



# PROGRAMME OVERVIEW

## FAST TRACK LEVEL

### Preparation Checklist

1. First, decide your **start date**! Give yourself a few days to prepare for week 1.
2. Complete the online **Progress Tracker** (in the Introduction section), so that you know where you're starting from and can measure your progress.
3. Join us on **Facebook**. You should have received an email invitation to join, let us know if you haven't got it. If you're not on FB, it's always a good idea to find a friend who can keep you accountable.
4. Watch the mini **Mindset** course if you need help with procrastination or motivation.
5. Download your **week 1 Actions**.
6. Get your **blender** ready! You'll be making smoothies from day 1 so if you have a good blender, that's fine, but if not you might want to invest in one. Nutribullet's are great, if you want the best though, go for a Vitamix!
7. Order your **Nutritional Smoothies** products - we recommended you include a protein powder and a super green powder in your daily smoothies. It's not compulsory, you can still make nutritious smoothies without them, but it does help with blood sugar balance and increased nutrients so it can really speed up your progress. The Nutritional Smoothies handout has details of how to order the protein and green powders that we recommend (don't get any old products from a health food store, its vital to get good quality brands that are not going to do more harm than good!).
8. **Download;**
  - **Sugar Guide & Zero Gluten** as you will be sugar and gluten free from day 1
  - **Recipes** - these are recipes that are suitable for the whole programme
  - **Hormone Friendly** and the **Hormone Disrupting** foods lists
  - **Week 1 Actions**
  - **Week 1 Meal Plan** and **30 day Meal Planner** if you want to plan in advance
9. Any other handouts that you will find useful (including your **Food Journal!**).

For Step 1 EAT, you're going to be following 3 Stages during the next 30 days. For weeks 1 and 2, you'll follow **The Gentle Detox**, in week 3 you do a more intense **3 day Detox**, then you start Stage 3 **Revitalise** for the final 13 days. Don't forget if it's too much for you at any stage, you can start again at the Entry level and take things more gradually.

## Week 1 EAT - Balancing Hormones

"To control your hormones is to control your life" - Dr Barry Sears

### Step 1 - EAT

Start your 14 day Stage 1 **Gentle Detox**

1. Avoid gluten, dairy, sugar, processed foods and alcohol
2. Replace with organic meat, wild caught fish, eggs, fruit (limit to 2 pieces), vegetables, gluten free grains (limit to 50g), beans, pulses, nuts (limit to 50g) and seeds
3. Optional add ins; tea/real coffee, 2 squares dark chocolate per day (over 70%)

### Step 2 - REST

1. Listen to a 5 minute mindfulness track once a day
2. Listen to the mindful eating track once this week

### Step 3 - CLEANSE

1. Switch to organic for meat, dairy, eggs, fruit and veg (where you eat the skins)

### Step 4 - MOVE

1. Walk (or other activity) for a min of 10 mins per day (in nature if possible)
2. Take regular breaks from sitting

## Downloads;

Week 1 Actions & Week 2 Prep

Week 1 Meal plan and/or 30 day Meal Plan

5 minute Mindfulness mp3

Mindful Eating Guide

Mindful Eating mp3

## Week 2 REST - Reducing Stress

“ It’s all about finding the calm in the chaos” - Donna Karan

### Step 1 - EAT

1. Continue with your Stage 1 Gentle Detox

### Step 2 - REST

1. Listen to a 20 minute mindfulness track once a day
2. Listen to the mindful eating track once a day this week
3. Focus on your sleep quality - implement one of the tips in the Sleep handout

### Step 3 - CLEANSE

1. Switch to organic for meat, dairy, eggs, fruit and veg (where you eat the skins)
2. Switch your cleaning and/or laundry products to a more natural brand as they run out
3. Download the Think Dirty App to check your favourite personal care products

### Step 4 - MOVE

1. Walk (or other activity) for a min of 30 mins per day (in nature if possible)
  2. Take regular breaks from sitting
  3. Do a weekly yoga or pilates class (online if you prefer)
- Optional; Try a HIIT (high intensity interval training) session (if physically fit)

## Downloads;

Week 2 Actions

Week 2 Meal Plan

Stress Reduction

20 min Mindfulness mp3

Sleep Guide

'How to Sleep Better' presentation

## Week 3 CLEANSE - Reducing Toxins

“There are too many people counting calories and not enough counting chemicals”

### Step 1 - EAT

1. Start your 3 day Detox
2. Continue making your nutritional smoothies (Detox recipes)
3. Eat only organic fruit, vegetables, herbs, spices, coconut oil, olive oil and coconut water for your morning smoothies
4. Drink plenty of water and/or herbal teas
5. After day 3, start Stage 3 Revitalise, avoiding gluten, sugar and processed foods
6. Optional add ins;
  - organic dairy (one product at a time), noting any symptoms you feel
  - 1 glass of red wine

### Step 2 - REST

1. Listen to a 20 minute mindfulness track once a day
2. Listen to the mindful eating track once a day this week
3. Focus on your sleep quality - implement one of the tips in the Sleep handout
4. Try the 5:5:5 deep breathing exercise each day this week
5. Have a bath in Epsom Salts

### Step 3 - CLEANSE

1. Switch to organic for meat, dairy, eggs, fruit and veg (where you eat the skins)
2. Switch your cleaning and/or laundry products to a more natural brand as they run out
3. Download the Think Dirty App to check your favourite personal care products
4. Start reducing your plastic exposure (don't heat anything)
5. Check your household and personal product labels for 'fragrance' or 'parfum'

### Step 4 - MOVE

1. Walk (or other activity) for a min of 30 mins per day (in nature if possible)
2. Take regular breaks from sitting
3. Do a weekly yoga or pilates class (online if you prefer).
4. Make up 2 new rules to increase your daily movement

## Downloads;

Week 3 Actions

Week 3 Meal Plan

Cleanse Guide

## Week 4 MOVE - Increase fat burning

“Exercise in the morning, before your brain figures out what you’re doing!” - Anon

### Step 1 - EAT

1. Continue with Stage 3 Revitalise

### Step 2 - REST

1. Listen to a 20 minute mindfulness track once a day
2. Listen to the mindful eating track once a day this week
3. Focus on your sleep quality - implement one of the tips in the Sleep handout
4. Try the 5:5:5 deep breathing exercise each day this week
5. Have a bath in Epsom Salts
6. Increase the frequency of your yoga practice (or stretching at home)
7. Get a regular massage (or use a foam roller)

### Step 3 - CLEANSE

1. Switch to organic for meat, dairy, eggs, fruit and veg (where you eat the skins)
2. Switch your cleaning and/or laundry products to a more natural brand as they run out
3. Download the Think Dirty App to check your favourite personal care products
4. Start reducing your plastic exposure - swap to glass or stainless steel
5. Check your household and personal product labels for ‘fragrance’ or ‘parfum’
6. Get a sweat on! Through exercise or visit a sauna.
7. Have a thorough review of your personal products and start replacing them with natural organic brands.

### Step 4 - MOVE

1. Walk (or other activity) for a min of 30 mins per day (in nature if possible)
2. Take regular breaks from sitting
3. Do a weekly yoga or pilates class (online if you prefer)
4. Continue with your 2 new rules to increase your daily movement
5. Try a HIIT (high intensity interval training) session (if physically fit)

## Downloads;

Week 4 Actions

Week 4 Meal Plan

Move Guide

## Week 5 - NEXT STEPS

1. Watch week 5 Next Steps module.
2. Book your Bonus Call if you haven't already. Just email [nicki@happyhormonesforlife.com](mailto:nicki@happyhormonesforlife.com) and we'll arrange it.
3. Complete your online Progress Tracker on the final day of your programme.
4. Tell us your results in the Facebook group!

## Downloads;

Happy Hormones Guide to Testing

Support Pack details

Bonus Call

## BONUS AREA

1. The best foods for women over 40
2. The top 5 Supplements for women over 40
3. Happy Hormones Guide to Testing
4. Sample book chapter - 'It's not you, it's your hormones'
5. How to Sleep Better video talk
6. Mindset Course - by Caroline Ferguson
7. 1 Day Retreat Videos - the whole day of talks at my 1 day event

**HAVE FUN!**