

# 6 WEEK SANTA SLIM DOWN

Starts November 4th  
**FINAL WEIGHT DEC 16<sup>TH</sup>**  
**(AT YOUR HOME GYM)**

Stuff your stocking,  
not your midsection!

**EARN \$10 PER POUND LOST\***



*\*Earn \$10 per pound up to \$100 towards supplement package and or membership options upon successful completion.*

**Welcome to the Results Transformation Santa Slim Down 2018 and congratulations on taking the first step toward your transformation. You are here for guidance, accountability, and most importantly- CHANGE!**

Well- Santa heard your request and we've developed a brand new program designed to help you slim down for the holidays!

The best part is you can earn while you burn. Remember you can earn up to \$10 per pound back for all of your hard work and dedication. Team is committed to your success and will continue to guide you in not only creating a plan, but holding you accountable to stick to it. Long term success comes from progress, not perfection. We are excited to empower you with all that it takes to become the best you yet!

## HOLIDAY GUIDE



**LET'S FACE IT:** Everywhere we turn there are tempting foods and drinks—from treats at office parties to our own traditional family favorites. When you add in a busy schedule filled with shopping and get-togethers that make it tough to squeeze in exercise, you have a recipe for disaster as far as our scales are concerned. The good news is that you really can get through the holidays- not only without gaining weight- but even dropping pounds down by the end of the year. That is where the plan comes in. It will take some effort, but you will thank yourself a thousand times when January 1st rolls around and you have no regrets! And even better- you have a team to support you along the way (coaches and FITFAM)!

**CHECK IN WITH YOUR FUTURE SELF.** Every day, speak to yourself from the future—say, from January 1. Thank yourself for doing the tough work of self-discipline during these holiday weeks. You might say something like this:

*“Thank you! I feel great! I’m starting to notice my results , I’ve stayed on track with my exercise, my energy is incredible and I’ve got the momentum to spend the rest of the winter getting in even better shape before spring gets here!”*

**GO PUBLIC.** Sound scary? It’s supposed to! Let others know what your current weight is and check in with them each time you weigh yourself. That kind of intense accountability will give you will power when the cheesecake and fudge starts showing up at the office! You can survive the holidays without weight gain, and even thrive with progress of pounds down. Remember these tips and keep a vision of what you want to feel like on January 1 in mind. It’s going to be a great holiday season!!!

# FOOD PLAN

## GENERAL INFORMATION

**THIS IS NOT A DIET!** Our goal is to teach you how to live a healthy and active lifestyle. Transforming your mind as well as your body. GIVE IT YOUR ALL and remember the big picture - for the next 42 days, include the following recommended foods for best results. You will notice we set forth a narrow path of the most nutrient dense, and calorie lean choices, so we can really expedite your results. As you get closer to your goals we can discuss how to include foods that are not on this list for sustainable results well beyond this initial jump start.

This section provides the blueprint and guidelines for the simple and straight forward plan that does not require counting calories. Follow it consistently and be amazed with your return on efforts (RESULTS). Check in with coaches throughout for continued feedback and solving.

### CHOOSE FROM THESE FOODS FOR AMAZING RESULTS

Egg Whites  
Chicken Breast  
Turkey Breast  
Ground Turkey  
(1% of less)  
Tuna  
Tilapia  
Halibut  
Orange Roughy  
Buffalo  
Top Round Steak  
Swordfish  
Salmon  
Low-Fat Plain  
Greek Yogurt  
Crab  
Lobster  
Shrimp  
Top Sirloin Steak  
Lean Ground Beef  
(7% fat or less)

\*Oatmeal  
Quinoa  
Brown Rice  
Sweet Potato/ Yam  
Red Potato  
Ezekiel Bread  
Blackberries  
Raspberries  
Blueberries  
Strawberries

Broccoli  
Asparagus  
Brussel Sprouts  
Spinach  
Kale  
Celery  
Cucumber  
Green Beans  
Cauliflower  
Cabbage  
Peppers  
Mushrooms  
Lettuce  
Tomato  
Artichoke  
Zucchini

# ANATOMY OF A HEALTHY MEAL

Egg Whites  
Chicken/Turkey Breast  
White Fish  
Ground Turkey(1%)  
Greek Yogurt/  
Cottage Cheese (0%)  
Protein Shake

Yams/ Sweet Potatoes  
Brown or Black Rice  
Oatmeal\*  
Quinoa

PROTEIN

CARBS

VEGETABLES

\*Oatmeal – is considered old fashion rolled oats or steel-cut oats only. No instant or added ingredients / flavors.

Broccoli  
Asparagus  
Brussel Sprouts  
Spinach  
Kale/Chard  
Green Beans  
Zucchini

• **YOU NEED TO DRINK A MINIMUM OF 1 GALLON OF WATER PER DAY!**



*A portion of protein is approximately the size of the palm of your hand.*

*A portion of carb is approximately the size of your closed fist.*

*A portion of vegetables is approximately the amount you can stack in both of your cupped hands.*

## CAUTION!

Any deviation from the plan may result in unsatisfactory outcome. All food is measured **cooked** except oatmeal.

# DAILY MEAL PLAN EXAMPLE

- Eat within 30 minutes of waking up.
- Meal times should be 2 ½ to 3 hours a part.
- For those that do early morning workouts, get in at least a protein shake or greek yogurt before activity.

MEALS	FOOD EXAMPLES	PHYSX SUPPLEMENTATION	TIME
<b>BREAKFAST</b> Protein + Carb + Vegetable	Egg Whites Oatmeal Spinach	Multi (1 capsule)  EFA (1 capsule)  21 Day Detox (3 capsules)	5:30 am
<b>SNACK</b> Protein	1 to 3 scoops recommended protein powder	Protein Shake Glutamine (1 Scoop)	8:30 am
<b>LUNCH</b> Protein + Carb + Vegetable	Chicken breast Brown rice Broccoli	Multivitamins (1 capsule)  EFA (1 capsule)	11:30 am
<b>SNACK</b> Protein	1 to 3 scoops recommended protein powder	Protein Shake Glutamine (1 scoop)	2:30 pm
<b>DINNER</b> Protein + Carb + Vegetable	Tilapia Quinoa Asparagus	EFA (1 capsule)	5:30 pm
<b>PROTEIN</b>	6 oz of non-fat greek yogurt, or ½ cup of non- fat cottage cheese	21 Day Detox (3 capsules)	8:30 pm
<b>WORKOUT</b>		BCAA's (1 Scoop) during exercise.	

# CUSTOMIZE YOUR MEAL PLAN BELOW

- Follow your meal plan consistently for best results.

**IF IT'S NOT ON YOUR MEAL PLAN IT PROBABLY WILL NOT HELP YOU  
ACHIEVE YOUR GOAL.**

- Submit a copy of your meal plan to coaches for further guidance.
- Use Anatomy of a Healthy Meal Plan, Daily Meal Map, and Recommended Food List to draft you meal plan.
- Refuel with meals every 2 1/2 to 3 hours apart.

MEALS	FOODS CHOSEN	PHYSX SUPPLEMENTATION	TIME
<b>BREAKFAST</b> Protein + Carb + Vegetable		Multi (1 capsule)  EFA (1 capsule)  21 Day Detox (3 capsules)	
<b>SNACK</b> Protein		Protein Shake Glutamine (1 Scoop)	
<b>LUNCH</b> Protein + Carb + Vegetable		Multivitamins (1 capsule)  EFA (1 capsule)	
<b>SNACK</b> Protein		Protein Shake Glutamine (1 scoop)	
<b>DINNER</b> Protein + Carb + Vegetable		EFA (1 capsule)	
<b>PROTEIN</b>		21 Day Detox (3 capsules)	
<b>WORKOUT</b>		BCAA's (1 Scoop) during exercise.	

# CONDIMENTS & SPICES

## SOME LIKE IT HOT!

### Recommended herbs, spices, condiments (i.e. FLAVOR)

- Lime and lime juice
- Lemon and lemon juice
- Mustard (yellow)
- Zero-salt seasonings (Mrs. Dash)
- Zero sugar, zero calorie natural sweeteners – Stevia
- Garlic
- Vinegar (balsamic or red wine)
- Zero calorie Hot sauce (Tabasco®, Tapatio®, Franks Red Hot®)
- Calorie free herbs and spices (ex. Flavor/Spices All spice, Anise, Basil, Bay Leaf, Cayenne, Chili Pepper Cilantro, Cinnamon, Cumin Dill, Fennel, Garlic, Ginger Holy Basil, Horse Radish (Raw), Lavender, Lemon Lemon Zest, Lime, Marjoram Mint, Nutmeg, Oregano Paprika, Parsley, Pepper, Rosemary, Saffron, Stevia Tarragon, Thyme, Vanilla)

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 : **Minimize sauces, creams, dressings, added sugar** :  
 : **and fakesugars like Splenda, Truvia or Equal.** :  
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### RECOMMENDED MINIMUM (per meal)

Weight	CARBS	MEAT	EGGS*	PROTEIN
<160 lbs	1/4 cup	4 oz	3	25-30 gr
161-199 lbs	1/3 cup	5-6 oz	4-5	30-40 gr
200-250 lbs	1/2 cup	6-7 oz	5-6	40-50 gr
250+	1/2 cup	7-8 oz	6	50 gr

\*EGGS = egg whites only