



MOXIFIT™

Hustle Days

DAILY REQUIREMENTS

- 2 Essential Moxifit meals
- 1 Select Moxifit meal
- 6-8 oz whole protein
- 5-6 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 6 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

ON EXERCISE DAYS

Activities that qualify as EXERCISE:

- | | | | |
|-----------------|--------------|-----------------|-----------------|
| • Running | • Tennis | • Zumba | • CrossFit |
| • Cycling | • Elliptical | • Hot yoga | • Orange Theory |
| • Stair Climber | • Kickboxing | • HIIT workouts | • Kettlebells |

- Drink a minimum of 80 oz of water.
- Drink at least two extra electrolytes packets pre, during or post workout.
- One pre or post workout meal option.
- Drink one additional packet of BCAA to help protect muscle mass and aid in recovery.
- Suggested to consume one serving of grass-fed collagen peptides for muscle, joint, and ligament support.
- Soak body in epsom salt to speed muscle recovery.

ON MOVEMENT DAYS

Activities that qualify as MOVEMENT:

- | | |
|--|--|
| • Walking | • Light weightlifting or resistance bands |
| • Slow pace stair steppers or elliptical | • Body weight exercises (squats, sit ups, leg lifts, etc.) |
| • Regular yoga | |
| • Pilates | |

- Increase water and electrolyte consumption as needed.
- Drink one additional packet of BCAA to help protect muscle mass and aid in recovery.

PRE OR POST WORKOUT MEAL (PICK ONE)

NOTE: All choices or changes MUST be approved by your clinic/coach only

battery icon = energy resource

MEAL 1 - CHIA SEED PUDDINGS

Ingredients

- 1 Moxifit RTD Protein Shake OR Protein Drink Mix (make as directed)
- 4 Tbsp chia seeds

Directions

Divide liquid into small 4 oz ramekin bowls, place 2 tablespoons chia seeds in each and stir continuously for several minutes so chia seeds do not stick to bottom of dish. Place into the refrigerator for 3 hours or overnight. This meal can be split. You may choose to eat one earlier for a meal and one pre/post workout.



MEAL 2 - EGGS AND AVOCADO

Ingredients

- Two eggs cooked any way
- 1/2 a medium hass avocado



MEAL 3 - MIKEY'S ENGLISH MUFFIN WITH AN EGG

Ingredients

- 1/2 of an original Mikey's english muffin
- 1 egg
- 1 Tbsp Kerrygold or other grass fed butter

Directions

- Cook egg as desired, toast muffin and enjoy!

MIKEY'S IS THE ONLY APPROVED BRAND TO USE



MEAL 4 - COCONUT SMOOTHIE

Ingredients

- 1 Moxifit RTD Protein Shake OR Protein Shake/Mix
- 2 Tbsp coconut cream (Native Forest, canned)

Directions

Blend Moxifit RTD Protein Shake or Protein Shake/Mix (make as directed) with cream in blender. Enjoy!

