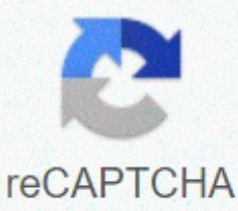




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Lean in 13 advocate plan

I was back with AdvoCare for two years as at 23 April 2014. I have read about Lean in 13 many times. Printed checklists, watch training videos, ask questions; never dared to try it out until March 22, 2014. Today's post is about one 1-6 days. Why is Lean in 13 and not a challenge? Well, I've just finished final challenges. I do the AdvoCare Challenge 24 days every 90 days. This is great for your gastrointestinal tract and a good way to jump your metabolism. I am a mission now to get back to where I was this time last year. One thing I found about myself from reading Made to Crave by Lysa Tertold is that I kept torturing myself by working really hard, eating the right food, not drinking soda for a moment's weight loss and satisfaction then I went back to my old way and got on. I started to rely on food for comfort. I lost my will power to resist past the bite or treat. I have to wear a bouncing mark and slapping me in the face every day that says Kellie you're not skinny naturally, you've got to work for this, you've made for more. Made for more than temporary satisfaction in clothing size. Made for more than a specific number on a scale. Made for more than just half-hour exercises. More than a whinge about the scale doesn't move. That took me to Lean in 13. For me, I can't just challenge every 90 days and abuse my body in between. I have been fighting this vicious cycle repeatedly for two years. Now let me say this. I don't want to discret what I've done. There was a ton of tears, blood, and plenty of sweat in the pounds I lost. But just as we allow sin to creep back in our lives when we are not focused on God and what He has for our lives is so food, empty calories, desires, and defeat. I need to have something to keep me focused. Although I achieved maintenance I would use these principles or I would end up coming back where I started. Learning in 13 using the zig-zag method burns for three days, days of fuel, repeat this process for a period of 13 days. Then on day 14 you get a free day. This means you can eat without a pattern. That doesn't mean you can go moving GIGI Cupcakes doors down.

You can have a treat if you want but not too much. I really don't want to post these pictures. I mean weight, ah, that doesn't bother me. I've told you before that I haven't my weight or hide it. Photo all in blue jeans dem photos and measurements however is another story. Nothing like seeing it is pasted in black and teal. I have to though. It motivates me to know that I have people who will check back here next Thursday to see what I have done on and off the scale. STARTING WEIGHT MARCH 22, 2014 BEFORE PHOTO DAY 1 SATURDAY BURNING THE DAY I packed and planned to avoid disaster. Not pictured is shake me. Yes, that is a water jug of 74.4 oz. Yes, I have a meal with me every day. Yes, I've managed to drink that coupled with 16 oz glass at breakfast and another 16 oz in supper. I had a full day out of the planned house and I knew I would have failed miserably if I didn't. I started the day with my MNS Max 3 before the breakfast pack. Thirty minutes later I had an AdvoCare chocolate replacement shake. I then took both after eating (two bottom packs) MNS Max 3. About an hour after breakfast I had spark my morning. This was at the beginning of the archaic high school my son met. Roll Tornadoes, GO PATE! TORNAADO FANS! Around 10:30 I have three catalysts. Mid-morning I had natural almonds for snacks. I love them. For me they feel like a pecan. Ok, maybe I just made that but whatever works properly? Thirty minutes before lunch I had me before lunch MNS Max 3 packet. For lunch, I had roasted chicken breasts and individual green beans from KFC. OK, don't start bashing me here. I did what I needed to do. I was in town and it was my best option. I peel the skin back and do not use ketchup. We then went to Lake Neshoba and fished all afternoon with our children. Usually I'll fit on sweet and salty snacks and tons of soda. Not this time. I took my protein shake, afternoon splash, water, and an extra pack of almonds (day one person I needed them for safety) with me as we walked out to the island area. Happy Neshoba Lakes Around 3:00 P.m. I have three catalysts. I had my first AdvoCare muscle Getting Protein Shake around 3:00 p.m. To be honest I'm ready for the chug because I don't know what's in the world it's going to taste like. All I can say is wow. Brown goodness in a timely manner! Around 5:00 I had my workout spark and about 15 minutes later brought down and ate extra almonds. I am hungry. Not exactly to the plans but on that plan so I say for the first day that won for me. For supper I have grilled the tilapia with a dye oil and flavoring and steamed broccoli. One of my favorite clean foods. I didn't work out on Saturday, I was helpful at the encounter, while fishing, and walked a little good while on the lake. I went to work a little hungry and a lot of tired but tired of good. DAY 2 SUNDAY BURNS Sunday is my first run day of the week. I woke up, ran, learned my lesson for School Sunday and then prepared for the church. No, they're not as simple as sounding. Here's more what it looks like our Sundays are like most of the time. MORE LIKE A NORMAL SUNDAY MORNING that I did however managed to get all of that and just make myself through last Sunday, my husband and children were actually just in time. The same products' snek as the first day for breakfast for lunch. For a midday meal, I had a grilled chicken breast line on George Foreman's grill and left over steamed broccoli. Again, three midday boosters. Protein shakes around 3:00. Evening Triggers around 4:30. I have a koir on Sunday So I made my supper earlier before going to the choir so I could make sure I had something on the plan and didn't fall for getting late, getting ready for school the next day and so on. I made a rotel egg muffin with ground turkey. Top with a little salsa, yum! I added a little cheese to the top for hubs and one child. A child will not touch this with a ten-foot pole cheese or no cheese. Recipes are available under What for the Supper tab. MONDAY 3RD BURN MONDAY is my sculpture/shredded/cardio day. I tried to wasted exercises so that my body wasn't get used to the same thing. Today I chose Sculpt from Your Level 24 Exercise Series. It combines resistance bands and exercise balls. Tough exercise 36 minutes, but it's very good. The same product/snack as the first day for breakfast for lunch. For lunch, I had the rest of the roasted chicken breast strip that I shredded and placed on a leftover stove broccoli. My family doesn't always eat what I eat and I have to be fine with that. We are all different and not their responsibility to make me eat healthy foods. So I sealed my remnants store and ate them until they disappeared. Again, three catalysts were noon. Protein shakes around 3:00. The Evening Sparked around 4:30. I have muffin eggs again for supper to solve it. DAY 4 TUESDAY I built it today in the big time my head is. Yes I can have clean carbs. It was a run day. I was really crying on a treadmill. I know, girl like that. Then Toby Mac's Eye On It came. Here's a standout lyric to me: I set my eyes to the west, walkin' away from it all Reachin' for the life that lies ahead, I get my eyes on THE IT! seeing my sweat hitting the ground! put my foot on the bloke! This is my life racing I can't wait for this shot I sucked it up and stop crying. The kind of tough when the song was drained. Highly recommend some Toby Mac to run! The same breakfast routine is like 1-3 days but at mid-morning snacks I have apples and almonds. Then for lunch I had AdvoBar. I've never been more than happy to have AdvoBar because I am today at lunchtime, chewy, yummy, goodness is clean carbohydrate. Again, three catalysts were noon. Protein shakes around 3:00. The Evening Sparked around 4:30. I've never been so excited about sweet potatoes because I had AdvoBar! I had to supper with my turkey burger (no bun), and Brussel sprouts. I added Carb-Ease here just because I am more carbahots these days. DAY 5 WEDNESDAY The same products/snacks as the first day for breakfast for lunch. I don't feel good today. I'm not sure if I have a bug or just a sinus headache, maybe a little bit of both. Apparently whatever blooms in Mississippi is disliked by my allergies. Mid-afternoon I felt better and went ahead and worked. It would usually be YOGA-DAYYYYYY as it was HUMP-DAYYYYYY but I had three Catalysts and Spark about 15 minutes before before Exercise. I decided to proceed with a Shredded Total exercise from the Can You 24 Level 2 series with Ja'Warren Hooker and trade my yoga day for Friday morning. Chopped is the perfect word to describe this exercise. It combines resistance bands and exercise balls. I managed to stay on the ball (which was a win for me) and just almost pop myself in the face with a resistance band once (another victory). I also found a new favorite workout in this video. Pop-up pushes up. You start with a hand in the middle then go out to push up then pop back into the center. I did a modified version of the girl or girl for this but I can't wait to do this real boy version. Welcome to the gun showing the baby! One new exercise on this video I don't care is reverse Burpees. Not sure why I think I want to rewind the people I'm the usual DESPISE. I did it too, not perfect, but those jobs were done. Followed by my workouts with Muscle Gains Shake. For supper I have a fajita chicken. This fantastic recipe is available on the What tab for Supper. I have with the brussel side steiled and no wrap. I corrected myself about a cup of chicken and about a cup and a half sprouts. I was a bit hungry so I had 1/2 cups of other fajita chicken. Learning in 13 tells you that if you're still hungry eating a few more protein bites until satisfied. That does the trick. DAY 6 THURSDAY Today runs day 3 for me. It wasn't a bad run. I only got about 2 miles but it was a two-mile solid. Every day it gets easier. The same product/snack as the first day for breakfast for lunch. For lunch I had KFC roast chicken breasts and I ordered green beans. However this is what they put into my box: Are you kidnapping me? Mashed potatoes and gravy ... Serious. I usually don't like mashed potatoes and gravy but oh my word this looks and smells good. So what do I do? I put them back into the box and fortunately caught the school cafeteria before they were closed and they happened to have green beans. Wooooo! Again, three catalysts were noon. Protein shakes around 3:00. The Evening Sparked around 4:00. Peyton had his first track meet this season at Meridian so I had to meet a few things to get my product mixed up before driving. Peyton did an amazing job. Nothing like seeing your child work for something. He improved his time from last year almost 4 minutes! Several times this week every member of the Penson family ran. That something that has been a happy place for me. Although hard, it is a relief. I love that healthy/lactive lifestyle I filter into my sweet kiddos. Love for running is something to learn. Landon has been very asking about burning calories and so on. They both have learned to love burned Tilapia and brown rice has now replaced white rice. For supper we went to Captain D's. It was Peyton and Landon's Landon's dining area. I chose grilled and beef shooters with stomped broccins. It was served on a rice bed but I let Landon have that. So this is for halfway point pretty much. I will talk to you on day 13 to fill you in my final decision. I just want to go ahead and show you what I'm doing, tell you why, and make myself accountable for solving this. I have 39 days without diet coke. As you can see on facebook yes I will take my medal now. Seriously this is a very difficult thing for me. Water, water, water, water, Spark, and a little OJ here and there's everything I have. Tomorrow is a yoga day and Friday! I'm actually excited to get up and do this exercise. Yoga Power Sweat with Mia Finnegan on Your Level 24 Exercise Series is one of my favorites! I was also during week 5 of the Couch to 5K in preparation for my first 5K in May. I did a Color Run. I plan to have a #OOTD review for that and of course and the whole blog post about it. I also want to scream to the hub here. For weeks she has woken up exercising, making healthy choices, and fighting just like me. I've always said it's easier for guys. I've changed my mind. I've watched him work hard and defeated as well. Because they're tough they just handle their defeat differently than we did. Another small victory for me eventually convinced her to use the AdvoCare product to complete her nutrition. He is currently Sparking, Omegaplexing, and Coreplexing. My house isn't always clean and he needs to betray the hunt for socks in a basket that hasn't folded a few days but he doesn't complain. He has been so supportive of my efforts at AdvoCare and I appreciate that more than he will know. But having him do this with me is very exciting. If having a partner in crime is better than going to solo then this should be a piece of cake. No, not a cake, what about a newly sliced piece of apple. But only on fuel day. Prayer is appreciated. These things I have spoken to you, that on me ye may have peace. In the world ye will have distress; but be a good cheerfulness; I've overcome the world. If simple it wouldn't be worth having. He overcame death, hell, and grave for us. Surely we can overcome our struggles through Which overcomes the world. World.

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