

BODYWEIGHT PILATES



Lean Body: Prime

BODYWEIGHT PILATES – Lean Body Diet Prime Manual

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Welcome!

I'm excited for you to dive into the Lean Body Diet Prime Manual! You'll find valuable information on what you should be eating right away to naturally cleanse your diet.

While working with my private clients, one of the most pressing questions I was presented with was how to detoxify and clean up a diet. From my personal experience, research and collaborating with a friend of mine who is Registered Dietician, she approved the menu I've created below as a simplified method to clean eating and detoxifying to prime your body to burn calories and boost your metabolism as part of the Lean Body Diet System.

Below I've shared with you the menu and suggested foods to consume within the first week of starting your Bodyweight Pilates program. Getting you on track and eliminate harmful foods from your daily regimen.

Have fun and enjoy!

Sylvia Favela

Author|Creator: 360Pilates™, Bodyweight Pilates™

How To Use The Lean Body Diet PRIME Manual

The LBD PRIME manual will show you how to eat delicious toxic-fighting foods that automatically cleanse your body of free radicals and toxic build up.

Below is a list of the 9 Key Components to follow as you start your PRIME Phase.

Read through the list and follow each component and the suggestions as see fit for you.

It is important you start with the list below as you proceed to the next phase in the program. Refer to this manual at any time in your Bodyweight Pilates Program.

Lean Body Diet – PRIME Manual

Component 1: Detoxifying

Some foods can interfere with the liver's ability to detoxify your body, which could impair your detox efforts. In the first 5 to 10 days of the PRIME Phase, eliminate the following:

- > Alcohol, sugar, dairy, wheat artificial sweeteners, trans fat, and packaged, boxed, canned or fast food.
- > Also take time to rid your pantries and refrigerators of any foods or beverages that might tempt you during your Bodyweight Pilates programs.

Component 2: Planning

Plan for the week and time to grocery shop. If you don't normally buy organic, look for local farmers markets, health food stores, or grocery stores with a good selection of organic foods.

If you're not able to buy all produce organic, get a fruit and vegetable wash (Enviroonee makes one) to help rid your produce of pesticide residues, waxes, and other undesirable chemicals.

If you are preparing your meals for a few days, have all of your produce ready and storage containers.

Component 3: Caffeine Reduction

Reducing your amount of caffeine during your program will yield the best benefits.

However, if you drink caffeinated beverages on a regular basis, you may experience headaches, tiredness and other caffeine withdrawal symptoms. Here are some tips on how to prevent it:

- Gradually decrease your caffeine intake from day 1 of the PRIME phase. (example: instead of 2 energy drinks, scale back to 1)
- Try substituting some of your sweet flavored, high sugar coffee drinks with plain black coffee.
- Trying having a cup of coffee that is 75% regular coffee and 25% decaffeinated coffee. Gradually up the percentage of decaf coffee until you're ready to eliminate it entirely.
- Switch to lower-caffeine green tea, white tea, matcha, or oolong tea.
- If it's the bitter taste of coffee you miss, try a caffeine-free herbal coffee substitute such as Roastaroma tea.

Component 4: Drink More Water

Your body needs plenty of water as you become more active on a daily basis with your Bodyweight Pilates workouts. Drinking lots of water keeps you hydrated and help flush out toxins, so be sure to drink at least eight glasses of fresh filtered water daily.

Super Important! Have a cup of room temperature or lukewarm filtered water with lemon in the morning.

Component 5: Beauty Exfoliation

Exfoliating your skin with a dry brush, for instance, may help support circulation and prompt the passage of toxins form your lymph.

As the circulation of the body improves, the deep cellulite pockets of smooth themselves to reveal soft supple skin.

Adding essential oils or lavender Epsom salt to a warm bath and soaking for 15 minutes can help to aid in the release of harmful toxins and inflammation in the body.

Incredibly calming, lavender oil may be especially helpful for those suffering from caffeine withdrawal related headaches.

Component 6: Do NOT Cut Out

Don't stop taking any prescription medications during your Bodyweight Pilates program. Discontinuing medications can have serious, possibly life-threatening consequences. Diabetics cannot go long periods of time without eating and have to watch blood sugars, incorporating fats and protein are especially important.

Component 7: NO Sweeteners

Avoid the following:

- Refined sugar
- Any white sugar
- Any brown sugar
- High fructose corn syrup
- Evaporated cane juice
- Artificial sweeteners

Component 8: AVOID Gluten

Gluten commonly results in inflammation in the belly, stiff joints, fatigue, a slow metabolism and hormonal imbalances.

By avoiding these foods you PRIME your body to perform at it's optimal level by burning belly fat.

All gluten-containing grains, including wheat, barley, rye, spelt, triticale, kamut, couscous, bran and farina.

Component 9: If You Drink Alcohol

Ideally you want to eliminate alcohol consumption for the best results.

If however, you enjoy a glass of wine or a cocktail with friends. Keep the following tips in mind:

- Opt for drinks with vodka or tequila.
- Vodka is known to have fewer calories than most.
- Avoid sweet or blended drinks they are high in sugar.
- Beer contains yeast and barley, this will increase inflammation in the belly. You want to avoid beer as best you can.