



NUTRITION & FITNESS PROTOCOL

BY THE NAVEN TWINS

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DAILY PROTOCOL

Morning Practice:

- Fast (18 hrs from last meal)
- Avoid looking at your phone for 30-60 mins from waking up
- Turn on redlight while you take your supplements

Supplementation:

- Morning complete green powder
- Shot of water with a large pinch of Celtic sea salt
- LMNT Electrolytes mixed with a water bottle. Drink within the first 40mins of waking up
- 3-5 Vital Bites tablets
- Glass of water with a scoop of Perfect Aminos
- Shot of olive oil mixed with half lemon (when you break your fast before your first meal)

Mindful practice:

- Breath work
- Meditation
- Journaling (this can also be done before bed instead of in the morning or both)
- Morning Movement
- Optional sauna/cold plunge either morning or afternoon

Workout

- Your workout depends on your work schedule. Ideally you workout in the am to boost metabolism. You can also workout mid afternoon once your body is fully awake and fully activated. Try to avoid late night workouts excluding hot yoga.

Go about your daily activities ie. work, kids, etc.

(Optional sauna/cold plunge If you have access, morning or afternoon)

Movement Breaks:

Take at least three 20-40 minute movement breaks during the day. Stretch, wall handstands and inversions, walks, beach walk, walk with weighted vest, bike ride, etc.

DAILY PROTOCOL

Meals:

- Break your fast meal #1
- snack
- Lunch meal #2
- snack (the goal is to eliminate snacking and eat 3 meals only, month 2)
- Early dinner meal #3 (at least 3 hrs before bed) Before 7pm. This is really important for losing weight and sleep quality.

Tips:

- Avoid BBQ, grilled and charred foods. Slow cooking protein and steaming veggies are ideal.
- Try to eat seasonal veggies and fruit
- Chew your food well and eat slower
- Take three deep breath holds before eating to help with digestion

Wind Down:

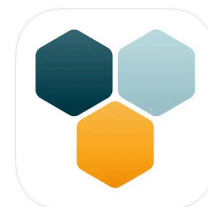
- Try to avoid drinking a lot of liquids 1-2 hours before bed.
- Turn the phone onto night mode/red screen and lower the light. Try to stay off your phone for at least 1 hour before bed. Keep your phone away from your bed when it's charging at night and keep it on airplane mode
- Lower the lights in your house or apartment
- Create an altar or sanctuary, a space that is yours that's calming and relaxing where you can meditate, pray, manifest, journal ect.
- 10-20 minute meditation before bed
- 5-10 minute stretch before bed.
- Enjoy a beautiful sleep!



Suggested Apps



Waking Up: Meditation & Wisdom
Insights for a Better Life
[Waking Up Course, LLC](#)
★★★★★ 4.0 • 4 Ratings
Free • Offers In-App Purchases



Wim Hof Method Breathing & Cold
Health, sleep, meditation
[WHM Services](#)
Designed for iPad
★★★★★ 4.8 • 6.3K Ratings
Free • Offers In-App Purchases
[View in Mac App Store](#)

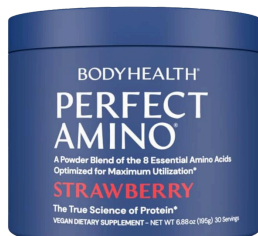
PRODUCT SUGGESTION



Large cup of water and Morning Complete green powder first thing when you wake up In the morning before coffee or tea



Have a shot of water and a large pinch of Celtic sea salt fist thing In the morning



Add a scoop In water In the am (won't break your fast) or pre and post workout



Mix a water bottle with one package of LMNT electrolytes. Drink withing 30mins after you green powder before coffee or tea. Wait at least 1 hour before having coffee or tea



Have 3-5 tablets In the am before coffee or tea



Redlight Therapy

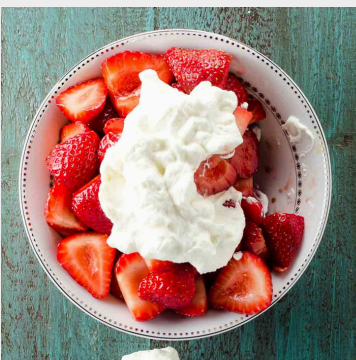
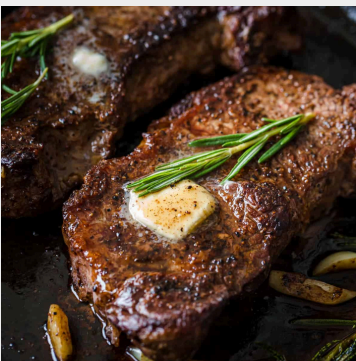
DAILY MEAL PLANS

Examples Of Daily Meal Plans

It's important to choose high-quality, pasture-raised, and organic animal products and vegetables whenever possible to maximize nutrient density and minimize exposure to antibiotics and hormones.

Tips:

- Eat your food in the right order to avoid glucose spikes. Veggies, protein, then carbs and sugars.
 - No sugars for breakfast!
 - Wait 2-3 hours in between meals to fully digest
 - Avoid snacking
 - Only black coffee in the am to not break your fast
 - Avoid BBQ, grilled and charred foods. Slow cooking protein and steaming veggies are ideal.
 - Try to eat seasonal veggies and fruit when possible
 - Chew your food well and eat slower
 - Take three deep breath holds before eating to help with digestion
 - Suggested protein approximately 1 gram of protein per pound of body weight per day
- If you know you'll be cheating have a shot of apple •cider vinegar and water before your meal (try not to cheat)



Option #1

First Meal: Scrambled eggs with grass fed butter, salt and pepper

Snack: Coconut Yogurt with berries and honey

Lunch: Grilled steak salad with arugula with olive oil, lemon and salt and pepper dressing.

Snack: Chomps beef jerky sticks

Dinner: Sweet potato steamed broccoli, grass fed butter with salt and pepper

Options #2

First meal: Sunny side up eggs with avocado

Snack: Chopped cucumber with avocado, olive oil, salt and pepper

Lunch: Ground beef patties with salt, pepper and organic mustard. Add romaine salad with olive oil and lemon dressing.

Snack: Chomps beef jerky sticks

Dinner: Roasted squash with grass fed butter and steamed broccoli

DAILY MEAL PLANS



Option #3

Water with Chlorophyll

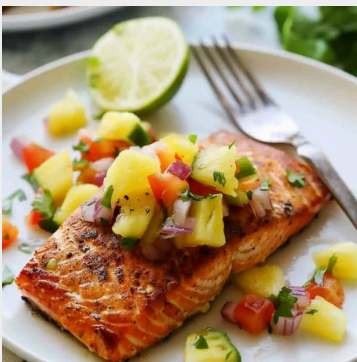
First Meal: Baked lemon garlic/butter salmon with flaky salt and pepper

Snack: Avocado, cucumber and roasted carrot salad with organic mustard, olive oil and raw honey dressing

Lunch: Grilled lemon garlic shrimp with cauliflower rice and grass fed butter

Snack: Whey protein shake with coconut milk, mixed berries, organic vanilla, cinnamon, scoop of l-glutamine

Dinner: Roasted garlic, asparagus, Japanese sweet potato smashed with and garlic butter, flaky salt and cayenne pepper



Option #4

First Meal: Poached egg with avocado and flaky salt and pepper

Snack: Coconut yogurt, strawberries and a drizzle of honey

Lunch: ribeye steak with garlic and grass fed butter

Snack: Chomps beef jerky sticks

Dinner: Grilled asparagus and mushrooms with Japanese sweet potato and grass fed butter



Options #5

First meal: Grilled Lamb Chops with Herb Butter

Snack: Blended coconut yogurt, coconut meat, a scoop of whey protein powder, strawberries, organic vanilla, and a drizzle of honey with a sprinkle of chia sees. Should be thick and creamy (small portion)

Snack: arugula salad with strawberries, carrots, hemp seeds, organic olive oil, organic mustard and raw honey dressing with flaky salt

Lunch: Pan-Seared Scallops with Garlic Butter and Lemon (use ghee)

Dinner: Chopped (in squares) sautéed squash and carrots with grass fed butter



Keep portions on the smaller side. You don't want to over eat but at the same time making sure you get enough protein and fiber

PRODUCT SUGGESTION



Bone broth is your best friend!
Drink a cup in the morning,
between meals, before a meal
to stimulate your digestion and
support nutrient absorption
and/or post workout



Add a scoop for a protein
smoothie. This is my
favorite brand on the
market! It's creamy and
delicious! Use code: NAVEN



Add a scoop to your
smoothie, post workout,
during an intense
workout or before bed



Reverse Osmosis Water Purifier



Therasage TheraO3 -
Bubbler: Sterilizes and
ozonates fruits and veggies.
Removes all pesticides

MEAL RECOMMENDATIONS

Protein Dishes:

Carnivore Taco Bowls:

Seasoned ground beef or steak strips served over shredded lettuce with toppings like diced avocado, sour cream, shredded cheese (if tolerated), and salsa. Skip the traditional taco shells and enjoy all the flavors in a bowl.

Grilled Lamb Chops with Mint Chimichurri:

Grilled lamb chops seasoned with salt and pepper, served with a refreshing mint chimichurri sauce made with fresh mint, parsley, garlic, olive oil, and lemon juice.

Keto Beef and Broccoli Stir-Fry:

Thinly sliced beef cooked in a savory sauce made with coconut aminos, garlic, ginger, and a touch of sesame oil, served with steamed broccoli florets.

Salmon with Lemon Dill Butter:

Baked or grilled salmon filets seasoned with salt, pepper, and lemon zest, served with a creamy dill butter sauce made with butter, lemon juice, and fresh dill.

Grilled Halibut with Garlic Herb Butter:

Grilled halibut steaks seasoned with salt and pepper, topped with melted garlic herb butter made with butter, garlic, parsley, and lemon zest.

Cajun Blackened Catfish:

Catfish filets coated in a homemade Cajun spice blend (paprika, garlic powder, onion powder, cayenne pepper, thyme, and oregano) and pan-seared until blackened and flavorful.

Baked Mahi Mahi with Tomato Basil Relish:

Baked mahi mahi filets seasoned with salt, pepper, and olive oil, topped with a fresh tomato basil relish made with diced tomatoes, basil, garlic, and balsamic vinegar.

Keto Shrimp Scampi:

Pan-seared shrimp cooked in a garlic butter sauce made with butter, garlic, lemon juice and a small portion of white rice

Baked Cod with Herbed Butter:

Baked cod filets seasoned with herbs such as dill, parsley, and thyme, topped with melted herb butter and served with steamed vegetables.

MEAL RECOMMENDATIONS

Mushroom Caps Stuffed with Ground Beef:

Mushroom caps filled with seasoned ground beef mixture (cooked with onions, garlic, and spices) and baked until the mushrooms are tender and the filling is cooked through. Mushrooms are fungi rather than vegetables but are sometimes included on the carnivore diet in small amounts.

Vegetable Dishes:

Grilled Asparagus with butter

Sautéed mushrooms with grass fed butter

Steamed broccoli with garlic and grass fed butter

Cucumber and carrot salad with olive oil and apple cider vinegar, honey, and salt and pepper

Fruit Dishes:

Coconut yogurt, strawberries and a drizzle of honey

Berries, coconut yogurt, coconut milk, vanilla, honey and a little bit of ice blended into a thick delicious smoothie

Watermelon salad

Baked apple slices with cinnamon

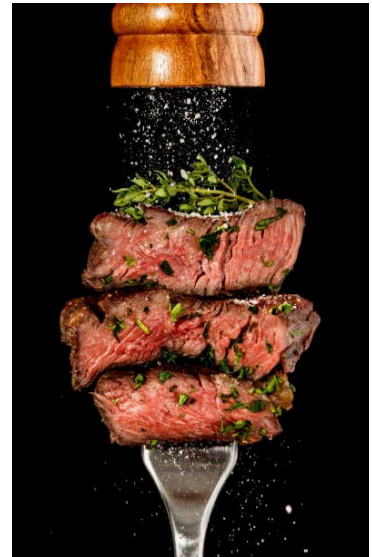
Chia Seed Pudding with Coconut Milk



EVERYDAY FOOD CHOICES

Protein Sources

Protein is an essential macronutrient that plays numerous critical roles in the body such as muscle maintenance and growth, weight management, cellular structure and function, hormone production, Immune function. Protein is crucial for building, repairing, and maintaining muscle tissue. It provides the amino acids necessary for muscle protein synthesis, which is the process by which muscles grow and repair themselves. Recommended protein sources are red meat, fish and eggs.



Healthy Fats

Healthy fats, also known as unsaturated fats, are an essential component of a balanced diet and provide various health benefits. Monounsaturated fats are found in olive oil, and avocados. Monounsaturated fats can help reduce bad cholesterol levels and lower the risk of heart disease.

Healthy animal fats, more specifically cholesterol are essential for hormone production and hormone balance in women. They are crucial for the Integrity, and structure of the cell membrane and are concentrated sources of energy for the body. Healthy animal fats primarily include those that contain higher proportions of monounsaturated and polyunsaturated fats, while being lower in saturated fats. Fatty fish are a great source of Omega-3 fatty acids, eggs and pasture raise, grass fed animal products have better fatty acid profiles.



Healthy Carbohydrates

Healthy carbohydrates are those that provide essential nutrients, fiber, and sustained energy without causing rapid spikes in blood sugar levels. Beets, carrots, sweet potato, and squash are rich in healthy carbohydrates, along with fiber, vitamins, and minerals.

YES AND NO FOODS

Yes Foods (Organic Only)

Red Meat (grass fed or pasture raised, antibiotic-free)

Bone broth

Beef

Lamb

Elk

Bison

Fish

Scallops

Shrimp

Eggs

Kimchi, Sauerkraut

Sweet Potato

Carrots

Arugula

Butter Lettuce

Romaine Lettuce

White Rice (in moderation)

Cooked broccoli

Cucumber

Celery

Lemon

Cold olive oil

Coconut

Coconut Oil

Coconut Milk

Coconut Yogurt

Avocados

Berries

Apples

No Foods:

All refined sugar

All refined foods (packaged foods)

All fried foods

All blackened, bbq, charcoaled food

Soy, tempe

Pea Protein

Vegan meat

Oats, and oat milk

No nut milks

Kale

Chicken

Turkey

Pork

Gluten

Process Foods

See Oils (canola, vegetable, and sunflower oil)

Do not cook with Olive or Avocado oil (cold only)

Dairy, cheese

Spinach

Peanuts

Nuts (Try to avoid all nuts)

Beans

Corn

Brown Rice

Zucchini



HOW TO EAT ACCORDING TO YOUR CYCLE

Eating according to your menstrual cycle involves adjusting your diet to support your body's changing nutritional needs and hormone fluctuations throughout the menstrual cycle. Here's a general guideline for eating based on the different phases of your menstrual cycle:

- **Menstrual Phase “Bleed Week”(Days 1-5):**

- Focus on replenishing iron stores lost during menstruation by incorporating iron-rich foods such as lean meats, and fish.
- Stay hydrated by drinking plenty of water with added electrolytes, salts and minerals and herbal teas to replace fluids lost during menstruation.
- Include foods rich in magnesium and potassium to help alleviate menstrual cramps and reduce bloating, such as bananas, and avocados.
- Add in warming and comforting foods such as soups, stews, and warm herbal teas to support relaxation and ease menstrual discomfort.

- **Follicular Phase (Days 6-14):**

- Focus on nourishing your body with nutrient-dense foods to support energy levels and hormone balance as estrogen levels rise.
- Include a variety of fruits, vegetables, meat, lean proteins, and healthy fats in your diet to provide essential nutrients and support overall health.
- Incorporate foods rich in vitamin B6, such as fish, bananas, and sweet potatoes to help regulate mood and alleviate premenstrual symptoms.
- Add foods that support liver health and detoxification, such as cruciferous vegetables like broccoli, arugula, beets, and citrus fruits.

- **Ovulatory Phase (Days 15-17):**

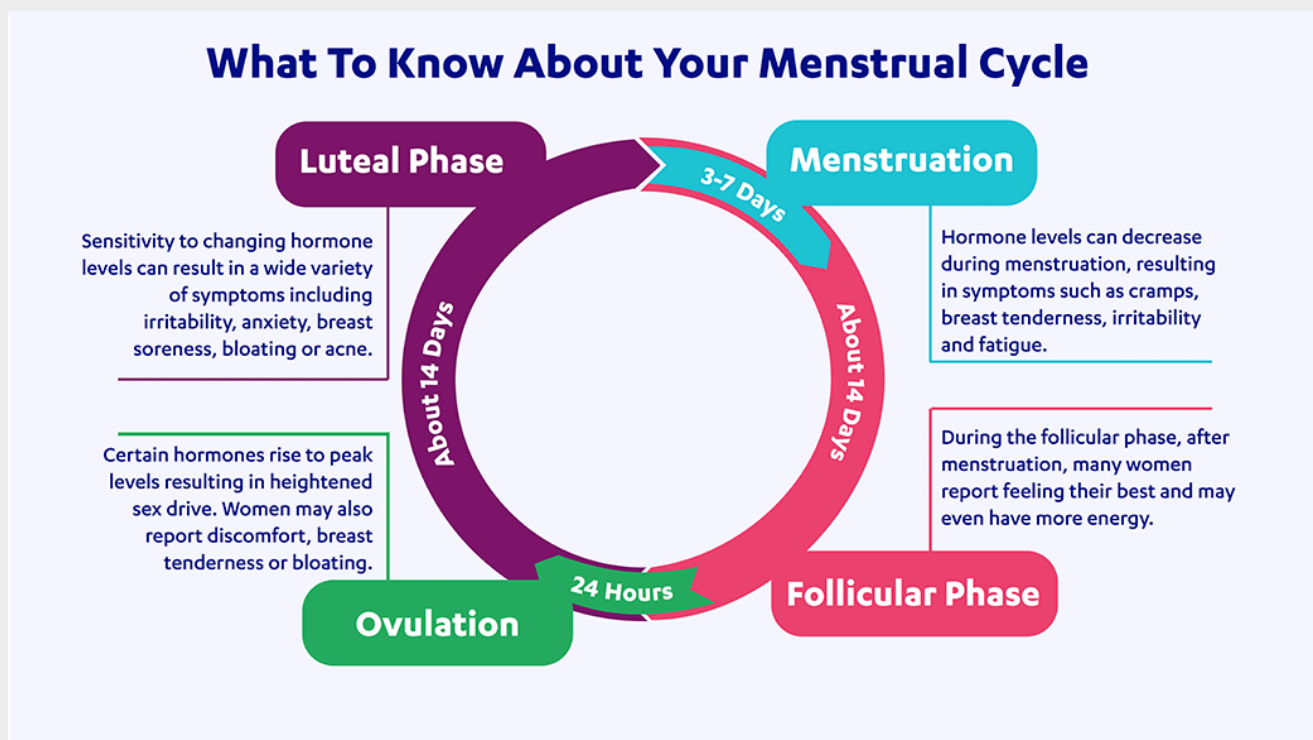
- Focus on supporting ovulation and fertility by incorporating supplements or foods rich in nutrients like folate, vitamin B12, omega-3 fatty acids, and antioxidants.
- Incorporate leafy greens, legumes, fish, and eggs, to support reproductive health.
- Incorporate omega-3 fatty acids from fatty fish (salmon, mackerel, sardines), organic flaxseeds, organic chia seeds, and organic hemp seeds to support hormonal balance and reduce inflammation.
- Choose antioxidant-rich foods such as berries, citrus fruits, dark chocolate, and colorful vegetables to support egg health and protect against oxidative stress.

HOW TO EAT ACCORDING TO YOUR CYCLE

- **Luteal Phase (Days 18-28):**

- Focus on stabilizing blood sugar levels and supporting mood and energy as progesterone levels rise and estrogen levels decline.
- Include complex carbohydrates such as sweet potato, legumes, fruits, and vegetables to provide sustained energy and prevent blood sugar fluctuations.
- Incorporate foods rich in magnesium, such as leafy greens, and dark chocolate, to support relaxation and reduce PMS symptoms.
- Include foods high in tryptophan, like fish/salmon and bananas, to support serotonin production and promote a stable mood.
- Consider reducing caffeine and alcohol intake, as they can disrupt hormone balance and exacerbate PMS symptoms such as irritability and anxiety.

It's important to listen to your body and honor your hunger, cravings, and energy levels throughout your menstrual cycle. Experiment with different foods and eating patterns to find what works best for you and supports your overall health and well-being. There's no one size fits all this is a suggestion based on research and our own personal trials and experimentation.



WORKING OUT ACCORDING TO YOUR CYCLE

Menstrual Phase “Bleed Week” (Days 1-5):

- Focus on gentle, low-impact activities such as yoga, or stretching to support relaxation and ease menstrual cramps.
- Prioritize restorative exercises that promote flexibility, mobility, and stress relief.
- Listen to your body and avoid high-intensity workouts or strenuous activities that may exacerbate menstrual symptoms or lead to fatigue.

Follicular Phase (Days 6-14):

- As estrogen levels rise and energy levels increase, take advantage of the surge in hormones to engage in higher-intensity workouts and strength training sessions.
- Incorporate aerobic exercises such as running, cycling, or dance cardio to boost mood, energy, and cardiovascular fitness.
- Focus on building strength, endurance, and lean muscle mass by incorporating resistance training exercises such as weightlifting, bodyweight exercises, or circuit training.

Ovulatory Phase (Days 15-17):

- The ovulatory phase is characterized by peak fertility and optimal physical performance. Take advantage of this phase to push yourself in high-intensity workouts or challenging fitness routines.
- Engage in high-intensity interval training (HIIT), sprints, or exercises to maximize calorie burning, endurance, and athletic performance.
- Incorporate activities that require agility, coordination, and speed, such as sports, dance, or agility drills, to take advantage of enhanced motor skills and coordination during this phase.

Listen to your body and pay attention to any signs of fatigue or overexertion. Stay hydrated and prioritize recovery between workouts to avoid burnout like breath work, foam rolling, massage, cold plunge and Infrared sauna.

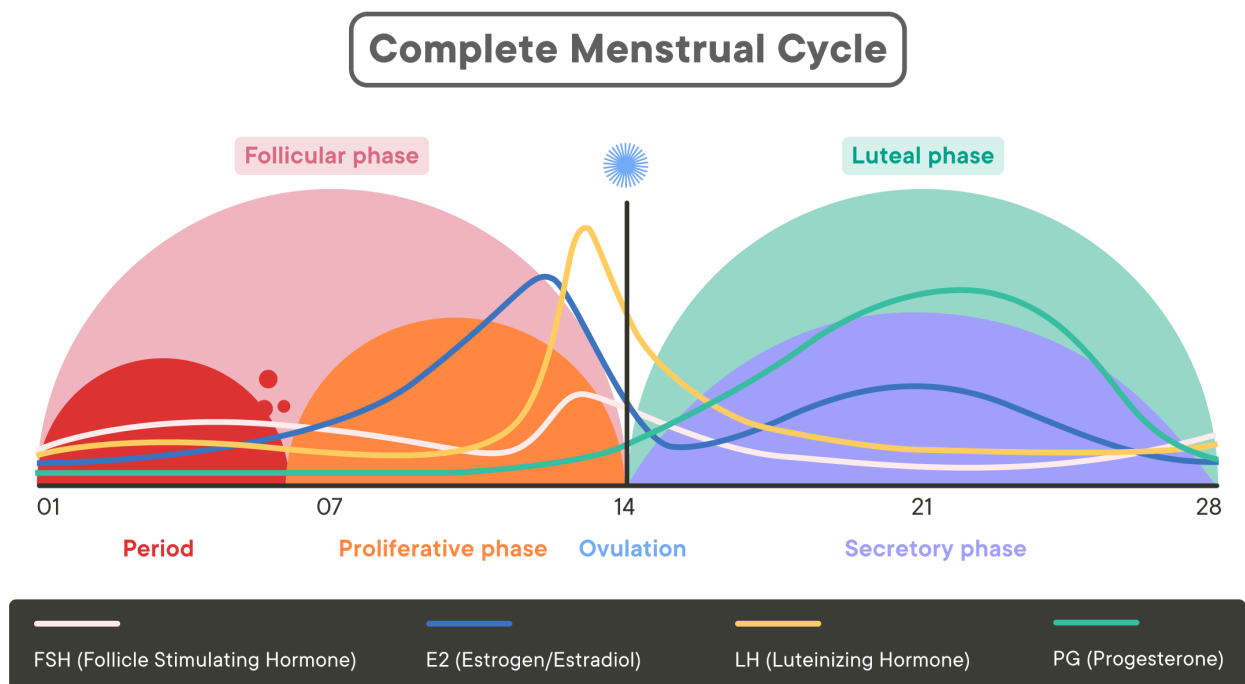
WORKING OUT ACCORDING TO YOUR CYCLE

Luteal Phase (Days 18-28):

As progesterone levels rise and energy levels fluctuate, focus on workouts that support stress reduction, relaxation, and gentle movement like hot yoga.

Choose low-impact exercises to support mood, reduce stress, and alleviate PMS symptoms.

Incorporate activities that promote balance, stability, and flexibility, like Pilates, or restorative hot yoga, to support joint health and prevent injury. By aligning your workout protocol with your menstrual cycle, you can optimize performance, recovery, and overall well-being throughout the month. It's essential to listen to your body, honor its changing needs, and adjust your workouts accordingly to support hormonal balance and energy levels.



FITNESS TIPS

Take Breaks Throughout The Day

- Go for a 20-30 min bike ride
- Hike
- Golfing
- Swimming
- Job
- Pushups
- Wall handstand drills and inversion. If you're feeling lethargic this is a great way to boost your energy without reeling on caffeine. It's super restorative and anti-aging.
- Grounding beach walks
- 30 min walk with weighted vest. Work your way up to speed walking 30 mins to 1 hour. This is super effective, and it feel so good to be outside. Get that Vitamin D

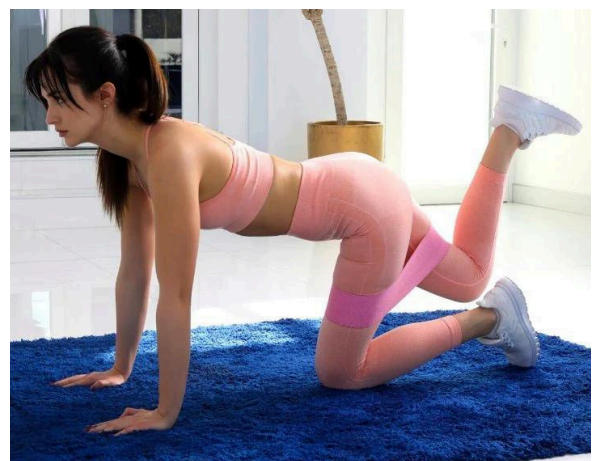
Suggested Cardio and Strength Training Classes

- Stairmaster
- Running outside or on a treadmill
- Hot Yoga- Strength and cardio
- Spinning
- Pilates-Strength and cardio

Weighted Vest 11-20lbs



Booty Band-Can be added to booty workouts



EQUIPMENT

Pull Up and Dip Ab Machine



Ab Coaster Machine



Pull Up Machine



Lat Row Machine



WEEKLY FITNESS PROTOCOL

MONDAY

UPPER BODY STRENGTH AND CARDIO

- Morning movement 5-10 minutes of dynamic stretches, and movement
- **Upper Body Strength Training**
- 30 minutes of moderate-intensity cardio (Stairmaster)
- 10-15 mins ab workout (customized exercises)
- Pull up and dip ab machine (targeting midline): 3 sets x12 reps
- Pull up and dip ab machine (targeting obliques): 3 sets x12 reps
- Lat Row Machine: 3 sets x 20 reps
- Bent-over rows: 3 sets x 12 reps
- Shoulder press: 3 sets x 12 reps
- Side bicep curls: 3 sets x 12 reps
- Side bicep overunder: 3 x12 reps
- Tricep overhead extensions: 3 x12
- Tricep dips: 3 sets x 12 reps
- 10-15 mins ab workout
- Cool down: 5-10 minutes of static stretches
- Evening stretch before bed

TUESDAY

HOT YOGA/CARDIO, STRETCH AND STRENGTH

- Morning movement 5-10 minutes of dynamic stretches, and movement
- Hot Yoga/suggested studio Hot 8 Yoga
- Add In a few booty workouts here
- Bulgarian Split Squats 3 sets x 12 reps
- Evening stretch before bed

WEEKLY FITNESS PROTOCOL

WEDNESDAY

WEDNESDAY: OPTION FOR A REST AND RECOVERY DAY IF YOU'RE REALLY SORE ESPECIALLY IN THE FIRST THREE WEEKS OF TRAINING.

THURSDAY

LOWER BODY STRENGTH AND CARDIO

- Morning movement 5-10 minutes of dynamic stretches, and movement
- **Lower Body Strength Training**
- 30 minutes cardio on the Stairmaster, running (treadmill or outside)
- 10-15 mins ab workout (customized exercises)
- Pull up and dip ab machine (targeting the midline): 3 sets x12 reps
- Pull up and dip ab machine (targeting the obliques): 3 sets x12 reps
- Ab Coaster machine: 3 sets 12 reps
- Lunges: 3 sets x 12 reps (each leg)
- Courtesy lunges: 3 sets x 12 reps
- Alternating Lunges: 3 sets x 12 reps (each leg)
- One legged Deadlifts: 3 sets x 12 reps
- Weighted hip thrusts: 3 sets x 20-30 reps
- Weighted hip thrust pulse: 20 reps
- Weighted hip thrust pulse hold: 30-60 seconds
- Sumo Squats: 3 sets x 20 reps
- Sumo Squat pulses: 3 sets x 10 reps
- Cool down: 5-10 minutes of static stretches
- Evening stretch before bed

WEEKLY FITNESS PROTOCOL

FRIDAY

FULL BODY STRENGTH AND CARDIO:

- Morning movement 5-10 minutes of dynamic stretches, and movement
- **Full Body Strength Training**
- Warm up: 5-10 minutes of dynamic stretches
- 10-15 mins ab workout (customized exercises)
- Ab Coaster machine: 3 sets 12 reps
- Alternating Lunges: 3 sets x 12 reps (each leg)
- Incorporate the pull up machine for your booty: 3 set 20 reps each leg
- Weighted hip thrusts: 3 sets x 30 reps
- Weighted hip thrusts pulses: 3 sets x 10 reps
- Weighted hip thrust hold: 30-60 seconds
- Reverse frog pump (option ankle weights): 3 sets x 12 reps
- Reverse frog pump pulses: 10-15 reps
- Yoga tricep push-ups: 3 sets x 10-15 reps
- Lat Row Machine: 3 sets x 20 reps
- Plank hold: 30-60 seconds
- Plank Dips: 3 sets x 10 reps
- Table Top/Hovering knees Dips: 3 sets x 10 reps
- Table Top/Hovering knees pulses: 3 x 10 reps
- Cool down: 5-10 minutes of static stretches
- Evening stretch before bed

SATURDAY

HOT YOGA AND ACTIVE RECOVERY

- Morning movement 5-10 minutes of dynamic stretches, and movement
- Hot Yoga/suggested studio Hot 8 Yoga
- Evening stretch before bed

WEEKLY FITNESS PROTOCOL

SUNDAY

REST OR FLEXIBILITY TRAINING

- Morning movement 5-10 minutes of dynamic stretches, and movement
- Take a rest day and/or engage in a flexibility-focused workout such as yin yoga, gentle stretching, walk (with or without weighted vest), hike, bike ride and foam rolling to enhance mobility and recovery.
- Get outside in nature and enjoy your day off!
- Evening stretch before bed
- Remember to listen to your body, adjust the intensity as needed, and prioritize rest and recovery to support overall health and fitness goals.



WEEKLY NOTES

WEEKLY NOTES