

On Target Living

13-Week Action Plan

Pre-Breakfast:

- a) Wheatgrass ice cubes (2-ice cubes)
- b) Carlson's Cod Liver Oil (one tablespoon)

Breakfast:

- a) Oatmeal, Amaranth, Millet, Steel Cut Oats, nuts, fruit, shredded coconut, cinnamon almond milk or coconut milk.
- b) -Or- egg white omelet with vegetables and extra virgin coconut oil.

Snacks:

- a) Small salad
- b) Apple, celery, carrots
- c) Small piece of chicken or fish and ½ sweet potato
- d) Smoothie with berries, banana, greens and water
- e) Juicing: Beets, celery, apples, carrots
- f) Tuna salad with Lettuce Wraps (tongal tuna, EVOO, onions, slaw)
- g) Spirulina/Chlorella (5 tablets)

Lunch:

- a) Big Salad with tuna, chicken or fish, slaw, bell peppers, EVOO with lemon, apple cider or balsamic vinegar
- b) Leftovers (chicken, fish, game meat, baked vegetables and sweet potato)
- c) Spirulina/Chlorella (5 tablets)

Dinner:

- a) Chicken, fish, flank steak, buffalo, ostrich or elk
- b) Baked, steamed or grilled vegetables (root, asparagus, broccoli, cauliflower, purple cabbage, spinach or kale)
- c) Small salad of greens and slaw
- d) Sweet, red or purple potatoes
- e) Spirulina/Chlorella (5 tablets)

Evening Snacks:

- a) Wheatgrass ice cubes
- b) Frozen berries
- c) Small piece of chicken or fish with bell pepper
- d) Organic rice cake with extra virgin coconut oil

- e) Warm water with lemon
- f) Organic pomegranate, cinnamon or green tea

Daily rituals:

- a) Water with lemon or lime (6 ounces per hour)
- b) Mineral water (3 servings per week)
- c) Planned sleep (7-8 hours per night)
- d) Breathe awareness and diaphragmatic breathing
- e) Foam roller daily!
- f) Planned "White Space" into my day, week and month!
- g) Dynamic and Foundation Exercises daily!
- h) Strength training (3-day split, reps of 5-8-13, with planned recovery)
- i) Cardio exercise (steady state and interval training, 21-minutes)
- j) Massage 2 x month
- k) 5-Finger shoes (wear around the house daily)!

Measurements:

- a) Blood work: Lipid profile, Homocysteine, HS C-reactive protein
- b) Weight
- c) Clothes/belt
- d) Resting heart rate and blood pressure
- e) Sleep
- f) Energy and mood