

# Routine & Shopping List

Inexpensive concerning Time & Money

## Ritual

We are calculating with you getting up at **7:00**. Just move everything if you prefer another time.

In the morning, drink a **cup of warm water** (once boiled, then cooled down) and add:

- 1/2 - 1 pressed **lemon**
- 1 tablespoon of **honey** (cold-extracted)

Do some morning ritual(s) that are good for you.

**Meditation & yoga** are great morning rituals.

**Stretching** is important to stay away from all skeletal & muscular pain.

## Brunch

**This is supposed to be tasting well enough to look forward to it a lot!**

- 1g **muesli** / kg BW
- 1g **protein\*** / kg BW
- 2 tbsp. of **chia** seed
- 1-3 tsp. of pure, natural, premium **cacao** powder
- Fill up with fat reduced cow milk or unsweetened **almond milk** until you like the consistency.
- Use **L-carnitine** as a complement.

\* Mostly casein & without artificial sweeteners!

## Snack

**Please eat whatever you like** – except sweets. Try to eat low-carbohydrate & just do not eat too much of it. Your stomach will shrink during the ‚long‘ fasting phase from dinner to now. So you will not need to eat too much now. **Eat until you are satisfied, but not more.**

You can now also start to eat some of the

- 1g **chocolate** / kg BW that is your daily pension of indulgence. Eat only **dark / black chocolate.**

**Eat it slowly & value it.**

>> BW=TARGET Body Weight in this eBook!

## Dinner

**For dinner, you are more or less allowed to eat what you like.** Try to stay low-carbohydrate but also try to eat various foods & eat your vitamins. Add

- **Vitamin tablets** but make sure to also buy
- **Vegetables**
- **Fruits**
- **Olives** (superfood)

If you are ambitious, You can eat the same ‚protein muesli‘ as you had for brunch. This is especially effective now, since then you will be in fat-burning mode the whole night.



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Sleep



Brunch

Snack

Dinner