



# MOXIFIT™

## Core Program

### DAILY REQUIREMENTS

- 2 Essential Moxifit meals
- 1 Select Moxifit meal
- 6-8 oz whole protein
- 4-5 cups vegetables
- 1 Tbsp healthy fats
- 68 oz water minimum
- 1/2 tsp pink Himalayan salt
- Moxifit Prime Multivitamin
- Moxifit branched-chain amino acids (BCAA)

### DAILY OPTIONS

- Unsweet tea and/or black coffee
- Leafy greens
- 2 servings approved sweeteners
- 2 servings approved condiments
- Moxifit electrolytes (up to 4 packets per day)
- One additional branched-chain amino acids (BCAA)

### ACCELERATE YOUR SUCCESS

- Omega 3's
- Probiotics
- 1-2 tsp Bragg's apple cider vinegar (ACV) with pinch of pink Himalayan salt mixed in 6-8 oz water each morning
- Stop eating 2 hours before bed or laying down
- 7-7.5 hours of sleep
- Focus on lowering stress with meditation or breathing exercises

## Example Meals

A DAY IN THE LIFE #1	
Meal 1	Moxifit Maple Oatmeal with 1 cup chayote w/cinnamon
Meal 2	Moxifit Creamy Chick'n Pasta (select) with 1 cup summer squash & 1 cup zucchini
Meal 3	6 oz beef filet with 1 cup sautéed mushrooms & 1 cup green beans
Meal 4	Moxifit Peanut Butter Chocolate Instant Shake mix

A DAY IN THE LIFE #2	
Meal 1	Moxifit Lemon Poppyseed Mug Muffin
Meal 2	Moxifit Cheese Sauce with 2 cups cauliflower & 2 oz lean ground beef
Meal 3	4 oz grilled chicken breast with 1 cup sauteed spinach, 1/2 red pepper & a homemade salad: 1/2 cup cabbage, 1/2 cup jicama, 1/4 cup cucumbers & 1/4 cup watermelon radishes
Meal 4	Moxifit Caramel Nut Bar (select)

## ESSENTIAL VEGETABLES (every day)

- Measure raw
- Counts towards daily requirement
- Per day, at least 2 out of 4-5 cups should be cooked

- Asparagus
- Bamboo shoots
- Banana peppers/peperoncini
- Bean sprouts
- Bell peppers
- Bok choy
- Broccoli (all varieties)
- Cabbage (all varieties)
- Cactus
- Cauliflower
- Celery
- Chayote
- Collard greens
- Cucumber
- Dandelion greens
- Gai Lan
- Green onion
- Jalapeño (all hot peppers)
- Jicama
- Kale
- Kohlrabi
- Mushrooms
- Okra
- Onions (raw only)
- Opo squash
- Radish (all varieties)
- Rhubarb
- Raw fermented sauerkraut (refrigerated)
- Spinach
- Swiss chard
- Yellow squash
- Zucchini

## HEALTHY FATS (1 TBSP daily)

- Extra virgin olive oil
- Avocado oil
- Ghee
- Coconut oil
- Grass-fed butter
- Avocado mayo

## HERBS AND FLAVORS

*Always check labels for hidden sugars, and ask your coach for approval.*

- **Vinegars:** raw organic apple cider vinegar (ACV) or white vinegar
- **Fresh herbs:** basil, bay leaf, chervil, chives, cilantro, dill, marjoram, mint, oregano, parsley, rosemary, sage, savory, sorrel, tarragon, thyme
- **Other flavors:** garlic, ginger, turmeric, lemon, lemongrass, lime, mustard (yellow), Bragg Liquid Aminos (soy sauce), fish sauce, tamari sauce (1Tbsp), spices without MSG or carbohydrates

## SELECT VEGETABLES (occasional)

- Measure raw
- Counts towards daily requirement
- **No more than 4 cups of Select Vegetables throughout the week**

- Brussels sprouts
- Celeriac a.k.a. celery root
- Eggplant (all varieties)
- Green beans
- Hearts of palm
- Pickles (dill)
- Rutabaga
- Snow peas
- Spaghetti squash
- Sugar snap peas
- Tomatillos
- Tomatoes
- Turnip
- Wax beans

## COMPLEMENTS (every day)

- *Highly encouraged to eat leafy greens daily*
- Alfalfa
- Arugula
- Chicory greens
- Endive (red or white)
- Lettuce (bibb, boston, escarole, frisee, green & red leaf, iceberg, romaine)
- Radicchio
- Spinach
- Watercress
- Lime (1-2 slices per day)
- Lemon (1-2 slices per day)

## APPROVED CONDIMENTS

*All outside brands must have 0 cals, 0 carbs, 0 fat, 0 Protein & No MSG. Please have your coach approve all "extras". Limit 1-2 servings per day.*

- Moxifit salad dressing
- No sugar added Heinz Ketchup
- Yellow mustard
- Bragg Liquid Aminos (soy sauce)
- Frank's hot sauce
- Tabasco sauce

## SWEETENERS

*Please have your coach approve all "extras". Limit to no more than 1-2 servings per day.*

- Truvia
- Whole Earth
- Monkfruit
- Stevia
- Splenda
- Sucralose

## WHOLE PROTEINS

6 - 8 oz (measure before cooking)

### Fish & Seafood (Preferably Wild Caught)

- Anchovy
- Bass
- Catfish
- Clams
- Cod
- Crab
- Crawfish
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Lobster
- Mahi-mahi
- Monkfish
- Mussels
- Oysters
- Perch
- Pike
- Red snapper
- Redfish
- Salmon
- Scallops
- Scampi
- Sea bass
- Shrimp
- Smelt
- Sole
- Squid
- Swordfish
- Trout
- Tuna
- Walleye
- Whiting

### Beef (preferably grass-fed):

- Filet, flank, sirloin
- Ground beef (lean)
- Lean, round, rump roast
- Tenderloin

### Poultry & pork

- Chicken (skinless)
- Eggs (3-4 whole & 2 whites maximum daily)
- Turkey
- Pork tenderloins
- Pork chops (boneless)

### Veal

- Breast
- Cutlet
- Rib
- Shank
- Tenderloin

### Other

- Bison
- Elk
- Frog legs
- Moose
- Ostrich
- Rabbit
- Tofu (plain)
- Venison

## APPROVED WATER

*Can be counted towards daily water. All brands not listed need to be approved by a coach.*

- Aquafina Splash
- Hint
- Propel Zero

## CANNOT COUNT TOWARDS DAILY WATER

*1 maximum per day as it can affect weight loss results.*

- Unflavored carbonated/sparkling water
- Bubly
- Zevia
- LaCroix
- Aquafina sparkling