



Day 3

Stretch

Eat

Vision

Stretch Exercises

Knee to Chest Stretch

Pigeon Pose

Cobra Pose

Overhead Triceps and Shoulders Stretch

Butterfly Fly Stretch

Child's Pose

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

Below is an example of a meal plan. Each Client varies. Each client's body vaies. For custom food plans contact brugmethod@gmail.com to fit your needs. Thank you.

Meal One (8:00-9:00)

3- Whole Eggs

2- Turkey Bacon

½ cup- Rice

Meal Two (12:00)

6oz- Ground Beef

1 cup-Green Beans

½ cup- Rice

Snack

Chocolate Rice Cakes

Meal Three (16:00-17:00)

4-oz-Chicken Breast

1 cup-Green Beans

½ cup- Rice

Carbohydrates provide 4 calories per gram, protein provides 4 calories per gram, and fat provides 9 calories per gram.