

WEEK 1



# Nutrition

guide

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Lose weight and gain muscle the right & healthy way

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## About Christmas' Nutrition

### A guide to healthy eating

Hey! I'm Christmas Abbott and I am so happy you are reading this... because it means you are not only about to start an amazing transformation journey, but also improve your overall health and well-being. We're gonna snatch that waist, lift your booty and get you feeling sexy and confident.

This is why I love what I do!

In this guide you will find all my top tips and guidelines for how you can make a lifestyle change that's permanent. Eating healthily will give you more energy, better skin and leave you feeling so much better about yourself.

I've even included a few meal ideas and new food suggestions so you can get creative and make what's best for you. No watching the scales, I just want you to look and feel amazing. This isn't a rigid plan or the be-all and end-all. I am simply making recommendations on how you can reach your goals and go further through eating well! I'll be rooting for you at every step of the way. I believe in you!

Stay strong! Christmas Abbott





# Eat Clean

More than just a lifestyle

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**Healthy eating is essential for everyone.**

It doesn't matter what you want to do - If you want to lose fat or build up muscle. Your food choice makes the difference.

I believe in learning to enjoy healthy eating, seeing food in a different light, and most importantly, providing you with all the knowledge and power you need to make healthier life choices and feeling better.

Previous experience has taught me that you need to focus on all aspects of your lifestyle from training and eating to rest and rehabilitation to be able to reach your goals. The combination of my **90-day BBX Challenge** and this Nutrition Guide can help you to obtain the best results.



There are many reasons to eat clean and your own personal reasons can change over time. Whatever or whoever inspires you and keeps you motivated, whether it's to feel good about yourself or to improve your health- it's important to remember why you have embarked on living a healthier life!

#### **The benefits of clean eating.**

- + More energy
- + Feel better
- + Improve Cell Function Weight / Fat Loss
- + Fuel for your Body & Mind combat diseases and balance mood
- + Regulate Blood Sugar



#### **Eat Clean**

More than just a lifestyle

# Understand Calories & Macronutrients

Did you know where all your **energy** comes from?

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**Right, those calories!**

Calories (kilojoules) are units of measure assigned to foods to show how much energy it contains. Our exercise (running and weights etc.) as well as normal body functions (sleeping or thinking etc.) burns calories as energy everyday.

If you consume more calories than you expend, the excess will be stored as body fat. If you consume less than you expend everyday your body will have to use stored body fat to meet energy needs.

Proteins, fats, and carbohydrates all have calories. One gram of protein contains 4 calories, one gram of fat contains 9 calories, and one gram of carbohydrate contains 4 calories.



In general, your calorie (energy) requirement depends upon your age, height, weight, gender and activity level. However, here are the calorie recommendations based on each particular body type.

### **Macronutrients**

Macronutrients or 'macros' for short are carbohydrates, proteins and fats that, as already mentioned, are in conjunction with calories. Their functions are to provide us with the energy (calories) and sustenance we need for everyday activities. The term "macro" means large. Simply speaking, macronutrients quickly and effectively deliver the nutrients our bodies need in large amounts.

Proteins, carbohydrates and fats are all macronutrients that we cannot live without. Everyday, we must consume these chemical compounds in very large amounts in order to stay alive and healthy. If weight loss is your health goal, you need to recognise that the many diets advertised on the forefront of today's fitness world may not be the healthiest option for you. Without these particular macronutrients the body can suffer from illness, fatigue and can essentially begin to shut down.





It is important to know that many of today's chronic diseases and illnesses are caused by poor nutrition alone. It is essential to include carbohydrates and fats in our diet. If we don't, our bodies' ability to function and change (including losing weight) is significantly decreased. Many people will find when starting these fad diets that they are tired, lack energy, cannot digest food properly, certain hormones begin to shut down and they become ill.

In general, it is VERY common that people following very low calorie, low carb or low fat diets typically "fall back" or regain a lot of the weight they previously lost.



+ Proteins: Used to restore our cells; over 70% of our cells are protein

+ Carbohydrates: The body's primary source of energy - however, an excess of carbohydrates will be stored as fat on the body

+ Fats: Make you happy and release a hormonal response that makes you feel satisfied with your meal, aka 'full'

I've divided foods into 3 different qualities-

1. Premium (these foods blast fat & feed your muscles)
2. Acceptable (a close second to premium, needed to refeed after intense training sessions)
3. Poor (foods with poor macronutrient breakdown + packaged products with who knows what in them...YUK!)



### Premium

These are "whole" foods found in their natural state- no processed crap. They don't have labels or multiple ingredients, either. Examples are: Proteins. These include meats (beef, pork, lamb, veal, and so forth), poultry; fish, shellfish, eggs, and egg whites. Non-starchy Vegetables.

This category includes broccoli, cauliflower, peppers of all kinds, asparagus, lettuce and other greens, green beans, yellow beans, cabbage, summer squash, cucumbers, tomatoes, radishes, onions, zucchini, and many more. These foods are low in calories, high in fiber, and loaded with nutrition. Fruits. Fruits are full of nutrients and fiber, plus they provide energy in the form of carbohydrates to power daily activities, including exercising. All types of fruits in whole form are allowed on my plan. Fats. You get to eat a wide variety of fats on my plan. They give you energy, help your body burn fat, and lubricate your joints. Fats make you happy, too- they're a terrific mood lifter. They also tell your body when you're full and prevent you from overeating.

For your first 21 days, I want you to choose "primo" foods only.

calorie



## Acceptable

There are foods you can pick that are healthy in moderation and with deliberate purpose, but your progress might slow down if you eat too many of them. Examples are dairy products such as milk and cheese and starchy foods like sweet potatoes and natural grains. There are limited benefits in adding dairy foods to your diet; they can be a good combo item but contribute to extra fat gain if not careful. Plus, a lot of people can't stomach the lactose in dairy foods and suffer digestive problems. Most of the nutrients you get from dairy you can get easily from other sources, including canned salmon, broccoli, and green leafy veggies. As for starches, choices like legumes and grains are healthy, but they're carbs. Carbs kick up insulin. You don't want that happening, since insulin interferes with the breakdown of fat and drives fat right into storage. When you eat a balance of carbs, insulin stays in line.



## Poor

Well, “really terrible macros” are like that: tempting but bad for us. I’m talking about junk food here: anything that comes in a box, foods with long lists of ingredients on the label, fast foods, lunch meats, soy products (soy tends to increase estrogen, a fattening hormone), sodas, alcohol, and anything with sugar dumped into it, natural or imitation. “Really terrible macros” are also known as processed foods. They are loaded with additives, preservatives, flavorings, dyes, processed fats, refined sugar, artificial sweeteners, sodium, and all kinds of gunk and junk.

Your body is just not designed to handle these foods, and they will make you fat and unhealthy. Your muscles crave high-quality, primo foods and will respond best when fed the best possible food choices. Put the best fuel into that beautiful body of yours, and it will take you to the highest level of fitness and performance. That said, I’m a realist, and I know there are times when you want some of these foods. It’s okay. I for one like to treat myself to a cupcake every once in awhile. Later on, I’ll show you how to do some controlled cheating that won’t throw your eating plan out of whack. But for best results, you want to avoid the really terrible macros.





## Importance of breakfast

More people skip breakfast than any other meal of the day. This is mostly due to convenience, since it is too tempting to sleep in a little longer and run out of the house in the morning without eating. This is a huge mistake. After a whole night of not eating your body is starved of amino acids, so protein is a must when you wake up.

If you have a tendency to cheat on your diet, we highly suggest eating most of your daily carbs at breakfast. Breakfast is also a good time to include some of your daily fats.

Don't let laziness hold you back from getting results. If you are serious about fat loss and muscle growth you will prioritize breakfast and set that alarm clock a little earlier.

Confidence is the belief that you'll be successful in a given situation, but it's not something we necessarily come by naturally, and it ebbs and flows. I started with baby steps, nothing huge or life-altering.

Every tiny step I took in the right direction brought better outcomes, plus the confidence that comes with those results. You can build confidence in the same way. If you've habitually failed at diets, for example, you probably struggle with self-confidence.

That's when you need to take little steps yourself. One way to do this is what I call "layering changes."



For example, start with just a breakfast change in which you eat a healthy morning meal. Once you've nailed your breakfast, move to lunch changes, then dinner changes. Layering looks like this:

Week 1: Eat a nutritious breakfast all week.

Week 2: Eat a nutritious breakfast and lunch all week.

Week 3: Eat a nutritious breakfast, lunch, and dinner all week.

One change at a time, one meal at a time- that's layering. It gives you small wins and your confidence grows. You can do it!

Again "Breakfast is the most important meal of the day". - we've all heard this a million times but somehow we still don't listen!

It is CRUCIAL to this program that you eat breakfast every.single.morning (No exceptions!) I am a 6AM'er myself, and the amount of times I've heard people say they can't eat before their 6 AM workout is outrageous - you can, and you will, no matter what your schedule may be ;)

Within 30-60 minutes of waking up, you should eat breakfast. It can be something small if your stomach can't handle much - perhaps 1 hard boiled egg + slice of apple + dollop of PB will do it for you.



But out of all the meals, breakfast allows your body the most time to burn it off -so start your day healthy & right!



## Let's put the plan together

More than just a lifestyle

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The foundation of my diet is 'primo' foods with a little bit of acceptable foods, along with properly prepared, nutritionally dense booty foods. Once you build your foundation with these foods, you can start building your walls—something you'll do with nutrient combinations I call bricks. A brick is comprised of a specific quantity of protein, carbohydrate, and fat, and is used to put together your meals. You'll eat a certain number of bricks at each of your meals and snacks. The number is based on two factors: 1) the diet you're on—Minimalist, Modifier, Maintainer, or Gainer; and 2) your frame size, determined by your height. Think about it: If you are someone who is five feet ten inches you are definitely going to require more food than someone who is five feet two. You'll learn how to tailor the plan to your individual height profile.





Here's how to determine your height profile:

- + Frame 1 (Mighty): 4'10" to 5'2"
- + Frame 2: (Force) 5'3" to 5'6"
- + Frame 3: (Power) 5'7" to 5'10"
- + Frame 4: (Bold) 5'11" to 6'
- + Frame 5: (Confident) Over 6'

The number of bricks you eat each day looks like this:



Frame	Minimalist	Modifier	Maintainer	Gainer
1: Mighty	Check page 17	8-12 bricks	9-13 bricks	11-14 bricks
2: Force		11-13 bricks	11-15 bricks	14-17 bricks
3: Power		12-14 bricks	13-17 bricks	14-18 bricks
4: Bold		13-16 bricks	14-18 bricks	15-19 bricks
5: Confident		15-20 bricks	16-20 bricks	16-22 bricks

This system will take a little getting used to, but before long, it will become second nature- and the key to making long-term changes in your diet and nutrition.

Nothing worthwhile is without effort. The majority of the "work" with this program is on the front end. Once you're a few days into it, the plan becomes exceptionally easier to comprehend and apply.



### Check your body type and get it right:

Everyone comes to my program with different requirements and goals, which is why I want to make sure you create your own diet and personalize it to your body shape. Get the calories right and see which body type you are from the following: the "Minimalist", the "Modifier", the "Gainer", or the "Maintainer". Each is described below:



#### The "Minimalist"

The "Minimalist", unlike the other plans, does not require to you weigh and measure your foods. Weighing and measuring will give you much better results, but if you're not ready to commit to that, I advise that you start out on the Minimalist. It's designed for flexibility- You'll still get to lose body fat, but not as quickly or efficiently as you might on another plan. How much muscle you add depends on your workout habits. The more you exercise, the more muscle development you'll gain. You'll eat primo foods exclusively.

#### **You're a "Minimalist" if one or more of these criteria apply:**

- You are interested mostly in reducing body fat.
- You need a more flexible approach that does not involve weighing or measuring portions.
- You aren't sure whether you're a Modifier, Gainer, or Maintainer. If you don't find yourself a precise match to any particular plan, start with the Minimalist.

### The "Modifier"

The "Modifier" strictly helps you see and feel change right from the get-go, and it is effective for anyone who wants to shed extra pounds fast. You must weigh and measure your foods if you want the best results. Don't be surprised if you drop 15 pounds or more in 30 days. Within the "Modifier" plan, you want to choose the lowest amount of fat for your meals (this means it's also the lowest in calories). That way, your body starts to utilize its own "extra storage" faster than with the others.

Like the "Minimalist", the "Modifier" requires that you eat primo foods- pure and natural food choices. It's also a great plan for athletes in sports for which they need to get lean to make weight.

#### **You're a "Modifier" if one or more of these criteria apply:**

- You have 40 percent body fat or higher, or are 30 pounds or more overweight.
- You have a lifestyle that is currently sedentary, with very little activity on the job or with exercise.
- You work out, but usually not intensely and three times a week or less.
- You need to get lean quickly for health and cosmetic reasons, or to make weight for an athletic competition.
- You have goals to rapidly lower your body fat, with a minimal gain in body mass.

### The "Gainer"

The "Gainer" is for someone who needs to gain more mass, such as an athlete in a "bulk" cycle or a person who's doing an intense training program already, such as a marathon runner or triathlete. You are able to enjoy a wide variety of foods.

On the "Gainer" plan, you get to eat the most food. This approach won't make you fat, but will put on lean mass for the look and performance you want. Weighing and measuring your foods is key getting results.

**You belong to the “Gainers” if one or more of these criteria apply:**

- You have 15% body fat
- You are highly active, with an intense workout schedule.
- You train two hours daily or more (approximately ten hours or more of training a week).
- You are close to your ideal body composition, but you'd like to put on additional lean muscle.
- You would like to increase or maintain your body fat percentage.
- You would like to increase your body mass (muscle) percentage more rapidly than a Modifier or Maintainer.

The “Maintainer”

You're maybe close to your weight loss goal, plus you want to build more body-glorious muscle and finally get a tight booty- a so called “Maintainer”. If either of these sounds like you, the “Maintainer” it is. You'll eat clean, wholesome foods, with allowances for some extra variety in food choices. You have to weigh and measure your foods.

It's also for woman who wants to put on some sexy, curvy muscles. Basically, this means that while your weight looks good on a scale. In fact, as a skinny-fat person (that is what I was), you may have more fat cells on your body than a lot of your friends who are overweight.

**You are a “Maintainer” if one or more of these criteria apply:**

- You have 20 to 30 percent body fat.
- You train three to five times a week, usually at a higher intensity.
- You would like to decrease your body fat.
- You would like to increase your body mass (muscle) percentage more rapidly than a Modifier.

# How many bricks should you eat per meal?

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Meals and snacks are made up of multiple bricks, which often give you a range. Usually, you'll plan your meals at the lower end of the range. But if you feel hungry, you can adjust your bricks to include the number at the higher end of the range. Refer to the following chart to figure out how many bricks you'll eat for breakfast, lunch, dinner, and snacks.

## The Brick List

You don't have to count grams of protein, carbs, or fats. You don't even have to count calories. All you have to do is count bricks, and that's easy. The following list of foods is organized into proteins, carbohydrates, and fats. Within each group, you can see what constitutes one brick, and you can use these lists to build your meals. The foods I've listed here give you with a variety of choices to help you plan your meals.



You just need to keep track of how many bricks you have at each meal or snack- and ensure that you have a balance of protein, carbohydrate, and fat each time. At first, trying to absorb all of this information can be difficult, but trust me, in a week or two, you'll have it mastered, and you'll know instinctively how much food makes up a brick.



Primo Protein choices

Food	1 Brick
<b>Eggs and Protein Powder</b>	
Egg, whole	1 large
Egg whites	2 large
Egg substitute	¼ cup
<b>Land</b>	
Beef	1 ounce
Beef, ground	1 ounce
Chicken breast	1.5 ounces
Chicken, ground	1.5 ounces
Deli meat	1.5 ounces
Duck	1 ounce
Ham	1 ounce
Lamb	1 ounce
Pork	1.5 ounces
Pork, ground	1.5 ounces
Turkey breast	1 ounce
Turkey, ground	1 ounce
Veal	1 ounce

**Food****1 Brick****Sea**

Catfish	1.5 ounces
Crabmeat	1.5 ounces
Flounder/sole	1.5 ounces
Lobster	1.5 ounces
Mahimahi	1.5 ounces
Salmon	1.5 ounces
Sardines	1.5 ounces
Scallops	1.5 ounces
Swordfish	1.5 ounces
Shrimp	1.5 ounces
Tuna steak	1.5 ounces
Tuna—canned in water	1.5 ounces

**Food****1 Brick****Non-Starchy Vegetables**

Artichoke, cooked	¼ cup
Asparagus, cooked	9 spears
Bean sprouts, raw	1 cup
Beet greens, cooked	1 cup
Bok choy, cooked	2 cup
Broccoli, cooked	¾ cup
Broccoli, raw	1¼ cups
Brussels sprouts	½ cup
Cabbage, cooked	1 cup
Cabbage, raw	1¾ cups
Cauliflower, cooked	1 cup
Cauliflower, raw	1½ cups
Celery, raw	1¾ cups
Collard greens, cooked	½ cup
Cucumber, raw	half
Dill pickle	1 large (5 inches)

Food	1 Brick
Eggplant, cooked	¾ cup
Green beans, cooked	½ cup
Kale, cooked	¾ cup
Kale, raw	3¼ cups
Leeks, cooked	¾ cup
Mushrooms, raw	2 cups
Mushrooms, cooked	¾ cup
Okra, cooked	½ cup
Onion, raw	⅓ cup
Onion, cooked	¼ cup
Peppers, raw or cooked	½ cup
Radishes, raw	1¼ cups
Salsa	¼ cup
Sauerkraut	1 cup
Spaghetti squash, cooked	½ cup
Spinach, cooked	1⅓ cups
Spinach, raw	4 cups
Swiss chard, cooked	¾ cup
Tomato, raw	1 cup
Tomato sauce	½ cup
Tomatoes, stewed	⅓ cup
Tomatoes, cooked	⅓ cup
Yellow squash, cooked	1 cup
Zucchini, cooked	1 cup



brick



Food	1 Brick
<b>Fruits</b>	
Apple	quarter
Apricot	2 small
Banana	quarter
Blackberries	$\frac{1}{3}$ cup
Blueberries	$\frac{1}{4}$ cup
Cantaloupe	$\frac{1}{3}$ cup
Cherries	5
Cranberries	$\frac{1}{2}$ cup
Dates	1
Figs	2
Grapefruit	$\frac{1}{3}$ cup
Grapes	$\frac{1}{4}$ cup
Guava	$\frac{1}{3}$ cup
Honeydew	$\frac{1}{3}$ cup
Kiwi	half
Kumquat	2
Lemon	half
Lime	half
Mango	$\frac{1}{4}$ cup
Nectarine	half
Orange	quarter
Papaya	$\frac{1}{4}$ cup
Peach	quarter
Pear	quarter
Pineapple	$\frac{1}{4}$ cup
Plum	1
Prunes	2
Raisins	1 tbsp/ 15 raisins
Raspberries	$\frac{1}{3}$ cup
Strawberries	$\frac{1}{2}$ cup
Tangerine	half
Watermelon	$\frac{1}{3}$ cup

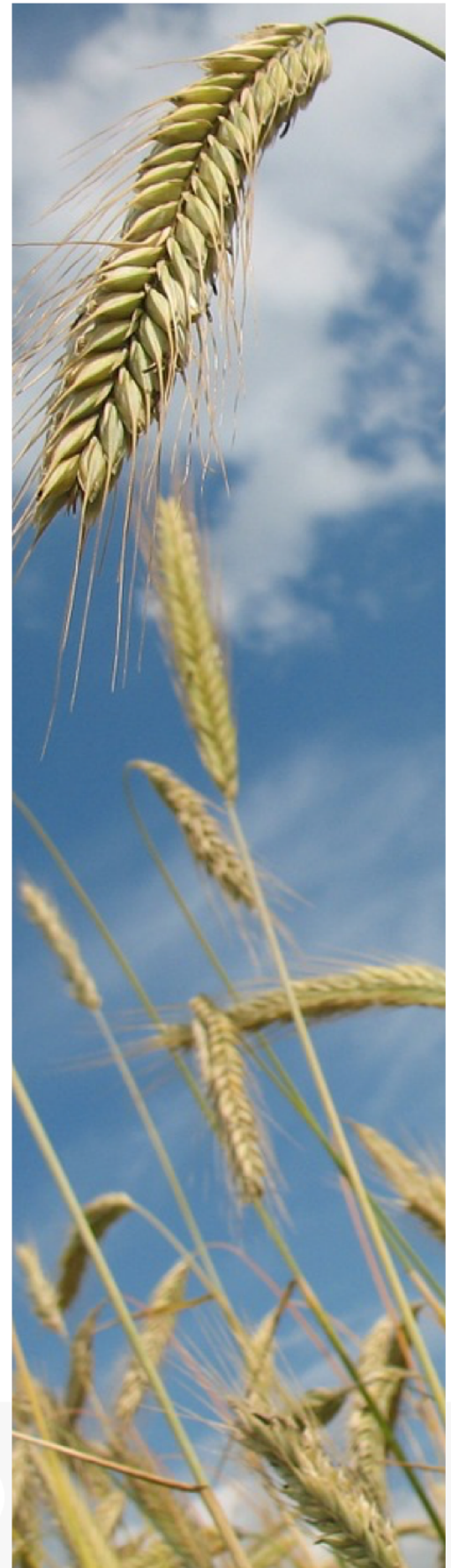


Primo and acceptable carbohydrate measurement  
for Maintainers and Gainer

Food	1 Brick
<b>Grains</b>	
Barley cooked	1/8 cup
Buckwheat cooked	1/8 cup
Bulgur wheat cooked	3 tablespoons
Grits cooked	1/8 cup
Quinoa, cooked	1/8 cup
Rolled oats cooked	1/4 cup
Rice brown cooked	1/8 cup
Starchy Vegetables Beets	1/4 cup
Butternut squash	1/4 cup
Carrots	1/3 cup
Corn sweet	1/3 cup
Hubbard squash	1/4 cup
Parsnips	1/4 cup
Peas green	1/4 cup
Potato, baked	1/3 cup
Potato, boiled	1/3 cup
Potato, mashed	1/5 cup
Sweet potato, baked	1/8 cup
Sweet potato, mashed	1/8 cup
Turnip	1/2 cup

**Beans and Lentils**

Black beans cooked	1 / 5 cup
Black-eyed peas cooked	1 / 5 cup
Chickpeas cooked	1/8 cup
Kidney beans cooked	1/8 cup
Lentils cooked	1/8 cup
Lima beans cooked	1/8 cup
Pinto beans cooked	



<b>Fats</b>	<b>1 Brick</b>
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<b>Primo fat measurements for Minimalist and Modifiers</b>	
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Almonds	3
Avocado	1 tablespoon
Cashews	3
Macadamia nuts	1
Peanuts	6
Peanut butter	½ teaspoon
Sunflower seeds	¼ teaspoon

<b>Primo fat measurement for Maintainer and Gainers</b>	
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Almonds	9
Avocado	3 tablespoons
Cashews	9
Guacamole	1 ½ tablespoons
Macadamia nuts	2
Peanuts	18
Peanut butter	1 ½ teaspoons
Sunflower seeds	¾ teaspoons

<b>Acceptable fat measurement for Maintainers and Gainers (dairy)</b>	
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Cottage cheese	¼ cup
Butter	1 teaspoon
Cream cheese	1 tablespoon
Half-and-half	3 tablespoons
Sour cream	2 tablespoons





Depending on whether you're a Modifier, Gainer, Maintainer, or Minimalist, the macronutrient composition of your bricks will differ slightly. For example:

### Modifiers

1 brick =

- 7 grams of protein
- 5 grams of carbohydrate
- 1.5 grams of fat

In food terms, that brick looks like:

- 1 large hard-boiled egg (7 grams of protein)
- 5 medium strawberries (4.5 grams of carbohydrate)
- 3 raw almonds (1.5 grams of fat)

### Gainers and Maintainers

1 brick =

- 7 grams of protein
- 5 grams of carbohydrate
- 4.5 grams of fat (MAXIMUM, meaning eat enough fat to make you happy and full but this measurement is your max. Don't eat more than this, but you can eat less if necessary.)

In food terms, that brick looks like:

- 1 large hard-boiled egg (7 grams of protein)
- 5 medium strawberries (4.5 grams of carbohydrate)
- 9 raw almonds (4.5 grams of fat)

**Modifier**

Meal	Frame 1	Frame 2	Frame 3	Frame 4	Frame 5
Number of Bricks					
Breakfast	1-3	2-3	2-3	2-3	3-4
Snack	1	1-2	1-2	1-2	2-3
Lunch	2-3	2-4	2-3	3-4	3-4
Snack	1	2	2	2	2-3
Dinner	3	3	3-4	4	4-5
Snack (optional)	0-1	1	1	1	1
Total	<u>8-12</u>	<u>11-13</u>	<u>12-14</u>	<u>13-16</u>	<u>15-20</u>

**Maintainer**

Meal	Frame 1	Frame 2	Frame 3	Frame 4	Frame 5
Number of Bricks					
Breakfast	2	2-3	2-3	2-4	3-4
Snack	1	1-2	2-3	2	2-3
Lunch	2-4	3-4	3-4	4-5	4-5
Snack	1-2	2	2	2	2
Dinner	2-3	2-3	3-4	3-4	4-5
Snack (optional)	1	1	1	1-2	1
Total	<u>9-13</u>	<u>11-15</u>	<u>13-17</u>	<u>14-18</u>	<u>16-20</u>

**Gainer**

Meal	Frame 1	Frame 2	Frame 3	Frame 4	Frame 5
Number of Bricks					
Breakfast	2-3	3-4	3-4	3-4	3-5
Snack	1	1	2	2	3
Lunch	2-3	3-4	4-5	4-5	3-5
Snack	2	2	2	2	2
Dinner	3-4	4-5	3-4	3-4	4-5
Snack (optional)	1	1	1	2	2
Total	<u>11-14</u>	<u>14-17</u>	<u>14-18</u>	<u>15-19</u>	<u>16-22</u>

## Minimalist

On the Minimalist plan, meals and snacks are put together by combining a primo protein, a primo carbohydrate, and a fat to make a breakfast, lunch, dinner, or snack. There are no bricks involved, only the combination of the three macros. The Minimalist plan is designed to help you eat primo macros in the proper combinations and proportions. To keep the plan as simple as possible, use what I call the Badass Plate tool: Just visualize a round dinner plate divided into fourths: one-fourth is for your primo protein, one fourth is for your primo fat and the other two-fourths are for your primo vegetables and/or occasionally fruit. I call this the Badass Plate. As an example: grilled salmon + asparagus + mashed cauliflower + avocado. As for snacks, simply have smaller portions of primo proteins and carbs and fats than you would for your main meals. Also, depending on your frame size (measured by height), you may want to scale down or scale up your portions of food at breakfast, lunch, and dinner. Don't stuff yourself, though, or pile food mile-high on your plate (that's no fair!). Eat until you're satisfied and then step away from the plate. There's some trial and error involved here, so watch your results and see how effectively you're trimming down. With balanced macro choices, even though you're not counting bricks, you'll still burn up fat that's already stored on various parts of your body. The rapid results will give you the motivation to continue losing weight all the way down to your goal.







## The 6 principles for a Minimalist

I have 6 simple principles to help you get the best results. If you're unsure of anything, refer to these guidelines.

1. Follow the plan strictly for 21 days. If you cheat or deviate, you have to restart.
2. Do not eat any processed foods, sugary foods, or alcohol for the first 21 days. Generally, eat what is assigned. However, you may substitute a similar protein, carbohydrate, or fat for any macronutrient you don't like. For example, if you don't like broccoli, substitute another primo carbohydrate, such as sautéed kale or bok choy. You don't have to clean your plate, but you must eat a balance of the carbohydrates, protein, and fat. You can't eat just the carbohydrates and be done! When you feel full, stop eating.
3. Plan your meals to include a balance of primo proteins, carbohydrates, and fat with emphasis on Booty Foods. You do not need to weigh and measure your food. You can replace any meal or snack with a Meal Replacement Shake. Remember the Badass Plate.
4. Eat breakfast within 45 minutes after waking up. This is imperative to jump-start your metabolism. Do not go more than five daytime hours without eating.
5. Have one balanced primo meal within one hour of completing your workout.
6. Drink 8 to 10 cups (64 to 80 ounces) of pure water daily, in addition to coffee and green tea if you drink them. Do not drink any sodas or other naturally or artificially sweetened beverages. No diet soda!

The meal plan we have put together is just an example of how a meal plan could look like mixed regardless of the body types. It gives you an idea how you can put it together or if you need a little support in your meal prep ideas. I suggest you make your own, regarding your own needs and plan it weekly. Mix and try around- You can do it!