

Week 3 of the Empowerfitness 6-week Nutrition Challenge!

A road to a healthier you!

Congratulations! You are on your way to completing week 2 and preparing for week 3. I am hopeful that you are finding the menu and recipes easy to follow and feeling energized!!! I'm also hopeful that you are now learning how important it is to fuel your body in the best way possible. Let's get to some important things about this next week:

- Any weight loss ranging from ½ pound to 1 ½ pounds during week 3 would be considered a success. Don't get discouraged. Our goal is.... once it is gone we hope to never see it again.
- 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. It is acceptable to repeat those recipes a few times per week if you are inclined. **HOWEVER, PLEASE REMEMBER THAT IT IS NOT RECOMMENDED TO HAVE MORE THEN 2 SERVINGS OF BREAD A DAY.....**
- Reminder: The recipes for each day contain approximately 1300-1700 calories. It is RECOMMENDED that during this challenge that you TRACK your daily food intake. Remember, knowledge is power! 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.**
- 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. Please drink your water throughout the day.
- Coffee and Tea are permitted and considered "free foods". 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. You may add another snack throughout the day if you are inclined ensuring that you track.
- It had been recommended that you did not indulge in any alcohol consumption during the first two weeks. The reasoning, which is based on my experience, is that after doing so one may slow or cease expected weight loss as well as potentially experience a slight weight gain. I am fully

aware that this can be a challenge for some of you. On a positive note, however is that we have choices! We can choose to not consume alcohol or we can make more educated choices on what type of alcohol we drink. Below are a few suggestions that hopefully help when you are making your decision. My suggestion is that you limit your alcohol as **MUCH AS POSSIBLE** going into week 3. If you do have a drink during the week or on the weekend, please remember to **TRACK** it. This will allow you to see how this affects your weight, your calories consumed, your sleep patterns, your overall mood (ha!) and your energy level!

- **LIQUOR:** Drink liquor neat or on the rocks, avoiding mixers. Straight liquor, though not so tasty, is healthiest if served neat (alone and meant to be sipped) or on the rocks (with a little ice). That means vodka, gin, whiskey, and scotch are all fair game. It's the clearer types of alcohol, however, that go easier on the body. They also go easier on calories. One serving of vodka contains only 97 calories and zero carbs, while a serving of gin has about 110 calories and zero carbs. Whiskey and Scotch actually have some flavor though, and for the most part, they stick within the caloric range of gin and vodka.
- **WINE:** Wine is a healthy alternative to hard liquor — it's also much tastier if you're not used to them. Although a 5-ounce, serving may be a slightly heftier 100 to 150 calories, and about 5 grams of carbs. Essentially, drinking healthily is a tradeoff. For a few extra calories and carbs, wine has a few suggested health benefits, which are believed to come from high concentrations of the antioxidant resveratrol. Studies have shown that the antioxidant may be able to lower bad cholesterol while boosting good cholesterol, as well as reduce the risk of depression, cancer, and diabetes. If drinking white wine, you can consider adding ½ seltzer.

BEER: According to Beer100, the majority of beers come in at over 130 calories, and finding one that has less than, say, five grams of carbs is more challenging — some have as many as 24 grams. If wine, hard liquor, and abstinence are out of the question, then light beer is going to do some justice. Miller Light has only 96 calories and 3.2 grams of carbs; Bud Light has 110 calories and 6.6 grams of carbs; and Coors Light has 104 calories and 5.3 grams of carbs. These beers are great for being healthy, but will you really only drink one of two? With lower calories and carbs, they also come with lower alcohol contents, which may cause you drink more to get to get the same effects — a balance any beer drinker might want to think about. If you're going to try to avoid light beers and still be healthy, Guinness and other stouts are a good option. More often than not, stouts are made with whole grains, which give them their darker, caramel flavor. Compared to a lager, both have vitamins B12 and soluble fiber, but only stouts have antioxidants. **It is always recommended that you consult with a physician if you have any underlying medical conditions before participating in this nutrition challenge. It is also your responsibility to vet all foods for ingredients that may present personal adverse reactions.**

**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 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	½ cup oatmeal made with almond milk or water (made according to directions) (old fashioned oats or steel cut or gluten free) (no packaged) ½ cup of mixed berries 1 tbsp. of walnuts or almonds Organic cinnamon	½ cinnamon raisin Ezekiel English muffin with 1 tbsp. almond butter with either one hardboiled egg or 1 link of turkey sausage ½ cup fruit	Nutty Whole-Grain Waffles (see recipe) or 1 whole grain organic waffle, spread with 1 tablespoon almond butter and topped with 1/2 sliced banana	4 egg whites 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	French Cheese crepes (see recipe from week 2) Or any breakfast of your choice) *omit any bread if you are having Friday dinner*	1 slice of toasted Ezekiel Bread 1 half avocado spread 2 slices of tomato 1 egg cooked to your liking	Breakfast Burrito with 100% whole wheat Tortilla with low-sodium salsa (see recipe from week 1) With fresh fruit Or any breakfast from Monday - Friday
Snack	15 almonds	1 Hard Boiled Egg with ½ Grapefruit	1 low fat cheese stick 1 apple sliced	1 tsp almond butter 2 celery stalks	Snow peas with 1 tbsp. of hummus	Any snack from Monday - Friday	Any snack from Monday-Friday
Lunch	1 mini 100% whole wheat pita, 3 ounces' turkey breast, 1/2 roasted pepper, 1 teaspoon homemade mayonnaise, mustard, lettuce 1 part-skim mozzarella string cheese stick 2 kiwi fruits	2 large lettuce boats (2 large stalks of romaine lettuce) 4 oz. tuna/1 tsp mayo Sliced onion Sliced cherry tomatoes 10 baby carrots 1 small Greek yogurt with fresh raspberries	Large mixed green salad with veggies of your choice with *homemade chicken salad on top or on the side with vinegar and oil 1 banana 1 part-skim Mozzarella string cheese stick *or tuna/shrimp	Mediterranean Turkey Wrap with 100% whole wheat tortilla (see recipe from week 1) with 1 slice of tomato topped with small slice of mozzarella cheese with balsamic vinegar and basil	1 cup of left-over vegetarian chili with fresh fruit	1 4 oz. Tuna salad or chicken salad with homemade mayo on a thick tomato slice with balsamic, 3 slices avocado & lots of fresh cut veggies	Any lunch from Monday- Saturday
Dinner	Roasted Shrimp and Asparagus (see recipe) with ½ sweet potato or brown rice	Barbecued Chicken (see recipe) with ½ cup brown rice or quinoa with side salad	Vegetarian Chili (see recipe) with side salad	4 oz. Sirloin Burger topped with sautéed mushrooms Fresh Green Beans ½ baked sweet potato	Mini-veggie Pizza (see recipe)	Veggie-Tortellini Soup	Any dinner from Week 1 – through Week 3

ROASTED SHRIMP AND ASPARAGUS

Ingredients:

- 1 pound Raw shrimp
- 2 bundles Asparagus with bottoms cut
- 3 tbsp. Avocado oil or olive oil
- 1 ½ tbsps. Of fresh lemon
- ¼ tsp. Sea salt
- ¼ tsp. pepper
- 1 tsp. + Minced garlic
- Fresh Parmesan Cheese for topping



Directions:

1. Preheat oven to 425F.
2. On a large baking sheet, arrange asparagus, drizzle with olive or avocado oil (1-2 tablespoons), season with salt and pepper.
3. Roast for 10-15 minutes.
4. Meanwhile, toss the shrimp with 1 tablespoon of olive oil, lemon juice, salt, pepper and garlic. Allow to marinate while asparagus is roasting.
5. Cook asparagus for approximately 10/15 minutes.
6. Add the shrimp to the pan, arranging around the asparagus.
7. Roast for about 5 more minutes, until shrimp are pink and cooked through.
8. Remove from oven and top with freshly grated parmesan.

Serves: 4 Calories: (track separately)

BARBECUED CHICKEN

Ingredients:

- 6 Boneless, skinless chicken breast strips
- ¼ tsp. Sea salt
- ½ tsp. Ground pepper
- 1-2 tbsps. Avocado oil
- 1 Red onion, halved and sliced
- 1 cup Home-made Barbecue sauce



Directions:

1. Add salt and pepper to the breasts of chicken. In a non-stick skillet, heat the avocado oil over medium heat.
2. Cook chicken thoroughly. This will depend on the heat of your cooktop. Remove to a serving platter and keep warm.
3. Add the chopped onion to the skillet. Cook for 5 to 6 minutes or until tender. Stir in the homemade barbecue sauce. Cook for 2 more minutes or until bubbly. Spoon the sauce over the chicken.

Home-made Barbecue Sauce

Ingredients:

- ½ cup Tomato paste
- ½ cup water
- ¼ cup Balsamic vinegar
- ¼ cup Pure maple syrup
- 1 tbsp. tamari
- 2 Garlic cloves, minced
- 1 tsp. Smoked paprika
- ½ tsp. salt
- ½ tsp. Freshly ground pepper
- 1 tbsp. Avocado oil



Directions:

1. In a medium saucepan, whisk together the tomato paste, water, vinegar, maple syrup, tamari, garlic, paprika, salt and pepper.
2. Bring the mixture to a boil. Reduce the heat to medium and simmer for 5 minutes or until the sauce is thickened.
3. Remove the saucepan from the heat and stir in the avocado oil. Cool. Store in an airtight container in the refrigerator up to a week.

Makes about 1 ¼ cup. Per serving: 2 tablespoons Calories 37

Whole-Grain Waffles



Ingredients:

- 2 Large eggs
- 1 $\frac{3}{4}$ cups Unsweetened almond milk or coconut milk
- $\frac{1}{4}$ cup Unsalted butter
- 2 tbsp. Organic honey
- $\frac{1}{2}$ tsp. Organic cinnamon
- $\frac{1}{4}$ tsp. Baking soda
- 1 $\frac{1}{2}$ cups 100% whole-wheat pastry flour
- 2 tsp. Baking powder
- $\frac{1}{2}$ cup Chopped pecans,
- $\frac{3}{4}$ cup Pure maple syrup or Warm Berry Sauce

Directions:

1. Preheat a waffle iron.
2. In large bowl, whisk together eggs, milk, $\frac{1}{4}$ cup of the butter, honey, cinnamon and baking soda.
3. In a small bowl, blend together the flour, baking powder, and salt.
4. Brush the hot waffle iron with 1 tsp/tbsp. of butter. Ladle batter onto the waffle iron. Cook for 3-4 minutes. Check consistency of waffles.
5. Serve. Top with maple syrup or warm berry sauce.

Serves 4

Per serving: Calories: approximately 488

Vegetarian Chili



Ingredients:

- 2 tbsp. Avocado oil
- 1 Yellow onion, finely chopped
- 1 Green bell pepper, chopped
- 2 Garlic cloves, minced
- 2 tsps. Ground cumin
- 1 tsp. Smoked paprika
- 1 14.5 ounce can reduced-sodium veggie broth
- 1 cup Small diced sweet potato
- 1 28 ounce can reduced-sodium diced tomato
- 1 15 ounce can kidney beans; drained and rinsed
- 1 15 ounce can pinto beans, drained and rinsed
- ¼ tsp. Sea salt; if needed
- ¼ tsp. pepper
- ½ cup Fresh shredded cheese or your choice; cheddar/parmesan
- 2 tbsps. Chopped fresh cilantro leaves, for garnish

Directions:

1. Heat oil in a large Dutch oven over medium to high heat. Add the onion and bell pepper. Cook for approximately 5 minutes or so until tender.
2. Stir in garlic, cumin, paprika. Cook for 2 minutes or until fragrant.
3. Add the vegetable broth, sweet potato, tomatoes, pinto bean, kidney beans, salt and pepper. Bring the mixture to a boil. Reduce heat and simmer for 30 minutes or until the sweet potato has softened and the chili has thickened up; stirring occasionally.
4. Serve chili topped with cheese or your choice and garnished with cilantro

Serves: 4 Calories: approximately 500 – 600

Mini Whole-Grain Veggie Pizzas



Ingredients:

- 4 100% whole-grain tortillas
- 1 cup Home-made or low sodium, organic Marinara sauce
- 2 cups Sliced zucchini, mushrooms, peppers, tomatoes (your choice)
- ½ cup Sliced red onion
- ½ cup Crumbled feta or goat cheese
- ½ cup Hard cheese of your liking

Directions:

1. Preheat oven to 425F
2. Spread each tortilla with ¼ cup marinara sauce, top evenly with veggies of your choice, onion and cheeses.
3. On stone or baking sheet bake pizzas for 10 to 15 minutes.

Serves: 4 Calories: 275 to 300

Veggie – Tortellini Soup



Ingredients:

- 1(8 ounce) Container of refrigerated prechopped onion, bell pepper and celery mix
- 1 tsp. Avocado oil
- 2 Garlic cloves, minced
- 1 ¼ Cups sliced carrot
- ¼ tsp. Finely ground black pepper
- 4 cups Low-sodium chicken broth
- 1 (16 ounce) Can reduced sodium chickpeas (garbanzo beans) rinsed and drained
- 1 (14.5 ounce) Can unsalted diced tomatoes with basil, garlic and oregano, undrained
- 1 (2 x3 inch) Strip Parmesan cheese rind
- 1 (9-ounce) Package fresh cheese tortellini
- 1 medium Zucchini, quartered lengthwise and sliced
- ½ cup Pesto

Directions:

1. Heat oil in a medium nonstick skillet over medium-high heat. Add celery mix. Sauté 4 minutes or until tender. Add garlic and sauté 1 minute. Place sautéed vegetable mixture in a 5-6-quart electric slow cooker. Add carrot and next 5 ingredients to cooker; stir to combine. Cover and cook on LOW for 5 hours or until carrot is tender.
2. Stir tortellini and zucchini into veg mixture in cooker; cover and cook on HIGH for 15 minutes or so or until tortellini is tender. Discard cheese rind. Ladle soup into bowls and top with pesto. Serves 8 (serving size: 1 ¼ cups soup and 1 tbsp. pesto)

Serves: 6 Calories: 257