanent).

Now I know you may be raring to go and jump in full throttle right now, and while that's AMAZING, it doesn't usually lead to success. Taking this week and focusing on two fairly simple steps is going to give you laser focus and get you started on the path to results that continue and last. Sounds great right? Let's dig deeper:

1. BREAKFAST

This week I want you to choose one of the three breakfasts options below. You can have the same one every day, or you can rotate through them. Whatever works. The point is that you're choosing from one of the breakfasts I've set out for you.

- Bacon, Eggs, Avocado & Sauerkraut
- Carrot Cake Chia Pudding
- Tropical Ginger Smoothie

These options are blood sugar balancing. They contain a TON of good fat and protein and very few carbohydrates. Perfect for setting up your day to burn fat, increase energy, and just feel better.

By stabilizing blood sugar from the very first part of your day, you are much more likely to avoid those mid-afternoon energy slumps and the insane carbohydrate cravings that go alongside them.

Don't worry about portion sizes, eat as much as you like to feel full. When you balance your macros properly, you are very unlikely to overeat anyway.

Give yourself time in the morning to be successful at this. If you're constantly rushed and skipping breakfast, set your alarm for 15 minutes earlier this week. Put your alarm clock AWAY from the bed, so you have to get up to turn it off (the snooze button isn't as irresistible once you're out of bed). You need to set yourself up for success.

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2. NO GRAIN ZONE

I know this one sounds a bit hard to do. Avoiding grains is a little scary if you're a carb-loving pasta-a-holic BUT it's really important in the beginning.

We tend to rely VERY heavily on grains and grain products, which are fast digesting carbohydrates that are not very nutrient dense; this leaves us with energy crashes and crazy carb cravings all day long.

By using the breakfast recipes I gave you in step #1, you've already eliminated grains from breakfast, now we're just taking it one step further and eliminating grains from your lunch and dinner too.

One thing I want you to take away from this is how often you were reaching for and eating grains as a staple in all of your meals before this challenge. Pretty crazy right?

Don't worry, I'm going to give you a few of my fave grain-free lunch and dinner recipes to get you started (and some snacks too).

That's it for this week! If you simply focus on these two things for the next seven days, you'll get yourself off to a great start.

If you have ANY questions of course post away in the private Facebook group and I'll be sure to get them answered.