



EVERYDAYMEALPLAN



Consistency is the key to growth!

It's important to note that the meals mentioned here are **my** meal plans, the times I eat them and the supplements I take in addition to the workouts, meals and time schedule.

This whole package (downloadable workout video and digital book), including this meal plan; was created simply to show you what I have taken and done for almost my whole life, and has helped me stay in shape and feeling fantastic. As a matter of fact, I feel half my age... and at 50 years old, that means a lot to me!

Considerations

Nothing spectacular or crazy or outlandish! It's more about the consistency day-in and day-out. Being consistent is key and paramount to the success of this or any dietary pattern one must follow in order to see the results.

Conversely, the same is exactly true on the flip side of the diet. One did not get ill, sick, sluggish, achy, heavy, acidic or the like overnight. On the contrary... Little by little, poor eating and lack of exercises, has slowly and insidiously crept into our bodies - ultimately impressing us to our demise.

One of the things that I do at least twice a year - is a detox. There are many detox kits, systems and protocols out there in the world. You would have to choose the right one for you. And since **I am NOT a medical doctor, you would need to consult with one to implement what I do in my own life.**

Remember, this downloadable video/mealplan/digital book/vitamins & minerals package is a response to the question I have been getting for years - *"How do you stay in such good shape? Especially at your age?"* So we must remember that this is a snapshot of what I, Joseph Musse II, takes and does, in order to have maintained both the physiologically internal and physically external results.

It's important to note that the birth of this package was simply to try and help people get answers that can be applied in their lives, in hopes that they too can live a life of health. Everything in this whole package happens to be the workouts, dietary and nutritional lifestyle that has personally worked exceptionally well for me.

Also, since everyone has their own unique physiology and obviously distinct history that would all play major factors in the overall current state of your health and wellbeing. Without a specific history of where you stand today regarding your health, it's impossible to make a full clean swoop and blanketed statement that covers all of the health benefits of everyone downloading this package. **Please be sure to see your medical doctor about the diet, supplements and workouts as defined here in this package.**

Bonus Expedited Health Recommendation

I added this bonus information with 100% transparency regarding one of the key factors that I'm able to have all nutrition assimilate with optimal absorbance into my system, causing a proper distribution into my bloodstream, glands/organs. This to me is a **must** which I typically do twice per year.

The *"thing"* I'm referring to which is kind of the precursor to the diet I adhere to is a - DETOX.

Detox

There are many detox protocols and packages out there for you to take/do/use. Whichever detox package you end up using, the primary idea behind taking/doing/using it, is to hit the proverbial “reset” button of all your master glands and hormones.

Once the detox has effectively cleansed the master organs regulating your hormones in the body, it’s a perfect primer for nutrition to not only assimilate into the bloodstream unimpeded but also to get absorbed nutritionally to where it’s needed.

To do a detox properly, it’s suggested that your overall caloric intake be lowered by at least half your normal calorie consumption, so that the detox package can work potently in cleansing out your system.

While it’s preferred you use your own judgment when deciding which detox package would work best for you... I’m simply going to tell you which product I choose. Again, this whole package download you’ve purchased is what I use and do for my personal results.



Supplements

There are many supplements out there for you to take/do/use. Whichever one(s) you end up using, the primary idea behind taking/doing/using it, is to help your natural and automatic immune system with some of the behind-the-scenes heavyload needed to keep the body's systems running more efficiently.

I hate to keep beating a dead horse at this point with the same caveats, but it's prudent of me to responsibly remind you all that everything in this package is what I use/take/do in my own personal life and would be at your own discretion to follow suit.

Spring Valley

Collagen Peptides

Natures Way

Alive - Multi-Vitamin-Multi-Mineral

Kori

Pure Antarctic Krill Oil



Intermittent Fasting

I personally stop ALL consumption of foods into my system (i.e. stop eating) well before 10pm. If I can control that timeframe being earlier - I do.

The following day, I do not eat or drink anything (with the exception of water from time to time) until around 1pm and sometimes 2pm which leaves my system in a fasted state for well over 12 hours (depending on what time I've had my last meal the night before and what time I begin eating the day after). In that fasted state, I typically do a very quick workout right before I sleep and the same when I awake.

I personally take a one hour walk, usually in the morning before noon; definitely before having any food in my system. However, if the day does not allow for me to take that morning walk, it's a good idea to make it up in the afternoon or even the evening.

Whether you do the walks and/or the exercises in the morning or evenings... the intermittent fasting should be a must! Again, I'm simply jotting down here what I personally do.

Meals

Now this is the easy part.

Because of my intermittent fasting; I've trained my body to not really be so hungry for the first meal of my day. While the meals themselves may vary from time to time, the portions pretty much stay roughly the same.

Since I've trained my mind and physical wants to be under my control. Especially if I'm looking to acquire the exact results I'm after. It is important to note that the meal portion of my weight and muscle maintenance, is what you will have to keep focused on. Results will be certain once you take control over the new pattern you will be creating for yourself. Again, this is what I do and have done in my own personal life.

1st Meal (Afternoon)

- 1 Cup of black coffee (no sure and no milk)
- 3 Hardboild eggs (with himalayan salt, black pepper, cayenne pepper)
- 1 Banana
- 1 Apple
- 1 Bottle of water

2nd Meal (Evening)

- 1 Cup of black coffee (no sure and no milk)
- Chicken or Beef (you can have fish as well)
- Chinese White Rice (no salt or oil)
- Any vegetables
- 1 Bottle of water
- Snack (i.e. fruit, pastry)

So there you have it!

Nothing crazy. Although to some, this may seem pretty boring and bleak. I believe once you create a routine and more importantly start loving the end-results of all this... you're going to absolutely love the new healthier, slimmer, trimmer and toned you.

I have to be sure to write down one more time right before I finish here... everything you have downloaded in this complete package which you've purchased - it is important to note once more, that these are things that have worked in my life and have benefited me in every way possible.

At 50 years old (as of the writing of this document), I can honestly say that I feel stronger than I did at 25 years of age. I accredit everything I've done (above) including the workouts to my youthful look and feeling throughout my life.