



CFFI

6 Servings per day Cruciferous Vegetables

A special group of vegetables called cruciferous vegetables have excellent cancer fighting properties. Research suggests that these cruciferous vegetables **contain a kind of phytochemical known as isothiocyanates, which stimulate our bodies to break down potential carcinogens.** They work by preventing the transformation of normal healthy cells into cancerous cells. Some examples of cruciferous vegetables are:

Arugula

Brussels sprouts

Chinese cabbage

Kale/Spinach

Radishes

Watercress

Bok Choy

Cabbage

Collard greens

Kohlrabi

Rutabaga

Spinach

Broccoli

Cauliflower

Daikon

Mustard greens

Turnips

The government says we're only eating 1 serving of CRUCIFEROUS veggies per week and we need 1 serving per day! If you don't have time to prepare these veggies, try **PHYTODEFENSE** (<https://shopneolife.com/davidcarla>). **PHYTODEFENSE** gives you 6 servings of fruits and veggies in a convenient pack!

An excellent example from this group of vegetables is broccoli. **Broccoli contains sulforaphane**, which is a natural chemical that stimulate our bodies to produce enzymes and destroy carcinogens. This substance is particularly rich in broccoli sprouts and about 20 to 50 times richer in mature broccoli.

At the Harbor UCLA Medical Center in Torrance, California, a study was conducted to document the effects of eating broccoli among men and women aged 50 to 74. The results showed that **those who consumed more broccoli (average: 3.7 half-cup cooked servings weekly) were 50 percent less likely to develop colorectal cancer than those who never ate broccoli.**

At the John Hopkins University in Baltimore, scientists also tested the effects of broccoli sprouts on rats. The rats were first fed broccoli sprouts. A few days later, they were injected with carcinogen. The results showed that the rats that ate broccoli sprouts developed smaller, fewer and slower-growing tumors than the rats that were on a regular diet.

At the Fred Hutchison Cancer Research Center, researchers discovered that **men who consumed three or more half-cup servings of cruciferous vegetables a week were 41 percent less likely to develop prostate cancer.** These men were between the ages of 40 and 64.

Many cruciferous vegetables also contain a compound called **indole-3-carbinol**. **This compound is said to reduce the risk of hormone dependent cancers such as prostate, breast and ovarian cancer.**



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Sample for CFFI Daily Nutrition Plan

Drink 8+ Glasses of Lemon Water

www.myfitnesspal.com

Calories: 1,200- 1,500 Carbs: 120-150g Protein: 90-120g Fat: 40-50g

Aerobic Target Heart Rate: 1 minute: _____ or 10-second _____

5am Breakfast Option 1:

- Protein Shake, with Spinach and one fruit

Breakfast option 2:

- 4-6 oz of chicken, turkey, or fish or 3 egg white omelet
with bell pepper onion, Kale, Spinach, or broccoli, with
- 2 slices of whole wheat toast, or waffle or pancake, or cereal hot or cold
(oatmeal, or Cheerios, etc.)

10am Breakfast Snack (select one):

- Veggie and handful of nuts (1-2 tbsp peanut butter), and a fruit
- Roll turkey and kale or spinach leaf, and handful of nuts (1-2 tbsp peanut butter), and a fruit.
- Yogurt add a veggie and a protein..., and handful of nuts (1-2 tbsp peanut butter).

12:30-1:30 Lunch:

Select One Protein: 4-6oz (grill, bake, broil) Chicken, fish, or turkey, or beans, or Arden of life vegan protein drink, or Orgain protein drink.

Select One Carb (energy): One serving of Rice (yellow or brown rice), Quinoa, or Pasta, or Sweet Potato/white, or 2 slices of bread (whole wheat).

Select Veggies: Greens, Broccoli, Spinach, Green beans, Cabbage, Kale, Arugula, Brussels Sprouts, Asparagus, Stir-fry mix, with fat free butter spray, or Salad with regular dressing (2 tbsp vinaigrette-drain oil) etc.,

4pm Optional Snack:

- 2-3oz of chicken, turkey, fish (grill, bake), and kale or spinach leaves and handful of nuts (1-2 tbsp peanut butter) and 1 fruit or
- So Delicious Yogurt Alternative (non-dairy), and kale or spinach leaves and handful of nuts (1-2 tbsp peanut butter) and 1 fruit.

7-9pm Dinner: NO CARBS! (Protein and Veggies only)

- Chicken, Turkey or Fish, (grill, bake, broil) and Veggies/Salad (spinach, kale, arugula, carrots, shredded cabbage-coleslaw, tomatoes, mushrooms, cucumber, banana peppers, ½ cup beans, balsamic vinaigrette), and handful of nuts/cranberries.
-

Option 2: Protein Drink and a Salad

Workout Program:

- 3 -5 days with Sculpting toning (weight lifting) and cardio and 1 day to rest.

Vitamins/ Supplements

Home - NeoLife

<https://shopneolife.com/davidcarla>

Provitality: Multivitamin

Tre en en: Cleanse cells

Cal-mag D: Bone

Full motion : Knees

Nutric Oxide Super food:

<https://www.instagram.com/p/Cix2zLEP2Ws/? B j ÷=MDJmNzVkMjY=>

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Green Smoothie Ingredients:

Vega Protein Powder

Kale 2 cups

Spinach 2 cups

Celery 2 stalks

Carrots 1/4 cup

1/4th avocado

1 Fruit of your choice: Berries, or, Banana

Water, almond milk, coconut water

To your taste:

Mint

Ginger

Cayenne pepper

Honey, (to taste), 1-2 tbsp

Lemon juice

So delicious yogurt alternative, almond milk, flax seed



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Carla Fields Fitness

Food Groups and Grams

Myfitnesspal.com

2 Carbs:	Serving size:	Grams (approx.)
Oatmeal	½ cup	30
Special “K”	¾ cup	30
Brown Rice	½ cup	30
Whole Wheat Pasta	½ cup	40
Whole Wheat Bread	2 slices	20
Corn	½ cup	30
Sweet Potato	1 small	40
Baked Potato	1 small	40
Quinoa		

2 Fruit (Carbs):	Serving size:	Grams
<u>(approx)</u>		
Apple	1 medium	20
Orange	1 medium	20
Peach	1 medium	20
Plum	1 medium	20
½ Grapefruit	1 medium	20
Berries	½ cup	20
Grapes	½ cup	30
Cherries	½ cup	30
Banana	1 medium	30
Pear	1 medium	30
Gnld (great bar)	1	15carbs/15proteins
So Delicious	1	22

Carbs: grams

6- servings of Vegetable (Carbs) (fresh/frozen):

Serving size: Grams

*Broccoli	Unlimited	free
*Cauliflower	Unlimited	free
*Brussel Spouts	Unlimited	free
*Cauliflower	Unlimited	free
*Daikon	Unlimited	free
*Spinach	Unlimited	free
*Cabbage	Unlimited	free
*Greens	Unlimited	free
Green Beans	Unlimited	free
Zucchini	Unlimited	free
Squash	Unlimited	free
Apparagus	Unlimited	free
Romaine Lettuce	Unlimited	free
Mushrooms	Unlimited	free
Peppers (fresh) (green, red, yellow)	Unlimited	free
Carrots	½ cup	20
Tomatoes	1 medium	10

(1-8 fight CANCER) Cruciferous, helps prevent Ovarian, Vaginal, Prostate Cancer

4 Proteins:	Serving size:	Grams
Chicken (grill, bake, broil)	4-6oz	27
Turkey (grill, bake, broil)	4-6oz	33
Fish/Seafood (grill, bake, broil)	4-6oz	21
Lean beef / pork	4-6oz	25
Beans (fresh/frozen)	½ cup	23
Tofu	4 -6oz	20
Egg whites (no-yolk)	2	8
VEGA Protein (GNC)	1 scoops	30
Muscle Milk shake	1	30 protein/11carb
Core (premade)	1 container	26 protein

***Daily protein grams may vary depending on the individual and activity. Guidelines between grams**

Fats:	Serving size	Grams (approx)
Avocado	1 oz	11
Cottage Cheese	1 cup	28
Cheese	1 slice	10
Almond milk	8oz	3
Almonds	1/4 th cup	16
Peanuts	1/4 th cup	16
Peanut Butter	2 tbsp	16
Vinaigrette salad dressing	2 tbsp	8
Mustard Oil (use for cooking)	sparingly (1tbsp)	13
Macadamia oil (use for cooking)	sparingly (1tbsp)	13
Olive oil	sparingly (1tbsp)	13

Daily Fat grams may vary depending on the individual and activity. Guidelines between _____ grams

Beverages: Drink at 120 oz of water per 13 glasses 8oz, or 6 16 oz bottles
Eliminate: Caffeine- coffee/tea, sodas, sugary drinks, juice.

Refer to your Calories given to you at the time of your consultation. Guidelines are based on a caloric intake of _____

Wellness First, set realistic goals

- Eat to live, do not live to eat.
- Listen to your body, stop when full.
- Reduce Stress factors, to eliminate stress eating.
- Remember eat small meals frequently every 3-4 hours.
- Stay in the zone, never go for long periods of time with out eating.
- Carbs for Energy.
- Protein for Toning (muscle).
- Fats Regulate hormones, stops sugar cravings, protects joints.
- Drink at least 8 glasses of water or more per day.

Believe in yourself, you can do it, keep trying, if you fall off the wagon, get up and get back on quickly.

Supplements: Neolife

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<https://shopneolife.com/davidcarla>

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