

FreshStart



Staples: Vegetables, fruit, fish & seafood, eggs, healthy fats, salt, herbs & spices, coffee & tea



Meat, poultry, legumes, soy



Cheese, yogurt



Nuts & seeds, potatoes



Dried fruit, honey, condiments



Cheat only: Processed potatoes, grains, seed oils, sugary snacks & drinks, alcohol, cream, diet products





Walking: 30 minutes



Strength: 3 sets



Sprint: 1 all out sprint



Drink water: 5 big glasses



Exposure: 15 minutes (morning)



No phone: after 9PM



Sleep: in bed by 10:30PM



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