

## Your own unique goals

## Meal planner

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Mid morning snack							
Lunch							
Mid afternoon snack							
Dinner							

## Nutrition in a nutshell

1. Eat a *Champion Breakfast* every day. Start with 500 ml ice cold water and 250 ml natural grapefruit juice immediately upon waking up. Wait 20 minutes and eat 10 to 15 almonds. Wait 10 minutes and eat a high protein breakfast with legumes and fibrous green vegetables. Finish with a cup of green tea.
2. Plan and set up meals using the BGD foods as set out in the MCT. Include a portion of protein, carbohydrate, vegetables and healthy fat in each meal. Use Portion Control to size up your meals. Eat 4 to 5 meals a day and drink a large glass of water with each meal.
3. Always have a glass of cold water, natural grapefruit juice and almonds before any of your meals. Finish off the meal with coffee or green tea. In this way insulin control is implemented. The naringin/caffeine stack also suppresses our appetites which makes it easier to hold on until the next meal.
4. Have one amazing cheat day during the week!