

Table of Contents

7	Who is Margie Cummins?
8	My Rock Bottom Moment
9	Where is Margie Today
10	Let's Get Started!
11	Getting Started
13	The Year of You!
14	Tips for Success
15	Game Plan 101 <ul style="list-style-type: none">My SWOT Analysis<i>Strengths (internal)</i><i>Weaknesses (internal)</i><i>Opportunities (external)</i><i>Threats (external)</i>
16	Here's what you should know
17	Endorphins
18	Motivation
19	My Take on Motivation
20	Keys to Successful Weight Loss
22	The Negative Impact of Carrying Extra Weight
23	<i>Blood Pressure & Being Overweight</i>
23	<i>Heart Disease & Being Overweight</i>
23	<i>Stroke & Being Overweight</i>
23	<i>Cancer & Being Overweight</i>
24	<i>Sleep Apnoea & Being Overweight</i>
24	<i>Osteoarthritis & Being Overweight</i>
24	<i>Fatty Liver Disease & Being Overweight</i>
24	<i>Kidney Disease & Being Overweight</i>
25	<i>Pregnancy & Being Overweight</i>
25	<i>Overweight & Obesity Risks for Men</i>
26	Everyone is Different, so are the Results on Weight Loss Plans
26	You Need More Than Just Rock Bottom
27	<i>Mind Games</i>
27	<i>Stress</i>
27	<i>Time for Bed</i>
28	<i>Professional Assistance</i>

29 Choose Your Own Rock Bottom Experience

- 30 The Choice is Yours!
 - 30 *Kick Start (1200 cals)*
 - 30 *Reshape (1200 – 1300 cals)*
 - 31 *Ongoing Body Transformation (1800 - 2200 cals)*
 - 31 *Mix 'n Match plans*

- 31 Now What?

32 The Rock Bottom Plan in Detail

- 34 The Eating Plan Fundamentals

- 34 Shopping for the Plan

- 35 The Core Meal Plan

- 36 Adjustments for the Ongoing Body Transformation Plan

- 37 Calorie Reduced Day

- 37 Snacks & Water

- 38 Breakdown of the Minimum Daily Requirements

40 Additional Information

- 41 Rock Bottom Support Group

- 42 Approved Low GI Fruit & Vegetables for use in the Plan.

- 42 *Fruit*
- 43 *Vegetables*
- 43 *Beans & Legumes*

- 44 Reaching Your Required Calories

- 44 *Vegetables*
- 45 *Fruits*
- 45 *Legumes*
- 46 *Fish*
- 46 *LSA*
- 46 *Pasta*

- 47 Snack Ideas

- 48 Multi Vitamin Usage

- 48 Drinking Water

- 48 Detoxing

- 49 Protein

- 49 Post 4 Weeks

49	Vegetarian / Vegan / Gluten Free Options
49	Cooking Methods
50	Recipe Ideas
51	Rock Bottom Success Stories
52	Success Story 1
53	Success Story 2
54	Success Story 3
55	Success Story 4
56	Plan Approved Recipe Ideas
57	Amy Louise's Chicken Porcupine Meatballs
57	Chunky Avocado Salsa
58	Jody Campbell's Prawns
59	Broccoli & Cauliflower Soup with Chicken Topping
60	Sarah & Donna Coles' Pizza
61	"Team Margie" Bonus Rock Bottom recipes
62	Margie's Green Juice
63	Sides & Snacks
63	Vegetable Quiche
64	Broccoli Bites
65	Roasted Broccoli with Garlic
66	Sweet Potato & Zucchini Patties
67	Mediterranean Mushrooms
68	Chicken & Fish
68	Stuffed Red Capsicum
69	Garlic Chicken Balls
70	Thai Style Fish Cakes
71	Rock Bottom Chicken Curry
72	Rock Bottom Spaghetti Bolognese
73	Vegetable Dishes
73	Stuffed Sweet Potato
74	Cauliflower Rice
75	Delish Vegetable Soup
76	Exercise
77	Training
77	Hit the Hills
77	Boot Camps

77	Gym Membership
77	Train. Train. Train.
78	Margie's Training Tips
78	Rest
79	4 Week Exercise Plan
80	Here We Go
81	Week 1
82	Week 2
83	Week 3
84	Week 4
86	Show Me How
87	Exercise Images
87	Crunches
88	Modified Push Ups
89	Squats
90	Superman Pose
91	Side-Lying Leg Raises
92	You're Nearly Ready To Start
93	Take a Photo
93	Weigh-In
93	Take Your Measurements
93	Set-Back's
94	Available From My Website
95	eBooks
95	<i>Chew To Lose</i>
95	<i>Rock Solid</i>
95	<i>Rock Your Goals</i>
95	<i>Rock Your Food</i>
95	<i>Nutrition & exercise Journal</i>
95	<i>Rock Your Food Again</i>
96	Food & Beverages
96	<i>Herman Brot Pasta</i>
96	<i>Green Tea in 3</i>
97	Appendix
98	Daily Rock Bottom Kick Start OR Reshape Checklist
100	Kick Start Sample Menu Plan for a Week
101	Reshape Sample Menu for a Week
102	Total Body Transformation Sample Plan for a Week
103	Training Log