



Nutritional Plan

Level: KAIA

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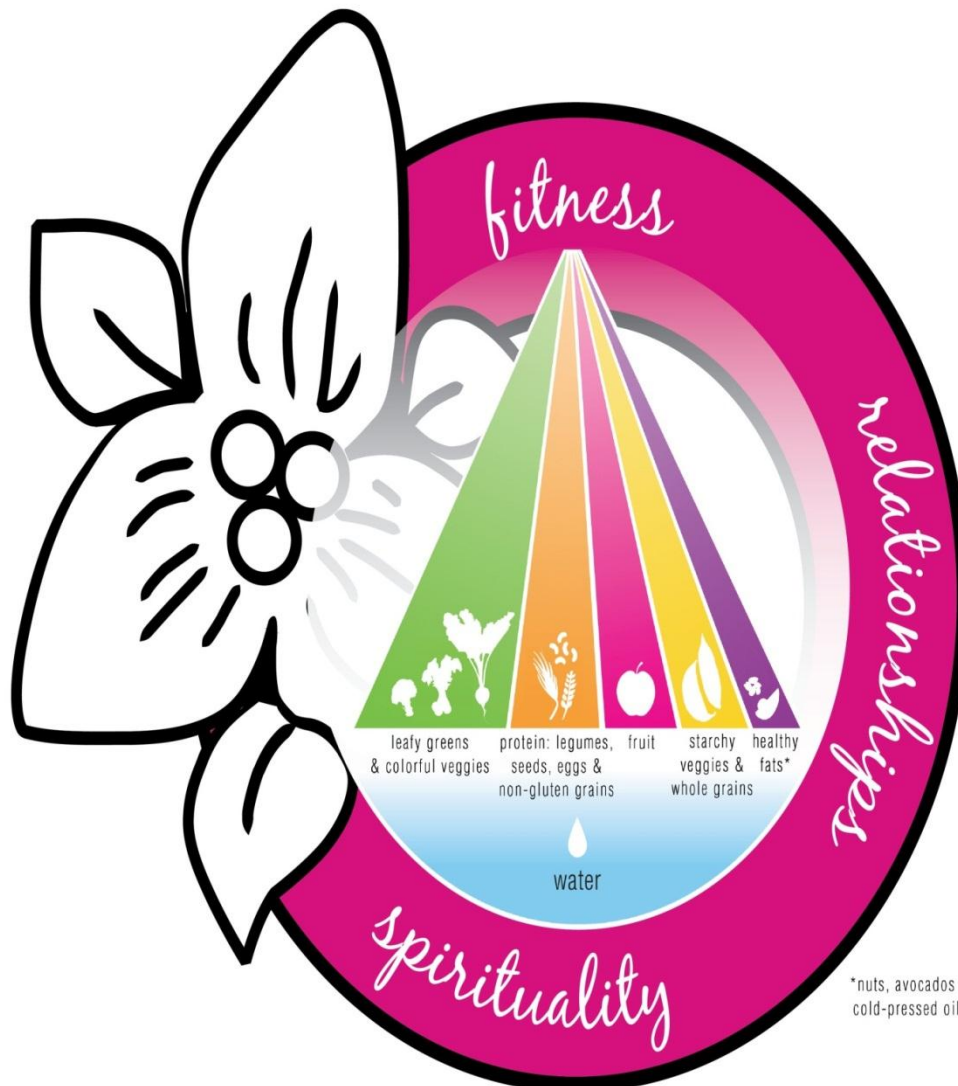
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# Explain the Kaia Nutritional Plan...

The Kaia nutritional plan is designed specifically to cleanse your body, strengthen your muscles, increase your energy, & help you sleep better at night. All recipes are created without dairy or meat & are gluten free, but it is up to *you* to add in lean meat & dairy where you choose. Read over the 10 Commandments & let them guide you in your decision making. Brik is not about starving yourself, but learning to eat cleaner, leaner & healthier than you ever have before. It's time for YOU to make a resolution...& there is never a better time than **now**.



# THE BRIK 10 COMMANDMENTS

- 1. Follow the 10 Commandments!** If your goal is to lose weight or your goal is to feel better and live longer... the 10 Commandments are vital to your success. Nutrition is just as (IF NOT MORE) important than exercise. You are **not** dieting your gaining a healthy lifestyle where you feel great and satisfied.
- 2. Water, Water, Water!** Drink at least 80oz. of water every day! Or to be more precise: 7oz. of water for every 10lbs. of your body weight. Water helps you lose weight! Three liters per day can burn 50-75 calories, double your energy, and make your skin glow! Drink alkaline water, spring, or filtered water. Try not to drink tap it's loaded with chlorine and fluoride. Avoid plastic water bottles or make sure they are BPA Free!
- 3. Eat Dinner Before 6:00pm & Definitely not Past 7:00pm.** Ideally, you should finish eating your dinner three and a half hours before you go to bed. This is important at helping reset the hypothalamus so as not to store fat. Eat a healthy breakfast or snack as soon as you get up in the morning!
- 4. Eat 30 to 35 Grams of Fiber a Day.** Adding fiber to your diet has been shown to speed up the weight loss process dramatically. It can help reduce appetite, relieve constipation, improve digestion and increases energy. See the fiber chart for ideas. Fiber is best in food and not as supplements. You burn 7 calories for every gram of fiber. If you're getting your 35g per day... that's 245 calories!!!
- 5. No Alcohol!** Your body reacts to alcohol (other than the taxation on your liver, your metabolism, and your brain) just like it does pure sugar. It's a straight shot of glucose into your blood stream and insulin can't keep up so your body stores what it can't use as fat. Don't let anything control you...it's good practice to go out to dinner or out with friends and order a sparkling water with lemon and have just as much fun with out the addictive side effects. You can do it...it's only six weeks!
- 6. Sugar is the devil!** Nothing over 9g of sugar! Sugar throws our body into an immune suppressed, non-working state of chronic fatigue, depression, and hormonal imbalance. It is the leading cause of disease and depression in this country. Break the sugar addiction; get rid of refined sugar (anything that isn't fruit). Fat is not the leading cause of obesity – SUGAR IS!
- 7. No White Stuff!** No white flour or grains! White rice is a refined form of brown rice. The refining process removes fiber and nutrients from the grain. One cup of cooked brown rice contains 3.5g of fiber and has 218 calories. One cup of cooked white rice has virtually no fiber but delivers 242 calories. Pastas & breads too!
- 8. Never Skip Meals.** Most obese people have one thing in common – skipping meals. The moment you allow your blood sugar to drop, you become a fat storing machine. You must eat three balanced meals to keep your metabolism humming. Read about the sumo-wrestlers diet!
- 9. Cut the Crap...No Artificial or Processed Anything!** For these next six weeks cut all the things in our diet that slow you down. So #1 is cutting sugar, white flour, rice, crackers, honey, pasta, rice cakes, Power Bars etc. Do not consume any food that has NutraSweet, Splenda, aspartame, sucralose, monosodium glutamate or saccharin on the label. These artificial additives WILL make you fat, are chemically addicting and cause depression and anxiety. Eat ALL organic meat and dairy. Meats and cheese that is not certified organic are loaded with growth hormones, antibiotics and other drugs. Try to buy most of your produce organic avoiding pesticides, genetically modified foods, and chemicals. These above poisons may create hormonal imbalances in the body leading to weight gain, abnormal storing of fat, menstrual cycle problems, PMS, and depression.
- 10. Eat Unlimited Veggies!** Eat ALL the non-root veggies you can. The more greens you eat the better you will feel. They are packed with vitamins, minerals & chlorophyll which help with digestion, weight loss & increased energy. Eat veggies with every meal. Spinach for breakfast, kale for lunch, broccoli for dinner... You pick your favs! You can get all of your vitamins & minerals (including protein!) from your greens.

# Unleash your inner *Goddess*...

The intention of this nutritional plan is to allow your body to heal, rejuvenate, vitalize and replenish your Goddess resources. When you give your body a break by eliminating foods/drinks that may be causing irritation, stress, inflammation and agitation it allows the body to then be supercharged in a natural & beautiful way!

For the next six weeks you will detoxify, accelerate healing, give your digestive system a mini break, increase your metabolism, release toxins, regenerate & rejuvenate.

You may do all of the suggestions or pick a few that feel right for you. You can always go back and experiment with these as we go through the program. We recommend that you write down and commit to which ones you are going to follow and then implement them daily.

1. Eliminate or reduce animal products (fish, pork, beef, veal, chicken, turkey, lamb...)
2. Eliminate dairy products (milk, cheese, cottage cheese, eggs, yogurt, butter, ice cream)
3. Eliminate caffeine (if you love coffee try teeccino)
4. Eliminate refined sugar & white flour/white rice
5. Eliminate alcoholic beverages
6. Eliminate gluten (barley, spelt, kamut, rye, couscous, oats)
7. Eliminate/Reduce your amount of packaged and processed foods
8. Increase organics fruits & vegetables
9. Drink smoothies & juices every day
10. Drink lots of water (half you body weight in ounces)
11. Drink lemon water (can add a bit of stevia or cayenne powder for a little kick) Kaia Kocktail
12. Go to bed earlier & rise with the sun – get your beauty rest :)

## Food & Drink to Consume in Abundance

*Drinks:* purified/distilled water, herbal teas, lemon/cucumber water, mineral water

*Vegetables:* fresh, organic & mostly raw, juiced, blended, steamed, sautéed, or baked

*Fruits:* fresh, organic and mostly raw & frozen

*Vegetable Protein:* sprouts, lentils, legumes, split peas, gluten free grains (millet, quinoa, amaranth, buckwheat, brown rice)

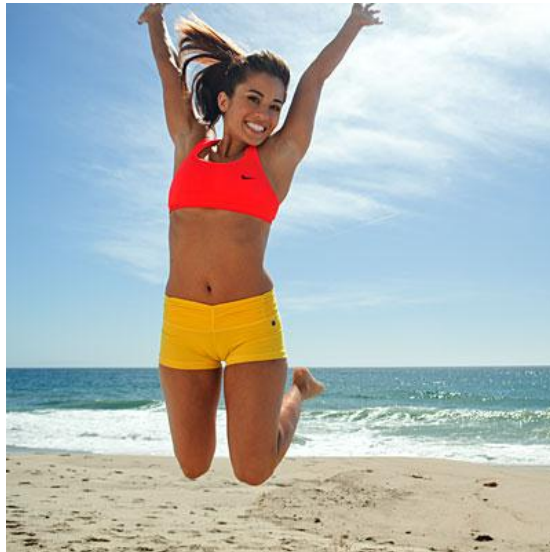
*Nuts & Seeds:* sunflower, hemp, sesame, pumpkin seeds; almonds, walnuts, hazelnut, pecans, cashews

*Sweeteners:* agave, stevia, maple syrup (minimal if any honey)

*Oils:* olive, flax, sesame, almond, hemp, pumpkin, walnut

*“Eat food. Not too much. Mostly plants.” Michael Pollan*

# Kaia



You are ready for change and would like to lose weight and inches in the next 6 weeks

Let's KICK BUTT!!!

With the **Kaia Level** nutritional plan our focus is Kickin' Kaia Butt. We are ready for a body transformation...you can be a Kaia Queen! We will hit detox week hard and follow up with five weeks of low carb, low sugar and lots and lots of leafy green veggies. This plan promises to help you shed excess weight, lower your body fat percentage, help you lose inches, regain energy and give you the power to workout hard and build lean muscle.

We will focus on eating the right foods in the right amount.

## Kaia Level Nutritional Plan

- Eat unlimited veggies
- Eat low sugar fruits
- Drink lots of detox veggies drinks and Kaia Kocktails
- Only healthy fats i.e. avocado, raw nuts and healthy oils in very small amounts
- Eat a healthy whole food meal 1 hour after working out
- Hydrate properly
- Eat all non-gluten carbs i.e. wild rice, sweet potatoes & quinoa just once a week
- Thinks about food as friend or foe...fueling our bodies to perform
- Follow the Kaia 10 Commandments

**\*K.A.H: Kaia After Hours...by moving just a few minutes more at the end of the day, you generate more energy & burn more calories! It's only .5% of your day...**

# Kaia

## Detox: Week ONE & Week SIX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>BREAKFAST:</b> Smooth Move Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon</p> <p><b>LUNCH:</b> Cucumber Pesto Salad +1/4 c. pinenuts +grapefruit</p> <p><b>SNACK 2:</b> Herbal Tea +1/4 c. almond milk +1 packet Truvia</p> <p><b>DINNER:</b> Green Beans &amp; Coconut +1/2 c. quinoa</p> <p><b>K.A.H:</b> Go for a nature walk! Find a park or new trail to take a ½ hour walk.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Tofu or Egg White Scram</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon</p> <p><b>LUNCH:</b> Lean &amp; Green Salad +Green Beans &amp; Coconut</p> <p><b>SNACK 2:</b> Pure Green Energy Smoothie</p> <p><b>DINNER:</b> Ratatouille +1 c. of wild rice</p> <p><b>K.A.H:</b> Buy a jump rope &amp; practice for 10 minutes. (jacks, high knees, 1 legged hops, double unders)</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Spring Splash Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon</p> <p><b>LUNCH:</b> Ratatouille +mixed greens +1 c. edamame</p> <p><b>SNACK 2:</b> Kaia Cocktail</p> <p><b>DINNER:</b> Kaia Killer Salad +1 serving Black Bean Soup</p> <p><b>K.A.H:</b> 100 reps of jump rope for time...</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Veggie Scram +1/4 c. salsa</p> <p><b>SNACK 1:</b> Pure Green Energy Smoothie</p> <p><b>LUNCH:</b> Black Bean Lettuce Wraps +1/4 c. salsa</p> <p><b>SNACK 2:</b> Kaia Cocktail</p> <p><b>DINNER:</b> Green Beans &amp; Coconut + 1 gluten free tortilla</p> <p><b>K.A.H:</b> Take a 20 min nature walk!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Purple Passion Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon</p> <p><b>LUNCH:</b> Kaia Killer Salad</p> <p><b>SNACK 2:</b> Pure Green Energy Smoothie</p> <p><b>DINNER:</b> Taco Salad +Steamed Broccoli +2 tbsp hummus</p> <p><b>K.A.H:</b> Run 1 mile &amp; time yourself. Write your time in your Kaia Binder.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Smooth Move Smoothie</p> <p><b>SNACK 1:</b> Tomatoes +2tbsp hummus</p> <p><b>LUNCH:</b> Garbanzo Bean Salad + gluten free tortilla</p> <p><b>SNACK 2:</b> Kaia Cocktail</p> <p><b>DINNER:</b> 2 Stuffed Tomatoes +Berry Blast Smoothie</p> <p><b>K.A.H:</b> Beat your mile time!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Steel Cut Oats +fresh berries +1/2 c. almond milk</p> <p><b>SNACK 1:</b> Grapefruit +Kaia Cocktail</p> <p><b>LUNCH:</b> Your Choice Big, healthy lunch + Smooth Move Smoothie</p> <p><b>SNACK 2:</b> Raw Veggies (cucumbers, peppers, carrots) +2 tbsp hummus</p> <p><b>DINNER:</b> Kale Quinoa Wrap +miso soup</p> <p><b>K.A.H:</b> Jump rope for 1 min counting reps repeat x5 holding the same #</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>



# Kaia

## Week TWO & Week FOUR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>BREAKFAST:</b> Good Morning Sunshine Smoothie</p> <p><b>SNACK 1:</b> Lemon Water</p> <p><b>LUNCH:</b> Lean &amp; Green Salad</p> <p><b>SNACK 2:</b> Kaia Kocktail +Chopped Apple</p> <p><b>DINNER:</b> Bok Choy Tempeh Tacos +Green Drink Smoothie</p> <p><b>K.A.H:</b> Make your Pushup Resolution: Push-ups for 1 min.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Dawn Patrol Smoothie</p> <p><b>SNACK 1:</b> Lemon Water</p> <p><b>LUNCH:</b> Baba Ganoosh +large green salad</p> <p><b>SNACK 2:</b> Pure Green Energy Smoothie</p> <p><b>DINNER:</b> Arugula, Strawberries &amp; Snap Pea Salad</p> <p><b>K.A.H:</b> Get your jump rope &amp; practice double unders for 10 minutes=100 calories burned!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Mean Green Machine Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon +6 Almonds</p> <p><b>LUNCH:</b> Green Beans &amp; Coconut +1 tbsp hummus +steamed broccoli</p> <p><b>SNACK 2:</b> Protein Power Smoothie</p> <p><b>DINNER:</b> Sweet &amp; Spicy Noodles</p> <p><b>K.A.H:</b> Count your reps...1 min sit-ups.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Smooth Move Smoothie</p> <p><b>SNACK 1:</b> Lean &amp; Green Smoothie</p> <p><b>LUNCH:</b> Black Bean Lettuce Wraps +1/4 c. salsa +steamed broccoli</p> <p><b>SNACK 2:</b> Raw veggie +4 tbsp Baba Ganoosh</p> <p><b>DINNER:</b> Garbanzo Bean Salad +1/2 c. quinoa +kale</p> <p><b>K.A.H:</b> 150 Jumping Jacks...how fast can you go?</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Pure Energy Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon +6 Almonds</p> <p><b>LUNCH:</b> Kaia Killer Salad +1 tbsp. hummus</p> <p><b>SNACK 2:</b> Kaia Kocktail</p> <p><b>DINNER:</b> Taco Salad +steamed broccoli +2tbsp hummus</p> <p><b>K.A.H:</b> Count our reps...1 min Mt. Climbers.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Cool Mint Smoothie +6 almonds</p> <p><b>SNACK 1:</b> Banana +2 tbsp almond butter</p> <p><b>LUNCH:</b> Cucumber Pesto Salad +1 c. edamame +French onion soup</p> <p><b>SNACK 2:</b> Kaia Kocktail</p> <p><b>DINNER:</b> Grilled Squash +arugula</p> <p><b>K.A.H:</b> Buy a pull up bar for your house. 1 min of pull ups.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Mean Green Machine Smoothie</p> <p><b>SNACK 1:</b> 10 almonds</p> <p><b>LUNCH:</b> Kaia Klub Sandwich</p> <p><b>SNACK 2:</b> Raw veggie +4 tbsp Baba Ganoosh</p> <p><b>DINNER:</b> Angela's Black Bean Burgers +1 small sweet potato</p> <p><b>K.A.H:</b> Put it all together... Resolution Solution: 1 min pushups 1 min sit ups 1 min mt. climbers 1 min pull ups 10 min jump rope</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>

# Kaia

## Week THREE & Week FIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>BREAKFAST:</b> Good Morning Greens Smoothie</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon +6 Almonds</p> <p><b>LUNCH:</b> Roasted Chickpea's +lean &amp; green salad</p> <p><b>SNACK 2:</b> Crunchy Chickpeas +kaia cocktail</p> <p><b>DINNER:</b> Exotic Mushroom Bisque</p> <p><b>K.A.H:</b> Get your jump rope &amp; practice for 10 minutes. (jacks, high knees, 1 legged hops, double unders)</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Greek Soy Free Breakfast Scramble</p> <p><b>SNACK 1:</b> Lemon Water</p> <p><b>LUNCH:</b> Cucumber Avocado Rolls</p> <p><b>SNACK 2:</b> Herbal Tea +1/4 c. almond milk +1 packet Truvia</p> <p><b>DINNER:</b> Garlicky Green Beans +salad</p> <p><b>K.A.H:</b> Time your 1 mile...how does it compare to week 1?</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Smooth Move Smoothie</p> <p><b>SNACK 1:</b> Grapefruit +6 almonds</p> <p><b>LUNCH:</b> Spicy Lentils +1 c. wild rice</p> <p><b>SNACK 2:</b> Kaia Cocktail</p> <p><b>DINNER:</b> Green Bean Salad +corn &amp; basil</p> <p><b>K.A.H:</b> Take your family for a walk.</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Purple Passion Smoothie</p> <p><b>SNACK 1:</b> Lean &amp; Green Smoothie (pg._)</p> <p><b>LUNCH:</b> Protein Punch Salad</p> <p><b>SNACK 2:</b> Herbal Tea +1/4 c. almond milk +1 packet Truvia</p> <p><b>DINNER:</b> Grilled Squash &amp; Protein + grilled asparagus</p> <p><b>K.A.H:</b> 50 situps, 50 crunches, 50 v-ups...feel the burn!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Steel Cut Oats +fresh berries +1/2 c. almond milk</p> <p><b>SNACK 1:</b> Chopped Apple +cinnamon</p> <p><b>LUNCH:</b> Kaia Killer Salad</p> <p><b>SNACK 2:</b> 10 Almonds</p> <p><b>DINNER:</b> Harvest Grains Zucchini Boats</p> <p><b>K.A.H:</b> 50 squats, 50 plie squats, 50 squat jumps...feel the burn!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Pure Energy Smoothie</p> <p><b>SNACK 1:</b> Tomatoes +2 tbsp hummus</p> <p><b>LUNCH:</b> Lean &amp; Green Salad +buffalo kale chips</p> <p><b>SNACK 2:</b> Baked Cauliflower +Kaia Cocktail</p> <p><b>DINNER:</b> Cabbage Rolls +squash &amp; millet +tarragon</p> <p><b>K.A.H:</b> 3x 200 yd sprints. Race your kids!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>	<p><b>BREAKFAST:</b> Smooth Move Smoothie</p> <p><b>SNACK 1:</b> Grapefruit +Kaia Cocktail</p> <p><b>LUNCH:</b> Kaia Klub Sandwich</p> <p><b>SNACK 2:</b> Banana Berry Smoothie</p> <p><b>DINNER:</b> Quinoa Pilaf</p> <p><b>K.A.H:</b> Let's end the week with a BURN...50 situps, 50 squats, 50 crunches, 50 plie squats, 50 v-ups, 50 squat jumps...oh yea!</p> <p><b>WATER:</b> ☐☐☐☐☐ ☐☐☐☐☐</p>

# The Detailed List of Alkaline Foods

The balance of acid and alkaline within the body is referred to as pH and is measured on a scale ranging from pH1 (the most acidic) to pH 14 (the most alkaline). A neutral pH balance is 7.35 and is what we need to aim for. If you are too acidic you may be prone to fatigue, weight problems, disease and a weak immune system.

Eat these alkaline foods! Try to incorporate as many as you can into your daily diet...

## Vegetables!

Asparagus  
 Broccoli  
 Chili  
 Capsicum/Pepper  
 Zucchini  
 Dandelion  
 Snowpeas  
 Green Beans  
 String Beans  
 Spinach  
 Kale  
 Kelp  
 Collards  
 Chives  
 Endive  
 Chard  
 Cabbage  
 Sweet Potato  
 Coriander  
 Basil  
 Brussels Sprouts  
 Cauliflower  
 Carrot  
 Beetroot  
 Eggplant/Aubergine  
 Garlic  
 Onion  
 Parsley  
 Celery  
 Cucumber  
 Watercress  
 Lettuce  
 Peas  
 Broad Beans  
 Pumpkin  
 Radish

## Sprouts!

Soy Sprouts  
 Alfalfa Sprouts  
 Amaranth Sprouts  
 Broccoli Sprouts  
 Fenugreek Sprouts  
 Kamut Sprouts  
 Mung Bean Sprouts  
 Quinoa Sprouts  
 Radish Sprouts  
 Spelt Sprouts

## Breads!

Sprouted Bread  
 Sprouted Wraps  
 Gluten/Yeast Free  
 Breads & Wraps

## Grains & Beans!

Lentils  
 Lima Beans  
 Mung Beans  
 Navy Beans  
 Pinto Beans  
 Red Beans  
 Soy Beans  
 White Beans  
 Amaranth  
 Buckwheat  
 Brown Rice  
 Kamut  
 Millet  
 Quinoa  
 Spelt

## Fruit!

Avocado  
 Tomato  
 Lemon  
 Grapefruit  
 Fresh Coconut

## Nuts & Seeds!

Almonds  
 Coconut  
 Flax Seeds  
 Hazelnuts  
 Macadamia Nuts  
 Pumpkin Seeds  
 Sesame Seeds  
 Sunflower Seeds

## Oils!

Avocado Oil  
 Coconut Oil  
 Flax Oil  
 Udo's Oil  
 Olive Oil

## Other!

Alkaline Water  
 Tofu  
 Goat Milk  
 Herbal Tea  
 Wheat Grass

# Let's go Shopping- B=Balance, S=Strength, K=Kaia

Below are shopping suggestions for the first week of BRIK detox. Being prepared is most of the battle. Have fresh whole foods on hand at all times, this will help you fly through detox week. Kaia suggestions...fresh, organic and inexpensive whole foods can be found locally at Trader Joes, Cost Co, Raley's, Safeway and your local health food stores.

## Organic Non Starchy Veggies are GREAT

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Mixed Greens | <input type="checkbox"/> Celery    |
| <input type="checkbox"/> Tomatoes     | <input type="checkbox"/> Radish    |
| <input type="checkbox"/> Cucumber     | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli     | <input type="checkbox"/> Snap Peas |
| <input type="checkbox"/> Peppers      | <input type="checkbox"/> Jalapenos |
| <input type="checkbox"/> Kale         | <input type="checkbox"/> Zucchini  |
| <input type="checkbox"/> Spinach      | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Bok Choy     |                                    |

- |  |                 |
|--|-----------------|
| <input type="checkbox"/> Fresh Corn -B & S | Your Favorites☺ |
| <input type="checkbox"/> Onion             | _____           |
| <input type="checkbox"/> Basil             | _____           |
| <input type="checkbox"/> Cilantro          | _____           |
| <input type="checkbox"/> Carrots           | _____           |
| <input type="checkbox"/> Sprouts           | _____           |
| <input type="checkbox"/> Romaine Lettuce   | _____           |

## Fruits: Organic low sugar, high fiber fruits

- |                                     |  |  |
|-------------------------------------|--|--|
| <input type="checkbox"/> Apples     | <input type="checkbox"/> Lemons (4)            | <input type="checkbox"/> Banana 1 bunch- S & K |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Avocado (1)           | <input type="checkbox"/> Strawberries          |
| <input type="checkbox"/> Berries    | <input type="checkbox"/> Mango- B & S          | <input type="checkbox"/> Non-sweetened coconut |
| <input type="checkbox"/> Limes      | <input type="checkbox"/> Non-sweetened coconut |  |

Your Favorites☺

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Cont.

**Extras (optional):**

- |  |  |
|--|--|
| <input type="checkbox"/> Organic Stevia Extract or Truvia          | <input type="checkbox"/> Olive Oil - K                                   |
| <input type="checkbox"/> Protein Powder (no sugar, carbs)          | <input type="checkbox"/> Almond Milk                                     |
| <input type="checkbox"/> Green Powder (Health Food Store)          | <input type="checkbox"/> (40 cal, Trader Joe's)                          |
| <input type="checkbox"/> Cayenne Pepper                            | <input type="checkbox"/> Nutritional Yeast (Health food store or Raleys) |
| <input type="checkbox"/> Whole Food Supplement (Health Food Store) | <input type="checkbox"/> Flax oil or virgin olive oil                    |
| <input type="checkbox"/> Psyllium Husk (Trader Joe's)              | <input type="checkbox"/> Apple Cider Vinegar (take 1 tbs a day)          |
| <input type="checkbox"/> Probiotics                                | <input type="checkbox"/> Paprika   |
| <input type="checkbox"/> Sea Salt                                  | <input type="checkbox"/> Ground Flaxseed or Chia Seed (milled)           |
| <input type="checkbox"/> Veggie Broth                              |  |
| <input type="checkbox"/> Sun Dried Tomatoes                        |  |
| <input type="checkbox"/> Bragg's                                   |  |
| <input type="checkbox"/> Herbal Tea + Detox Tea                    |  |
| <input type="checkbox"/> Smooth Move Tea- K                        |  |

**Proteins: All Organic**

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> Eggs (organic)        | <input type="checkbox"/> Quinoa           | Your Favorites☺          |
| <input type="checkbox"/> Tempe                 | <input type="checkbox"/> Tahini           | <input type="checkbox"/> |
| <input type="checkbox"/> Tofu Firm             | <input type="checkbox"/> Almonds          | <input type="checkbox"/> |
| <input type="checkbox"/> Chickpeas (garbanzos) | <input type="checkbox"/> Walnuts          | <input type="checkbox"/> |
| <input type="checkbox"/> Black Beans           | <input type="checkbox"/> Sun Flower Seeds | <input type="checkbox"/> |
| <input type="checkbox"/> Lentils               | <input type="checkbox"/> Pine Nuts        | <input type="checkbox"/> |
| <input type="checkbox"/> Edamame               |   | <input type="checkbox"/> |

\*Try to shop the bulk of your groceries in the perimeter of the grocery store, that's where most of the fresh wholesome food is kept.

## COSTCO LIST

Here is an example of items you can buy at Costco... Of course you don't have to buy all that, only what you like...

Fresh or frozen organic Spinach

Fresh organic mix lettuce

Fresh organic spinach

Tomatoes- pesticide free

Avocados

Bell peppers

Celery (great with almond butter)

Fruit & Berries

Pure Lemon juice from Italy

Quinoa

Organic Harvest medley rice

Organic ready brown rice

Almond Butter

Organic no salt seasoning (blend of 21 seasonings)

Olive oil

Organic golden flax seeds

Mary Gone's Crackers

Mixed Bean's

Organic frozen strawberries

Organic frozen berry mix

## WHOLE FOODS

*You can find everything you could possibly want here but prices can be a little high. You may also be able to find these items at your local health food store...*

Braggs Amino Liquid

Pure Cacao

Truvia, Xylitol or Stevia

Brown Rice tortillas

Sonoma gluten free wheat free tortillas (my favorites)

Mary Gone's Crackers

Coconut milk

Bulk items such as red quinoa, black quinoa, coconut flakes, nuts, brown rice....

Brown rice cereal

Millet cereal

Rice and Shine cereals

Almond oil

Walnut oil

Coconut oil

Avocado oil

Unsweetened Almond milk (original or Vanilla 40 cal)

Plant based protein powders

Lots of Green's- supplement powders

Udon's Oil- Great to take daily either on your salads or taking a Tbls a day

## Trader Joe's

### UNREFRIGERATED PRODUCE

Cherry tomatoes  
Sour apples  
Organic lemons  
Avocados  
Zucchini  
Ginger  
Garlic

### REFRIGERATED PRODUCE

Bagged lettuces  
Sliced mushrooms  
Steamed beets  
Cooked lentils  
Broccoli slaw  
Shredded cabbage  
Sugar snap peas  
Butternut squash  
Sweet potatoes spears (great as fries with olive oil and sea salt)  
Cauliflower  
Green beans  
Parsley  
Dill  
Chives  
Veggie Chop (a bunch of veggies chopped up already) great on Salads and in quinoa

### REFRIGERATED MEATS

Free range whole chicken  
Free range ground turkey  
Smoked salmon

### FROZEN SECTION

Frozen organic berries  
Frozen organic veggies  
Frozen wild salmon, halibut, tilapia, etc  
Frozen brown rice

### DRY GOODS

Quinoa  
Brown rice  
Brown rice pasta

Canned organic no sugar tomatoes  
Stevia  
Herbs and spices  
Sea salt  
Almond Butter with Roasted Flax seeds  
Olive oil

### MILK ALTERNATIVE SECTION

Unsweetened almond milk

### CANNED GOODS

Coconut milk  
Olives  
Capers  
Pumpkin, sweet potatoes or squash puree

### VITAMIN/SUPPLEMENT SECTION

Flax seed Oil

### OILS

Coconut oil  
Organic Extra Virgin Olive



# Kaia Nutritional Plan FAQ's

## What does Detox week mean?

The 1<sup>st</sup> and the last week of BRIK we do a full body detox. The 1<sup>st</sup> week is much harder than the last because we have so many more toxins. During detox week we...

- ✓ Drink lots of water...2 when you wake up, 2 for snack, 2 for lunch, 2 for snack & 2 for dinner
- ✓ Cut out all the junk, alcohol, all wheat, sugars, white stuff & eat light
- ✓ Kaia Nutritional Plan- smoothie for b-fast, big salad for lunch & liquid dinner (soup)
- ✓ Don't use lotion or any body products that aren't organic or chemical free
- ✓ Snack on only veggies if you're super hungry
- ✓ Remember it's only one week and you could be juicing;)

## I have a headache, low energy and feel nauseous?

You are officially detoxing...congratulations! We know it's rough but well worth it. The more toxins you have in your body like caffeine, prescription drugs, sugar & processed foods the worse you will feel. Please hang in there the symptoms typically last 3-4 days and then you will feel better than you have in years.

- ✓ Drink lots of water
- ✓ Drink wheat grass (Jamba juice or whole foods)
- ✓ Avoid taking Advil or anything to help with the pain (prolongs the detox symptoms)
- ✓ Sleep at least 8 hours
- ✓ Sweat...sweat...sweat

## Why do I feel bloated after my meals?

Remember it takes time for your body to adjust to all the roughage & fiber

- ✓ Eat slowly & enjoy your meals.
- ✓ Drink a lot of water.
- ✓ Last resorts...reduce the amount of fiber boost you are using.

## I am hungry!

Your body need time to adjust to lower calories & being thinner. Be determined!

- ✓ Make sure you are getting a fist size of protein at every meal
- ✓ If your protein source is a shake, make sure you eat an abundance of non-starchy vegetables.
- ✓ Make sure you are drinking enough water.
- ✓ Eat healthy snacks- herbal tea, apple, celery, cucumber slices, baked kale or vegetable broth

## I am not losing weight

- ✓ Some people will not lose any weight until the third week- Stay with it!
- ✓ Be sure you are not loading up calories in your shakes.
- ✓ Eat plenty of non-starchy vegetables
- ✓ Record everything you are eating and the time of your meals & talk to your coach.
- ✓ Be sure your food portions are reasonable. No second servings.

## I am losing weight and don't want to

- ✓ Add more calories and fat to your shakes.
- ✓ Eat any fruit you desire
- ✓ Add starchy carbohydrates to your meals (brown rice)
- ✓ Put an extra scoop of protein in your shakes.
- ✓ Add healthy fats...Avocado and nuts

## I am constipated

Constipation is a very common problem when you are changing your diet dramatically.

- ✓ Make sure you are drinking enough water throughout the day at least eight 8 oz. glasses
- ✓ Make sure you are getting enough vegetables.
- ✓ Add ground flax seed and selium
- ✓ Try a Colon Cleanse supplement

## Should I take vitamins?

Yes! Make sure you have a good whole food multi vitamin and multi mineral.

- ✓ Whole food multi vitamin
- ✓ Mineral supplement
- ✓ Calcium & magnesium

- ✓ Probiotics
- ✓ Fiber supplement
- ✓ Udo's Oil or a omega oil supplement

## Should I eat before workouts?

It all depends on how much you eat the night before and what time you're working out. You shouldn't eat 2-3 hours before a workout, so 5amers may not want to get up at 2am to eat a banana. If you're really hungry and feel weak drink a smoothie or have an electrolyte drink prior to workout. Here is a list of drinks good pre-workout fuel...

- ✓ Hammer fizz tabs
- ✓ Hammer Head
- ✓ Ola Loa Energy Pacs (Whole Foods or Raley's)
- ✓ ½ banana

## What should I eat after a workout to fuel my muscles?

You have a relatively small window to get your muscles fuel for growth about 1-2 hours post workout. Try to eat a whole food breakfast high in protein as soon as possible.

- ✓ Protein smoothie (see the Kaia Kook Book)
- ✓ Veggie Scram
- ✓ Apple & Almond Butter
- ✓ Tofu Scram

## Which vegetables, fruits, meats & cheeses should I buy organic?

Yes! Make sure you have a good whole food multi vitamin and multi mineral.

- ✓ All meat & cheeses
- ✓ List of the dirty dozen
  - Apples
  - Celery
  - Strawberry's & grapes
  - Peaches & nectarines (imported)
  - Spinach, kale & lettuce
  - Sweet Bell Peppers

- Potatoes
- Berries