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# APP INSTRUCTIONS

1. Check your email. I will be sending you an invitation link to the trainer application you will be using to track your results
2. Follow the instructions to set up your account password
3. Upload before pictures (front, back, both side profiles with arms extended out)
4. Program your weight, height, body fat % + BMI
    - NOTE: If you don't have a scale that provides these metrics, go to: the link for the BMI calculator on my site (Check the "Quick Links" section of the website footer)
5. Connect your MyFitnessPal App + FitBit if you have them. If not, no worries!

Hope you're ready to #leaveyourmark! Let's win!

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# REFORM PROGRAM

## PHASE 1

7 DAY DETOX & CARDIO

## PHASE 2

3 WEEK MEAL PLAN & HIIT TRAINING

## PHASE 3

SUBSCRIBE TO ANOTHER 30 DAYS
FOR AS LOW AS $49.99/ MONTH

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PHASE I

# 7 DAY DETOX

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# WEEK 1

You will do a detox  in addition to 1 hour of cardio for the next seven consecutive days before starting your intense workout regimen. This detox consist of whole foods with two solid meals.

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PLEASE NOTE:

This detox is not intended to treat, cure or prevent any disease. The information provided is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. Please consult with your physician if you are under any medication that requires a certain diet.

## Meal 1 (Smoothie) - LIVER CLEANSE

1/2  Cup almond milk
4 celery stalks
1 cucumber
1 cup kale
1/2 green apple
1/2 squeezed lime
1 cup pineapple

## Meal 2 (Smoothie) - BERRY BLAST

1 lemon
1 inch of fresh ginger
1⁄2 cup spinach
1/3 cup of mixed berries
- strawberries
- blueberries
- blackberries

1 cup coconut water
1/2 cup water

## Meal 3 -  SOLID MEAL

1⁄4 cup OF steel cut oats  (MEASURED UNCOOKED)
10 blueberries
4 sliced  strawberries
7 walnuts
5 Stevia drops or 1 tbsp of raw unfiltered honey
or
1 tbsp of raw honey

## Meal 4 - (Protein smoothie)

1 cup spinach
1 whole Banana
10 Walnuts
2 dates (NO SEED)
2 tbsp of almond butter
1 cup of coconut milk
Add water to make it not as thick or to your liking

## Meal 5 - Solid Meal

Vegetables with the fish, chicken, and ground turkey
7-10 small asparagus sprouts
Carb with the fish ,chicken,and ground turkey options ; /4 cups of quinoa , black rice, or brown rice.

Choices of protein :

4 oz Wild caught salmon
4 oz Wild caught cod
4 oz of any wild caught white fish
4oz 99.9% antibiotic free chicken
4 oz ground turkey

Vegetarian/ Vegan Solid meal option:

4oz oz Sauteed mushrooms (optional)
1 cup of cooked quinoa with 2 cups of any vegetables sauteed to your liking with or in your quinoa or a large salad (2 cups of greens) with balsamic dressing

- Your seasoning should be salt free during this detox
- No added sugars or honey if not listed
- Drink a gallon of water a day minimum
- Green tea is allowed without sweetener (green tea should be only drunk with meal 1, 2 & 3.
- Your first meal starts immediately after your fasted cardio . Every meal following should 2 hours apart from one another.

Please note: During this detox you may or may not feel lightheaded or low of energy your 2nd-4th day. This feeling will pass & occurs when your body is going through a detox state. Please make sure that your water consumption is minimum of a gallon to flush out impurities.

# CARDIO OPTIONS

## Beginner cardio

30 min Treadmill - Incline walk
(holding 5lb Dumbbells / Incline 7 Speed 2.2)

20 min Elliptical (Level 7)
10 min -Stationary bike

## Beginner outside cardio

1 Hr. walk

## Intermediate cardio

20 min Treadmill - Incline walk
(holding 10 lb Dumbbells / Incline
10 Speed 3.0)

20 min - Stair-master

10 min -Stationary bike/Spin-bike
(high level)

10 Sprints - Moderate speed 30 20
secs on 20 secs off

10 min - Elliptical ( Level 10)

## Intermediate outside cardio

60 min jog/walk
2:00 min jog
2:00 min walk

## Advanced cardio

20 min Treadmill - Jog
20 min Stair-master
20 Sprints - 30 secs on 30 secs off
(max out )

10 min - Jumprope

## Advanced cardio

60 min (max it out)

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PHASE II

# MEAL PLAN

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Good health is our wealth..

# GROCERY LIST

I'm so excited to get you started on the next phase of the program . I hope that you saw the 7 day detox through and you're feeling great. Our bodies are amazing to naturally detox itself when the right foods are eaten. However, majority of people in the world eat foods that are full of chemicals. Our body has a sophisticated way of eliminating toxins that involves the liver, kidneys, digestive system, skin, and lungs. Still, only when these organs are healthy, can they effectively eliminate unwanted substances. So, in phase 1 I choose to reset the body with the right foods , water intake, and exercise.

In phase 2 (attached) you will be provided a grocery list that you can pull from and create your meals however you like. I will only provide the portions (grams per serving) for each meal in your meal plan based on your goals. Please look out for your portion sizes from me.

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MY GOLDEN RULE IS : If it's not on the list you can not have it during the next 3 weeks. You will find that I have attached all four meal plans for you to download now and for future reference. This way you will have options to pick your plan. Remember - it is so important that you stick with whatever plan you pick for the next three weeks in order to see results. Good luck to you and remember to always #leaveyourmark.

– Drea

REFORM PROGRAM

# CONDIMENTS AND DRINKS

Mustard
Pickle juice
Balsamic (all)
Olive Oil
Coconut oil
Tumeric
Coconut Aminos
Cinnamon
Tahini
Stevia
Vanilla extract
Sesame seed (all)
Avocado oil
Himalaya salt
Pepper
Garlic Powder
Lemon pepper seasoning
Salt free ( seasoning)
Cinnamon
Manuka honey
Raw honey (not vegan)
All natural herbs

Thousand Island
Italian dressing
Sesame Garlic dressing
Ginger
Cayenne pepper
Apple cider vinegar
Chipotle ranch dressing
Paprika
Dill
Cashew dressing
Lime juice
Cumin
Lemon juice
Rice vinegar
Natural salsa
Guacamole
Hummus
Pesto
Kimchi
Almond butter
Cashew butter
Coconut yogurt

Red hot sauce
Sauerkraut
All natural spices
Gochujang
Chia seeds
Flaxseeds

## Drinks

Water
Black coffee
Sparkling water
Herbal teas (hot)
Almond milk
Cashew milk
Natural smoothies
Fresh-pressed juice

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# VEGAN GROCERY LIST

## Proteins
Tofu
Tempeh
Field Roast
Black beans
Plant-based protein powder
Spirulina
Edamame
Chickpeas
Lentils
Peanuts
Almonds
Quinoa
Hemp seeds
Chia seeds

## Complex Carbs
Sweet Potatoes
Purple potatoes
Black Rice
Brown rice
Wild Rice
Quinoa
Cous Cous
Unsalted Rice Cakes
Steel Cut Oatmeal (breakfast)
Ezikiel Bread
Gluten Free noodles

## Fruits
Blueberries
Strawberries
Raspberries
Blackberries
Watermelon
Apple
Kiwi
Grapefruit
Cantalope
Orange
Banana
Pomegranate
Mango
Pineapples
Jackfruit
Limes
Lemon
( ALL FRUITS ARE ACCEPTABLE )

## Vegetables
Avocado
Asparagus
Cucumbers
Green Beans
Snow Peas
Peppers - - (Green/Red/Yellow)
Zucchini
Squash (all)
Tomatoes (all)
Onions (all)
Spinach
Celery
Olives
Pickles
Kale
Carrots
Radish
Romaine
Artichoke
Cabbage
Brussel Sprouts
Green peas
Cauliflower
Broccoli
Jalapeno
Habanero
Garlic
Beets
Wasabi
Okra
Chamomile
Parsley
Cilantro
Mint
Chard
Corn (starch)
Legumes
Celery
Collards
Mushrooms

# VEGETARIAN GROCERY LIST

## Proteins
Tofu
Tempeh
Field Roast
Cheese
Yogurt
Eggs
Black beans
Plant-based protein powder
Spirulina
Edamame
Chickpeas
Lentils

## Fruits
Blueberries
Strawberries
Raspberries
Blackberries
Watermelon
Apple (1 a day )
Kiwi
Grapefruit
Cantalope
Orange ( 1 a day )
Banana (1 a day )
Pomegranate
Mango
Pineapples
Jackfruit
Limes
Lemon
Fig

## Complex Carbs
Sweet Potatoes (1/2 potato per meal)
Purple potatoes
Black Rice
Brown rice
Wild Rice
Quinoa (high in carbs & proteins!)
Cous Cous
Unsalted Rice Cakes
Steel Cut Oatmeal (breakfast)

## Vegetables
Avocado
Asparagus
Cucumbers
Green Beans
Snow Peas
Peppers - - (Green/Red/Yellow)
Zucchini
Squash (all)
Tomatoes (all)
Onions (all)
Spinach
Collards
Celery
Celery
Olives
Pickles
Kale
Carrots
Radish
Romaine
Artichoke
Cabbage
Brussel Sprouts
Green peas
Cauliflower
Broccoli
Jalapeno
Habanero
Garlic
Beets
Wasabi
Okra
alfalfa beans
Kidney beans
Black-eye peas
Chamomile
Parsley
Cilantro
Mint
Chard
Corn (starch)
Legumes

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# PESCATARIAN GROCERY LIST

## Proteins
Wild caught salmon
Rainbow trout
Wild caught shrimp
Wild caught cod
Mahi Mahi
Striped bass
Wild caught Tuna
Herring
Mackerel
Perch
Wild caught sardines

## Fruits
Blueberries
Strawberries
Raspberries
Blackberries
Watermelon
Apple (1 a day)
Grapefruit
Cantalope
Orange (1 a day)
Limes
Lemon

## Complex Carbs
Sweet Potatoes (1/2 potato per meal)
Purple potatoes
Black Rice
Brown rice
Wild Rice
Quinoa (high in carbs & proteins!)
Cous Cous
Unsalted Rice Cakes
Steel Cut Oatmeal (breakfast)
Ezikiel Bread
Grits

## Vegetables
Avocado
Asparagus
Cucumbers
Green Beans
Snow Peas
Peppers (Green/Red/Yellow)
Zucchini
Squash (all)
Tomatoes (all)
Onions (all)
Spinach
Collards
Celery
Brussel Sprouts
Olives
Pickles
Kale
Carrots
Romaine
Artichoke
Cabbage (red/green)
Green peas
Cauliflower
Broccoli
Jalapeno
Habanero
Garlic
Beets
Wasabi
Okra
Parsley
Cilantro
Mint
Corn (starch)

# MEAT EATERS GROCERY LIST

## Proteins
Wild caught salmon
Rainbow trout
Wild caught shrimp
Wild caught cod
Mahi Mahi
Striped bass
Wild caught Tuna
Ground Turkey
Chicken breast
Buffalo Bison

## Complex Carbs
Sweet Potatoes
Purple potatoes
Black Rice
Brown rice
Wild Rice
Quinoa (high in carbs & proteins!)
Cous Cous
Unsalted Rice Cakes
Steel Cut Oatmeal (breakfast)
Ezikiel Bread
Grits

## Fruits
Blueberries
Strawberries
Raspberries
Blackberries
Watermelon
Apple (1 a day)
Grapefruit
Cantalope
Orange (1 a day)
Limes
Lemon

## Vegetables
Avocado
Asparagus
Cucumbers
Green Beans
Snow Peas
Peppers - - (Green/Red/Yellow)
Zucchini
Squash (all)
Tomatoes (all)
Onions (all)
Spinach
Collards
Celery
Brussel Sprouts
Pickles
Kale
Carrots
Romaine
Artichoke
Cabbage (red/green)
Green peas
Cauliflower
Broccoli
Jalapeno
Habanero
Garlic
Beets
Wasabi
Okra
Parsley
Cilantro
Mint

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PHASE III

# KEEP GOING

Vist AndreaEverline.com to
continue your reform program
for as little at $49.99/month!