

Introduction

The Core Balance System Nutrition Guide is a diverse nutrition guide, providing 3 different **Realistic Eating Plans** that coincide with each phase of the CBS workout program. These nutrition plans are meant to offer you an easy to follow and well balanced regimen advancing you thru the Shredding, Shaping and Sculpting stages. Each nutrition plan is unique in the process of qualifying you to meet the physical demands of each fitness phase.

We have provided you with 6 full weeks of meals for all three phases. You determine how long you want to follow each plan. If your goal is mainly shredding pounds and fat, then using Phase 1, Shredding, you may want to do all 6 weeks and even choose to restart the cycle back on week 1. When you find you are satisfied with your weight loss, you can choose to move onto the Shaping Phase, beginning at week 1. Follow the same protocol when transitioning from Phase 2 to Phase 3, Shredding.

Core Balance System

SHREDDING Realistic Eating Plan

This nutrition plan goes hand in hand with the SHREDDING Workouts. It is intended to jump start your weight loss by bringing down your carbohydrate intake but not completely removing them from your diet. This adjustment will work in conjunction with your workouts to help you lose weight faster as you SHRED off extra calories and unwanted body fat. This phase will educate you on how to determine the proper foods to eat with your training that give you ample energy before AND after your workouts. Once you have accomplished a couple of weeks of the SHREDDING Nutrition Phase, you will experience an increase in energy and strength.

Week 1:

<https://drive.google.com/open?id=0B0DMWONy0aEjVHduV0dzanktY19uSUgtVWxjdUVQV1IHUIJz>

Week 2:

<https://drive.google.com/open?id=0B0DMWONy0aEjeWNocTJtZ1V6V3c5ZDV3RXhBRnFNWS1KZGhr>

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SHAPING Realistic Eating Plan

The second phase of the CBS is all about SHAPING your body through movement and food. The workouts add more exercises while the nutrition plan adds some various carbs and menu options. These additions will provide you with extra energy for the more detailed workouts, and the appropriate proteins to gain lean muscle. Keep in mind, as you SHAPE your lean muscle you will be burning more fat at rest. This means you need the proper nutrients to fuel your energy levels and to continue your weight loss journey. The SHAPING Nutrition Plan creates a platform for ongoing weight loss as you're SHAPING your body using a method that wraps your workouts with the precise foods. During this phase of the CBS Nutrition Plan, you will be toner, stronger and more energetic.

Week 1:

<https://drive.google.com/open?id=0B0DMWONy0aEjUVhqRmFvSGdicGhRN1FYdG0tTDg1cW1ZbXIB>

Week 2:

<https://drive.google.com/open?id=0B0DMWONy0aEjN0ZLVlQzVHE1djhUaDZkYUstTXdIU0Y5NTFz>

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SCULPTING Realistic Eating Plan

The final nutritional plan for the CBS focuses on your optimal health by SCULPTING a sustainable eating plan as you're adding more lean muscle. This phase adds even more options to your meals and snacks. You cannot afford to miss an opportunity to fuel your body. Your physique requires more calories from the appropriate sources as you are physically stronger, leaner and training harder than ever before. Remember that your metabolism continues to increase as your muscle mass does. This in fact means to SCULPT more lean muscles, you must eat more food because you're burning additional calories as you workout and while you're at rest.

Week 1:

<https://drive.google.com/open?id=0B0DMWONy0aEjZExLOVliLUMwTk9VeUhHbXRYUW1QYIIIUTNZ>

Week 2:

<https://drive.google.com/open?id=0B0DMWONy0aEjNHBuMXl6SWtGUXV2aG9PTXZiSDBIMHMynNW5F>

