

SummerBoost



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



Meat, poultry, legumes, soy



Cheese, yogurt, cream



Nuts & seeds, whole grains, rice, dark chocolate



Dried fruit, fruit juice, honey, condiments, alcohol (1 glass)



Cheat only: Processed potatoes & grains, seed oils, sugary snacks, milk, soft drinks, low fat & diet products





Walking: 60 minutes



Strength: 12 sets



Sprint: 6 all out sprints



Drink water: 5 big glasses



Exposure: 30 minutes (morning)



Fasting: from 8PM - noon



No phone: after 9PM



Sleep: in bed by 11PM



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Fri

Sat-Thu

Fri

Fri

Fri