

Fit Chicks Survivor Nutrition Island Itineraries

<i>Three Islands. Average 90 Point Per Day. Get Your Money Back... Where will you go?</i>	Progress~	My CHAOS.	No LIMITS!
ISLAND FOODS	Total 20 Points	Total 20 Points	Total 20 Points
BREAKFAST - <i>Fit Chicks!</i> SHAKE RECIPES ONLY			X
LUNCH - <i>Fit Chicks!</i> SALAD OR SOUP RECIPES (AND PORTION SIZE) ONLY		X	X
DINNER - <i>Fit Chicks!</i> RECIPES (AND PORTION SIZE) ONLY			X
MID MORNING SNACK (10-12 NUTS) Walnuts and Almonds Suggested	X	X	X
MID AFTERNOON SNACK (VEGGIES + A FAT (1/2Avocado 3 Wals, TBSP Pine Nuts, 6 Olives, 1 Egg)		X	X
BREAKFAST - SHAKE (Plant-based Protein Powder, Water, Approved Fruits/Veg/Seeds)		X	
DINNER - SIMPLE PLATE OF LEAN PROTEIN 4-5 OZ AND APPROVED VEGGIE (2 CUPS)	X	X	
LOG/TRACK FOOD AND DRINK (on paper, in an app, or email)	X		
RESTORATION RITUALS	Total 20 Points	Total 20 Points	Total 20 Points
7 HOURS OF SLEEP	X	X	X
DRINK 75 oz of WATER, NON-CARBINATED, NON-FLAVORED	X	X	X
TAKE MULTIVITAMIN	X	X	X
TAKE FIBER SUPPLEMENT (2.5 to 7.5 grams daily)		X	X
TAKE MAGNESIUM CITRATE (200-600 mg daily)		X	X
TAKE PURIFIED FISH OIL (EPA/DHA) (2 grams)			X
FORBIDDEN FOODS	Total 20 Points	Total 20 Points	Total 20 Points
NO ADDED SUGAR OR SUGAR SUBSTITUTES	X	X	X
NO DAIRY, DAIRY SUBSTITUTES OR NUT MILKS	X	X	X
NO HYPER-PROCESSED PACKAGED FOODS	X	X	X
NO GRAINS		X	X
NO BEANS, PEAS, LENTILS		X	X
NO FRUIT (OUTSIDE OF BREAKFAST)		X	X
NO MORE THAN ONE K-CUP, TEA BAG, OR 12 OZ OF A NO-CALORIE CAFFEINE DRINK	X	X	
NO CAFFEINE			X
NO ALCOHOL	X	X	X
JACKPOT EXCURSION!!!			
TAKE 3 BREATHING BREAKS (Inhale 5sec, Hold 5sec, Release 5sec - Repeat 5X)	5 PTS	10 PTS	10PTS
JOURNAL (NOT FOOD LOGGING) FOR 15 MIN	5 PTS	10 PTS	10PTS
30 MINS OF PHYSICAL ACTIVITY (exercise, walk, dance, JUST MOVE)	20 PTS	30 PTS	30 PTS
DETOX BATH (2 Cups Epsom Salt, 1/2 cup Baking Soda and 10 Lavender Oil Drops, Soak-20 min)	20 PTS	30 PTS	30 PTS
ABHYANGA (a cured sesame oil head-to-toe, self massage)	40 PTS	40 PTS	40 PTS
Watch for Surprise Excursions!	POINTS!	POINTS!	POINTS!