



That's the cycle of living good the Cali Sober Fit way!

****All information presented here by CaliSoberFit has only anecdotal results. It is not to be taken as medical advice nor is it intended for you to follow my life exactly. Please see a qualified medical professional prior to starting any diet/exercise "routine".*

It is an example of 2 random days in my world. You will create your own CSF lifestyle.

You'll love it too. It's personal - Your Unique Body Temple deserves it. For Good... Enough, Already.

Here's an example of my (Minky's) Sunday and my Monday CSF rituals:

| Benefits for me: | Sunday | Monday |
|--|--|---|
| <p>No hunger, No temptation Improved sleep, deep sleep More energy Food tastes better during munchie phase, with increased appetite Waist management</p> | <p>NO Workday Morning cannabis dose - Cannabis - RSO – Rick Simpson Oil - a concentrated extract (sativa). Not for cannabis virgins. I use .2-.3ml (syringe, no needle) I put in my coffee</p> | <p>Work from home day Evening cannabis dose – 3-4 cannabis caramels (Indica) after dinner ~7pm (these were bought, but I have made my own)</p> |
| <p>First food/drink</p> | <p>Coffee w/cream ~9:30am w/cannabis oil</p> | <p>10:30am Coffee w/ cream NO cannabis oil</p> |
| <p>Actual food eating →</p> <p>(see YOUTUBE @CaliSoberFit) 420 Second workout(s) (A combination of 3 body section exercises) → “I’d Grip That!” – Upper Body Midriff Spliff–Abs/Mid-section Buff Buff Ass – Butt/Legs You can mix and match, add your own favorite exercises, etc. They must be resistance-type exercises. That’s all.</p> | <p>FULL munchie for me kicks in for my first meal @ 2:30pm BLT on rye bread, tortilla chips, diet soda (yes, sorry not sorry) I have <u>breakfast</u> (first meal of the day, NOT necessarily breakfast foods, <u>for dinner</u>). Yes, it’s an early dinner at 2:30; but it works for me. I get full and then stop eating. Munchie phase passes. Hours later – 7pm – I had a snack for dinner. New England clam chowder (1/2 can of Progresso brand) and Caesar salad</p> <p>Popcorn w/butter & cheese flavored salt at 10pm</p> <p>I exercise in AM, <u>in the bed</u> with elastic cord. I do for 420 seconds and then stop. (At least 2 body section exercises are done at the same time. 3 is best; but 3 at the same time is challenging, lot of moving parts. You do not do all (3) for full 420 seconds. You can do it eventually.)*</p> | <p><u>I do not have a munchie phase here.</u> I am NOT hungry. Again, I don’t eat until late afternoon – 3:30pm.</p> <p>A little hungry by 3:30pm. small piece margherita pizza, iced tea.</p> <p>Still not hungry by dinner around 7pm, so I eat 3-4 caramel edibles (Indica for night time) I cook for family, but only “pick” at dinner.</p> <p>I don’t HAVE TO EAT DINNER! Neither do you. You can have “<u>Sleep for Dinner</u>”</p> <p>I exercise, right before bedtime, this time <u>on the floor/mat</u>, with elastic cord/body. 420 seconds and that’s it. *(Ditto)</p> |