

LIFE MASTERY VIRTUAL

# NUTRITION PLAN



**TONY ROBBINS**

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If you have any concerns or questions about your health, you should always consult with your healthcare professional. Do not disregard, substitute, avoid, or delay obtaining medical or health-related advice from your health care professional because of any information contained in this guide, or because of any information you are provided with while attending the Life Mastery program. Each individual has different nutritional and health needs based on their medical history and individual circumstances, and the use of any information or recommendations provided by RRI before or during Life Mastery is solely at your own risk.

The information provided has not been evaluated by the FDA or any governmental authority, and is not intended to treat, diagnose, cure, or prevent any disease, and also it not intended as a substitute for advice or medical care of a qualified healthcare professional. You should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.

# LIFE MASTERY NUTRITION PLAN OVERVIEW

Life Mastery is about reclaiming your energy, vitality, passion, joy, and spiritual fulfillment. As part of your Life Mastery experience, you'll participate in a monitored cleanse designed by our team of nutrition experts as you learn how to tap into the natural energy and power that resides in each of us. The cleanse results in a total physical transformation, and allows you to remove the distractions of everyday life by making a massive change in your physiology and focusing on the three mandates of health.

## THE 3 MANDATES OF HEALTH:



### STOP THE POISONING

Get conscious of the patterns of thinking, feeling, eating, and living that are not supporting your greater well-being.



### CLEANSE & DETOXIFY

Eliminate built-up waste and reduce toxins you have acquired through your lifestyle and environment.



### REVITALIZE & REGENERATE

Give your body what it really needs – nutrients, rest, movement, water, and oxygen.

## YOUR NUTRITIONAL PLAN FOR LIFE MASTERY

This Life Mastery Nutrition Plan represents a snapshot of the nutrients, foods, and drinks you will consume during the program. They are delicious recipes that will support your nutrition needs while giving your body a chance to revitalize and rejuvenate during the cleanse. The recipes are also easy to make so you can use them after the event to continue with a healthy and enjoyable lifestyle.

To aid you in preparation for this process and help you get the most out of this program, we suggest weaning yourself off processed foods, sugars, caffeine, alcohol, dairy, vinegar, and gluten. Start to focus more on natural whole foods such as organic vegetables and fruits.

In addition, you may consider starting your morning with lemon/lime water and celery juice as soon as you feel ready!

## OPTIMIZE YOUR OPTIONS

Most important, this program is designed to help you tune into your own body to make the choices that are best for you. As such, our nutrition team will work with you during the program to make any modifications that may be needed to support your unique situation (allergies, food sensitivities, etc.). We are all about options and choices!

**“Stay committed to your decisions, but stay flexible in your approach.”**

**—Tony Robbins**

Congratulations for making the decision to take care of your mind, body, and spirit at the deepest level so that you experience greater energy and a renewed sense of excitement, love, joy, and possibility for your entire life!



# CLEANSE

TIMING	DAY 1	DAY 2	DAY 3	DAY 4
<b>UPON WAKING</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>
<b>BEFORE BREAKFAST</b> <i>(Wait 15-30 mins after drinking lemon/lime water)</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>
<b>BREAKFAST</b>  <i>(15-30 mins later)</i>	<b>Green Smoothie</b>  <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	<b>Liver Rescue Smoothie</b>  <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	<b>Apple Cinnamon Smoothie</b>  <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>	<b>Fruit Cereal</b>  <i>*Option: Fresh Fruit. Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears.</i>
<b>MORNING SNACK</b>  <i>(If hungry)</i>	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana
<b>LUNCH</b>	<b>Liver Rescue Salad</b>	<b>Spinach Soup</b>  <i>*Option: Leafy Green Salad</i>	<b>Liver Rescue Salad</b>	<b>Spinach Soup</b>  <i>*Option: Leafy Green Salad</i>
<b>BETWEEN LUNCH &amp; AFTERNOON SNACK</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>

# AT-A-GLANCE\*

TIMING	DAY 1	DAY 2	DAY 3	DAY 4
<b>AFTERNOON SNACK</b>	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana	<b>A piece of fruit:</b> Apple Pear Orange Papaya Banana
<b>DINNER</b>	<b>Leafy or Mixed Green Salad w/ 1/2 Avocado</b>  Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans.  <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash.  <i>If needed (condition specific or chronic conditions)</i>	<b>Leafy or Mixed Green Salad w/ 1/2 Avocado</b>  Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans.  <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash.  <i>If needed (condition specific or chronic conditions)</i>	<b>Leafy or Mixed Green Salad w/ 1/2 Avocado</b>  Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans.  <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash.  <i>If needed (condition specific or chronic conditions)</i>	<b>Leafy or Mixed Green Salad w/ 1/2 Avocado</b>  Add additional vegetables as desired: steamed asparagus, brussels sprouts, or green beans.  <i>If pregnant:</i> Add steamed potatoes, sweet potatoes, and/or winter squash.  <i>If needed (condition specific or chronic conditions)</i>
<b>ONE HOUR BEFORE BED</b>  <i>(If hungry) later)</i>	<b>Vegetable Broth</b>  <b>Fresh fruit selection, or a couple of dates</b>  <b>Tea: Lemon Balm, Hibiscus, or Peppermint</b> (Herbal tea, no additives)  Can add tsp of raw honey	<b>Vegetable Broth</b>  <b>Fresh fruit selection, or a couple of dates</b>  <b>Tea: Lemon Balm, Hibiscus, or Peppermint</b> (Herbal tea, no additives)  Can add tsp of raw honey	<b>Vegetable Broth</b>  <b>Fresh fruit selection, or a couple of dates</b>  <b>Tea: Lemon Balm, Hibiscus, or Peppermint</b> (Herbal tea, no additives)  Can add tsp of raw honey	<b>Vegetable Broth</b>  <b>Fresh fruit selection, or a couple of dates</b>  <b>Tea: Lemon Balm, Hibiscus, or Peppermint</b> (Herbal tea, no additives)  Can add tsp of raw honey

\*Note that some of the planned menu items can change based on availability of ingredients. We'll keep you posted!

# WEALTH MASTERY MEAL PLAN

TIMING	DAY 1	DAY 2	DAY 3
<b>UPON WAKING</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>	<b>16-32 oz of Lemon or Lime Water</b>
<b>BEFORE BREAKFAST</b> <i>(Wait 15-30 mins after drinking lemon/ lime water):</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>	<b>16 oz of fresh Celery Juice</b>  <i>*Option: Lemon, Ginger &amp; Honey Water</i>
<b>BREAKFAST</b> <i>(15-30 mins later)</i>	<b>Pitaya Smoothie Bowl</b>  Fresh Fruit, Nuts & Seeds  Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears. Almonds, cashews or sunflower seeds.	<b>Papaya Pudding</b>  Fresh Fruit, Nuts & Seeds  Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears. Almonds, cashews or sunflower seeds.	<b>Caramel Apple Soft Serve</b>  Fresh Fruit, Nuts & Seeds  Any of the following: berries, bananas, grapes, oranges, peaches, figs, papaya, mangoes, apricots, apples, or pears. Almonds, cashews or sunflower seeds.
<b>LUNCH</b>	<b>Sweet Potato &amp; Zucchini Stew</b>  Salad Bar & Steamed Veggies	<b>Zucchini &amp; Summer Squash Stir Fry Over Cauliflower Rice</b>  Salad Bar & Steamed Veggies	<b>Veggie Kebabs &amp; Beef Kebabs Cauliflower Rice</b>  Salad Bar & Steamed Veggies
<b>AFTERNOON SNACK</b>	<b>Watermelon Juice</b> <i>Whole fruit</i>	<b>Cucumber Apple Juice</b> <i>Whole fruit</i>	<b>Lemon Ginger Honey Water</b> <i>Whole fruit</i>
<b>DINNER</b>	<b>Veggie &amp; Veggie Fish Kebabs</b> Avocado Steamed Potatoes Salad Bar Steamed Veggies	<b>Veggie Kebabs Chicken Kebabs</b> Salad Steamed Veg Avocado Sweet Potato	<b>Celebration Dinner</b> Salad Bar Ro Ro Soup Vegetable Fried Rice Fish in Coconut Cream Sauce Lovo Chicken Palusami
<b>ONE HOUR BEFORE BED</b> <i>(If hungry) later)</i>	<b>Vegetable Broth Fresh Fruit Selection Couple of Dates</b>	<b>Vegetable Broth Fresh Fruit Selection Couple of Dates</b>	<b>Choice of Healthy Dessert Options and Herbal Tea</b>



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