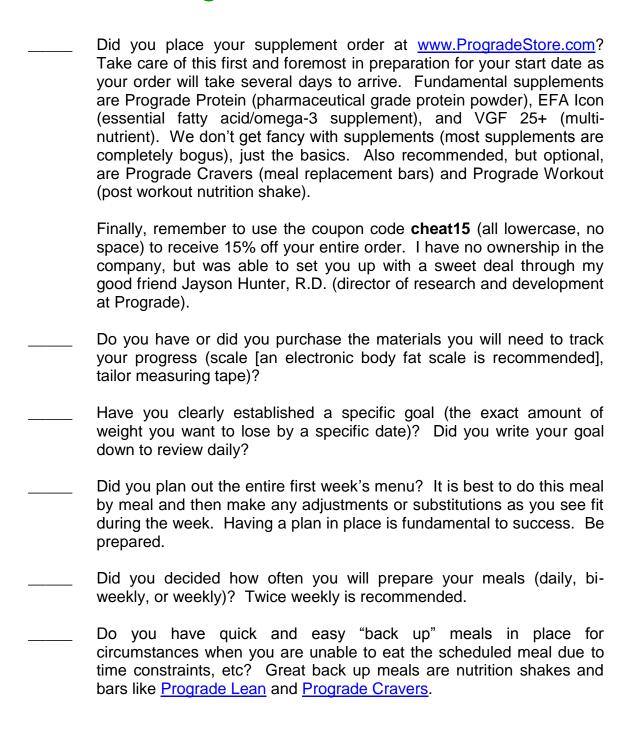


EAT WHAT YOU WANT. OUTSMART YOUR BODY. TRIPLE YOUR RESULTS.

BY BODY-FOR-LIFE CHAMPION AND NUTRITIONIST VOEL MARION

Pre-Program Quick-Start Checklist



 Did you set-up an optimal meal-time schedule based on your daily availability? For example, 7am breakfast, 10am, mid-morning snack, 12:30pm lunch, 3pm mid-afternoon snack, 6pm dinner, 9pm prebedtime Prograde Lean nutrition shake. Meals/snacks should be spaced 2-3 hours apart.
 Did you go grocery shopping for all the food items needed to prepare your first week of meals?
 Did you plan out your weekly exercise schedule based on your daily (morning, lunch time, afternoon, etc) and weekly (days per week) availability? Set up a plan that works with your schedule and stick to it.
 Did you decide what foods you'd like to enjoy and what restaurants you'd like to visit on your first Cheat Day? (the first day of the diet!) ©
 Did you decided which version of the Core Phase you are going to start with after the Priming Phase?
 Have you checked off all the items on this list? If so, congratulations, you're ready to experience fast, consistent weekly fat loss!