

Welcome to the Empowerfitness 6-week Nutrition Challenge!

A road to a healthier you!

Welcome to the Empowerfitnessllc 6-week Nutrition Challenge! Congratulations! You have just completed the most difficult part of your journey: the decision to take charge of your health. Losing weight and getting healthy doesn't need to be difficult. In fact, it can be easy if you do it right – exercise regularly and eat a diet filled with healthy, delicious foods.

Over the course of the next 6 weeks I am hoping that you learn that eating healthy not only tastes good but can be done from this point on for the rest of your life. Whether your goals are losing weight, feeling and looking better, relearning what you've been told about diets, learning the proper way to fuel your body or finally saying "good-bye" to counting calories, this challenge will give you the jump start you need.

This nutrition plan is grounded in the notion that meals should contain all sorts of foods – fruits, vegetables, meats, fish, grains, beans, and so on. The only restriction is that these foods should be as close as possible to their *natural state*. **What you will eliminate are processed ingredients.** It is true that processed foods tend to be cheap and quick to prepare, but many are high in sodium, refined sugars, additives, preservatives and unhealthy fats that SABATOGES good health.

Our challenge includes the following:

- PROVEN RESULTS (WHEN FOLLOWED PARTICIPANTS ON AVERAGE LOSE BETWEEN 10 AND 15 POUNDS)
 - NUTRITION EDUCATION (included with the 6-week challenge)
 - 6 WEEK MENU OF HEALTHY, NUTRITIOUS (CLEAN) RECIPES
 - SPECIAL CLEAN EATING RECIPES
 - WEEKLY CHECK INS VIA EMAIL
 - WEBSITE BLOG PAGE FOR DAILY SUPPORT AND MOTIVATION
-
- Each menu begins on a Monday and runs through Sunday. You will be able to access each menu via our website at www.empowerfitnessllc.com.
 - Each week, there will be numerous recipes to choose from. You are more than welcome to slightly customize the order or frequency of meals for convenience purposes, or if you simply do not prefer a certain recipe. ONE RULE APPLYS: PLEASE LIMIT YOUR BREAD PRODUCTS TO ONCE A DAY.
 - 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 application 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. Please do not eat fewer than 1200 calories per day. This is difficult to sustain over the long haul!
 - **Get familiar with what a general serving will look like:**
 - 1 serving of whole grains = your cupped palm (1/2 cup)
 - 1 serving of vegetables = your fist or both palms cupped together (1 cup)

- 1 serving of lean protein = the flat palm of your hand (3 ounces)
 - 1 serving of fat = the top half of your thumb (1 tsp)
 - 1 serving of cheese = your thumb (1 ounce)
 - 1 serving of nuts or seeds = ½ of your cupped palm (1/4 cup)
- Each day your menu will include 3 meals and one snack (you may need to add an additional healthy snack if you find your calories are too low; snack sheet provided) It is important to space your meals appropriately 2-3 hours apart. This will ensure that you have balanced blood sugar which will avoid those hunger pains that may lead to poor food decisions.
 - 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 spices: Some suggestions are mixing your water with; lemon wedges, lime wedges, cucumber slices, orange slices, blueberries, raspberries, mint leaves, basil, grated ginger etc. It is recommended that you space your water consumption out during the 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 proven to slow down your metabolic rate). I will provide information on the “best” choices if you will be including this in your plan.
 - 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.
 - 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.**

FRESH FRUIT AND VEGETABLES:

- When possible, buy organic produce. If you choose pre-chopped vegetables or fruit, be sure there are no added ingredients: (UPON PURCHASE THIS WILL BE INCLUDED)

EMPOWERFITNESS WEEK 1 (SAMPLE)

	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		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) With fresh fruit Or any breakfast from Monday - Friday	
Snack	15 almonds			1 tsp almond butter 2 celery stalks	Snow peas with 1 tbsp. of hummus		
Lunch				Mediterranean Turkey Wrap with sprouted grain tortilla (see recipe) with fresh carrots and celery	Strawberry avocado spinach salad made with chicken (see recipe)		
Dinner	4 oz. Sirloin Burger topped with sautéed mushrooms Fresh Green Beans ½ baked sweet potato		3 oz. of grilled or baked salmon ½ cup of brown rice 1 cup steamed veggies of your choice			2 Grilled chicken/grilled steak or grilled shrimp veggie (zucchini, peppers, etc.) kabobs 1 cup mixed green salad with 1tblsp oil and vinegar	