

Program 1 - Fat Loss Cheat Sheet Program

SUN	MON	TUE	WED	THU	FRI	SAT
Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	<p>Eat whatever you want. If you have a specific craving, eat or drink it.</p> <p>You have done a good job to this point, so your body deserves the spoiling of rich foods & drinks. This is why its important to pick your cheat day on the same day that you are with your friends/family.</p> <p>One thing you need to know:</p> <p><u>Before each meal</u>, make sure you take a 1/2 teaspoon of Cinnamon. <u>DO NOT TAKE MORE</u> as it will thin your blood! And follow each meal with 1 12oz or 16oz glass of grapefruit juice.</p> <p>Do 30 Air Squats between each meal.</p>
3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	
Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	
Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	Breakfast Egg whites, spinach, black beans & salsa. Start drinking lots of water.	
Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	Lunch Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	
Kettlebell exercise for 3 sets with 10 reps.		Kettlebell exercise for 3 sets with 10 reps.	Rest	Kettlebell exercise for 3 sets with 10 reps.	Rest	
Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	Dinner Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	
Cold Pack Place a cold pack on your neck for about 30 minutes.	Cold Pack Place a cold pack on your neck for about 30 minutes.	Cold Pack Place a cold pack on your neck for about 30 minutes.	Cold Pack Place a cold pack on your neck for about 30 minutes.	Cold Pack Place a cold pack on your neck for about 30 minutes.	Cold Pack Place a cold pack on your neck for about 30 minutes.	
Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter.	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	
Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8-10 hours	