The Traitor Challenge

Prepared for Participants

January 10, 2022



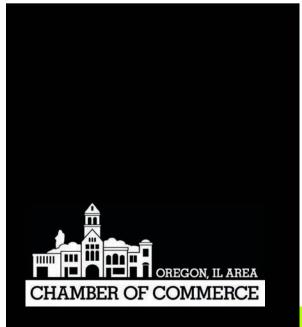


Hello there!

Congratulations on beginning the Traitor
Challenge! We're excited to work together to help
create lasting change in our community. We've
taken a look at what the last few years has done
to all of us, and we're not ok with it.

Over the next 21 days we'll help by providing free resources to help you kick start a better you. We all deserve to live a happy and healthy life. No exceptions. You matter. You're important. You're loved.

Let's go!





About Us

Several health experts brought the thought forward: "Mental & physical health has taken a back seat, but it's showing up everywhere. How can we help other's tackle it."

Our team met several times together discussing this very topic and came together to craft something that combines these two aspects of human health.

Your mental health and your physical health are related. Our team has assembled a number of different paths for you to choose over the next 21 Days depending on where you are at, and where you want to go.

Practice the program we've carefully designed for the next 21 days and see the difference in yourself and the way you're engaging with those around you.







Liz Vos

Executive Director
Oregon IL Area
Chamber of
Commerce

Brandon Hitchcock

Owner Hydrobar Illinois Matt Bouback

> Owner Reign XT

Meet The Team

Hi, my name is Liz Vos and I'm the Executive Director for the Oregon IL Area Chamber of Commerce. What does the chamber do? That would be another book, but in a nutshell: Chamber members are a part of a team. We help shape our community. We advertise our community and develop partnerships with members to collaborate and do good things together.

I've personally struggled with my health off and on for many years. I'm thankful to have the people involved in this team as a great resource to go to with questions & support.

I'm very proud of the work we're doing in our community to advocate for businesses and organizations, provide beneficial programs for the community, and events just for fun too! I can't wait to complete The Traitor Challenge alongside you!



Meet The Team

Matt Bouback

(815) 595-5530

Coach

What is your fitness background?

I have been a Certified Trainer for over 20 years. I have struggled through my own personal health issues over the years, which has given me the ability as a coach and trainer to work with clients on a more personal level. I obtained a wrestling scholarship for a D1 program and later on in life got into Mixed Martial Arts, and Obstacle Course Racing. Athletically, I have had good success in competitive sports and have worked with many clients in these fields.

Dedicating over twenty years of my life in this profession I have had the opportunity to work with thousands of clients in the health and fitness space. Whether it is online or through one of our many gyms we have owned and operated our passion for helping others has never relented.

Learn more about Reign: reignxt.com





Meet The Team

My name is Brandon Hitchcock and that person holding one of our bags of water is my business partner Trevor Ferry. I'm from small town Oregon, IL and last year I made an investment into myself and my health with Hydrobar.

I decided to become more aware and learn about the water that we put into our bodies daily, and long story short.. I came to realize that not all water is created equally. What I mean by that is simply there is good water and there is bad water. Just like there is good food and bad food.

I had no idea either until someone told me.

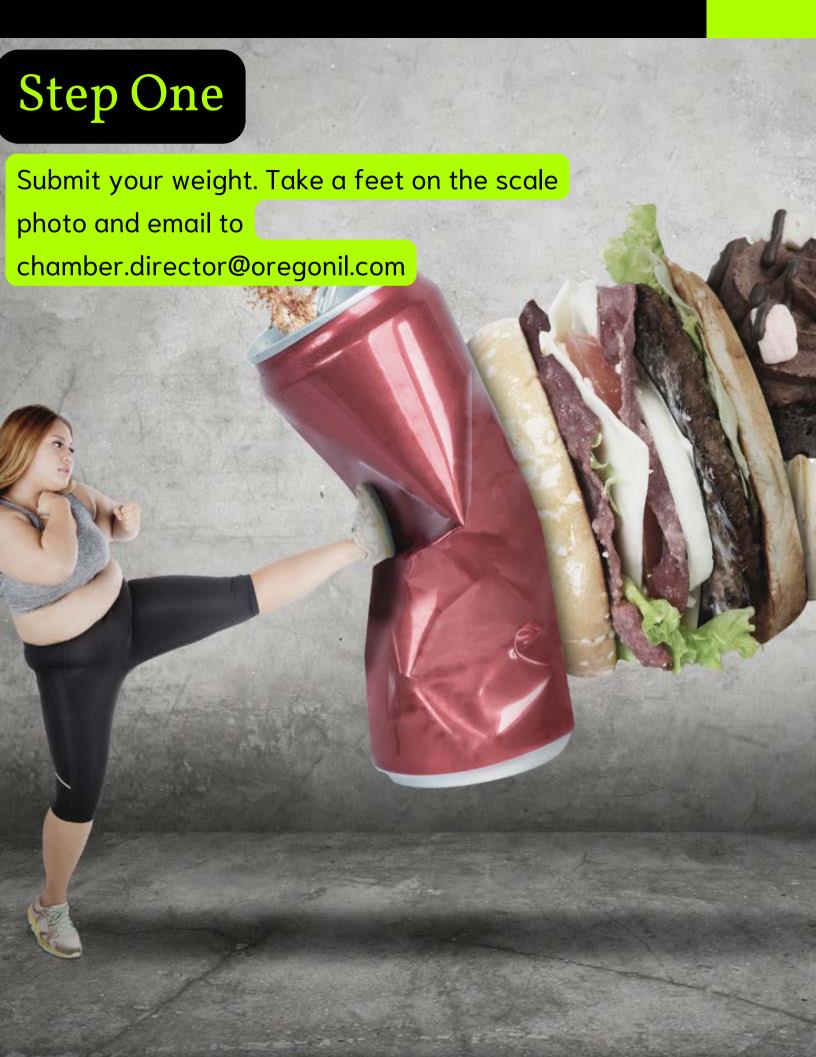
But, what are the chances someone randomly comes up to you and starts sharing all they know about water?

Likely never going to happen.. Until now.

I can't wait to meet you and talk about water!







Free 30 Day Membership to Group Fitness at Reign XT

404 W Washington St, Oregon, IL

Sign up for Group Fitness at www.reignxt.com Select G-Fit and fill out the questionnaire and waiver and enter in any additional information it requires.

You will need to put down a credit card as part of the Free Month. If you choose to not continue you must contact train@reignxt.com prior to February 9th.

Reign XT offers Group Fitness classes multiple times per day and they have universal scalability which means they will modify for injuries and abilities. Please refer to their schedule for class times. You do not need to sign up for classes. You can just show up to any class time any day of the week.

Once you sign up please send them a message on Facebook letting them know you are part of the 21 Day Challenge.





Free 21 Day Membership to Curves of Oregon

600 Gale St, Oregon, IL (815) 732-3004

As we've just ended 2021, take a few minutes to think about the 3 most important things that you want to accomplish in 2022. You have a clean slate, a fresh start, and a new opportunity to design the future you want for yourself.

If one of your goals is to get healthier, stronger, or more fit, Curves can help! Give us a call at 815-732-3004 or stop by 600 Gale Street, Oregon, IL 61061 to meet with a Curves Coach start your free trial with the Traitor Challenge.







Participation at Home



If you aren't able to join Reign XT or Curves you will still need to check in your daily activity reports. All participants will need to join our group on Strava to report your daily activity.

It's free and a great way to hold eachother accountable!

We're requiring 20 minutes per day.

It is recommended to accumulate 10,000 steps per day. Activity releases certain feel good hormones in the body that elevate mood.

However, joining a gym family is recommended.

Isolation is the enemy here.

Join Strava HERE

<u>Find our group HERE</u>



Free Meal Plans From Reign XT

404 W Washington St, Oregon, IL

Select from one of the meal plans provided by Reign XT in this booklet. If you are looking for Weight Loss we recommend starting with the 4 Day Detox.

As always, please make sure you consult with your doctor before trying any exercise or nutrition plan.

You may also reach out to Matt Bouback Owner and Head Trainer of Reign XT with any questions.





OREGON, IL AREA

Free 21 Day Trial Hydrobar Illinois

410 W Washington St, Oregon, IL

Drinking plenty of water on a daily basis is vital to our health. Water carries nutrients to cells, helps with digestion, flushes out toxins, helps prevent headache and fatigue, and can even aid in weight loss or maintenance. Our bodies are up to 75% water, and staying well-hydrated is critical to our optimum health and survival.

Not all water is the same. Kangen Water® contains the minerals calcium, sodium, potassium, and magnesium. Unlike reverse osmosis, which strips away even helpful minerals, these are not filtered out of Kangen Water®!

Learn more & start your free trial with the Traitor Challenge.

Contact or come in to start your free trial of our water and see how it can help you out!

410 W Washington St. Oregon, IL hours now open Monday-Saturday

10am-3pm



Contact Information: hydrobar.il@gmail.com (779) 861-2277



CALM: An Introduction to Shifting the Stress Response with Elizabeth Priller

The brain thinks our survival is under attack..

This is a very important component to our mission. Complete this master class to learn about the stress response in our bodies.

Set aside 25 minutes to complete the course on your first day.

Every day after please find a quiet, safe space to do the following;

- Practice Coherant Breathing. 5 minutes.
- Practice your Mindfulness Exercises. 5 minutes

This is important because you are "creating space for a calm brain that is looking out for you so that you can show up as you."

Our mental and physical health are connected. Click HERE to begin



CALM

An Introduction to Calming the Stress Response

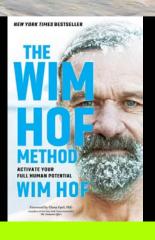
WITH ELIZABETH PRILLER

Also Recommended: WimHof Breathing

Set aside 10 minutes daily or every other day to watch and follow along with breathwork. Watch HERE

Here is an article on the benefits of WimHof Breathing





Also Recommended:

Cold Showers

Cold Showers

Yeah I know what you are thinking....there is no way I can take a cold shower! There is significant research on the benefits of daily cold showers and the benefits are many. Everything from fat loss to immune system and mood boosting to better sleep. Ya'll have google ... start typing.

The technique we recommend is wash your entire body in warm water as normal. Turn the shower to cold for 1:00 then back to hot for :30.

Repeat this 4 times. Do it first thing in the morning to kick off your day or do it in the evening before dinner to enjoy a great nights sleep.





Discount For Traitors:

JTI Salon & Spa would like to give you a discount 10% off any massage or facial! (Voted Ogle County Best For facial, massage and tanning!)

Hi! My name is Joanne with JTI Salon & Spa and Curves of Oregon.

We've been at our current location since March of 1999.

At JTI Salon & Spa we offer a wide variety of salon and spa services including facials, massage, sauna, body wraps, salt glow & tanning. We love being a part of our community!

We'd like to encourage you to complete the 21 day challenge. A big part of what we do is help you live a happier, healthier life.

Contact Information: 600 Gale Street Oregon, IL 815-732-2477









THE 4-DAY NUTRITION CHALLENGE

INTRODUCTION

Your gut and liver are both parts of your digestive system. Each is responsible for getting rid of metabolic bi-products of digestion – otherwise known as toxins – by transporting food to the liver. If one isn't functioning properly, you can become toxic!

Slam down a protein shake after a hard training session and judge the way your gut feels. Do you feel full? Bloated? You should, because you've just sent food into a toxic environment. As the normal absorption rate of the body occurs over a period of an hour or more, that feeling goes away. But what if it lingers? Then you may have a problem.

Eat cheese or lots of bread at a restaurant and see how you feel. Probably bloated. Everything you put in your body – alcohol, gluten, processed food, milk – goes through your digestive system and comes out through the other end. Or, does it? Some "think tanks" (research institutes) estimate that most people have up to 3 to 6 pounds of fecal matter in their digestive tracks.

To make matters worse, we live in a toxic environment that's full of cleaning products, environmental hazards, radiation – the list goes on.

GUT AND LIVER HEALTH

Your liver is responsible for destroying red blood cells, manufacturing and processing proteins and cholesterol, and converting fats and proteins to carbs, and stabilizes the drugs and alcohol you ingest.

When it isn't running right, the whole system breaks down. That, my friends, brings me to THE most important thing in nutrition: The health of your gut and liver.

Without diving into the myriad of things that can irritate the gut, let's talk about gut optimization and detoxification. There are a million ways to fix your gut, and each person is unique because we have different stressors, diets, and metabolic systems.

THE TOXIC GUT CYCLE

If you have chronic fatigue, joint pain, trouble sleeping, and bloating, you're probably experiencing a toxic gut. Most people experience what I call the "the toxic gut cycle," which includes (1) feeling like crap (2) stopping what we're doing for a day, (3) feeling better, (4) heading back to the kitchen for those things we love that are responsible for the gut problem, and (5) restarting the entire "toxic gut" cycle.

BELLY FAT PROBLEM

Many women and men find getting rid of belly fat to be quite challenging.

If you consume alcohol regularly, you'll never be able to do away with your belly fat. Of course, there are a few people who are exceptions to the rule. I call those who don't have this issue genetically gifted. But that doesn't mean their gut health is optimized; they probably suffer in other areas of their health that aren't as obvious and noticeable as belly fat.

For example, some women who consume alcohol on a daily basis tend to be thinner. Why? Because they replace food with alcohol – often low-volume, high-alcohol drinks (vodka, whiskey, etc.). But being thin alone doesn't indicate a healthy gut.

Men tend to gravitate toward beer. When we do body fat testing, I can tell which men consume alcohol on a regular basis. They typically have bigger, harder bellies – better known as "beer bellies." This isn't always 100 percent true, but 8 out of 10 times it's the case. When I drank alcohol frequently, I had a beer belly too. For 6 years, I tried to get six-pack abs, but failed repeatedly until I stopped drinking alcohol altogether.

4 DAY NUTRITION CHALLENGE BASIC GUIDELINES

Before you begin, it's important for you to weigh yourself.

Then do the following every day:

- Weigh yourself naked every morning (and record it)
- Measure your waistline every morning (and record your measurements)
- · Write down exactly how you feel after breakfast, lunch, and dinner
- Keep track of your energy levels and sleep quality

SEVEN IMPORTANT STEPS

- Don't drink alcoholic beverages. Priority number one for detoxification is to get your liver and gut health back on track. YOU CANNOT consume alcohol during this process.
- 2. Transition your exercise routine. If you're attending an exercise class, my recommendation is to take a moderate approach to exercise and working out. The first 2 to 3 days should be light jogging, walking, are low level aerobic activity so your body doesn't undergo metabolic stress. Yoga or an hour of flexibility and stretching are also great options for the body.
- 3. **Eat clean.** Eliminate all processed foods, and anything white (sugar, flour, rice, etc.)! If you're a coffee drinker, the max is one cup of black coffee. Below is a the meal plan for four days to help you eat clean during the 4-day detox.
- 4. Chill out. Get to bed earlier and avoid electronics (computers, tablet, etc.) at night. Get as much sleep as possible, and have fun during the day. Leave work related stress at work. And instead enjoy your family, friends, or favorite activities.
- Consider supplements. These supplements aren't must-haves, and if you're on
 prescription medications, always talk to your doctor before taking anything. All of
 these supplements are natural, but always check first. The following supplements
 are recommended to maximize your benefits during the 4-day detox, but NOT
 Mandatory.

Magnesium. It's not required, but a good supplement to use daily. You can check out a supplement called Topical Magnesium by Ancient Minerals. Magnesium is one of the most abundant minerals of the body and one of the most important. If you decide to use this please purchase the topical brand.

Supplement with Chlorella. Visit <u>www.energybits.com</u> and pick up a bag of one of the most nutrient dense food source on earth. Use Bossman for 20% off.

Discount Code: Bossman

Activated Charcoal. Sounds crazy, right? However, it takes toxins out of meals. Activated Charcoal helps bind toxins in the body and get rid of them through bowel movements. Read the warning labels if you're on prescription medications. Take 2 to 3 capsules before each meal.

*NOTE: Only do this initially for day one. You won't need to use it after that, if your body is cleansing itself. If you have not gotten rid of waste, then take them the following day as well.

Keep these on hand for future use if you're going to have a big dinner, night out, etc. If you start to feel bloated, continue taking it. Everyone's digestive system will work differently. You can find Activated Charcoal online or at a vitamin store. Remember these are *NOT MANDATORY*

- 6. Lemons. Buy a dozen or two. You'll need these over the next 4 days.
- 7. **Water.** Drink a gallon of water each day for the next 4 days. Be sure to use a BPA-free bottle.

You may feel bloating, discomfort and other symptoms as your body goes through a detox.

This is natural. Stay the course.

MEAL PLAN

(Follow Exactly)

CHALLENGE DAYS 1 & 2

BREAKFAST: 2-3 free range eggs sprinkled with sea salt, black pepper and turmeric, side of steamed spinach in a nori wrap and large glass of lemon water

MID-MORNING SNACK: 8 oz. glass of 100% pure unsweetened cranberry juice and a handful of blueberries

LUNCH: 1-2 Cups of Spinach, 1 Tsp. MCT Oil, 1Tbsp Flaxseed, 1 Tbsp Chia Seeds, 1 Tsp of Cinnamon, ½ Banana, 1 or ½ Avocado, 1 Tbs. Apple Cider Vinegar. If purchased Energy Bits add 15-30 Bits.

Blend all ingredients with Water Only. Make sure you have more water than you think you need so the shake is smooth.

AFTERNOON SNACK: Sauteed' broccoli (1-2 Cups), ½ Cup Mushroom, ½ Onion, 1-2 Tbsp of Vegan Butter.

DINNER: Wild salmon topped with sautéed garlic, onions and a side of steamed beets (word of caution about the beets: when you steam them, you have the potential to make your toilet bowl a very colorful experience – this is normal). 1 to 2 servings of beets is recommended.

CHALLENGE DAYS 3 & 4

BREAKFAST: Full fat yogurt with flaxseed and blueberries (if you can't find full fat yogurt, stick with organic Greek yogurt).

MID-MORNING SNACK: 8 oz. glass of 100% pure unsweetened cranberry juice a handful of blueberries

LUNCH: Salad. 2 Fennel Bulbs sliced thin. 1 Ruby Red Grapefruit or 1 Small Orange Sliced. 2 Cups Cabbage or Lettuce. 1 Red Bell Pepper Sliced. 1 Tbsp. of Lime Juice. Black Pepper. ½ Cup Chopped Cilantro. 1 Avocado Sliced and Diced. ¼ Cup Walnuts. Mix all ingredients in large bowl and refrigerate or eat right away.

AFTERNOON SNACK: Mangos, 1 sliced avocado with one whole sliced tomato

DINNER: Lentil Bowl (Soak Lentils for 12 hrs. in large bowl of water. Rinse 1-2 times). 2-3 Cup Lentils. 3 Cups Kale or Spinach. 2 Cups Broccoli. ½ Red Pepper. ½ Red Onion.

DRESSING: 6 Tsp. Olive Oil. 1 Tsp. Onion Powder. ½ Tbsp Mustard. ½ Lime Squeezed. Pepper to Taste.

Prepare: Boil Lentils. In skillet cook broccoli, onion, pepper and let cook on medium to high heat for 12 minutes. Stir frequently. Add Kale or Spinach to sautee' pan for 1-2 minutes. Stir until wilted. Prepare dressing and whisk together in a bowl with veggies.

Shopping List:

This list is prepared for one person to complete the 4 Day Nutrition Challenge

Produce

Spinach (large container)

Lemons (approx 6)

Blueberries (2-3 small containers)

Bananas (2-4)

Avocado (4-6)

Broccoli

Mushrooms

Onion (2)

Red Onion

Garlic

Beets

Lettuce

Fennel bulbs (4)

Orange or Grapefruit (2)

Cabbage (one bag or one whole)

Red Bell Pepper (2-3)

Lime or Lime Juice

Cilantro

Kale (if you prefer spinach that is ok)

Mangos (2)

Tomatoes (2)

Refrigerator/Freezer Sections

Eggs

Vegan Butter

Wild Salmon

Full Fat Yogurt (Greek yogurt for substitute if you can't find full fat)

Other (You may have many of these ingredients already at home)

Sea salt

Black Pepper

Tumeric

Nori Wraps

100% Pure Unsweetened Cranberry Juice

MCT Oil

Flaxseed

Chia Seeds

Cinnamon

Apple Cider Vinegar

Energy Bits (Purchased online - not a must)

Walnuts

Lentils

Olive Oil

Onion Powder

Mustard

A FEW FINAL WORDS...

You might find these four days to be challenging, but your gut will be fully restored by the end of the fourth day.

Some of the food may be a little different for you, but remember it's only 4 days.

Measure your waist the morning of Day One and Day Four. My guess is you'll have a flatter belly and be down about 5 pounds as your body gets rid of unwanted waste.

Coming off the detox, make sensible choices. Stay away from processed foods and any foods high in protein. If you plan on drinking alcohol, remember you're only reintroducing toxins back into your body, thus contributing to further gut and liver issues.

Lastly, if you're having a difficult time during the day with food, eat fresh organic fruit. Your magnesium will help keep you out of the stress zone.

WHAT TO DO NEXT?

Congratulations on your success. I have attached a link to one of the best Meal Plans I have written. It is practical and easy to follow and it doesn't take a lot of thought process to stick to. This is essential and extremely important moving from Point A to B.

Keeping your metabolism kicked into high gear is extremely important for long term success. Your metabolism is like a fire. You must constantly keep wood on it to keep it burning.

Sustainable results happen from those that understand that food is fuel. Starving the body of calories will result in weight loss, but only short-term gains because much of that may be from muscle loss and water loss. This resets the gut and gets rid of the body's inflammatory response from processed foods.

Here is a plan that works. Click below to get started.

This product is **not intended** to **diagnose**, **treat**, **cure**, or prevent any disease. With any changes in your nutrition protocol or if you introduce new supplements into your diet please consult your doctor before you begin this program.



FIRST, READ THIS . . .

The "Boost" is designed to put your gut and digestive system in full throttle after the 4 Day Detox. This meal plan does not have to be done in conjunction with the 4 Day Detox, but it is recommended.

We're not going to spin this system as some revolutionary protocol that will change your entire body in two weeks. What we will tell you is that if you follow this plan to the accordingly, you'll have major success.

Two Important Principles

This meal plan applies two very important principles:

- 1. Frequent feeding with nutrition timing, and
- 2. Reduced carbohydrate that is timed to optimize digestive health.

Combined, these principles help the body...

- ✓ Begin burning more fat
- ✓ Store less sugar as fat, by consuming less sugar
- Break the habit and cycle of poor nutrition choices.

If your current lifestyle is one with poor nutrition choices, then your body will begin to freak out for a little as your cortisol levels head into a tailspin. As you begin to refuel the body with healthy nutritional foods, you'll gain more energy and your metabolism will respond accordingly.

Avoiding metabolism damage

We could give you a meal plan with a couple dreaded meal replacement shakes and a few of those gimmicky snack bars that companies like Medi-fast sell. We could do that, but we would have to charge you \$400.00 per month and it isn't fair to rip you off.

And if we did go that route, you would most certainly lose weight, but you'd also experience long-term residual damage to your metabolism. So, that shouldn't be the goal.

Your goal should be focused on fat loss. Far too often, we look to the number on the scale as the measure of our self-worth. However, when we deprive our diet of nutrient dense calories and healthy fat, we kill our metabolic process.

Flexibility

We understand that meal plans should have a little give and take. And we don't want you to feel underfed and experience low energy throughout the entire two weeks. That's why we have included targeted carb meals. We also want to empower you to learn that you can consume more calories and healthier food options while still having some flexibility in things you like, such as Gluten Free Bacon Mac and Cheese.

This nutrition plan does just that with a set of powerfully effective rules.

BOOST NUTRITIONAL RULES

RULE #1: Eat your first meal at least 60-90 minutes After waking.

Cortisol levels are high in the morning. If we ingest a high carbohydrate meal in the morning such as a bagel or bowl of cereal, we escalate the crisis. That is why we recommend that you consume a green shake or eggs as one of your first meals. Spiking your blood sugar levels early on will ultimately lead you to a long, slow afternoon. We want to stabilize blood sugar all day long so we become more productive and keep energy levels at peak.

RULE #2: No alcohol.

Alcohol will kill your results. If you're doing this over the holidays, then wait. This doesn't work if you do it during the week and take a break on the weekend.

RULE #3: No gluten.

Get rid of it. Everything in this plan is gluten-free. Whether you have a gluten sensitivity or not, you won't miss gluten if you don't have it. Your gut and digestive system will thank you.

RULE #4: Be patient.

People follow this plan for different reasons. Although weight loss is a part of this plan, the ultimate goal is to get your body burning fat as fuel. This might take a little while longer for some people. So, be patient.

RULE #5: Keep exercising.

Don't stop exercising on this plan. There are plenty of calories in this plan to keep you moving. Keep exercising.

RULE #6: Properly time carbohydrate intake.

If you eat any fruit at all during the day, make sure you don't eat additional fructose if you have exceeded 100 grams of carbs for the day. You'll also need to make sure that you limit your carbohydrate intake for dinner to 2 to 3 hours before you go to bed. This will help improve your sleep.

RULE #7: Drink at least 80 ounces of water per day.

RULE #8: Keep coffee to a minimum.

Note the meal plan is 16 days. Repeat the 8 days below

1 st Smoothie	Any smoothie choice
2 nd 2-3 Eggs, Turmeric Tea	See recipe
3 rd Banana Pudding	See recipe
4 th Shredded Chicken, Broccoli, with side salad	Free range shredded chicken mixed with broccoli
5th 1 Cup Unsalted Walnuts	
6th Protein Shake	Drink post workout if you train at night
7 th Salmon, Asparagus, Red Roasted Potatoes	Wild caught

st Smoothie Any smoothie choice	
2 nd 2-3 Eggs, Turmeric Tea	See recipe
3 rd Banana Pudding	See recipe
4th Raw Asparagus and Avocado Salad	See recipe
5th 1 Cup Unsalted Almonds	
6 th Protein Shake	Drink post workout if you train at night
7th Grilled Steak, Broccoli, Baked Sweet	See recipe for baked sweet potatoes
Potatoes	Section of the sectio

1 st Smoothie	Either green or full-fat smoothie	
2 nd 2-3 Eggs, Turmeric Tea	See recipe	
3 rd Banana Pudding	See recipe	
4 th 1 Cup Quinoa, Chicken, Broccoli, Shredded Mozzarella Cheese	Soak quinoa for 24 hours before eating	
5 th Vegan Chocolate	See recipe	
6th Protein Shake	Drink post workout if you train at night	
7th Gluten-Free Mac and Cheese	See recipe	

1 st Smoothie	Any smoothie choice		
2 nd 2-3 Eggs, Turmeric Tea	See recipe		
3rd Banana Pudding	See recipe		
4 th Tomato, Mozzarella Cheese, Spinach and Balsamic Plate	4 slices of tomato, fresh mozzarella cheese, 6 leaves of spinach on plate with balsamic dressing		
5 th Protein Shake	Drink post workout if you train at night		
6 th Stuffed Bacon Chicken, Broccoli, Sweet Potatoes	See recipe		

1 st Smoothie	Full-fat or green smoothie
2 nd 2-3 Eggs, Turmeric Tea	See recipe
3 rd Banana Pudding	See recipe

4 th Large Salad	Any type of salad, no croutons since they contain gluten
5th 1 Cup Unsalted Almonds	
6 th Veggie Surge	See recipe
7 th Protein Shake	Drink post workout if you train at night
8 th Wild Caught Salmon, ½ Quinoa,	
Asparagus	

1 st Smoothie	Any smoothie choice		
2 nd 2-3 Eggs Turmeric Tea	See recipe		
3 rd Banana Pudding	See recipe		
4th Grilled Chicken Salad	Healthy grilled chicken salad, no croutons		
5 th Protein Shake	Drink post workout if you train at night		
6 th Veggie Surge	See recipe		
7th Cod with Sweet Potatoes and Green	Soak cod in organic, non-GMO, grass fed		
Beans or another green vegetable	butter if available		

1 st Smoothie	Any smoothie choice		
2 nd Banana Pudding	See recipe		
3 rd Grilled Chicken Sandwich (NOT FAST FOOD)	Gluten-free bread with tomato, bacon, spinach		
4 th Protein Shake	Drink post workout if you train at night		
5 th Raw Veggie Surge	See recipe		
6th Vegan Pizza	See recipe		

1 st Smoothie	Any smoothie choice
2 nd 2-3 Eggs Turmeric Tea	See recipe
3 rd Spinach Salad	2 cups of spinach, crumbled blue cheese, dried cranberries, walnuts, add raspberry vinaigrette
4th 1/2 Cup Unsalted Walnuts	
5 th Protein Shake	Drink post workout if you train at night
6th Raw Veggie Surge	See recipe
7th Wild Caught Salmon, Red Roasted	
Potatoes, Broccoli	

BOOST RECIPES

Smoothie

- Scoop of protein shake mix, non-GMO, gluten-free, and organic (I recommend Body Logix)
- 1 cup of kale and/or 1 cup of spinach

Sprinkle in some flaxseed. Fruits in the morning can be blueberries, bananas, strawberries. Frozen fruit is fine as long as there is no added sugar. If drinking your shake in the morning, don't exceed more than 1.5 cups of fruit if these are your first carbohydrates of the day. ½ tsp. cinnamon blend with water or coconut milk.

If you have access to it, use a Nutri-Bullet or Ninja.

Green Smoothie

 2-3	cups	kale	or	spinad	h
			•	0011101	

- 1 tsp. MCT oil
- 8 slices of cucumber
- ¼ ginger
- juice of 1 lemon
- flaxseed

Full-Fat Smoothie

- 2-3 cups spinach
- ¼ tsp. cinnamon
- 2 tbsp. apple cider vinegar
- 1 cup coconut milk or add enough water to make sure it is smooth
- 2 tbsp. grass fed butter

Blend and drop in 2 tbsp. collagen. (Not necessary)

Eggs

This is a one-two punch.

- 2-3 organic free range eggs
- olive oil-1 tsp.
- MCT oil-1 tsp.
- spinach

Place eggs in a pan with olive oil or MCT oil. Add spinach as an extra high iron addition.

Turmeric Tea

_	6-8 oz. water -hot water
_	1 tbsp. apple cider vinegal
_	1 tbsp. turmeric
_	Pinch of cayenne pepper
_	1 tbsp. cinnamon

Mix and drink.

Full-Fat Banana Pudding (1 serving)

 ¼ cup full-fat coconut milk
— 1⁄₂ ripe banana
 2 tbsp. chia seeds
 dash of vanilla extra (optional)

Blend all ingredients together. Once smooth, add chia seeds and vanilla and refrigerate for at least one hour.

Protein Shake

- non-GMO, gluten-free, organic protein powder (Body Logix)
- coconut milk

Mix 1-2 scoops of protein powder with coconut milk. Don't add fruit to this post-workout protein shake if drinking it in the afternoon. You may add flaxseed, chia seeds, greens, peanut butter, and almond butter.

If drinking your protein in the morning, it is okay to add some of fruit as long as you have had less than 100 grams of carbohydrates for the day

Raw Asparagus Avocado Salad

Cut up 6-8 stalks of asparagus and mix in spinach or iceberg lettuce, walnuts, feta cheese or crumbled blue cheese, tomatoes, 1 whole avocado on the side, 3-5 green olives, and either raspberry vinaigrette or honey mustard.

Roasted Sweet Potatoes

_	4 to 6 organic sweet potatoes
_	1/2 cup melted coconut oil
_	salt

Remove skin from potatoes and cut into small squares or fries. Spread coconut oil on pan to make it non-stick. Place potatoes on pan and drizzle coconut oil on them. Sprinkle with salt. Bake at 400 degrees for 25-40 minutes, until crispy.

Bacon Wrapped Stuffed Chicken

_	4 boneless skinless chicken breasts
_	½ tsp. fine sea salt
_	2 tbsp. extra virgin olive oil
_	1 small yellow onion finely chopped
_	1 bag (6 oz.) baby spinach or 4 packed cups
_	2 tsp. dried oregano
_	1/4 tsp. pepper
-1	1 cup crumbled feta cheese
	The second secon

4 slice thick cut bacon

Preheat oven to 400 degrees. Butterfly the chicken breasts without separating them. Sprinkle with salt. Heat 1 tbsp. of oil in large skillet over heat. Add onion and remaining tsp. of salt. Cook until soft but not brown. Add spinach oregano and pepper and cook just until wilted. Transfer to a medium bowl and allow to cool before stirring in the cheese.

Place ¼ of the spinach cheese mixture down the middle of each chicken breast, fold over to close the filling. Spiral wrap one slice of bacon around the chicken breast and secure with toothpick. Place chicken in ceramic baking dish and bake for 30-40 minutes.

Gluten-Free Cheddar Bacon Mac and Cheese

_	2.5 cups dry gluten-free pasta
_	1/₂ cup pasta water, reserved from cooking
_	6 slices of bacon, cooked and crumbled
_	1 tbsp. minced garlic
_	1 cup sharp cheddar cheese
_	2 oz. cream cheese softened
_	1/₂ tsp. salt
_	1/₂ tsp. black pepper
	1 tsp. dry mustard

Boil noodles. Once pasta is finished, drain the water, reserving at least one cup. Return pasta to pan and stir in ½ cup of reserved pasta water, cream cheese, garlic, and seasonings until blended. Add cheddar cheese and stir until completely melted. If sauce is too thick, add more pasta water. Fold in crumbled bacon.

Vegan Pizza, Gluten-Free

— 1 Udi's pizza crust
— 1/4 tsp. kosher salt
— ½ tsp. dried basil
— ½ tsp. dried oregano
— ½ tsp. garlic powder
— 1/4 cup shredded parmesan cheese (Not Vegan)

— Pizza Sauce
Put sauce on pizza crust and then add all toppings including any additional toppings like mushrooms, onion, etc.
Veggie Surge
— juice of 1 lemon
— 2 celery stalks
— 5-6 slices of cucumber
— apple cider vinegar
— 6-8 mini carrots
— 1/4 head of broccoli
— 1 tbsp. cinnamon
Blend with coconut milk or water.
Vegan Fudge
This is for those of you who have a sweet tooth and need something quick.
— ½ cup melted coconut oil
— ½ cup cocoa powder
— ½ cup maple syrup
— 1 tsp. vanilla extract

— 1/2 cup mozzarella cheese (Vegan Cheese can be found at Target)

Blend oil, syrup, vanilla, and chocolate in a blender until smooth. Stir in nuts. Spread fudge on tray lined with parchment paper. Put in freezer to cool.

— ½ cup chopped walnuts or almonds (optional)

APPROVED FOODS & BEVERAGES

Steak and Meat Choices

Grass fed (for beef), organic and free range (for chicken). When choosing fish, especially salmon, choose wild caught instead of farm raised. Make sure your fish and chicken don't have any breading that would contain gluten.

Potatoes and Carbs (IMPORTANT)

Sweet potatoes, yams, and roasted red potatoes are all fine. Make sure you eat carbs 2-3 hours before bed. Quinoa must be soaked for 24 hours prior to eating. There are plenty of easy ways to soak quinoa online.

Approved Beverages

- Kombucha
- Water
- Coconut milk
- Coconut water (during workout only)
- Almond milk

NO ALCOHOL FOR THE NEXT FOUR WEEKS.

Supplement Recommendations

MCT OIL: 2-3 times per day (Left Coast is a high-quality brand-Amazon).

We recommend you take this:

- In the morning before workout.
- Once during the day
- Once in the evening, 30-60 minutes before bed.

Make sure you follow the instructions on the bottle.



2 Week Fat Loss Program

Monday/Tuesday

#1 Breakfast (Should be eaten after 9am)

1 Whole Avocado, 2 Strips of Bacon, 1-2 Eggs Optional: Salsa Verde

#2 Lunch

Roasted Veggies and Chicken with Lentils

- Zucchini, yellow Squash, red onion, mushrooms, red and yellow pepper, fresh garlic. Cut and put all veggies in tin foil with olive oil and Italian seasoning Sauté' on grill or stove top
- 1-2 Chicken Breasts seasoned on grill.
- Mix veggies, chicken and lentils

#3 Afternoon

 Avocado, Tuna and Tomato. Slice the avocado into two halves and dig out a small portion of the center. Add tuna and cherry tomato and season with black pepper.

#4 Dinner (Week 2 Replace Salmon with Chicken or Steak)

Kale and Pecan Pesto Salmon with Veggies of choice (Broccoli, Spinach, Brussel Sprouts)

Ingredients:

2 8 oz Salmon Filets

2 Cups Kale (washed, stems removed and chopped)

1 Cup Fresh Basil

34 Cup + 1 Tbsp Olive Oil

1/4 Cup Parmesan

```
½ Cup Pecans (toasted)
1 tsp Garlic Powder
1 Tbsp Lemon Juice
1 tsp + ¼ tsp Salt (divided)
¼ tsp Black Pepper
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Recipe:

In a blender combine Kale, Basil, Olive Oil, Pecans, Garlic, Lemon Juice, Salt and Parmesan. Blend until smooth.

Heat a sauté pan with 1 Tbsp olive oil. Season Salmon with ¼ tsp salt and pepper. Place salmon in hot pan and pan fry until golden brown on both sides.

Top salmon with pesto

Wednesday (Higher Carb Day)

#1 -Breakfast

- 2 Eggs with Spinach
 - Athletes or high-volume exercisers add one piece of Whole Grain Toast with Butter, Avocado, and Jelly. Note if you add toast please make this meal after 9am.

#2-Low Glycemic Midmorning Smoothie (10am-11am)

```
34 cup frozen berries
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2 cups fresh spinach,

1-2 cups unsweetened almond milk or water

1 Tbsp. oats

1 Tbsp. natural peanut butter

#3-Black Bean Tortilla

2 Corn Tortillas

1 Chicken Breast (Divide up chicken breast)

½ Cup Black Beans

#3A-Lunch-Optional Athlete and Performance Meal

Pesto Pasta

Ingredients: Makes 4 servings

I package of mushrooms

10-15 Cherry tomatoes

Fresh Organic Spinach

Fresh Organic Broccoli

1 Package of Gluten Free Pasta Noodles

1 Jar of Pesto

Recipe:

Cook noodles in pot in boiling water. Sauté' mushrooms, grape tomatoes, onions, and broccoli in separate pan with Vegan Butter. Add spinach at the end of Sauté'. Add pasta and pesto together in pan.

#4 Afternoon Meal

· Apple with Peanut Butter

#5 Dinner

Super Sweet Potatoes

- Mix 1-2 cans of tuna in a bowl with a little mayo and chopped red onion
- Cut in half sweet potatoes and scoop a portion of the inside out and mix in bowl with tuna
- Cook Sweet Potatoes in the oven on 450 for approx 30-45 mins or until fully cooked
- Put tuna mix into the sweet potato and broil until browned adding cheese and chives on top

Thursday/Friday

#1 Breakfast (Should be eaten after 9am)

1 Whole Avocado, 2 Strips of Bacon, 1-2 Eggs

2 Lunch

Power Bowls

- Use Kale or Spinach or Romaine
- Sliced Avocado
- Black/Yellow Lentils
- Sautéed' Broccoli
- Raw Beets
- Cucumber and Shredded Carrots
- Organic Arugula
- Balsamic Vinaigrette

#3 Afternoon Snack

Celery and Humus

#4 Dinner (Makes two servings) Tilapia or Cod and Veggies

Ingredients

2 Tilapia/Cod Filets

1 tsp Lemon Juice 1 Tbsp Butter Salt and Pepper 2 Cups Asparagus (Chopped)

Hollandaise
4 Eggs Yolks
1 Thsp Lemon
½ Cup Butter (Melted)
Pinch Cayenne
½ tsp Salt

Directions

Preheat the oven to 425 degrees F. Season the asparagus with salt and pepper. Place on a baking sheet and roast in the oven until bright green and starting to become tender.

Lightly Season the tilapia with salt and pepper.

Place the tilapia in a hot pan with butter and cook until golden brown, flip add 1 tsp lemon juice and continue to cook until done through.

For the sauce, whisk the egg yolks and lemon juice in a bowl vigorously until thickened and doubled in volume. Place the bowl over a sauce pan with low simmering water (about ¼ full). While still

whisking, very slowly pour in the melted butter. Continue to whisk until the sauce has doubled in volume and thick. Stir in the cayenne and salt.

Saturday (High Carb Day)

#1 -Breakfast

- 2 Eggs with Spinach
 - Athletes or high-volume exercisers add one piece of Whole Grain Toast with Butter, Avocado, and Jelly. Note if you add toast please make this meal after 9am.

#2-Low Glycemic Midmorning Smoothie (10am-11am)

34 cup frozen berries

2 cups fresh spinach,

1-2 cups unsweetened almond milk or water

1 Tbsp. oats

1 Tbsp. natural peanut butter

#3-Lunch

Big Fat Sandwich

- · Meat of Choice
- Cheese
- Bacon Strips
- Tomato
- Lettuce
- Onion
- Mayo or Mustard
- Bread

Sautéed' Broccoli, Mushroom, Onion

#4 Afternoon Snack

1 Cup Frozen Grapes or Berries

#5 Dinner

Burrito Bowl

- Cook 1-2 Cups of White or Brown Rice
- Make a batch of guacamole (Avocado Pitted, 1 Lime Juiced, 1 Teaspoon of Salt, ½ Cup diced onion, 3 Tablespoons chopped cilantro, 2 Cherry Tomatoes, 1 teaspoon minced garlic
- Steak
- · Add beans (refried and black beans)
- Mix in bowl and eat with Lime Chips

Sunday

Note: If you have a big workout planned for the day, I have added additional food items. If you are not working out for more than an hour then you stick to three meals only on this day.

#1 Early morning Carbs (Workout)

Overnight Oats

#2 Pre-Workout Toast + 16oz of water (Workout)

- 1 piece of toast
- Vegan Butter
- Half Avocado
- Jelly

Main Breakfast (Non-Workout)

Smoothie

- Protein Powder
- Cinnamon
- Blueberries
- Chia/Flax Seed
- Almond Milk or Water
- Spinach

Lunch

Big Steak or Chicken Salad

- Kale
- 1 Can Tuna or Fresh Cod
- Dried Cranberries
- Walnuts
- Avocado
- Chia Seeds
- · Black Beans or Lentils
- Thousand Island, Balsamic, or Raspberry Vinaigrette

Additional Meal if you worked out

- Sautéed' Veggie and Bean Tacos
- · Sautee Broccoli, Mushrooms, Onion
- Black Beans
- Put in 1-2 Corn Tortillas and top with a little cheese and broil 2-5 minutes

Dinner

- Salmon with Herbed Aioli
- Veggie
- Sweet Potato

Herbed Aioli

Ingredients

1 Cup Avocado Mayonnaise

½ Cup Fresh Basil (Minced)

1/2 Cup Fresh Mint (Minced)

1/2 Cup Fresh Dill (Minced)

1 Cup Fresh Parsley (Minced)

1 Tbsp Lemon Juice

1 tsp Garlie Powder

1 tsp Onion Powder

2 Tbsp Chives

1/4 tsp Salt

1/4 tsp Black Pepper

Directions

Whish together all ingredients until well incorporated. Store covered in the refrigerator.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Week 1+3

Day 1 & Day 2

Breakfast	Midmorning	Lunch	Afternoon	Dinner	
Green Smoothie	3-4 Cranberry Energy Bites	Winter Sunshine Salad	Steamed Brocco- li, Mushroom and Onion	Pineapple Black Bean Bowl	

Day 3 - High Carb Day

Breakfast	Midmorning	Lunch	Afternoon	Dinner
Banana Bread Overnight Oats	Green Smoothie	Loaded Lentil Salad	Corn Tortilla w/ Black beans, Veg- an Cheese and leftover Avocado Dressing from dinner day 1 & 2	Superfood Qui- noa Bowl

Day 4 & 5

Breakfast	Midmorning	Lunch	Afternoon	Dinner	
Green Smoothie	3-4 Cranberry Energy Bites	Avocado Black bean and Corn Salad	Steamed Brocco- li, Mushroom and Onion	Vegan Curried Tofu Scramble	

Day 6 High Carb

Breakfast	Midmorning	Lunch	Afternoon	Dinner
Banana Bread Overnight Oats	Green Smoothie	Vegan Broccoli Salad	Corn Tortilla w/ Black beans, Veg- an Cheese and leftover Avocado Dressing from dinner day 1 & 2	Vegan Pizza

Day 7

Breakfast	Midmorning	Lunch	Afternoon	Dinner
Green Smooth- ie-1	Apple and Al- mond Butter	Wild West Rice Salad	Avocado Sal- sa with Vegan Crackers	Vegan Burger with Steamed Broccoli and Roasted Red Potatoes



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Week 2+4

Day 1 & Day 2

Breakfast	Midmorning	Lunch	Afternoon	Dinner	
Green Smoothie	3-4 Cranberry Energy Bites	Chickpea Avoca- do Salad	Steamed Brocco- li, Mushroom and Onion	Fartlek Chili	

Day 3 – High Carb Day

Breakfast	Midmorning	Lunch	Afternoon	Dinner	
Banana Bread Overnight Oats	Green Smoothie	Cali Chopped Kale Salad	Corn Tortilla w/ Black beans, Veg- an Cheese	Veggie Fried Rice	

Day 4 & 5

Breakfast	Midmorning	Lunch	Afternoon	Dinner	
Green Smoothie	3-4 Cranberry Energy Bites	Pear Walnut Sal- ad	Steamed Brocco- li, Mushroom and Onion	Zucchini Spa- ghetti	

Day 6- High Carb

Breakfast Midmorning		Lunch	Afternoon	Dinner	
Banana Bread Overnight Oats	Green Smoothie	Recovery Quinoa Salad	Corn Tortilla w/ Black beans, Veg- an Cheese	Roasted Veggies with Tofu	

Day 7

Bre	akfast	kfast Midmorning Lune		Lunch Afternoon		Dinner					
Green	Smooth- ie-1		and d Butte		Wild	West Salad	Rice	Avocado with Vegar ers	Crack-	with Broccol Roaste	



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Recipes

Breakfast

Green Smoothie

- · 2 Cups Kale or Spinach
 - Protein Powder
 - 1 Tbsp. Chia Seeds
 - 1 Tbsp. Flaxseed
 - 1 Tsp of MCT Oil
 - ½ Avocado
 - 1 Tbsp. Cinnamon
- ¼ of Fruit of your choice
- · Coconut Milk (fill to desired liquid amount for consistency

Green Smoothie 2

- · 2 Cups Spinach
- Protein Powder
- 1 Tbsp. MCT Oil
- 1 Tbsp. Apple Cider Vinegar
 - 1 Whole Avocado
 - Half Orange
 - 1 Apple
 - · Coconut Milk or Water



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Recipes

Breakfast

Green Smoothie

- · 2 Cups Kale or Spinach
 - Protein Powder
 - 1 Tbsp. Chia Seeds
 - 1 Tbsp. Flaxseed
 - 1 Tsp of MCT Oil
 - ½ Avocado
 - 1 Tbsp. Cinnamon
- ¼ of Fruit of your choice
- · Coconut Milk (fill to desired liquid amount for consistency

Green Smoothie 2

- · 2 Cups Spinach
- Protein Powder
- 1 Tbsp. MCT Oil
- 1 Tbsp. Apple Cider Vinegar
 - 1 Whole Avocado
 - Half Orange
 - 1 Apple
 - · Coconut Milk or Water



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Banana bread overnight oats - Makes 1 Serving

- ½ mashed ripe banana
- ½ cup oats or steel cut oats (gluten free)
 - 1/2 cup coconut or almond milk
 - · 2 tbsp. chopped pecans or walnuts
 - 1 tsp vanilla extract
 - ½ tsp cinnamon
 - Dash of sea salt
 - 1 tbsp. flax seed
 - 2 tsp 100% pure maple syrup

Combine all ingredients in a bowl or jar that can be sealed and stir well. Refrigerate overnight. Serve hot or cold. Garnish with sliced bananas.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Midmorning

Cranberry Energy Bites

Ingredients:

- ½ Cup Cranberries Dried
 - ½ Cup Dates
 - ½ Cup Cashews Raw
 - ½ Cup Almonds
 - 1 Pinch of Salt
 - ½ tsp. Vanilla Extract
- 1. In a high-speed blender or food processor add the cashews and almonds and pulse until they are finely ground, careful not to turn them into nut butter.
- 2. Add in the remaining ingredients and blend or pulse until everything starts to come together.
 - 3. Scrape down the sides several times and add up to 2 tablespoons of water.
- 4. You may need to remove the mixture and place it into a bowl and mash it together with your hands or a spatula.
 - 5. Form into approximately 20 balls about 2 teaspoons each.
 - 6. Store the energy bites in an airtight container in the refrigerator or freezer.

Green Smoothie (See Breakfast)



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Lunch

Wintergreen Sunshine Salad Ingredients and Recipe

- · 2 Small Fennel Bulbs sliced thinly
- 1 Ruby Red Grapefruit cut and sliced or 2 Orange Cuties
 - 2 Cups Red Cabbage
 - 1 Orange or Red Bell Pepper Sliced
 - 1 Tbsp. of Lime Juice
 - Salt and Black Pepper
 - ½ Cup Chopped Cilantro
 - 1 Avocado diced and sliced
 - ¼ Walnut Pieces

Mix all ingredients and refrigerate overnight



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Loaded Lentil Salad - Makes 4 Servings

- 3 medium sweet potatoes
- 2 tsp herbs de provence
- 2 tsp pure maple syrup or honey
 - ¼ cup EVOO divided
 - 2 red onions diced
- 16 oz. Brussel sprouts thinly sliced
 - 1 cup French lentils
 - 3 cups water
 - ¼ cup balsamic vinegar
 - ½ tsp salt and pepper to taste

Preheat oven to 425. Line a baking sheet with foil or parchment paper

Combine sweet potatoes, herbs de Provence, maple or honey, 1 tbsp. olive oil, and a pinch of salt in a medium bowl. Spread onto prepared baking sheet and roast for 11-13 mins. Toss and roast until golden. Another 11-13 mins.

Heat ½ tbsp. of Olive oil in a medium pot over medium heat. Add onion and cook until softened about 5 mins. Add lentils and water. Bring to a boil then reduce heat to low and simmer until tender. About 15-20 mins. Season with another pinch of salt and drain any excess water. Return to pot

Heat ½ tbsp. olive oil in a medium pan over medium heat. Add Brussels sprouts and cook until golden brown. About 4-5 mins. Season with salt and pepper to taste.

Add balsamic vinegar and remaining 2 tbsp. of olive oil to pot with lentils. Add Brussels, roasted sweet potatoes and salt and pepper to taste. Serve



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Avocado, Black Bean and Corn Salad Recipe and Ingredients - Makes 6 Servings

- 2-3 Avocados (add these last)
- 2 Cans Black Beans drained and rinsed
 - 2 Cups Cherry Tomatoes
 - 1/3 Cup Cilantro rough chopped
 - 2 Cups Corn (fresh or frozen)
 - ½ Cup Red Onion, diced Dressing:
 - 1/3 Cup Fresh Lime Juice
 - 1 tsp. Maple Syrup or Agave
 - 2 Tbsp. Fresh Cilantro chopped
 - ½ tsp Garlic Powder
 - ¼ tsp Chili Powder
 - 1 Pepper, Fresh and Ground
 - 1 tsp. seal salt
 - 3 tbsp. Extra Virgin Olive Oil
- 1. Place all the veggies in a large bowl (except the avocado) and toss to combine.
- 2. In a small bowl, whisk the lime juice, olive oil, maple syrup, cilantro, chili powder, garlic powder, ground pepper and salt.
- 3. Pour dressing over veggies and toss to combine. Now add avocado and toss gently so they don't mash together. Taste for salt and pepper, add as needed.
 - 4. Serve immediately or refrigerate for 30 minutes. Serve with corn tortilla chips



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Vegan Broccoli Salad - Makes 6 Servings

Dressing:

- ¾ cup raw cashews, soaked
 - ¼ cup water
 - 2 tbsp. pure maple syrup
- 2 tbsp. apple cider vinegar
 - ½ tsp minced garlic
 - heaping ½ tsp sea salt
- Freshly ground black pepper

Salad:

- 2 large broccoli crowns (florets only), finely chopped
 - 1½ cups red grapes, halved
 - cup roasted salted almonds, finely chopped
 - ¾ cup diced red onion
 - cup dried cranberries or raisins
- Place cashews in a bowl. Cover with water and soak for 2 hours or overnight. If you have a Nutribullet or high speed blender, simply soak them in hot water for 10 minutes.
- Drain cashews. Add to blender with with rest of the dressing ingredients. Blend until completely smooth and creamy.
- 3. Place broccoli, grapes, almonds, red onion, and dried cranberries in a medium or large mixing bowl. Add dressing and toss thoroughly to coat. Season with salt and pepper to taste.
 - 4. Serve chilled.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Chickpea Avocado Salad - Makes 8 Servings

- 2 x 14 oz cans chickpeas, drained & rinsed*
- 1.5 lbs cucumbers, cut into bite size pieces
- 1.5 lbs tomatoes, cut into bite size pieces**
 - 3 medium ripe avocados, diced**
 - 1/4 medium red onion, thinly sliced
- 1/2 cup cilantro (dill or parsley), finely chopped
 - 1 large lime or lemon, juice of
 - 3 tbsp. extra virgin olive oil
 - 1 1/2 tsp salt*
 - Ground black pepper, to taste

In a large bowl, add all ingredients and gently stir to combine. Serve cold. You can make this salad up to 1 day ahead, if you add oil, salt and pepper immediately before serving. Just make sure to pour lemon/lime juice on avocados or dice avocados before serving.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Cali Chopped Kale Salad – Makes 5 Servings

Ingredients:

- 1 cup quinoa, uncooked (or 3 cups cooked)
 - · 3 cups de-stemmed kale, chopped
- 1 bell pepper, diced (any color; I used green)
 - 1 cup finely shredded carrots
 - 1 cup edamame (or chickpeas, etc.)
 - 1 cup sliced grapes
 - 1/2 cup sweet corn
 - 1/2 cup flaked unsweetened coconut
 - 1/2 cup crushed pecans
 - 1/4 cup fresh cilantro, chopped

Champaign Vinaigrette:

- 1/4 cup filtered water
- 2.5 tablespoons champagne vinegar (or wine vinegar)
 - 1 tablespoon maple syrup
 - 3 teaspoons Dijon mustard
 - · 2 tablespoons chopped shallot
 - 3/4 teaspoon sea salt
 - 1/2 teaspoon black pepper



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Cali Chopped Kale Salad - Makes 5 Servings

- 1. In a medium sized pot, combine 2 cups of water with 1 cup of quinoa and bring to a boil. Lower heat, cover and simmer for 15 minutes or until water is absorbed and quinoa is fluffy.
 - 2. In a large salad bowl, add the kale and chop it up with kitchen scissors.
- 3. In a food processor, pulse the bell pepper and carrots until finely shredded. Add into the bowl of kale. Then add the rest of the salad ingredients and mix well.
- 4. Prepare the dressing by whisking all the dressing ingredients together in a small bowl, or blending them in a small food processor.
 - 5. Pour the dressing over the salad, mix and enjoy!

Notes

Stays fresh in the refrigerator for 4-5 days, even with the dressing on.

Can replace quinoa with brown rice, etc.

Add any additional veggies you like!



STRENGTH | POWER | ENDURANCE | PERFORMA

VEGAN PLANT BASED FAT LOSS MEAL

Pear Walnut Salad with Maple Cinnamon Dressing - Makes 4 Servings

For the candied walnuts:

- ½ cup walnut halves, or pieces
 - 1 tablespoon maple syrup
 - · small pinch of salt
- ½ teaspoon ground cinnamon

For the salad:

8 big handfuls arugula

2 large red pears (use green if you can't find red- red apples would make a good sub too)

For the dressing:

¼ cup maple syrup

¼ teaspoon ground cinnamon

2 tablespoons extra virgin olive oil

pinch salt



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Recovery Quinoa Salad

- 1 cup Quinoa, rinsed using a fine-mesh strainer
 - ¾ tsp fine sea salt
- 3 cups loosely packed, finely chopped Kale, stems removed
 - 1 red bell pepper, seeded and chopped
 - 1 jalapeno finely chopped IF you like spice
 - ½ small red onion, chopped
 - ½ cup chopped cilantro leaves
- 1 can (15 ounces) black beans, drained and rinsed, or 1 ½ cups cooked black beans
 - 1/3 cup lime juice (3 or 4 limes)
 - 1/3 cup extra virgin olive oil
 - 1 avocado, sliced
 - ½ cup toasted pumpkin seeds
 - 1. In a medium saucepan over high heat, bring to a boil the Quinoa, 1 ½ cups water and ½ tsp of the salt. Reduce the heat to low and simmer, covered, until the quinoa is tender and all the water has been absorbed. Approx 15-20 mins. Transfer to a large salad bowl, fluff with a fork and set aside to cool.
 - Once cool, add the kale, red bell pepper, chile pepper, onion, cilantro, black beans, lime juice, oil, and the remaining ¼ tsp salt to the quinoa and toss to combine. Taste and add additional salt if needed. Chill in the fridge until ready to serve.
 - 3. Just before serving, top with the avocado slices, pumpkin seeds.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Wild Rice Salad -Serves 4

Ingredients:

- ½ teaspoon fine sea salt
- 1 cup wild rice (gluten free)
 - 6 Radishes Dashed
- Double Batch of Creamy Apple Cinder Vinaigrette (see recipe)
 - 3 Cups finely chopped Kale
 - 3 Carrots grated
 - 6 Scallions. White and green parts
 - 1 cup frozen shelled edamame (cooked)
 - Fresh ground pepper
- Bring 4 cups water and salt to a boil in large saucepan. Add the rice and reduce the heat, cover and simmer until rice begins to burst open and are soft but chewy. 35-40 Minutes
- 2. Drain the rice and transfer to a large salad bowl, immediately toss with half the dressing
- 3. Allow rice to cool, then add radishes, kale, carrots, scallions, and edamame, and toss until combined
 - 4. Add rest of dressing and pepper to taste
 - 5. Let the salad marinate in the fridge for at least 30 Minutes



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Creamy Apple Cider Vinaigrette (To add to Wild Rice Salad)

Ingredients:

- ½ Cup Extra Virgin Olive Oil
- ¼ Cup Apple Cider Vinegar
- 1 Tbsp. Dijon Mustard/Regular Mustard is fine
 - ½ Shallot, Minced
 - ¼ teaspoon fine sea salt
 - ¼ teaspoon fresh ground black pepper
- 1. Combine oil, vinegar, mustard, shallot, salt and pepper in glass jar with lid and shake vigorously until emulsified.
 - 2. This dressing will keep up to a week in the fridge.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

<u>Afternoon</u>

Steamed Broccoli Mix Ingredients and Recipe - Makes 1 Serving

- 1-2 Cups of Broccoli
- Sautéed Mushroom
 - Onion
- ½ tbsp. of butter

Corn Tortilla with Black beans - Makes 1 Serving

- Heat one corn tortilla in the microwave for 10 seconds
 - Add black beans
- Add Vegan Cheese and reheat again for approx. 10 seconds
- Add leftover avocado sauce or salsa from dinner Days 1 & 2



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Dinner

Pineapple Black Bean Bowl - Makes 2 Servings

- 2 Sweet Potatoes Cubed
- 10 oz. Bag of Frozen Pineapples
 - 2 Red Bell Peppers
 - 1 Yellow Onion Thinly Sliced
- 1 tbsp. of melted coconut oil
 - · 2 tsp. ground cumin
- · Grated zest and juice of 2 limes
 - Salt and Black Pepper
 - 2 Cups cooked Black Beans
 - ¼ Cup Water
- 1 Batch Creamy Avocado-Lime Dressing...see recipe
 - ¼ Cup Salsa
- 1 ounce of plantain chips. Use baked chips if not available
 - 2 Tbsp. of Pumpkin Seeds
 - GF Hot Sauce, optional
- 1) Preheat Oven to 425. Line two baking sheets with parchment paper
- 2) Place Sweet Potatoes on one sheet and the pineapple, bell peppers, and onion on the other. Drizzle sheets with the oil, then sprinkle 1 teaspoon cumin and half the lime zest and juice over both trays. Season with salt and pepper
- 3) Bake Sweet Potatoes for 30 Minutes stirring halfway through, and the pineapple and bell peppers and onion for 20 Minutes
- Meanwhile, heat the black beans in medium saucepan over medium heat with water, remaining
 teaspoon cumin, and remaining lime zest and juice. Season with salt and pepper to taste
- 5) Divide Sweet Potatoes between two bowls, then top with roasted vegetables, pineapple and black beans
- 6) Drizzle with dressing, and then top with salsa, plantain chips, and pumpkin seeds. Serve with hot sauce if desired.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Avocado Lime Dressing

1 avocado diced

1/4 cup fresh lime or lemon juice

1/4 cup Cilantro leaves

1/2 tsp ground cumin

1/4 tsp salt

1/4 cup water plus more as needed

Process all ingredients in high speed blender until smooth. Adjust the seasoning and add water, 1 tablespoon at a time plus more as needed to achieve consistency. Use within 1 day.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Superfood Quinoa Bowl – Makes 2 Large Meals

- · 1 cup dry mix colored quinoa
 - 3 cups Kale
 - 2 cups Broccoli
 - ½ red bell pepper
 - ½ red onion

Dressing:

- 6 tbsp. olive oil
- 1 tsp onion powder
- ½ tbsp. mustard (regular or Dijon)
 - ½ lime squeezed
 - Salt/pepper to taste

Prepare quinoa. In a skillet cook broccoli, onion, pepper and let cook on medium to high heat for about 12 mins. Stir frequently. Add Kale to the sauté pan with veggies for 1-2 minutes. Stir until kale wilted. Prepare dressing by adding olive oil, onion powder, mustard, lime juice, salt and pepper to a bowl and whisk together. Mix quinoa and veggies in a bowl and add dressing.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Vegan Curried Tofu Scramble - Makes 2 Servings

- 1 Tsp. Olive Oil
- 1 Onion, Diced
- 3 Cloves Garlic
- 1 Container Tofu, pressed and crumbled
 - 1 tsp curry powder
 - ½ teaspoon turmeric
 - ½ tsp. cumin
 - Salt and pepper
 - 2 diced tomatoes, diced
 - 1 bunch fresh spinach
- 1. Sautee garlic and onion in Olive Oil 3-5 Minutes
 - 2. Add Crumbled Tofu
- 3. Add Curry Powder, Turmeric, Cumin, and salt and pepper and stir
- 4. Cook 2-3 Minutes then add tomatoes, and allow to heat for 3 minutes, until tofu is hot and slightly crispy on the outside
 - 5. Add spinach and cover for a couple of minutes.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Vegan Pizza

Crust:

- 3/4 cup quinoa, covered by 1" of water and soaked for 6 8 hours (or overnight)
 - 1/4 cup water
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 2 tablespoons olive oil

Toppings:

- Vegan Tomato Sauce (Tomato paste, several spaghetti sauces are vegan as well)
 - · Veggies of your choice
 - · Vegan Cheese
 - 1. Soak the guinoa in water, covering it by at least 1", for 6 8 hours.
- Once you're ready to make the crust, preheat oven to 425 degrees F. Line a 9" cake pan with parchment paper and drizzle one tablespoon of oil in the center. Spread around with your hands until evenly coated and set pan aside.
- 3. Thoroughly rinse quinoa, then add to a blender. Add the ¼ cup of water, baking powder, salt and remaining olive oil, and blend on high until smooth and creamy. This should resemble a thick pancake batter.
- 4. Pour batter into prepared pan and bake for 15 minutes. Remove, flip and return to oven baking for another 10 15 minutes until browned and edges are crispy.
- 5. Top with sauce, vegan cheese and any other toppings you'd like and bake for 12 15 minutes until cheese has melted and started to brown.
- 6. Remove, let cool for a few minutes in the pan, transfer cutting board and slice.
 - 7. Garnish with herbs, pepper flakes, etc., and serve immediately!



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Fartlek Chili - Makes 6 Servings

- 2 tbsp. Extra Virgin Olive Oil
- 3 carrots, peeled and finely chopped
 - 1 large red onion, finely chopped
- 1 ½ tsp fine sea salt (cut in half if broth is not low sodium)
 - · 2 green bell peppers, seeded and chopped
- 1 pound of Tempeh or Tofu. Tempeh is harder to find so Tofu can be substituted
 - 3 gloves garlic finely minced
 - 2 tbsp. Chili powder
 - 2 tsp ground cumin
 - 2 tsp ground cinnamon
 - ¼ tsp ground red pepper (optional)
 - 2 cups low sodium vegetable broth
 - 2 cans (14.5 oz.) diced tomatoes
- 2 cans (14.5 oz.) black pinto, or kidney beans drained and rinsed or 3 cups cooked beans
 - Option toppings vegan cheese, sour cream and/or Avocado cream sauce
- 1. Heat the oil in a large heavy bottomed pot over medium-high heat. Add the carrots, onion, and salt and cook, stirring occasionally, until soft but not brown. About 5 mins
- 2. Add the bell peppers, tempeh or tofu, garlic, chili powder, cumin, cinnamon and red pepper (if using). Continuously stir, break up the tofu into bite-size pieces, until it is browned. About 5 mins.
- 3. Add the broth, tomatoes and beans and bring to a simmer. Turn the heat to low and cover and simmer for at least 30 mins or preferably 1 hour.
 - 4. Taste and add more salt (and red pepper) if needed. If too thick or thin, add more broth.
 - 5. Serve bowls steaming hot. Add scallions and other desired toppings.
- 6. ***To make in a Slow Cooker. Follow steps 1 and 2 then add the cooked veggies and tofu/tempeh to the slow cooker with the remaining ingredients. Simmer on low for 6 to 8 hours or on high for 4 to 6 hours.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Veggie Fried Rice - Makes 1 Serving

- 1 Cup of White or Jasmine Rice
 - ¼ onion, chopped
 - ½ bell pepper, chopped
 - 1 medium carrot, diced
 - 1 stalk celery, diced
 - ½ cup edamame
 - ¼ cup green peas
 - ¼ cup corn
 - 2 tablespoons soy sauce
 - ¼ teaspoon ground ginger
 - Salt and pepper, to taste
 - 2 tablespoons green onions, chopped
- 1. Cook jasmine rice according to package directions.
- 2. In a skillet or wok over medium heat, add a little water or oil.
- 3. Add onion, bell pepper, carrot, and celery. Cook for 5 minutes, stirring, until vegetables begin to soften.
- 4. Add ½ cup rice, edamame, green peas, corn, soy sauce, and ginger. Stir to combine; cook for 5 more minutes. Season with salt and pepper, to taste.
 - 5. Top with green onions.



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Zucchini Spaghetti - Makes 4-6 Servings

- 2 tablespoons olive oil
- 1/2 medium yellow onion, finely chopped
 - 1 clove garlic, minced
- 1 (24- to 26-ounce) jar marinara sauce (about 3 cups) Make sure to choose a Vegan sauce
 - 6 medium zucchini (about 2 1/4 pounds total), ends trimmed.
 - Heat the oil in a large pot over medium heat until shimmering. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
 - 2. Add the marinara sauce. Simmer, stirring occasionally, until warm. Approx 12 to 15 minutes. While the sauce is simmering, spiralize the zucchini.
 - 3. Add the spiralized zucchini and cook, tossing the noodles often in the sauce, until the zucchini just starts to soften, about 5 minutes. (The zoodles will look dry in the beginning, but will eventually release a lot of water that thins out the sauce.)



STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

Roasted Veggies with Tofu - Makes 2-4 Servings

- 2-3 types of vegetables of your choice to yield approx. 1.5 pounds.
 - o Suggestions:
 - Sweet potatoes
 - Yellow or red onion
 - Red cabbage, broccoli, cauliflower
 - Summer squash or zucchini
 - Fresh corn
 - Portobello mushroom caps or button mushrooms
 - 1 pound of Tofu or Tempeh
 - 1 tbsp. olive oil
 - 2 tbsp. Italian spice blend (or other spice blend of your choice)
 - · Salt and pepper
 - 1. Preheat oven to 400. Line two baking sheets with parchment paper
 - 2. Chop the vegetables into equal size pieces
- 3. Divide the vegetables and tofu between the prepared baking sheets. Drizzle with Oil, and sprinkle with the spices evenly over the baking sheets. Toss to thoroughly coat and season with salt and pepper
- 4. Bake, uncovered, until the vegetables are cooked through and starting to brown, about 30 minutes. Rotate halfway through for even cooking.



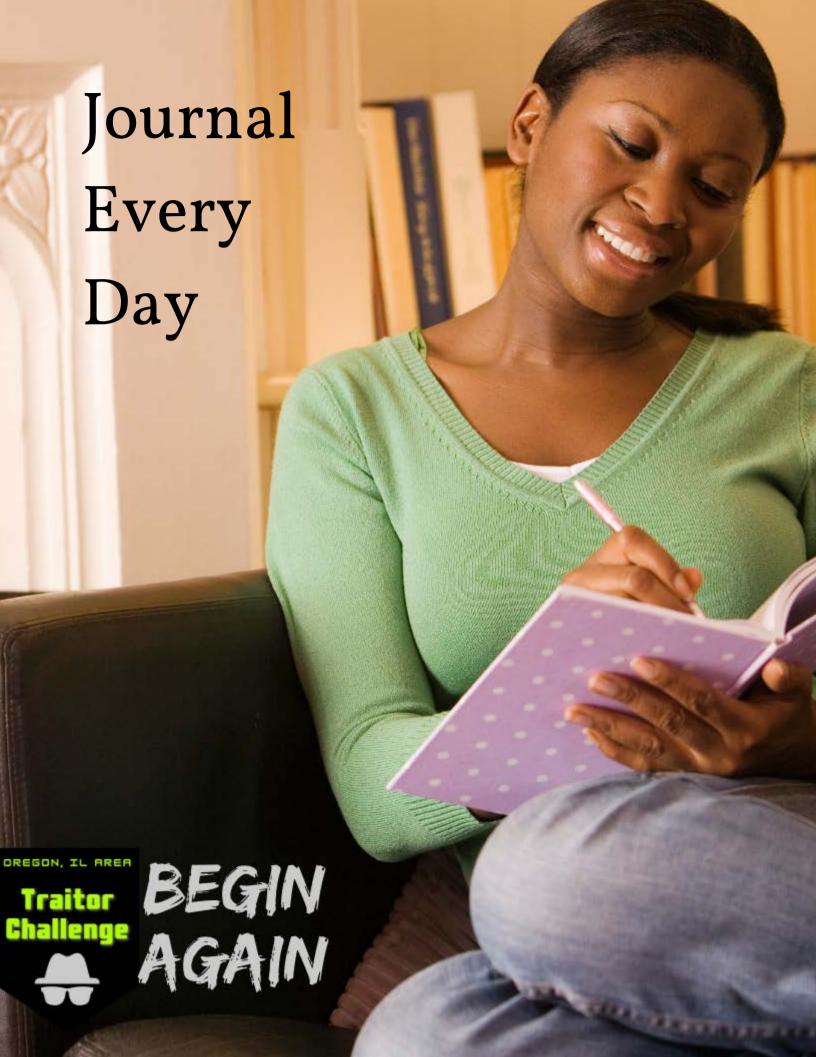
BOSSMAN FITNESS

STRENGTH | POWER | ENDURANCE | PERFORMANCE

VEGAN PLANT BASED FAT LOSS MEAL PLAN

This product is not intended to diagnose, treat, cure, or prevent any disease." ... The disclaimer must also state that this product is not intended to "diagnose, treat, cure or prevent any disease," because only a drug can legally make such a claim.

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Today, I am thankful for					
- -					
					
					-
					



My Childhood hero was
and I am similar to them in these ways:



What is your best quality?



ke a list	•			



In what ways are things going well for you? How have you					
helped things go well? How have others helped things go well?					



What kinds of things come easily for you?				



What activities in your life help you to feel strong?				



Write about a time you made a difference for someone else.					



Write about your own personal island. Who is allowed on the					
island? What are the rules? What stores or shops are there?					



If everything went well for you, what would your life be like in 3				
years?				



Draw an iceberg on the next page. On the top section, write all the
things commonly known about you. In the middle section, write
things only some close friends or family know about you. In the
bottom section, list things only you or one other person know
about.





What is one thing happening within the next 6 months that you
are looking forward to?



List all the good things about your current relationship status.



What is one habit of yours that is healthy and helps your day go				
well?				



If your mood today was a season, which one would it be and why?
<u></u>



escribe your favorite memory.



Which daily routine gives you the most joy and why?						



Write about your favorite time of year and what makes it special.					



Γο you, what are the best parts of being a grown up?					
=					



does this tell you about yourself?	What are 3 items (not people) you could not live without? What
	does this tell you about yourself?



Write about a time when you felt calm and centered. Walk
through that time using all 5 senses. What did it look like, sound
like, smell like and taste like and feel like?
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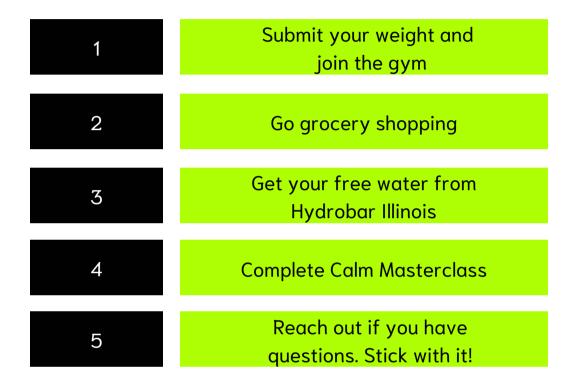


Extra writing space	
	
	- F
	
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What is the last thing that made you laugh out loud?					
					-11

Timeline



Investment

You are investing 21 days to see what will happen if you follow our recommendations. Do it because you deserve this.