

6 Week Success Orientation



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Welcome and congrats!!

You've made a great decision to join the "6 Weeks To Success Transformation Contest". We are here to lead you, coach you, and guide you through the program so you can get the maximum out of the next 6 weeks. We will be taking before and after pictures of everyone doing the 6 week body transformation contest and posting it on the blog. The winner will be the person with the most votes, so it is not all about weight loss, it is about the total transformation of your body. The one thing we can't do is follow you home and watch what you eat at every meal, but we can give you best possible ways to eat if you want to win the grand prize!

Side Note: It is possible that we may show up to your house or place of work to raid your kitchen!

We 2 have specific meal plans that you can follow that will help the weight fall right off:

<http://www.earthfittraining.com/belly-blast/>

<http://www.earthfittraining.com/wp-content/uploads/2012/02/3-Wk-Meal-Plan-less-cals.pdf>

<http://www.earthfittraining.com/wp-content/uploads/2012/02/3-Wk-Meal-Plan-more-cals.pdf>

... but if you are not the type of person who follows specific meal plans here is exactly what I want you to do...

BREAKFAST 7-9am	SNACK 9-11am	LUNCH 12-2pm	SNACK 3-4pm	DINNER 5-7pm
Protein and a starch	Protein Shake (Prograde Weight Loss Protein) Women 1 scoop, men 2 scoops	Protein, Veggie and Starch	Protein Shake (Prograde Weight Loss Protein) Women 1 scoop, men 2 scoops	Protein and Veggies

Supplements that will assist in your weight loss take advantage for the extra edge!

[Krill Oil](#)

[Natural Metabolism Booster 0](#)

Notes:

- The protein at each meal should be the size of your fist or smaller. The smaller the portion sizes the better.
- Eat less than your basal metabolic rate in calories

- Track your calories in myfitnesspal.com
- Eat out as little as possible
- Preparation is the key! Plan your week out and cook for the week on Sunday

Examples of good meals are:

#1

Breakfast 2 boiled eggs and half a cup of steel cut oats

Lunch: Chicken, baked sweet potato and steamed asparagus

Dinner: Grilled Salmon, steamed broccoli

#2

Breakfast: Scrambled eggs scrambled and a banana (separate fruits half an hour from other foods)

Lunch: Lean steak, Raw Carrots, hummus

Dinner: Turkey Breast, spinach salad with onions and half an avocado

#3

Breakfast: Scrambled egg whites and a slice of Ezekiel or Rice Bread

Lunch: Wrap with Boston lettuce/baby spinach, onion, mushroom, hummus

Dinner: grilled chicken breast with a drizzle of balsamic vinegar, roasted carrots and cauliflower

Other Snacks:

- celery and raw almonds, celery and almond butter
- Fruit low in sugar (apple, blueberries, raspberries, strawberries, blackberries)
- Low fat yogurt
- Raw cashews

On the days that you are not training at EarthFIT:

- Beginners Speed walk 3-5 miles or bike ride 5-10 miles
- Intermediate Jog/walk 3-5 miles or bike 15-20 miles
- Advanced Run 3-5 miles bike 20-30 miles

**** Have 1 day of recovery ****

Make sure to drink a ton of water!! More than you'd think.