

Welcome to the Empowerfitness 6-week Nutrition Challenge!

A road to a healthier you!

Welcome to the Empowerfitnessllc 6-week Nutrition Challenge! Congratulations! You have just completed the most difficult part of your journey: the decision to take charge of your health. Losing weight and getting healthy doesn't need to be difficult. In fact, it can be easy if you do it right – exercise regularly and eat a diet filled with healthy, delicious foods.

Over the course of the next 6 weeks I am hoping that you learn that eating healthy not only tastes good but can be done from this point on for the rest of your life. Whether your goals are losing weight, feeling and looking better, relearning what you've been told about diets, wanting to learn the proper way to fuel your body or finally saying "good-bye" to counting calories, this challenge will give you the jump start you need.

This nutrition plan is grounded in the notion that meals should contain all sorts of foods – fruits, vegetables, meats, fish, grains, beans, and so on. The only restriction is that these foods should be as close as possible to their *natural state*. **What you will eliminate are processed ingredients.** It is true that processed foods tend to be cheap and quick to prepare, but many are high in sodium, refined sugars, additives, preservatives and unhealthy fats that SABATOGÉ good health.

Our challenge includes the following:

- WEIGH IN/MEASUREMENTS (OPTIONAL) SEE ATTACHED WEIGHT CHART
- NUTRITION EDUCATION (included with the 6-week challenge)
- 6 WEEK MENU OF HEALTHY, NUTRITIOUS (CLEAN) RECIPES
- SPECIAL CLEAN EATING RECIPES
- CHALLENGE BLOG FOR SUPPORT AND MOTIVATION

The challenge guidelines include the following:

- Please record your weight on **Monday** morning (unofficially) and again on **Friday** morning (officially). Doing this will allow you to make modifications in calories if needed. This ALSO ensures accountability.
- Each menu begins on a Monday and runs through Sunday.
- Each week, there will be numerous recipes to choose from. You are more than welcome to slightly customize the order or frequency of meals for convenience purposes, or if you simply do not prefer a certain recipe. **ONE RULE APPLYS: PLEASE LIMIT YOUR BREAD PRODUCTS TO ONCE A DAY.**
- The recipes for each day contain approximately 1300-1700 calories. It is RECOMMENDED during this challenge that you do TRACK your daily food intake. This can be done very easily with numerous applications. One example would be "MyFitnessPal". You are free to choose any tracking system you prefer. Based on your specific goals, a good rule of thumb would be to eat roughly six to ten servings of complex carbohydrates, five to six servings of lean protein, and two to three servings of heart-healthy fats each day. **It is not recommended to go below 1200 per day as this is very difficult to sustain long term.**

- **Get familiar with what a general serving will look like:**
 - 1 serving of whole grains = your cupped palm (1/2 cup)
 - 1 serving of vegetables = your fist or both palms cupped together (1 cup)
 - 1 serving of lean protein = the flat palm of your hand (3 ounces)
 - 1 serving of fat = the top half of your thumb (1 tsp)
 - 1 serving of cheese = your thumb (1 ounce)
 - 1 serving of nuts or seeds = ½ of your cupped palm (1/4 cup)

- Each day your menu will include 3 meals and one snack (some of you may need to add an additional healthy snack; snack sheet provided) It is important to space your meals appropriately 2-3 hours apart. This will ensure that you have balanced blood sugar which will avoid those hunger pains that may lead to poor food decisions.

- It is recommended that you drink your body weight, divided by two, in ounces every day. So, if you weigh 150 pounds, that would be $150 / 2 = 75$. That would be 75 ounces of water each day. Water can be a little tough to take especially with the cold weather. So, think about adding some fruits, veggies, herbs and spices: Some suggestions are mixing your water with; lemon wedges, lime wedges, cucumber slices, orange slices, blueberries, raspberries, mint leaves, basil, grated ginger etc. Please space out your water intake throughout the day.

- It is recommended that you eliminate alcohol for at least the first 2 weeks. After the initial 2 weeks, you may choose to enjoy 1 alcoholic drink per week (please keep in mind that alcohol on a regular basis has been said to slow down your metabolic rate).

- Coffee and Tea are permitted on your 6-week challenge if desired. It is recommended that you drink your coffee black and your tea (decaf, herbal and unsweetened) plain. However, realizing that that can be very difficult, it is acceptable to add cinnamon, lemon, pumpkin spice, nutmeg to taste. If more additives are needed it is acceptable to add:
 - 1-2 Tablespoons low-/nonfat milk; 1-2 Teaspoons pure maple syrup, honey, cinnamon sugar, liquid stevia, agave syrup per one or two 8 ounce cups per day

- It is recommended that your last meal of the day (i.e. the last substantial meal where you are having lean protein, complex carbs) be enjoyed by no later than 6:30 pm in the evening. If you find that you are still hungry after dinner, you can have a small snack, i.e. a few almonds or an apple. Let your STOMACH be your guide. Don't eat the snack if you are not hungry.

FRESH FRUIT AND VEGETABLES:

- When possible, buy organic produce. If you choose pre-chopped vegetables or fruit, be sure there are no added ingredients:

<u>VEGETABLES</u>	<u>1 TO 1¼ CUPS</u>	<u>FRUITS</u>	<u>1 TO 1¼ CUPS</u>
Broccoli	Radishes	Raspberries	Blueberries
Asparagus	Sprouts	Black Berries	Strawberries
Beets	Mushrooms	Pomegranate (1 small)	Guava (2 med)
Tomatoes	Celery	Watermelon	Cantaloupe
Cauliflower	Lettuce	Orange	Tangerine
Artichokes	Okra	Apple	Apricot (4 small)
Eggplant	Snow Peas	Grapefruit (1/2)	Cherries
Cucumbers	Cabbage	Grapes	Kiwifruit (2 med)
Kale	Squash	Mango	Peach
Watercress	String beans	Nectarine	Pear
Spinach	Peppers	Pineapple	Banana (1 small)
Brussels sprouts	Carrots	Honeydew	Tomato sauce (low-sodium)
Zucchini	Onion	Papaya	Unsweetened dried fruits without sulfates
Eggplant	Peppers	Figs (1 small)	
Sprouts	Cauliflower		

Whole grains/Lean proteins (meats and fish) and Dairy

- For whole-grain products, you will notice that most recipes call for Ezekiel bread. However, if you do not prefer that **please ensure the label says 100% whole wheat or 100% whole grains** to ensure that the entire grain is used. If not there's a good chance it is refined.
- Grains and Seeds: Faro, quinoa, barley, flaxseed, steel-cut oats, and chia seeds are all high-fiber and high protein foods to add to your diet.
- Arrowroot powder: This natural product is an alternative to cornstarch or flour for thickening liquids.
- Sprouted-grain products: Sprouted-grain bread products are some of the best you can consume and contain easy-to-digest whole grains. They are also considered low on the glycemic index.
- Stick to lean cuts of meat for lower amounts of saturated fats. Buy organic meats, too, to avoid consuming hormones and pesticides.
- Sea-food: Wild caught fish tend to be higher in Omega 3 fatty acids, protein and contain very low levels of disease as well as being free from antibiotics, pesticides & artificial dyes. Wild caught are obviously free to roam about the ocean and find their own food which results in them containing less fat than the farm raised versions. While mercury can be an issue with wild caught, it can be just as much of an issue with farm raised fish that are raised in the ocean. The only down side is that wild caught fish tend to cost 3-4 times more than farm raised fish.

- Dairy: Buy organic milk, cheese, and yogurt whenever possible. Choose **unsweetened** varieties of yogurt, coconut milk, almond milk and rice milk

<u>CARBOHYDRATES</u>	(1/2 cup)	<u>PROTEINS</u>	(3/4 ounces) ³/₄ cup
Sweet Potato	Amaranth	Skinless Chicken	Cottage cheese Low-sodium 2%
Yams	Millet	Skinless Turkey	Protein powder (whey, hemp, rice, pea) 1 ½ scoop
Plantains (1/2 medium)	Buckwheat	Pork Tenderloin	Veggie Burger
Quinoa	Barley	Lean ground meat, chicken or turkey (93% lean)	Turkey Bacon low-sodium, nitrite free
Beans (kidney, black, garbanzo, white, lima, fava, pink)	Bulger	Fish (fresh-water) catfish, tilapia, trout	Eggs
Lentils	Oatmeal (steel-coat)	Fish (cold-water) cod, salmon, halibut, tuna	Greek yogurt (<5% sugar)
Edamame	Oatmeal (rolled)	Game, buffalo (bison, venison)	Tofu
Peas	Pasta (whole-grain)	Canned Tuna	Ricotta cheese light
Refried Beans (non-fat)	Pancakes (whole-grain)	Turkey slices	Turkey sausage (3 links)
Brown Rice	Waffles (whole-grain)	Almond Milk (unsweetened, dairy)	Coconut Milk (unsweetened, dairy)
		Rice Milk (unsweetened, dairy)	
Potato	English muffin (1/2 Ekeial or 100% whole-grain)		
Wild Rice	Bagel (1/2 100% whole-grain)		
Couscous (whole-wheat)	Tortilla (100% whole-grain)		
Cereal (100% whole grain)	Corn on the cob		

Bread (Ekekiel or 100% whole-wheat)		
Pita Bread (100% whole-wheat)		

Healthy Fats and CLEAN OILS. As far as oils are concerned, coconut oil and avocado oil are suggested for cooking because their chemical structures don't break down when exposed to high heat. EXTRA-virgin olive and unrefined nut oils are more sensitive to heat, so these oils are ideal for salad dressings to take advantage of their heart-healthy benefits.

HEALTHY FATS	1/3 cup	
Avocado (1/4 medium)	Coconut milk (canned)	
14 almonds	Goat cheese	
8/10 cashews	Mozzarella	
8/10 pecan halves	Cheddar	
20 pistachios	Provolone	
Hummus	Monterey jack	
8 walnuts		

FOODS TO AVOID:

- ✓ Low-fat, sugar-free, and fat free: Don't be fooled! You need to read the labels. These foods may have been supplemented with unclean or artificial ingredients to make up for flavor lost in the production process.
- ✓ White foods: Stay away from "white" foods: white bread, white rice, granulated sugar. They have been stripped of their healthy brown parts so opt for whole grains instead.
- ✓ Refined flour and sugars: To enhance time spent on the "shelf", these substances have to be highly refined, and during this process, most or all of the nutrition has been removed.
- ✓ Non-clean oils: Canola oil, corn oil, vegetable oil, palm oil, soybean oil, and any "hydrogenated" oils are all highly processed and should be avoided as much as possible.
- ✓ Processed and packaged foods: Often times, these products contain processed sugars, unhealthy fats, and harmful chemicals to increase shelf life.

**Disclaimer of Liability to
Participate in the Empowerfitnessllc
6 Week Nutrition Challenge**

This program is designed for healthy individuals 18 years and older only.

Empowerfitnessllc/Patricia Decker is a certified Nutrition Specialist and not a Physician or Registered Dietician and the scope of this Nutrition Program does not include treatment or diagnosis of specific illnesses or disorders. This Nutrition Program is not intended in anyway as a medical guideline but is for educational purposes only. The information in this program is meant to supplement, not replace, medical advice.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting a new nutrition program. You must have a complete physical examination if you are sedentary, have high cholesterol, high blood pressure, diabetes, are overweight or if you have any medical condition that contraindicates nutrition changes. If your physician recommends that you don't use this program, please follow your physician's orders. It is also the responsibility of each participant to vet all foods for ingredients that may present personal adverse reactions.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and healthy nutrition, Empowerfitnessllc does not promise or guarantee weight loss or protection from future illness as a result of participation in this program.

Upon purchase, you acknowledged that you have followed the guidelines set forth in this disclaimer and agree to its terms and conditions.

References:

28 Days of Clean Eating: The Healthy Way to Kick Dieting Forever. Berkeley, CA: Sonoma, 2014. Print.

Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-food Recipes for Eating Clean. Berkeley, CA: Rockridge, 2014. Print. *Weight Watchers Slow Cooker Recipes.* Birmingham, Ala.: Oxmoor House, 2015. Print.

Eat Well Lose Weight 2017: n. pag. *Better Homes and Gardens.* Web.

EMPOWERFITNESS WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>1 egg/3 egg white omelet (see recipe) (add any vegetable)</p> <p>1 piece of Ezekiel Bread toasted with 1 thin slice real butter</p> <p>2 links turkey sausage</p> <p>½ cup fruit</p>	<p>½ cup oatmeal made with almond milk or water (made according to directions) (old fashioned oats or steel cut or gluten free) (no packaged)</p> <p>½ cup of mixed berries</p> <p>1 tbsp. of walnuts or almonds</p> <p>Organic cinnamon</p>	<p>1 slice of toasted Ezekiel Bread</p> <p>1 half avocado spread</p> <p>2 slices of tomato</p> <p>1 egg cooked to your liking</p>	<p>4 egg whites</p> <p>½ cup oatmeal made with almond milk or water (made according to directions) (old fashioned oats, steel cut or gluten free (no packaged) with ½ cup fresh fruit</p>	<p>Pumpkin-Pecan Breakfast cookies (2 or 3)</p> <p>With Almond, Cherry and Vanilla Smoothie (see recipe)</p>	<p>Breakfast Burrito with 100% whole wheat Tortilla with low-sodium salsa (see recipe)</p> <p>With fresh fruit</p> <p>Or any breakfast from Monday - Friday</p>	<p>1 whole grain organic waffle</p> <p>1tsp low sugar jam</p> <p>¼ cup of raspberries</p> <p>or 1/4 cup almonds</p>
Snack	<p>15 almonds</p>	<p>1 Hard Boiled Egg with ½ Grapefruit</p>	<p>1 low fat cheese stick</p> <p>1 apple sliced</p>	<p>1 tsp almond butter</p> <p>2 celery stalks</p>	<p>Snow peas with 1 tbsp. of hummus</p>	<p>Any snack from Monday - Friday</p>	<p>Any snack from Monday-Friday</p>
Lunch	<p>Large green salad w/tomato, celery, onion etc. (dressed with 1 tbsp. vinegar and olive oil)</p> <p>4 oz. grilled chicken</p> <p>1 piece of fruit</p>	<p>Tuna melt -1 piece of Ezekiel Bread toasted</p> <p>1 slice of low sodium swiss cheese (melted on bread)</p> <p>4 oz. Tuna Fish</p> <p>Top with sliced tomato</p> <p>lots of fresh cut veggies</p>	<p>Chicken salad made on 2 large romaine leaf's (see recipe)</p> <p>½ sliced cucumber</p> <p>1 cup of grapes</p> <p>2 small cubes dark chocolate</p>	<p>Mediterranean Turkey Wrap with sprouted grain tortilla (see recipe) with fresh carrots and celery</p>	<p>Strawberry avocado spinach salad made with chicken (see recipe)</p>	<p>4 oz. Tuna salad with homemade mayo on a thick tomato slice with balsamic, 3 slices avocado & lots of fresh cut veggies</p>	<p>Any lunch from Monday- Saturday</p>
Dinner	<p>4 oz. Sirloin Burger topped with sautéed mushrooms</p> <p>Fresh Green Beans</p> <p>½ baked sweet potato</p>	<p>4 oz. of grilled chicken or baked oven roaster</p> <p>4/6 sweet potato fries</p> <p>1 cup mixed green salad lightly dressed with vinegar/oil or lemon/oil</p>	<p>3 oz. of grilled or baked salmon</p> <p>½ cup of brown rice</p> <p>1 cup steamed veggies of your choice</p>	<p>Grilled Honey Mustard Chicken with Marinated Tomatoes and Cucumbers (see recipe)</p>	<p>4/5 Pan Seared Scallops with Edamame Salad (see recipe)</p>	<p>2 Grilled chicken/grilled steak or grilled shrimp veggie (zucchini, peppers, etc.) kabobs</p> <p>1 cup mixed green salad with 1tblsp oil and vinegar</p>	<p>Any dinner from Monday - Saturday</p>

BREAKFAST BURRITO

Egg whites provide a nearly perfect protein source

Ingredients:

- 4 Egg whites
- 1 Egg yolk
- 1 Tortilla Shell (100% WHOLE-WHEAT)
- 1tsp. Hard grated cheese
- 1 tbsp. Low-sodium salsa



Directions:

1. Scramble four egg whites and one whole egg in a non-stick pan.
2. Place on top of a warm tortilla shell
3. Add tsp of grated cheese and roll up.
4. Top with salsa

Serves :1

Calories: **368**

Ingredients:

- 3 cups Frozen shelled edamame, thawed
- 1 cup Shredded red cabbage
- 1 Red bell pepper, finely chopped
- 1 Carrot, peeled and shredded
- ¼ cup Chopped fresh cilantro
- 3 tbsps. Freshly squeezed orange juice (1 Orange)
- 1 tbsp. Dark sesame oil
- 1 tbsp. Tamari or coconut aminos



Directions:

1. In large bowl, stir together edamame, cabbage, bell pepper, carrot and cilantro.
2. In a small bowl, whisk together the orange juice, sesame oil and tamari. Toss into salad.

Serves: 3

Calories: (track separately)

Grilled Honey-Mustard Chicken with Marinated
Tomatoes and Cucumbers Gluten-Free, Dairy Free

Ingredients: For the Chicken

- ¼ cup Honey
- ¼ cup Grainy Dijon mustard
- 2 tbsp. White wine vinegar
- 2 tbsp. Avocado oil, plus additional for greasing
- 7 Boneless skinless chicken breasts
- ¾ tsp. Salt
- ½ tsp. Freshly ground black pepper



For the Marinated Tomatoes and Cucumbers

- 3 Tomatoes, cut into wedges
- 2 Cucumbers, peeled and cut into half-moons
- 1 Red onion, halved and sliced
- 1/3 cup Balsamic vinegar
- 2 tbsp. Extra - virgin olive oil
- 2 tbsp. Honey
- ½ tsp. Salt and pepper (each)
- 3 tbsp. Chopped fresh basil

Directions to make chicken:

1. Whisk together the honey, Dijon mustard, vinegar and oil. Place the chicken in a large zip lock bag; pour the marinade over the chicken. Seal and refrigerate for at least 30 minutes or up to 2 hours.
2. Preheat the grill to medium-high heat.
3. Remove the chicken from the marinade and discard remainder. Sprinkle chicken with salt and pepper.
4. Place the chicken on a well-oiled grill rack and grill for 4 to 5 minutes on each side or until done.

Directions to make tomatoes and cucumbers:

1. In large bowl, combine the tomatoes, cucumbers, and red onion. Whisk together the vinegar, oil, honey, salt, pepper and basil. Pour the dressing over the tomato mixture, tossing well to coat.
2. Cover and refrigerate for at least 30 minutes or up to 2 hours before serving.
3. Serve the chicken with the marinated vegetables alongside.

Serves: 7 Calories: 486

Ingredients:

- ½ cup Chopped or shredded chicken breast
- 1 tbsp. Home-made mayo or low fat mayo
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. Ground smoked paprika
- ¼ cup Chopped onion (optional)
- ¼ cup Chopped celery (optional)



Directions:

In medium bowl combine all ingredients. Mix well.

Serves: 1

Calories (track separately)

Ingredients:

- 1 Egg yolk
- 1 tbsp. White wine vinegar
- 1 tsp. Dijon mustard
- 1 cup Extra-virgin oil
- ½ tsp. salt



Directions:

1. Combine the egg yolk, vinegar, and mustard in a food processor or blender. With the motor running, very slowly add the oil through the hole in the lid in a steady stream.
2. Put the mayonnaise in an airtight jar, stir in the salt, and cover. Refrigerator for up to 1 week.

***you may need to add another yolk if you find it to oily or decrease the amount of oil

Makes 1 cup:

Per serving: (1 tablespoon)

Calories: 112

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Ingredients:

- ½ cup Low-fat or homemade mayo
- 2 tbsp. Chopped fresh basil
- 2 tbsp. Crumbled feta cheese (or goat cheese)
- 4 Frozen sprouted-grain tortillas, thawed (or 100% whole wheat)
- 3 cups Lightly packed fresh baby spinach
- 2 jars Roasted red peppers, thinly sliced
- 7 oz. Sliced natural turkey (or no-nitrate deli-roasted turkey)



Directions:

1. In small bowl, stir together mayo, basil and feta cheese.
2. Spread mayo mixture evenly on one side of each tortilla. Top evenly with spinach, peppers and turkey. Roll-up, jelly-roll style,

Serves 4:

Calories: 219

Ingredients:

- 4-5 Egg whites
- 1 Egg yolk
- 2 tbsp. Skim milk (or almond milk)
- 1 Plum tomato, chopped
- 1 Small clove garlic, passed through a press
- 1 Handful shredded spinach
- 1 tbsp. Minced purple onion



Directions:

1. Beat egg whites with the yolk and skim milk.
2. Quick sauté the vegetables – just till soft.
3. Pour eggs into a small frying pan coated with cooking spray. Cook till firm. Add vegetables on one half of omelet, then fold other half over top. Let sit for 30 seconds or so.

Servings: 1

Calories: 203

Pan-Seared Scallops Gluten-Free

Ingredients:

- 12 - 16 Fresh sea scallops
- 1 tbsp. Olive oil (clean-pressed)
- 1 Fresh lemon
- Salt and Pepper to taste



Directions:

1. Rinse and dry the scallops.
2. Season with salt and pepper.
3. In large skillet heat olive oil to medium heat,
4. Place scallops in skillet and sear for 1 ½ to 2 minutes on each side depending on the size of the scallop. (you may want to cook longer or to your personal preference)
5. Squeeze with lemon

Serves: 4

Calories (track separately)

Ingredients:

- 1 ½ cups Uncooked OLD-FASHIONED rolled oats
- 2/3 cup Unsweetened canned pumpkin
- 1 cup Unsweetened store-bought applesauce
- ½ cup Chopped pecans, toasted
- ¼ cup Dried unsweetened cranberries
- 1 tsp. Pure vanilla extract



Directions:

1. Preheat the oven to 350°F.
2. Line a rimmed baking sheet with parchment paper.
3. In a large bowl, stir together the oats, canned pumpkin, apple-sauce, pecans, cranberries, and vanilla. Let the mixture stand for 10 minutes.
4. Drop the dough in 12 rounds onto the baking sheet, spacing them 2 inches apart. Flatten the dough mounds.
5. Bake for 20 to 25 minutes or until the cookies are golden brown. Remove the pan from the oven and let the cookies stand for 5 minutes on the backing sheet before removing them to cooling racks.

Makes: 12 cookies

Calories 81

Ingredients for salad and dressing:

- ¼ cup Extra virgin olive oil
- 1 tbsp. Balsamic vinegar
- 1 tsp. sugar
- 1 tsp. Roughly chopped fresh tarragon
- ¼ tsp. each Sea salt and fresh pepper
- 2 Boneless, skinless chicken breasts
- 6 cups Loosely packed fresh spinach
- 6-8 Large strawberries, hulled and quartered
- 1 Avocado, peeled, seeded and cut
- ¾ Thinly sliced rings of red onion
- ¼ cup Feta cheese
- 2 tbsp. Sliced almonds, optional



1. Whisk oil, balsamic vinegar, sugar, tarragon, salt and ground pepper in small bowl.
2. Place the chicken breasts in a shallow bowl and cover with half of the dressing, cover and refrigerate for 30 minutes to 2 hours.
3. Spray a grill pan or non-stick pan with cooking spray to medium heat.
4. Cook chicken breasts on hot grill until done (internal temp 165)
5. Let the chicken breast cool for 5 minutes then slice into ¼ inch slices.
6. Arrange the spinach, strawberries and red onion in a bowl. Lightly toss with the remaining dressing.
7. Add avocado, sliced chicken and top with feta and almond slices.

Serves: 2

Calories: (track separately)

Ingredients:

1 ½ cups Unsweetened almond milk
2 cups Pitted cherries
¼ tsp. Pure vanilla extract
1/8 tsp. Almond extract
1 ½ tsp. Flaxseed
½ cup Ice



Directions:

1. Combine the almond milk, cherries, vanilla, almond extract, flaxseed, and ice in a blender. Cover and blend to the desired smoothness. Serve immediately.

Serves: 2

Calories: 132