



BEYOND diet

*Approved*



# 90 DAY DIET

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Hey there. Isabel here...

As promised I wanted to give you the exact strategies you need to make the “One Day Diet” completely Beyond Diet friendly and a safe and simple approach to quickly feel your best.

Now, let’s get one thing straight. I am not suggesting you rely on “quick fixes” to achieve your weight loss goals. You and I both know that those are ultimately doomed for failure and, many times, not healthy at all.

What I do want to give you with the One Day Diet is a healthy option you can use in the following situations...

- You went on vacation with your family, had the time of your life, but ate just a tad bit too much. You want to get back to your healthy routine, but want to feel better sooner rather than later.
- You have a pretty important event coming up...a party, reunion, vacation...and you need to get a few pounds off fairly quickly.
- You need a little kick in the pants! You’ve been in the same routine for a while and you just need to shake things up a bit.

OR the way I use it

- You are seriously crunched for time and just can’t make or prepare your meals (again, this is not a long term solution, but just a way to get you through the tough times).

A perfect example for me is when my husband goes on his 4 day hikes with our church. He leaves early on Thursday morning and comes home late on Sunday evening. This leaves me with my two wonderful, but sometimes demanding, little boys (2 and 4 years old) all on my own. This means my time to cook is a bit more limited and using the strategies outlined in the One Day Diet saves me a lot of time and prepping of my next meal (**see my sample meal plan below**).

Beyond Diet is a lifestyle approach that will ensure your food choices are healthy and get the weight off, while also ensuring that it will stay off LONG TERM. The principles taught in BD along with a safe and effective short term meal plan, like the One Day Diet, can help you maintain a lean, healthy body for a lifetime.

So where do you begin?

First, read through the One Day Diet PDF start to finish. That will help you better understand the updates I have given you below.

Next, read through my updates and sample meal plan below to create the plan that is the best fit for you.

## **Step 1: Breakfast or no breakfast? That is the question.**

In the One Day Diet, Coach Josh talks about a strategy that is used very successfully in the nutrition world called “Intermittent Fasting” (IF for short). The theory here is that going a full 8 hours without eating will help your body re-set its hormones and hunger cues.

For years I have taught just the opposite (and still believe breakfast is the best choice for me, but

please read on), but I am not opposed to the fact that IF does have a lot of merit and has worked very very well for thousands of people.

For me, following the One Day Diet means adding in 1 meal at 8am as my Breakfast. I have used the entire program successfully on myself and my clients with this one simple tweak and it still works great. The key is to ensure that your 1st meal includes a good source of protein and healthy fat (minus the carbs).

Here are 3 breakfast choices you can use while following Coach Josh's One Day Diet:

1 cup plain organic greek yogurt (no flavorings or fruit added)  
12 raw almonds or 1 Tbsp raw almond butter  
Add a few shakes of cinnamon, stevia or a tiny drop of vanilla extract to sweeten

2 hard or soft boiled eggs  
1/4 avocado

3/4 cup cottage cheese  
12 raw almonds or 1 Tbsp raw almond butter  
Add a few shakes of cinnamon, stevia or a tiny drop of vanilla extract to sweeten

For me, any one of these breakfast choices takes me under 5 minutes to prepare and eat (and when you're trying to get 2 kiddos out of the house, this is critical).

If you choose the yogurt or cottage cheese option, you can set that up in a travel container the night before to take with you in the morning or to quickly grab and eat. If you choose the eggs, be sure to boil them the night before.

## **Step 2: Predetermine your shake choices.**

Here is a HUGE mistake I made the first time I followed the One Day Diet...I did not predetermine what shakes I was going to make. So, here it was 12 pm and I was staring at my shaker bottle (which I received from BioTrust with my protein powder order) with no idea what to throw in there.

Thankfully Coach Josh gives you his 53 Fat Burning Smoothies recipe book which includes a ton of great choices.

Here are my favorites and the ones I use while following the plan:

page 31: Pina Colada Smoothie

\*instead of 1 cup of vanilla Almond Milk, I use 1 cup of homemade coconut milk. This is absolutely incredible and very filling.

page 39: Chocolate Covered Strawberry Smoothie

\*again I replace the almond milk with coconut milk and sometimes use chia seeds instead of flax seeds (both options will make a delicious shake)

page 43: Green Superfood Smoothie

\*Because Kale anytime of the day is awesome!

page 48: Popeye's Super Spinach Smoothie

\*I use coconut milk instead of almond milk and use almond butter instead of peanut butter.

The beauty of this plan is that you can experiment and create your own shakes, as long as they contain healthy ingredients.

The reason why I more often than not choose coconut milk is because many store bought almond milks use unhealthy oils and preservatives that you want to stay away from. Another option is to make your own almond milk, which is delicious and a great option.

### **Step 3: Choose 2 basic dinners that follow the prescribed guidelines.**

The beauty of dinner is that it is the exact recommendation I make inside the Beyond Diet program (so if you're already following the plan, you already have dinner down pat).

The other great part about this is that you can use the recipe section of Beyond Diet to find simple and delicious dinner options that you can use during the One Day Diet (and that your entire family will eat as well).

Here are 3 of my favorites to use during the plan (because they are delicious and simple).

Isabel's Baked Chicken + 1/2 cup cooked quinoa + roasted asparagus

Grass fed Beef Burger + sweet potato fries + side green salad with Isabel's Famous Dressing

Baked Herbed Salmon + large colorful salad with 1/2 cup chickpeas added

Here is an example of what 1 of my days may look like following the One Day Diet.

**Important Note:** Again, I would like to emphasize the fact that this is not a "quick fix" plan and not something that should be chosen as a long term weight loss strategy. With that being said, it does have its time and place for a few busy days or even a week to accelerate your weight loss or save time during busy moments in your life.

### **Sample: Isabel's One Day Diet Meal Plan.**

8am - 1 cup Greek Yogurt + 1 Tbsp Raw Almond Butter. I add a tiny shake of Stevia and cinnamon... delicious!

12pm - Chocolate Covered Strawberry Smoothie - I really love the taste of chocolate and strawberries together. I really look forward to this.

3pm - Popeye's Super Spinach Smoothie - At 3 pm I have already picked up my oldest from school and I try to make a smoothie with him that he also enjoys and includes a food that he may not eat a lot of (like spinach).

6pm - Grass fed Beef Burger + sweet potato fries + side green salad with Isabel's Famous Dressing. This is an easy dinner for me to prepare because my kids love burgers, and I always have sweet potato fries already made in the fridge (ready to be heated in the oven) because my youngest absolutely loves them. I also always have a container of homemade dressing in the fridge at all times.

If I'm in a time crunch, I use Apple Cider Vinegar and Olive Oil.

There you have it... Isabel's personal approach to the "One Day Diet." I think keeping this document along with Coach Josh's plan is a great "tool" to keep in your health tool box to use when you're looking for a bit of an accelerated path to weight loss.

As always, keep me updated on your results and remember I am here to help.

In health and happiness,

*Isabel De Los Rios*