

the WholeDEAL

Carna Vitality 30 DAY NUTRITIONAL COMMITMENT

upcoming days. . . the next 30 down and dirty

So here's the WholeDeal. . .it is pretty simple actually:

Animal Protein + Lots of Veggies + Fat + Seasonings

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat – even the “healthy” stuff. So how do you know if (and how) these foods are affecting you?

Strip them from your diet completely. Cut out all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups for a full 30 days. Let your body heal and recover from whatever effects those foods may be causing. Push the “reset” button with your metabolism, systemic inflammation, and the downstream effects of the food choices you've been making. Learn once and for all how the foods you've been eating are actually affecting your day to day life, and your long term health.

This will change your life!



Eat This Not That

Yes: Eat real food.

Eat meat, seafood, eggs, tons of vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds. Eat food with very few ingredients, all pronounceable and easily recognizable, or better yet, no additional ingredients at all because they're totally natural and unprocessed.

No: Avoid for 30 days.

Here's what NOT to eat during the duration of the 30 days. Omitting all of these foods and beverages will help you regain your healthy metabolism, reduce systemic inflammation, and help you discover how these foods are truly impacting your health, fitness and quality of life.

⊘ **Do not consume added sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, xylitol, stevia, etc. Read your labels, because companies sneak sugar into products in ways you might not recognize.

⊘ **Do not consume alcohol in any form, not even for cooking.** (And it should go without saying, but no tobacco products of any sort, either.)

⊘ **Do not eat grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains and all of those gluten-free pseudo-grains like quinoa. This also includes all the ways we add wheat, corn and rice into our foods in the form of bran, germ, starch and so on. Again, read your labels.

⊘ **Do not eat legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).

⊘ **Do not eat dairy.** This includes cow, goat or sheep's milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or ghee. (See below for details.)

⊘ **Do not consume carrageenan, MSG or sulfites.** If these ingredients appear in any form on the label of your processed food or beverage, it's out for the WholeDeal.

⊘ **Do not try to re-create baked goods, junk foods, or treats* with "approved" ingredients.** Continuing to eat your old, unhealthy foods made with WholeDeal ingredients is totally missing the point, and will tank your results faster than you can say "Paleo Pop-Tarts." Remember, these are the same foods that got you into health-trouble in the first place—and a pancake is still a pancake, regardless of the ingredients.

In addition to the above, you are asked to:

- *Sleep a minimum of 7.5 hours a night*
- *Drink a minimum of 64 fl oz water per day*
- *Get some physical movement that entails breathing and sweating at least 5X a week*

Lastly...

Do not step on the scale or take any body measurements for the duration of the program.

This is about so much more than just weight loss (although, if you are not at your natural body weight to begin with, this is a natural "side effect"), and to focus on your body composition means you'll miss out on the most dramatic and lifelong benefits this plan has to offer. So, no weighing yourself, analyzing body fat or taking comparative measurements for the entire 30 days. (Weigh yourself before and after, however, so you can see one of the more tangible results of your efforts when your program is over.)

As a participant, you will receive:

- Daily emails chock-full of all kinds of nutritional info., links to fun new recipes, tips and inspiration delivered directly to your inbox.
- Access via email and/or text to an experienced, trained and certified health and wellness coach/nutritionist for questions and guidance. Response time within 24hrs.
- You will also be invited to join a private group facebook page where you can post your own recipes etc. and enjoy others.
- Exclusive discounts and customized menu options at participating restaurants.
- Support, additional information and shared experiences through weekly group calls (recorded and emailed for future use) or weekly group meetings.

One month fee: \$199

If you are ready to take the next steps towards more fully embodying the absolute healthiest version of yourself and willing to follow these guidelines 100% for a full 30days, I would love to support you.

Please reach out to me at carnavitality@gmail.com

Looking so forward to connecting.

Jennifer Winzeler

Vitality Coach/Owner CEO
Carna, LLC

Carna
vitality you redefined

