

CONQUER THE BLOOD SUGAR BATTLE

30 DAYS TO INCREASE YOUR ENERGY, BREAK SUGAR ADDICTIONS, AND COMBAT DIABETES.

Simplify, Stick to it, Succeed!

Directions:

Fill out the 30 Day Exercise Journal each day, bring to your ML doctor to review and to troubleshoot, keep yourself accountable, and track your progress.

NUTRITION PLAN	EXERCISE PLAN	SUPPLEMENTS	SMOOTHIE RECIPES
<p>Eat your way to a healthier you! Eat a sensible Advanced Plan breakfast, lunch and dinner each day. Eliminate snacking to help balance insulin and leptin more quickly. After the first 10-14 days, cravings should disappear. You should not feel hungry all the time. You should not feel deprived. You should expect weight loss, increased energy levels, and better sleep.</p>	<p>Commit yourself to MaxT3 which is just 12-18 minutes of exercise 3-6 times per week. Follow the DVD/online instructions. This will give you the very best results in the shortest period of time.</p> <p>You will need to purchase a stability ball and weighted bands.</p> <p>You can purchase the DVD from your doctor or visit MaxT3.com to purchase the digital version.</p>	<ul style="list-style-type: none"> • Vitamin D + Probiotics – 1 with lunch • ML Grass-Fed Whey or Plant Protein – for breakfast or lunch • Max Greens – 1 scoop per day • Max GI – one before lunch, one before dinner • Optimal Omega – 2 in the morning • MaxFit – 1 before each meal • ML Nutrition Plans Book – follow instructions for advanced plan 	<p>Strawberry: ½ can full fat coconut milk large handful frozen strawberries 1 scoop vanilla protein</p> <p>Mixed Berry: ½ can full fat coconut milk large handful frozen mixed berries 1 scoop vanilla protein</p> <p>Chocolate Blueberry: ½ can full fat coconut milk large handful frozen blueberries 1 scoop chocolate protein</p> <p>Chocolate Raspberry: ½ can full fat coconut milk large handful frozen raspberries 1 scoop chocolate protein</p>

<p>Day 1</p> <ul style="list-style-type: none"> • Breakfast - Smoothie • Lunch - Smoothie • Dinner - Stuffed Porto Patty with green salad • Plenty of water 	<p>Day 2</p> <ul style="list-style-type: none"> • Breakfast - Smoothie • Lunch - Smoothie • Dinner - Sautéed Sauerkraut with chopped chicken sausage • Plenty of water 	<p>Day 3</p> <ul style="list-style-type: none"> • Breakfast - Smoothie • Lunch - Smoothie • Dinner - Grass-fed sirloin steak with Mashed Faux-tatoes & green beans • Plenty of water 	<p>Day 4</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Rotisserie Chicken with broccoli, cucumbers, lemon and dill • Plenty of water 	<p>Day 5</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Bread-less Swedish Meatballs with Faux-Potatoes & broccoli • Plenty of water
<p>Day 6</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Salmon cakes with red pepper sauce • Plenty of water 	<p>Day 7</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Caribbean Chicken with green beans & salad • Plenty of water 	<p>Day 8</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Chicken Fajitas w/guacamole • Plenty of water 	<p>Day 9</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Grass-fed sirloin steak with Chile Zucchini mash & broccoli • Plenty of water 	<p>Day 10</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Creamy Coconut Cod with spinach & walnuts • Plenty of water
<p>Day 11</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Vegetable Beef Soup • Plenty of water 	<p>Day 12</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Super Easy Chicken Stir Fry • Plenty of water 	<p>Day 13</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Loaded Cauliflower Chicken Bake • Plenty of water 	<p>Day 14</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Almond Flour & Flax Meal Pizza w/salad • Plenty of water 	<p>Day 15</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Asian Turkey Lettuce Wraps • Plenty of water
<p>Day 16</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Roasted Vegetable Lasagna • Plenty of water 	<p>Day 17</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Wild-caught Salmon Chowder with salad • Plenty of water 	<p>Day 18</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Basic Chili w/ Spanish Cauliflower “rice” • Plenty of water 	<p>Day 19</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Chicken Savoy with broccoli & zucchini • Plenty of water 	<p>Day 20</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Grass-fed Steak with Blasted Cauliflower & sliced cucumbers • Plenty of water
<p>Day 21</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Italian Meatball Soup with salad • Plenty of water 	<p>Day 22</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Tex-Mex Casserole with Corn-less bread topping and salad • Plenty of water 	<p>Day 23</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Blackened Salmon with wilted spinach • Plenty of water 	<p>Day 24</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - “Spaghetti” with meat sauce and & salad • Plenty of water 	<p>Day 25</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Chicken Cacciatore with greens & Caesar Dressing • Plenty of water
<p>Day 26</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Chicken Asparagus Marsala with Tahini Kale Salad • Plenty of water 	<p>Day 27</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Meatloaf with Mashed-Faux Potatoes • Plenty of water 	<p>Day 28</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Teriyaki Salmon with wilted spinach & salad • Plenty of water 	<p>Day 29</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Crustless Broccoli Quiche with side salad • Plenty of water 	<p>Day 30</p> <ul style="list-style-type: none"> • Breakfast - Pick 1* • Lunch - Pick 1** • Dinner - Healthy Chicken Fingers w/salad & Blasted Cauliflower • Plenty of water

For days 4-30:

- *Breakfast: skip, or smoothie, eggs, veggies, berries or granny smith apple with almond butter.
- **Lunch: smoothie, salad with protein, or leftovers
- Dinner: Advanced Plan Dinner

- Suggestion to accelerate results and improve health: 2+ times a week skip breakfast or dinner