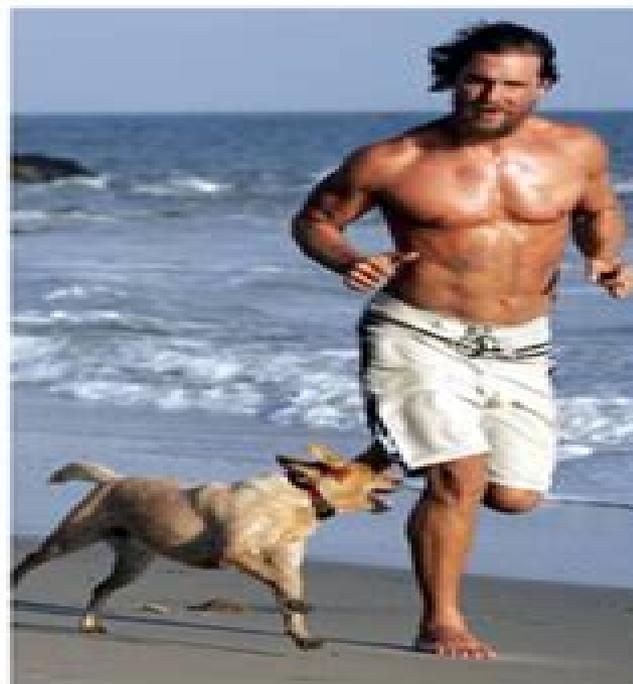


Nutritional Ease for the Advanced Minimalist

Here is a barebones nutrition program that saves you time and money I have resorted to for years that I feel is as good as any elaborate superfood and supplement intensive program. **You can look as ripped and savage as desired on a shoestring budget at twenty bucks a day and in under twenty minutes a day.** - with some basic know how and meal prep. - *Why twenty bucks daily? Because I literally cannot quite figure out how to get a complete diet in under.*

So, for the purpose of this program, let us assume that you have restructured and prioritized your day to what really matters to you and serves you best. And you are one of those rare and fantastic humans that eat to live rather than live to eat. Which basically means you would rather spend your day doing fun shit,- something more exciting and fulfilling than stuffing your face on worthless calories, which is typically done out of straight boredom...(OR if you are a college kid with a full semester load and working part time with limited time and money, OR you just want to eat on \$20 bucks a day so you can save some money for an epic trip or toy- my favorite excuse, OR you really don't care about food but want to kick more ass.) Remember that nothing really tastes as good as feeling lean and mean! Anyway, you get the point. Let's get to it.

Side Note: Minimalists fitness goes hand in hand with minimalist nutrition. If you are not eating a lot of excess calories than you do not need a lot of excess exercise. Just choose an outdoor activity that you actually enjoy doing. Running, biking, swimming, or anything on the water, paired with some effective calisthenics and you should be good to go. Being outside with as much sun exposure as possible provides natural vitamin D from the sun as well which is necessary to optimize your health, especially if you are not supplementing. Take a page out of McConaughy's book and just grab a workout buddy and hit the beach. It's the best! Here is one of my favorite outdoor calisthenic workouts: <https://www.youtube.com/watch?v=AgqrHfASQ5M>



Advanced Minimalist Lifestyle Full Tutorial

Rosina Ehmann



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