

# NUTRITION PACK



PHASE 2 JOURNAL

DAY 31

DAY 32

DAY 33

DAY 34

DAY 35

DAY 36

DAY 37

DATE STARTED: \_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

## PHASE 2 GUIDELINES

Follow these nutrition guidelines as best you can and keep track of how you're feeling each day to see what eating patterns are working and not working for you.

**1. TRY TO EAT MOSTLY HOMEMADE FOODS AND COOK FROM SCRATCH WHEN POSSIBLE.**

- If you are not sure where to start try using the MITFIT 90 recipe book in your bonus packs. You will love it!

**2. TAKE A GOOD QUALITY PROBIOTIC AND EAT PLENTY OF FOODS THAT HELP TO INCREASE BENEFICIAL BACTERIA IN THE THE GUT.**

- Try eating more yogurt, kefir, garlic, whole oats, dark chocolate, etc.

**3. DRINK PLENTY OF GOOD QUALITY WATER WITH A PINCH OF SEA SALT DURING YOUR DAY TO STAY HYDRATED, PREVENT CONSTIPATION & HELP BALANCE YOUR BLOOD PRESSURE.**

- If you tend to get lightheaded or dizzy during your day try making electrolyte water: Add a small pinch of sea salt and a few tablespoons of juice to your water.

## TIPS

**EASY STEPS YOU CAN TRY:**

- Limit takeout foods to 1-2 times a week. If you must eat out try to avoid fast food restaurants and restaurant chains.
- When you go shopping fill your cart with foods mainly from the perimeter of the store instead of from the inside aisles.
- As soon as you wake up eat or take your probiotics on an empty stomach.

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DAY 38

DAY 39

DAY 40

DAY 41

DAY 42

DAY 43

DAY 44

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DAY 49

DAY 50

DAY 51

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DAY 57

DAY 58

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