

Hello Beautiful!

Welcome to your 42-Day Fit, Fierce, & Fabulous Challenge.

This challenge is All About YOU! *Your health. Your body. Your goals. Your dreams.*

Love Yourself is a beautiful community, and every LYL woman is unique, with different backgrounds, challenges, and daily lives. That's what makes it so special!

As I started to prepare for this challenge I sat back and asked, "How can I make this plan truly fit every woman in the community?"

I asked a number of the members in our community who have been with us for a while what they wanted to see in this new Fall Challenge and what would help YOU succeed.

They shared and I listened and took what was shared to the drawing board, and designed the most interactive, user-friendly, and motivating plan that will lead you to success, no matter where you are!

Your FFF Nutrition Plan follows a **Three Phase Nutritional Approach** that has been extremely successful for hundreds of my past clients.

The sample meal plans provided offer the flexibility you need to customize your own meal plans, while giving you the structure you crave by following set dietary guidelines for each phase.

I also created a delicious Fall collection of recipes that I'm so excited to share with you. You can mix and match all the incredible meals and snacks to make the plan perfect for you.

Over the next 6 weeks you'll learn a healthy, enjoyable and delicious way to fuel your body so that you can enjoy a slimmer waistline, have more energy, reduce sugar cravings and take your well-being to a whole new level.



This 42-day program has been designed to help you jumpstart your new-found commitment to health. It focuses on teaching you the skills you need to make smart decisions about how to properly care for your body, not only for the duration of the program, but for the rest of your life!

The reason this program is so effective is because it combines a strategic dietary plan with a supported exercise schedule that work together to maximize your results.

And as you work towards your individual goals over the next 42 days, you have an entire sisterhood of support behind you.

You're going to do extraordinary things over the next 42-days, and I'll be with guiding you every step of the way. **It's about to get FIERCE, girl!**

Are you READY?!?

Say 'YES' out loud right now!

Let me hear it!

DO IT!

YOU DESERVE TO FEEL FIT, FIERCE AND FABULOUS!!!!

Let's do THIS!!!!!!

xo

~ Coach Courtney

NUTRITIONAL PROGRAM OVERVIEW

PHASE I (Week 1 & 2):

No Sugar, No Wheat, No Dairy

PHASE II (Week 3 & 4):

Earn Your Carbs

PHASE III (Week 5 & 6):

Protein Cycling

Welcome to PHASE I (Week 1 & 2): No Sugar, Wheat or Dairy

PHASE I GUIDELINES

RULE #1: No foods that have *added* sugar of any kind.

No *added* natural sugars (honey, molasses, maple syrup, agave, etc.) Basically, if it has *added* sugar of any kind (natural or otherwise), don't eat it. This includes any and all artificial sweeteners which are not considered part of a clean eating diet anyway. To sweeten your food, use stevia only!

Everything has sugar in it - even toothpaste! Sugar consumption leads to sharp rises in blood sugar levels and excessive insulin release. Chronic high insulin can lead to all sorts of problems like fatigue, abdominal pain, blurred vision, weakness, confusion or unconsciousness. Chronic high blood sugar levels can lead to insulin resistance, obesity, type II diabetes, heart disease, adult-onset blindness, overgrowth of pathogenic bacteria in the digestive tract and many other disorders.

Sugar is a completely unnecessary addition to the diet and yet it is difficult to escape. Eliminating all sugar for the next 14 days will normalize blood sugar levels and make you feel more even tempered and more energetic.

When I say NO sugar, I mean no *added* sugar. The idea is to give up ADDED sugars. So when you read a nutrition label, look at the actual list of ingredients *NOT* the % of sugar per serving. If sugar is listed in the ingredients, you don't eat it. Period!

What you need to avoid - All table sugar, maple syrup, honey, corn syrup, molasses, cane sugar, evaporated cane juice, date sugar, beet sugar, fructose, high fructose corn syrup, brown sugar, granulated sugar, icing sugar, powdered sugar, agave or xylitol. Watch ingredient labels for anything ending in "ose" (eg. fructose, dextrose), any reference to "cane".

RULE #2: No foods that contain wheat.

Food sensitivities are becoming more prevalent than ever, but unfortunately many people suffering from them aren't aware that they have a problem. Sensitivities can cause subtle symptoms such as fatigue, headaches, digestive issues or skin conditions - symptoms you would never think are related to the foods that you're eating and so until you remove these foods from your diet, even temporarily, you may never know they're causing you any problems.

In order to thrive, be happy and healthy, we require a healthy and happy digestive system. This means removing anything that hinders our health and wellness. By taking a break from foods that hurt us, the body gets the opportunity to heal and be well.

Gluten represents one of the most common foods people have difficulty with. You've probably noticed that more and more people are learning they are intolerant to gluten whether it is a wheat allergy or total gluten intolerance, referred to as celiac disease. The proteins in wheat, not just gluten, but also wheat germ agglutinin, can have detrimental effects on the digestive system when consumed. Many people react to this ingredient without even realizing it and because it is so widespread in the food chain, we're bombarded with it daily. By eliminating this problem ingredient, you are allowing your digestive system to rest and repair, resulting in optimal health and wellness.

What foods you need to avoid - All sources of wheat including breads, cereals, pasta, pastries and other baked goods. Gluten is also found in barley, rye, oats (although you can find "gluten-free oats" in health food stores), spelt, kamut, couscous and bulgur. Also watch food labels for these ingredients as well as "graham" or "malt."

RULE #3 – No Dairy

Dairy continues to be a controversial topic when it comes to fat loss. Just Google dairy and fat loss and you'll get many mixed reviews on whether you should/or need to cut our dairy to optimize fat loss.

After a decade of coaching clients, here are my expert thoughts on why you SHOULDN'T be consuming dairy when on a fat loss program.

Dairy is high in sodium. A diet high in sodium can lead to Hypertension (High blood pressure) which we know is the silent killer. It can also lead to obesity which, in turn, may lead to a host of dietary diseases. It can also cause you to retain more fluid, which won't help you if your goal is to see the scale go down.

When trying to burn fat it is important to eat foods that do not spike the blood sugar level. The glycemic index is a great way to measure which foods will spike blood sugar and by how much. Although dairy is low on the glycemic index (which is what most people go by), it is high on the insulin index (which most people ignore). There are at least two key studies showing that the low glycemic index of dairy does not correlate with a low insulin response. In fact, the insulin response is quite high! One study found that it was similar to white bread! I believe milk sugars to be worse than dextrose, glucose and maltodextrin.

Also, in case you are not aware, human beings are the only animals that consume another animal's milk. Therefore, we do not digest cow products efficiently, which can lead to bloating, gas, IBS, constipation and a slow metabolism.

Goats milk is the closest to human's milk and therefore I suggest you try to substitute for goat based dairy products when we reintroduce dairy back into Phase II of this challenge.

My overall nutritional philosophy is not based on food restriction but one of moderation. However, I know that you want and need to see a big jump start in your fat loss at the beginning of this challenge, so I have removed dairy only in Phase I to help you optimize your fat loss potential.

You will have the option to reintroduce dairy again in Week 3 – Phase II.

My goal here is NOT to make you afraid to eat certain foods, but rather to help you better understand that there is a time and place to limit certain foods for optimal health and fat loss. It is unrealistic for you to think that you can eliminate them forever.

RULE #4: Enjoy One Green Smoothie Per Day

Green smoothies are all the rage these days, and for good reason. They are an easy and enjoyable way to get more protein, greens and powerhouse superfoods in your diet.

Try not to get too caught up in following specific recipes, instead just learn the method to making a great tasting smoothie and experiment to find your personal favorite.

If you are a newbie to Green Smoothies, here is my method for building a perfect green smoothie.

Start with A Green Base:

Add 2-3 large handfuls (about 2-3 cups) of leafy greens to the blender. Spinach has a mild flavor so start there if you're a newbie. Kale, collard greens, chard, romaine and green leafy herbs like cilantro, parsley and mint are all great. There are hundreds of types of greens out there, mix things up to find a combination you like.

Next ADD the Fruit:

Add about a ½ -1 cup of fruit for extra antioxidants, texture and flavor. Fruit will add sweetness to the greens, but be sure to keep your green smoothie to at least double, preferably triple, greens to fruit ratio to keep the sugar content low as to avoid blood sugar spikes.

Berries are low in sugar and are thus a great addition. If you enjoy a creamy texture to your smoothie I suggest adding 1/2 banana or 1/4 of an avocado.

Additional add-ins – Nuts or Seeds:

Adding in a tablespoon or two of flax seeds, flax oil, chia seeds, hemp seeds, raw almonds or raw walnuts is a great way to in a ton of other nutrients such as Omega-3 fats and protein. However, keep the serving size to 1-2 tablespoons or 6-8 nuts. Tossing in a handful or more of these delicious fats will not only slow down your digestion of all the amazing nutrients in your smoothie, but also pack in more calories than you need or want.

BRING IT ALL TOGETHER WITH THE RIGHT Liquid:

Add 1/2 – 1 cup purified water, coconut water or unsweetened nut milk to help the blender work its magic and turn your smoothie into a drinkable texture. Add additional water as needed to blend to your preferred texture.

The Method:

Add all ingredients to your blender and blend away. You may need to pause and push the ingredients down a few times to help your blender along.

WHAT BLENDER WORKS BEST?

Any blender is fine however I do suggest investing in a high-speed, good quality one that has a warranty, is easy to clean, and has a good amount of power to blend your smoothies.

ADDITIONAL TIPS:

- If warm smoothies aren't your thing, use frozen fruit or a few ice cubes.
- Leave skin on all edible fruits for added fiber
- Depending on the ingredients you use you might not end up with a GREEN drink. Don't worry you didn't do anything wrong, it's still a green smoothie even if it isn't green in color. I LOVE adding blueberries, so most often my smoothies are purple in color.

RULE #5: High Protein, High Fat Breakfast MOST Often.

The first meal of the day programs your metabolism for the rest of the day!

Starting your day with a high-protein, healthy fat breakfast leads to greater sense of fullness, and less overeating during the day. This doesn't mean that I want you to cut out your morning carbs completely for the entire program. But it *does* mean I want you to rethink the high sugar, high-carb breakfast that used to be considered the epitome of health (i.e. orange juice, toast, bagels, cereal, etc.).

Have a breakfast that is built from protein and healthy fat prevents many of the dangerous symptoms of metabolic syndrome.

Metabolic syndrome is a constellation of symptoms that includes abdominal obesity, high blood pressure, insulin resistance and high triglycerides. It frequently leads to full-blown diabetes, and even when it doesn't, it puts you at significant risk for heart disease.

Okay girl, there you have it!

Using the **Phase I SAMPLE Meal Plans** provided, grab your cookbooks, pull out the recipes you want to try and custom design YOUR PERFECT meal plan for the next two weeks.

Note that I have also included a **Blank Meal Planning Sheet** that you can use to create your personalized plan.

I look forward to seeing your meal planning check-ins inside the Facebook group.

Welcome to PHASE II (Week 3 & 4): Earn Your Carbs

PHASE I GUIDELINES

What you eat after your workout, also referred to as post-workout meal, has a major impact on the quality of results from your hard earned, sweaty efforts in the gym.

After a resistance training workout, your muscles are weaker, because they have been torn down and damaged by an intense workout. In addition, your glycogen stores (your muscles' energy) have been used up.

So, immediately after a workout, make sure you have a protein shake that is easy to digest and quickly absorbed. This will stop any further breakdown of your muscle tissue. You also want to ensure you replenish your glycogen stores by adding some rapid digesting carbs to your post workout shake or with your post workout meal.

Immediately following your resistance training workouts (not cardio only workouts), add one scoop of protein powder in water and drink within 15min following your workout.

If you cannot get a post-workout meal within 30min-1hr post workout that contains a carbohydrate than make sure your post-workout drink contains a 2:1 carb to protein ratio and is about 200-250 calories. For example, you can eat a serving of fruit with your protein shake OR blend the fruit with the protein powder and water to make a smoothie.

If you can eat a meal based on whole foods within the 30min-1hr post-workout window than here is what a proper post-workout meal should include:

Starchy Carb

Gluten-Free rice, pasta, quinoa, yams or oats will help to replenish your glycogen stores and put an end to any further protein breakdown after exercise.

Protein

Proteins are the essential building blocks of muscle. I recommend lean, fast-digesting proteins like chicken, white fish, and eggs. Avoid red meat, turkey, and oily fish like salmon.

Opting for lean protein sources post workout will ease your digestion and speed up the breakdown of the protein source allowing the essential amino acids to reach your muscle quicker; speeding up recovery and stop further muscle breakdown.

DO NOT Add Fats to your Post Workout Meal

Healthy fats like almond butter, or other nut butters, seeds and nuts, olive oil, and even avocado are excellent sources of essential omega-3 fats that can actually enhance the body's fat-burning capacity. However, they are NOT to be consumed post-workout.

I recommend that you keep your fat intake under five grams for your post-workout meals, because it can slow down the digestion of protein (which you want to rapidly reach your muscles) and it can blunt blood flow to muscles and suppress your body's ability to slow down your natural growth hormone levels.

Examples of AM Post-Workout Meal Options:

- Apple Pie Oatmeal (recipe in cookbook)
- High Energy Granola (recipe in cookbook) with 4 hard-boiled egg whites

Examples of Mid-Day or Evening Post-Workout Meal Options:

- Spiced Sweet Potato Stew (recipe in cookbook)
- Chicken Pesto Pasta (recipe in cookbook)
- Bow Tie Tuna Pasta (recipe in cookbook)

RULE #1: One scoop of protein powder in water after EVERY Resistance Training Workout

RULE #2: If Post Workout Meal is longer than 1hr post workout than make sure your post-workout drink contains a 2:1 carb to protein ratio and is about 200-250 calories.

RULE #3: Protein & Veg ONLY for Post-Workout Meal if longer than 1hr post workout. No Carbs!

RULE #4: Post-Workout Meal carbs must be limited to 1 cup serving.

RULE #5: Protein & Veg ONLY Post-Cardio Meal, no carbs!

RULE #6: AM Workout = No other carbs during the day. Only Post-AM Workout Carbs.

RULE #7: On Non-Workout, no carbs!

Okay girl, there you have it!

Using the **Phase II SAMPLE Meal Plans** provided, grab your cookbooks, pull out the recipes you want to try and custom design YOUR PERFECT meal plan for the next two weeks.

Note that I have also included a **Blank Meal Planning Sheet** that you can use to create your personalized plan.

I look forward to seeing your meal planning check-ins inside the Facebook group.

Welcome to PHASE III (Week 5 & 6): Protein Cycling

PHASE I GUIDELINES

Protein is an essential nutrient which helps form the structural component of body tissues and is used within many biological processes, for example protein is used to make enzymes, antibodies to help us fight infection as well as DNA the building blocks to life. It's also needed to make up muscle tissue which in turn helps to keep our bodies active, strong, and healthy.

Most protein is stored in the body as muscle, generally accounting for around 40-45% of our body's total pool, so it makes sense that if you increase activity, whether to improve health and fitness or body composition, you need to consider protein as an important food group in your diet.

Protein is found in dairy, meat, eggs, fish, beans and nuts, as well as in protein powders. A sensible approach to meeting your daily protein requirements is to include a combination of these foods within your diet every day.

In an attempt to keep our protein intake high and simplify or meal planning many of us turn to using the same protein sources day-in-day out. For sample you might have a chicken salad for lunch and a baked chicken breast topped with salsa and goat cheese for dinner. Or you might opt to have a protein smoothie for both your mid-morning and mid-afternoon snack. What you may not realize is that the use of the exact same protein source every day can be detrimental to their health.

Over the past decade, I have helped hundreds of women achieve optional health and fitness. During our journey together I have noticed an interesting trend, as they begin to increase their protein intake many of them start to experience complaints when they use the same protein sources regularly. They report ***feeling gassy, bloated, or experience systems of a head cold, stuffiness and congested.*** These symptoms are completely associated with food allergies and or food intolerances. What you may not realize is that you can become intolerant to many of the foods that you eat every single day, or multiple times a day.

Now many of us do typically vary our food choices daily, chicken for dinner tonight and steak tomorrow night. However, some of us often stick to a single protein source day after day and this is when intolerances can develop leading to problems with stomach health, hormonal health and even mood.

The problem- the body uses digestive enzymes in various concentrations when breaking down foods, over time these enzymes become accustomed to breaking down certain foods which can cause the body's digestive system to become sluggish, resulting in poor digestive health.

In addition, as the body searches for Amino Acids (building blocks of protein) to repair its tissue and cells it is important to get various sources of proteins to help facilitate good digestion and uptake of amino acids. The body's immune system has to allow these proteins in the body before they can be used to build new cells which leads to successful muscle repair and growth. Healthy lean muscle growth is key to optional fat loss. So, changing up your protein sources is critical.

What's the solution?

Protein Cycling

What is Protein Cycling?

It is the strategy of choosing different protein sources like milk based protein (yogurt, cottage cheese) if you can tolerate them, fish, seafood, red meat, poultry and vegan choices like (hemp, peas, lentils, quinoa etc.) and rotating them throughout your day and your week.

By rotating your protein sources you can minimize or sometimes completely avoid experiencing symptoms of food intolerances while also getting a diverse amino acid profile from a number of high quality protein sources to effectively boost your protein intake while both looking and feeling better.

So the objective of Phase III – Protein Cycle is to help those of you that might already be experiencing protein intolerance, feel more comfortable and improve your overall progress. While also helping those of you that might not be experiencing any protein intolerance continue to feel and perform well.

In the end while solving food intolerances is never an easy issue the simple strategy of cycling your protein can make a huge difference for those of you that might be complaining of food related intolerance issues.

5 MORE REASONS WHY I LOVE A DIET HIGH IN PROTEIN AND WHY YOU SHOULD TOO!

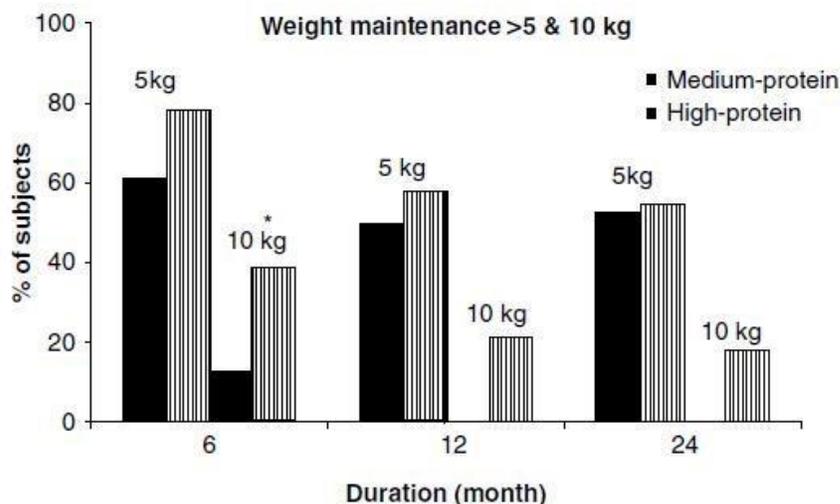
If you think a high protein diet is only useful for bodybuilders or marathoners, it might be time to rethink: not only can high protein diets build muscle and optimize body composition, they can also curb hunger, enhance satiety, and promote fat loss.

I think we'd all say that choosing an egg is better for you than a waffle. What you might be wondering is just how much better is it, and why is it so effective? Whether you want to lose weight, keep weight off, or maintain, research shows that a high protein diet is most effective for all three goals.

High Protein Diet – The Research

In the longest term weight loss study, those who consistently followed a high protein diet lost more weight than those following a medium protein diet. Over the course of the study, total caloric intake dropped only ~12%, and we're not talking outrageous levels of protein here: 21.2% of calories, or just over 100 grams/day.

After 6 months of dieting, the proportion of people who maintained big-time weight loss (over 20 pounds) was greater in the high protein group. And at 12 and 24 months, only those in the high protein group were able to keep off 20 or more pounds. So, as we can see from the following chart, keeping those protein levels high is actually a big plus not only for the weight loss phase, but also for maintenance. Not bad on the protein score.



This is not an isolated finding. Another group jacked up protein to 133 grams and the results were even more profound. The group with the high protein diet definitely drops far more significantly than the carb group (approx. 10kg vs. 6kg). Obviously, our own personal diets aren't marked by a certain time frame, but if you're planning on dieting and moving into a maintenance phase, these findings could be a good way to plan a diet that can help you lose the weight and keep it off.

#1: PROTEIN SATISFIES & SAVES CALORIES.

Diets high in protein will help you feel fuller longer. When you eat a diet that is higher in protein it slows down your digestion therefore helping you feel more satisfied for longer periods of time. As a result, you are less likely to go back for seconds and overeat. Eating a high protein diet over the course of multiple days/weeks will help reduce your total calorie intake, while still keeping you satisfied and full leading to faster fat loss without feeling hungry.

#2: IT CURBS CARB HIGHS AND LOWS.

Pairing protein with carbohydrate-rich foods slows down the absorption of sugar from your stomach into your bloodstream, which may help keep your blood sugar from skyrocketing and ward off future cravings.

#3 PROTEIN REQUIRES MORE OF YOUR ENERGY.

The "thermic effect of food" (TEF) is the energy we use to digest food into small, absorbable components. Protein has a higher TEF compared to carbs and fat meaning you're actually burning more calories to process protein than to process the other two.

Greater calorie burned = faster fat loss!

#4 IT FUELS FAT BURNING.

It may be surprising, but it is a scientific fact that your body cannot effectively burn and use fat as energy if it doesn't have help from either carbohydrate or protein. As you lose weight, your body loses both muscle and fat (I know, bummer!). Therefore, if your goal is fat loss it is especially important that you continue to eat enough protein in your diet to further fuel your fat loss while preserving calorie-burning lean muscle. As known as avoiding the "skinny-fat syndrome".

#5: PROTEIN PROMOTES MUSCLE REPAIR & GROWTH. Your protein needs increase especially after bouts of intense exercise so increasing your protein intake on days that you exercise is beneficial. Additionally, if you strength train it is recommended that you consume a protein shake after each training session which is when your muscle tissue is the most sensitive to nutrients and therefore can use the protein to repair and grow.

PHASE III GUIDELINES

RULE #1: Keep a VERY detailed food log and note how you feel within 12hrs after each meal. Make sure to record any symptoms in your food journey and share them in the Private Facebook group so that I can best support you in addresses these symptoms.

RULE #2: The meal plan provided with this protein cycle is a SAMPLE. You do not have to follow it exactly! Use the plan as a guide to create your own personalized meal plan based on the foods you and your family enjoy the most.

RULE 3#: Create your plan using any if the recipes in the Clean Comfort Foods Cookbook or from the Recipe Guide that is included with the challenge. Just make sure the recipes you select follow the Protein Cycle guidelines.

RULE #4: Do not eat the same protein source twice in the same day. For example, if you have chicken for lunch, do not have chicken for dinner.

RULE #5: If you do not have an allergy to seafood, then try to include one seafood serving per day. For example, Salmon Cakes for lunch and Taco Lettuce Wraps for dinner. If you do have an allergy to seafood then build your daily meal plan around poultry, red meat, eggs, dairy, protein powder and 100% natural plant-based protein sources, such as lentils, beans and quinoa.

RULE #6: If after eating red meat, chicken or poultry for 2-3 days in a row and you start to experience symptoms of a food intolerance you should:

A. Eat seafood, eggs or 100% natural plant-based protein sources ONLY for a few days and or until your intolerance symptoms disappear.

B. Add a Digestive Enzyme to your daily supplement routine. Choose to take it with your largest protein meal of the day.

C. Enjoy either a peppermint or ginger tea after each meal to soothe your belly and ease your digestion.

D. If you have an allergy to seafood, opt for eggs, dairy, or 100% natural plant based protein sources

RULE #7: Cut out 'starchy' carbs (breads, pasta, rice, potatoes, crackers, oatmeal, etc.). If you want to try the plant-based protein recipe Dahl, make sure it is AFTER a resistance training workout. Most plant-based proteins like beans and lentils are also high in starchy carbs; so limiting them to post-workout meals will ensure your body does not store the additional carbs as fat.

RULE #8: Add one serving of healthy fats to three of your five daily meals. It is recommended to avoid adding them to your post exercise/workout meal. For a complete list of LYL Approved fats and serving sizes, refer to the Approved Foods List included at the end of the Nutrition Guide. *Just as it is recommended to Cycle Your Protein it is just as important to **Cycle Your Fats**.* Therefore, when designing your Phase II meal plan choose different sources of healthy fats.

RULE #10: Add one scoop of protein powder in water post resistance training.

RULE #11: Drink at least 70 ounces of water per day. This can include teas, and coffee. You add ½ cup water for every one full cup of coffee you drink to your daily total.

Okay girl, there you have it!

Using the **Phase III SAMPLE Meal Plans** provided, grab your cookbooks, pull out the recipes you want to try and custom design YOUR PERFECT meal plan for the next two weeks.

Note that I have also included a **Blank Meal Planning Sheet** that you can use to create your personalized plan.

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BONUS TIPS

CALORIE ADD ON'S

If you're still hungry or did a long workout, you can use these calorie add-ons to add to your meals.

100-150 CALORIES

- 5 egg whites
- 1 tablespoon almond butter
- 1 tablespoons chia seeds
- ½ cup cooked quinoa
- ½ medium (5oz) avocado
- 3oz canned tuna, in water, drained
- 3oz skinless chicken
- 1 cup cooked and chopped kale
- 3 tablespoons ground flaxseed
- 2 cups raw chopped veggies
- 3oz grilled shrimp ¼ cup almonds

200-250 CALORIES

- 1 cup beans or lentils
- ¼ cup chopped walnuts or
- ¼ cup unsalted sunflower seeds
- 2 tablespoons of almond butter or coconut oil
- 1 cup cooked quinoa
- 4oz cooked protein like salmon, cod and chicken LYL

APPROVED FOODS LIST

PROTEIN

Portion: Size of your palm or small deck of cards

- Chicken breast
- Turkey breast
- Lean beef
- Lamb
- Game meat (i.e. rabbit / deer / buffalo etc.)
- Seafood (i.e. cod, salmon, trout, sole, tilapia, tuna, haddock, herring, mackerel, perch, mahi mahi, orange roughy, shrimp, scallops)
- 6 egg whites
- 2 whole eggs (once per day max)
- 1 scoop of protein powder

***** Additional Vegetarian Protein Options *****

- Chickpeas
- Lentils
- Kidney beans/red beans/black beans/broad beans
- Quinoa

STARCHY CARBOHYDRATES

Portion: Size of your clenched fist

- Oats (plain – no added sugar, flavor or fruit)
- Rice (basmati, wild, or brown)
- Brown rice pasta
- Sweet potato or yam
- Lentils
- Chickpeas
- Kidney beans
- Pumpkin/squash
- Quinoa, amaranth, buckwheat, millet etc.

FRUIT

Portion: Size of your clenched fist and opt for the following low sugar fruit most often.

- Strawberries or other berries
- Apple
- Orange
- Grapefruit
- Pear
- Peach
- Plum
- Kiwi
- Apricots

FATS / OILS / DAIRY

Dairy:

- 1 cup milk alternative (almond/rice/coconut/hemp)
- 100g (3.25oz) full fat natural/Greek yogurt (unsweetened)
- 100g (3.25oz) full fat cottage cheese
- 1 tbsp. organic butter*
- 30g/1oz full fat cheese*

(* use in moderation 1x per day)

Fats / Oils:

- 1 tbsp. flaxseed oil (do not cook with flax oil), Udo's Oil, coconut oil, or olive oil
- 60g/2oz avocado
- 15 almonds or 8 half walnuts
- 1 tbsp. 100% natural peanut butter or other nut butter (i.e. almond butter)
- 2 tbsp. flax meal
- 30g/1oz pumpkin seeds
- 30g/1oz sunflower seeds
- 30g/1oz chia seeds
- 30g/1oz hemp seeds

FIBROUS VEGTABLES

Portion Size: UNLIMITED – minimum 2 servings of 2 cups per day

- Asparagus
- Alfalfa
- Leek
- Onion
- Bok Choy
- Broccoli
- Spinach
- Lettuce
- Bell peppers
- Mushrooms
- Brussels sprouts
- Green or yellow beans
- Snow peas
- Cucumber
- Cabbage
- Celery
- Cauliflower
- Tomato
- Carrots

WATER

Why Is It So Important?

The body uses water for so many important functions such as regulating body temperature, facilitating nutrient metabolism, aiding in digestion and elimination (preventing constipation), cushioning joints and the spine, nourishing organs and tissues, and so much more. Since most people aren't getting enough water, it's important to pay attention to how much you're drinking and make an effort to drink more on a daily basis. Your body will thank you!

So, how much do you need?

The recommended daily intake of water for most adults is 2 liters.

Think about how much you drink in one day, are you getting close to that?

If not, it's time to start drinking more.

While 2 liters is the recommended daily intake, it's important to remember that there are factors that will affect your daily needs. Some of these factors include your own unique body's needs, exercise frequency and intensity, the surrounding climate.

Many health professionals now recommend drinking according to thirst. This means you don't need to go overboard forcing down glasses of water when you're not thirsty. Just pay attention to your thirst mechanism. We have complex hormonal and neurological processes that are constantly monitoring how hydrated we are. And for healthy adults, this system is very reliable.

Besides thirst, pay attention to how dark and concentrated your urine is. The darker your urine, the more effort your body is making to hold on to the water it has. Urine is still getting rid of the waste, but in a smaller volume of water, so it looks darker.

There are a few other things to consider when evaluating your hydration status. If you're sweating a lot, or are in a hot/humid climate, you will need to drink more.

Breastfeeding moms, older adults, and people at risk of kidney stones need to drink more water too. So do people who experience vomiting and/or diarrhea, as both can quickly dehydrate our bodies. In those cases, it's important to drink more and listen to your body's signals.

What counts toward my water intake?

All fluids and foods containing water contribute to your daily needs.

Water is usually the best choice. If you're not drinking pure water, consider the effects that the other ingredients have on your body. Drinks containing sugar, alcohol, and caffeine will have effects besides hydration.

Sugary drinks should be avoided at all times as they can affect blood sugar balance and cause food cravings.

Alcohol puts a strain on the liver and caffeine can keep you awake or jittery.

Many foods contain significant amounts of water as well. Especially fruits and vegetables like cabbage, cantaloupe, watermelon, strawberries, celery, spinach, lettuce, apples, pears, oranges, grapes, carrots, and pineapple. These foods are over 80% water, so they are good sources of hydration.

Noncaffeinated herbal teas like peppermint, rooibos, chamomile, ginger, and many other varieties are also great choices to include more water into your day.

A great way to start the day is to drink an 8oz glass of water before eating or drinking anything else. You can make it even better by adding a half lemon squeezed into the water, which gives you amazing digestive benefits.

PORTION SIZES

How Much Is Enough?

Eating large portions of food on a regular basis can have serious consequences on both your digestion and overall health. The implications of overeating can include excess energy intake and weight gain.

Overeating also puts stress on the digestive system which can cause sluggish digestion and even constipation. Overeating can also lead to poor protein digestion if you are eating a large portion of protein in one sitting. Your stomach has only enough acid and gastric juices at one time to handle a certain quantity of food, and if that supply is exhausted, food is not getting broken down properly which can cause bloating and indigestion.

Large portion sizes can also disrupt blood sugar balance, and that can lead to more overeating through blood sugar spikes and crashes and cravings for more food. Fluctuations in blood sugar increase the risk for type 2 diabetes and can put pressure on the cardiovascular system.

The following general rule of thumb outlines how big each portion of food on your plate should be.

- o Proteins: should not exceed the size of your palm
- o Carbs/Grains: should not exceed a closed handful
- o Vegetables: one to two closed fists
- o Fats: one to two lengths of thumb
- o Fruits: one fistful

What About Food Cravings?

Food cravings should start to go away as you adopt a healthier diet because you will be removing the specific foods that cause cravings and blood sugar will be more balanced. If you do find yourself experiencing a craving that could potentially cause you to make a poor food decision, try these tips to get you through it:

Drink Instead of Eat: Many people experience cravings that are thirst signals, so it's important to up your water intake to kick those type of cravings.

Up Your Healthy Fats: Fats keep you full, so it's important to make sure you are getting enough each day and with each meal. If cravings are getting you down, try adding a healthy fat such as avocado, chia or hemp seeds, salmon or eggs to your meals. Also, consider your protein intake as protein works to keep you feeling full as well.

Try Cinnamon: Adding cinnamon to your diet is an amazing blood sugar balancer. Try sprinkling it on foods such as oatmeal, or fruit, add it to your smoothie or anywhere else you can sneak it in. Cinnamon tea is also a great option too!

Label Reading 101

When you pick up a package of food you may be wondering, is this food healthy? It's important to remember that eating whole, natural and fresh foods is always best, but if you are shopping for anything that comes in a jar, can, container or another type of package, here is a general breakdown:

Things to Note on a Nutrition Label

Sodium: A healthy range is 1400 - 2400 mg of sodium per day; this equates to just one teaspoon per day so watch out for added salts in your meals or foods.

Fiber: Aim for 25 - 35 grams of fiber per day.

Saturated fat: 20 grams of saturated fat per day is acceptable.

Sugar: Zero grams of sugar is always best because of its, but you have to keep in mind where the sugar is coming from. The sugar that is harmful is any processed sugar in the ingredients list (e.g., sugar, corn syrup, high fructose corn syrup, glucose, fructose, beet sugar, to name just a few). A general recommendation for the maximum daily intake of sugars (natural or added) for men is about 35 grams and for women 24 grams. Remember that 4 grams are to equal to one teaspoon.

Protein: One serving of protein is about 25 grams. The total amount of protein needed in a day will depend on body size and activity level. When reading labels, it is important to look at where the protein is coming from, check the ingredients label.

Carbohydrates: One serving of carbohydrate is equal to 15 grams but remember if your goal is weight loss or blood sugar balance you may want to be below this number.

INGREDIENTS TO AVOID:

- o Artificial sweeteners like sucralose, aspartame, sorbitol.

- o Artificial colors like blue#1 or #2, Yellow #5, Tartrazine, Allura red, Red #3 and Blue #2

- o Preservatives like TBHQ, sodium benzoate, nitrites (such as sodium nitrite), sulfites (such as sulfur dioxide), sorbates (such as sodium sorbate, potassium sorbate)

- o MSG/monosodium glutamate

- o Trans Fats like hydrogenated or partially hydrogenated oils

- o High Fructose Sweeteners

These harmful ingredients can disrupt blood sugar balance, can cause headaches and overeating, and may have cancer-causing effects. Some contribute to asthma and allergies, affect your moods and hormones, and can contribute to heart disease.

It's just not worth the risk, right?!

Keep a VERY Detailed Food Log

Keep a VERY detailed food log and note how you feel within 30min-1hr after each meal. Make sure to record any symptoms you experience, cravings and how satisfied you feel after each meal.

When you're feeling sluggish I want you to ask yourself these questions:

- 1) Are you thirsty? When was the last time you drank water?

Most of the time when your brain is tired, and you feel fatigued, you're actually dehydrated, and you can be tempted to grab something high in sugar to help your energy levels. But if you do that, your insulin levels will spike, and you'll actually be more tired and even hungrier an hour later. It's the sugar high and crash. So, remember to grab that water, girl.

2) Have you been sitting for too long?

Most of us spend our days in front of a computer... me included. I start to get tired too. I'm also tempted to grab an extra coffee around 3pm or eat something I don't really need at that time.

Instead, your body just needs to wake up! You don't need to walk to the vending machine, you need to walk, period. Take a 5-minute break and walk the stairs in your building, outside, or wherever you are.

3) When is the last time you ate?

I want you eating 5 times a day! If you skip a meal, you'll feel the effects. Make sure you're eating a breakfast, a snack midmorning, a lunch, an afternoon pick-me up, and a dinner.

Sleep to Peak

Over 40% of us suffer from chronic lack of sleep!

Lack of sleep is associated with lack of ambition and will lead to imbalanced hormones in your body causing weight gain and chronic fatigue.

A study recently found that lack of sleep can result in metabolic and endocrine alterations. This includes decreased insulin sensitivity, increased cortisol levels, elevated ghrelin (the hunger hormone), lower leptin levels (what satiates hunger), and more hunger pangs.

During this challenge (and in general) aim for 6-8 hours of uninterrupted sleep.

I know this is might be tough given the demands on your time but ask for support around you.

And avoid evening distractions like hour long TV programs, mindless scrolling through your social media feeds or binge-watching Netflix.

Check-in with Your New Tribe of Support DAILY

If you enrolment in Group or VIP option, commit to daily check-ins inside the Private Love Yourself Lean Community Facebook group.

Share a post-workout selfie, a photo of your healthy meals, an inspiring quote or anything that you feel will motivate someone else in the community.

Support, like, and comment on check-ins from others every day, and encourage them to keep at it!

Check-in with YOURSELF Daily

Ask yourself these SIX questions every day to help you exercise the art of self-reflection to monitor your progress.

- 1) "What is it that I need today to be my healthiest & happiest self?"
- 2) "Who can I ask for help?"
- 3) "Is what I'm doing right now helping me get closer or further away from my goals?"
- 4) "What did I do well today?"
- 5) "What lessons did I learn?"
- 6) "What can I do better tomorrow?"

MEAL PREP TIPS

Over the next 42 days, meal prepping will literally be your best time investment ever. It's crazy how much time you'll save during the week by just taking an hour or so on Sunday!

I made your meal plan so flexible that you can meal prep like a boss and then get on with your week organized and ready for anything!

Create your best plan for your lifestyle by plugging in any of the meals I share with you, just make sure the recipes you do select meet the nutrition guidelines for the phase that you are in.

If you sub in your own FFF approved meals, dine out, or mix and match your favorite healthy foods, it still means you're "on the plan!"

You can also mix in any of the recipes from my Clean Comfort Fat Burning Foods Cookbook, or any other challenges or programs that you may have done with me in the past.

Sundays are great days to meal prep, but if your day off from work is Monday or another day during the week, take full advantage of it and making meal prep THE priority! Your success depends on it.

TREAT YOURSELF GIRL!

The FFF meal plan is designed to help you feel and look the best you ever have. You're going to be eating clean and satisfying meals that are so delicious, that you'll feel energized immediately and you'll actually start craving healthy food!

I also love a little something sweet or a glass of wine to relax or celebrate a girls' night out. Whether it's a bubble bath, face mask and a glass of wine, or a happy hour with the girls after a long week of work. Celebrating a girls' night is good for your mental health and happiness. Just try and keep it to 1-2 glasses a couple nights a week.

In fact, if you feel like celebrating but you want to ditch the wine, try sipping on some kombucha! I love to pour kombucha or soda water with fresh lemon in a wine glass to get into spirit!

As for desserts, it's about making smart choices and not overindulging when you do go for something sweet. Just make sure to stick to the serving size!

Whether you choose to have the occasional glass of wine or dessert or nothing at all, just remember to make the plan work for you and your goals!

THE POWER TO SUCCEED IS IN YOUR HANDS!

You're ready for this.

You now have the tools, the support, and the knowledge to succeed.

IT'S GO TIME GIRL!

I look forward to hearing all about your success!