



# FB

## **FIERCE BABES**

*Empowering Single Women*

**\*HEALTHY\*CONFIDENT\*STRONG\***

### **Phase One:**

*The banging body protocol*

This protocol is to be followed for weeks 1-2 of the 8 week #FIERCEBABES Program.



## *Get rid of the crap!*

The Purge Over the next 14 days you need to remove the following things out of your diet;

1. Alcohol
2. Deep Fried Food
3. Refined sugar {cake, biscuits, sugar, chocolate etc}
4. Processed Meat {bacon, ham, salami}
5. Fake Sugar and Additives {equal sugar, chewing gum}
6. Refined Grains {white bread, white pasta, white rice}



# *Eat Natural Sources of Simple Sugar*

Your body still needs simple sugars so I want you to choose more healthy sources of sugar to replace your sugar addiction.

Such as;

- Fruit
- Honey
- Agave nectar
- Dark chocolate
- Maple syrup
- Coconut sugar





# *Hydration & Detoxification*

Over the next 14 days I want you to drink at least 2L of water per day.

First thing in the morning every morning I want you to add a slice of lemon in a glass of warm water. Drink this before your morning coffee or tea.



## *Eat Dinner As Early As Possible*

The earlier you can eat dinner the better. We want to give your body lots of time to digest your food properly. This will enable you to have a better night sleep and you should wake up in the morning feeling light and refreshed.



## *No Carbs At Night Time*

Sorry. Try to make your dinner more protein based with lots of vegetables, good fats and salad. Good fats are avocado, fish, salmon, olive oil, nuts and seeds. Do eat carbs during the day though. This is not a “Cut out the Carbs diet” You **MUST** still eat carbs throughout the day.





## *Sleep More & Stress Less!*

Aim to get 8 hours of sleep per night where possible. The best hours of sleep are between 10pm and 6am. For the next 10 days try to stress less. Detach from negative things and people and really look after your emotional wellbeing.