Bring Out the BEST Version of YOU

**The Nine Commitments:**

1. Eat 4x4 (four meals a day, every 4 waking hours).
2. Carb portion, no larger than your clenched fist (pile of rice, pasta, baked potato) whole/dried fruits & berries in abundance.
3. Protein portion, no larger than palm of hand (chicken, turkey, fish/seafood, protein bars, protein shakes, beans, legumes, nuts, seeds).
4. Avoid red & cured meats (ground beef, steak, buffalo, pork, bacon, ham, sausage, salami, bologna, lamb, goat, etc.).
5. Avoid cheeses, cream-based sauces, and fatty condiments (fondue, sour cream, mayonnaise, guacamole, butter sautés).
6. Avoid wheat flours, gluten, corn flour, corn meal, and corn starch.
7. Avoid added sugars (especially hidden in packaged products & recipes), fruit juice drinks, and concentrates.
8. Drink only clear purified alkaline, spring, or distilled water (every other drink is an emotional desire, not a nutritional need).
9. Workout (log 12000 steps, or equivalent one hour of physical effort like weight training, group classes, hiking, cycling, yoga, team sports, etc.) four days a week minimum.

As an overall exercise in personal discipline, maintain above approach until reaching 10% bodyfat men, and 20% bodyfat women, using the same standing bioelectrical impedance scale before, during and after. Once achieved, it will seem effortless to cruise at a comfortable 5 points higher year-round. When you falter, stay positive, and quickly hop back on protocol…

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*You CAN Do It!*