



## Clean Cut Recharge

Here is your recharge plan. These tools can be used if you have a bad day or hit a plateau.

- Intermittent fasting (we will discuss this on call this week and will post the blog post under week 5.)
- Go back to week 1 for a few days, this means no complex carbs, no fruit and no cheats or treats.
- OR...you will love this one. Have a big cheat, best if done with real food, for example, enjoy a bowl of pasta or a slice of pizza or some extra quinoa at dinner. Don't go completely off the reservation but sometimes that cheat tricks your body so when you go back to the Clean Cut way your body reacts again and you begin to lose.

If you choose to go back to week one, do it from Monday-Thursday. This means no sugar at all not even fruit and no complex carbs. If you haven't added them back it at all at this point maybe intermittent fasting or have that one big cheat.

Here is a sample day of week 1:

**Breakfast:**

Eggs anyway, or tuna salad (some protein and veggie combo that you've used in week one or two)

**Snack:** Nuts or nut butter or veggies and hummers or small salad with olive oil salt and pepper. You can pick any that you have been using but no fruit or complex carb

Here are some examples;

- 3-4 slices of turkey with sliced pepper and mustard
- 1/2-1 cup tuna (with lemon, mustard, red wine vinegar) with veggies (broccoli, peppers)
- A protein shake with water/almond milk, kale and cucumber, chia seeds, flax

**Lunch:**

ground turkey meat with salsa or pesto, hot sauce over greens

**Snack:**

Shake ½ water ½ almond milk

**Dinner:**

More examples:

- roasted veggies of choice with fresh herbs and olive oil, salt and pepper with seasoned fish cooked in skillet
- Spicy Shrimp with veggie slaw (Lori created one we will include)

If you need something after dinner, have a protein or 1 Tbsp. nut butter