



**BRIEN SHAMP**  
**FIT BODY**  
**BOOT CAMP**

**Carb Cycling “Clean Eating” Nutrition Program**

Brien Shamp  
BS CSCS CMT CHEK NLC II  
Metabolic Typing Advisor II  
Strength/Conditioning and Nutrition & Lifestyle Coach

Voted #1 Boot Camp in the Bay Area 2014 & 2016- SF A List  
Best Boot Camp- Runner Up in the Bay Area 2013, 2015 & 2017- SF A List  
Nominated Top 10 Personal Trainers of 2011-Personal Fitness Trainer Magazine  
Nominated Best in the Bay for Weight Loss 2009-KRON 4  
World’s Best Personal Trainer 1999-MetRx

[www.BrienShamp.com](http://www.BrienShamp.com)

650-654-4604

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## **Disclaimer**

You must get your physician's approval before beginning this Carb Cycling "Clean Eating" Nutrition Program.

These recommendations are not medical guidelines, but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates a change in your diet or lifestyle. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper nutrition and lifestyle recommendations. All forms of nutrition & lifestyle changes pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. The dietary guidelines in this book are not intended as a substitute for any treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any nutrition program or change in lifestyle. If you are taking any medications, you must talk to your physician before starting any nutrition or lifestyle program, including the Carb Cycling "Clean Eating" Nutrition Program. If you experience any lightheadedness, dizziness, or shortness of breath while on this program, stop the program and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Carb Cycling "Clean Eating" Nutrition Program, please follow your doctor's orders.

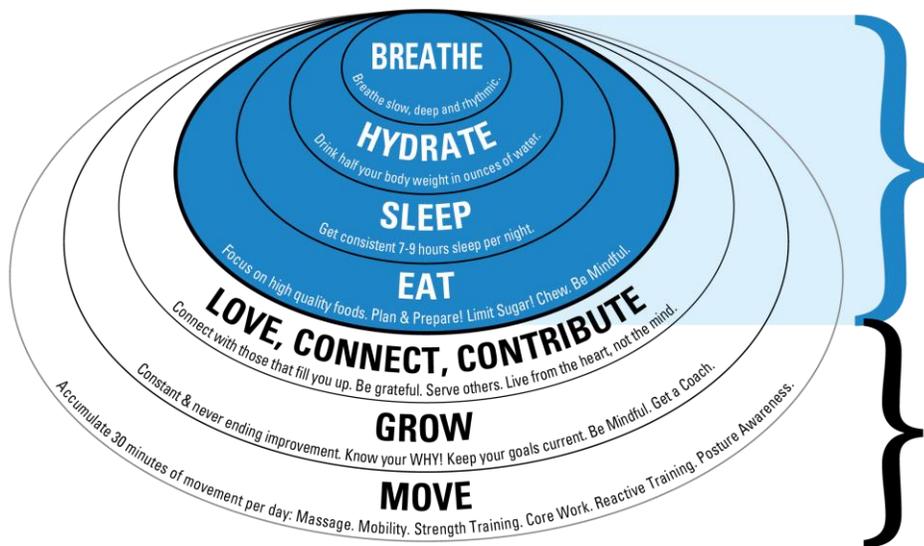
# Do You Want Even More? Better Health? Improved Fitness? Less Stress? Do You Make Your Needs A Priority?



## 7 DAILY PRIMAL NEEDS *I am a Priority!*

### Are your primal needs being met?

Only when you satisfy your 7 primal needs can you achieve optimal health, fitness and wellness. Make yourself a priority by setting your focus on achieving these primal needs each day. You must plan and prepare for success!



### LIFE SUSTAINING ABSOLUTES

To sustain life, your body absolutely requires these first four needs. To drive the urgency deeper, you will perish within:

- 5 minutes without air
- 7 days without water
- 11+ days without sleep
- 21+ days without food

### ELEMENTS OF VITALITY

You'll experience greater success in your overall health, well-being and vitality when you:

- Improve your past and current relationships
- Love yourself and others
- Connect & contribute to those around you
- Feel like you are growing and progressing
- Achieve daily movement

## Be Your Best Self Again! Commit To The 7 Daily Primal Needs! Live The Life You Were Meant To Live!

## Welcome to the Carb Cycling “Clean Eating” Nutrition Program!

Food is primal need # 4 in my coaching model above. You can only live approximately 21 days without food. Gratefully, we don't have an issue with starvation, but we have many other problems that revolve around food.

Many regardless of income eat poor quality food, consume too much food (especially carbs and sugar) and lack planning, preparation and mindfulness.

My challenge and hope for you is to commit to this “clean eating” nutrition strategy and yourself for the next 28 days.

The meal plans and nutrition principles that follow come from years of research into what it takes to burn fat and build lean muscle. This is just one of my 10 nutrition programs, so if you want something different or more assistance my team and I have you covered.

I am a big fan of changing nutrition strategies often (approximately 12 weeks) to shock the body, prevent boredom and to experiment with different models. I believe there is something to learn from all nutrition strategies and that one shouldn't adopt one strategy for long (i.e. Paleo, Zone Diet, etc.).

Currently I do a combination of [Paleo](#), [Ketogenic](#) and [Intermittent Fasting](#) with high carb cycling 1 -2 days per week. Ultimately, your food intake and nutrition model should be based upon your goals, how your body responds and how you feel immediately and 1-2 hours after a meal (mindfulness eating). See my mindfulness eating model here: [Daily Nutrition Record](#).

Most important is just following something!

Every program has their successful transformations and many experience immediate results due to following a specific structure and changing things up a bit.

Random eating without following a nutrition model generally results in poor outcomes.

This Carb Cycling “Clean Eating” program was adapted from Scott Colby’s Fit for Photos. He created Fit for Photos based upon the work of Isabel De Los Rios, a nutritionist and the creator of [Beyond Diet](#). Scott also learned the carb rotation principle from Tom Venuto, author of [Burn the Fat, Feed the Muscle](#) . I then tweaked it and made it cleaner and healthier as I typically do 😊

I wouldn’t call this program a diet. We’re removing a lot of foods that most people eat daily to reduce overall stress to the body (processed foods, gluten, dairy, soy, sugar, alcohol and genetically altered foods).

If you can’t digest a food or a combination of foods stress will increase. If your blood sugar levels are out of balance that will also create added stress. When you gain control of digestion and blood sugar balance the body tends to get healthy & fit, safely and fast!

If you eat the foods in the meal plan, not only will you have an incredible body by the end, but you’ll feel great and be full of energy. In fact, I think everyone should be following the nutrition plan similar to this program, which means you can follow these rules all year.

Let’s rock this!

Your coach & friend,



Brien (my latest transformation photo above 😊)

## **Make a Full Commitment**

Ask yourself...

*Are you willing to take the **Time**?*

*Do you have the **Dedication**?*

*Are willing to put forth the **Effort**?*

**...to achieve the body and health you want.**

If you answer “no” to any of these questions, you need to re-evaluate your priorities and decide what you really want.

These tools won't help you without patience and dedication to achieving your goals.

How important to you is being lean, less stressed and healthy?

Are you willing to make sacrifices and aren't you worth it?

If you answered yes, then you are on your way, and with the following tools, you will see your body and health transform before your eyes!

**To be successful, you must have a strong reason to want to change your body and health?**

Just saying “I want to get healthy” or “I want to lose 20 pounds” is not a powerful enough reason.

Find an emotional reason **WHY** you want to lose weight, so you can overcome obstacles when the going gets tough.

Write down your WHY here (see question #9): [Goal Sheet](#) and review it daily, especially when you want to give in to temptation and give up on you!

## Visualize Your Body & Health

The daily practice of visualizing your ideal body and health as already complete can rapidly accelerate your achievement of your ideal self.

It's easy to do.

Sit in a comfortable position, breathe slowly and deeply, close your eyes, and imagine – in as vivid detail as you can – what life would be like if you were already living in your ideal body.

Imagine being inside of yourself, looking out through your eyes at the ideal result.

Imagine living an entire day with your ideal body.

How do you spend your day, who do you see, what do you feel like, what activities do you perform, what is it like to live a day in your ideal body?

Use your five senses as you imagine it. Use your imagination; picture it, the more real you picture it, the more belief you will build, and the sooner it will materialize.

Get creative, stretch your mind, and design a day in the life you have always dreamed of living!

Eventually you will notice that you are eating healthier foods, eating smaller amounts, drinking more water and exercising more.

You will notice articles in newspapers that will support your new healthier life. You will draw into your life people and resources that will help you realize your ideal weight.

Perform these visualization techniques twice a day – once in the morning, right after you first wake up, and once before going to bed at night.

These will be just as important as your workouts and your nutrition.

You're going to be faced with obstacles and roadblocks every day.

Your mindset and support system will be two very important key elements to your success.

Here are a couple of my favorite quotes. Write them down and put them somewhere you can see them every day:

**"The difference between the impossible and the possible lies in a person's determination." -- Tommy Lasorda**

**"Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph; a beginning, a struggle and a victory." -- Ghandi**

## SIMPLE NUTRITION PRINCIPLES

I like to keep things simple: no counting calories or measuring foods. It's actually pretty much common sense when it comes to clean eating. We'll follow these simple nutrition principles and you'll be able to see some incredible results in very little time.

**1) Eat real, whole natural foods - single ingredient foods as much as possible.** If you want to live a long, healthy life with a lean body and flat stomach, you should be consuming a diet with whole, natural foods (preferably certified organic) focusing on vegetables, "healthy" [animal protein sources](#), [high quality fats](#) (raw nuts, seeds, avocado, coconut, coconut oil, avocado oil, butter, olives, olive oil, flax oil, etc) and [low sugar fruits](#).

If you choose to eat grains, focus on the highest quality possible (oats, quinoa, rice). I highly recommend [avoiding gluten or limit](#) much of the week.

**2) Minimize food from a bag or a box.** Foods like breakfast cereals, pre-packaged processed foods, pastries, candy, snack foods should be removed from your diet. They contain excess sugar, trans fats, and too many chemicals and calories. They also lack any real nutrition!

**3) Keep daily sugar intake to 20 grams or less (including fruits).** When you reduce overall carbohydrate consumption and eliminate sugar, you will generally see fast fat loss results. Make sure you are aware of other names for sugar such as organic cane juice, dextrose and high-fructose corn syrup. Good resources for sugar content of foods are [www.calorieking.com](http://www.calorieking.com) and [www.myfitnesspal.com](http://www.myfitnesspal.com). We've included the sugar content of most approved foods in this document below.

**4) Eliminate artificial sweeteners.** Artificial sweeteners are made up of chemicals and are highly dangerous to your health. Natural sweeteners like Stevia are fine, but I still wouldn't overdo.

**5) Completely eliminate alcohol intake for the 28 day program.** After the 28 days, [red wine](#) is my drink of choice, but keep in mind alcohol consumption is generally not helpful for weight and fat loss.

It is also addictive, so many are better avoiding all together. For others, it can often be incorporated into a well-planned; [Anything Goes Day \(AGD\)](#) once a week. I encourage an AGD each week after this program for most people.

**6) [Eliminate all dairy](#) except raw butter, Kerrygold butter or Ghee.** That means no cheese, milk, yogurt of any kind (including Greek yogurt), cottage cheese, etc. You may have unsweetened almond, cashew or coconut milk.

Remember this is only a 28 day challenge, not a life sentence 😊 Notice how you feel without dairy and make a decision whether or not to add back in based upon how your body responds to the break.

I consume organic cheese and whole fat yogurt approximately every 3-4 days and raw milk from organic pastures every 2 weeks. I will often give myself a break from dairy, as I do with other potentially problematic foods a few times a year to see how my body responds. With each break there is often something to learn and something to gain.

**7) Rotate your carbs.** Every 4th day, eat two servings of unprocessed complex carbohydrates by lunch. See pages 16-17 for more information.

**8) No shellfish.** Shellfish is a bottom dweller that tends to be the most toxic.

**9) No soy.** Click here to learn why soy is bad for you: <http://www.truthaboutabs.com/soy-foods-make-you-fat.html> Of course there is also evidence to support soy consumption, but I figure where there is smoke there is fire. If you are a vegetarian, you can add a serving of organic, fermented soy to your plan.

**10) [Focus on consuming healthy fats in most meals each day](#).** Please note, peanut butter is off limits on this program given it can be tough to digest. There are many other healthier, nut butter options.

**11) Eat a protein and fat most meals.** See recommended protein supplementation on last page and use a protein powder as needed for a smoothie. Don't forget to add a fat source to the smoothie (coconut, flax oil, avocado, coconut oil, nuts, seeds, nut butter).

**12) Consume a meal within 60 minutes of your workouts.** Again, consider a [protein shake/smoothie](#) for simplicity but not required. Whole, natural food is always best!

**13) Aim for at least 1500 calories a day.** Although it's not required to count calories, it's a good idea to check your calorie intake the first 4 days to make sure you are not **under-eating**.

If you don't eat enough, your body will breakdown your muscles for fuel and you will store fat. For more go to: [Starvation Diets](#)

On the next few pages, you'll see a list of approved foods, along with recommended serving sizes, and sugar grams.

Following that are some examples of a 1500 & 1800 calorie meal plans.

**Please note, these recommendations are here to reference, not to follow exactly.**

I have never seen an animal in the wild count calories and I have never seen an overweight wild animal. They eat local and organic 😊

I strongly encourage you to eat every four to five hours for this program and to do this you **MUST [PLAN & PREPARE!](#)**

How you prepare your food is very important. For more go to: [How to prepare your food to get the most benefit](#).

## Sample Meal Times

7:00 am	Breakfast
11:00 am	Morning Snack
2:00 pm	Lunch
7:00 pm	Dinner

**14) Drink half of your bodyweight in ounces of water daily.** Example: If you weigh 150 lbs, drink 75 ounces of water each day. Drink more when you exercise.

## Protein

Protein is crucial for muscle growth and cell development. It is composed of amino acids that serve as your body's building blocks. It is important to prioritize protein at every meal/snack, and to focus on high quality organic protein sources.

I do not recommend the leanest cuts if you choose the high quality animal products below. The fat is loaded with fat soluble vitamins (A, E, D, and K) and will keep you full & satisfied.

<b>Protein</b>	<b>Serving Size</b>	<b>Sugar grams</b>
Organic, Pastured Eggs	2 large	0
Free-range turkey or chicken	3 oz, cooked	0
Ground turkey or chicken	3 oz, cooked	0
Fish, fresh water (catfish, tilapia, trout)	4 oz, cooked	0
Fish, cold water, wild caught (cod, salmon, halibut)	3 oz, cooked	0
Buffalo, bison, venison	3 oz, cooked	0
Grass-fed beef	3 oz, cooked	0
*Organic* Tempeh	3 oz	0
Pork tenderloin	3 oz, cooked	0
Wild Tuna, canned in water*	½ cup	0
Wild Sardines	6 medium (3 oz)	0
Whole <b>raw</b> nuts and seeds**	6 almonds, 4 cashews, 10 pistachios, 5 pecan halves, 4 walnut halves, 1 Tbsp of pumpkin seeds	0
Nut & Seed butters (almond, pecan, macadamia, cashews, brazil, sunflower)*	1 Tbsp	0
Protein powder	1 scoop (per packaging)	<1

\*Tuna should be consumed a maximum of once per week due to its high mercury content.

\*\*Nuts, seed and nut/seed butters are also included under Healthy Fats. All nuts should be raw. They should not be roasted. Roasting nuts takes a good food and turns it into a bad food!

## Vegetables

Vegetables, especially dark, leafy greens, should be the cornerstone of your diet. Low in calories, yet high in nutrient value, they are a rich source of all that the body needs. These foods will give you the greatest health benefits and the most nutrition per bite.

Vegetable	Serving size	Sugar grams
Kale	1 cup, cooked or raw	0
Collard Greens	1 cup, cooked or raw	0
Spinach	1 cup, cooked or raw	0
Brussel Sprouts	5 medium	2.1
Broccoli	1 cup, chopped	1.5
Asparagus	10 large spears	.7
Bok Choy	1 cup, sliced	.9
Tomatoes	2 medium, or 1 cup cherry	4.0
String beans	1 cups, cooked	2.8
Snow Peas	2 cups, raw	5
Cabbage	2 cups chopped	9
Peppers, sweet	1 cup sliced	4
Carrots	1 cup sliced, or 10 baby	4.8
		3
Cauliflower	1 cup chopped	2.6
Artichokes	½ large	0
Eggplant	½ medium	4
Okra	1 cup	1.2
Beets	2 medium	11.6
Celery	Unlimited	0
Cucumbers	1 cup, sliced	1.7
Romaine Lettuce	1 cup	0
Mushrooms	1 cup, raw	1.2
Radishes	Unlimited	0
Sprouts	1 cup, raw	3.2

## Fresh Fruits

A great source of nutrients, but can also be high in sugar. For that reason, plan to eat only one serving per day and consume it in the morning. Your best choices are berries, to maximize nutrients but minimize sugars!

## High Nutrient Density Fruits

Fruit	Serving Size	Sugar grams
Blueberries	$\frac{3}{4}$ cup	11
Raspberries	1 cup	5.4
Blackberries	1 cup	7
Strawberries	1 cup	6.7

## Higher Sugar Fruits

Fruit	Serving Size	Sugar grams
Watermelon	1 cup, diced	9.4
Cantaloupe	1 cup, diced	12.3
Honeydew	1 cup, diced	13.8
Orange	1 medium	12.2
Tangerine	2 small	16
Apple	1 small	15
Apricots	4 small	12.9
Grapefruit	$\frac{1}{2}$ large	5.8
Cherries	$\frac{3}{4}$ cup	13.3
Grapes	1 cup	23.4
Kiwi	2 medium	12.4
Mango	$\frac{3}{4}$ cup, sliced	16.9
Peach	1 large, or 1 cup sliced	14.7
Nectarine	1 large	12.3
Pear	1 small	13.7
Pineapple	1 cup, cubed	16.3
Banana	$\frac{1}{2}$ large	8.3
Papaya	1 cup, diced	8.3
Figs	2 small	13

## Complex Carbs (eat only every 4<sup>th</sup> day)

Complex carbohydrates are great sources of fiber. **Eat two servings of these foods by lunch on every 4<sup>th</sup> day.**

Complex Carb	Serving size	Sugar grams
Sweet potato	1 small, or ½ c chopped	5.6
Yams	1 small, or ½ c chopped	1
Quinoa	½ cup, cooked	0
Beans (kidney, black, garbanzo, white, lima)	½ cup, cooked	0
Lentils	½ cup, cooked	1.8
Edamame (organic)	½ cup, shelled	0
Peas	½ cup, cooked	3.7
Refried beans	½ cup	.3
White rice	½ cup, cooked	.3
Wild rice	½ cup, cooked	.3
Amaranth	½ cup, cooked	2
Millet	½ cup, cooked	0
Buckwheat	½ cup, cooked	0
Barley	½ cup, cooked	0
Bulgur	½ cup, cooked	0
Oatmeal, steel cut (gluten free)	¼ cup, dry	1
Oatmeal, old fashioned (gluten free)	1/3 cup, dry	.4
Squash (summer)	1 cup, sliced	3.4
Squash (winter)	1 cup, cubed	3

## Carb Rotation Calendar

Following is a 9-week calendar to help you stay on track with your carb days. You may wish to review the calendar at the start of each week in order to remember which days to eat your two servings of carbs. Better yet, print this out and hang it someplace prominent, or add the carb days into your own calendar.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>				Carb Day			
<b>WEEK 2</b>	Carb Day				Carb Day		
<b>WEEK 3</b>		Carb Day				Carb Day	
<b>WEEK 4</b>			Carb Day				Carb Day
<b>WEEK 5</b>				Carb Day			
<b>WEEK 6</b>	Carb Day				Carb Day		
<b>WEEK 7</b>		Carb Day				Carb Day	
<b>WEEK 8</b>			Carb Day				Carb Day
<b>WEEK 9</b>				Carb Day			

## Healthy Fats

Healthy fats help to provide satiety and energy, and will especially help you to feel satisfied, especially on lower carb days. I generally [see greater fat consumptions leading to faster weight and fat loss](#). Don't worry!

Healthy Fat	Serving Size	Sugar grams
Avocado/Guacamole	¼ medium	1
Whole <b>raw</b> nuts*	6 almonds, 4 cashews, 10 pistachios, 5 pecan halves, 4 walnut halves	0
Raw seeds (pumpkin, sunflower, sesame)	1 Tbsp	0
Flaxseed, ground	1 Tbsp	0
Nut butters (almond, cashew, pecan)*	1 Tbsp	0
Seed butters (pumpkin, sunflower, sesame)	1 Tbsp	0
Coconut oil, fish oil, flaxseed oil, cod liver oil, avocado oil	1 tsp	0
Hummus	1 Tbsp	0
Coconut (unsweetened, shredded)	1 Tbsp	2.1
Organic, extra Virgin Olive Oil	1 Tbsp	0

\*Nuts and nut butters are also included under Proteins. All nuts should be raw. They should not be roasted. Roasting nuts takes a good food and turns it into a bad food!

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### Free Foods - Eat or drink freely from this list!

Lemon or Lime juice

Vinegars, especially raw Apple Cider Vinegar

Herbs

Spices

Garlic

Flavor extracts (pure vanilla, peppermint, almond, etc)

Coffee or even better [Bulletproof coffee](#) (should be consumed for enjoyment, not because you need it to get you through the day.)

Green or black tea

**A note about salt: I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with Himalayan Pink Salt. I assure you that salt is not bad. It is just the type of salt that is either good or bad.**

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## SAMPLE MEAL PLANS

The following are some **examples** of meals and snacks you might choose for your meals. **You are not required to follow these examples.**

If you experience hunger at any time, increase the protein, fat or vegetable serving in 1 or 2 meals by 1 serving.

For example, if lunch calls for 3 ounces of a protein, increase it to 4 ounces or even 5 ounces if necessary.

Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently.

**Eating one or two more ounces of a healthy protein, fat or vegetables will not affect your results.**

Eating foods that are not on your list (breads, pastas and sweets) will deter you from seeing the results you're looking for.

## 1500 Calorie Sample Meal Plans

### Low Carb Day Example 1

#### **Breakfast**

2 whole eggs cooked in avocado oil, coconut oil, olive oil, lard, ghee or butter  
1 cup sautéed spinach in above fats  
1 cup raspberries

#### **Snack**

Protein shake:

1 scoop [protein powder](#)  
1 cup unsweetened almond, cashew or coconut milk  
1 cup fresh baby spinach  
\*Preferably add a fat source like coconut oil or nut butter

#### **Lunch**

Mixed greens  
4 oz grilled chicken  
Tomato, cucumber, other veggies  
1/4 avocado

#### **Snack**

1 Tbsp. almond, cashew or sunflower butter  
10 baby carrots

#### **Dinner**

3 oz salmon  
10 asparagus spears  
[Mixed green salad with fresh lemon or apple cider vinegar dressing](#)

## **Low Carb Day Example 2**

### **Breakfast**

[Paleo Coconut Flour Pancakes](#)

### **Snack**

2 hard boiled eggs  
1 sliced pepper

### **Lunch**

Tuna salad on sliced cucumbers with avocado slices

### **Snack**

Protein shake:

1 scoop [protein powder](#)  
1/2 tablespoon raw almond, cashew or sunflower butter  
1 cup unsweetened almond milk

### **Dinner**

[Gluten Free Turkey & Cranberry Meatballs](#)

Mashed cauliflower with added butter or oil  
Mixed greens

## **High Carb Day Example**

### **Breakfast**

[Power oatmeal](#)

### **Snack**

2 eggs scrambled with nut milk added, with 1 cup sautéed peppers and onions  
1/4 avocado

### **Lunch**

Turkey burger with lettuce, tomato, pickle, onion

1 small sweet potato

\*preferably add additional fat like avocado or guac or olives

### **Snack**

1 Tbsp. hummus (with olive oil base)

Celery, cucumber, 5 cherry tomatoes

### **Dinner**

Grilled chicken

Steamed broccoli

Mixed greens

## 1800 Calorie Sample Meal Plans

### Low Carb Day Example 1

#### **Breakfast**

3 eggs cooked in avocado oil, coconut oil, olive oil, lard, ghee or butter  
¼ avocado  
1 cup blackberries

#### **Snack**

1 chicken apple sausage  
1 cup snow peas

#### **Lunch**

4 oz grilled chicken  
10 baby carrots with 1 Tbsp hummus  
Sliced tomato

#### **Snack**

1 oz raw nuts  
Celery sticks

#### **Dinner**

[Baked Honey Mustard Chicken](#)  
Steamed Broccoli and cauliflower  
¼ Avocados

#### **Snack As Needed**

Protein shake:  
1 scoop [protein powder](#)  
1 cup unsweetened almond, cashew or coconut milk  
\*preferably add fat source

## **Low Carb Day Example 2**

### **Breakfast**

[Baked Avocado and Egg](#)

### **Snack**

10 baby carrots  
1 Tbsp almond butter  
½ cup raspberries

### **Lunch**

Large mixed green salad  
3 oz chicken or beef

### **Snack**

1 chicken sausage  
1 cup sliced cucumbers

### **Dinner**

Buffalo Burgers  
1 cup zucchini squash  
Mixed green salad

### **Snack**

Protein shake:  
1 scoop [protein powder](#)  
1 cup unsweetened almond, cashew or coconut milk

## **High Carb Day Example**

### **Breakfast**

½ cup oatmeal with flax seed and ½ cup blueberries with added butter or ghee

### **Snack**

1 oz raw nuts

1/2 cup raspberries

### **Lunch**

3 oz salmon on mixed greens

½ cup quinoa

### **Snack**

2 hard boiled eggs

Sliced sweet peppers

### **Dinner**

4 oz pork tenderloin

1 cup green beans

Mixed green salad

### **Snack**

Protein shake:

1 scoop [protein powder](#)

1 cup unsweetened almond, cashew or coconut milk

## Remember...

Do the very best you can with whichever foods are available to you.

You may not be able to find every single food I have listed, but that's OK!

This is just a model.

I have many more recipes here: [Delicious & Healthy Recipes](#).

I have never had a client not lose weight or achieve success because they had to make 1 or 2 adjustments.

More importantly, clean up your diet, try a new model of eating, make the majority of your food choices "all natural" and be mindful of how your body responds.

I know from personal experience with thousands of clients that even following the above plans at 80% proves amazing results.

## ~ Recommended Supplementation~

[Designs for Health](#) is one of the supplement companies I partner with that sells excellent quality food and nutritional supplements. Yes, you can get less expensive products out there, but quality is a key variable for anything you put on or into your body.

Below are the products that I most often refer my clients for general health benefits. You do not necessarily need all of the products below but some can be helpful.

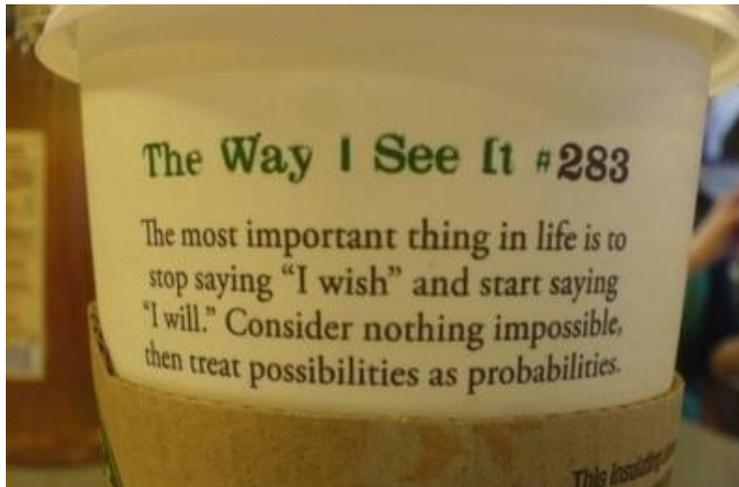
We can get more specific and prioritize your needs if you like with a comprehensive questionnaire or lab testing.

**During the program take 10% off all products below with coupon code: DFH10%**

If you have questions or would like more information on [Designs for Health](#) products, [contact me](#).

- Fish Oil (Designs for Health OmegaVail Hi Po (general health))
- Probiotic: (Designs for Health Probiotic Synergy or Probiotic Supreme (higher dose of good bacteria))
- Vitamin D: (Designs for Health Vitamin D Synergy) \*Get tested at least 1x per year
- Protein Powder (Designs for Health PurePaleo Chocolate (Grass-fed beef), PurePaleo Vanilla (Grass-fed beef), PaleoMeal Chocolate (Whey), PaleoMeal Vanilla (Whey), PaleoMeal-DF Chocolate (Pea), PaleoMeal-DF Vanilla (Pea))
- Meal Replacement Bars: Cocommune, Chocolate Mint Fiber
- Twice Daily Multi, MagCitrate Powder (magnesium for muscle relaxation, bowel elimination and restful sleep).

One last note...



Good luck

If you need ANYTHING, call or email me any time ☺

**Brien Shamp ~650-654-4604~ [info@brienshamp.com](mailto:info@brienshamp.com)**