

PROGRAM:

CLEANSE

OBJECTIVE:

WEIGHT-LOSS

CREATED BY:

ASHLEY CONRAD

WARNING: THE TRAINING AND NUTRITION PROGRAMS DESCRIBED HERE ARE NOT INTENDED TO BE USED AS SUBSTITUTES FOR ANY EXERCISE PLAN OR DIETARY REGIMEN THAT MAY HAVE BEEN PRESCRIBED BY YOUR PHYSICIAN. CLUTCH STRONGLY RECOMMENDS THAT YOU CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY TRAINING AND NUTRITION PROGRAM, AND THAT YOU PERFORM EXERCISES UNDER THE SUPERVISION OF A CERTIFIED FITNESS TRAINER OR CONDITIONING COACH.

clutch.

CREATED BY CELEBRITY TRAINER ASHLEY CONRAD

CELEBRITY TRAINER ADIDAS GLOBAL BOXING TRAINER FORMER USC BASKETBALL PLAYER FITNESS RENEGADE



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PROGRAM:

CLEANSE

DISCIPLINE:

NUTRITION

CREATED BY

ASHLEY CONRAD

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SUPPLEMENT GUIDE



DETOX BODY REHAB:
FORMULATED TO CLEANSE
THE LIVER, MAKING IT EASIER
FOR THE BODY TO BURN-FAT.

DOSAGE/TIMING:
2 CAPSULES IN THE MORNING ON AN
EMPTY STOMACH.



DETOX FAT-FLUSH:
FORMULATED TO CLEANSE
TOXINS THAT CAUSE CELLULITE,
WATER-RETENTION, AND FATIGUE.

DOSAGE/TIMING:
3-4 CAPSULES BEFORE BED ON
AN EMPTY STOMACH.



ENERGY MULTIVITAMIN:
FORMULATED TO BOOST
ENERGY, CELLULAR HEALTH
& METABOLISM.

DOSAGE/TIMING:
8 CAPSULES WITH BREAKFAST.



RECOVERY ANTIOXIDANT:
FORMULATED TO COMBAT
FREE-RADICALS AND PROMOTE
OPTIMAL CELLULAR HEALTH,
AND LEAN MUSCLE.

DOSAGE/TIMING:
4 CAPSULES DAILY WITH FOOD.



SCULPT LEAN PHYSIQUE PROTEIN POWDER:
FORMULATED FUEL METABOLISM,
AND LEAN MUSCLE.

DOSAGE/TIMING:
3 SCOOPS IN A SHAKE
EVERY MORNING FOR BREAKFAST.



MEAL TIMING:
EAT BREAKFAST WITHIN
30 MINUTES OF WAKING. EVERY
MEAL THEREAFTER SHOULD
BE EATEN 2-3 HOURS APART.



MEAL GUIDELINES:
NO SOY
NO GLUTEN
NO RED-MEAT
NO MILK OR YOGURT
NO ARTIFICIAL INGREDIENTS



MEAL OPTIONS:
BREAKFAST+ SNACKS: PLEASE ADHERE
EXACTLY TO HOW MEALS APPEAR IN THE
NUTRITION PLAN.
LUNCH + DINNER: CHOOSE FROM FOOD LIST
AND FOLLOW SERVING SIZES LISTED IN THE
NUTRITION PROGRAM.



WATER:
DRINK 100 OZ. OF FILTERED WATER
PER DAY. CONSUME AT LEAST 1 SQUEEZED
LEMON IN WATER DAILY TO HELP SPEED UP
METABOLISM, CLEANSE TOXINS, AND ELIMINATE
WATER-RETENTION.



WHAT TO EAT BEFORE THE WORKOUT:
WORKOUTS SHOULD
BE DONE ON AN EMPTY STOMACH.
YOUR LAST MEAL SHOULD BE EATEN
NO CLOSER THAN 1 HOUR PRIOR TO
WORKING OUT.



PRE-WORKOUT SUPPLEMENT STACK:
4 CAPSULES SCULPT MUSCLE DEFINITION +
1 SCOOP THERMO RENEGADE DRINK MIXX
MIXED IN 8 OZ. COLD H2O.



WHAT TO EAT POST-WORKOUT:
8 OZ. COCONUT WATER +
SCULPT PROTEIN SHAKE

(RECIPE IS ON THE NUTRITION PROGRAM PAGE)



BREAKFAST: *CHEATER PROTEIN PANCAKES*

3 SCOOPS CHEATER GUILT-FREE BAKING MIX
2-3 SCOOPS QUICK COOK OATS OR QUINOA FLAKES
3 STEVIA PACKETS / 3 SCOOPS IF USING KAL BRAND
6-8 OZ UNSWEETENED VANILLA ALMOND MILK
1 TBSP CHIA SEED OR GROUND FLAXSEED
1 EGG WHITE

MIX UNTIL BLENDED THOROUGHLY.
TOP WITH 1 TBSP. VIRGIN COCONUT OIL
SEE PACKAGE FOR COOKING INSTRUCTIONS.



SNACK: *SCULPT PROTEIN SHAKE*

3 SCOOPS SCULPT LEAN PHYSIQUE PROTEIN POWDER
1 TBSP. ALL-NATURAL PEANUT BUTTER OR ALMOND BUTTER
1/2 CUP FROZEN BERRIES OR 1/3 BANANA
6-8 OZ UNSWEETENED ALMOND MILK
1 CUP OF ICE
BLEND.



LUNCH: *CHOOSE FROM FOOD LIST*

2 CUPS VEGETABLES
6 OZ. LEAN PROTEIN
1/2 CUP CARBOHYDRATES
2 TBSP. HEALTHY FATS



SNACK:

1 WHOLE ORGANIC APPLE +
1 SMALL HANDFUL OF RAW ALMONDS
OR 1 TBSP. OF ALL-NATURAL PEANUT BUTTER



DINNER: *CHOOSE FROM FOOD LIST*

2 CUPS VEGETABLES
6 OZ. LEAN PROTEIN
2 TBSP. HEALTHY FATS



BREAKFAST: *CHEATER PROTEIN PANCAKES*

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1/2 CUP FROZEN BERRIES OR 1/3 BANANA
6-8 OZ UNSWEETENED ALMOND MILK
1 CUP OF ICE
BLEND.



LUNCH: *CHOOSE FROM FOOD LIST*

2 CUPS VEGETABLES
3.5 OZ. LEAN PROTEIN
1/3 CUP CARBOHYDRATES
2 TBSP. HEALTHY FATS



SNACK:

1/2 ORGANIC APPLE +
1 SMALL HANDFUL OF RAW ALMONDS
OR 1 TBSP. OF ALL-NATURAL PEANUT BUTTER



DINNER: *CHOOSE FROM FOOD LIST*

2 CUPS VEGETABLES
3.5 OZ. LEAN PROTEIN
2 TBSP. HEALTHY FATS



LUNCH & DINNER FOOD LIST

FORGET LAME DIET PLANS. THE CLUTCH FOOD LIST WAS DESIGNED FOR THE REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT, DECIDE FOR YOURSELF. BY PAIRING THE INGREDIENTS BELOW IN THE APPROPRIATE PORTION SIZE IT'S CLUTCH TO BE #FREE.

CARBOHYDRATES:



QUINOA
CARROTS
ORGANIC YAMS
QUICK COOK OATS
ORGANIC BROWN RICE
ORGANIC SWEET POTATO

GUIDELINES: GLUTEN-FREE

HEALTHY FATS:



CHIA SEED
FLAXSEED
1/4 AVOCADO
VIRGIN COCONUT OIL
VIRGIN PUMPKIN OIL
RAW ALMOND BUTTER
CANOLA OIL COOKING SPRAY
ALL-NATURAL PEANUT BUTTER
PREMIUM EXTRA VIRGIN OLIVE OIL
NUTS: UNSALTED RAW CASHEWS,
WALNUTS, ALMONDS

GUIDELINES: MAKE SURE ALL YOUR OILS ARE VIRGIN.

LEAN PROTEIN:



ORGANIC EGGS
ORGANIC TURKEY BREAST
ORGANIC CHICKEN BREAST
WILD-CAUGHT TUNA
WILD-CAUGHT TILAPIA
WILD-CAUGHT SALMON
WILD-CAUGHT SEABASS
WILD-CAUGHT MAHI MAHI
WILD-CAUGHT WHITE FISH

GUIDELINES: NO RED-MEAT, NO PORK, NO DELI MEATS

EGG SERVING SIZE (MEN): 2 WHOLE, 5 WHITES

WOMEN EGG SERVING SIZE (WOMEN): 1 WHOLE, 4 WHITES

SEASONING & SPICES:



DILL
CURRY
GINGER
NUTMEG
JALAPENO
CINNAMON
CORIANDER
WHOLE LEMON
CAYENNE PEPPER
TOMATOES (1/2 CUP)
AGAVE (LIMIT 1 TBSP.)
GROUND BLACK PEPPER
CANOLA OIL COOKING SPRAY
STEVIA (KAL IS PREFERRED BRAND)
VANILLA EXTRACT (ALCOHOL FREE)
SEA SALT (1500-2300MG PER DAY= 3/4-1 TSP.)

GUIDELINES: UNLIMITED SERVING SIZE ON ALL SEASONING EXCEPT AGAVE + SALT

VEGETABLES:



KALE
OKRA
CABBAGE
CARROTS
ZUCCHINI
ASPARAGUS
ORGANIC CELERY
COLLARD GREENS
ORGANIC SPINACH
ORGANIC ARUGULA
ORGANIC BROCCOLI
ORGANIC BELL PEPPERS
ORGANIC MIXED GREENS

GUIDELINES: NO NON-ORGANIC "DIRTY DOZEN" VEGETABLES

WATER:



DRINK 100 OZ FILTERED H2O PER DAY.
8 OZ UNFLAVORED COCONUT WATER
TO BE CONSUMED ONLY AFTER WORKOUTS.

OTHER BEVERAGES:

COFFEE LIMIT 2 CUPS PER DAY
UNSWEETENED HERBAL UNLIMITED
8 OZ. UNSWEETENED ALMOND MILK
CAFFEINE-FREE GREEN TEA UNLIMITED TEA BAGS

GUIDELINES: NO SODA, FRUIT JUICE, SPORTS DRINKS, ENERGY DRINKS, ALCOHOL. IF IT'S NOT ON THIS LIST, DON'T DRINK IT.



RESTAURANT GUIDE

DINING OUT HAPPENS. AT CLUTCH, OUR JOB IS TO MAKE SURE YOU'RE PREPARED NO MATTER WHAT THAT MENU THROWS AT YOU. SIMPLY FOLLOW THE GUIDE BELOW WHEN ORDERING YOUR MEAL, STICK TO THE FOODS ON THE FOOD PLAN, AND YOU'LL BE GOOD-TO-GO. KEEPING YOU ON-TRACK NO MATTER WHERE YOU ARE, **THAT'S CLUTCH.**



THE PROBLEM:

RESTAURANTS LOAD MEATS WITH HIDDEN BUTTER, OIL AND SALT, MAKING EVEN SEEMINGLY "HEALTHY" CHOICES A TOTAL CALORIE-BOMB.

THE CLUTCH SOLUTION:

ORDER MEAT GRILLED, BAKED, OR STEAMED
ORDER ALL SAUCES TO BE PUT ON THE SIDE
ORDER "NO BUTTER" AND "VERY LIGHT" OIL IF ANY IS USED.



THE PROBLEM:

THAT DAMN BREAD BASKET. ESPECIALLY WHEN YOU SHOW-UP HUNGRY, SAYING NO CAN BE NEAR IMPOSSIBLE.

THE CLUTCH SOLUTION:

TELL THE SERVER YOU DON'T NEED ANY BREAD YOU'LL TAKE A PRE-DINNER SALAD INSTEAD. ORDER WITH WITH OLIVE OIL AND VINEGAR DRESSING AND YOUR GOOD-TO-GO.



THE PROBLEM:

EVER NOTICE THAT YOUR VEGETABLES "GLISTEN" WHEN YOU ORDER THEM IN RESTAURANTS? THAT'S BECAUSE THEY'RE SATURATED IN BUTTER AND OIL. AGAIN, A "HEALTHY" CHOICE TURNED BAD.

THE CLUTCH SOLUTION:

ORDER VEGETABLES TO BE GRILLED OR STEAMED WITH NO BUTTER, OIL OR SALT.



THE PROBLEM:

RESTAURANTS LOAD SALADS WITH INGREDIENTS THAT ARE HIGH IN FAT AND CALORIES.

THE CLUTCH SOLUTION:

ORDER YOUR SALAD WITH ZERO:
CROUTONS
TORTILLA STRIPS
DRIED OR FRESH FRUIT,
RANCH OR THOUSAND ISLAND DRESSING.

*ASK IF THEY HAVE A "LOW SUGAR" VINAIGRETTE OPTION. IF NOT, REQUEST OLIVE OIL AND BALSAMIC VINEGAR.

*REQUEST THAT THEY PUT ALL CARBS ON THE SIDE (I.E. BEANS, RICE, CORN). WHEN CARBS ARE MIXED INTO A SALAD, YOU CAN'T SEE HOW MUCH IS BEING USED, MAKING IT EASY OVEREAT.

PROGRAM:

CLEANSE

DISCIPLINE:

TRAINING

CREATED BY

ASHLEY CONRAD



WORKOUT OVERVIEW



WHAT TO WEAR:

FULL SWEATS. THIS WILL HELP ELIMINATE TOXINS THAT SLOW METABOLISM AND CAUSE WATER-RETENTION. JUST ONE MORE WAY TO ACCELERATE FAT-BURNING.



WHEN TO WORKOUT:

WORKOUTS ARE TO BE COMPLETED FIRST THING IN THE MORNING ON AN EMPTY STOMACH.



WHERE TO WORKOUT:

YOU MAY COMPLETE THE WORKOUTS AT A GYM, OUTDOORS, OR AT HOME AS LONG AS YOU HAVE THE EQUIPMENT LISTED BELOW.



EQUIPMENT REQUIREMENTS:

1 MEDIUM-WEIGHTED MEDICINE BALL
STEPMILL, TREADMILL OR BIKE

*If performing exercise at home,
cardio may be performed my running outdoors*

WORKOUT SCHEDULE

MON

FAT-BURNING
CARDIO

TUES

FAT-BURNING
CARDIO

WED

CORE

THURS

FAT-BURNING
CARDIO

FRI

FAT-BURNING
CARDIO

SAT

CORE

SUNDAY

REST

PROGRAM:

CLEANSE

WORKOUT:

FAT-BURNING CARDIO

SCHEDULE

MON / TUES / THURS / FRI

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PROGRAM: CLEANSE WORKOUT: FAT-BURNING CARDIO

WARM-UP: WALK AT AN INCLINE, JOG OR BIKE	TIME: 5 minutes	AC TRAINER TIP: NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.
STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS AC Rx: COMPLETE EACH STRETCH 2X	SETS X TIME: 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	AC TRAINER TIP: EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH? THAT'S RIGHT; INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP. BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS.
CARDIO: RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> SPRINT (LEVEL 10) AC Rx: PERFORM AS A CIRCUIT 10X FAT-BURNING ACCELERATOR: INTERMEDIATE (LEVEL 7) <i>ex. jog</i>	SETS X TIME: 1 x 40 seconds 1 x 20 seconds 20 minutes	AC TRAINER TIP: SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.
COOL-DOWN: WALK AT AN INCLINE, JOG OR BIKE	TIME: 5 mins.	AC TRAINER TIP: COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE.
STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS AC Rx: COMPLETE EACH STRETCH 2X	SETS X TIME: 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds	AC TRAINER TIP: STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE.