



CONSCIOUSLY NUTRITIOUS

90-Day Program
Brought to you by: Consciously

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THANK YOU!

Thank you so much for joining our program and embarking on a life changing journey. Our goal for you is to see real results in the next 90 days and for you to feel confident in your health choices for the rest of your life! Your efforts will extend far beyond you and we are so grateful you have chosen to participate in Consciously Nutritious.

- Harry & Melanie
Consciously

WHAT IS "CONSCIOUSLY NUTRITIOUS"?

A 90 day nutrition program for people to experience health. Our method is designed to build a lifestyle you can carry with you for the rest of life.

GOAL

Educate you to be self-sufficient and in full control of your health while getting amazing results!

OVERVIEW

90 days of guided health coaching. Each week a new lesson will be taught, we will be available to help you encourage you to reach out to us and the group for support.

WHY ARE WE DOING THIS?

How many of us eat healthy and exercise on a regular basis?

Let's let the statistics from the CDC in the U.S. to answer that for us:

- More than 1/3 of people have high blood pressure
- More than 1/3 of people are obese
- Diabetes rates have more than doubled since 1994 going from 5.5% to 12.6%
- Heart disease is the leading cause of death (about 1 in every 4 deaths)

Unfortunately, the Standard American Diet (SAD) and lack of exercise play a vital role in these statistics. Lack of general health is a serious problem in the U.S. today and it shouldn't be taken lightly.

What can you do to not be a part of these statistics?

Take action! We are looking for participants that are ready to take control of their health again. The "Consciously Nutritious" program is designed to help the participants with the following:

- Lose weight
- Lower body fat % and specifically the dangerous visceral fat (shrink fat cells)
- Gain lean muscle
- Regulate blood pressure and resting heart rate
- Lower your cholesterol levels
- Be naturally energized throughout the day!

PARTICIPATION

You will get out of life what you put into it. We can't make you do anything, but we will do our best to create an environment that helps you succeed in your health goals. Are you ready and willing to make the same commitment to yourself? Consciously Nutritious is a 90 day program, and all participants will see the greatest as well as longest lasting results if they participate for the entirety of the program.

PARTICIPATION: BEFORE PROGRAM BEGINS

See Pre Program Checklist for this information.

PARTICIPATION: DURING PROGRAM

1. Follow the nutrition program
2. Learn about health and nutrition on weekly videos and modules
3. Be willing to meal prep one day per week if your schedule is busy
4. Take part in the community
5. Stick with the program to its finish
6. Take control of your health!

PARTICIPATION: FINISHING THE PROGRAM

1. Get another physical to compare results
2. Take after pictures (front, side, back, flexing)
3. Complete final stats consisting of:
 - Body measurements (inches, body fat percentage)
 - Workout baselines (push-ups, pull-ups, plank, 1 mile run)
4. Submit testimonials and stats for a chance to win a free month in Consciously Nutritious For Life

PARTICIPATION DETAILS

1. Get a physical

Height, weight, blood pressure, resting heart rate, and blood work (blood lipid profile, cholesterol level, etc.)

- The physical will be used to measure where your internal health currently stands
- These stats will be compared to the results after the program is finished
- If there are any health concerns that come up during this process, we may need to have your doctor monitor the process. We have found that doctors are somewhat skeptical of nutrition and fitness being as much of a health boost as it is, however, we have found others to be very interested in the process and eager to see the end results

Blood Work: Ask for

1. Blood Lipid Profile (for cholesterol and fatty contents)
2. Comprehensive Metabolic Panel (measures your sugar (glucose) level, electrolyte and fluid balance, kidney function, and liver function)
3. C-Reactive Protein (for inflammation levels and a marker for disease)

2. Take “before pictures”

Pictures in underwear or swimsuit of: front, both sides, back, flexing

- The before pictures will be used as a visual aid for you to track your progress over the three months. Sometimes it is hard to see our external changes if we see ourselves every day in the mirror.

3. Initial Stats:

Body measurements, body fat percentage, workout baselines (push-ups, pull-ups, plank, 1 mile run)

- The initial assessment gives you a baseline of your current fitness level
- These states will be compared to the results after the program is finished

4. Buy a high quality blender, good probiotic, and multivitamin

OPTIONAL: DHA+EPA omega-3 fatty acids and oil-less salad dressings

- Purchasing the products above is imperative to good health (all links to these products will be found on the “Pre Program Checklist”)
- A high-powered blender is key to breaking down the food enough to rupture the cells and release the nutrients that we are targeting to absorb. Yes, they can be expensive, but it is not only an investment for the next three months, but for several years to come... invest in your health! (There are links on the “Pre Program Checklist”. We personally have used several and are using the Blendtec right now)

- A good multivitamin is unfortunately important for two reasons: the first is that even with eating a well-rounded highly nutrient dense diet it is hard to get everything the body needs to thrive. The second is that we will be no meat and dairy during the program and there are a few vitamins and minerals that we will want to supplement as a result (more on this during the classes, the risks outweigh the benefits of eating meat and dairy) (There is only one link to a multivitamin below because we have yet to find a better multivitamin the with ingredients needed to support the diet that we are going to be adopting. I also like it because it excludes some vitamins that many other multivitamins do not, like Vitamin E, because it has been shown that when synthesized down into its molecular form, Vitamin E has been shown to have adverse effects on the body. Vitamin E when eaten in a whole food is healthy however... nutrition can be tricky!)

- Probiotics are great for adding in the good bacteria that the gut needs to function properly. We are exposed to do many bad bacteria and antibacterial agents today that this has become a must in a well-balanced diet (there is only one link to a probiotic below and it is the one I have found the most benefits with. If anyone has one that they use that they love, please let me know!)

Optional:

- DHA+EPA omega-3 fatty acids are a healthy and well sourced way to get your important fats in on top of a well-balanced diet. These fatty acids are there to promote healthy cognitive function, help regulate the lipid profile in your blood, and act as an anti-inflammatory agent. The fish oil boom has recently taken the health world by storm highlighting the importance of these two specific fatty acids. However, there are concerns with fish oil due to contamination and sourcing of the fish that they are derived from. The link to the DHA+EPA supplement is algae based and made in a lab, making them a safe source.

Oil-less salad dressing is going to be crucial during our program. We are going to be eating A LOT of salads and having the right dressing can make or break that process. We are going to be cutting out most oils during the program so it is important to have proper salad dressing ready to go. You can make your own dressings but it can be time consuming and we want to make it as easy as possible on you. The link is from the same doctor that we pull a lot of our information from as well as the multivitamin.

SCHEDULE

This is the general outline for the program.

Pre Program: [Cleaning Out Your Kitchen](#)

Pre Program: [Consciously Nutritious - Overview](#)

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[Week 1: Food Addiction and Mindset for Success \(no meat, dairy, or eggs\)](#)

[Week 2: The Core of Good Nutrition \(no salt and oil\)](#)

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Week 3: The Cleanse (LSS, no nightshades, banana, oats, orange/ juice, protein powder)

Week 4: Documentary Week! (LSL)

Week 5: Supplements (LSS w/ reintegration)

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Week 6 Part 1: Exercise

Week 6 Part 2: Sports Nutrition

Week 7: Meat, Dairy, & Eggs

Week 8: Special Events & More

Week 9: Making the Program Your Own

Week 10: Yo-Yo Dieting

Week 11: Fast Food & Eating Out

Week 12: Impact - Why this diet is Conscious

Week 13: You Did It!

TESTIMONIAL SUBMISSIONS

We would love to share your success stories with our community and the world. Send us in your stats at the end of the program and if your testimonial is chosen, we will feature you on our website if you are interested! If featured, you will receive an entire free month of Consciously Nutritious For Life!

CONSCIOUSLY NUTRITIOUS FOR LIFE

After the program is over, many people feel ready to eat this way as a lifestyle but still want to be in a community of likeminded individuals. As a result, we have created Consciously Nutritious For Life where everyone who has completed the Consciously Nutritious Program can go to connect with each other. In CN For Life our goal is to give you all a platform to connect, post your own cooking videos, meet new people, interact with us as we post talks on different nutritional subjects, and more!

