



LOSE 5 LBS IN 5 DAYS



EPXBODY HEALTHY EATING GUIDE

My name is Matthew (Matt) Miller.

You may know me from my time on a popular weight-loss reality show. Before the show, I was like everyone else - I've struggled with my weight going up and down since I was a kid. I had a very stressful work schedule, traveled all the time, had lots of distractions, former injuries, and basically found every excuse in the book as to "WHY" I'm obese and "WHY" it was ok. Well, I'm here to tell you it's NOT OK! When I was selected for this amazing TV SHOW, I discovered quickly what it takes to get healthy again and how great it feels! But when I was off the show,

I hit a HUGE PLATEAU and no matter what I did, I couldn't drop any more weight. It wasn't until I started following this nutritional regimen and detox tea that I started to see dramatic weightloss. This program is what I followed to drop a DRAMATIC 155lbs in approx 7 months and I'm here to share my knowledge with you! I can GUARANTEE if you follow this exactly you WILL SEE RESULTS! I want each and everyone of you to feel the way I feel, to be excited the way I'm excited about life and to have the WANT to share this with your friends, family, and loved ones! This literally can help change your lives for the better! You can't put a price tag on your health -- if you don't have your health, you don't have anything!

Putting your Meals Together you need to follow this 100% for the 5 Days.

Meal 1: Breakfast: 8oz Detox Tea, Perfect Protein, Fat, and Veggies.

Meal 2: Snack: Protein and Fat.

Meal 3: Lunch: 8oz Detox Tea, Protein, Fat and Veggies.

Meal 4: Snack: Apple or other approved Fruit.

Meal 5: Dinner: 8oz. Detox Tea, Protein, Fat and Veggies.

PERFECT PROTEINS

Protein helps build muscle and is essential for weight loss.*

Recommended Serving Size:

Palm-size portion



- ✓ **Dairy:** cottage cheese (low fat), eggs, egg substitutes, Greek yogurt (nonfat plain)
- ✓ **Poultry:** chicken, duck breast, ostrich, turkey breast (low sodium)
- ✓ **Red Meat:** beef (lean cuts), buffalo (ground), elk, roast beef (low-sodium deli)
- ✓ **Seafood:** catfish, clams, cod, crab, halibut, lobster, mussels, salmon, scallops, shrimp, snapper, tilapia, trout, tuna
- ✓ **Vegetable Protein:** Brown Rice, Hemp, Pea, tofu
- ✓ **White Meat:** pork (lean)

PERFECT VEGETABLES

Vegetables supply your body with vitamins, minerals and fiber.

Recommended Serving Size:

Two fist-size portions



Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, green beans, kale, lettuce, mixed greens, mushrooms, okra, onions, peppers, radishes, rhubarb, romaine, snow peas, spinach, sprouts, squash, tomatoes, turnips, zucchini

PERFECT CARBS

Carbohydrates are vital for energy.*



Recommended serving size:

Fist-size portion

- ✓ **Dairy:** milk (1% or skim), yogurt (low fat) with fruit
- ✓ **Bread:** high fiber wheat tortillas, whole grain breads, whole grain English muffins,
- ✓ **Fruit:** apples, blue berries, grapefruit, oranges, raspberries, strawberries
- ✓ **Grain:** amaranth, barley, bran cereals, long grain brown rice, oatmeal, popcorn, quinoa, whole grain cereals, wild rice
- ✓ **Pasta:** brown rice pasta, whole grain pasta
- ✓ **Root Vegetables:** potatoes (russet, red, gold; small 1-1/2" diameter), sweet potatoes/yams (small 2" diameter, 4" long)
- ✓ **Legumes:** beans (boiled or low-sodium canned), edamame, lentils (boiled or low-sodium canned), peas

PERFECT FATS

Healthy fats help keep you feeling full longer.*



Recommended Serving Size:

Thumb-size portion

- ✓ **Dairy:** cheese (low fat), feta cheese, mozzarella (low fat)
- ✓ **Dressings:** balsamic vinaigrette, creamy salad dressing (low fat), mayonnaise
- ✓ **Fruit:** avocado, olives (large)
- ✓ **Nuts & Seeds:** almond butter (with salt), almonds (raw, whole), pecans (raw, chopped), pumpkin seeds, sunflower seeds, walnuts (raw, chopped)
- ✓ **Oils:** coconut oil, fish oil, flaxseed oil, olive oil, safflower oil

PERFECT BEVERAGES

Water, almond milk (unsweetened), tea, brewed coffee with noncaloric sweeteners (if desired)

PERFECT CONDIMENTS

Olive Oil, Lemon Juice, Apple Cider Vinegar, Vinaigrettes, hot sauces and wine sauces, as well as herbs and spices are recommended; Choose lower sodium options when possible.