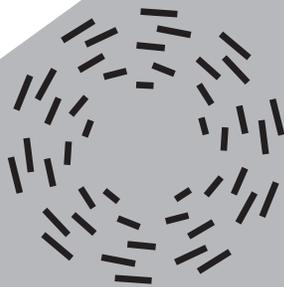




Kiwi Gym

Post Holiday Reboot

Boost your energy levels and metabolism



This protocol is straightforward, replace your breakfasts with these smoothies to detoxify your body and reboot your metabolism and energy systems after the holiday sloth.

Essentials

High nutrient foods

We always hear about fats, carbs and proteins but you very rarely hear anyone talking about micronutrients (Vitamins A through Zinc) Micronutrients are essential for energy systems and for optimal cell health (energy levels, hair, skin, eyes)

MRM L-Glutamine

To help you recover from hard workouts, strengthen immune system, heal the gut from any damage caused by sub optimal food choices over the holidays, boost healthy gut bacteria (probiotics)

MRM Whey Protein

Easily digested so it won't slow you down in the am. Helps recover from tough workouts

Paradise Herbs Super Greens

Mega dose of nutrients that rev-up energy, detoxify and energize cells.

Optional

Seeking Health Vitamin B Complex

B Vitamins are essential for energy systems. They help use macronutrients (Protein fats carbohydrates) to create energy. Vitamin B12 deficiency in particular is very common in America. It is important that the B12 and Folate in a B complex are methyl versions.

Seeking health Vitamin D3 plus K2

Highest deficiency in America. Essential for normal hormone balance and energy systems. Deficiency linked with lethargy, certain diseases, and depression. K2 and D3 together protect heart, teeth and bones.

Seeking Health Magnesium

Second highest deficiency in America. Vigorous exercise and alcohol both force your body to use more magnesium. Essential for glucose metabolism (deficiency linked with diabetes) also calms the nervous system so is best taken at night (helps with sleep and relaxation)

Seeking Health Probiota HistminX

Specially formulated probiotic to help fight allergies, support immune function and normal digestion and nutrient absorption

Paradise herbs Rhodiola

Herb that helps fight fatigue and stress and increases energy and endurance.

Smoothies

Days 1 & 2

Rocket ship

8oz chilled coffee (Chill in refrigerator over night)
L-Glutamine powder- 2 teaspoon for women, 3 men
1 scoop whey powder
Paradise herbs ORAC greens
1/2 small banana
1 cup frozen strawberries
2 handfuls spinach
1 cup dried coconut
1/2 cup soaked cashews (Soak in blender overnight)

Days 3 & 4

Kiwi cocktail

8oz water
L-Glutamine powder- 2 teaspoon for women, 3 for men
1 scoop whey powder
Paradise herbs ORAC greens
1 cup frozen blueberries
2 handfuls chard
1 cup sunflower seeds
1/2 cup soaked pecans (Soak in blender overnight)

Days 5 & 6

Kung foo panda

8oz chilled green tea or Matcha green tea
L-Glutamine powder- 2 teaspoon women, 3 men
1 scoop whey powder
Paradise herbs ORAC greens
1 cup frozen pineapple
2 handfuls spinach
1 cup chia seeds
1/2 cup soaked almonds (Soak in blender overnight)

* Matcha green tea is powdered green tea which is significantly higher in antioxidants. To make 8oz matcha green tea add 1/2 to 1 teaspoon of powder to 8oz water.
If you make green tea from tea bag, simply add green tea bag to the water.

Days 7 & 8

Cocoa motive

8oz water
L-Glutamine powder- 2 teaspoon women, 3 men
1 scoop whey powder
Paradise herbs ORAC greens
1 teaspoon cocoa or raw cacao powder
1/2 banana
2 handfuls chard
1 cup frozen strawberries
1/2 cup soaked pecans (Soak in blender overnight)

* The difference between Cocoa and Raw cacao isn't heat processed so it maintains more of the essential enzymes and vitamins

Lunches & Dinners

You lunches and dinners should be made up of wholefoods only. These include:

- Green/Fibrous Vegetables
- Fruits
- Nuts
- Seeds
- Red meats (Bison, beef, lamb, venison etc)
- Poultry (Chicken, Turkey etc)
- Low mercury fish (Salmon, Mahi, halibut, Snapper etc)
- Seafood and mollusks (Shrimp, crab, shellfish, squid etc)

Also allowed in smaller amounts:

- Cheeses and goat cheeses
- Butter and cream
- Coffee and tea
- Raw honey