



[MateFit Diet Eating Plan and Exercise Guide.](https://matefit.me/pages/matefit-diet)

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Follow this simple diet plan while using MateFit products and watch your body become the healthy and productive body you always wanted... and deserve!

The Big Three are more important in your daily routine.

1) EXERCISE



Get at least 30 minutes of exercise per day. Regular exercise will not only improve your physique, heart and lungs, it will also improve your mental ability. Exercising has shown to help improve older adults' mental performance - more specifically their fluid intelligence and decision-making ability. Plus, you just 'feel' better when you are active.

2) SLEEP



Sleep 6-8 hours per night. If you are getting less than 6 hours of sleep, you will start to see every opportunity as an opportunity to catch a rest. Your brain is temporarily taken over by a feeling of reward. It sends out dopamine to your attention, motivation, and action regions of your brain. While this is happening, your pineal gland secretes melatonin signal, expecting you will give into your brain's want. Because of this stress, your sympathetic nervous system is probably freaking out, making your heart rate go crazy, and your HRV (helps regulate your level of stress and calmness) is in a horrible state. Your heart gets stuck at a higher rate which will make you physically anxious and angry. All this heart activity shuts down your pre-frontal cortex, because your body thinks you are under threat. And our pre-frontal cortex is our impulse control region in our brain.

3) TOXICITY



Reducing toxic agents is critical to creating a healthy body and mind. Simply put, don't eat foods that have been drenched in preservatives and chemicals, try to eat raw as much as you can. Also, limiting the amount of alcohol, salt, sugar and processed foods in your diet can accelerate your health and wellbeing.

The MateFit Exercise Guide

Workout = 3x per week
Cardio = Everyday (at least 2x per week)

The MateFit Workout

This workout is designed to be a fast and efficient way to lose body weight and fat. It will help reduce subcutaneous fat by promoting the release of growth hormones in the blood.

Cycle 1:

Squat Jumps (15-20)
Plank (30-45 seconds)
Wall Sit (30-45 seconds)
Push-Ups (10-15)
Rest (30-45 seconds)

Week 1:

2-4 cycles per workout

Cycle 2:

Side Plank (30-45 seconds)
Squat (15-20)
Jumping Jacks (20-25)
Tricep Dips on Chair (15-20)
Rest (30-45 seconds)

Week 2:

3-5 cycles per workout

Week 3:

4-6 cycles per workout

Cycle 3:

Reverse crunches (15-25)
Jumping Jacks (20-25)
Squat (15-20)

Week 4:

Push-Ups (10-15)

5-6 cycles per workout

Rest (1 minute)

The MateFit Cardio

Start with 2 rounds. Keep adding 1 more round per week.

- Warm Up for 5 minutes
- High Intensity for 1 minute (Intensity Level 9-10)
- Medium Intensity for 2 minutes (Intensity Level 5-7)
- Cool Down for 5 minutes (Low intensity)

*If you have any physical conditions, please ask your doctor for permission and/or guidance.

The MateFit Diet and Eating Plan

- 30 grams of 100% Whey protein when you wake up
- Drink MateFit Metabolic Boost in the morning and 15-30 minutes before any solid meals
- Eat 5 meals daily (every 3-4 hours)
- Drink a glass of water before and during meals
- Drink MateFit Detox every other night before bedtime
- Drink your meals Day 1 of every week (see below)
- You can 'cheat' one meal a week (we recommend having your cheat meal after a workout)
- For the first few weeks try to eat any combination from the shopping list below.

The MateFit Weekly Shopping List

Choose three of these:

<u>Fruit</u>	<u>Daily Weekly:</u>
Grapefruit	2 / 7
Green Grapes	10 grapes / 2lbs
Melon	5oz / 2lbs
Oranges	3 / No Limit
Berries	2 Cups / 10 Cups

Choose any of these:

<u>Vegetables</u>	<u>Daily Weekly:</u>
Spinach	No Limit
Broccoli	No Limit
Bell Peppers	5 / 4
Kale	No Limit
Onion	No Limit

Choose one:

<u>Nuts</u>	<u>Daily Weekly:</u>
Almonds	25 almonds / 1 Bag

Choose one:

<u>Legumes</u>	<u>Daily Weekly:</u>
Pinto Beans	1/2 can / 1 can
Red Beans	1/2 can / 1 can

Choose any of these:

<u>Protein</u>	<u>Daily Weekly:</u>
Chicken Breast	6oz / 2lbs
Wild Salmon	6oz / 2lbs
Turkey	1 Cup / 1 package
Whey Protein	60 grams per day

Avoid these foods:

Grains	None
Pasta	None
Bread	None
Dairy	None
Peanuts	None

First Day of Every Week

Breakfast:

Grapefruit, orange, grape and whey protein smoothie

Lunch:

Kale, spinach, melon, almond and whey protein smoothie

Dinner:

Apple, melon, grape and whey protein smoothie

The MateFit 28 Day Teatox Ultimate Program Plan

<https://matefit.me/products/matefit-ultimate-teatox>

28 DAY TEATOX

✓ LOSE WEIGHT ✓ INCREASE ENERGY ✓ BURN FAT

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LOOSE LEAF FUNCTIONAL TEA BLEND

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Figure 1 Teatox 28 Days Tea, ULTIMATE Weight Loss Tea, 28-day teatox

★★★★★ 9200 Reviews

The Award-winning program is so easy to incorporate into your daily health routine. Simply drink one cup of the daytime metabolism boost tea with breakfast and one with lunch. Then, drink one cup of the nighttime detox tea every other night before bed. Over the course of the 28 days of the program, you'll love how much healthier you feel and how much more energy you'll have throughout the day. You'll be able to watch your body transform as those pesky extra pounds just melt away!

WHAT HEALTH BENEFITS MAY INCLUDE?

- Boosts your metabolism and Detoxify your Body
- Flushes away unwanted pounds
- Reduces puffiness and bloating in the abdomen for a flatter stomach
- Increases energy levels and cleans Toxins
- Maximizes weight loss results and Shrink your Belly

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Please Note: The material on this site is provided for informational purposes only and is not medical advice. Always consult your physician before beginning any diet or exercise program.