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FIERCE BABES

Empowering Single Women

HEALTHY*CONFIDENT*STRONG

Phase Two:

The banging body protocol

This protocol is to be followed for weeks 3-6 of the 8 week #FIERCEBABES Program.



Eat Regular Meals & Snacks

Eating regularly will boost your metabolism. The higher your metabolism the more fat you burn.

Aim to eat at least 3 meals and 2 snacks every day spreading meals 2-3 hours apart.

This will stop you from craving sugar, level out your moods and give you sustained energy throughout the day.

Make sure these meals are protein based (see nutrition protocol 2.0 to see what to eat)



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.



All Meals and Snacks to be Protein Based

Eating protein regularly will help keep you fuller for longer and it will also boost your metabolism. For good sources of protein (see Nutrition Protocol 2.0)

To make this easier create your meals around your protein source. Protein is often the hardest macro to get.



Eat Carbs 1st 3 Meals of The Day

Eat good quality carbs (see Nutrition Protocol 2.0 to see the best carb sources) for the first 3 meals of the day.

Your body needs carbs for energy but also to help you build muscle mass. We need muscle mass. The more muscle mass you have in your body the higher your metabolism will be. The higher your metabolism the more fat you burn.

When you cut out carbs from your diet your body actually starts to crave them more which leads to bingeing.



Eat Fruit in the Mornings and Around the times you Exercise

This will help your body recover from the workouts and also give you energy. Believe it or not by actually eating sugar will ensure that you binge on sugar less. So aiming to get your sugar hit from more natural and healthy sources will ensure you don't get addicted to sugar.



Eat More Good Fats At Night

Eating more good fats at night will help keep you fuller for longer. Good fats are avocado, fish, salmon, olive oil, nuts and seeds.



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.



Treat Yourself

Now that we are in control of the sugar this is about creating a lifestyle that you can maintain. So I want you to start incorporating 1-2 meals or treats a week. 1-2 not the whole weekend. Enjoy it and then get back on track for the next meal.

So this will include things like going out for dinner, having dessert or eating pizza. When it comes to dessert either eat it when you are out OR make homemade healthy dessert with good sources of sugar. This will stop you from bingeing and going back into that horrible sugar addiction cycle.