

# Sharpen Your Pencils, Party People.

Here's some #NerdPromPrep designed to give you that Hollywood Red Carpet look but keep your DC wits about you. Looking great is a goal but it's not your full time job – and why not have some fun in the process?



## The Details:

- 1 | Dial up the workouts: this isn't the time to let work keep you from your workouts even if it means an 8:30pm spin with Wayne at SoulCycle (@[WayneKnowsDope](#) – trust me, he'll work the entire bod' while hip hopping to the perfect beat)
- 2 | Dial in the eating and Jrinking: Eat clean, avoid processed foods (less ingredients the better!) and get your JRINK on with raw cold-pressed juices. It is the smartest way of getting your 5-a-day as you're keep busy with other important things like spin class, spas, and shopping. But make sure you order your juices by Friday 4/17 since they make fresh just for you. [Order here.](#)
- 3 | Hollywood Upgrade: Infrared Sauna (An A-lister secret, infrareds help you to sweat out the toxins for the ultimate glow. We love [TIMMspa.com](#) and don't forget to tell them Ashley Koff RD sent you!
- 4 | Get Better Nutrition, Simplified:
  - a. Aim to eat nutrient-balanced eating occasions every 3(ish) hours starting within 45 minutes of waking (read [How to Use the Plan](#))
  - b. Choose one serving each – carb + protein + fat and unlimited non-starchy vegetables at each eating occasion (Need ideas see the [Pit Stop pages](#)). If you are hitting the gym extra heavy (strength training) then its fine to go with 2 servings of protein at up to 3 "Pit Stops"
  - c. Upgrade the quality of your sips and bites – aim to eat foods as close to their form in nature and choose organic for the foods and drinks you consume most frequently
  - d. Incorporate natural metabolism boosters like caffeine (before workouts ideal), cacao, spices (ginger, chilis, cinnamon etc)
  - e. Reduce / remove added salt and sugar but don't exchange it for artificial sweeteners and flavors ideally choose spices over sauces, and fruit (as your carb) for sweetness.
  - f. Avoid refined flour products – bread, crackers, crusts, croissants, muffins, cookies, cakes etc – choose whole grains as a carb choice instead.
  - g. Start each day with a glass of water, ideally with half a lemon squeezed into it – another option, grab [JRINK's Freshen Me Up](#).
  - h. Get at least 2 servings of greens in daily – or consider a [JRINK Fuel Me Up](#) (i.e. green juice – if you choose #1 or 2 it counts as a non-starchy vegetable AND a carb serving, [Fuel Me Up #3](#) is just non-starchy vegetables. Note the #'s represent level of intensity – 3 being the most green!).
  - i. Consider a few of my favorite supplements: a quality probiotic (like Align) once daily on waking, a magnesium citrate supplement (Natural CALM two teaspoons in water after dinner)

## 5 | As the weekend approaches...

- a. Consider eating your last meal earlier (ideally by 6 pm but I get it with it being light longer – finally! – so just as early as possible).
- b. Consider reducing the carb serving from your last “Pit Stop” but only if it doesn’t make you too hungry later. Stop caffeine (or at least no coffee) and alcohol on Friday.
- c. **ORDER your JRINKs!** If you start your day on a healthy AND convenient note, you won’t have that donut later. Trust.

## 6 | #NerdPromPrep

- a. 3 days: ideally Monday – Wednesday
- b. You are likely ordering 2 x **6-packs of JRINK** juices, based on the below menu however, I recommend a 3rd 6 pack to take you through the weekend (see my notes below).

Use code JRINKWHC15 for FREE delivery

## What To Have

## When & Notes

<b>Freshen Me Up</b> (chlorophyll water) + probiotic	6/7 am Note: After your drink each juice, fill the bottle up with water and drink
<b>Fuel Me Up</b> (pear kale romaine lemon cucumber)	8/9 am Note: Option to choose #1,2,3 (#3 has no carbs so if your energy is low you may not want to choose this one)
<b>The Hulk</b> (green nut milk) - OR <b>Fuel Me Up</b> with a serving of your favorite AKA protein powder - OR <b>Fuel Me Up</b> with 15 almonds	11 am/12 pm
<b>Clean Me Up</b> 1, 2, or 3 (cleansing juices) - OR <b>Pick Me Up 2</b> (beet cucumber lime – a great pre-workout choice)	2/3 pm Note: Optional 1 packet Manitoba hemp hearts (3 Tbsp) for extra protein & fiber; you can also blend in your own protein powder (see AKA list for approved options)
Greens salad with lemon juice and olive/hemp/walnut oil (1 Tbsp) with a serving of protein (3 Tbsp Hemp Hearts) - OR 2 Vital Farms eggs - OR 1 serving wild salmon OR 1 serving sardines - OR <b>Fuel Me Up</b> (1,2,3) with a serving of protein powder - OR Pureed organic vegetable soup (no dairy) topped with Hemp Hearts (3 Tbsp)	5:30/6:30 pm
Hot water with Natural Calm magnesium (Can also make it with your favorite herbal tea)	Before bed or if you have a sweet craving after dinner Note: begin with 2 teaspoons

## 7 | Thursday

- a. Continue the Freshen Me Up on waking or switch to a **Clean Me Up** (spicy lemonade – kickstarts the metabolism. No joke.)
- b. IF you need caffeine have tea or the **Buzz Me Up** (cold-brew brazil nut milk – think of it as a lux raw latte)
- c. Today's plan:
  - i. Ideally stay with two smoothies: **The Hulk**  
OR **Fuel Me Up** with your protein powder  
OR **Fuel Me Up** with nuts / seeds
  - ii. Have one smoothie for breakfast (8/9am) and the other for mid-afternoon break (3/4 pm)
  - iii. For Lunch and Dinner: have a large greens salad with your protein choice (see above)

## 8 | Let #NerdProm Weekend Begin!

- a. Ideally continue 1 **Freshen Me Up** daily or a glass of water with lemon (or Clean Me Up 1)
- b. Consider popping by JRINK's store for a Thai coconut milk or grab Harmless Harvest and keep in your fridge – this is great after a workout or post cocktails to stay hydrated
- c. Ideally continue one **Fuel Me Up** daily – making it into a smoothie can be a great pre-event option

Now, who said being healthy isn't easy?

Just remember: keep simple, JRINK often, and have fun!

