

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

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

Congratulations! You are on your way to completing this challenge. You should be beyond proud of yourself for the commitment you have shown over these past weeks. Again, I am hopeful that this challenge has led you to a life long journey of 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!!!**
- REMEMBER TOO 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 record your weight on Monday morning (unofficially) and again on Friday morning (officially). Then sit for a moment and relish in your accomplishment. If you followed this plan you should be feeling super fantastic about yourself!!!
- 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 THAN 2 SERVINGS OF BREAD A DAY.....**
- Reminder: The recipes for each day contain approximately 1300-1700 calories. It has been RECOMMENDED that during this challenge that you TRACKED your daily food intake. You may choose to continue to track going forward which is always a good idea. 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 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.
- REMINDER: PLEASE DO NOT EAT FEWER THAN 1200 A DAY!!!!!!!!!!!!!!!!!!!!!! This is very difficult to maintain on a long-term basis and can possibly lead to slower weight loss overall.
- If you made it to the end of this challenge give yourself a treat! Psst. Make the brownies following the recipe that is attached at the end of your week. Enjoy

**ONCE Again! Congratulations on completing this challenge!**

**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 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 egg/3 egg white omelet (add any vegetable) 1 piece of Ezekiel/100% whole wheat/grain Bread toasted with 1 thin slice real butter 2 links turkey sausage ½ cup fruit	Nutty Whole-Grain Waffles (see recipe from week 3) or 1 whole grain organic waffle, spread with 1 tablespoon almond butter and topped with 1/2 sliced banana	Omelet in Cup (see recipe from week 2) with ½ Ezekiel cinnamon raisin English muffin or ½ 100% whole wheat/grain English muffin with ½ cup of fresh fruit	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)	Oatmeal Pancakes (see recipe)	Vegetable Omelet with Goat Cheese (see recipe from week 4) with ½ 100% whole wheat English muffin or Ezekiel English muffin with slice of cantaloupe or honeydew melon	French cheese crepes With fresh raspberries (see recipe from week 2) Or any breakfast from Monday - Friday
Snack	15 almonds	Small Greek yogurt with low sugar with fresh raspberries	1 cheese stick	1 tsp almond butter 2 celery stalks	Fresh veggies with 1 tbsp. of hummus	Any snack from Monday - Friday	Any snack from Monday - Friday
Lunch	Chicken, Tomato and Cucumber Salad (see recipe) 1 piece of fruit	Cobb Salad (see recipe from week 1) or any salad of your choice dressed with oil and vinegar	2 large lettuce boats (2 large stalks of romaine lettuce or red cabbage) 4 oz. tuna/1 tsp mayo Sliced onion Sliced cherry tomatoes 10 baby carrots 1 small Greek yogurt with fresh fruit	Garlicky Zucchini Noodles (see recipe)	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	Corn and Potato Chowder (see recipe) w/ Fresh cut veggies	Any lunch from weeks 1 through 6
Dinner	Blistered Bean and Beef Stir-Fry (see recipe) With ½ cup brown rice or quinoa	Shrimp with Roasted Tomatoes and Feta Cheese With grilled asparagus (see recipe)	Maple-Sage Pork Tenderloin (recipe attached) with roasted vegetables and ½ sweet potato	Cod with Cucumber Mint Sauce (see recipe) With steamed veggies of your choice and ½ cup brown rice or quinoa	Spicy chickpea Stew (see recipe)	Any dinner from weeks 1 through 6	Turkey Taco Lettuce Bowls (see recipe from week 2)

## CHICKEN, TOMATO, AND CUCUMBER SALAD

### **Ingredients:**

For chicken and salad

1 lb. Chicken breast tenderloins  
1 tbsp. Olive oil  
Salt and Pepper  
1 medium Thinly, sliced cucumber  
2 Tomatoes, red or yellow  
½ cup Pitted and halved olives (optional)

### **Ingredients:**

For vinaigrette

4 tbsp. Olive oil  
¼ cup Cider or white wine vinegar  
1 tbsp. Fresh thyme (snipped)  
1 pinch Sugar (optional)  
¼ tsp. each Salt and black pepper

### **Directions:**

1. Lightly sprinkle 1 lb. chicken breast tenderloins with salt and pepper.
2. In a large skillet heat 1 tbsp. oil over medium heat. Add chicken; cook 8 to 10 minutes or until no longer pink.
3. In a screw-top jar combine ingredients for vinaigrette. Shake well.
4. In a large bowl, combine chicken, cucumber, tomatoes and ½ cup pitted and halved olives.
5. Add vinaigrette; toss gently to coat.
6. If desired, sprinkle with 1 cup crumbled feta or goat cheese.

Serves: 4 Calories: 336

## BLISTERED BEAN AND BEEF STIR-FRY

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### **Ingredients:**

- 3 tbsp. Reduced-sodium soy sauce (or homemade soy sauce)
- 2 tbsp. Cider vinegar
- 1 tbsp. Honey
- ¼ tsp. Crushed red pepper
- 4 tsps. + Olive oil
- 8 oz. Beef sirloin steak
- 2 gloves Garlic
- ½ pound Green beans
- 2 cups Sliced mushrooms
- ½ cup Sliced red onion



### Directions:

1. In a bowl stir together reduced-sodium soy sauce, cider vinegar, honey and crushed red pepper.
2. Thinly slice 8 oz. boneless beef sirloin steak across the grain into thin strips.
3. In a large skillet or wok, heat 2 tsp. oil over medium heat. Add 2 gloves minced garlic; cook 30 seconds.
4. Add meat; cook and stir 2 + minutes. Remove from skillet.
5. Add additional 2 tsp. oil and add green beans; cook until slightly tender. Add sliced mushrooms and sliced red onion; cooking until beans are blistered and onion is crisp-tender.
6. Return meat and any juices to skillet. Add sauce and stir to coat.

Servings: 4 Calories 437

## SHRIMP WITH ROASTED TOMATOES AND FETA CHEESE

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### **Ingredients:**

- 6 large Tomatoes, cut into eighths
- 3 tsp. Olive oil
- 3 tsp. Minced garlic
- Freshly ground pepper
- 42 medium Shrimp, peeled and deveined
- ½ cup Chopped fresh parsley
- 4 tsp. Lemon juice
- ½ cup Crumbled low-sodium feta cheese



### **Directions:**

1. Preheat the oven to 450F.
2. In a large bowl, toss the tomatoes with the oil and garlic until well coated.
3. Transfer the tomatoes to a 9-by-13-inch glass baking dish and season with pepper to taste.
4. Bake the tomatoes in the oven for 20 minutes.
5. Add the shrimp, parsley, and lemon juice to the tomatoes and stir to combine, then sprinkle the feta over the top.
6. Return the dish to the oven and bake until the shrimp are cooked through, about 15 minutes. Serve hot.

Serves 6 Calories: 374

## MAPLE-SAGE PORK TENDERLOIN

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### **Ingredients:**

- 1 ½ pounds Pork tenderloin
- 2 tsp. Dried sage
- ½ tsp. each Salt and pepper
- 2 tbsp. Avocado oil
- ½ cup Reduced-sodium chicken broth
- ¼ cup Pure maple syrup
- 2 tbsp. Apple cider vinegar
- 2 tsp. Grainy Dijon mustard



### **Directions:**

1. Preheat the oven to 350F.
2. Rub the pork tenderloin with sage, salt, and pepper
3. Heat the oil in a cast-iron or oven-proof skillet over medium-high heat. Brown the pork on all sides, about 6 minutes.
4. Transfer the skillet to the oven and bake for 15 to 20 minutes, or until a thermometer registers 145F.
5. Remove the pork from the skillet to a serving platter. Return the skillet to the stove top over medium heat. (HOT)
6. Whisk together the chicken broth, maple syrup, vinegar, and mustard. Cook for 3 minutes or until the sauce is thick.
7. Slice the pork.

Serves: 4 Calories: 300 approximately

## GARLICKY ZUCCHINI NOODLES

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### **Ingredients:**

2 medium Zucchini or yellow squash  
2 tbsps. + Olive oil  
6 cloves Minced garlic  
½ cup Broken walnuts  
¼ tsp. each Salt and Pepper  
4 slices Chopped, precooked turkey bacon (crisp)  
1 cup Thinly, sliced green apple  
4 oz. Broken soft goat cheese or feta

### Directions:

1. Using a spiral vegetable slicer or vegetable peeler, cut 2 medium trimmed zucchini or yellow squash into long thin strands. You may use a kitchen scissors to cut into strands.
2. In an extra-large skillet heat 2 tbsps. olive oil over medium heat. Add 6 cloves minced halved garlic; cook and stir 2 minutes or until starting to brown.
3. Add zucchini, cook and toss with tongs 1 minutes
4. Transfer to a serving bowl.
5. Add walnuts to skillet; cook and stir 1 to 2 minutes or until toasted.
6. Add to bowl with zucchini.
7. Sprinkle with salt and pepper if desired. Add crisp bacon, sliced green apple and toss gently to combine.
8. Top with 4 oz. of goat cheese or feta.

Servings: 4 Calories 217

## COD WITH CUCUMBER MINT SAUCE

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### **Ingredients:**

- Nonstick cooking spray
- 4 5-ounce cod fillets
- Sea Salt
- Freshly ground black pepper
- 4 tbsp. Plain Greek yogurt
- 1/4 English cucumber, grated, liquid squeezed out
- 2 tsps. Chopped fresh mint
- 2 tbsp. Chopped green onion

### **Directions:**

1. In a large skillet over medium-high heat, add a light coat of cooking spray.
2. Season the fish with salt and pepper to taste and pan fry the fish in the skillet, turning once, until it is just cooked through, about 4 minutes per side. Remove the fish from the heat and transfer the fillets to individual plates.
3. In a small bowl, stir together the yogurt, cucumber, mint, and green onion until well mixed.
4. Serve the fish topped with the yogurt sauce.

Serves: 4 Calories 127

## Oatmeal Pancakes

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### **Ingredients:**



- 3 Egg whites
- ½ cup Low-sodium cottage cheese
- 1 tbsp. Pure maple syrup
- ½ tsp. Pure vanilla extract
- ½ tsp. Ground cinnamon
- ½ cup Rolled oats
- Non-stick cooking spray

### **Directions:**

1. In a food processor combine the egg whites, cottage cheese, maple syrup, vanilla, and cinnamon and pulse until very well blended, about 1 minute.
2. Add the oatmeal and pulse for an additional 30 seconds.
3. In a large skillet over medium heat, add a light coat of cooking spray.
4. Pour about ¼ cup of batter onto the skillet for each pancake; do not overcrowd.
5. Cook until the tops of the pancakes start to bubble and then flip the pancakes over.
6. Cook for an additional minute until the pancakes are cooked through and golden brown.
7. Repeat until all the batter is used up.
8. Serve 3 pancakes, warm or cold, per person.

Serves: 2 Calories: 185

## SPICY CHICK-PEA STEW

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### **Ingredients:**

- 1 Tbsp. Olive oil
- 1/3 cup Finely chopped onion
- 1 glove Garlic, minced
- 1/2 tsp. salt
- 1/2 tsp. Smoked paprika
- 1/2 tsp. Chili powder
- 1/4 tsp. Ground cumin
- 1/4 tsp. Freshly ground black pepper
- 1/8 tsp. Cayenne pepper (optional)
- 1 28-oz. Can diced tomatoes, undrained
- 1 15-oz. Can chickpeas or cannellini beans, rinsed and drained
- 1 14.5 oz. Can vegetable or chicken broth
- 1/2 cup raisins
- 1/2 cup couscous
- 1/4 cup slivered almonds or 1/2 cup coarsely chopped almonds, toasted
- Snipped fresh parsley or mint (optional)

### Directions:

1. In a large saucepan heat oil over medium heat. Add onion and garlic; cook 5 minutes or until onion is tender and just starting to brown, stirring occasionally. Stir in next six ingredients (through cayenne pepper). Cook and stir 30 seconds or more.
2. Stir in next four ingredients (through the raisins). Bring to boiling; reduce heat. Simmer, covered, 10 minutes.
3. Stir in couscous. Remove from heat and let stand, covered for 5 minutes.
4. Top servings with almonds and, if desired, parsley or mint.

Servings 4 (about 1 1/2 cups each) Calories: 352

## CORN AND POTATO CHOWDER

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### **Ingredients:**

- 2 tbsp. Avocado oil
- ½ cup Chopped onion
- 1 ½ cups Organic, non-gmo corn kernels (or 3 corn ears)
- 1 cup Milk (2% is fine)
- 1 14.5 oz. Can reduced-sodium vegetable broth
- ½ pound New potatoes, diced
- ½ tsp each Salt and freshly ground pepper
- ¼ cup Sour cream, for garnish (optional)

### Directions:

1. Heat the oil in a Dutch oven over medium-high heat. Add the onion and corn and cook, stirring frequently, for 5 minutes or until the onion and corn are tender.
2. Add the milk, broth, potatoes, salt and pepper. Bring to a boil
3. Reduce the heat and simmer for 15 minutes or until the potatoes are tender. Mash the mixture with a potato masher to reach the desired consistency.
4. Serve hot, garnished with a dollop of sour cream if desired.

Servings 4 Calories 230

## Fudgy Chocolate Chunk-Pecan Brownies

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### **Ingredients:**

	Coconut oil
½ cup	Butter, melted
1 cup	Coconut sugar
1 tsp.	Pure vanilla extract
2	eggs
½ cup	Unsweetened cocoa powder
½ cup	100% whole-wheat pastry flour
¼ tsp.	Baking powder
¼ tsp.	salt
½ cup	Chopped 70% bittersweet chocolate
½ cup	Chopped pecans, toasted

### **Directions:**

1. Preheat oven to 350F.
2. Coat a 9-inch-square baking pan with coconut oil.
3. In a medium bowl, stir together the butter, sugar, vanilla extract and eggs. In separate medium bowl, whisk together the cocoa powder, pastry powder, baking powder, stirring just until combined. (The batter will be thick).
4. Spread the batter into the prepared pan. Bake for 18 to 30 minutes or until set. Serve warm or at room temperature.

Serves: 12 Calories 199