

## **Week 5 of the Empowerfitness 6-week Nutrition Challenge!**

### **A road to a healthier you!**

Congratulations! You are on your way to completing week 4 and preparing for week 5. You have shown a great deal of commitment and dedication over these past few weeks and I am hopeful that this challenge is leading you on a life long journey to eating for health and vitality. 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.
- Please continue to track your weekly weight loss. This will keep you motivated and excited about the next two weeks.
- 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.

You should be finding it a little easier to track your calories each day. It is recommended to continue to do so throughout this challenge and beyond. Remember that knowledge is power!

**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 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 cup oatmeal or cream of wheat made with milk, almond milk, or water with fresh berries topped with 1 tsp. flax seeds and cinnamon to taste 2 links turkey sausage or 1 hardboiled egg (if needed)	Nutty Whole-Grain Waffles (recipe week 3) or 1 whole grain organic waffle, spread with 1 tablespoon almond butter and topped with 1/2 sliced banana	1 slice of toasted Ezekiel Bread 1 half avocado spread 2 slices of tomato 1 egg cooked to your liking	Chocolate-Peanut Butter Smoothie or Almond, Cherry and Vanilla Smoothie Or any breakfast (see week 2) *if almond, cherry smoothie add 2 breakfast cookies	Oatmeal Chia (no cook) Breakfast Pudding (see recipe)	Vegetable Omelet with Goat Cheese (see week 4) with ½ 100% whole wheat English muffin or Ezekiel English muffin with slice of cantaloupe or honeydew melon	Yogurt-Berry Parfait (Week 2)  Or any breakfast from last-week or week 2 Monday - Sunday
Snack	1 low fat cheese stick 1 apple	15 almonds	2 pieces of dark chocolate	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	Avocado Stuffed with Chicken Salad (see recipe) ½ sliced cucumber 1 cup of grapes or any lunch to date that does not include bread	Cobb Salad (see week 1) or any salad of your choice dressed with oil and vinegar	Any lunch of your choice from weeks 1 through 5 **remember NO BREAD if you are eating today's breakfast	Mango and Bean Salad (see recipe) with cucumber salad (made with vinegar and dill)	Chicken Caprese Wraps (see recipe)	4 oz. Tuna or Chicken salad with homemade mayo on 2 thick tomato slices sprinkled 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	Ginger Salmon in Foil Packets (see recipe)	Vegetarian Chili (see week 2)	Chicken Florentine (see recipe)	4 oz. Sirloin Burger topped with sautéed mushrooms steamed asparagus with lemon w/ side salad	4/5 Pan Seared Scallops with roasted veggies of your choice	Eggplant pizzas Or any dinner from weeks 1 through 5 **remember NO BREAD if you are eating today's breakfast	Any dinner from Week 1 through Week 5

**Ingredients:**

- 1 cup Finely chopped cooked chicken
- ½ cup Shredded carrot
- 1 Red bell pepper, seeded and chopped
- 2 Green onions, finely chopped
- 2 tbsp. Chopped fresh cilantro
- 1 tbsp. Fresh lemon juice
- 2 tbsp. Greek yogurt
- Freshly ground pepper to taste
- 2 Avocados, sliced in half lengthwise and pitted



**Directions:**

1. In medium bowl, mix together the chicken, carrot, red pepper, green onion, cilantro, lemon juice, yogurt, and pepper until well combined.
2. Spoon the chicken mixture into each avocado half and serve one avocado half per person.

Serves 4: Calories: 291

### **Ingredients:**

Cut this recipe in half if you prefer!

4 cups	Bean sprouts
1 large	Red bell pepper, seeded and thinly sliced into strips
1 cup	Snow peas, stringed and halved
4	4-ounce salmon fillets, skin removed
¼ cup	Low-sodium vegetable stock
2 tsps.	Grated fresh ginger
1	Green onion, chopped finely
½ tsp.	Minced garlic
1 tsp	Low-sodium sesame oil
2 tbsp.	Sesame seeds

### **Directions:**

1. Preheat oven to 400F. Cut four pieces of foil, each about 12 inches' square.
2. Evenly divide the bean sprouts, red pepper and snow peas into quarters and place on the middle of each piece of foil.
3. Place a salmon fillet on top of each pile of vegetables.
4. In a small bowl, stir together veggie stock, ginger, green onion, garlic and oil until well mixed.
5. Drizzle the sauce evenly over the salmon.
6. Fold the foil up into sealed packets and place them on a baking sheet.
7. Bake until the fish flakes when pressed with a fork, approx. 20 minutes.
8. Remove the salmon and vegetables from the foil and top each serving with sesame seeds.

Serves 4: calories: 276 each

## Chicken Florentine

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### **Ingredients:**

- 1 tsp. Olive oil
- 4 4-ounce boneless, skinless chicken breasts
- 3 Large tomatoes, finely chopped
- 1 tbsp. Chopped fresh basil
- 1 tbsp. Chopped fresh oregano
- 1 tsp. Minced garlic
- 2 cups Packed baby spinach
- 4 tsp. Grated parmesan cheese



### **Directions:**

1. In a large skillet over medium-high heat, heat the olive oil and brown the chicken breasts in the skilled, about 6 minutes per side. Add the tomatoes, basil, oregano, and garlic, and reduce the heat to medium.
2. Cover the skillet and cook the chicken for about 15 minutes.
3. Add the spinach and cover the skillet again. Cook for 5 more minutes or until the spinach is wilted.
4. Top with parmesan cheese and serve.

Serves: 4 Calories: 336

## MANGO AND BEAN SALAD

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### **Ingredients:**

- 2 Ripe mangoes, peeled, pitted and diced
- 2 cups Low-sodium black beans, rinsed well and drained
- 2 Green onions, chopped finely
- 1 Small red pepper, seeded and diced
- 1 large Ripe tomato, seeded and diced
- ½ cup Cooked barley
- ¼ cup Fresh cilantro, chopped
- 2 tbsp. Fresh lime juice
- Freshly ground pepper, to taste



### **Directions:**

1. In a large bowl, combine all the ingredients
2. Toss to mix and place in the refrigerator to chill for about 1 hour before serving.

Serves: 6    Calories: approximate 239

### **Ingredients:**

- 1 ½ cups Vanilla, almond milk (your choice of brand)
- ¼ cup Chia seeds
- ¼ cup Rolled oats
- ¼ cup Organic honey
- 1 tsp. Ground cinnamon
- 1 tsp. Pure vanilla (organic) vanilla extract
- 1 large Banana, peeled and sliced
- ½ cup Sliced strawberries



### **Directions:**

1. In a medium bowl, stir together the almond milk, chia seeds, oats, honey, cinnamon, and vanilla until very well combined.
2. Let the mixture sit for about 15 minutes or longer in the refrigerator, until the liquid is absorbed.
3. Serve topped with sliced banana and strawberries

Serves 2: Calories: 295





**This recipe could be made with or without the chicken!!!!**

**Ingredients:**

- 1 tbsp. Balsamic vinegar
- 1 tsp Minced garlic
- Pinch Freshly ground black pepper
- 4 cups Chopped romaine lettuce
- 2 cups Cherry tomatoes, halved
- 2 4 oz. cooked, skinless, boneless chicken breasts shredded
- 2 tbsps. Chopped or shredded fresh mozzarella cheese
- 1/3 cup Chopped fresh basil
- 4 6 inch 100% whole grain or whole wheat tortillas

**Directions:**

1. In a large bowl, whisk together the balsamic vinegar, garlic and pepper.
2. Add the lettuce, cherry tomatoes, chicken, cheese, and basil to the bowl and toss to combine.
3. Place the tortillas on a clean work space, and scoop about 1 cup of the chicken mixture on each tortilla.
4. Roll up the tortilla and serve

Serves 4: Calories: 233