



Intelligent exercise for a healthier, stronger life.

[kahalafitness.com](http://kahalafitness.com)

## Kahala Fitness 8 Week Diet Plan

### **Cycle 1 (first 2 weeks)**

Meat/Seafood (30%): Do not eat cured, canned, glazed, or marinated meat. Basically anything that had sugar added to it.

Dairy/Eggs (15%): Do not eat chocolate milk, yogurt (except Greek), ice cream.

Veggies (50%): No potatoes, beans.

Nuts/Seeds/Herbs (5%): No artificially flavored ones like honey roasted, wasabi, etc. Regular roasted is okay.

### **Cycle 2 (weeks 3-4)**

Meat/Seafood (20%)

Dairy/Eggs (5-10%)

Veggies (50%)

Nuts/Seeds/Herbs (0-5%)

Whole Grains (5-15%): No breads or pastas. No baked goods.

Beans (5-10%): No baked beans or sugar added beans.

### **Cycle 3 (weeks 5-6)**

Meat/Seafood (15-20%)

Dairy/Eggs (5-10%)

Veggies (50%)

Nuts/Seeds/Herbs (0-5%)

Whole Grains (0-10%)

Beans (0-10%)

Fruit (0-10%): Never eat fruit by itself or with carbs. Eat with protein or fat. Fruit juice is not a fruit. Smoothies are ok when you have with protein and or fat.

Wine is now acceptable to drink but counts as part of your fruit intake. Never more than 1 or 2 glasses.

# Kahala Fitness 8 Week Diet Plan cont'd

## **Cycle 4 (weeks 7-8)**

Meat/Seafood (15-20%)

Dairy/Eggs (0-10%)

Veggies (50%)

Nuts/Seeds/Herbs (0-5%)

Whole Grains (0-10%): You can now eat foods made with whole grain flour like breads and whole grain pasta.

Beans (0-10%)

Fruit (0-10%)

### Extra Notes

- Percentages are used as a guideline.
- Don't worry about how many calories you are consuming of each category. Just try to eat as many veggies as everything else combined.
- Eat often. 5-6 times a day.
- Drink lots of water.
- Stay away from sugar.