

**LIFESTYLE PROGRAM FOR IMPROVING HEALTH/ BODY COMPOSITION AND  
ENHANCING MENTAL AND PHYSICAL PERFORMANCE!**

**7:00 Am:** Wake Up: 9 min Wim Hof breath work (See Notes1)

**7:10 Am:** 2 min cold shower (See Notes2)

**7:15 Am :** Drink 16-32oz of water (I recommend S.Pellegrino Sparkling Natural Mineral Water) with 1 tsp (5g) Celtic Sea Salt (See Food Shopping List) + 2-4 capsules Activated coconut Charcoal (1200-1800 mg) (See Supplements List)

**7:20 Am:** Go outside in Sun (no sun glasses/ let your eyes get some early morning sunlight) and do 30 min of fasted cardio (fast pace walking or jogging, try to get your heart rate above 125-130 BPM) **BONUS:** Listen to audio books on Audible/ Feed your mind: (My personal recommendations: *The 10x Rule* by Grant Cardone, *\$100M Offers* by Alex Hormozi, *Rich Dad Poor Dad* By Robert T. Kiyosaki, *Sell or Buy* by Grant Cardone, *Think and Grow Rich* By Napoleon Hill, *You Were Born Rich* by Bob Proctor)

**8:00-8:30 Am:** Have a Black Organic Coffee (you can sweeten it with Monk fruit or stevia liquid drops extract/ See Food Shopping List) + 1 tsp (5ml) MCT Oil (See Food Shopping List)

**9-10 Am:** Crossfit Class (Do your thing, do your workout and push to the limit) Train hard but also allow enough recovery between workouts. 4 times of heavy exercises a week should be enough!

**10:15 Am: First Meal**

- 4 Organic Pasture Raised whole eggs cook with Pasture Raised Ghee or Avocado Oil.(See Food Shopping List)
- 1-2 cups of Organic Sauerkraut (See Food Card) dress with 2-3 TBSP (30-45 ml) Organic Cold Press Olive Oil **OR** 4-6 cups of organic spring mix salad dress with 2-3 Tbsp (30-45ml) Olive Oil **OR** 4-6 cups pan saute fresh organic vegetables (broccoli, brocolini, cabbage, carrots, brussels sprouts, onions, asparagus, garlic etc...) .(See Food Shopping List)
- 1 cup Organic fresh or frozen berries (Raspberry or Blueberry) **OR** an Organic Granny Smith Apple + ½ bar or organic dark chocolate +85% (sweetened with stevia) (See Food Shopping List).
- 1 cup of Organic, Grass Fed, Bone Broth (See Food Shopping List)

**2:00-2:30 PM:** Large Organic Spring Mix salad dress with 2-3 Tbsp (30-45ml) Cold Press Olive Oil + 1 medium to large avocado + 1 handful of Organic Sprouted Sunflower seeds (See Food Shopping List). If you still feel hungry after this meal you can add 4-6 oz of Smoked Wild Caught Salmon or Wild Sardines in Extra Virgin Olive Oil.

**6:00-6:30 PM:**

**Pre Meal:** 15 min prior drink a glass of water with 1 Tbsp (15ml) Organic Apple Cider Vinegar ( See Shopping List) + 1 Tbsp (15ml) Vulcano Organic Lemon Juice (See Food Shopping List) and 4oz Synergy Row Kombucha (See Food Shopping List).

**Dinner:**

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- 6-8 oz Venison, Elk, Veal, pasture raised Turkey or Chicken (Dark Meat with skin preferably) **(we avoid beef) OR** Wild Caught Salmon grilled or baked with grass feed butter or Ghee OR Wild Caught Sardines.
- 4-6 cups pan saute fresh organic vegetables (brocoli , brocolini, cabbage, carrots, brussel sprouts, mushrooms, onions, asparagus, garlic etc...) with 2-3 TBSP **(30-45 ml)** Organic Cold Press Olive Oil **(See Notes)**
- Desert (**optional**): 1 cup Keto Ice Cream **(See Food Shopping List)** or ½ bar or organic dark chocolate **+85% (sweetened with stevia).**

### IMPORATANT NOTES:

- **After last meal go on a 20 min walk. (Important)**
- **NO MORE FOOD after Dinner until next day Breakfast where we actually brake the fast. No snacking! Only water, tea and cofee are OK ( See Suppliments List)**
- **3 hours prior bed time start wering blue light blocking glasses (See notes3)**
- **30-34 min prior bed stop look at any divices (phone, TV etc) dim the lights down and use Sleep Light Bulb, Blue Light Blocking Amber Night Light. 1600K**  
**<https://a.co/d/fMZPXWP>** Start relaxing, take your sleep enhancer supplements. Do few rounds of Box breathing (*Inhale slowly through your nose and count to 4 in your head, filling your lungs with more air with each number. Hold your breath and count to 4 in your head. Slowly exhale through your mouth, focusing on getting all the oxygen out of your lungs for 8 seconds. Do 4-8 rounds of this.*)
- **Sleep in a super dark (I recomad blackout courteins) cool room (68-72 degrees F for best and resfull sleep possible.**
- **Avoid food 3 hours prior sleep.**
- **Go to sleep no later then 10PM (best before PM if posible) and sleep 7 to 9 hours of deep sleep. VERY IMPORTNAT!**
- **Go outside in sun within 30-45 min after waking up. No Sun Glasses!**
- **I recommend Sauna, especial Infrared sauna 4 times a week for 25-30 min**

### NOTES:

- **(See Notes1): I will attach a separate file with the morning BREATHWORK.**

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- **( See Notes2): COLD SHOWER TIPS:** You can start with 1 minute hot shower, turn it cold for a minute, then hot again for a minute and cold again. Or intervals of 30 with 30 seconds. Whatever work for you. Do NOT past 2 min in cold water for the moment.
- **( See Notes3): Blue Blocking Glasses:** <https://a.co/d/45kZC5w>