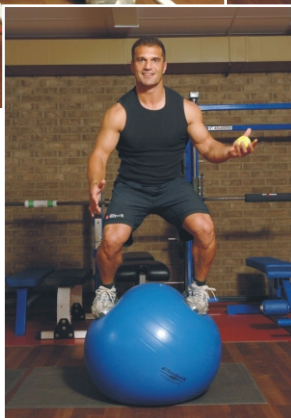




# Greco lean+fit

one on one personal training • athletic training • martial arts



*You're on the quest to be the best!*

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

1. Why did you decide to start training with Lean & Fit?

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2. Write down the goals that you would like to achieve during Lean & Fit. Short term and long term goals.

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3. When you achieve the above goals, how will your life be different in mind, body, spirit?

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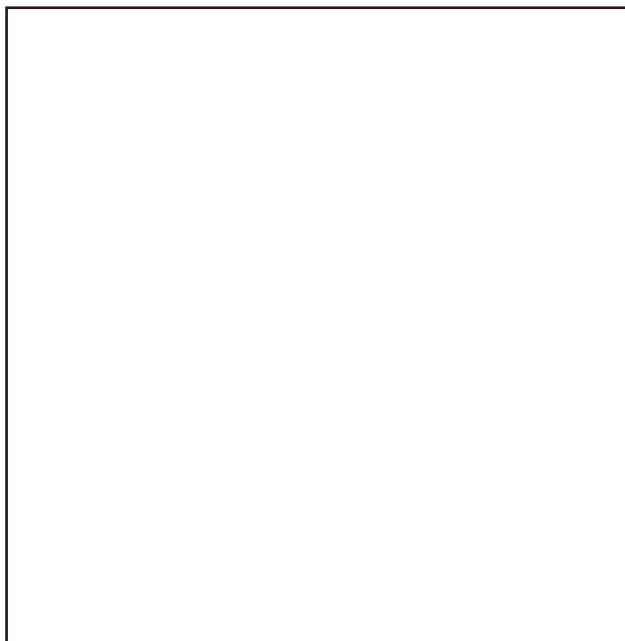
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## THE RIGHT WAY TO EAT CLEAN & STAY LEAN

To achieve fat loss, while gaining energy in you life, follow these simple rules:

- \* *Supplement protein with Extreme 97% Whey Protein.*
- 1. **Do not skip meals.** You can eat three regular size meals a day or four to five smaller meals.
- 2. Try to eat every 3 to 4 hours.
- 3. Eat enough lean protein in the form of fish, poultry, eggs, shell fish, lean beef or tofu. Eat enough to feel comfortably, but not stuffed. 3-5 oz each portion of lean meat.
- 4. Eat liberal amounts of natural, unsaturated fats such as flax seed oil, olive oil, sunflower oil, etc.
- 5. Avoid hydrogenated fats which contain trans fats.
- 6. Eat 3 cups of salad greens or 2 cups of greens and 1 cup of other vegetables on a daily basis.
- 7. Eat no bread, pasta or starchy vegetables. (No white after dinner)
- 8. Eat no dairy products other than cheese.
- 9. Have a tight fist (portion) of nuts (peanuts, almonds, walnuts) if you are hungry between meals and a low GI fruit.
- 10. Don't assume any food is low carbohydrate check the carb count on every package. Be sure your serving size corresponds to that listed and/or use a carbohydrate gram counter.
- 11. When you eat out, watch for hidden carbs. Flour, cornstarch and sugar are often in gravies, sauces and dressings.
- 12. Use Stieva sweetener, or "Sweet and low" instead of sugar. Be sure to count each packet as 1 gram of carb.
- 13. Drink at least 2.5 litres of water.
- 14. Take a good multivitamin with minerals, including potassium, magnesium and calcium.
- 15. Have 1oz of wheat grass every day as a cleanser.

# WEEK ONE



## BEFORE

**Date:** \_\_\_\_\_

**Weight:** \_\_\_\_\_ lbs

**Body Fat:** \_\_\_\_\_%

**BMI:** \_\_\_\_\_