

The 21 Day DETOX

Grain Free Rules: Days 13-16 (and beyond)

1. Eliminate all grains, including flour, even gluten free. Studies show that refined carbohydrates, whether they are gluten free or not, blocks your ability to burn fat.

FOOD LIST: coconut wraps, coconut flour, baked sweet potatoes, flaxseed, dehydrated vegetable crackers and kelp noodles.

AVOID: pasta, pizza, pastries, breads, cereal, hot dogs, luncheon meat, mustard, ice cream, salad dressings, canned soups, dried soup mixes, nondairy creamers, processed cheeses, cream sauces, beer, spices, and any label having modified food starch.

2. Eat 1 pound (5+ cups) of vegetables a day.

FOOD LIST: All vegetables and low-glycemic fruits: limes, strawberries, apricot, grapefruit, lemons, cantaloupe, nectarines, oranges, pears, watermelon, blueberries, and blackberries

3. Keep your net carbs between 20 and 50 grams per day.

Use the list under the carbohydrate tab to figure out the net carbs in each of your foods

4. Exercise

During days 13 - 16 you might think that cardio, cardio, cardio is the way to go to bust through that belly fat. On the contrary - you need to do some heavy duty weight training! For those of you that are afraid of "bulking up", it'll never happen without the proper levels of testosterone and we don't produce enough of that. The scale can't differentiate muscle from adipose tissue (fat), but those skinny jeans can! Lean muscle is more dense, taking up to 5x less space than fat and is metabolically active tissue (burns calories) even while you sleep! Take some weight training classes, do some PiYo, or add some wall squats, pushups, and triceps dips to your at home program.