



Detox with Rhino Juice

**Welcome! Its official...You are now signed up and ready to roll with The Detox in a capsule PROGRAMME powered by JUICE PLUS Team Rhino**

This programme was created to help people all over the world achieve the health and the body of their dreams. Ok so here's the deal! Firstly, to get the body of your dreams we need to help you create that dream!

### **The Body Vision board**

Right down everywhere the size you want to be – Gents size 34 from 38 and ladies size 12 from say size 16. May be get a picture of someone who you can aspire to. Cut a picture out of a magazine with your dream body on it! Write the clothes size you want to become and a list of attributes and feelings you want to achieve!

Here is an example:

I'm a Size 10 with a firm butt, toned arms and tight abs. I am full of energy and feel healthier than ever before. I have incredible fitness and stamina!

This paragraph plus the picture needs to go onto your wall! You will see it and read it every day! It will keep you focused and I guarantee you will achieve these results!!!

You should also take a picture of your body vision board and save it as your screen saver on your phone! Again the power of the subconscious mind will take you to this goal!

### **The Training Plan**

You must do the 10 minute exercise plan that is not a gentle paddle! The key to this is switching on FAT BURNING HORMONES and this can only be done with intensive exercise. So if you finish training and your sweaty, out of breath, hot and slightly uncomfortable with burning muscles you are doing GREAT! Work at your own fitness level but outside of your comfort zone!!! If you don't like gyms or classes you can do stuff in your own home or a simple power walk that gets you out of breath will be enough to start with. Remember.....**WE ARE DESIGNED TO MOVE!!!!** See the 10 min work out on [www.teamrhinotv.com](http://www.teamrhinotv.com)

**ADD these**

**Juice Plus Premium Capsules and the bars and the shakes if you feel you need meal replacements. Remember the money you save from not buying the foods can pay for your products. WIN WIN WIN WIN. Even better you will be able to afford to join our business as well and help your family and friends with their health. A win win situation as you will gain some commission which makes all this FREE!!**

**As you know these are the supplements that are part of the Fat Loss programme these supplements will NOT ONLY ACT AS A CATALYST TO IMPROVED HEALTH! But they will also flood your body with nutrients, increase your hydration, energy levels, metabolism and allow you to recover quicker from training! Go on [www.teamrhinotv.com](http://www.teamrhinotv.com) to view the product range.**

**Juice plus is the most scientifically researched nutritional supplement on the market. It's used by the world's top athletes and is proven to reduce oxidative stress, strengthen the immune system and increase nutrients in the body by over 2000%. It is the essence of 26 portions of fruits and vegetables and will help your body repair during the intense exercise and stress it will be under. The benefits of all these antioxidants going into your blood stream is that you will have more energy and the varied amounts of nutrients will help reduce oestrogen receptors and cleanse the liver aiding Fat loss from the Hip, Thighs and Stomach.**

**If you are on the premium capsules**

**You will take 6 capsules a day! 2 Red 2 green 2 purple all that's in them is dried fruit and veg! Take them first thing in a morning with a pint of bottled water! Take the capsules one at a time.**

**If you are on the fruit and veg blend then take 2 red 2 green first thing in a morning with a pint of bottled water! Take the capsules one at a time.**

**Take the bars and the shakes if you need as meal replacements – remember the food you don't but will pay for these.**

### **The Nutrition plan**

The Nutrition plan is simple...Stick to it and you will achieve awesome results!

Nutrition is KING, a great training session or programme doesn't make up for poor nutrition! 70% of the results we get come from having cleaned up your nutrition. That's a fact! Here's what I'd like you to cut out for the next 120 days for incredible results that will blow your mind! It may seem odd to cut out these things but believe me it will have a massive impact on your body fat, quality of your sleep, your energy, mental clarity and even your skin and hair!!!

Cheat Days, some of this is easy to cut out for life however I'm not looking for you to give up booze or the occasional chocolate bar for good! What I would say is the longer and stricter you are with this programme the quicker the results you will see!!!!

## The First 14 Days

For maximum results, it's going to take us 14 days to 'cleanse' your fat stores, again this is a MUST DO. Here's the WHY:

The term 'You are what you eat' seems to be a popular saying amongst anyone interested in nutrition. However, I'd like to take a look at whether it's what we eat that makes us overweight or is it the way we 'tolerate' these foods that can make us bloated, fatigued and downright miserable.

I've worked with HUNDREDS of people during my years in the fitness industry and having studied their different eating habits I have discovered that many people can lose weight by eating a certain way and another person can GAIN weight by eating the exact same way.

When Lucretius said in the bible 'One man's food is another man's poison' he hit the nail right on the head as far as our individual nutritional requirements are concerned.

Where each of us have a unique set of fingerprints, different from every other single person in the entire universe, then surely it makes sense that each of us has a unique biochemical make-up allowing us to process and use everything we put into our mouths and process through our bodies!

Yes? Then why do we keep approaching nutrition with the same 'off the shelf' basis and most gyms base their fitness programs? Every diet book we read seems to have conflicting information in them, making us more confused than ever about sound nutritional advice! Atkins this, Slimming world that, GI index this, High fibre that!

The human body, when overwhelmed with toxins will 'dump' any toxic substances within the adipose tissue stores (fat) in order to reduce their circulation throughout the body.

When there are no longer toxins entering the body those toxins will be expelled along with the fat (and excess water) that's storing them.

Make sense? In short, rid your body of toxins and lose stubborn fat. There is however a downside, as one of my clients recently found out when he eliminated coffee from his diet. I will stress, coffee is a toxin and our bodies become addicted to it therefore when we eliminate it we go 'cold turkey' and suffer all the things addicts do!

## Eliminate these....

Food group	Example	Why
<b>Alcohol</b>	Lager, Wine, Alco-pops, Vodka, Champagne	Alcohol is a toxin. As such your body has to work extremely hard to detoxify your system placing stress upon your liver, kidneys and adrenal glands. On a molecular level, alcohol is a potent sugar that triggers insulin secretion, blood sugar imbalance and increased body fat storage.
<b>Caffeine</b>	Tea, Coffee, Fizzy Drinks	Caffeine first overexcites and then later 'wears out' the body's energy producing

		glands. This leads to massive energy fluctuations and the subsequent need for sugary foods.
<b>Wheat and Gluten</b>	Bread, Pasta, Cakes, Biscuits, Soup and some sauces (these often contain gluten as a thickener)	For many, wheat and gluten products are simply indigestible or place stress on the digestive system leading to a sluggish metabolism and intolerances. In addition, modern wheat, especially after processing is barely distinguishable from simple sugar, leading to all of the same problems!
<b>Processed Foods</b>	Anything containing an E Number, unpronounceable name, pre-cooked, pre-packed or long life	These products flood the body with toxins it simply can't cope with.

<b>Sugar</b>	White, Brown, Beet, Molasses, Honey, Processed Fructose, Maltose, Dextrose and Corn Sugar	All sugar creates an insulin response. The simpler the makeup of the sugar, the more rapid and aggressive the insulin response. Unfortunately again, so much of our diet contains sugar that this response becomes too frequent and excessively high or low depending on the type of dysfunction and leads to energy fluctuations and fat storage.
<b>Sugar Substitutes</b>	Sweetener	I would recommend avoiding them entirely as they are linked to conditions such as multiple sclerosis, fibromyalgia, spasms, shooting pains, numbness, cramps, headaches, joint pain, dizziness and numerous other medical problems.
<b>Dairy</b>	Milk, Cream, Low Fat Yoghurt, Spreadable Butter	Other than eggs, butter and full fat live yoghurt you should try and avoid dairy. This is because most dairy produce is heavily processed and uses pasteurisation and homogenisation in order to maintain its 'shelf life'. Unfortunately, these processes kill off ALL of the enzymes required to properly digest them meaning that your body has to work overtime to digest them. This is a major cause of food intolerance.
<b>Corn and Corn Products</b>	Sweet Corn, Corn on the Cob, Corn Flour, Popcorn	25 different toxin producing fungi have been found in these, that's 25 different types of MOULD.
<b>Peanuts and Peanut Products</b>	Peanut Butter	26 different toxin producing fungi have been found in these, that's 26 different types of MOULD.
<b>Tap Water</b>		If you want to get healthy and lean, you MUST avoid tap water. Over 350 chemicals have been found in UK tap water. Tap water WILL displace iodine from your thyroid, causing LOTS of problems both will health and body fat levels. It's worth buying a water filter jug or go for Evian or Volvic bottled water.

Use the table below as your shopping list. Your diet should be made up of 80% of the 'green' foods and 20 % of the 'black' foods.

Meat	Poultry	Fish & Seafood	Cont..
Beef Heart (Beef) Kidney (Beef) Liver (Beef) Rabbit Venison Lamb  <b>1 X PER WEEK!!</b>	Chicken Duck Pheasant Turkey  <b>3 X PER WEEK MAX</b>	Mackerel Salmon Sardine Anchovy Bass Cat Fish Cod Crayfish Halibut Herring Octopus <b>BEST CHOICE</b>	Perch Prawns/Shrimps Scallop Snapper Trout Clams Crab Lobster Shark Squid Sword Fish Tuna

Vegetables	Cont	Fruit	Oils & Fats	Seasonings	Cont
Kale Lettuce Rocket Spinach Sprouts Bean Sprouts Water Cress Asparagus Onion Radish Artichoke Olives Leek Peas	Broccoli Cabbage Carrot Cauliflower Celery Cucumber Parsnip Peppers Shallot Tomato Water Chestnuts Pumpkin Fennel Garlic Beans	Avocado APPLES Blackberries Blueberries Coconut Papaya PEAR Mango Lime Lemon Grapefruit Raspberries Rhubarb Strawberries Water Melon Banana OK B4 <b>DURING AND            AFTER            EXERCISE</b>	Sesame Oil Almond Oil Coconut Oil Evening Primrose Oil Fish Oil Olive Oil	Basil Bay Leaf Chilli Powder Chive Cinnamon Coriander Garlic Ginger Horseradish Paprika Oregano	Wasabi Parsley Peppermint Rosemary Sage Saffron Sea Salt Thyme Nutmeg Cumin Turmeric Black Pepper

Drinks	Dairy	Nuts & Seeds	Grains
Water Green Tea Herbal Teas Vegetable Juices Rice Milk – B4, DURING AND AFTER EXERCISE Almond Milk Coconut milk	Chicken Eggs (white & yolk) Duck Eggs (white & yolk) Feta Cheese Goats Cheese	Almonds Brazil Nuts Cashews Macadamias Pecans Pine Nuts Pistachios Poppy Seeds Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Flax Seeds	Quinoa Basmati Rice Brown Rice Wild Rice Spelt Rice Noodles Lentils Pulses

**This meal plan is an example we can provide you with more recipes in the support group.**

#### 14 Day Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks	Drinks
<b>Mon</b>	Raspberries and pine nuts and almonds sprinkled with cinnamon	Salad: Spinach, grated carrot, tomatoes, peppers and grapes with lemon juice squeezed over the top	Chicken stir fry: mange tout, peppers, bean sprouts, curly kale (make an extra portion and take it to work for your lunch tomorrow)	Carrot sticks and humus	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water
<b>Tues</b>	3 whole egg omelette with peppers and spinach	Extra portion from last night's tea	Roast vegetables & humus dip: courgette, carrot, cherry tomatoes, peppers (make an extra portion and take it to work for your lunch)	Handful of blueberries and almonds	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water

			tomorrow)		
<b>Weds</b>	Bowl of mixed nuts and berries with a teaspoon of Greek yoghurt or quinoa and rice milk with nuts and seeds	Extra portion from last night's tea	Chicken pizza with parsnips chips (make an extra portion and take it to work for your lunch tomorrow)	Fruit salad: mango, melon & strawberries	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water
<b>Thurs</b>	Bowl of mixed nuts and berries with a teaspoon of Greek yoghurt or quinoa and rice milk with nuts and seeds	Extra portion from last night's tea	Homemade vegetable soup: leek, carrot, butternut squash, lentils (make an extra portion and take it to work for your lunch tomorrow)	Coconut cubes	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water
<b>Fri</b>	Bowl of mixed nuts and berries with a teaspoon of Greek yoghurt or quinoa and rice milk with nuts and seeds	Extra portion from last night's tea	Take away style kebab	Carrot sticks and humus	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water



<b>Sat</b>	Banana omelette	Vegetable stir fry with rice noodles	Peppers stuffed with brown rice, tuna, chopped tomatoes and peas	Handful of blueberries and walnuts	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water
<b>Sun</b>	Raspberry, blueberry and black berry smoothie	Roast chicken and vegetables	Homemade vegetable soup	Apple and humus	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Drinks</b>
<b>Mon</b>	Blueberries, strawberries and full fat natural yoghurt	Homemade vegetable soup (take to work in a flask)	Roasted vegetables (peppers, mushrooms, leeks, courgettes, turnip) with humus (make an extra portion and take it to work for your lunch tomorrow)	Coconut cubes	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water
<b>Tues</b>	3 whole egg omelette with peppers and spinach	Extra portion from last night's tea	Takeaway style kebab (make an extra portion and take it to work for your lunch tomorrow)	Chopped strawberries and a handful of walnuts	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water
<b>Wed</b>	Raspberries and pine nuts sprinkled with cinnamon	Extra portion from last night's tea	Grilled turkey strips with green salad (spinach/water cress/rocket) and homemade coleslaw (make an extra portion and take it to	Sliced peppers and humus	2x Green Tea 2 x herbal teas 3 litres of bottled mineral water

			work for your lunch tomorrow)		
<b>Thurs</b>	Blueberries, strawberries and full fat natural yoghurt	Extra portion from last night's tea	Parsnip chips with homemade mayonnaise and side salad (make an extra portion and take it to work for your lunch tomorrow)	Organic rice cakes and almond/pumpkin seed/hazelnut butter	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water
<b>Fri</b>	Vegetable stir fry with rice noodles	Extra portion from last night's tea	Chicken pizza with baked aubergine skins and homemade mayonnaise	Blackberries and almonds	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water
<b>Sat</b>	Banana Omelette	Chicken stir fry: mange tout, peppers, bean sprouts, curly kale	Curried squash	Celery sticks and almond/pumpkin seed/hazelnut butter	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water
<b>Sun</b>	Raspberry, blueberry and black berry smoothie	Roast Lamb with roasted vegetables	Homemade soup made from left over vegetables (make an extra portion and take it to work for your lunch tomorrow)	Blueberries and full fat natural yoghurt	2x Green Tea  2 x herbal teas  3 litres of bottled mineral water

### Recipes - Chicken Pizza

#### Ingredients

- 4 chicken breasts
- 1 tube tomato puree
- ½ cup chopped peppers

- ½ cup onion
- ¼ cup goat's cheese

#### **Method**

1. Butterfly cut the chicken breasts and flatten them out
2. Cover with tomato puree
3. Sprinkle peppers and onions over the top
4. Place on a baking tray in a pre-heated oven at 200°C for 15 minutes
5. Remove from the oven and sprinkle with goats cheese
6. Place them back in the oven for 5 minutes

#### **Stuffed Peppers**

##### **Ingredients**

- 2 chopped onions
- 2 tbsp olive oil
- 1 cup chopped tomatoes
- 1 cup chopped peppers
- 1 cup of shredded kale
- 4 tbsp lemon juice
- 4 peppers

##### **Method**

1. Heat oil in a pan for 3 minutes
2. Preheat the oven on a medium to high heat
3. Add all the other ingredients except the whole peppers and cook on a medium heat for 5 minutes
4. Cut the tops off and de-seed the whole peppers
5. Stuff them with the mixture from the pan
6. Place them in a deep dish with boiling water in the bottom
7. Cover with foil and cook for 20 minutes
8. Can be served hot or cold

#### **Banana Omelette**

##### **Ingredients**

- 1 chopped banana
- 3 whole eggs
- 2 tbsp cinnamon
- 1 tbsp olive oil

##### **Method**

1. Heat the oil in pan on a medium heat then add the chopped banana, heat until they soften
2. While the banana is warming, beat the 3 eggs in a bowl
3. Pour the eggs over the banana
4. When the omelette is almost cooked sprinkle the cinnamon over the top

#### **Take-Away Style Kebab**

##### **Ingredients**

- 1 whole egg

- ½ tsp black pepper
- 1 tsp garlic powder
- ½ tsp sea salt
- ½ tsp chilli powder
- 1 pound of minced beef
- 1 tbsp chives
- 4 tbsp full fat Greek yoghurt

#### **Method**

1. Knead in a mixing bowl the minced beef, egg (beaten), black pepper, sea salt, chilli powder, and ½ tsp garlic powder, shaping it into a 'loaf of bread'
2. Place it on a baking tray and cook in a pre-heated oven for 1 hour 20 minutes,
3. turning half way through so that it browns evenly
4. Mix the yoghurt, chives and ½ tsp garlic powder to form a garlic dip
5. Once cooked thoroughly, slice it very thinly and serve with a side salad and the

#### **Garlic dip - Homemade Mayonnaise**

##### **Ingredients**

- 2 egg yolks
- ¾ teaspoon salt
- ½ teaspoon powdered mustard
- Pinch cayenne pepper
- 4 to 5 teaspoons lemon juice
- 1-½ cups olive oil
- 4 teaspoons hot water

##### **Method**

1. Beat yolks, salt, mustard, pepper, and 1 teaspoon lemon juice in a small bowl until very
1. thick and pale yellow. (Note: If using electric mixer, beat at medium speed.)
2. Add about ¼ cup oil, drop by drop, beating vigorously all the while.
3. Beat in 1 teaspoon each lemon juice and hot water.
4. Add another ¼ cup oil, a few drops at a time, beating vigorously all the while.
5. Beat in another teaspoon of lemon juice and water.
6. Add ½ cup oil in a very fine steady stream, beating constantly, then mix in remaining
7. lemon juice and water; slowly beat in remaining oil. If you like thin mayonnaise with a little
8. additional hot water. Cover and refrigerate until needed. Do not keep longer than 1 week.
9. Yields 1-½ cups

#### **Homemade Coleslaw**

##### **Ingredients**

- Small white cabbage
- 2 carrots
- 4 spring onions
- 2 generous tbsp of mayonnaise
- Black pepper
- Pinch of mixed herbs

## Method

1. Finely chop the cabbage and spring onions and grate the carrots
2. Bind the raw ingredients together with the mayonnaise. Add the black pepper and a pinch of mixed herbs and mix together.
1. of mixed herbs and mix together.
2. Keep in the fridge until ready to serve

## Curried Squash

### Ingredients

- 1 medium onion
- ½ can almond milk
- 3 cloves chopped garlic
- 1 chilli pepper (de-seeded & diced)
- 1 tbsp ginger
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp sea salt
- ½ tsp turmeric
- ½ tsp coriander
- 1 tbsp olive oil
- 4 cups chopped tomatoes
- 4 cups butternut squash, peeled & diced
- 2 cups lentils, cooked
- 2 cups spinach
- 1 cup green peas
- 3 tbsp mint

### Method

1. Blend onion, almond milk, garlic, chilli, ginger, 2 cups of tomatoes, cumin, cinnamon, turmeric and coriander and 3 tbsp water to make a paste
2. Heat the oil in a pan, add the paste and cook for 5-10 minutes
3. Add the remaining tomatoes and butternut squash and cook on a medium heat for 20 minutes until the squash softens
4. Mix in the lentils and spinach and cook for a further 5 minutes
5. Remove from the heat and add the mint before serving

## Healthy Breakfast

### Ingredients

- ¼ cup walnuts
- ¼ cup pecans
- 2 tbsp ground flax seeds
- 1 tsp cinnamon
- 1 pinch ginger
- 1 pinch nutmeg
- 1 tbsp almond butter
- 1 mashed banana
- 3 whole eggs

- ¼ - ½ cup almond milk
- 2 tsp pumpkin seeds
- 1 handful of berries

#### **Method**

1. Blend walnuts, pecans, flax seed and spices in a food processor to make a grain like consistency and set it to one side
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter
3. Stir in the nut and spice mixture and warm on stove until it reaches your desired consistency
4. Sprinkle pumpkin seeds and berries on top and add further almond milk if you like

#### **What Should I Drink?**

At LEAST, 1 litre of clean filtered water for every 50lbs of bodyweight. This will help flush out the toxins as they're released from your fat stores and reduce the negative effect of toxin release. Aim for 3 litres a day of filtered, Evian or Volvic. In addition this will aid weight reduction and prevent energy fluctuations.

#### **How Often and How Much Should I Eat?**

Eat freely from wholesome, nutritious foods that aren't on the ELIMINATE list. Don't count calories, reduce portions or allow yourself to get too hungry. This is counterproductive as you'll end up eating whatever you can lay our hands on.

**Microwave ovens** - Microwaves completely change the chemical composition of the foods you eat, rendering them nutrition-less and placing a strain to your system. A good question to ask is how something can take 40 minutes to oven bake, yet only take 90 seconds in the microwave. Surely something strange is going on there? This was highlighted recently in the case of the hospital that was prosecuted after the death of a blood transfusion patient who died as a direct result of her blood being warmed up in a microwave. The waves completely changed the make-up of the blood as to render it unusable!

### **Be aware of how your body may feel.....**

Muscle soreness, you will have some muscle soreness after your first workout, but you **MUST** continue to train otherwise your soreness will get worse and you'll end up back at square one. To minimise the soreness you can hop into the shower after your workout, taking the shower head and blasting your legs with cold water for a good 5 minutes. Then have a normal hot shower or bath. This will reduce your soreness by 50%. Another great tip to help with muscles soreness is to have an Epsom salt bath, 200g in a bath of warm water, relax in it for 20mins before adding any soap products to your bath and repeat 3 x per week. It's FANTASTIC for helping to relieve any muscle aches and pains. Epsom salt is rich in both magnesium and sulfate. While both magnesium and sulfate can be poorly absorbed through the stomach, studies show increased magnesium levels from soaking in a bath enriched with Epsom salt! Magnesium and sulfate are both easily absorbed through the skin. Sulfates play an important role in the formation of brain tissue, joint proteins and the proteins that line the walls of the digestive tract. They stimulate the pancreas to generate digestive enzymes and are thought to help detoxify the body of medicines and environmental contaminants.

### **How Often and How Much Should I Eat?**

Eat freely from wholesome, nutritious foods that aren't on the BANNED list. Don't count calories, reduce portions or allow yourself to get too hungry. This is counterproductive as you'll end up eating whatever you can lay our hands on.

### **Want To Eat Your Favourite Foods and Still Drop Fat?**

#### **DON'T DO THIS IN YOUR FIRST 14 DAYS**

Introducing the Baby Cheat and the Daddy Cheat...

After the first 14 days you can have 1 'Baby Cheat' and 1 'Daddy Cheat' each week. The Baby Cheat is a small/snack sized cheat which you have to take 15 minutes to eat, once a week. Make it a really good quality baby cheat. The Daddy Cheat is a bigger cheat meal which you to take 45 minutes to eat, once a week. Again, don't waste this cheat on any old rubbish. Make sure whatever your choice is, make it a good quality food. Another great tip is, prior to both your Baby and Daddy Cheat make sure you take your fish oil capsules and drink ½ a litre of water...this will act as damage limitation!

A side note on the Baby & Daddy cheats; if you know that you have trigger foods that could set you off on a binge eating cycle, don't include this food in your cheat list. Only include foods that you can eat in a controlled portion, which is right for you and in line with your goals of getting healthy, well and fit. With trigger foods, start to become aware and HONEST with yourself about what foods you may have overeaten on in the past. It's the only way to make changes around this area. Make a list of the foods that you have great intention of having just a taste, but end up eating a massive portion or finishing more than your body can handle or needs.

### **Mind-set & Goal Setting**

Okay you're almost ready to go and get on the journey to dropping your body fat and building lean muscle, but now we need to make a statement of intent.

Research has shown that people who write down their goals are 300% yes, THREE HUNDRED per cent, more likely to ACHIEVE their goals than people who don't. Pretty amazing huh? And it's actually VERY simple process that's INCREDIBLY powerful.

**Here goes: Grab a pen and paper and get ready to write some powerful stuff**

### **The Science of goal achievement**

#### **Part 1 - THE WHAT**

Simple- Know EXACTLY, PRECISELY what your goal is. Put up your dart board so to speak, so you have something to aim for. Be CRYSTAL clear in what you want, no vagueness, don't be general. Be very, very specific. For instance I don't want to see you writing down: "I want to lose weight" - doesn't "I want to look and feel fantastic by the end of Body Camp by dropping a dress size" sound much more powerful? And believable?



**Quite simply- If you don't name your goal, you won't get your goal.**

So.... take a piece of card (I like to use those little postcards from Ikea) or some paper and write down YOUR goal(s) and remember be CRYSTAL clear.

Here's an example- "I want to drop 8lbs of body fat and get into my size 12 jeans by the beginning of February" You see, adding it the date, almost sets a deadline, means you're A LOT more likely to stay on track right? So, your card or paper should look something like this: "I want to drop 8lbs of body fat and get into my size 12 jeans by the beginning of February."

Now we need to attach some meaning to it so let's go to part 2

**Part 2 - THE WHY**

So you're now pretty clear about what that goal of yours is, it's time to get even more powerful. I want you to think about your goal and work out WHY you want it. This is so incredibly powerful.

I want you to really think about what truly drives you, because you want to look better? Not good enough. Why do you want to look better? So you feel better about yourself? Again not deep enough, think about what's truly, honestly driving you. What do you want to feel better about? Yourself? Do you want to look better on the beach? Are you trying to impress someone? Dig deeper, peel the onion.

Here's an example "I want to drop 8lbs of body fat and get into my size 10 jeans by the beginning of February, because I finally want to feel better about myself, feel super confident and sexy and have all my friends asking what the secret is, I've had enough of looking in the mirror and not being happy with my body"

Okay go do it... Write down your NEW goal with true reason attached to it, I guarantee you if you know the WHY you'll always find the HOW and stay motivated towards achieving it. Go find your WHY.

**Hopefully, that goal of yours is really starting to take shape now and you're feeling really positive and excited about achieving it.**

Now for part 3, this is often the most overlooked and underestimated phase of achieving goals and is also one of the main reasons people fail in their goals.

**Part 3 - KNOW THE COST**

By cost, I don't necessarily mean financial cost, although sometimes it may, for instance, be what extra food will you have to buy? Do you need supplements? Are you prepared to give up alcohol for 14 days for example? If you've read the pack, you'll know that if you're 'on the lash' every weekend- you're going to struggle to drop fat right? If not, then do you really want to reach that goal? So get out that pen and paper and write down the costs.... Here's an example of the revised goal achievement statement for you to grin at "I want to drop 8lbs of body fat and get into my size 10 jeans for the by the beginning of February, because I finally want to feel better about myself, feel super confident and sexy and have all my friends asking what the secret is, I've had enough of looking in the mirror and not being happy with my body" The costs of achieving my goal are:

Complete a MINIMUM of 3 Fat Loss Anywhere workouts per week, completely follow the nutrition plan to the letter and not let ANYONE get in my way.

Again, take out your pen and paper; remember if you need help with any of this process Email me, ANYTIME. Now you should be getting really fired up about starting to work towards that goal of yours.

Okay this phase, part 4 is so simple, but definitely the thing that holds most people back and keeps them away from their goals, both financially AND health wise.

#### **Part 4 - PAY THE PRICE**

This is easy, TAKE ACTION. As Nike have been saying for years- JUST DO IT. You see, this seems quite easy in theory, but are you really prepared to pay the price? Will you fall off the wagon after 7 days and find yourself making THE SAME OLD EXCUSES AS TO WHY YOU CAN LOSE WEIGHT? Can you really cut out the booze for the full 14 days? Do you really want results or are you just kidding yourself?

**Here are some of my top strategies for staying on course for the entire journey of achieving ANY goal :**

1. Write down your goal on 3 sheets of card, put one next to your bed, one in your work/handbag and take one to work. Take time to look at these cards at EVERY opportunity you can, EVERY day.
2. Honestly, this REALLY works wonders. At the VERY LEAST you should be reading them upon rising in the morning and before going to sleep at night.
3. Keep a food diary and fill it in, the results may surprise you
4. When faced with a difficult situation- maybe you get offered some chocolate or fancy a drink- Ask yourself this “will this make me leaner or fatter?” The answer should take care of the decision. Every action will either take you closer or further away from your goal. Do you really want the cake or do you want the results? You can’t have both! Cake or a sexier, slimmer body? YOU CHOOSE.
5. Contact me!! If you have any questions, or if you’re struggling with motivation or food choices please DO NOT hesitate to contact me via email, I am more than happy to help!

**Okay, that’s it; you should now have 3 sheets of card or, paper with your SPECIFIC, CRYSTAL clear goals on them. USE THEM!!!!**

**OK .... That’s it...the rest is up to you!!!!**