

14 DAYS TO AMAZING!



What if you could feel AMAZING in just 14 days?

What if you could lose 6-7 lbs in 14 days? What if you could wake up feeling better than you have in years, in just 14 days? If you're in a rut and need a spark, "14 days to AMAZING" might be just what you're looking for. What do you have to lose? This program is doable but you have to put in the work. Let's get started!

In my opinion, there are 2 holy grails to health and feeling better so let's just get those out of the way.

Get 7-8 hours of sleep every night. I know that we're all different and have different needs but LISTEN to your body and use this as a guide. If you don't do this ONE thing, EVERYTHING else suffers. It's really tough to be patient with your spouse and kids on 5-6 hours of sleep. It's tough to feel AMAZING unless you are well rested.

Hydrate. I know, you forget. You're too busy. Water is boring. Get over it. SEVENTY percent of your body is water. It's kind of important. So, how much water? That's a tricky question so I will answer it like this, "most likely more than you are now." If you Google it, you might find a common answer of 8 glasses a day. But you might also find people who exercise regularly need up to a gallon a day. Here's the thing, if you are currently drinking 1-2 a day (like

most people) 8 is going to feel like Niagara Falls! So here's my suggestion. Drink MORE. If you are drinking 1-2 try drinking 3-4 for a few weeks. Be consistent.

Remember this word. INCREMENTAL. Do NOT try to do it all in 14 days. This is a "jump start" to Amazing. This is not, "lose 10 lbs by the weekend on time for the reunion." Which brings me to the next point, this is not a "diet plan" or a "weight loss" plan. This is a list of steps to move you in a direction of happiness. Health is only one part of that.

Read over the schedule before you start. Set a start date (and don't wait too damn long. Get going!). Email me at georgesineros@LifeRoo.com. I will be keeping in touch and will be adding daily challenges. When you email me with your start date write it as a promise. People break goals all the time but rarely break promises.

Follow the program for 14 days. Plan 1-2 days off per week to rest and CELEBRATE!

Celebrate your accomplishments of each week. Celebrate Life! Take the day off. Reward yourself with a bike ride or a hike. Reward yourself with a coffee and a good book. Reward yourself with a cool new water bottle. Do not reward yourself with food. J

*What you focus
on expands.
Choose wisely.*

Morning: (After 7-8 hours of sleep)

Hydrate – Drink 8 oz of water BEFORE YOU DO ANYTHING ELSE!

Exercise for 20-30 minutes – Walk, Run, Bike, Swim, exercise DVD – AFTER DRINKING WATER BUT BEFORE ANYTHING ELSE!

Stretch for 5 minutes and set the tone of the day – Acknowledging the things you are grateful for in your life. If your mind wonders...re-focus.

Healthy Breakfast*

Healthy snack*

Hydrate

Afternoon:

Healthy Lunch*

Hydrate

Healthy snack*

Hydrate

Evening:

Healthy dinner*

Hydrate

Do not eat after 7:30pm – If you feel hungry, Hydrate

**Examples of healthy meals and snacks are well planned in the book [The CarbLovers Diet](#).*

Before you go to bed – List at least 10 things you are thankful for in your life. Once they are listed, expand on the ones that really stand out. There are no rules. It might be a paragraph or a page. You will be writing 10 things each day so if you think of something during your day, write it down and write more about it before you go to bed. I recommend starting a lifelong "gratitude journal".



Recommendations

- No t.v. news for 14 days. (and then forever if possible)
- No scale for 14 days. It's not about how much you weigh. It's about how you FEEL! Weigh yourself on the first day and then on the 14th. That's it.
- No excuses for 14 days.

At the end of the day, "Awesome" is a decision.

- Mix up your workouts with both cardio and strength training. I get my strength training from DVD's. If you need suggestions, let me know. (Do not get into the habit of JUST cardio.)

- Write down how you feel when you blow off your workout. Write down how you feel the moment your workout is over. Compare the two.

Here are my thoughts on eating:

- Keeping track of calories CAN be a hassle but honestly, it has made a HUGE difference for me. And if you have a smartphone, download the Spark People app for free. It has calories listed for EVERYTHING and makes tracking EASY. You can also do it from your computer at www.SparkPeople.com. Enter your goal weight and when you would like to achieve it and it will tell you how many calories to eat in a day. I ABSOLUTELY LOVE THIS APP! **Your goal for the first 7 days will be 1200 calories. After 7 days you can bump it up to 1600 calories.**
- Eat 4-5 times a day but stay within those calories.
- Do not drink your calories for 14 days. No soft drinks, juice etc. Coffee, water, tea are all fine.
- If it comes in a wrapper, don't eat it.
- Being dehydrated not only slows down your fat-burning ability but also decreases your mental energy. Go get some water!!
- Cravings will disappear after two minutes if you walk away and turn your attention elsewhere.

*Actions = Results
Sometimes it's
just that simple!*

- If your food can go bad, it's good for you. If it can't go bad, it's bad for you.
- PLAN YOUR MEALS! Definitely for the next day but plan for the next 14 days if at all possible! It will make ALL the difference!

- Don't beat yourself up, it's a journey.
- This is about incremental change. It's about creating changes that you can LIVE with.

- Did you know that weight loss is 80% what you eat and 20% exercise???

Can you lose weight without exercise? Of course but by working out you are building muscle and creating a fat burning machine = long term success.

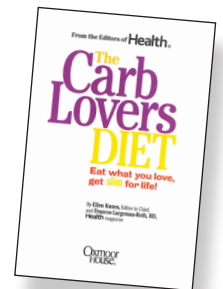
The first book I recommend is "The CarbLovers Diet." I know, I know, the title goes against EVERYTHING you have read or heard about carbs right? Carbs are evil! Maybe not. How have those diets worked for you so far? Maybe you lost 10-15 lbs on a low carb diet. My guess is you have gained those lbs back and maybe more. **The first 7 days of their plan is designed to help you lose up to 6 lbs with minimal effort. Worth a try?**

While you're out buying that book, pick up, What you say when you talk to yourself by Dr. Shad Helmstetter as well as a journal.

Highly recommended reading:

(In my suggested order)

- The CarbLovers Diet – Ellen Kunes
- What you say when you talk to yourself – Dr. Shad Helmstetter
- Unlimited Power – Anthony Robbins
- Goals – Brian Tracy



Here's the thing, you can't change everything overnight. If you try to do too much, you may burn out. I'm giving you a few basic steps that I think will build a foundation for long term success and happiness. If you are already exercising, keep exercising and work on the other elements I have outlined.

SIMPLE REVIEW:

1. GET 7-8 hours of sleep
2. Hydrate
3. Exercise 20-30 minutes a day
4. Eat 4-5 healthy meals a day
5. Write in your gratitude journal nightly.



Commit to it for ONE day. And then two. String them together and in 14 days you will be on your way to an Amazing life. One day at a time.

Email me (georgesisneros@LifeRoo.com) if you have questions or if I can help in any way.



BREAKFAST



Banana-Nut Oatmeal

By combining Resistant Starch powerhouses—banana and oatmeal—this morning meal alone gets you halfway to your Resistant Starch goal of 10 daily grams. The walnuts add some omega-3s, too, for extra fat-burning.

PREP: 5 minutes
COOK: 5 minutes
TOTAL TIME: 10 minutes
MAKES: 1 serving

Resistant Starch: **5.2g**

- ½ cup rolled oats
- 1 cup water
- 1 banana, sliced
- 1 tablespoon chopped walnuts
- 1 teaspoon cinnamon

1. Combine oats and 1 cup water in a small microwave-safe bowl. Microwave at HIGH 3 minutes.
2. Top with banana slices, walnuts, and cinnamon.

Serving size: 1½ cups | Calories 310; Fat 8g (sat 1g, mono 1.5g, poly 4.5g); Cholesterol 0mg; Protein 8g; Carbohydrate 57g; Sugars 16g; Fiber 9g; RS 5.2g; Sodium 0mg



Banana & Almond Butter Toast

This breakfast option couldn't be simpler, but it packs a nutritional wallop. The rye bread and banana will get you halfway to your daily Resistant Starch goal, and the almond butter adds metabolism-boosting MUFAs.

PREP: 5 minutes
TOTAL TIME: 5 minutes
MAKES: 1 serving

Resistant Starch: **5.6g**

- 1 tablespoon almond butter
- 1 slice rye bread, toasted
- 1 banana, sliced

1. Spread almond butter on toast.
2. Top with banana slices.

Serving size: 1½ cups | Calories 280; Fat 11g (sat 1g, mono 7g, poly 2.5g); Cholesterol 0mg; Protein 6g; Carbohydrate 44g; Sugars 16g; Fiber 5g; RS 5.6g; Sodium 260mg

LUNCH



Express Lunch Plate

Grab the ingredients for this fast, filling lunch from the corner deli. This combo is rich in fiber, protein, and other metabolism boosters. If you prefer a different type of cheese, swap it.

PREP: 5 minutes
TOTAL TIME: 5 minutes
MAKES: 1 serving

Resistant Starch: **1g**

- 1 large hard-cooked egg
- 1 (1-ounce) Cheddar cheese wedge
- 1 apple, cored and sliced
- 3 rye crispbread crackers

1. Arrange all ingredients on a plate and enjoy.

Serving size: 1 plate | Calories 400; Fat 15g (sat 8g, mono 5g, poly 1g); Cholesterol 240mg; Protein 16g; Carbohydrate 51g; Sugars 20g; Fiber 9g; RS 1g; Sodium 320mg

Chicken Pita Sandwich

This easy sandwich will fill you up with lean protein, along with a hearty 5 grams of fiber from the whole-grain pita and veggies inside. Use precooked chicken strips or rotisserie chicken to save time.

PREP: 5 minutes
TOTAL TIME: 5 minutes
MAKES: 1 serving

Resistant Starch: **1g**

- 1 cup baby spinach
- ½ cup (4 ounces) cooked skinless, boneless chicken breast, sliced into ½-inch strips
- ½ cup sliced red bell pepper
- 2 tablespoons low-fat Italian vinaigrette
- 1 (6-inch) whole-grain pita, cut in half

1. Combine spinach, chicken, bell pepper, and vinaigrette in a bowl; toss gently.
2. Serve in pita halves.

Serving size: 2 stuffed pita halves | Calories 400; Fat 10g (sat 1.5g, mono 1.5g, poly 2g); Cholesterol 95mg; Protein 43g; Carbohydrate 36g; Sugars 5g; Fiber 6g; RS 1g; Sodium 670mg



DINNER

Black Bean Tacos

The black beans in this dish should be every dieter's best friend. They provide plenty of Resistant Starch, along with appetite suppressing fiber and protein. The cheese offers CLA for an extra metabolism kick. To save time, use prewashed lettuce and preshredded carrots.

PREP: 5 minutes
COOK: 5 minutes
TOTAL TIME: 10 minutes
MAKES: 2 servings

Resistant Starch: **4.7g**

- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 6 (6-inch) corn tortillas
- 6 tablespoons shredded Cheddar cheese
- 2 cups shredded Romaine lettuce
- 1 cup grated carrots
- ¼ cup salsa

1. Microwave beans at HIGH 2 minutes or until heated through.
2. Heat a nonstick skillet over medium heat. Add tortillas, one at a time; cook 1 minute on each side.
3. Divide beans evenly among tortillas. Top with even amounts of cheese, lettuce, carrot, and salsa.

Serving size: 3 tacos | Calories 420; Fat 8g (sat 5g, mono 0.5g, poly 1g); Cholesterol 25mg; Protein 18g; Carbohydrate 69g; Sugars 5g; Fiber 17g; RS 4.7g; Sodium 420mg



Skillet Salmon & Parmesan Potatoes

Salmon, like tuna, is packed with metabolism-boosting omega-3 fatty acids. This dish also features CLA in the cheese, Resistant Starch from the potatoes, and fiber from the greens.

PREP: 8 minutes
COOK: 12 minutes
TOTAL TIME: 20 minutes
MAKES: 2 servings

Resistant Starch: **2.1g**

- 1 (6-ounce) salmon fillet (about 1-inch thick)
- Cooking spray
- 2 medium potatoes
- Salt and pepper, to taste
- 4 tablespoons shredded Parmesan cheese
- 2 cups mixed salad greens
- 1 cup chopped tomatoes
- 2 tablespoons low-fat balsamic vinaigrette
- 1 lemon

1. Heat a nonstick skillet or grill pan over medium-high heat. Coat fish with cooking spray. Add fish to pan, and cook 6 minutes on each side or until fish flakes easily when tested with a fork.
2. While fish cooks, pierce potatoes with a fork; arrange in a circle on paper towels in a microwave oven. Microwave at HIGH 8–10 minutes, turning potatoes after 5 minutes. Let stand 5 minutes.
3. Cut the cooked potatoes in half, and sprinkle with the salt, pepper, and Parmesan cheese.
4. Combine greens, tomatoes, and vinaigrette in a bowl; toss gently.
5. Cut lemon in half, and squeeze lemon juice over fish. Serve salmon with potatoes and salad.

Serving size: 3 ounces salmon, 2 potato halves, and 1½ cups salad | Calories 410; Fat 12g (sat 3g, mono 2g, poly 2g); Cholesterol 50mg; Protein 30g; Carbohydrate 49g; Sugars 7g; Fiber 7g; RS 2.1g; Sodium 660mg

