



### **Meal Plan/Food FAQ:**

#### **15. I see fish under approved protein but not tilapia.. Is there a reason why?**

A: YES! Tilapia is now exclusively a farm raised fish..They no longer exist in the wild. Because of this, the quality and health of the fish suffer dramatically due to being caged with hundreds - sometimes thousands of other fish. They get sick and transfer disease so they have to be fed antibiotics ( which accumulate in tissue you eat) - they can't move as well making them unhealthy, they easily acquire parasites because of their poor health which is why it's not uncommon to find worms in them. And their nutritional value becomes more detrimental than beneficial. If you can find a LOCAL- ORGANICALLY raised farmed tilapia that's acceptable, but also very rare and expensive. Try to stick with the other choices I've listed on your grocery list.

#### **16. Liquid fats, must I have them? Can I use them? What does MCT oil or EVOO mean ?**

A. Yes, you absolutely need to make sure you are getting all of your fats in! You should be eating only super lean meats so we measure fats separately to keep it precise. I always use one of my servings of fat as fish oil - so take 1 tbsp fish oil per day .. The others You should try to use what's listed. I usually pour on my food with vinegar and mix like a salad. If you watch videos I discuss measuring fats in depth.~

#### **17. Should I weigh my carbs?**

A. We do NOT weigh any carbs except potatoes on the scale!! Look at the label and read it if it says for example: 1cup is 50g of carbs- 1/2 a cup would be 25g And so on....always go by package label for grains

For potatoes 1oz = 6 grams

**18. Can we change the order of when we eat the carbs with our meal? For example, I have lunch (which is my meal 2) at my office around noon. I have more time to eat then. I will eat my meal 3 around 3-4 pm (I don't get a break then, so I have to eat quickly). It would be easier for me to have the carbs with meal 2 instead of meal 3. Can we change when we eat them, as long as the total carbs for the day stay the same?**

A. Yes as long as you keep the Post- Workout meal ( shake + ignition) in place you can move around meals – IF NECESSARY. We organize the meals to get you the maximum benefit from your plan so I would suggest following as closely as possible

#### **19. Can we have avocados?**

A. You can eat them but you have to count them towards your fat total. When we write those plans custom for people that's where we add it in.

**20. What if we want to drink coffee and add almond milk how would we calculate that into our Macros? Also, what about sugar free gum? Are we allowed to have that?**

A. If you use almond milk it's negligible ...If you use coconut I would count toward fat. I would recommend avoiding all artificial sweeteners as they are neuro-toxins. I use spry Gum from health food store

**21. When we use fish oil, can we take the pills if that's easier instead of cutting them all open and pouring them on our food?**

A. Yes but in order to know how many to take you need to cut them open and measure first.

For example, my fish oil capsules are 7 capsules equals 1 tbsp

**22. What do we eat or drink to replace the post workout meal on rest days?**

A. This is explained on the nutrition plan sheet but yes you can replace with whole foods on rest days. You should be getting all of your macros in every day.. Do not skip meals on rest days

**23. What meal can I replace the Level 1 Meal replacement shake with? Can it replace any meal or should it only be certain ones? Can it replace my first meal?**

A. If you have Level 1 you can replace protein at whichever meal is best for you!

For example- if you have a hard time eating breakfast typically you can use there or if you are at work and you can't "eat" you can use there. Make sure you're still getting the other macros with that meal too not just protein

**24. Can we put lemons in our gallon of water?**

A. Absolutely!

**25. Thoughts on Lamb and Veal for protein?**

A. If less than 3% fat sure

**26. I have terrible sweet cravings in the afternoon. What do you suggest to do?**

A. It will pass, its your body releasing toxins. Drink a 1st Phorm shake if you need to, it will help because it tastes like a treat!

**27. Will greek yogurt ever be allowed as a protein?**

A. No dairy...

**28. Since I know sparkling water is approved how often can you drink it ?**

A. As much as you wish

**29. What are some good snacks to have handy when your planned two hour round trip appointment turns into 5 hours? How do we prepare for the unexpected?**

A. We don't eat snacks we eat 5/6 meals a day. Get the idea of snacks out of your head

**30. I have stuck to my plan, to the T, and am now at a banquet for work. I have my last meal packed in the car. This is a sit down dinner I don't know how I'm going to manage to sneak out of here and eat MY food in my car and not touch what they feed us tonight!**

A. Well you have two options... You can try to eat the healthiest options available or you can bring your food in.

**31. If we know we won't be eating for more than 4 hours, when is the best time to take the anabolic bridge? At the 3 hour mark? I work in a diner and I eat my breakfast between 5:30 and 6:30 and work until noon and don't have time to sit and eat during that time.**

A. Yes that works anytime after the 3 hour window and it will help you avoid muscle wasting

**32. I reviewed the Approved Grocery list and saw that vinegar is not an approved condiment. Is this because it is acidic? I recall in your "Bikini Mom Secrets" book you stated: "...coffee makes your physiology acidic. An acidic physiology is bad for fat loss and wastes your muscles." I theorized that vinegar potentially could have the same effect. If so, can it be used sparingly/in small quantities? FYI: the ingredients in the white distilled vinegar I have says, "diluted with water to 5% acidity".**

A. Actually vinegar is totally fine and won't effect your physiology unless you're going to drink it like coffee lol as a condiment it's great.

**33. Thoughts on lentils for protein??**

A. Lentils are not ideal. It says on your grocery list to avoid beans and legumes. The ratio of protein / carbs is very high so it's not just protein. Once in a while won't hurt but I wouldn't make it a staple.

**34. So I made turkey burgers last night with 99% fat free ground turkey, but they came out kind of dry since there isn't any fat to moisten it up. Are there any tricks you guys have to keep the turkey from getting dry? (I grilled them on the George Forman)**

A. You can use " ground turkey" not just the breast but you have to account for the fat in your fat for that meal Also if you want you can add oil into meat before you make - I use evoo.. Again just count into your fat

**35. I have a question for chicken like if I use leg quarters would I have to calculate the fat in it for my macros as well and what about egg whites ?? I know maybe for the egg whites you don't but I want to make sure .**

A. Yes and yes .. Count fat for both. For whole egg. Egg whites are all protein

**36. Is it normal to feel bloated? Although I can see I'm a little tighter and even feel a little tighter I have been feeling a little bloated the last few days and I don't think I have really changed anything.**

A. 2 things make sure you are drinking all of your water and also salting your food. When you work out hard and increase water intake it is crucial you get salt it's an electrolyte - and NOT table salt Table salt is NaCl ( sodium chloride) You want to use pure sea salt NA

**37. Ok, sorry if someone already asked this. Regarding happy meal, this is ON TOP of our regular meal plan for the day, correct? So it is basically a 6th meal OR 500 calories more to my daily plan, right? Sorry I'm over thinking this but I don't want to mess it up as I've lost some weight this week and don't want to back track!!**

A. Yes! In addition to your normal meals

**38. I have a question. I try not to eat protein bars, but occasionally if I am in court or in a deposition, and I have to eat quickly and discretely, it is my only option for a meal. I always try to eat an actual meal if I can. However, is there a particular protein bar you recommend above others if I must eat one sometimes? I want to make sure I am eating the best one. Thanks!**

A. To be totally honest they are all terrible. My best advice would be to drink a protein shake and mix oatmeal in it for carbs ( if you have in that meal) and take fish oil for fat none of them are ideal or work with this plan

### **Supplementation FAQ:**

**1. I ordered the supplements you recommended but I had just bought another large thing of protein right before. Is it ok if I order the Phormula 1 after I use the one I have?**

A: Yes, Absolutely! Use what you have and you can order Phormula 1 after

**2. FAQ about Thyro Drive:**

A. YES! Its normal to feel more hungry and warm. That's a good thing, it means your metabolism is working!!

B. Thyro-drive is designed to give your thyroid all the nutrients it needs to function optimally which is why we take it in addition to our programs – to give us an extra metabolic boost! Make sure you are cycling 5 days on 2 days off. Repeat!

C. Is it safe to take if I have a thyroid condition? Yes, you can take it if you have hypothyroidism. The only contraindication would be an autoimmune condition like hoshimoto's.

**3. What makes a good protein powder?**

A. I'm sure most of you have tried a protein powder and gotten really bloated and gassy after... There is a very specific reason for that. 99% of the supplement brands who make protein use high temperature heat processing - reason being it's cheaper and faster to produce which means they can make more product and more sales for the company. The problem with this is high temperature heat processing denatures the protein beyond the point of recognition so your body has a very difficult time digesting and absorbing it. Which is why when you drink it - the bacteria in your intestines attack all the undigested protein passing through your gut and produce a ton of gas as a by- product leaving you bloated as hell and gassy and worst part lacking results from poor assimilation.

If you ever wonder why old school body builders ( and some current) eat raw eggs all the time this is the reason. The more natural the state of the protein (meaning not denatured) the better your body is able to absorb it. This is one of the many reasons I work with and promote 1stphorm is because they are one of two brands who use cool temperature processed proteins. They are more concerned with the quality of their product so they manufacture it the best way possible- hence why myself and many others are able to use their protein vs other brands because I do not get that same horrible reaction I get from others. Also you'll notice a NIGHT and DAY difference using quality protein because your body is able to absorb it.

All in all- it's worth it to invest in quality supplements because you absolutely get what you pay for. If you're buying cheap products you're throwing money away.

Lastly, with ANY supplements - you want to make sure they are produced in an FDA approved lab. There is no such thing as an FDA approved supplement- the FDA doesn't approve supplements. The highest quality and best supplement brands are those with FDA approved lab sticker on label because it means they have been tested to make sure processing and manufacturing is what they say it is! I have videos on the different types of protein in member forum or feel free to ask any questions there. This is EXTREMELY IMPORTANT for your results which is why you'll hear me talk about it often

#### **4. General Supplement Questions**

A. Phormula 1 + ignition is used PWO only. Do not use as a meal replacement for any other meal time. it's extremely important and beneficial post workout but it is not to be used any other time

B. Full Mega Fish Oil- is to be counted as a fat. I absolutely want all of you taking at least 1 tablespoon per day.

C. M-Factor Multi -split between morning and evening. I take on empty stomach first thing

D. adrenal restore - you should all be taking this 100%. I split mine two in the morning and two before my workout

E. Thyro-Drive - take two per day, in the morning. Take these 5 days on/ 2 days off. So I do Monday through Friday on, weekends off

F. Anabolic Bridge - take pre/post workout and keep in purse to take times when you have to go more than 4 hours without eating

#### **5. What are some important supplements for brain function?**

A. Believe it or not three of the most important nutrients for brain function are a multi vitamin, pro- biotic and omega 3's ( full mega) Here is why

1) The myelin sheath is what surrounds the nerve cells and transmits nerve impulses from brain ( afferent) and to the brain ( efferent) and a deficiency of omega 3's causes massive interruptions and inhibits the speed and efficiency of impulses

2) Omega 3's constitute the majority of cell membrane of ALL cells in our body. This goes for skin, hair, nails, muscles, nerve, brain .. You get the gist. Deficiency of omega 3's cause major issues with cell wall permeability affecting the ability of nutrients to get into the cell and ultimately impairing the cell from proper metabolism and function. This is why I stress about omegas for fat loss and fitness results but the truth is its essential for Health.

3) the vast majority of brain tissue ( white matter ) is made of fat- specifically DHA which is a component of omegas 3

4) inflammation is one of the main causes of poor brain function - this is caused primarily by poor diet - ( a diet void of omega 3 and filled with processed foods rich in omega 6). omega 3's reduce systemic inflammation and subsequently improve brain function

5) then there is the gut- brain connection. What we currently know is a properly functioning gut is paramount to proper brain function. They call the gut the "Second brain" for a reason.

Typical American diet breeds and unhealthy and unbalanced gut leading to inflammation, gut permeability and neurological disorders such as ADD, depression and autoimmune disorders. An innate diet with probiotics can help restore order to the gut and reduce inflammation

6) multi - vitamins act as co- factors and co- enzymes for all metabolic processes in the body. Basically, they are catalysts for cellular metabolism... This includes neurotransmitter function, neural function, brain function.. Etc. these are major components of brain function

The above is why most of my clients ( the ones who listen and take the supps I recommend) report they have improved mental clarity and focus as two of their major side effects of this program

For you moms out there - this is the reason you should also 1000% be giving your kids these supplements as well. My kids take them every morning!

### **Training Questions:**

#### **6. Does it matter what time of the day you work out?**

A: No. Its whatever works best for you and your schedule! As long as you get it in.

#### **7. Is there any cardio during Phase 1 of the 90 Day?**

A: This workout is a conditioning style workout- meaning you will be getting an intense cardiovascular workout with the listed exercises alone however, As I say-you can either crawl or run to your goals so I will leave it up to you if you want to do the following:

Approved cardio for the first phase is 3 days MAX of 20 HIIT Cardio ( high intensity interval training )

You can do outdoor sprints, treadmill sprints, plyos, stepper sprints, bike sprints or rowing Machine. If you can't fit it in or don't want to do cardio that's totally fine. Keep your diet on point and you'll still be good. Note- Steady state cardio is not HIIT cardio. You should be doing sprint intervals of 1/1 ratios - for example : Sprint 30 sec/ rest 30 sec

Sunday is active recovery day for everyone - meaning you are free to take a 45 min walk, leisurely bike ride or swim, play basketball, soccer etc

#### **8. If doing an early morning workout (as soon as you wake up), do you work out on an empty stomach or not? If not (which I'm sure is the case), what can you eat and do you have to wait a certain period of time before working out?**

A. Eat within 30 min of waking up! You need to plan your day and schedule around your meals. If you need more time wake up earlier. If it were easy – everyone would be doing it :)

#### **9. Are there any modifications for lunge jumps or any jump exercises? My knees have a tendency to bother me and I don't want to injure myself. The lunge jumps seem to bother me more.**

A. Yes just do a squat or lunge or whatever the movement is without jumping

#### **10. Are you getting the most from your workouts?**

A. If you've watched the videos in membership area, you've heard me stress about making sure you are keeping your intensity up during your workouts. This is accomplished by making sure you're using an appropriate weight and also by brief rest periods.

**11. How do you know what an appropriate weight is?**

A. The easiest way to know what weight is best is by this simple rule:

You should be using a weight heavy enough that you can barely get through your last few reps. In fact, I often have to take a brief rest in between the reps to be able to finish. And that's ok! ( by brief I'm talking about less than 5 seconds) Having to take a forced rest means it's going to be heavy and challenging enough to get results which is the goal of the workout.

If you're flying through the reps without having to stop it means you need to increase your Weight Another way to maximize your workouts is by taking brief rest periods and using a higher tempo ( speed) of reps. In all your workouts I have added the appropriate rest time to get you the most benefit with adequate recovery to be able to do your next set so stick with the guidelines I gave you and you'll be good. If it says 30 sec rest between sets don't rest 5 minutes. If you're new to lifting and you need longer at first that's ok but make it your goal to decrease as you go.

**Lastly, even though you're doing the same workout plan for 4 weeks you should ALWAYS be progressing.**

- increase your weight
- add progressions
- decrease rest ( if you've been taking longer than recommended)

You shouldn't be doing the exact same thing over and over. I recommend printing out your workouts and bringing them with you to the gym on a clip board so you can keep track of the weight you're lifting each week. It's a great way to gage your progress.. Plus you'll feel really legit too

**General Bikini Boss Questions: (Checkins, Measurements..)**

**12. I'm interested in Bikini Boss Chicks apparel, who do I contact?**

A. Please Visit the store on website

**13. For my waist measurements should it be taken at the belly button or smallest part of waist (I did both but I still may be wrong)? How do I calculate my body fat? I apologize if this has been asked already**

A. Measurement for waist at belly button. We do not require body fat from you.

**14. Who do I send my Check- in to?**

Please reference your check- in instructions document. Each program has different instructions