

# Introduction to Leaner Living

Do you have 30 days to commit to finally shedding kilos of stubborn fat? To gain the energy that you know allows you to perform better at work AND enjoy more free time with your loved ones? If your mind is stuck then you're wasting your time moving your body.....that's why I've created a Done-For-You 30 Day Blueprint:

**to Put Brain b4 Body for Smart Weight Loss.**

*You won't have to go hungry.*



## It's called the B3 Blitz

You will need to plan your meals...and to choose what is most important to you at any given time. I'll ask for public accountability and your 100% personal commitment. I'll test your comfort zone - because you can already do what's comfortable...and those results aren't what you're seeking.

**'B3 Blitz' is one easy to implement step a day over 30 days.**

Tight enough to get  
**Awesome Results**  
over the 1st 30 days.

Geared to create supportive thought patterns and sustainable habits

*over the next 4ever...*

# Welcome to the Brain b4 Body 30 Day Blitz.

## Contents (Days 1-7)

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*"Proper Prior Planning  
 Prevents Poor Performance".*  
*Brian Tracy*

## How to use the Blitz

Day 1 is where you will lay the groundwork for the results to come.

There's a bit to get through:

## Print, Complete and SIGN your Promise to Myself.

## Print your Calendar

and stick it somewhere that you get to see it...

## *Every. Single. Day.*

(fill in the top blank row -darker grey- with the week days corresponding with whatever day of the week you chose day 1 to be)

As you complete your daily food and exercise goals I'd like you to put a cross through

**each day to track your progress.**

(top left to bottom right for exercise

& top right to bottom left for food - or however suits!)

## Print your Fuel Log Template

or save in it's own folder if you like to complete digitally.  
 (If you go digital - also keep a paper version for the days you're away from the computer)

*NOW you're ready to launch into Day 1...*  
*See you there!*

# Promise to Myself

"I'm not telling you it's going to be easy,  
I'm telling you it's going to be worth it."

Today is the ...../...../.....  
and from today and for the next 30 days

I, \_\_\_\_\_

am 100% focused and committed to doing everything within my power  
to ensure my personal health goal as defined on P.10 becomes a reality.

I understand this will involve some short term sacrifices and changes that  
will push me beyond my comfort zone.

I'm willing to eat clean and train dirty.

Whether I feel like it or not. For 30 days.

**comfort zone = status quo**

I choose to dedicate my focus to the long term benefits that my hard work  
will allow me to experience.

**what I focus on is what I get**

Signed with excitement and positive expectation;

\_\_\_\_\_

# B3 Calendar

						1 DAY OF PREPARATION.
2 CUT REFINED CARBS MONDAY TO FRIDAY.	3 MOVE 30 MINUTES A DAY MONDAY TO SATURDAY.	4 ACCOUNTABILITY AND SUPPORT.	5 Double Your Fibrous Veggies and 1/2 Your Dairy.	6 FIT CHALLENGE DAY.	7 3 'GO TO DINNERS'.	8 LEAN PROTEIN IN YOUR 3 MAIN MEALS.
9 DEDICATE 2 OF YOUR 30 MINUTE EXERCISE SESSIONS TO LIFTING WEIGHTS.	10 FIND A PERSON TO MODEL.	11 ENSURING YOUR HOUSE IS A TRIGGER FREE ZONE.	12 SCHEDULE A WEEKLY GROUP TRAINING OR TEAM SPORT.	13 3 'GO TO BREAKIES'.	14 TODAY IS CHEAT DAY!	15 HIGH INTENSITY INTERVAL TRAINING.
16 CHOOSE A REWARD TO CELEBRATE THE ATTAINMENT OF YOUR 30 DAY GOAL.	17 TRY A NEW OR PREVIOUSLY DISLIKED VEGGIE.	18 ONE SOCIAL CATCH- UP THIS WEEK IS ABOUT TO MAKE MORE ACTIVE.	19 3 'GO TO LUNCHES'.	20 3 WAYS THAT YOU CAN UPGRADE WHAT YOU'VE BEEN EATING UP UNTIL NOW.	21 WAYS TO INCREASE YOUR INCIDENTAL EXERCISE.	22 COMPILE YOUR 'GO TO PLAYLIST'.
23 CHOOSE 3 MAIN MEALS THAT YOU CAN LOAD UP WITH CRUCIFEROUS VEGGIES.	24 DENSITY TRAINING.	25 THE REFRAME.	26 USE NEGATIVE ASSOCIATIONS.	27 SET A FITNESS GOAL.	28 7 THINGS YOU LOVE ABOUT THE PAST 28 DAYS.	29 7 THINGS YOU COULD LOVE ABOUT THE PAST 28 DAYS.
30 YOUR GOALS FOR THE NEXT 90 DAYS.						<i>"A journey of a thousand leagues begins with a single step." Confucius</i>



Grab the complete 30 Day B3Blitz here:



# B3 Fuel Log

DAY/DATE:	FUEL	Quantity	Protein	Carb	Fat
<b>Meal 1 Time:</b>					
Mood:					
Water:					
<b>Snack Time:</b>					
Mood:					
Water:					
<b>Meal 2 Time:</b>					
Mood:					
Water:					
<b>Snack Time:</b>					
Mood:					
Water:					
<b>Meal 3 Time:</b>					
Mood:					
Water:					
<b>Snack Time:</b>					
Mood:					
Water:					
<b>Learnings:</b>					
<b>Implementations:</b>					
<b>Training (time + type):</b>					

# Welcome to Day 1 of the B3Blitz.

The fact that you're up for the B3 Blitz tells me that you're (a) ready to make changes on the inside and enjoy the subsequent transformation on the outside and (b) open to new ideas and ready to challenge your existing boundaries...that's a good thing because I will indeed request that you get out of your comfort zone over the next 30 days.

## Day 1 is your day of preparation.



GOAL

VALUE

TIME

It's time to get undeniably clear on your Goal.

Today you're also going to define your Values. Everything that guides the decisions you make. What you do and what you don't do too.

### *Why?*

Rather than be limited by it, you're about to use that information to your advantage.

So if you've ever experienced feeling frustrated at start, stop exercise regimes and impossible to sustain food fads then you're in the right place.

Thirdly, today you will also create the extra time that you will need to accomplish everything the B3 Blitz entails. Starting something new will invariably mean stopping something you're currently giving time and energy to. So right now, at the out-set is the time to get clear of how exactly you're going to make the room in your schedule for all that you'll be doing for your health over the next 30 days... and beyond.

First though,

### Your Goal

I'd love you find a quiet space for the next 30 minutes. To get comfy - with pen and paper - and most importantly to know that anything is possible.

Now go out in your minds eye to a time in the future when your body, your health, your energy is exactly as you would love it to be. Imagine your ideal body. It may not be 'perfect' however it is a body that you feel comfortable and confident in...and notice how amazing it is to experience everything that comes with the attainment

of this goal...Go ahead and really picture all that you can see around you now, what things are you hearing, what are people telling you, or what things are you telling yourself as a result of achieving this goal. Go ahead and really feel the feelings...the confidence, the control, the freedom, that satisfaction that Yes you can achieve this. The knowledge that you'll be looking and feeling great both now and later in life too...an example and inspiration to all those you love.

And as you think about all that you'll be seeing, hearing and feeling when you achieve this goal become aware of exactly what you will gain - what it will mean for you and for all those you love. Because it's not the goal we want - it's the feelings and the experiences associated with achieving that goal.

Consider the Belief in yourself that will come with the achievement of this goal. Also how transferable and powerful that self belief is to Everything else you aspire to do. I did this super challenging thing - so now what Else can I do?

As well as absolute clarity on your goal and what achieving it will give you, also decide how you will measure your progress. Further. Decide how you will know when you've achieved this goal?

Perhaps it's a body fat %, fitting comfortably back into your favourite skinny jeans or maybe it's a predetermined reduction in your girth measurements (such as chest, waist, hips).

Let's move on to

## Your Values

Why? If your goal is not aligned with your values, then what are you basing it on? Somebody else's / society's expectations?

Worse, if your goal conflicts with your values you'll be fighting a constant battle and you'll likely never achieve let alone sustain your goal health.

That's why we're going to ensure your health goal is congruent with your personal values. Before you even pick up that dumbbell or chow down on that bunch of broccolini (sorta joking!) my goal is for you to have the solid foundations laid that will support the work you're going to be putting into your exercise and nutrition.

To determine your top 3-6 values think about the states/emotions you seek out above all else? Not the states or emotions you'd 'like to think' you seek out!

### How it really is.

Also consider

*How you spend your time?*

*How you spend your money?*

*What has meaning and heart for you?*



Next. Order your values by placing them in a question.

*“Do I seek Freedom or Love more?”*

Important consideration. No right or wrong, however I believe you will get the most benefit from eliciting your highest ‘Ends’ values rather than your ‘Means’ values that are instrumental in helping you achieve your Ends values.

An example. I never think of ‘Health’ as a personal value (and this would surprise some people)...however it’s simply that for me health is a ‘means’ of achieving 3 of my ‘end’ values which are ‘Freedom’, ‘Passion’, ‘Integrity’.

Another example would be ‘Family’ as a ‘means’ to achieve ‘Love’ or ‘Connection’.

Ok. Once you have your top 3-6 values - in order - it’s time to get clear on how achieving your health goal will support and enrich each of these values in your life.

It’s absolutely fine to get creative. Throughout your B3 Blitz I will be asking you to manufacture beliefs that are going to help you achieve your goal.

Also to eradicate the beliefs that are in conflict with achieving your goal.

It’s vital to know that a belief does not have to be real or true. It just needs to be effective. For what purpose would you hold onto a belief that is not getting you the outcome you desire?

Now let’s move onto your all important

## Time Audit

*Step 1: Identify the Big Rocks in your life that you want to Continue. These are the essentials - likely aligned with your values - things that absolutely must happen each week for you to lead a happy, for-filling, congruent life.*

*Examples:*

*Your required working hours.*

*Time with your kids.*

*‘Date night’ with your partner.*

*Meditation time.*

*Weekly Networking Group.*

You’re going to create 6 hours a week. Dedicated solely and non-negotiably to the attainment of your goal.

The simple process to do this is...

*Stop. Start. Continue.*

Important consideration. You identified your goal and what achieving it will Give you AND also give all those you love, first because this is the fuel you need to keep at the forefront of your mind right now while you are making this Stop,

Start time creating promise to yourself.



*Step 2: Identify 3 things that you can Stop doing to find yourself some time.*

*Examples:*

- Limit email/Facebook/blogs/phone to set times.  
Such as 9am, 12pm, 4pm.
- Stop watching T.V. Period. Alternative? 1 hour during the week and weekend evenings if you happen to be home.
- Quit with the multiple 'snooze' and just set your alarm for when you need to get up (ideally 7.5 hours from when you went to bed).

*Step 3: Identify 3 things that you can Start doing to find yourself some time.*

*Examples:*

- Make multiple meals at a time, portion and freeze.
- Line appointments up after your scheduled training sessions' finish time to ensure you power through it.
- Block tasks rather than multi-tasking. (bill paying, email, phone calls)
- After you've planned your meals - do a weekly shop, rather than daily. Better yet order your weekly staples online.
- Get to bed 7.5 hours before the best time for you to wake up. Too often we hang about staying up when we're tired and ineffective and could instead be getting the great nights sleep that will see us bouncing outta bed first thing in the am!

3 things to stop and 3 to start are just a guideline so stick with it until you've been able to allocate your 6 hours to dedicate to exercise and meal planning/shopping/preparation.

Final step in our day of preparation is to actually do your 1st Big Shop for the week to come.

You're going to be refining your nutrition over the days and weeks to come, but here are some guidelines to start with:

### **Protein:**

- Meat - lean beef/lamb/pork, kangaroo, turkey/chicken (no skin).
- Seafood - shellfish, tuna/salmon (not in oil), white fleshed fish. Free Range Organic Eggs.
- Cottage cheese/light ricotta cheese (in moderation).

### **Carbohydrate Complex Starchy:**

- Oats (steel cut not with added fruit or 'quick oats')
  - Sweet potato
  - Black beans (in moderation)
  - Sprouted grain bread (in moderation)
  - Brown rice (in moderation)
- \*Avoid: potato / corn / pumpkin / turnip / yam (can return later)*

### **Carbohydrate Natural simple:**

- Berries, Apples, Melon, Grapefruit (in moderation)

### **Carbohydrate Fibrous Veggies:**

- (will make up the bulk of your shop)
- Broccoli, Cauliflower, Kale, Cabbage, Brussel Sprouts, Spinach,
  - Rocket, Capsicum, Zucchini, Asparagus, Green Beans,
  - Cucumber, Mushroom, Lettuce Varieties, Snow Peas, Tomato (fruit), Celery, Leek, Eggplant, Onion, Spring Onion, Peas.
  - Garlic, ginger, chilli, all fresh/dried herbs.

### **Fat:**

- Coconut/olive/flaxseed oil
- Nut butter (nothing added) + Natural nuts + Seeds
- Avocado / Olives.

# *B3Blitz Day 1 Actions*

It's time to get undeniably clear on your Goal.

## Your Goal

My present tense, personal and positive goal. It is on or before \_\_\_\_\_  
and I am \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

My clearly defined evidence procedure - "How will I know when I have achieved this?"

\_\_\_\_\_  
\_\_\_\_\_

What is the feedback I will be measuring to ensure I'm on track? How often?  
(photo, weigh-in, girth etc)

\_\_\_\_\_  
\_\_\_\_\_

For what purpose do I want this? What will this mean to me and those I love - to my ideal life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My values in order of importance.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# B3Blitz Day 1 Actions

How achieving my goal will support and enrich my daily experience of each of my personal values.

## Your Values

V1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V4 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V5 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

V6 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# *B3Blitz Day 1 Actions*

Time Audit. You're going to create 6 hours a week. Dedicated solely and undeniably to the attainment of your goal.

## Your Time

Step 1: Identify the Big Rocks in your life that you want to Continue.

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Step 2: Identify 3 things that you can Stop doing to find yourself some time.

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Hours created:\_\_\_\_\_

Step 3: Identify 3 things that you can Start doing to find yourself some time.

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# Welcome to Day 2 of the B3Blitz.

Yesterday we lay the foundations.

You got crystal clear on exactly what achieving your health goal will mean to you and to those you love.

Now it's my job to give you proof EARLY ON that this Will Work For You.

I'm bringing out the big guns.

**Big Results = Big Commitment and I'm glad I've got yours.**

*Here's What You'll Shed and How Long It'll Take:*

*The more processed carbs you've been including in your diet the more dramatic your weight loss will be.*

*Additionally you will loose some water weight as each 1gm of carbs allows your body to store 3mls of water. It's important to remain well hydrated - this will help counter any headaches that you may experience.*

*Side note: Aim for at least 8 glasses of water a day (more as required when exercising). Water helps your body function better & is also one of natures natural appetite suppressants. Dehydration can lead to water retention & bloating (as your body will hold onto whatever water it does get - similar to the starvation response with food) AND also Slows Down Fat Loss via sub-optimal kidney & liver function.*

Let's get your energy levels soaring and your body fat % plummeting by

*Cutting Refined Carbs Monday to Friday.*

## Here's Why:

You're going to counter any Hormone Imbalances related to insulin sensitivity. This leads to stubborn fat stores in the love-handles and also lower back fat. It results from years of (over) consuming highly processed carbs.

You're going to utilize the Thermic Effect of Food. That's the amount of energy your body uses to metabolize food. Protein has the highest at up to 30%. A general rule is the more natural the food is, the harder your body will work to process it - and that's a good thing. Fake, processed, sugary and fatty foods elicit the lowest thermic effect at around 3%.

## Here's What I Want You To Do:

**Ensure your only carbs come in the form of whole foods.**

EAT: Non-starchy vegetables, your best source of micronutrients and fiber. Also, the carbs recommended in yesterdays shopping list. If you don't enjoy eating a particular carb then there's no need to include it. You'll get adequate carbs from increased veggies and also your treats which we include on the weekend. That means no processed, nutritionally void carbs.

*Do this now:  
Start a Food Diary.*

*Today I'd like you to document both yesterday's and today food and to decide on the system that will be most efficient for you to stick with through-out the Entire B3Blitz. Pen and paper? B3Fuel Log? On mass at the end of each day or as you go? Yes. You'll be recording your food, drink and emotions/energy levels surrounding both for 30 days.*

*To put it in perspective that's .1% of 75 years.*

*To emphasize the importance.*

*Roughly 97.4% of my clients with a fat loss goal tell me they eat 'healthy'. When we drill down on their nutrition the fact is they Lie To Themselves. They are far from as focused and disciplined at providing their body Consistently with clean, quality fuel as they thought. You need to see it for yourself though.*

*A Food Diary filled in with accurate quantities will reveal those 'healthy' trigger foods that once you start eating you find it hard to stop.*

**ELIMINATE:** Cereal (except for steel cut oats), Bread (except for sprouted grain), Yoghurt (except for Greek - in moderation) and all the usual super-processed suspects.  
\* Except on your Cheat Day :) \*

### Utilize the 2 Best Times to Eat Carbs.

The 2 times when your body is best primed to Not store carbs as fat;  
First thing in the morning. In the hour or two following an intense work-out. Want to take it to another level?

**Combine the 2** and enjoy your carbs after your intense morning work-out, when your body is just waiting to suck them up for recovery, replenishment and to assist in muscle growth.

### *Time and numbers?*

**6 kilo's (over 13 pounds of stubborn body fat) in 30 days is my ULTRA-conservative guarantee to you.**

The 'G' word?

Yes, I'll stand by it. The B3Blitz guarantee is my personal promise to you that if you implement each and every step of the 30 day blitz - including those steps that allow for tracking and public support - you Will shed a minimum of 6 kilo's of ugly fat.

**DOUBLE THAT** is entirely within your reach.

More importantly you are gaining the healthy lifestyle skills that will allow you to break-up with unwanted body fat permanently. You're not Losing it because you don't want to find it again!

Important consideration. For the first couple of weeks you may feel lethargic as your body adapts to using fat for primary fuel rather than carbs. This will pass!

*Have you clicked on your*  
**EMAIL CONFIRMATION LINK**  
*to receive your daily bonus supporting info?*  
*Day 2 includes my popular*  
**PDF Cheat Sheet: Carb Cutting.**

# Welcome to Day 3 of the B3Blitz.

Mindset and internal motivation are locked and loaded. That was The Most Important part of this 30 Day Blitz.

**95% of people with a fat loss goal  
who focus on diet and exercise alone will fail.**

*6 days you move.  
1 day you enjoy  
a well deserved rest.*

*We'll get to 'what' exactly  
to do soon. For now, I'm happy  
for 30 minutes dedicated  
to anything active.*

*On day 1 you 'found' 6 hours.  
Now is the time to schedule in  
half of that as 30 minute  
exercise sessions,  
6 days a week.*

*For. An. Entire. Month.*

*Think of them like important  
business appointments with  
yourself. They can't be moved  
and you must not run late  
for them. Also plan your  
strategies for obstacles such as  
bad weather or a cancelling  
training partner.  
In. Advance.*

*Each day you complete your  
exercise tick it on  
your B3Blitz Calendar.*

You're filling in your food diary and you've cut refined carbs for some quick fat melting. Again. Let me emphasize the importance of this.

**80% of any fat loss goal comes down to your food.  
True.**

Now for the results that you'll soon be enjoying to be sustainable it's time to make exercising regularly part of your weekly routine.

**Day 3's mission is to MOVE 30 minutes  
a day Monday - Saturday.**

The. Most. Important. Thing....is not the hours you spend 'moving' rather the importance you place on making time to exercise daily. It's about creating a lifestyle HABIT.

Prioritizing your health. Regardless of the circumstances that are happening around you.

No, I'm not being extreme.

I'm taking away the decision making process to make it easier. Too many times the 'Will I, won't I?' leads to 'I'll do it tomorrow'...and that leads to the results you're currently experiencing. So let's make it non-negotiable.

Never base training on how you 'feel' base it on the schedule that is propelling you towards your goal. Let Nothing except a genuine emergency come between you and your scheduled exercise. In the case of a Genuine Emergency, always make up the session you missed.

A good habit is hard to make yet easy to keep. While a bad habit is easy to make yet hard to keep. For sustainable fat loss your 'habits' - those things you perform automatically without much conscious effort or thought - need to support your ideal health.

## *Welcome to Day 4 of the B3Blitz.*

### **Accountability and support are our focus for today.**

Time to enlist the help of those closest to you. Yes, it's getting Real when I ask you to share your goal with the 5 people closest to you. Time and time again studies have shown that for sustainable fat loss you need a support network. The people closest to you will either help or hinder you.

To help they need to know what your intention is. So. Share. It.

Accountability is a powerful tool for success. When you start a training program & tell no one about it - how much easier is it to have that little cheat, or to skip that training session?

Remember me mentioning I'd ask you to step out of your comfort zone?

That would be now.

I'd like you to post your goal on the Galvanize Fan Page wall.

[facebook.com/GalvanizeMindsetForTransformation](https://facebook.com/GalvanizeMindsetForTransformation)

Public accountability. Public SUPPORT. (preferably your own Facebook wall too)

If those you spend the most time with either feed your strengths or your weakness's... then maximize your time with people who have similar goals or who are already there and are a source of inspiration to you.

### **Want to take it to another level?**

- Create your own blog and post your meals, especially pictures there.
- If you are a financially driven person, decide on a charity of your choice and commit to donating a set amount for any deviation to your planned training or nutrition.
- (hard core!) Email a friend your most unflattering before picture - no skin no win - with the specific instructions to post it on Facebook (or where-ever holds most social accountability for you) if there isn't a noticeable improvement at the end of 30 days.



# Welcome to Day 5 of the B3Blitz.

Quality Fuel is today's focus. I'm going to keep it simple. Simple. Effective...not necessarily easy. Your choice is to focus on the pain of the 'hard work' involved or to focus on pleasure that the results of your commitment will allow you to experience. So, onwards.

## Day 5 and it's time to Double Your Fibrous Veggies and 1/2 Your Dairy.

*Swap from a large to small coffee. Better yet, go black or ask for 'a dash of' (whatever milk you have) rather than a regular latte/flat white...*

*Swap milk for water (optional with an egg white for creaminess) or unsweetened almond milk in your smoothies/protein shakes.*

*Swap milk for water with oats. Add cinnamon/all spice, protein powder and if you like natural sweetener for flavour.*

*AND keep any other dairy to your Treat Meal (Day 7!). Yes, great wads of yellow cheese, ice cream, custard, cream, butter, Bailey's are 'treat' foods...I know you knew that!*

*Here's What You'll Experience: Although 'puffiness' etc is not fat - it can make you look fat so 1/2'ing or indeed eliminating your dairy will result in a noticeably leaner, 'sharper' look. For those with higher lactose intolerance you'll feel much more comfortable and energized once your body is no longer struggling to digest lactose.*

### Here's Why:

Whenever you reduce something (dairy and starchy carbs) it's important to ensure you don't feel deprived. I want you to still enjoy appetizing, satisfying meals so amp up the volume with your fibrous veggies (those on your day 1 shopping list).

Veggies have a low caloric density (you can eat lots for few calories) and are also fibre rich which will keep you feeling fuller longer. Aim for a rainbow of colours as the micronutrients this will give you actually fight cravings. Yes, those cravings aren't because you need a sugar hit. It's your body telling you you're missing out on the vital nutrients it needs to stay healthy and function efficiently. Your mind will literally scream at your stomach to eat more - and unless you chose nutritious fuel the same cruel craving cycle will continue.

The lactose (naturally occurring simple sugar) in dairy can cause bloating, cramps, water retention and puffiness dependent on how well your body tolerates/digests it. Even if you have zero or minimal lactose intolerance the simple carbohydrates in dairy are best kept to a minimum in favour of complex carbs (those on your day 1 shopping list).

## Here's What I Want You To Do:

**EAT: Fibrous vegetables**, your best source of micronutrients and fiber.  
(the recommended amount of fiber is 35 grams per day)

- Build meals around a rainbow of veggies. (fill half your plate or better with veg)
- Keep the more starchy carbs to a minimum. (and simple carbs to treat day)

In each meal half the normal amount of carbs or starch you'd eat AND double up on veggies instead. No less food, just a little carb swap.

- 1/2: Milk, Cottage/Ricotta Cheese, Yoghurt, Parmesan (small serving).

- At LEAST 1/2 Your Intake of soy.

Our stress filled, toxin filled world is rampant with substances that mimic the effect of estrogen in our body. If estrogen gets outta whack it can lead to extra fat storage in estrogen sensitive areas such as HIPS & THIGHS :(

**One such substance? Soy.**

Nough said? The #1 thing I've done in 15 years of training to fight My Thigh Fat...

Is. Drastically. Cut. Soy.

Luckily the Cruciferous family of veggies have SUPER-veggie abilities to create a balance again. Your slim thigh friends? Broccoli, kale, brussels, cauliflower & cabbage.  
(if a vego like me can go from 1 litre of soy milk And 200gm of tofu a day to 100ml of soy milk a day - you can too!)



# Welcome to Day 6 of the B3Blitz.

Today is Fit Challenge day.

*It's vital to have a focus beyond the way your body looks. Tracking your progress in the way your body performs is going to ignite your competitive edge to push beyond your past achievements.*

*You're going to redo your fit challenge on day 30. However if you'd like to work it into your routine more regularly that's fantastic. Each time you do, get your previous scores, load up your favourite tunes (day 22) and post your score on the Galvanize Fan Page!*

*facebook.com/  
GalvanizeMindset  
ForTransformation*

*Aim for at least one personal best each time you do this challenge and know that as you improve your performance, your physique will improve as well.*

In a few weeks time your increases in strength and fitness will have snuck up on you.

Or perhaps they'll blow you away!

The important thing is you'll only know how much you've improved if you take the time to find out exactly what you're starting with. (like that photo you took on day 1 yeah?)

This Fit Challenge is also a fantastic fat burning work-out for your time-poor/zero-equipment days. (just complete it 2-4 times with a 45 second rest at the end of each full circuit)

The structure is 60 seconds on and as quick as you can to write your number and start the next exercise. (for the fit challenge complete 1 full circuit)

Burpee

Tricep dip

Tap Tap lunge (reverse lunge alternative for less impact)

Mountain climber

Prisoner sumo squat  
with leg raise.

Walking prone,  
push up, bungee,  
squat jump.

High knees

Prone hold (forearms and toes).

If this is too hard  
drop to forearms  
and knees  
for the remainder  
and record only  
the time you  
got on your  
forearms and toes.



## Welcome to Day 7 of the B3Blitz.

As Brain Tracy says Proper Prior Planning Prevents Poor Performance. All too often I hear of poor nutritional choices made purely out of convenience. Generally the choice that's going to propel you towards your ideal body tastes better than the quick-and-easy-salty-fatty-carby fix. It certainly leaves you feeling better After eating. (we can agree on that even if we're not yet agreeing on the taste factor can't we?)

SO, the thing is to

**come up with 3 'Go to dinners'**

*Planning these 3 G2D is creating a 'friction-free' environment. The less you have to think when you get home late from a hectic day the easier it will be to succeed.*

*Putting the preparation time in now will save you time and frustration in the future.*

*Even the most disciplined person will be susceptible to a poor food choice if that's the only option.*

that are just as easy, and at least as enjoyable - that you can throw together without a second thought. Let's make 'auto-pilot' supportive of your goal.

I've included 3 examples for you to check out. Perhaps they'll work for you as is or they might be a starting point to come up with your own 3 G2D.

Here are some quick points to consider:

- Focus on lean protein, some good fat and a variety of fibrous veggies.
- Aim for the veggies to account for 2/3's of your plate.
- Where ever possible make a meal on mass and stock up your freezer.
- Choose meals that are satisfying as is And can have starchy carbs added easily for those in your family who may not want to lose fat (no need to cook 2 separate meals, make it easy on yourself)



# B3Blitz Day 7 G2D Recipes

## Lean Hot Bird

this will make around 9 cups so is perfect to make on a Sunday and freeze for the week.

750gm Turkey or Chicken  
1 cup of sliced onion  
1 sliced red capsicum  
3 minced cloves garlic  
1/2 teaspoon chili powder  
1 teaspoon dried oregano (or fresh equivalent)  
1 teaspoon dried basil (or fresh equivalent)  
1 400gm can chick peas (drained)  
1 400gm can black beans (drained)  
2 large chopped tomatoes  
1 cup low sodium chicken stock  
celtic sea salt and pepper

In a pan, cook the turkey/chicken, capsicum, onion, garlic for 5-6 mins, until it is almost cooked. Transfer everything in a big casserole dish. Add chili powder, basil, oregano, beans, tomatoes, stock, salt and pepper. Bring to a boil. Reduce intensity and stir for 20 min or desired thickness.

Serve with side of green veggies. Any combination broccoli, asparagus, zucchini, green beans, spinach, brussels.

### *Vego Alternative:*

*Replace meat with 750gm of extra veggies. I like cauliflower, mushroom, zucchini, a green capsicum and a red onion, however choose your favourite fibrous veggies.*

*Replace chicken stock with low sodium vegetable stock.*

*Ensure you top with 125gm of cottage cheese for protein (the chick peas and black beans are not enough protein).*

## *B3Blitz Day 7 G2D Recipes*

### Tuna Salad

easy to prepare extra salad mix for lunch tomorrow (dress and add a can of tuna/salmon when you're ready to eat).

Fresh spinach leaves, 2-3 cups  
1 can of tuna  
1/4 avocado  
1/4 cup fat-free salsa or balsamic vinegar to dress  
Chopped carrot, cucumber, red peppers.  
Finely sliced red onion (optional)  
Celtic sea salt and pepper to taste

Simply place the spinach leaves in a large bowl, top with tuna, vegetables, and then balsamic or salsa. Toss and sprinkle with salt and pepper to taste.

#### **Vego Alternative:**

Replace tuna with 1-2 hard boiled eggs & up to 125gm of cottage cheese.

### Easy Fish and Veggies in Foil

even better on the BBQ, keep the fish in foil and brush the veggies with oil before cooking on the BBQ grill. (my favs are asparagus, field mushroom, red pepper, and zucchini sliced in half lengthways). Perfect to cook double so you have half for lunch tomorrow.

100-200gm tilapia, or salmon (or any fish you enjoy)  
1/2 bunch of asparagus or your fav veggies.  
a lemon sliced  
lemon juice and pepper to taste  
fresh herbs, chili as desired  
olive oil for veggie brushing (if on BBQ)

Preheat oven to around 190 degrees. Use 1 serve of fish and veg per piece of foil. Layer fish - lemon juice - herbs/chili - pepper/lemon slices - and last veg. Fold down foil leaving air for steaming. Cook on baking tray for around 15 mins. While cooking for additional veg throw an individual steamer bag of veg in the microwave (or steam on stove if you're micro-wave free). For example: Broccoli, cauliflower and carrots mix.

# Welcome to the end of the week 1 of the B3Blitz.

In just 7 days you've tackled the most vital and time consuming components of creating a fit, lean and healthy body.

*In just 7 days you've tackled the most vital and time consuming components of creating a fit, lean and healthy body.*

- You've implemented some fast-results-focused FOOD upgrades.
- You've made EXERCISE a regular non-negotiable part of your week.
- You've found the TIME needed to prioritize both.

*Now it's time to refine your approach. To get specific with your training and your nutrition. To cultivate the mindset that ensures the fit, lean and healthy body you're creating is permanent and sustainable.*

*Are you making the most of your unlimited email support?*

*I'm here for you.*

*I reply to every email.*

*I look forward to answering your specific questions.*

## *You'll have heard that exercise is 20% of weight loss and nutrition is 80%?*

I agree... however ONLY when you first have your mindset dialled in at 100%. Mindset is what allows you to easily DO what you know you should do so far as eating and exercising. It's not rocket science right? It's simple. (if not easy).

Perhaps you've known the simple actions for years and not yet stuck with them consistently enough to enjoy the results you deserve? Ok, lets now make 'simple' as easy as possible!

- Set yourself up to win the WILL POWER game.
- Find your MOTIVATION and keep it - regardless of the set backs we all encounter.
- Utilise the power of FOCUS and language to bust through any obstacles that jump in your way.

## Your Next Steps;

You've got some solid reference points for success, and they are worth feeling proud of. Keep up the momentum with each new habit you've created. It will only get easier.

*Follow this link to get the rest of your B3Blitz 30 day body transformation:*

**Turn 7 Days of Success into a Lifetime of Smart, Simple Weight Loss.**

*You'll see I've included some pretty cool BONUS's too, enjoy!*



# B3 Fuel Ex.

DAY/DATE:	FUEL	Quantity	Protein	Carb	Fat
<b>Meal 1 Time:</b>					
OMELLETE: cook with light spray of coconut oil.	egg whole (optional) + 2 extra whites	2	Y		Y
	veggies (broccoli/tomato/cauliflower)	1-2 cups		Y	
Water:	/capsicum/mushroom)				
	mixed herbs/chili	to taste			
<b>Snack Time:</b>					
Or 100gm tuna, salmon, turkey or chicken instead of shake.	1 serve protein powder with water	to mix	Y		
	cashews (roasted or natural - unsalted)	30-50gm			Y
Water:					
<b>Meal 2 Time:</b>	chicken breast lean no skin	100gm	Y		
SALAD: unlimited veg from day 1 list. Cottage cheese optional instead of chicken 100-125gm.	avocado + olives	1/4 + 6			Y
Water:	veggies (lettuce/rocket/spinach/cauliflower)	2-4 cups		Y	
	tomato/cabbage/asparagus/green beans)			Y	
	Balsamic	30ml to dress		Y	
<b>Snack Time:</b>					
Or '1' pre-made turkey burger (P.37) or '2' protein pancakes (P.28)	tuna, salmon, turkey or chicken	100gm	Y		Y
	optional: plus small green apple or plus 100-200gm green veg.	100-200gm		Y	
Water:					
<b>Meal 3 Time:</b>	optional: olive oil	5ml			Y
LEAN PROTEIN + VEG: 2/3's of plate should be veg.	steak fillet grilled lean	150-200gm	Y		Y
	mushroom (large breakfast)	1		Y	
Water:	spinach/capsicum/broccoli/brussel sprout	2-3 cups		Y	
	onion/zucchini (+ herbs/chili to taste)				
<b>Snack Time:</b>					
	OPTIONAL: Protein shake with water or Protein Pancakes (omit the nut butter if you've already had pancakes today).				
Water:					
<b>Learnings:</b>	THIS IS A ROUGH EXAMPLE ONLY. My goal in the Blitz is for you to come up with your own meals that you Love that follow the Blitz guidelines. Quantities will vary on your current body composition, goal and activity level. The Quality of food show here is the key.				

# *Legal Disclaimer*

The Blitz is NOT a try the bits you like sorta gig.

It's ALL or nothing - so if you're wishy washy about just what achieving this goal means to you...then the Blitz is not for you.

The information presented in B3Blitz is by no way intended as medical advice, or as a substitute for medical guidance. This information is intended to be used in conjunction with the guidance and care of your physician.

Consult your physician prior to beginning this program, as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in B3Blitz, you are agreeing to accept full responsibility for your actions.

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