

Week 2 of the Empowerfitness 6-week Nutrition Challenge!

A road to a healthier you!

Congratulations! You are doing fantastic as you begin to phase into week 2. I am hopeful that you are finding the menu and recipes easy to follow and feeling energized!!! Let's get to some important things about this next week:

- 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.
- You should be finding certain recipes that you are really enjoying and others you may not particularly care for. It is acceptable to repeat some of your favorite recipes a few times per week if you are inclined. **ONE RULE APPLYS: PLEASE LIMIT YOUR BREAD PRODUCTS TO ONCE A DAY.**
- Reminder: 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 an app called "MyFitnessPal". However, 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.**
- 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 shown to slow down your resting metabolic rate). Week 3 guidelines will include more information to educate you on the best choices to make.
- 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 species: Some suggestions are mixing your water with; lemon wedges, lime wedges, cucumber slices, orange slices, blueberries, raspberries, mint leaves, basil, grated ginger etc. You should space out your water intake throughout the day.
- Coffee and Tea are permitted. 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.

You may find that this menu is "too" much or "not enough" food for you. Again, please continue to track. This will allow you to make specific modifications to your individual program.

**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 2

	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Chocolate-Peanut Butter Smoothie (see recipe) Or any breakfast from last week	Omelet in Cup (see recipe) with ½ Ezekiel cinnamon raisin English muffin OR ½ 100% whole wheat English muffin w/ fresh fruit	Yogurt-Berry Parfait (see recipe) Or any breakfast from last-week or week 2 Monday - Sunday	1 cup oatmeal made with almond milk or water ½ cup of fruit 1 tbsp. of walnuts or almonds organic cinnamon	2 Eggs made over-easy on 1 piece of Ezekiel bread or 100% whole wheat English muffin w/ ½ cup fresh fruit	French cheese crepes with fresh raspberries (see recipe) Or any breakfast from Monday - Friday	Any breakfast from Monday - Saturday
SNACK	15 almonds with half a green apple sliced	1 low fat cheese stick 1 piece of fruit	1 Hard Boiled Egg with ½ Grapefruit	1 tsp almond butter 2 celery stalks	1 rice cake with 1 tsp of almond butter topped with slices of banana	Any snack from Monday - Friday	Any snack from Monday-Friday
LUNCH	Cobb Salad (see recipe)	Chicken salad on lettuce boats (week 1 recipe) veggie slices 2 pieces of dark chocolate	Balsamic Tomato salad with 2 oz. of sliced grilled chicken (see recipe)	2 large lettuce boats (2 large stalks of romaine lettuce) 4 oz. tuna/1 tsp mayo sliced onion sliced cherry tomatoes 1 cup fresh fruit	Any lunch from last week or this week (No bread if you ate this am)	(left over chicken and rice soup with lemon from Thursday)	Egg Salad on 2 thick tomato slices with spread avocado 1 piece of fruit
DINNER	Pan seared fillet mignon with roasted vegetables and fresh salad dressed with oil and vinegar	Baked Tilapia (or any other fish) with Quinoa and Garlicky Green Beans (see recipe)	4-ounce Turkey Burger with 2 cups of roasted vegetables made with 1 tbsp. of olive oil and fresh garlic *you may add ½ sweet potato or 8 homemade sweet potato fries if desired	Chicken and Rice Soup with Lemon made in the crock pot (see recipe)	Any dinner from Last week or this week	Turkey Taco Lettuce Bowls (see recipe)	Classic Lasagna with Meat Sauce made in the crock pot (see recipe) or any dinner from Monday-Saturday

Chocolate-Peanut Butter Smoothie-Vegetarian, Gluten-Free

Ingredients:

- ¼ cup Creamy Natural Peanut Butter
- 3 tbsp. Unsweetened Cocoa powder
- 1 ½ cups Unsweetened Almond Milk/or Milk of your choice
- ½ cup Plain Greek yogurt
- 1 Banana, peeled and FROZEN
- 1 tbsp. Honey



Directions:

1. Combine the peanut butter, cocoa, milk, yogurt, banana and honey in blender. Cover and blend to the desired smoothness. Serve immediately.
- Serves 4: Calories: 346

Ingredients:

- 4 Slices of turkey bacon, cooked crisp & crumbled
- ¼ cup Red onion, diced
- 3 Red plum tomatoes, diced
- 1 Can black beans, drained and rinsed (optional)
- 1 Avocado, diced (optional)
- 2 Hardboiled eggs, diced
- 1 tbsp. Crumbled blue or goat cheese (optional)
- 4-6 Pieces of green leaf lettuce or mixed greens
- 1 tbsp. Olive oil and balsamic vinegar



Directions:

1. On two large plates, arrange a few pieces of green leaf lettuce. Layer with bacon, onion, seasoned tomatoes, beans, avocado, eggs and blue cheese. Drizzle dressing.

Serves 2: Calories: Track separately

Omelet in a Cup

Egg whites provide a nearly perfect protein source

Ingredients:

- 1 to 2 Medium Egg
- 1 tbsp. Water
- Pinch of salt and pepper
- Cooking spray



Directions:

1. Lightly coat a microwave-safe cup with cooking spray.
2. In cup, beat egg(s), water, pinch of salt and pepper with a fork.
3. Mix well,
4. Cook in a microwave for 60 seconds or until egg is fully cooked.

Serves:1 Calories: (track separately)

Ingredients

- 2 - 4 oz. Uncooked skinless tilapia fillet
(cooking spray)
- Unlimited Lemon slices

- 1 tsp. Olive or avocado oil
- 1 + tsp. Minced garlic or to taste
- 2 cups Green beans
- 1 cup Cooked quinoa (or brown rice)



For Tilapia:

1. Preheat oven to 350F. Line a baking pan with aluminum foil coated with cooking spray.
2. Season tilapia with salt and pepper to taste and lemon slices.
3. Cover loosely with foil to avoid drying and bake for 10-20 minutes (until fillet is cooked through and flakes easily with fork).

For Garlicky Green Beans:

1. In small skillet, heat oil over medium heat; add garlic and cook, stirring until lightly browned.
2. Add green beans, sauté until tender.

Serves: 2 Calories: (track separately)

Ingredients

½ cup Plain Greek yogurt
1 tsp. Honey (organic)
¾ tsp. store-bought low sugar, organic granola
¼ cup Sliced strawberries
¼ cup blueberries



1. In medium bowl, stir together the yogurt and honey.
2. Spoon ¼ cup of yogurt mixture into serving bowl.
3. On top of the yogurt, sprinkle 2 tablespoons of the granola and top with ¼ cup of the strawberries. Repeat the yogurt layer and top with ¼ cup of the blueberries.
4. Serve right away, or refrigerate for up to 1 hour.

Serves: 1 Calories: 235

Balsamic Tomato Salad

Marinated tomato salad that pairs well with grilled chicken, turkey, or fish. You can use cherry, grape, heirloom, or any mix varieties of tomatoes.

Ingredients

- 1 lb. Tomatoes (any variety) sliced
- $\frac{3}{4}$ cup Small/baby part-skim or low-fat mozzarella cheese
- 2 tbsp. Olive oil
- 6 tbsp. Balsamic vinegar
- 1 clove Garlic, minced
- 2 tsp. Dried basil or small bunch of freshly chopped basil leaves



1. In medium bowl, combine and toss all ingredients.
2. Cover the bowl and plastic wrap or transfer to an airtight container.
3. Store and let the flavor infuse together in a refrigerator for at least 2 hours.

Serves: 4 Calories: (track separately)

Ingredients

- 2 pounds Skinless bone-in chicken breast halves
- 1 tsp. Salt, divided
- ½ tsp. Freshly ground black pepper
- 1 (8 ounce) Container of refrigerated PRECHOPPED onion
- 8 cups Low-sodium chicken broth
- 1 cup Shredded carrot
- 3 Garlic gloves
- 3 Thyme sprigs
- ½ cup Fresh lemon juice (about 2 lemons)
- 2 8.8 ounce pouches of microwaveable precooked 100% brown rice



1. Sprinkle chicken with salt and pepper. Coat chicken with cooking spray. Heat a large nonstick skillet over medium heat. Add chicken to pan, and cook 3 minutes on each side. Transfer chicken to a 6-quart electric slow cooker. Add onion to pan, sauté 3 minutes. Place onion, broth and next 3 ingredients to crock pot. Cover and cook on HIGH for 3 hours or until chicken is done. Discard thyme sprigs.
2. Remove chicken from cooker, cool slightly. Remove bones from chicken; discard. Shred chicken using 2 forks. Return shredded chicken to cooker; stir in lemon juice and rice. Cover and let stand 5 minutes or until thoroughly heated.

This recipe will work well for left-overs at lunch or dinner.

Serves: 12 (suggested serving: 1 cup) Calories: 168

Ingredients for crepes:

- 2 eggs
- $\frac{3}{4}$ cup Unsweetened almond milk or skim milk
- 1 tbsp. Olive oil
- $\frac{1}{2}$ cup 100% whole-wheat flour



1. Whisk together all ingredients in a medium bowl. Try and reduce lumps.
2. Heat a crepe maker or non-stick skillet to medium heat.
3. Pour batter about 2 tablespoons per crepe into the skillet.
4. Cook the batter for 1-2 minutes per side.

Ingredients for filling:

- $\frac{3}{4}$ cup Low-fat and low-sodium small curd cottage cheese, drained
- 1 tsp. Stevia (if necessary)
- 1 tbsp. Lemon juice
- $\frac{1}{2}$ cup Chopped fruit of your choice; strawberries, blueberries, raspberries

1. Combine all of the ingredients listed for making filling. Mix well.
2. Fill crepe with filling.

Serves: 2 Calories: (track separately)

Turkey Taco Lettuce Wraps

Ingredients:

1 tbsp. Olive oil
¾ cup Chopped yellow onion
1 lb. 95% lean ground turkey
2 cloves garlic
Salt and pepper to taste
1 tbsp. Chili powder
1 tsp. Ground cumin
½ tsp. paprika
½ cup Tomato sauce
½ cup Low-sodium chicken broth
Romain lettuce leaves, doubled up, for serving
Shredded hard organic cheese, diced roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream, for serving



1. Heat oil in a non-stick skillet over medium-high heat. Add onion and sauté for 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through, about 5 minutes.
2. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced.
3. Serve over lettuce leaves with desired toppings.

Serves: 4 Calories: (track separately)



Ingredients

- 1 ½ cup Low-fat ricotta cheese
- 6 oz. part-skim mozzarella cheese (PLEASE SHRED YOURSELF)
- 2 tbsp. Chopped fresh flat-leaf parsley leaves
- 1 tbsp. Finely chopped fresh oregano
- 1 large egg Lightly beaten
- 12 oz. 96% ground sirloin
- 5 Garlic cloves, minced
- 4 cups Low-sodium marinara sauce (or home-made marinara sauce)
- 9 Un-cooked 100% WHOLE WHEAT lasagna noodles (about 8 ounces)
- Salt and pepper to taste

1. Combine ricotta cheese, ½ cup mozzarella cheese, parsley, oregano, and egg in a bowl.
2. Heat a large nonstick skillet over medium heat. Sauté beef with garlic cloves. Cook 7 minutes or until beef is browned; stirring to crumble. Drain and return beef mixture to pan; stir in marinara sauce.
3. Spread 1 2/3 cups beef mixture in the bottom of a 6-quart electric slow cooker coated with cooking spray. Top with 3 lasagna noodles (breaking to fit). Repeat layers once. Top noodles with cheese mix mixture, spreading evenly. Top with 3 noodles and remaining beef mixture. Sprinkle with remaining mozzarella cheese.
4. Cover. Placing a clean paper towel under lid to absorb any moisture. Cook on LOW for 2 ½ to 3 hours or until noodles are tender. Serves 6

*** It is NOT NECESSARY to include meat

Serving size: 1/6 of Lasagna

Per Serving: 405 Calories