

move-ment

*Lose 10 Pounds
in
25 Days*

PHASE 1: THE FIRST 10 DAYS

950-calorie diet

Your 10 Fat-Burning Superfoods:

1. Apples
2. Avocados
3. Broccoli
4. Chicken Breast
5. Grapefruit
6. New Potatoes
7. Oatmeal
8. Spinach
9. Sprouts, Alfalfa
10. Celery

Superfood Beverages:

1. Green Tea
2. Water

PHASE 1: GROCERY LIST

Produce

-
- 3 BAGS OF FRESH SPINACH
 - 3 BEEFSTEAK TOMATOES
 - 3 AVOCADOS
 - 10 MEDIUM APPLES
 - 5 GRAPEFRUITS
 - 2 BAGS OF FROZEN BROCCOLI
 - 30 NEW POTATOES
 - 1 JAR OF MINCED GARLIC
 - 5 PACKAGES OF ALFALFA SPROUTS
 - 20 STALKS OF CELERY
-

PHASE 1: GROCERY LIST

Grains, Poultry, Other

-
- 1 LARGE CARTON OF PLAIN OATMEAL
 - 2 LOAVES OF SPROUTED GRAIN BREAD
 - 10 SKINLESS, BONELESS CHICKEN
 - 1-LITER WATER BOTTLES
 - 2 PACKETS OF RAW ALMONDS
 - 1 PACKETS OF RAW WALNUTS
 - 2 PACKAGES OF GREEN TEA
 - 2 PACKAGES OF HERBAL FRUIT TEA
 - COFFEE + 1 PACKAGE STEVIA
 - 1 JAR ALMOND MILK
 - 1 JAR MUSTARD
 - 1 BOTTLE EXTRA VIRGIN OLIVE OIL
 - SALT & PEPPER
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PHASE 1: GROCERY LIST

Suggested Weight-Loss Support

-
- WHEY ISOLATE PROTEIN POWDER
 - COMPLETE MULTIVITAMIN
 - OMEGA 3-6-9 SUPPLEMENT
-

The 950– Calorie Diet



Breakfast: 144 cal

- 1/2 liter H₂O
- 1 cup green tea or coffee
- 1/4 cup plain oatmeal & 1 walnut



Snack 1: 150 cal

- 1/2 liter H₂O
- 1 medium apple w/ 8 almonds



Lunch: 227 cal

- 1/2 liter H₂O
- 2 slices of whole grain bread
- 1/4 avocado, 1 cup sprouts
- 1 tbsp mustard, 1 cup spinach
- 1 slice beefsteak tomato



Snack 2: 150 cal

- 1/2 liter H₂O
- 8 celery sticks (about 4 inches each) with 1 tbsp. almond butter



Dinner: 279 cal

- 1/2 liter H₂O
- 1 precooked/ pan grilled chicken breast (6 oz)
- 1/2 teaspoon minced garlic
- 1 cup broccoli, 3 new potatoes



Bed–time Snack

- 1 cup decaf green tea with 1 additional bag of herbal fruit tea

PHASE 2: THE SECOND 10 DAYS

1200-calorie diet

Your 10 Fat-Burning Superfoods:

1. Asparagus
2. Brown Rice
3. Whey Isolate
4. Carrots
5. Cottage Cheese (low-fat-1%)
6. All Natural Peanut Butter
7. Red Bell Peppers
8. Onions
9. Blueberries
10. Celery

Superfood Beverages:

1. Green Tea
2. Water

PHASE 2: GROCERY LIST

Produce & Dairy

-
- 2 ONIONS
 - 2 BAGS OF GREEN SALAD
 - 2 PACKAGES OF BABY CARROTS
 - 10 BELL PEPPERS, RED
 - 5 BUNCHES OF ASPARAGUS
 - 10 APPLES
 - 4 BUNCHES OF WATERCRESS
 - 10 STALKS OF CELERY
 - 2 (16 OZ) CARTONS OF COTTAGE
 - 2 BAGS OF FROZEN BLUEBERRIES
 - 3 BAGS OF FROZEN SPINACH
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PHASE 2: GROCERY LIST

Grains, Poultry, Other

- 1 LARGE CARTON OF PLAIN OATMEAL
- 3 BOXES OF WILD/ BROWN RICE
- 3 PACKS OF FREE-RANGE CHICKEN
- 10 SALMON FILETS
- 1 JAR OF NATURAL PEANUT BUTTER
- 1 PACKAGE OF HUMMUS
- 1 BOTTLE OF 50 CAL VINAIGRETTE
- 1 PACKAGE OF PINE NUTS
- 2 PACKAGES OF GREEN TEA
- 2 PACKAGES OF HERBAL FRUIT TEA
- COFFEE + 1 PACKAGE STEVIA
- 1 JAR ALMOND MILK
- 1 JAR MUSTARD & SALT & PEPPER, DILL

PHASE 2: GROCERY LIST

Suggested Weight-Loss Support

-
- WHEY ISOLATE PROTEIN POWDER
 - COMPLETE MULTIVITAMIN
 - OMEGA 3-6-9 SUPPLEMENT
-

The 1200– Calorie Diet



Breakfast: 220 cal

- 1/2 liter H₂O
- 1 cup green tea or coffee
- Smoothie: whey protein, 1 tsp. peanut butter, 1/4 cup blueberries and spinach, dash H₂O



Snack 1: 150 cal

- 1/2 liter H₂O
- 10 baby carrots, 4 Tbsp hummus



Lunch: 257 cal

- 1/2 liter H₂O
- 4 oz chicken
- 1 stalk celery, 1 slice onion
- 2 cups greens, 1 cup watercress
- 1 Tbsp vinaigrette, 1 cup pine nuts



Snack 2: 197 cal

- 1/2 liter H₂O
- 1 medium apple
- 1/2 cup cottage cheese



Dinner: 379 cal

- 1/2 liter H₂O
- 1 pan-grilled salmon fillet with 1 Tbsp lemon juice & 1/2 teaspoon dill in 1/2 Tbsp olive oil
- 5 asparagus stalks, 1/4 cup rice



Bed-time Snack

- 1 cup decaf green tea with 1 additional bag of herbal fruit tea

PHASE 3: THE FINAL 5 DAYS

1500-calorie diet

Your 10 Fat-Burning Superfoods:

1. Beans
2. Eggs
3. Oranges
4. Peaches
5. Garlic
6. Sweet Potatoes
7. Tomatoes
8. Turkey Breast
9. Watercress
10. Yogurt, Low-fat Greek

Superfood Beverages:

1. Green Tea
2. Water

PHASE 3: GROCERY LIST

Produce & Dairy

-
- 4 BAGS OF FIELD GREENS/ SPINACH
 - 5 MEDIUM AVOCADOS
 - 5 CANS OF WATERCRESS (IN H2O)
 - 5 CANS GARBANZO BEANS
 - 5 RED BELL PEPPERS
 - 10 MEDIUM SWEET POTATOES
 - 10 MEDIUM ORANGES
 - 2 CARTONS OF BLUEBERRIES
 - 10 PEACHES
 - 2 CARTONS OF EGGS
 - 40 OZ GREEK YOGURT
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PHASE 3: GROCERY LIST

Grains, Poultry, Other

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- 10 LARGE WHOLE-GRAIN TORTILLAS
 - 10 LARGE TURKEY BREASTS, SKINLESS
 - 2 PACKAGES OF CHICKEN (NOT DELI)
 - 3 PACKAGES OF TURKEY (NOT DELI)
 - 2 PACKAGES OF GREEN TEA
 - 2 PACKAGES OF HERBAL FRUIT TEA
 - COFFEE + 1 PACKAGE STEVIA
 - 1 JAR MINCED GARLIC
 - 1 BOTTLE OLIVE OIL
 - SALT & PEPPER
 - ALMOND MILK
 - 1 PACKAGE TRUVIA/STEVIA
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PHASE 3: GROCERY LIST

Suggested Weight-Loss Support

- WHEY ISOLATE PROTEIN POWDER
 - COMPLETE MULTIVITAMIN
 - OMEGA 3-6-9 SUPPLEMENT
-

The 1500– Calorie Diet



Breakfast: 217 cal

- 1/2 liter H2O + tea/coffee
- 2 boiled eggs or prepared in 1/2 Tbsp olive oil any way you choose
- 1 medium orange



Snack 1: 171 cal

- 1/2 liter H2O
- 1 cup Greek yogurt with 1/2 cup blueberries



Lunch: 482 cal

- 1/2 liter H2O
- chicken wrap– 1 large tortilla, 2 slices chicken, 1/2 avocado, 2 cups greens, 1/4 cup watercress, 1/2 cup garbanzo beans, 1/2 bell pepper



Snack 2: 150 cal

- 1/2 liter H2O
- 1 medium peach
- 4 slices of low sodium turkey (not deli)



Dinner: 485 cal

- 1/2 liter H2O
- 6 oz turkey breast (not deli meat)
- 1 medium baked sweet potato
- 1 cup cooked spinach, 1/2 tsp. garlic & 1/2 Tbsp olive oil



Bed–time Snack

- 1 cup decaf green tea with 1 additional bag of herbal fruit tea

10 Top Tips

for keeping the weight off

1. Cut out bad sugars.
2. Eat detox foods daily: apricots, artichokes, beets, blueberries, and green leafy vegetables.
3. Use a food tracker such as myfitnesspal.com
4. Substitute good fats for bad fats.
5. Learn how to eat at restaurants: don't eat the bread & order a meat/fish without sauces and a side of steamed vegetables/ salad.
6. Create an environment of wellness: clean house and a space to workout.
7. Stay positive with goals, a good attitude and a support system.
8. Don't eat past 8:00pm and cut carbs after 2:00pm.
9. Move your body at least 30 minutes daily or 60 minutes 4x per week.
10. Watch your caffeine & alcohol intake.

Congrats!

WELCOME TO YOUR NEW LIFE!

You've reached the end of this program. Using the 10x25 program, you've learned how to eat healthier, you've set a pattern for daily workouts, and your self-esteem has skyrocketed!

It all comes down to 3 things:
Eat, Move and Believe

I am committed to helping you achieve the body and life you deserve. And now I challenge you to take all that you've learned and empower the people around you to change their lives.

Here is a F&F code for a month free at move-ment to anyone you want!

Promo Code: **MOVE2023**