



ACTIVE REMEDY



# MEAL PLAN

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# INTRODUCTION

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Hello

I want to congratulate you and thank you for purchasing the Active Remedy meal plan.

By starting this reset challenge, you made a statement: you are a man of action, and you're willing and ready to take more responsibility for your health.

Now I also know that keeping healthy and fit can be very challenging at our age.

Work and family responsibilities don't leave us much extra time.

Also - biology doesn't always play for us.

You may have neglected your health and fitness for quite some time.

You may have gained some fat around your belly.

You may look at your high-school or college days, missing your glory days when you were full of energy, athletic and strong, and think these days are in the past, and they're not coming back.

I want to tell you - whatever your condition is, whatever shape and size you are - it's never too late to start!

The way I see it, for us men in their 40s and more, regaining control over our health is the greatest gift we can give to ourselves, our family, and our community.

Every aspect of your life, your success at work, the well-being, and happiness of you and your family - all depends on your health.

It is possible to be in great shape, maybe the best shape of your life at your 40's or 50's and more.



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## WHAT THIS PLAN IS AND WHAT IT IS NOT

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This plan is what I believe to be one of the most valuable tools for regaining control over your health.

Whether your goal is to lose weight, add muscle, or feel better and healthier in general - it all starts in the kitchen.

When it comes to health, I believe that the approach should be systemic - it's about nutrition, sleep, movement, stress management, community life, and more. It's never about one thing.

But if you put a gun to my head and make me choose one thing, I would say that nutrition is the foundation. It's the starting point.

Food is what you put into your body three times a day (more or less) for the whole duration of your life - it is hard to exaggerate the importance of nutrition as the foundation for your health.

Now - you probably know all this. And you may have tried other diets in your life that never worked.

**The problem with most of those diets is that they are not SUSTAINABLE.**

They promise a lot and don't deliver because they are too complicated, restrictive, and hard to practice.

Or - they offer a quick fix and not a long-term solution.





Some of those diets don't tell you the hard-cold truth:

- ***THERE IS NO MAGIC BULLET TO LOSE WEIGHT AND KEEP IT OFF.***
- ***You have to clean up your diet and stop eating junk.***
- ***You have to embrace the PROCESS and be consistent in it. That might not be easy at times.***
- ***Acquiring good habits is the key to your success.***

My main goal is to give you a plan that is sustainable in the long term. Something you can stick to and make an integral part of your life. A program that can be applied to your busy life.

I don't want you to think of this as a diet but as a **healthy eating framework**.

Most people fail in losing weight, not because they don't have the necessary information on how to do that. Most of us know what we should eat and what we should avoid.

We fail because we don't know how to acquire the HABITS of good eating. And how to make those habits an integral part of our lives.

In this plan, I will put a massive emphasis on habits. In our accountability email that you will be getting every day for the next 28 days, I will provide some tools to maintain good eating habits and make them stick.

**If you stick to this plan, you will see results. But more important - you'll be able to MAINTAIN these results.**

Although there might be challenges, you will see immediate rewards. You will feel better and look better.



As a 47-year-old man myself, I know the challenges you are facing. I specifically designed this meal plan to address the issues we all experience. Now, you may have purchased this plan to help you lose fat, but the beauty is that if you follow the guidelines, you'll get much more:

- 1. Start losing weight right now!*
- 2. Keep losing weight and keep it off for life*
- 3. Increase your energy level and vitality.*
- 4. Maintain your muscles mass*
- 5. Maintain a healthy testosterone level*
- 6. Support the health of your joints and bones*
- 7. Keep your mind more focused*
- 8. Improve your workouts*
- 9. Improve the health of your skin and teeth*
- 10. Improve your sleep*



## BUT I DON'T HAVE THE TIME TO COOK!

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We all know that the best diet is a diet composed of home-made meals made from scratch. Yet this seems unattainable to us unless we hire a personal chef that will work for us 24/7.

Well, guess what? Preparing your own meals from scratch is possible if you know how to be time-efficient about it.

Before I became a certified nutritionist, I have been working as a chef for ten years in busy restaurants. I learned all the tricks and methods of cooking simple, delicious, and nutritious food in the most time-efficient way.

That's how I cook for my family three meals a day, seven days a week.

My goal is to show you that by using the right techniques and the proper planning, you can have all your meals made home from scratch, and it the most time-efficient way to eat - even more than eating out.

Not to mention cost-efficient.

I will teach you how to:

- 1. Buy food**
- 2. Store your food properly**
- 3. Plan your meals**
- 4. Create a dining system similar to the one professional restaurant use and with practice, putting the whole process on autopilot.**
- 5. Never get stuck without food for dinner and having to order pizza instead!**





## ABOUT ME

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My health and fitness journey started when my father died at 55 from a stroke. As a young man, he was an athlete, and I still have a strong recollection of him as a strong and fit man.

But as years went by, and the pressure of life weighed upon him, he started neglecting himself. He smoked and drank, and his mental wellbeing started deteriorating.

From a very young age, seeing him, I developed the sense that this downhill spiral is not inevitable for men over 40.

His death created an urgency in me that pushed me to learn as much as I could about living a healthy life.

I studied the science of nutrition in one of California's best nutrition schools and became a nutrition consultant. I also spent ten years working as a professional chef and mastered the art of cooking.

I would like to see this as more than a meal plan.

This is the gathered knowledge of nutrition and practical cooking I have accumulated in the last 25 years - designed as a practical and simple eating guide.



## WHAT IS THIS DIET ANY WAY?

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This meal plan is based on a simple principle:

### ***EAT REAL FOOD***

In the world we live in, this simple principle is easier said than done.

Most of the commercial foods available today are not exactly real foods but processed, laboratory food-like products.

Here's a good rule of thumb: **if your great-grandmother wouldn't recognize it as food - it is probably not real food.**

This meal plan is based on the ancestral approach to health and nutrition.

What this means is:

- *Eliminating all the culprits of our modern diet: refined foods, processed foods, trans-fats, and sugar.*
- *Eating the most nutrient-dense foods known to us. The foods we were designed to live and thrive on for millions of years of human evolution.*

In the next section, I will provide some necessary nutritional information. Knowledge is power, and, it is important that you have this information, so you understand the rest of the plan better.



## NUTRITION - WHAT YOU NEED TO KNOW

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Nutrition is a complicated science that is still being formed by scientists as you're reading this. I'm not going to get into the nutritional science rabbit-hole here, but I would like to give you the basics.

I highly recommend that you read the bonus eBook ["The Nutrient-Dense Diet"](#) that I added to this plan to get some very valuable information.

Knowledge is power. This information will help you understand the principles on which the plan is designed and understand the distinction between the food groups.

So, here is a quick overview of what's important to know:

There are two main categories of food we eat in terms of their nutritional content:

### MACRONUTRIENTS:

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the three components required in large amounts to form a complete diet. These are proteins, carbohydrates, and fats. Macronutrients are the sources of energy in our diet, and that energy comes in the form of calories.

PROTEIN	CARBS	FATS
Beef	Rice	Cooking Oils
Chicken	Sweet Potatoes	Natural fats in meat
Fish	Potatoes	Eggs yolks
Eggs	Root vegetables	Avocado
Protein powders	Fruits	Butter
Smaller amount in Legumes: Beans, Lentils.	Some vegetables	Oily fish



## MICRONUTRIENTS:

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vitamins, minerals, and other compounds required by the body in small amounts for normal functioning. Nutrient density is the concentration of nutrients in a given food, with a particular focus on the essential nutrients.

Nutrient density is a key element in each meal included here. When it comes to your food, you want the biggest bang for your buck. You want to make sure that the calories you consume are nutritionally optimized and provide you with the highest nutrient content.

Again, you can get more information here: ["The Nutrient-Dense Diet"](#)

## ESSENTIAL NUTRIENTS

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These are compounds that cannot be manufactured by the body and must be consumed from food. For example, certain amino acids, which are the building blocks of protein. Also, certain fats, and many minerals, vitamins, and other micronutrients can only be eaten – they're not naturally produced. There are also groups of nutrients that are considered to be non-essential, However, that doesn't mean that they are not necessary.



## HOW TO USE THIS PLAN

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**I want you to know that this is more than a meal plan.** I would like to see it more as an eating guide. Sure - you can use it to plan your meals using the recipes I'll provide and the meal planner. But remember the saying:

*"Give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime."*

I would like you to teach you how to fish.

I would like to teach you the principles of good eating. Principles that you turn into long-lasting habits.

I encourage you to read the plan and all the supporting emails I will provide you in the next 28 days.

As you already know, in creating this plan, the most important principle I had in mind in SUSTAINABILITY.

Therefore, this guide doesn't call for rigid calorie counting. In the long term, this is a tiring process that doesn't work.

I will provide the calories and macro breakdown for every recipe, but I want you to know that **that shouldn't be your focus.**

Instead, I'm offering a general structure to how most of your meals should look like:

- 1. 6-8oz lean proteins like beef, chicken, lamb, fish, or pork.**
- 2. A moderate amount of complex carbs like root vegetables or sweet potatoes (75-150 grams a day)**
- 3. Several servings of multi-colored vegetables - cooked, steamed, or raw.**
- 4. Small amounts of healthy fats: avocado, nuts, butter, olive oil.**



## A BALANCE FOOD MAY LOOK LIKE THIS:

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## ABOUT GRAINS

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Most of the recipes in this plan do not have grains in them. Some of the recipes have some rice or quinoa (technically not a grain). By now, you must have noticed the huge emphasis I put on nutrient density in creating this plan.

Grains as a carbohydrate source unlike you might have heard, are actually nutrient poor compared with vegetables and fruits. You'll find much more information about that in my eBook, ["The Nutrient-Dense Diet"](#)

Don't worry about carbs - you'll get them from other foods like root vegetables and fruits.





## PLANNING YOUR MEALS - AVOID MEAL EMERGENCIES.

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In my years working as a chef in high-end restaurants, I learned a lot about efficiently running a kitchen that serves hundreds of people every day.

Why am I telling you this?

Because the same principle applies to your home kitchen and this plan. And that is **PLANNING**.

Here's the thing: I can bombard you with tons of nutritional information and recipes that fill out books. All of that would be worthless without proper planning.

Remember: the key to the effectiveness of this plan is to make it sustainable. Something you can practice long term.

Planning is the number one thing that will make this happen. Proper planning will prevent "meal emergencies" - situations where you can't find anything to eat or to cook in the fridge, so you end up ordering pizza.

Planning will allow the process to be predictable and smooth, almost on autopilot.

**So, let's start!**

## CLEAN OUT YOUR PANTRY.

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I want you to start from scratch, and the first step is to make the foods you need to avoid as less available as possible.

Our brains were designed to crave junk food, and the companies that create these foods know this very well. So, make it easier on your willpower and self-control.

**Clean out all the bread, cookies, pasta, juice, snacks, ice-cream, and processed foods.** If it has ingredients with a name, you can't pronounce or don't recognize - toss it away.

Anything with added sugar - out!



## HOW TO BUY FOOD

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On the flip side of not having easy access to bad foods, you want good, quality food to be most accessible.

So, the next step is to **stock up the pantry and fridge with the right foods.**

I included a comprehensive shopping list of foods in this plan. You don't have to buy all the items on the list. The point is to provide you with a wide variety of options you can choose from.

**A sustainable diet is one you can enjoy.** What you'll find is that unlike many other diets and meal plans, this plan isn't restrictive and allows you to enjoy a wide variety of satisfying foods.

No bird foods that will leave you hungry and bored!

## BUY FOOD IN BULK

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Here's a scenario you need to avoid at all costs: dinner time is coming, and your fridge is empty. So, you end up compromising and order some take-out food.

Buying in bulk and always having access to various foods will prevent situations like this and make sure you stay on track. Buying in bulk will also save you money and time.

## BUYING FOOD ONLINE

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Buying foods online becomes a great option and can ease up the process significantly.

Here are some options:

[Amazon Fresh](#) - If you live in an urban area.

[Thrive Market](#) - discounted organic and higher-end products.

[Butcher Box](#) - good quality meat to your door.



## WHAT TO BUY

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This plan includes a comprehensive shopping list. The following are some guidelines for using the list, What to store at your house and why.

I also highly recommend that you read our eBook "**The Nutrient-Dense Diet**", where you'll find a lot of useful information and guidelines about what type of foods to buy.

## PROTEIN IS KING!

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By now, you've already noticed that protein is the main element in each meal in this plan.

So why is there such a big emphasis on protein?

- *Protein is satiating food and will prevent cravings. I don't want you to go hungry on this plan. It helps in rewiring the mechanism that regulates your appetite.*
- *Protein will support you in recovering from your workouts.*

### **What protein to buy:**

Make sure you have 3-4 protein options available at any time. Stock up your freezer with some cuts of beef, lamb, pork, chicken, or fish.

### **How to store:**

Remember that meat, even when frozen, has a limited shelf life. I don't like to keep any meat frozen for more than two months before I use it.

It's better to thaw meat in the fridge than room temperature. Keep in mind that it takes longer, so plan ahead of time.



Personally, I don't like to freeze fish. I eat it fresh as I buy it. But if you have to - that's fine.

Include canned fish like sardines or tuna. They are an excellent option for a quick, inexpensive, nutrient-rich protein and fat source.

Always go for fish preserved in water or olive oil and NOT other types of oils.

## CARBOHYDRATES

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### Types of carbs in this plan

The types of carbs in the shopping list are mostly cellular carbs. Cellular carbs are plant-foods such as roots like sweet potatoes or other starchy vegetables that store carbohydrates in fiber cells and have lower density carbohydrate content.

If you can tolerate grains - some of the recipes call for rice, and you can include a small amount of it in your meals.

However, **if your goal is to lose fat - focus on cellular carbs**. There is no wheat or bread in this guide, and all the recipes are gluten-free. I find this to be unsupportive when it comes to fat loss and gut health, so I recommend staying away from these at least for now.

### Your carb intake

Some of the recipes are low carb to no-carbs at all. Depending on your specific situation, you can adjust the carb quantity of your meal. Follow the principle of "**earning your carbs**": on days when you train hard, add some carbs to your lunch and/or dinner.

On rest days or light-training days, you can lower the carb intake. This will require some self-experimentation to find the sweet spot for you.

If your main goal is to lose fat or you know you are pre-diabetic, limit your daily carb intake to 80-120gr per day and stick to cellular carbs: tubers and sweet potatoes, and low-sugar fruits like berries.



### What carbs to buy?

Make sure you have various complex carbs like sweet potatoes, root vegetables, potatoes, rice, or quinoa.

### What about fruits?

Fruits are fine, and besides their carb content, they are a good source for micronutrients and fiber. However, if your goal is to lose fat and get leaner, I recommend limiting your fruits to 1-2 servings a day and going for the lower sugar containing fruits:

- *Berries - strawberries, blackberries, raspberries, cherries.*
- *Green apples*
- *Pears*

### How to store

Most fruits are kept well at room temperature. More delicate fruits like berries should be refrigerated.

## FAT

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As opposed to what we were taught for decades, we know that fat is not the enemy. Not even the demonized saturated fat. More than this, fat (the healthy kind) has some critical roles in keeping you healthy.

However, fat is a calorie-rich food. To get lean, keep your fat intake to small-moderate.

Fat shouldn't be the main event in a given meal, but the element **to round up your meal**—kind of like a condiment.



## **What fats to buy and what to avoid:**

Make sure you keep the good kind of cooking oils handy.

By "good" kind, I mean "**old world**" oils - olive oil, coconut oil, ghee, butter, lard (pork fat), and tallow (beef fat). Avocado oil is a new member of this group of good cooking oil, and you can use it as well.

**AVOID all the commercial vegetable oils** - canola, soy, sunflower, corn, safflower, rice bran, and peanut oil.

These oils are highly processed and can be very damaging to you on the cellular level.

Add some fatty foods to your pantry as well: nuts and seeds, avocado, and cheese (if you can tolerate dairy).

## **How to store**

Fats are sensitive to temp, light, and oxidation. Once they're oxidized, they can lose their chemical structure integrity and become harmful. Unless they need to be refrigerated, store them in a dark and cool place in your kitchen.

## **Smoke point**

It's important to know the smoke point of the oils you're using. The smoking point is the highest recommended temperature for using oil. Above this temperature (when it's smoking), the oil chemical structure is compromised, and it can be harmful to you.

Ghee, coconut oil, lard, and tallow are saturated stable fats suited for cooking in high temperatures.

Olive oil and butter are better used for lower-temperature cooking or dressing.





## GREEN LEAFY VEGETABLES

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I see this group as separated from the others because leafy vegetables are a poor macro source (calorie source) but an **EXTREMELY rich micronutrient and fiber source**.

I like to include a leafy vegetable in almost every meal, so I keep 3,4 types of these at any time. Spinach, kale, Swiss chard, collard greens, and arugula are a few examples.

### How to store leafy greens

Wash them first and separate the leaves so they will be available and ready for quick use.

After washing them, let them dry out a bit but keep them moist. Store in plastic bags in the fridge for up to 6-7 days.

## SPICES

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**Your eating experience shouldn't be boring and restrictive.** It should be stimulating and pleasurable.

Again, in the context of making this sustainable and long-lasting - this is important.

Knowing how to use spices in your cooking can make the difference between a utilitarian, bland meal and a fun meal you can anticipate.

In the shopping list, I included a long list of spices.

### How to buy and store

Don't buy spices in massive amounts. I see it all the time - pantries packed with unused spices with an expiration date going back to the late nineties.

Spices have a limited shelf life, and they are useless when they're expired.

Buy a small amount of 4-5 spices or spice mixes and keep them in vacuum-tight containers to keep them fresh.



The shelf-life for most spices is 4-6 months.

I like to buy some of my spices in their whole version and grind them as needed in a coffee grinder. This way, you can make sure they're fresh, and you keep their optimal potency and flavor.

## JARRED FOODS/CONDIMENTS

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Condiments are great to spice up your meals but, be aware: you're entering a danger zone.

Since this is a packaged food, it can be a minefield of hidden sugar, preservatives, colors, and other chemicals you don't want to put in your body.

ALWAYS READ THE LABEL. All the information you need is there. See more details on the shopping list I provide.

Types of condiments:

- *Olives*
- *Hot sauce*
- *Sauerkraut*
- *Pickled vegetables*
- *Mustard*



## MEAL PLANNING: HOW TO AUTOMATE YOUR MEAL PREPARATION.

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This is what I found to be the best and most sustainable way of preparing meals at home:

- 1. No-think simple breakfast: find your favorite 3-4 types of breakfasts and master their preparation*
- 2. Make your lunch from the previous night's dinner with additions.*
- 3. Make the time to cook dinner from scratch.*

### MORNING: DON'T THINK ABOUT WHAT TO MAKE FOR BREAKFAST.

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One of the hurdles of a successful meal plan is the fatigue created by too much decision making. Mostly about what to eat for every given meal.

**Having to make these decisions every morning will exhaust your motivation in the long term and prevents you from creating a habit.**

On a weekday morning, you don't want to think about your breakfast too much.

You need your breakfast to be simple, fast, and easy.

At our home, we have 3-4 kinds of breakfasts, all based on different egg dishes. As the cook in the house, I don't think much in the morning. Breakfast is on autopilot for me.

Choose your favorite 3-4 breakfasts from the recipes in this plan and master their preparation. It shouldn't take more than 10-15 minutes to make breakfast.

If you have to be on the go quickly in the morning, choose from our breakfast protein smoothie or shakes, pack, and go.



## LUNCH

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Almost nobody has time to prepare lunch from scratch at home. This is why you should develop a skill I like to call "**The Art of Leftovers Lunch.**"

Choose one of our lunch/dinner recipes and make enough food at dinner time so you will have leftovers for the next day's lunch. Here's how I like to make it:

Together with your breakfast routine, heat some leftovers from the previous dinner. The same macro composition applies here: 3-4 ounces of protein, low-moderate amount of cooked complex carb, and a liberal amount of leafy vegetables.

Now here's where the "Art" comes in. Sometimes you won't have all those elements readily available. Life happens, and unpredictable situations should be expected.

**As long as you're making sure you always have some cooked protein - you're good to go.**

This is where high-quality, nutrient-dense preserved foods come in handy:

Add to your protein some olives or sauerkraut or a small number of nuts. This will cover your portion of good fats and micronutrients of the meal.

Following the principles of "earn your carbs" - pack some pre-cooked complex carbs together with your lunch if you think you need them. For example, if you worked out or about to on this day.

Generally, I don't recommend a big portion of carbs for lunch because it might make you feel heavy and sleepy. Keep it small (½-1 cup) or skip the carbs altogether. **Protein, greens, and some healthy fats are the center of your lunch.**

But what if you don't have any leftovers and you have to eat out?



## EATING OUT

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On some days, you'll have to eat your lunch out. That's understandable. With keeping some basic rules, you can eat out without derailing off track too much.

- **Plan.** *You know where you'll be the following day. In most cases, this is your usual workplace. Do a little research using google and Yelp about the restaurants around that area and check their menus. See if you can find something that fits your diet guidelines.*
- **Don't hesitate to ask the server at the restaurant.** *The first question I ask when I eat out is what kind of cooking oils they're using in the kitchen. If the answer is some type of commercial vegetable oil, I ask if it's Ok to use olive oil instead.*
- **Avoid the sandwich option and go or the bowl meal instead.** *Many restaurants, and even the large chains, have made the adjustments for the increasing demand for healthier meals. Many of them offer a low carb lunch composed of grilled protein and vegetables or healthy carbs like baked sweet potatoes or roasted vegetables.*
- **Go for the grilled meats.** *Grilling is simple and straightforward and will protect you from unrecognizable sauces with oils and ingredients you want to avoid. Ask your server if something you like can be grilled instead of a different cooking method.*
- **As for sides, go for a simple vegetable dish or a salad.** *If you need some carbs at lunch, prefer some roasted root vegetables or a small rice side. Check the side menu. You Might find some interesting options there.*



- ***Go for the simple stuff.*** Don't order complicated dishes where you're unsure about what ingredients are in there. Avoid the fancy sauces or dressings. Many times, these will have hidden sugars in them or other ingredients you're trying to avoid.
- ***Ask for lemon juice/olive oil dressing.*** Avoid all the rest that might have oils you want to avoid. Simplicity is key.

## DINNER

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The same principles will apply to your dinner. Dinner will require more time because it will be necessary to cook, but you can simplify the process, and when you become trained, this will be almost an automatic process. Your dinner should look like this:

- ***Protein is the center of the meal: grilled, sautéed, or roasted.***
- ***A big portion of some cooked leafy vegetables like kale, chard, broccoli or Brussels sprouts or a salad.***
- ***A low to moderate portion of complex carbs: sweet potatoes, rice, quinoa. 0.5 -1 cup.***

Some of the meal plan dishes will allow you to cook the meat together with the vegetables, which saves time.

I encourage you to take the time to cook your dinners. Making time means to prioritize it higher in your life.

It is also the time to sit together with your family in a more relaxed, familiar environment. Try and take your time to eat together with no distractions (phones put aside). A meal eaten together is more nurturing for the body and the soul.







## SNACKS

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Ideally, if you follow the guidelines in this plan and your body becomes more accustomed to it - you won't need any snacks.

The type of foods, the meal compositions, and the meals' timing should all help you go for a few hours between the meals without the need to eat or feeling hunger.

This will be one of the strongest indications for a healthy metabolism.

We also need to remember that **feeling a little hungry is something we should be OK about**. Our genetics and metabolism are designed to withstand times of hunger - from a few hours to a few days!

However, if you really need a snack, I don't want you to fight yourself over it - especially not when you just start. What I want you to do is to apply a short and simple practice when the urge for a snack arises.

When that happens, don't immediately react. Pause for a second.

Ask yourself the following:

- *Why do I need this snack?*
- *Am I really hungry right now?*
- *Am I bored, depressed, or anxious?*
- *Do I feel nervous or shaky?*
- *Can I think clearly, or is my mind foggy?*

We snack for different reasons, and chances are you're not really hungry when you feel those cravings. Get to know your body and learn how to distinguish between those feelings.

In some cases, you may feel hungry because you actually are!



Maybe on a day when you worked out hard, and you didn't have enough food - especially protein, on your last meal.

First, notice these distinctions in the sensation you feel when you need a snack.

If the feeling gets overwhelming, by all means, have a snack.

It may take some time for your metabolism to rewire itself and get on a healthy track.

## SNACKS ARE FOOD!

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I don't like the word "snack" because it is inherently problematic. For many of us, it means some packaged sweet or salty processed food like a cookie or a Snickers bar.

If you need a snack, better consume it like a small, nutritious meal. **Remember that everything you put in your body is supposed to serve it and not just your taste buds.**

Your snacks can be:

- **Nuts** - nuts are great and nutrient-dense but also calorie-dense and are easily overeaten. Prefer raw, unsalted nuts. They're a little harder to overeat.
- **Fruits** - prefer the lower - glycemic fruits like apples or berries.
- **Cheese** - if you tolerate dairy, a piece of hard cheese is an excellent dense snack.
- **Dark chocolate** - one of my favorite options also because of the slightly stimulating effect. Here's the thing - it needs to be dark—no less than 85% cocoa. Challenge yourself with a higher cocoa percentage all the way to 100%!



## DRINKS

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### **What to drink in this meal plan?**

The short answer is water, coffee, and tea with no added sugar.

### **No sugary drinks!**

Not even in moderation. Sorry - no grey area here.

Probably the easiest way to gain fat is to drink your calories. People can experience significant results by just removing sodas and other sweetened drinks from their diet.

Some sweetened drinks contain copious amounts of sugar that "hit" your system fast without the mediating effect of chewing and fiber or fat in solid foods. That is not good.

### **Make a habit of reading the label before you buy any bottled drink.**

And I mean any drink: that includes sodas, fruit juices, teas - anything that comes in a bottle.

**Be suspicious:** many drinks will come in an innocent package that will make you think of it as healthy. Don't fall for this. The label at the back will tell you the real story.

Look for the amount of "total sugars" on the label and consider this:

Four grams of sugar = 1 teaspoon of sugar.

Do an experiment. Spend a few minutes at your local supermarket and look at the back of some of these drinks. You'll be shocked to find how much sugar some of these "innocent" drinks contain.

If you can't stand the idea of drinking only water, some unsweetened drinks with natural flavor can be a good option. I like what companies like Hint are doing.



## DRINK WATER!

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Ideally, adopt the simple and basic habit of drinking water. Make water drinking an intentional and integral part of this plan. In the timing section bellow, drinking water is even scheduled for you between meals and upon waking up in the morning.

We tend to forget to drink, and many times we confuse the sense of thirst with hunger. Not to mention that many of us are chronically dehydrated.



## MEAL TIMING - CREATING A RITUAL

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I may sound like a broken record but main goal in creating this plan is to make it simple and sustainable for you.

**Timing your meals and scheduling them in regular hours is super important and an integral part of planning.**

I want your meals to be a RITUAL—something you do every day at the same hour without thinking much about it.

The goal here is to create a habit—a **routine**.

Following this framework consistently will put the neuro-regulation of your appetite in order. No more cravings in the middle of the night or a lack of appetite when you actually need to eat.

So, here is how this timing may look like:

Assuming you're up early, leave the house early, or work from home during the day:

- **Upon waking up:** *Drink a big glass of water or even two. You want to rehydrate your body after 7-8 hours of sleep. This is also important for regulating your appetite and digestion for the following hours.*
- **Early morning (6-8 am): breakfast.** *Choose your favorite 3-4 breakfasts and master them. Alternatively, if you are pressed by time, you can also make one of the plan's protein shakes and take it to go. This is the easiest and fastest breakfast option.*
- **Mid-morning (10am):** *Drink another two glasses of water. No sodas or juice and any processed drinks. If you drink coffee at this time of the day - drink even more water. Caffeine is diuretic and causes dehydration.*
- **Midday-lunch (12-1 pm):** *the best option is to pack your lunch at home. Use our guide and recipes. If you need to eat out - use our guide on how to eat a healthy lunch out*



- **Early afternoon (2-3pm):** drink more water, green tea, or herbal tea. AVOID coffee or other heavily caffeinated drinks after lunch. For most people, caffeine in the afternoon and evening can be very disruptive for sleep.
- **Afternoon (around 4 pm) - snack:** use your judgment here. Snacking between meals shouldn't be automatic, and ideally, you won't need it. Use the technique I mentioned before in the Snacks section. However, if there is a long stretch of time between lunch and dinner for some of you, a snack might be necessary depending on your workout timing and intensity. Remember, - snacks should be considered an integral part of your healthy meal plan. Treat it like a small nutritious meal composed of REAL foods. Look at the recipes for snack choices.
- **Evening (7-8 pm) - dinner:** this is the time to slow down, prepare a meal from scratch if possible, sitting down, and eating in a relaxed mode. Use any of the lunch/dinner recipes we provide, and don't forget to prepare enough for the next day's lunch!
- **After dinner:** drink some herbal tea like chamomile, lavender, or fennel tea. These kinds of teas help digestion, relax the nervous system and "signal your gut that eating is done for the day, and you enter the phase of the night's fasting.



# ACTION PLAN

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I want to recap everything you learned here by giving you a clear action plan.

Here's what you need to do in this order:

- 1. Read the introduction section in this document page 1-14*
- 2. Read the accountability emails I'll be sending you in the next 4 weeks. They are super important for your success!*
- 3. Clean up your pantry – page 14*
- 4. Stock up your kitchen: follow my recommendations on how to buy food starting page 15*
- 5. Plan your meals for the next week using the template I provide in the recipe section.*

I want you to remember that if this is overwhelming to you or you have any questions about this plan, I will be happy to help.

Contact me at [info@activeremedy.com](mailto:info@activeremedy.com)





## CONGRATULATIONS!

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Now that you read my meal plan introduction you are equipped with all the information you need to start implementing these principles.

My main goal here was to provide you with a framework that you can start applying into your life right away.

**Disclaimer** – As a certified nutrition consultant I'm only certified to help you with things that you personally have control over, such as making suggestions about your goals, healthy nutrition and motivate you to stick to your new healthy lifestyle – not physical health issues. I am not a medical professional and nothing here or anywhere on this site can be taken as medical or health advice, please check with your physician before following any information you find here or anywhere else online.



