

Realistic Eating Plan

*Helping You Get 24 Hours
Ahead Of Yourself*



Compliments of Nexxt Level Training

Wellness Coaches Committed To Your Optimal Health
Bring Your Vitality, Flexibility & Life to the Nexxt Level.

Welcome to Nexxt Level Training!

We are excited to work with you. Since you took the first step, which is the hardest, we want to give you a FREE gift. We believe that 90% of your success lies in your intention. The other 10% is your nutrition, fitness, and a few other factors we will discuss later. You want to improve your health in some way, right? Well, we aren't brain surgeons, so we decided to give you something you can control - Our Realistic Eating Plan, "REP" as we call it, is set up to support you in changing your life in 24 hours, by just simply getting ahead of yourself. **YES**, we want you to do what others may try to stop you. Partner with us and you'll see if you just plan your eating one day ahead of schedule, by preparing foods you enjoy in sensible proportions, when you eat 6 times a day as scheduled, you will be pleased at how your body will begin to change immediately. If you **REPeat** this for 30-60-90 days consistently, we will be working toward a healthy lifestyle that no one can ever take from you.

So what's your Nexxt Level? Complete our HIPPA compliant health assessment, right now, if you haven't already. [CLICK HERE](#), then send us a text or call, [\(919\) 766-2144](tel:9197662144), immediately. Clearly state "your name and I am ready". From there, one of our qualified representatives will contact you to set up your initial consultation (valued at \$250). Our Fitness Professionals are committed to walk alongside you every step of the way, with over 20 years of wellness coaching success. We will do our best to expose you to the tools necessary in order to elevate your physique and confidence with OPTIMAL WELLNESS as our overall objective for you.

We know we are talking about the importance of eating, but please remember to drink plenty water, too. Water is a very important part of our Realistic Eating Plan (REP). It has hundreds of positive benefits, so drinking as much as possible is key to reaching your fitness goals. Be consistently moderate with the entire regime; however, keep water near you at all times and drink often. It will deter you from eating irresponsibly, catapult your mood, and speed up your results. Be sure to drink a cleansing glass when you wake up to regulate your metabolism and heart rate. Before each meal, you may drink a glass too, to avoid overeating; and feel free to drink a glass to wash it all down after meals, as it aids in digestion. Overall, if you strive to drink at least half your natural weight in pounds as water ounces, you will look and feel better in no time.

Now, back to the food...your Realistic Meal Plan, REP gives you freedom of choice. We want you to envision yourself how you want to be. Want to feel healthy, look better in your clothes, or just feel more vibrant? We can get you there, together. At scheduled times, we want you to see and make your food choices clearly through the 6 eating windows you choose in your R.E.P. We will help you set, track, and attain your goals, while you will enjoy creating customized eating habits that work for you. Your plan will evolve as we go, so please choose foods that you like from the start. You may start picking new foods as we progress, but for now we want to meet where you are so you can get where you want to be. Review the Realistic Meal Plan REP on the next page. Choose foods from the list below the R.E.P and begin plugging them in for the next 24 hours to 30 days, and hopefully, the rest of your healthy life!

Look out for a call or email shortly from one of our committed professional Wellness Coaches. In the meantime...Happy eating!

www.nexxtleveltraining.com

**Nexxt Level Training Official R.E.P.
Realistic Eating Plan**

Wake Up

MINDSET- See yourself at your optimal health, before you start your day. Make choices from there.
Drink a cleansing glass of water within one hour of waking up

Window 1- Breakfast

1 High Protein Food _____

1 High Protein Food _____

1 Carb _____

Cleansing glass of water with lemon/lime optional

Window 2 - Snack

High Protein Food _____

Cleansing glass of water with lemon/lime optional

Window 3 - Lunch

1 Meat _____

1 Green Vegetable _____

1 Fibrous Carb _____

Small Salad with fat free dressing is optional

Cleansing glass of water with lemon/lime optional

Window 4 - Snack

1 Fruit _____

1 High Protein Food _____

Cleansing glass of water with lemon/lime optional

Window 5 - Dinner

Salad with low fat dressing _____

1 meat in salad or on the side _____

1 Green Vegetable Optional _____

Cleansing glass of water with lemon/lime optional

Window 6 - Snack (At least 1 hour before bedtime)

1 Fruit _____

Cleansing glass of water with lemon/lime optional

MINDSET - Celebrate your wins from today in your Success Journal

Windows are 2 1/2 hour windows from the time you wake up
(EX: 6-8:30a, 8::30-11p, 11a-1:30p, 1:30-4p, 4p-6:30p, 6:30-9p)

Realistic Eating Plan Food Suggestions

Most High Protein Foods - 6 ounces per servings

turkey	bacon	tuna	peanut butter	tofu
chicken		eggs	non-fat mozzarella	lean beef
salmon		yogurt	cottage cheese	nuts/seeds

Commonly eaten protein foods

Meats*

Lean cuts of:

- [beef](#)
- ham
- lamb
- [pork](#)
- veal

Game meats

- bison
- rabbit
- venison

Lean ground meats

- [beef](#)
- pork
- lamb

[Lean luncheon or deli meats](#)

Organ meats

- liver
- Giblets

*Poultry**

- [chicken](#)
- duck
- goose
- turkey
- ground chicken & turkey

Eggs*

- chicken eggs
- duck eggs

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Beans and peas

- bean burgers
- [black beans](#)
- black-eyed peas
- chickpeas (garbanzo beans)
- falafel
- [kidney beans](#)
- lentils
- lima beans (mature)
- navy beans
- [pinto beans](#)
- soy beans
- split peas
- white beans

Processed soy products

- tofu (bean curd made from soybeans)
- veggie burgers
- tempeh
- texturized vegetable protein (TVP)

Nuts and seeds*

- [almonds](#)
- [cashews](#)
- hazelnuts (filberts)
- [mixed nuts](#)
- [peanuts](#)
- peanut butter
- pecans
- pistachios
- pumpkin seeds
- sesame seeds
- sunflower seeds
- [Walnuts](#)

*Seafood**

Finfish such as:

- catfish
- cod
- flounder
- haddock
- halibut
- herring
- Mackerel

- pollock
- porgy
- [salmon](#)
- sea bass
- snapper
- swordfish
- trout
- Tuna

Shellfish such as:

- clams
- crab
- crayfish
- lobster
- mussels
- octopus
- oysters
- scallops
- squid (calamari)
- [Shrimp](#)

Canned fish such as:

- anchovies
- clams
- [Tuna](#)
- sardines

Most Healthy Green Vegetables - ½ cup serving size

Collards	peas	green beans	artichokes
kale	broccoli	turnips	mustards
Spinach	alfalfa sprouts	green peppers	asparagus

Other Most Healthy Vegetables

Onions	celery	okra	zucchini
Corn	mushrooms	cabbage	egg plant
red bell pepper	romaine lettuce	beets	sweet potatoes



Commonly eaten vegetables in each subgroup

Dark-green vegetables

bok choy
[broccoli](#)
collard greens
dark green
leafy lettuce
kale
mesclun
mustard greens
[romaine lettuce](#)
[spinach](#)
turnip greens
watercress



Starchy vegetables

cassava
[corn](#)
cowpeas
(fresh), field
peas, or black-eyed peas (not dry)
green bananas
green peas
green lima beans
plantains
[potatoes](#)
taro
water
chestnuts

Red and orange vegetables

acorn squash
butternut squash
[carrots](#)
hubbard squash
pumpkin
red peppers
[sweet potatoes](#)
[Tomatoes](#)
[tomato juice](#)



Other vegetables

artichokes
asparagus
avocado
bean sprouts
beets
Brussels sprouts
cabbage
[cauliflower](#)
Celery
Cucumbers
eggplant
[green beans](#)
green peppers
[iceberg \(head\) lettuce](#)
[mushrooms](#)
okra
[onions](#)
turnips
wax beans
[zucchini](#)



Beans and peas*

[black beans](#)
black-eyed peas (mature, dry)
garbanzo beans (chickpeas)
[kidney beans](#)
lentils
navy beans
[pinto beans](#)
[beans](#)
soy beans
split peas
white beans

Most Healthy Fruits - 1 cup serving size

Avocado	beans	peapods	corn kernels
Cucumbers	nuts	olives	peppers
Pumpkin	squash	sunflower seeds	tomatoes

Commonly eaten fruits

Apple

- Apricots
- Bananas
- Cherries
- Grapefruit
- Grapes
- Kiwi fruit
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges



Peaches

- Pears
- pears
- Papaya
- Pineapple
- Plums
- Prunes
- Raisins
- Tangerines



Berries

- strawberries
- blueberries
- raspberries

Melons

- cantaloupe
- honeydew
- watermelon

Mixed fruits

- fruit cocktail

100% fruit juice

- orange
- apple
- grape
- grapefruit



**IF YOU HAVEN'T TAKEN OUR FREE
PERSONAL HEALTH ASSESSMENT
WE RECOMMEND YOU DO IT
RIGHT NOW!**

Most fibrous carbs

- Sweet potatoes
- Baked or mashed potatoes
- WHOLE grain foods

Commonly eaten fibrous carb products

- Whole grains
- amaranth
- brown rice
- buckwheat
- bulgur (cracked wheat)
- Millet
- oatmeal
- popcorn
- rolled oats
- quinoa
- sorghum
- triticale
- whole grain barley
- whole grain cornmeal
- whole rye
- whole wheat bread
- whole wheat crackers
- whole wheat pasta
- whole wheat sandwich buns and rolls
- whole wheat tortillas
- wild rice

[Click Here To Take Our Free Health Assessment](#)