

Kirk's 21 Day "Healthy Living" Program to For Business Travelers

"Fast Quick Start"

3 New Diet and 1 Lifestyle Step(s) Each Week for 21 Days

Read "Staying Healthy in the *Fast Lane*" (SHFL) *TRIAD Wellness Program* pages [133-193](#) (1-3/wks). Page numbers below in () refer to SHFL.

- Do these weekly steps that are summarized on [page 15](#) (and [16](#)) of this E-Book

Start: Week 1

- **1 large salad daily** – as the meal (oil & dairy-free dressing only) ([81-88](#), [135-7](#), [140](#), [144-148](#))
- **No dairy products AT ALL (milk, cheese, yogurt, etc.)** ([10](#), [89-94](#), [115-117](#))
- **3 or more whole fruits daily (at least 1 cup berries)** ([140](#), [142](#), [144-145](#), [153](#))
- **Walks 15-30 minutes daily** ([39](#), [159-167](#))

Add: Week 2

- **½ - 1 cup cooked beans daily** ([145-146](#))
- **No added oils for cooking, seasoning or added to foods** ([4](#), [5](#), [9](#), [12](#), [139](#), [143](#), [149](#))
- **No processed carbohydrates** - only whole or sprouted grains, starchy vegetables, beans, lentils, peas and fruit. No added sugars or oil, or baked (or fried) packaged foods – i.e. chips, crackers, muffins, pastries, breads, etc.. Any cooked grain you boil and serve in a bowl is acceptable (rice, quinoa, etc.) ([6](#), [11](#), [12](#), [24](#), [37-38](#), [94-100](#), [106-114](#), [116](#), [136](#), [140-142](#), [148](#))
- **Sit still for 15-30 minutes daily** ([188-193](#))

Add: Week 3

- **Eat off BED Diet food list (page 16 of E-Book) x 2 weeks** ([118](#), [119](#), [135](#), [201-204](#))
- **No more than a palmful or 'deck of cards' of animal food daily** ([xvii](#), [xviii](#), [5](#), [6](#), [9](#), [38](#), [67-88](#), [135](#))
- **1-2 palmfuls of raw nuts or seeds daily** ([142](#), [147-148](#))
- **Strength training 3-4 days weekly 15-30 minutes** ([167-177](#))

"WATCH THE DAILY VIDEOS AND READ THE DAILY MESSAGES FROM ME TO YOU!"