

# Supercharge your cells and your body with EarthFIT Fuel.

The 90 day food guide to maximum health, performance, energy and total food freedom.



## Supercharge your cells and your body with EarthFIT Fuel.

The 90 day food guide to maximum health, performance, energy and total food freedom.

The **ONLY** nutritional guide that explores and cycles days of Keto, Paleo, Intermittent Fasting, Carb Cycling and Fruits and Veggies.

Not only does it stimulate **POWERFUL** fat burning, weight loss and lean muscle gain **RESULTS**, it is also keeps the eating fresh, simple, economical and as healthy as it can get.

During the 90 days you will also learn what feels best for you.

This is where the transformation truly occurs. You find what fuel cycle fits you and in 90 days your body and your brain will have transformed.

The mission of EarthFIT Fuel is K.I.S.S.

KEEP  
IT  
SIMPLE  
SILLY

The more simple you keep it the more likely you are to repeat it.

Follow the basics, each day you are doing either:

- Ketogenic Diet (High Fat, Medium Protein, Very Low Carbs)
- Paleo Diet (Higher Carbs and Protein days)
- Only Fruits and Veggies/ Juicing (All Day)
- A couple days a week you will be mixing Intermittent fasting with either one above. Intermittent fasting will be 16 hours of no eating and an 8 hour period where you eat all your calories for the day. Typically eating from 11am-7pm as an example.

The **EarthFIT 90 Day Transformation** is a combination of the most powerful up-to-date scientific approaches for not only weight loss and fat burning, it is also great for reduction in inflammation, staving off cancer and disease, as well.

Now... before I break down the program, I highly recommend that you get tested through Viome To find out your unique microbiome complex. Your microbiome is the richness and diversity of the bacteria in your gut. It is responsible for how your feel after you eat certain foods, and what Viome does is analyze your gut and tells you what foods are your superfoods, as well as what foods to

indulge in, enjoy, minimize and avoid. In doing this you will build your microbiome and build your immune system, reduce inflammation, as well as reverse weight gain and fat gain.

It is not mandatory but highly recommended; [HERE IS THE LINK TO VIOME](#)



This nutrition transformation will have a mix of Intermittent Fasting, Paleo, Keto, Raw Veggies and Carb Cycling.

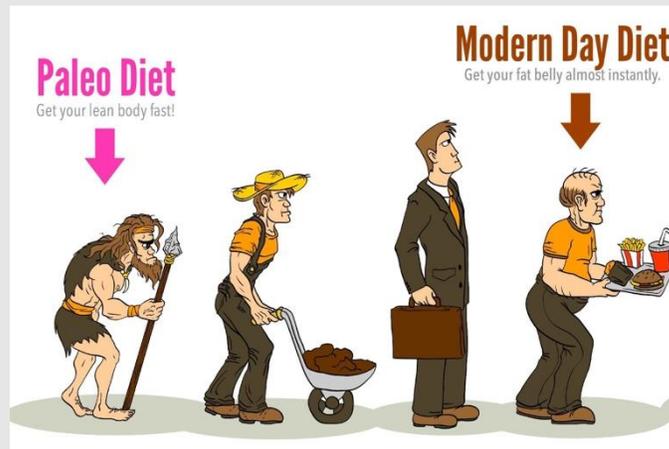
We will be waxing and waning between all of the above. We break down each so you have a better idea about what to expect and why these methods are so powerful:

### Intermittent fasting



For the purpose of this challenge and because of the scientific research, intermittent fasting will be 16 hours of fasting and 8 hours of eating. During the 8 hours of eating you will have a choice of eating Paleo, Keto or Raw Veggies (Some people may need to start off with cooked or steamed veggies at first). You will start off doing intermittent fasting 1 day a week for the first 4 weeks and then 2 days a week for the next 4 weeks. The rest of the days will be full days of eating, and you will be rotating between Paleo, Keto or Raw Veggies.

## Paleo



The Paleo Diet is based on the Paleolithic Era. In short, it is eating the way a caveman would eat. Meats, nuts, fruits, veggies and that is about it. To get more specific, here is the break down:

- Meat
- Veggies
- Fruits
- Nuts/seed (No peanuts)
- Raw Dairy only
- Yams

### ELIMINATE THE FOLLOWING

- Sugar
- Processed dairy
- All grains
- White potatoes
- Legumes
- Alcohol

## Keto



The ketogenic diet is similar to the paleo diet except lower carbs and higher fats. “Studies have found that this very low-carb, high-fat diet is effective for weight loss, diabetes and epilepsy ([1](#), [2](#), [3](#)).

There's also early evidence to show that it may be beneficial for certain cancers, Alzheimer's disease and other diseases, too.

A ketogenic diet typically limits carbs to 20–50 grams per day. While this may seem challenging, many nutritious foods can easily fit into this way of eating. Here are 16 healthy foods to eat on a ketogenic diet.”

- Seafood
- Low carb veggies (More cruciferous veggies: kale, broccoli, cauliflower, etc.)
- Cheese- Ideally Raw
- Avocados
- Meat and Poultry
- Eggs
- Coconut oil
- Olive oil
- Nuts and seeds
- Olives
- Unsweetened tea and coffee
- Dark chocolate and cacao powder

## Raw Fruits and Veggies/ Juicing



### [EarthFIT Juicing Recipes](#)

For this day you will eat only fruits and veggies or juice the fruits and veggies if you find that more convenient.

Here is an awesome resource for Juice Recipes <https://juicerecipes.com/>

On fruits and veggies day, the goal is to only have fruits and veggies and nothing else. Some tips:

It is a good idea to have one/some avocados for the good fats. You can make guacamole and dip veggies into it like carrots etc.

You can also, put some high quality olive oil or coconut oil on your veggies. Limit you salt on these days.

\*Caveat- if you do not have much experience with eating lots of raw fruits and veggie, start off with steaming veggies. This is great to increase fiber intake, giving the digestive system a rest, boosting digestive enzymes in the gut, feeding healthy bacteria, and increasing vitamins, minerals and antioxidants. We will start off with one day a week and increase it to two days a week after the first month.

### FRUIT AND VEGGIE DAY

<https://www.facebook.com/EarthFIT/videos/10217150612375253/>

“...So I've been getting a bunch of questions about fruit and vegetable day. What to do, what do's and don'ts about it, and so fruit and vegetable day is specifically just have fruits and veggies, no animal products preferably that would be ideal situation. If you train on fruit and

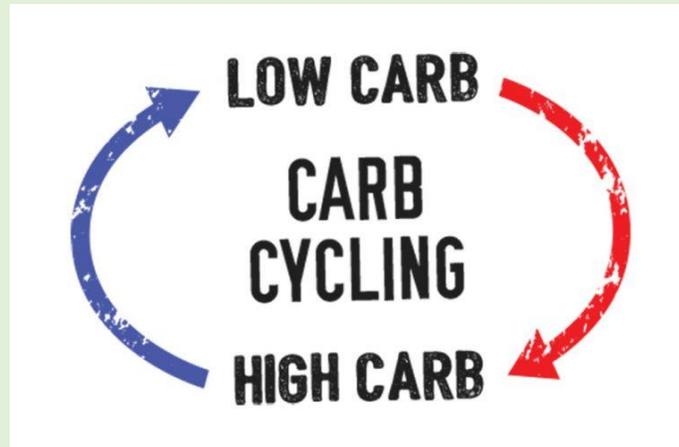
veggie day, one thing that I would recommend to other people is you do incorporate some amino acids into that day because when you workout you are breaking down your muscle tissue and the amino acids will help repair it. Now fruits and veggies have amino acids but we are talking about essential amino acids and not essentials. So essential is something that you need to get from your diet and if you take a supplement it just get assimilated much easier and it helps repair muscles faster, it reduces muscle soreness as well. On the fruit and vegetable day, I recommend getting in something like an avocado because it's filling and it's got a lot of good fats, vitamins, minerals, etc. but people were asking how to go about indulging in the fruit and vegetable day. And so there's many ways you can do it, that's part of the fun of it because you get to experiment with it so you can do just juicing. So you can take fruits and veggies, put them to the juicer you get the essentially just the juice of it and that's good, it's fine, it's great with digestive system, it does spike your insulin levels a little bit higher especially if you are using with the fruits and vegetables have higher sugar right? And those would be carrots and beets for the vegetables are high in sugar, oranges things like that like the Melons are high in sugar, they're high in glycemic index whereas berries are low in the glycemic index. So again, you don't want to get into too much detail. The idea of this is just you're indulging to fruits and vegetables and you are getting the benefit of the vitamins, the minerals easy on the digestive process.

So, there's the juicing aspect which you can do, you also can take the leftovers from the juice, the fibers and you can make that into a pate. There's a recipe if you just look up juice pate or something to that like fiber from the juice and making the pate you can actually make it with avocados and so that helps pull toxins out of the body right? So people who have for example a high PSA, for example their prostate have a high PSA, enlarge or something like that. What they recommend to do is to increase their fruit and vegetable intake and one of the reasons why is because it helps pull some of the toxins out, it gives you to rest, it lets you relax and this is true for a lot of the body. This is not... the prostate just happens to be one of those things that gets affected and can pull in toxins. And so most of the women on here obviously are can be identified with that but it does the same thing for the rest of the body, it gives a rest and digest and that's why people go wax and wane between vegetarian and eating meats because vegetarian allows the digestive system to relax a little bit more, it helps boost up enzymes that you use for digestion and it improves the health of your intestinal tract, more fibers actually makes you feel full, pulls the toxins out of the body, allows for rest and digest a little bit better so that's another option is the juicing.

You can also just do the shakes so you would be taking all the fruit and vegetables. You put it inside the blender and you blend it all up. It's better for your blood sugar because the fiber actually help to regulate the blood sugar. So those are the options. The other option that I recommend is just taking if you're not used to having raw fruits and vegetables then you cook it so you can cut up all your veggies whichever ones you like, you can sauté them in coconut oil and then put some olive oil on it if you want or need a little bit more calories or to feel full and you know put spices in there and that's a perfect meal. It will fill you up and the right spices, and the right mixture it will taste great. So... fruit and vegetable day is not too complicated if you get to figure out which is best for you and you can mix and match those things right, you can have juice in the AM and then for lunch you could have the stir fry of all these mixed veggies and then in the PM you might have a shake. So and again you can throw in avocado and banana in the shake with some strawberries and mixed it with... some people have been using almond. Again we want to stick with just fruits and vegetables but some people have been using almond milk which I say is okay in that situation because you are not actually eating the almonds, it's just the residue of the almonds but preferably you want to stick to just fruits and vegetables.

So those are the options. Any comments, question go ahead and leave below... The other thing I was going to add is starting next week the first month you are going to do a 1 day of intermittent fasting, 1 day of fruit and vegetables. What I was going to mention to people if you are enjoying that process you can start to incorporate more of it if you'd like. You don't have to wait until the second month to start doing 2 days of intermittent fasting. So there you go..."

## Carb Cycling



Carb cycling means going low carb for a while and then going high carb. This gives your body the ability to burn the fat in a healthy way and then store up glycogen to be used more efficiently in training and other activities. Low carb days will be on the Keto days and the higher carb days will be on the Paleo days and a great source of good carbs is sweet potatoes.

## Cheat Meal



Having a cheat meal is not mandatory but if your feel too restricted then plan out a meal where

you are going to indulge but here is the key, see how you feel after the cheat meal. If you feel like crap then stop doing it; if you feel great, then continue. Again, VIOME can tell you what cheat meals may work great for you based on your unique microbiome.

Below is an example of how the first and second month will go. Ideally, if you follow the rules below, you will be good to go:

- 1 day of intermittent fasting a week for the first month then 2 days in the second month (You can choose to eat paleo, keto or just fruits and veggies on this day)
- 3 days of paleo a week (One day of very high carbs, one day medium, one day low)
- 3 days of keto a week
- 1 Day of fruits and veggies in the first month then 2 days in the second month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Paleo	Keto	Paleo/Fasting	Fruits/Veggies	Keto	Paleo	Keto
Week 2	Paleo	Keto	Paleo/Fasting	Fruits/Veggies	Keto	Paleo	Keto
Week 3	Paleo	Keto	Paleo/Fasting	Fruits/Veggies	Keto	Paleo	Keto
Week 4	Paleo	Keto	Paleo/Fasting	Fruits/Veggies	Keto	Paleo	Keto
Week 5	Fruits/Veggies/ Fasting	Paleo	Keto	Paleo Fasting	Fruits and Veggie	Keto	Paleo
Week 6	Fruits/Veggies/ Fasting	Paleo	Keto	Paleo Fasting	Fruits and Veggie	Keto	Paleo
Week 7	Fruits/Veggies/ Fasting	Paleo	Keto	Paleo Fasting	Fruits and Veggie	Keto	Paleo
Week 8	Fruits/Veggies/ Fasting	Paleo	Keto	Paleo Fasting	Fruits and Veggie	Keto	Paleo

Starting Day 61/start of 3rd month, there will be 5 Days in a row of the Fast Mimicking Diet

Day 1:

- 1,100 calories
- 500 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 500 calories from healthy fats (nuts, olive oil)
- 1 Omega-3 Supplement
- Sugarless teas (up to 3-4 cups per day)
- 25 grams of plant-based protein, mainly from nuts

- Unlimited Water

Day 2-5:

- 800 calories
- 400 calories from complex carbohydrates (vegetables such as broccoli, tomatoes, carrots, pumpkin, mushrooms, etc.)
- 400 calories from healthy fats (nuts, olive oil)
- 1 Omega-3 Supplement
- Sugarless teas (up to 3-4 cups per day)
- 25 grams of plant-based protein, mainly from nuts
- Unlimited Water

Day 6:

- Transition diet
- For 24 hours following the end of the five-day FMD, start with Fruit and Vegetable day

Continue with Month 2 for the remainder of the 90 days

Generally, the macronutrient ratio varies within the following ranges for keto:  
60-75% of calories from fat (or even more),  
15-30% of calories from protein, and  
5-10% of calories from carbs.

Here is another Keto and Paleo Macros guideline: 5 Different Macronutrient Ratio Options to...  
Extreme low-carb/carnivore. Protein: 20-40% (depends on whether you're eating lean or fatty meat)

...

Basic keto. Protein: ~15% ...

Low-carb, not quite keto (aka keto with more vegetables) Protein: 15-30% ...

Moderate-carb Paleo. Protein: 20-30% ...

Carb cycling. Protein: 20-30% ...

## Water Intake



There is no hard and fast guidelines to water intake and the amount of water the body needs is dependent

on a number of factors, but the majority of people do not drink enough water. Water is your body's principal chemical component making up 60% of your body, and adequate hydration levels are necessary for the optimal functioning of every organ system.

A easy rule of thumb is to drink half of your total body weight in ounces per day.

## Supplements



Supplements are a great way to enhance the bodies performance. If you do viome it will suggest supplements for gut health that will improve your microbiome.

Below are some key supplements everyone can benefit from that will maximize your results:

- [Amino Acids](#)
- [Omega 3s](#)
- [Magnesium](#)
- [Digestive Enzymes](#)

So there you have it. The cycling of the different days keep EarthFIT Fuel refreshing, interesting and maximizes results for overall health.

Committed to your success,

Ian