

# INNOV8TIVE SUCCESS PLAN

## Step By Step Guide to Achieving Success

Get off the rollercoaster ride of diets and achieve **real results with Innov8tive Nutrition**. Combine the fat burning power of fasting with the energizing power of feasting. Harness the power of combining intermittent fasting using a 16:8 protocol 5 days of the week followed by 2 days of normal healthy eating. Which looks like:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Normal healthy eating	Start eating at 12pm til 8pm	Start eating at 12pm til 8pm	Start eating at 12pm til 8pm	Start eating at 12pm til 8pm	Start eating at 12pm til 8pm	Normal healthy eating
Stop eating at 8 pm	(16:8 Fasting)	(16:8 Fasting)	(16:8 Fasting)	(16:8 Fasting)	(16:8 Fasting)	

### Follow the step by step guide below to get started:

- 1. Benchmark:** Before you get started. Hop on the scale and get a starting weight and take measurements. (page 6)
- 2. Figure out Your Daily Calories:** Use an app like Loseit or My Fitness Pal or an online calorie calculator. Healthy Fat (60-70%), Protein (20-30%), Carbs (5-10%) are recommend ratios, but everyone is different so feel free to play around with them to find what's optimal for you.
- 3. Prep Your Home:** start to slowly get rid of products in your home which are not on the approved foods list
- 4. Ditch The Carbs:** Use the YES/NO Food List & Food Quality Buying Guide to go shopping
- 5. Plan Your Meals:** Use the YES/NO Food List to plan your meals.
- 6. Drink lots of water:** Drinking plenty of water will facilitate weight loss. Consume half a gallon to a gallon of water on a daily basis.
- 7. Keep track of what you eat:** It's important for you to track your food so you can get accurate feedback on what is working and what is not. You can track in a journal or use an app such as: My Fitness Pal or Loseit
- 8. Master the Art of Sweet Dreams:** You cannot be healthy or function optimally without adequate sleep. Take Innov8tive Sweet Dreams every night.
- 9. Move, Play, and Exercise More Often:** Combine healthy eating with walking and exercising to maximize your results and create a healthy overall lifestyle. Two to Three times per week engage in some higher intensity work.
- 10. Some Quick Eating Tips**
  - Eat when you're hungry and don't overeat.
  - Stock Up On Healthy Fats - Fat has become a dirty word in our society but there are plenty of good healthy fats.
  - Eat real food, not packaged. Eat fresh when you can.
  - Understand What Is Driving Your Cravings/Hunger - (Nutritional deficiencies, Stress, Lack of sleep).

Results may vary. No individual result should be seen as typical. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# INNOV8TIVE SUCCESS PLAN

## "YES" FOODS

Eat Plenty of these foods

### PROTEIN

- Grass-Fed Beef & Lamb
- Free range Chicken
- Pork
- Duck
- Quail
- Game Meat
- Organ Meat (kidney, liver, etc),
- Turkey
- Goat
- Cured meat
- Salmon
- Tuna
- Cod
- Fish
- Lobster
- crab
- Mussels
- Shrimp
- Clams
- Crawfish
- Octopus
- Scallops
- Oysters
- Sardines
- Anchovies
- Collagen protein
- Egg White Protein
- Eggs
- Beef Jerky (no nitrates/MSG)
- Innov8tive Sh8ke It Up

### DAIRY

Stick to full fat, non-antibiotic or hormone added, or pasteurized. Organic, fermented/aged, or homemade

- Milk
- Cheese
- Yogurt
- Cottage cheese
- Heavy Whipping Cream
- Kefir
- Ice Cream
- Butter

### VEGETABLES

- Acorn Squash
- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Garlic
- Eggplant
- Fermented Vegetables (sauerkraut, kimchi)
- Greens (Beet, mustard, turnip)
- Kale
- Kelp
- Leeks
- Lettuce
- Mushrooms
- Onions
- Olives
- Peppers (hot)
- Rutabaga
- Radishes
- Spinach
- Swiss Chard
- Seaweed
- Turnips
- Watercress
- Zucchini

### FRUIT

- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Kiwi
- Lemon/Lime
- Melon
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries

### NUT/SEEDS & BUTTERS

- Almonds
- Brazil Nuts
- Macadamias
- Pecans
- Walnuts
- Pistachios
- Hazel Nuts
- Pumpkin, Sunflower, & Sesame Seeds
- Tahini
- Cacao/Cocoa Butter
- Coconut Butter
- Almond Butter

### GRAINS/REFINED CARBS

- Shirataki Noodles
- Almond or Coconut Flour
- Coconut flakes or shredded coconut

### FATS & OILS

- Best: Cooking Fats
  - Animal Fats
  - Clarified Butter
  - Ghee
  - Coconut Oil
  - Extra virgin Olive oil
- Best: Eating Fats
  - Avocado
  - Almond Butter
  - Cashew
  - Coconut butter
  - Coconut Milk Unsweetened
  - Almond Milk Unsweetened
  - Hemp milk Unsweetened
  - Olives
  - MCT Oil

"YES FOODS" CONTINUED ON PG 3

# INNOV8TIVE SUCCESS PLAN

## "YES" FOODS

Eat Plenty of these foods

### SAUCES/DRESSINGS/SPICES

- Vinegars
- Avocado Mayonnaise
- Coconut Aminos
- Homemade Pesto
- Turmeric
- Black Pepper
- Nutmeg
- Parsley
- Paprika
- Dill
- Himalayan Sea Salt
- Ginger
- Cinnamon
- Basil
- Thyme
- Cilantro
- Curry powder
- Garam Masala
- Cloves
- Oregano
- Rosemary

### BEVERAGES

- Filtered/mineral water
- Sparkling water
- Unsweetened Teas (Black, green, herbal)  
w/heavy cream, ghee, or MCT oil
- Coffee w/heavy cream, ghee, or MCT oil
- Coconut Milk Unsweetened
- Almond Milk Unsweetened
- Hemp milk Unsweetened
- Bone Broth
- Full Fat Kefir
- Cold Pressed (low carb) juice

### SWEETENERS

- Stevia
- Swerve
- Monk Fruit



# INNOV8TIVE SUCCESS PLAN

## LIMIT FOODS

Limit the intake of these foods

### PROTEIN

- Sausages
- Packaged meats (no nitrates, gluten, soy)

### FRUIT

- Apples
- Bananas
- Grapes

### VEGETABLES

- Tomato
- Bell Peppers
- Pumpkin
- Butternut Squash

### GRAINS/REFINED CARBS

- Quinoa
- Jasmine Rice
- Buckwheat
- Ancient Grains (Amaranth, Spelt)

### FATS & OILS

- Margarine
- Hydrogenated or partially hydrogenated oils
- Man-made trans fats like in "I Can't Believe It's Not Butter"
- Vegetable oils
- Canola Oil
- Corn Oil
- Soybean oil
- Peanut oil
- Grapeseed oil
- Sunflower oil
- Safflower oil
- Rice Bran Oil

### SAUCES/DRESSINGS/SPICES

- Mustard
- Horseradish
- Wasabi

### BEVERAGES

- Other Nut Milks (may contain added sugar or carbs)
- Coconut water (no sugar added)
- Kombucha
- Wine (Non-fasting days only)
- Golden Milk

### SWEETENERS

- Raw, unfiltered honey
- Maple Syrup

## "NO" FOODS

Avoid these foods

### PROTEIN

- Grain fed, antibiotic, or hormone laden
- Factory Farmed
- With added sugar and chemicals

### VEGETABLES

- Corn
- Peas
- Canned or Processed vegetables
- Edamame
- Soybeans
- Legumes
- White Potatoes

### NUT/SEEDS & BUTTERS

- Peanuts
- Peanut butter
- Cashew butter
- Cashews
- Pine Nuts

### GRAINS/REFINED CARBS

- Bread
- Bagels
- Breadsticks
- Brownies
- Cake
- Candy
- Cereal
- Chips
- Crackers
- Cookies
- Granola
- Muffins
- Cupcakes
- Pasta
- Pastries
- Pita
- Naan
- Pizza
- Rolls
- Tortillas

### FATS & OILS

- Palm Oil
- Nut Oils (cold use only, don't cook with)

### SAUCES/DRESSINGS/SPICES

- Store bought condiments
- Ketchup
- Barbeque Sauce
- Mayonnaise
- Bottled Dressing

### BEVERAGES

- Alcohol (unless otherwise noted)
- Factory juices, coffees, teas, and drinks
- Soda/diet soda
- Soy Milk
- Store bought sport & energy drinks

**SWEETENERS** Any artificial flavored or sweetened food or beverage item

- No sugar alcohol based sweeteners
- Agave
- High Fructose Corn Syrup

# INNOV8TIVE SUCCESS PLAN

## Sample Days

### Here's What a 16:8 Day Can Look Like

**Sleep (fasted) 10pm-6 am**

**6:00 am:** Wake up

Take **Innov8 Complete** and the **Invigor8** together in the am first thing in the am with 2 **Biotics**, plus 8 sprays of **Success Spray** each morning and 4 more throughout the day if hungry

**7:00 am:** Coffee/Tea with heavy cream and MCT oil, or bone broth with ghee/MCT oil

**12:00 pm:** Giant salad, avocado, eggs and bacon, or a green smoothie

To give you energy through the afternoon lull have another **Invigor8**

**4:00 pm:** Almonds and organic string cheese

**7:00 pm:** Bacon Cheeseburger with a kale and spinach side salad, and Fat Bomb for dessert

**8:00 pm:** Stop eating

**9:00 pm:** Take **Sweet Dreams**, 30 minutes-1 hour before bed

### Here's What a "Normal Healthy Eating Day" Can Look Like

**Morning:** Drink Black Coffee or Tea with Heavy Whipping Cream

**Breakfast:** Bacon (3) and Eggs (2-3)

Take your supplements: **Complete, Success Spray, Biotics**, and **Invigor8**

**Lunch:** Salmon Kale & Avocado Salad

**Snack:** Garlic pepperoni chips

**Beverage:** Sparkling Water with lemon

**Dinner:** Butter & Garlic Shrimp with asparagus

**Snack:** Coconut Fat Bomb

**Exercise:** Go for a 30 minute walk

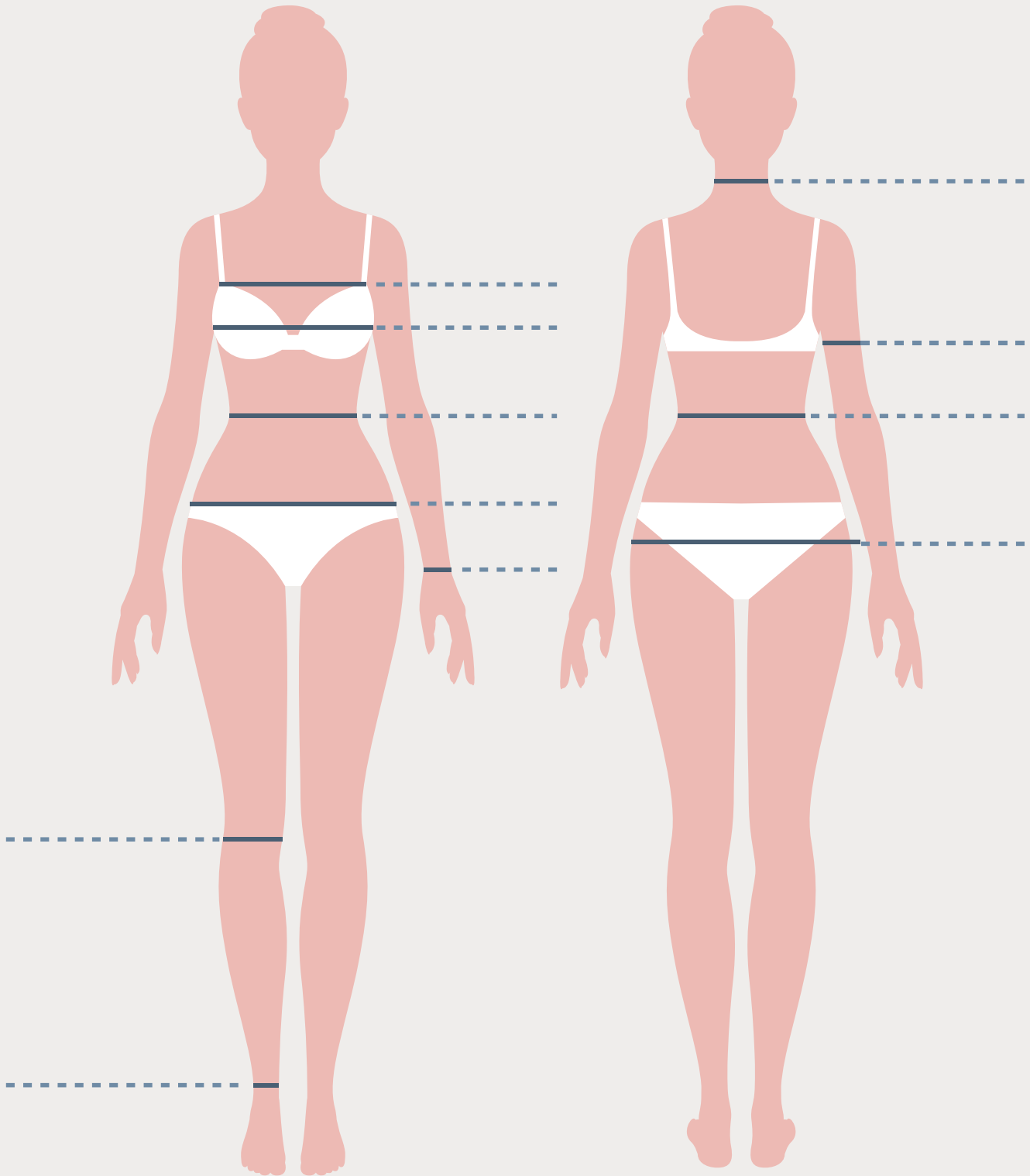
**Beverage:** Unsweetened Ice Tea

**Evening:** Take **Sweet Dreams**, 30 minutes-1 hour before bed



# INNOV8TIVE SUCCESS PLAN

## Measurement Chart



# INNOV8TIVE SUCCESS PLAN

## Weight Tracker

Starting Weight _____	Difference _____
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7 _____	_____
8 _____	_____
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