

Thank you to Darren Casey and Marisa Peer for being the inspiration behind this.

Wake Up.

Tell yourself 'I am enough' (watch <http://www.thepainreliefcentres.co.uk/i-am-enough/>)

Hydrate with 1 pint or 500ml water.

Wait 15 minutes.

Workout: 20 seconds of each of the following (keep repeating the mantra 'I am enough')

Bodyweight Squats

Press Ups (kneeling if needed)

Jumping Jacks (star jumps)

Mountain Climbers

- Rest 30 seconds. - Repeat 2 more times (so 3 rounds)

Wash

Breakfast: 3 Scrambled eggs (or salmon) and spinach or Swiss chard AND/OR a 'Functional Shake' *

Mid morning: Hydrate 1 litre water

Lunch : Protein and Moderate Fats and lots of greens

Early/Mid Afternoon: Hydrate 1 litre water

Mid/Late Afternoon: Small handful of nuts

Dinner : Protein and Moderate Fats, Handful Of Carbs, e.g. rice, and lots of greens

One hour after dinner: Hydrate 1 litre water

Optional Snack if needed 1 hour before bed: Greek Yogurt.

10pm Bed. The more sleep you can get before midnight the more healing and repairing will take place, the better your insulin/blood sugar control and the better your hormones will be

Good fats: Coconut oil, Grass fed organic butter, Olive oil, Avocado

Bad Fats: Margarine, butter alternatives, hydrogenated and trans fats (avoid these like the plague!)

Good Proteins: Leaner animal meats – Grass fed steak and mince beef, turkey, chicken, (pork less often) Fish - oily fish even better, eggs, you can use good quality whey, soy, pea, or even rice protein powders.

Bad Proteins: Processed meats (typically ham and oven packaged foods. Any / all take away meats / meals. Meats from mass production lines (typically non organic) that contain hormones and antibiotics (most chicken and beef). Low quality protein powders full of fillers and flavouring.

*A Functional shake is a specific, scientifically formulated low calorie, protein and nutrient drink designed to have specific metabolic effects. Different formulations will target different effects, such as fat burning, hormone control, detoxification, inflammation control, muscle building, sports recovery/enhancement etc.