



I had tried everything! I even put myself in the hospital taking everything I could get my hands on. I just wanted the weight off and I was so tired of not being successful in this one area of my life! I cried in silence because everyone around me knew me as strong and determined and I could not bring myself to letting them know that I was really suffering. So I held me head head and kept going. Then I got to my heaviest weight of 274 lbs and I was in utter disbelief. It wasn't until the light bulb went off that I had to be just as disciplined in my lifestyle as I was in my career of being a CEO and Celebrity Stylist.

I am a wife and mom of 3 and I started looking around realizing simple things were getting hard for me like lacing my darn shoes! I needed to to this with every sense of my being because the things that I loved the most were in jeopardy. It was dark and I just had to face this.

Once I lost 130 lbs I gained a new purpose. I learned to trust myself. I learned, I can do whatever I really put my mind to. I learned not even this could defeat me! I researched and became a group fitness instructor, insanity instructor and borderline nutritionist because I needed the answers like I needed to breathe.

Fast forward to now I want to help heal with my beacon of knowledge, so that another human does not have to feel what I felt. To know that they could control their own lives when struggling with weight if they just knew how. Below you will find my schedule to help guide you on your own journey. Stay the course and be consistent! Thank you for letting me be apart of your process. You can do this! I believe where there is knowledge there is the ultimate power.

Trayce Madre'

## Grocery List

| Protein             | Veggies                | Fish       | Fat         | Fruit        | Good Carbs   |
|---------------------|------------------------|------------|-------------|--------------|--------------|
| Turkey              | Kale                   | Tuna       | Avocado     | Strawberries | Sweet Potato |
| ItWorks Vegan Shake | Spinach                | White Fish | Olive Oil   | Blueberries  | Brown Rice   |
| Black Beans         | Mustard/Collard Greens |            | Coconut Oil | Raspberries  | Bananas      |
| Quinoa              | Zucchini               |            |             | Blackberries | Quinoa       |
| Flax/Chia Seeds     |                        |            |             |              |              |
| Edamame             |                        |            |             |              |              |

## Meal/Supplement Schedule

|                                      | Supplement/Water   | Meal Option                       |
|--------------------------------------|--|-----------------------------------|
| <i>Pre-Breakfast (30 min before)</i> | Itworks Probiotic<br>Itworks Thermofight (30 min before)<br>16 oz of water | N/A                               |
| <i>Breakfast</i>                     | Itworks Vegan Shake  | Protein/Good Fat/Veggie           |
| <i>Snack (30 min before)</i>         | Itworks Greens<br>Itworks Thermofight<br>32 oz of water                    | Fruit                             |
| <i>Lunch</i>                         | N/A  | Protein/Good Fat/Veggie           |
| <i>Snack</i>                         | Itworks Greens<br>Itworks Thermofight (30 min before)<br>16 oz of water    | Veggie                            |
| <i>Dinner</i>                        | Itworks Vegan Shake<br>32 oz of water                                      | Protein/Veggie/Good Fat/Good Carb |

### Workout Schedule

All workouts are at least 1 hr

| Sun               | Mon    | Tues              | Wednes | Thurs  | Fri               | Sat  |
|-------------------|--------|-------------------|--------|--------|-------------------|------|
| Full Body Weights | Cardio | Full Body Weights | Cardio | Cardio | Full Body Weights | Rest |

### Cleanse/Wrap Schedule

|                      |   |
|----------------------|---|
| Itworks Cleanse      | Every 45-60 days as I lost weight               |
| Itworks Wraps        | Target areas every 72 hours with 32 oz of water |
| Itworks Defining Gel | 7 days a week                                   |

All products can be purchased at

[www.TrayceMadre.com](http://www.TrayceMadre.com)