

**NUTRITIONAL INFORMATION:**

**(MAJOR PART OF MY DIET)**

- G – Greens/ Vegetables**
- O – Onion (one per day)**
- M – Mushroom (one per day)**
- B – Beans and Berries**
- F – Fruits**
- S – Seeds**
- N - Nuts**

**(ACROSTIC FOR MEMORY)**

- G – Get**
- O – On**
- M – My**
- B – Bus**
- F – For**
- S – Super**
- N - Nutrition**

**(OTHER THINGS TO INCLUDE)**

1. Wild Salmon
2. Chicken
3. Eggs
4. Dairy
5. Water
6. Green tea

**(SOME THINGS TO AVOID)**

1. No sugar (refined)
2. No salt (minimize)
3. No flour (refined)
4. No pasta
5. No processed foods  
(in cans, boxes, & bottles)
6. No gluten (almost impossible)

**EXERCISE PROGRAM:**

**(UPPER BODY EXERCISES)**

1. Standing Press/overhead
2. Bench press /push ups
3. Bicep curls
4. Triceps press downs

**(BACK EXERCISES)**

5. Latissimus pull downs/  
chin-ups
6. Seated rowing

**(LEG EXERCISES)**

7. Squats (front or back)
8. Deadlifts
9. Leg curls
10. Leg extensions
11. Calf raises

**(SHOULDER EXERCISES)**

12. Shoulder shrugs/ upright rowing

**(AEROBIC EXERCISES)**

13. Pre-core, bicycle, fast walking,  
climbing stairs

**(ABDOMINAL EXERCISES)**

14. Abdominal crunches, leg raises

**(SETS AND REPITIONS)**

- 3 sets of 8 repetitions up to  
5 sets of 5 repetitions  
(each resistance exercise done once  
a week)  
(abdominal and aerobic exercises  
done three times a week)