

The [+ADD+] Diet

just add the good

Directions: Eat these foods and their corresponding quantities **IN ADDITION** to what you eat usually on a **DAILY** basis. One other thing – these foods take priority on your plate, that means eat these before everything else. This can translate into eating the items on the list as soon as you wake up, or before the other foods on your plates throughout the day.

If you are allergic to any of the foods, try to substitute, however if you can't find one the plan will still be extremely beneficial.

I put “best nutrition” labels under most of the items, however anyway that will make you eat them is always the best.

Day of the Week:		
Food	Quantity	Check Box
Beans (Black, Garbanzo or Dark Kidney) Best nutrition: lightly cooked	½ Cup	
Apple Best nutrition: raw / organic	2 whole	
Chia Seeds Best nutrition: submerged in drinking water / organic	2 tbsp	
Almonds Best nutrition: raw / unsalted / organic	2 handfuls	
Kale (Baby or Full leaf) <i>May substitute for other dark leafy green</i> Best nutrition: raw or lightly cooked / organic	3 leafs or 2 handfuls	
Spinach <i>May substitute for other dark leafy green</i> Best nutrition: raw or lightly cooked	2 handfuls	

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Bluberries Best nutrition: raw / organic	1 small handful	
Carrots (Whole or Baby) Best nutrition: raw / organic	2 whole or 15 baby	
Green Beans Best nutrition: raw or lightly cooked / organic	2 cups	
Green Tea Best nutrition: “Matcha Green Tea”/ let steep for 5 min / organic	1 cup	
Whole Wheat Bread (Preferred Brands: Dave’s Killer Bread, Arnold, Orowheat, Nature’s Pride, Food for Life) Best nutrition: untoasted or lightly toasted / organic / stoneground <i>Tip: look for ‘whole wheat’ as the first ingredient. Don’t buy if: “unbleached whole wheat” is listed</i>	2 slices or servings	
Oil (Coconut or Olive) Best nutrition: raw or cooked with food / organic <i>Tip: For coconut oil, pay attention to unrefined and refined. Unrefined has a coconut taste, refined doesn’t</i>	2 tbsps	
Spring Mix Salad Best nutrition: raw / organic / with olive oil and balsamic vinegar	2 cups to make a medium size salad	
Pure Water Best nutrition: without flavors or sweeteners <i>Tip: Bottled water left in a hot environment, such as a hot car, is unhealthy. The chemicals in the plastic leach into the water.</i>	64 oz	

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