



Quick Start Guide



Quick Start Guide

How Do I Get Started?

Clean out your pantry and fridge: If the “bad” food is not in your house, you won’t be able to eat it. Your family probably doesn’t need to be eating those processed foods you have committed to eliminating for 28 days either. If that is not realistic, create a place for “YOUR” food. Have a dedicated cabinet where you will keep all your food and rearrange your fridge so that any non-compliant foods are out of sight!

Plan one week of meals: “If you fail to plan, you plan to fail.” Figure out which nights you will home to cook dinner and which nights you need a quicker option. Plan what you will make for dinner the nights you are home. Have a plan for breakfast and lunch options that are quick and easy too. Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don’t feel like cooking. My favorite is breakfast for dinner: eggs, veggies, and bacon or pork sausage topped with avocado. Or I will pick up a rotisserie chicken from Whole Foods and pair it with steamed veggies.

Keep leftovers handy for quick meal options. My last tip is to cook several meals on the weekend and then freeze them to use later in the week.

Grocery Shop: Stock your fridge with lean proteins, eggs, and fresh fruits and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as coconut oil, Stevia, and a variety of spices.

Put together a game plan: What situations will you face over the next 28 days? Traveling? Dinner parties? Family get-togethers? If you have a plan going in to these situations, you will have a great chance of SUCCESS. You may have to be a little selfish in some of these situations. This program is absolutely doable with all of these situations, but it just requires some planning.

Offer to cook or at least bring one dish that you know you can eat. If you will be eating out, take charge and pick the restaurant. Find a dish on the menu that contains a protein source and a vegetable, even if you have to custom order something! Plan far enough ahead, and you can even bring your own dressing (ex. olive oil, lemon juice, salt, & pepper). Finally, try to choose activities/events that are not centered around food. Meet a friend for tea, take a yoga class, or get outside for a walk.

Enlist your Support Team: Who will be your support system throughout this challenge? You always have Results Transformation Center’s team and members! Please utilize RTC’s Strong Finish Challenge dedicated Facebook group! Having a solid support team that will not sabotage your efforts is crucial. You may choose to not spend as much time with those who you feel do not/will not be supportive of your goals.



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Establish baselines: Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in, measurements and 'before' photo at Results Transformation Center. You may choose to take another picture at home as well. Then DO NOT get on the scale until you come to weigh-in again at Results Transformation Center.

This is IMPORTANT! If you don't think you are losing weight quickly enough, you will feel defeated and wonder if all of your efforts are worth it. Believe me...THEY ARE! We all know the scale is not the only way to measure progress and success. **BREAK UP WITH YOUR SCALE FOR 28 DAYS!**

There's nothing more important than our good health
- that's our principal capital asset.
- Arlen Specter

The Next 28 Days!

Days 1 -7: How you feel at first will have a lot to do with your current diet and lifestyle. You will most likely feel worse before you feel better, BUT I promise you WILL feel better. The most common thing people experience is strong sugar cravings. Taking supplements such as PhysX Multi Vitamin and PhysX Glutamine can help with this.

Your body and brain will desperately try to adapt to this new way of eating. Common symptoms can include headaches, fatigue, nausea, and constipation. If constipation persists please let me know, as there are protocols to help with this. Once you get over this hump, you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not bloated from the foods you are eating.



Quick Start Guide The Next 28 Days!

Days 8 -14: This is when you start to feel like you have more energy and are sleeping better at night. Remember that you are no longer eating foods that have been wreaking havoc on your digestive system, but the body cannot heal overnight.

You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal, and during this process of healing, you may experience some discomfort.

You are likely eating more vegetables and fruit than you are used to, which in itself can cause digestive issues due to increased fiber consumption. Try cooking all of your vegetables instead of eating them raw. Eat small servings of fruit throughout the day versus 1-2 big servings. Switch to healthy fats like avocado, coconut oil, or olive oil if nuts are causing persistent digestive issues.

Days 15 -28: This is when you will have more energy, more mental focus, better sleeping patterns, and less adverse symptoms. By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Just because it has been **28** days DOES NOT mean you need to re-introduce potentially inflammatory foods or stop the program.

** You can and should continue to eat this way until the thing you most wanted to change at the beginning of the program has fully improved. If you have been eating an inflammatory diet your entire life it is going to take longer than 28 days to see maximum results.*

**Good health is not something we can buy.
However, it can be an extremely valuable savings
account.**

- Anne Wilson Schaefer



Quick Start Guide Now What?

1. Fill out the Symptom Spreadsheet.

2. (A) Continue the program.

(B) End the program, slowly reintroduce foods, and keep your healthy lifestyle. We

recommend seeing a nutrition specialist to help you better understand how you should formulate your diet moving forward. Contact Results Transformation Center for recommendations to a nutrition specialist.

If you know that you feel better by avoiding certain foods (such as those containing gluten, dairy, soy, etc.) then don't reintroduce these foods. **JUST STAY AWAY FROM THEM!** The same goes for foods that you can now go without that you know are less healthy for you.

Reintroduction Process: It is **VERY** important that you do not go right back to eating the way you were before you started this program. If you do that, you will most likely feel worse than when you started and/or get **VERY** sick. This is because when you eliminate inflammatory foods that are causing a reaction in your body, the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminated them, these antibodies gang up on the foreign particles causing an inflammatory reaction.

You will reintroduce a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing foods. Symptoms can occur anywhere from a few minutes to 72 hours later.

They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, digestive upset (bloating, gas, constipation, and diarrhea), sleep problems, rashes, joint pains, fluid retention, and more. Another way to track symptoms is to monitor your weight, because if a food is inflammatory, you will retain more fluid and that can make the number on the scale go up.



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K.I.S.S. LIST

KISS List: "Keep It Simple, Silly!"

- **Buy a bunch of organic fruits and veggies.**
- **Buy organic free range eggs.**
- **Buy organic virgin coconut oil.**
- **Buy some Tupperware.**
- **Get some lettuce and spinach for salads.**
- **Buy green tea.**
- **Buy stevia...or don't!**
- **Buy some bananas and avocados.**
- **Buy some nuts and seeds.**
- **Buy garlic.**
- **Go home and cook some stuff.**
- **If you choose, buy some seafood, grass-fed beef, chicken and other meats.**
- **After that, put the food in the Tupperware.**
- **Hard boil a bunch of eggs. Cook your meats.**
- **Bake up the sweet potatoes. Cook up some brown rice and quinoa.**
- **Add coconut oil to the pan when you cook stuff.**

Drink a whole bunch of water...you'd better carry a jug around with you or you probably won't drink enough. Don't stress, breathe, take a chill-pill, and do some extra exercise that causes you to sweat.

***There, isn't that simple?
When in doubt, KISS method every time!!***



Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1							
MEAL 2							
MEAL 3							

SNACK OPTIONS: SNACKS SHOULD BE THOUGHT OF AS SMALLER "MEALS".