

Week 4 of the Empowerfitness 6-week Nutrition Challenge!

A road to a healthier you!

Congratulations! You are on your way to completing week 3 and preparing for week 4. You have really embraced the food choices and I am hopeful that this challenge is leading you on a life long journey to eating for health and vitality. You should be very proud! Let's get to some important things about this next week:

- **Don't give up!!! Remember that this challenge is a lifestyle change and there may be some bumps in the road on your way. Please, please don't get discouraged if you aren't losing the weight as rapidly as you would like. Be vigilant on your quest for health. This isn't always about the number on the scale. I will never forget a client of mine when asked by me "What weight would you like to see on the scale?". Her answer "I'll be happy when I finally feel good!" I LOVE THAT!!!**
- Any weight loss ranging from ½ pound to 1 ½ pounds from now until the conclusion of this challenge would be icing on the "clean eating" cake! Don't get discouraged.
- 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. 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. Again, do not go below 1200 calories per day.
- Keep drinking your water and flavoring it (if you need) with suggestions outlined in weeks 1 through 3.
- 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.
- 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 4. 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! Refer to week 3's alcohol recommendations.

**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 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 egg/3 egg white omelet (see recipe) (add any vegetable) 1 piece of Ezekiel Bread toasted with 1 thin slice real butter 2 links turkey sausage ½ cup fruit	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	1 slice of toasted Ezekiel Bread 1 half avocado spread 2 slices of tomato 1 egg cooked to your liking	Banana, Strawberry and Walnut Smoothie (see recipe) Or any breakfast from weeks 1 to current Minus bread if you are eating the lunch today	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	Vegetable Omelet with Goat Cheese (see recipe) with slice of cantaloupe or honeydew melon	Yogurt-Berry Parfait (see recipe from week 2) Or any breakfast from last-week or week 2 Monday - Sunday
Snack	1 low fat cheese stick 1 apple	1 hardboiled egg with ½ Grapefruit	sliced 15 almonds	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	Chicken or tuna salad made with homemade mayo on 2 large romaine leaf's (see recipe from week 1) ½ sliced cucumber 1 cup of grapes 2 small cubes dark chocolate	Large green salad w/tomato, celery, onion etc. (dressed with 1 tbsp. vinegar and olive oil) 4 oz. grilled chicken 1 piece of fruit 1 piece of hard cheese or cheese stick	Cobb Salad (see week 1) or any salad of your choice dressed with oil and vinegar	Mediterranean Turkey Wrap with sprouted grain tortilla (see recipe from week 1) with fresh carrots and celery	Beef and Goat Cheese Quesadillas (see recipe)	4 oz. Tuna or Chicken salad with homemade mayo on a thick tomato slice with balsamic, 3 slices avocado & lots of fresh cut veggies	Tuna melt - 1 piece of Ezekiel Bread toasted 1 slice of low sodium swiss cheese (melted on bread) 4 oz. tuna fish top with sliced tomato lots of fresh cut veggies
Dinner	4 oz. Sirloin Burger topped with sautéed mushrooms fresh green beans ½ baked sweet potato	Minestrone Soup (see recipe) Or any dinner From week 1-3	3 oz. of grilled or baked salmon ½ cup of brown rice 1 cup steamed veggies of your choice	Garden Vegetable Pasta with Parmesan Spaghetti Squash (see recipe)	4/5 Pan Seared Scallops with Roasted veggies	Eggplant pizzas (see recipe)	4 oz. of grilled chicken or baked oven roaster 4/6 sweet potato fries 1 cup mixed green salad lightly dressed with vinegar/oil or lemon/oil

MINISTRONE SOUP



Ingredients:

2 tbsp.	Coconut oil
1	Onion, chopped
2	Garlic cloves, minced
2	Carrots, peeled and chopped
2	Zucchini, halved lengthwise and thinly sliced
1 tsp.	Dried oregano
1 (28 - ounce)	Can whole tomatoes in puree, chopped
4 cups	Reduced-sodium vegetable broth
½ tsp.	salt
½ tsp.	Freshly ground pepper
1 (15-ounce)	Can kidney beans, drained and rinsed
1 cup	Frozen peas
1 cup	Uncooked 100% whole-wheat elbow pasta
½ cup	Freshly grated parmesan cheese, for garnish
¼ cup	Chopped fresh basil

Directions:

1. In a large Dutch oven or large pot over medium heat, heat the oil. Add the onion and garlic. Cook for 5 minutes.
2. Add the carrots, cook for 5 more minutes or until the carrots have softened.
3. Stir in the zucchini, oregano, tomatoes, broth, salt, and pepper. Bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
4. Stir in the kidney beans, peas, and pasta. Cook for 10 minutes or until the pasta is tender. Garnish each serving with cheese and basil.

Serves 6: Calories approx.: 600

BANANA, STRAWBERRY AND WALNUT SMOOTHIE

Ingredients:

- 1 Banana, peeled and frozen
- 1 ½ cups Fresh or frozen strawberries, halved
- ¼ cup Freshly squeezed orange juice (about 1 orange) if you are using fresh strawberries you may need to increase amount of fresh orange juice
- 2 tbsp. Chopped walnuts



Directions:

1. Combine the bananas, strawberries, orange juice and walnuts in a blender. Cover and blended to the desired smoothness. Serve immediately.

Serves 2: Calories 149

GARDEN VEGETABLE PASTA SAUCE WITH PARMESAN SPAGHETTI SQUASH

Ingredients:

- 1 Spaghetti squash
- 3 tbsps. Avocado oil
- ½ tsp. salt
- ½ tsp. pepper
- 2 Zucchini, sliced
- 2 Carrots, peeled and chopped
- 1 Onion, chopped
- 8 ounces Fresh mushrooms, sliced
- 2 cups Homemade marinara sauce or low sodium, low sugar store bought
- 1 cup Freshly grated parmesan cheese



Directions:

1. Preheat the oven to 450F. Line a rimmed baking sheet with aluminum foil.
2. Cut spaghetti squash in half and scrape out the seeds.
3. Drizzle the inside with 2 tablespoons of avocado oil and sprinkle with salt and pepper.
4. Place the squash flesh-side down on prepared baking sheet.
5. Bake for 3- - 40 minutes or until tender.
6. Meanwhile, in a large saucepan over medium-high heat, add zucchini, carrots, onion and mushrooms. Cook, stirring frequently for 15 minutes or until the veggies are tender.
7. Stir in the marinara sauce and cook for 5 more minutes or until it thoroughly heated.
8. Remove the squash from oven and use a fork to scrape the flesh into strands. Transfer the squash to a serving bowl. Sit in the parmesan cheese and top with the marinara-vegetable mixture. Serve

Serves: 4 Calories: 300

BEEF AND GOAT CHEESE QUESADILLAS

Ingredients:

- 4 100% whole-wheat tortillas
- 3 cups Shredded cooked beef (or you can use pre-shredded deli-roasted, organic, LOW SODIUM roast beef or chicken in place of home prepared beef)
- 1 cup Jarred sliced roasted red peppers
- ½ cup Canned, roasted green chiles, sliced
- 1 cup Crumbled goat cheese
- 2 tbsp. Avocado oil
- 1 Lime, cut into wedges, for garnish



Directions:

1. Layer one half of each tortilla with the beef, peppers and green chiles. Divide the ingredients evenly. Top each tortilla with ¼ cup of crumbled goat cheese. Fold the tortillas over to create half-moons.
2. In a large skillet, heat 1 tablespoon of oil over medium heat. Place two tortillas in the skillet. Cook them for 2 to 3 minutes on each side or until browned and the filling is warm.
3. Repeat with the remaining tortillas.
4. Cut the quesadillas into wedges before serving. Ser the quesadillas hot, garnished with lime wedges.

Serves 4: Calories: 366

Ingredients:

- 1 medium Globe eggplant, washed and sliced into ½ inch thick
- 1 tbsp. Olive Oil
- 1 tsp. Dried basil leaves or about 10-12 leaves of fresh basil leaves
- ¾ cup + Homemade or low-sodium marinara sauce
- 4 + tbsp.. Freshly grated mozzarella cheese
- 4 tbsp. Grated parmesan cheese (optional)
Pinch of salt, ground pepper, and red chili flakes (optional)
for seasoning



Directions:

1. Preheat the oven to 375F.
2. Line a large baking sheet with foil or parchment paper.
3. In a single layer, place the eggplant slices on the baking tray.
4. Drizzle olive oil on each eggplant slice.
5. Roast the eggplant slices in the oven for about 20-25 minutes or until cooked in the center. Remove the roasted eggplants from the oven.
6. On each eggplant slice, add 1 tbsp. of marinara sauce, mozzarella cheese, basil, salt and pepper.
7. Place eggplant pizzas back in oven for 6 minutes or until cheese melts. Remove and top with a pinch of parmesan if desired.

Serves: 5 Calories: approximately per slice 125
