



21 Day Healthy Lifestyle Online Challenge

Nutrition Handbook

Table of Contents

Table of Contents	1
21 Day Challenge Nutrition Guidelines	2-14
Introduction	3-5
What to Eat	6-7
Foods you can eat in Moderation/ Foods you should Avoid	8-9
Gluten Containing Ingredients you should Avoid & are Allowed	10

Sample Meal Suggestions

11

Top 30 Super Foods

12

Week 1/2: Meal Plan

13-14

21 Day Challenge Nutrition Guidelines

Thank you for choosing to participate in the 21 Day Challenge! We want to help you kick start your fitness/health routine. This booklet will provide you a list of all the “Do’s” and “Don’ts” for the next 21 days.

The 21 Day Challenge is designed to get your body’s hormones re-balanced and get you burning fat again. Each of the dietary changes detailed below will contribute to lowering your cortisol and balancing your insulin levels. Both hormones are associated with storing fat instead of burning fat. Additionally, other changes such as eliminating alcohol and caffeine will help your liver be available to burn fat instead of removing toxins from the blood. Eliminating Grains and commercial dairy, which may cause inflammation will ease digestive stress on your body will also reduce bloating and water retention. Inflammation and digestive stress cause water retention. When all of these changes are combined you will be amazed at how quickly you can burn fat and lose weight. Some of the weight loss will be from water loss when you are not under as much inflammation. Regardless if the weight loss is fat or water you will feel better, look better and your clothes will fit better. For questions please see our Frequently Asked Questions: <http://www.precisionathletics.ca/21-day-challenge-nutrition-faq/>

What not to do for 21 days:

Do not consume any of the following:

- ❖ Alcohol
- ❖ Processed Sugar
- ❖ Caffeine
- ❖ White flour
- ❖ Processed dairy: (Goat products are OK)
- ❖ Grains (Breads, cereals, pasta or rice)
- ❖ Gluten (Food List included)
- ❖ Packaged goods

If it was not around 100 years ago do not eat it!

What you need to do for the 21 days:

- ✓ Workout using the videos provided 6 x per week
- ✓ Get out-side for a walk, run or ruck (weighted pack walk) minimum 30 minutes daily
- ✓ Each workout will last between 20 – 30 min
- ✓ Drink between 2-3.5 litres of water throughout the day.
- ✓ Get into bed by 10:30pm or earlier at least 6 nights per week.
- ✓ Get 8 hours of sleep each night.
- ✓ Yoga class links provided 3-6 x per week
- ✓ Eat 3-5 meals per day (including the most important meal: breakfast)
- ✓ Eat Protein, Fats and Fruits or Vegetable with each meal.

- ✓ Eat lots of leafy green vegetables for many vitamins and minerals (including calcium)

Try and choose Organic, hormone free and free-range foods over non-organic.

Why avoid the following in your diet?

Alcohol is full of calories, which in itself is not beneficial if you are trying to lose fat, however that is the lesser of the two evils. Alcohol consumption produces a by-product substance in the body called “acetate”. As your metabolism becomes active the energy expended will not be allocated to ridding the body of stored calories in fat but will instead be burning off all the acetate in your body. This is of no benefit to your body, on the contrary it is tying up your fat burning resources and slowing down your metabolism up to 75%!!

Caffeine provides a temporary high stimulating the sympathetic nervous system and igniting the body's stress responses (Fight or Flight). With a half -life of 4 hours, caffeine will remain in the system for over 24 hours and can hinder your sleep and recovery. Your liver, which is responsible for metabolizing fat, is tied up removing the caffeine from your body instead of burning fat. Caffeine is also correlated with decrease in bone density and taxes the pancreas which is forced to release hormones to re-stabilize blood sugar levels.

Simple sugars cause blood sugar levels to rise and in turn the body releases a hormone called insulin in order to stabilize your blood sugar levels. Insulin is a storage hormone, which causes the body to store fat instead of burning fat, further increasing body fat.

White flour is so over processed and void of nutrients and it affects the body in a manner similar to sugar.

Commercial processed dairy is full of hormones and antibiotics due to the method in which the cows are raised. The pasteurization process kills many of the digestive enzymes within the dairy product, which makes it difficult to digest for many people.

Gluten is a protein that is found mostly in wheat and wheat products, and the vast majority of the population has some level of sensitivity to it. Gluten sensitivity will affect the body in many ways. The immune systems in Gluten intolerant people will jump into action when gluten enters the system. Our immune system demands use of a lot of the bodily resources, this in turn decreases our metabolism and impedes our recovery when the body is needlessly working overtime. Continued consumption of Gluten can lead to increase in fat storage and in severely intolerant individuals consumption can lead to Celiac disease, which is a very serious health condition.

(Food List included with Gluten and non-gluten options)

Packaged goods are loaded with preservatives, which clog the liver and slow down the body's fat burning capabilities. Not to mention all the known and all of the unknown negative affects they have on the body.....I am sure we will find out in years to come.

If it was not around 100 years ago do not eat it!



What to Eat!?

Starting with meats, choose organic, hormone free, grass fed meats. Eat as much as you want for breakfast, lunch & dinner. Limit Beef to 3 times per week. Cook the meats simply without too much added fat – broiling, baking, roasting, sautéing or browning, then pouring off excess liquid fat, or stir frying over high heat with a little oil (No deep fat frying)

Lean Meats

- ✓ Lean Beef (trimmed of visible fat)
- ✓ Lean Pork (trimmed of visible fat)
- ✓ Poultry
- ✓ Eggs (limit to 6 per week)
- ✓ Organ meats
- ✓ Game meat
- ✓ Fish

✓ Shellfish

Fruits and Vegetables:

If you love fruit and are convinced it is making you fat, have the bulk of your fruit before 2pm and if you want to consume more keep it to mainly lower glycemic fruits like berries.

Nuts are rich in calories so if you are trying to lose weight, you should eat only about 4 ounces of them a day. Also, except for walnuts, almost all nuts have high levels of omega 6 fats, and if eaten excessively, they can unbalance the ratio of omega 6 to omega 3 fats in your diet.

For ideal health, then, you should eat fruits and/or vegetables with every meal (avoid deep fried veg), along with moderate amounts of nuts, avocados, seeds, and healthful oils (flaxseed, olive oil, and mustard seed). Again, if fat loss is the primary goal then limit consumption of the high carbohydrate, starchy tubers such as potatoes, sweet potatoes and yams. Also, dried fruit should be eaten only in small amounts because it, too, can produce a high glycemic load (causing a rapid increase in the blood glucose level), particularly when you eat too much of it. When you're hungry or in doubt, start with a high protein, low fat food.

Remember, lean protein is the most effective nutrient in reducing your appetite and boosting your metabolism to help you burn stored fat.

Fruits

- Apple, Cranberries, Apricot, Figs
- Avocado, Gooseberries, Banana, Grapefruit
- Blackberries, Grapes Blueberries, Guava
- Boysenberries, Honeydew melon, Cantaloupe Kiwi
- Carambola Lemon Cassava Melon Lime
- Cherimoya, Lychee, Cherries, Mango
- Nectarine, Pomegranate, Orange, Raspberries
- Papaya, Rhubarb, Passion Fruit, Star Fruit
- Peaches, Strawberries, Pears, Tangerine
- Persimmon, Watermelon, Pineapple, Plums All other fruits

Vegetables

- Artichoke, Mushrooms, Asparagus, Mustard

- Beet, Greens, Onions, Beets, Parsley
- Bell Peppers, Parsnip, Broccoli, Peppers (all kinds)
- Brussels Sprouts, Pumpkin, Cabbage,, Purslane
- Carrots, Radish, Cauliflower, Rutabaga
- Celery, Seaweed, Collards, Spinach
- Cucumber, Squash (all kinds) Dandelion, Swiss Chard
- Eggplant, Tomatillos, Endive, Tomato
- Green Onions, Kale, Turnips
- Kohlrabi, Watercress, Lettuce
- Potato/Sweet Potato/Yams (in limited amounts, skin on, no butter)

Nuts and Seeds

If you are actively losing weight, you should eat no more than 4 ounces of nuts and seeds (unroasted and unsalted) per day. Walnuts are one of the best as they have the highest omega 3 ratio.

- Almonds, Pine Nuts, Brazil Nuts, Pistachios
- Cashews, Pumpkin Seeds, Chestnuts, Sesame Seeds
- Hazelnuts, Sunflower Seeds, Macadamia Nuts, Walnuts
- Pecans

Dairy

Goat products are permitted, choose organic when possible.

Portion Sizes

Meals should contain the following range of each nutrient

- Protein 14g-28g
- Carbs from Fruits/ Veg 18g -36g
- Fat 3g-6 g

Snacks

- Protein 7g-14g
- Carbs from Fruit/ Veg 9g-18g
- Fat 1.5g-3g

You will note there is a range in meal and snack sizes. If you have a small meal with 14g of protein you would have 18g of fruit or veg and 3g of fat, if you had a larger meal with 21g of protein you would have 27g of fruit or veg and 4.5 g of

fat or a very large meal 28 g of protein, 26 g of fruit or veg and 6 g of fat. There are lots of great food calculators that will give you a breakdown of Protein Carbs and fat for various foods. This one is comprehensive <http://ndb.nal.usda.gov/ndb/search/list>

These weights are by gram of protein carb or fat content. For example a 3 oz chicken breast has 24g of protein.

For simplicity foods are counted toward only their highest nutrient. For example there is some protein in nuts but the majority of calories are from fat so they are counted toward your fat portion.

For simplicity each meal should have a protein- choose one eggs, fish, meat a fruit or vegetable or two and a healthy fat nuts seeds or healthy fat.

Foods You Can Eat in Moderation

Oils

4 tablespoons a day

- Olive, Avocado, Walnut, Flaxseed

Paleo Sweets

- Dried Fruits (2oz)
- Nuts mixed with dried fruit and fresh fruits (no more than 4oz of nuts & 2oz of dried fruit/day)

Starchy Tubers

- Sweet Potatoes
- Yams
- Potatoes

Foods You Should Avoid

Dairy Foods

For More Information go to www.precisionathletics.ca or email info@precisionathletics.ca

- All processed foods made with Butter, Cheese, and Cream
- With any dairy products Nonfat dairy creamer Skim milk Dairy spreads
- Powdered Milk Frozen yogurt Ice Milk Low-fat Milk
- Ice cream Whole milk Yogurt

Cereal & Grains

- Barley (barley soup, barley bread, & all processed foods made with barley)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, rice flour, & all processed foods made with rice)
- Rye (rye bread, rye crackers, & all processed foods made with rye)
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, & all processed foods made with wheat or wheat flour)
- Wild rice

Cereal Grainlike Seeds

- Amaranth
- Buckwheat
- Soybeans & all soybean products, including tofu

Salt-Containing Foods

- Bacon, Processed Meats ,Pork rinds, Cheese
- Salami, Deli Meats ,Frankfurters, Ham
- Hot Dogs, Ketchup, Pickled foods, Olives
- Salted nuts Salted spices Sausages
- Smoked, dried, & salted fish & meat
- Virtually all canned meats & fish (unless you soak & drain them)

Fatty Meats

- Bacon, Fatty beef, Beef ribs
- Fatty ground beef
- Fatty pork chops Fatty pork roasts
- Pork ribs Pork sausage

- Chicken wings

Soft Drinks & Fruit Juices

- All sugary soft drinks and processed juices: Gatorade, Vitamin water

Sweets&Snacks

- Candy, Honey, Sugars, chips, protein bars

Gluten-Containing Ingredients To Be Avoided

Barley	Oats	Wheat
Couscous	Oat Bran	Wheat Bran
Emmer*	Rye	Wheat Germ
Filler	Semolina	Wheat Starch
Graham Flour		

Gluten Free Foods Allowed

Molasses	Quinoa	Mustard Flour
Arrowroot Flour	White Vinegar	Sorghum
Flax	Millet	Spices

Green Pea Flour

Chick Pea Flour

Lecithin

Legumes

Chick Peas

Channa

Lentils

Peas

Peanuts



Meal Suggestions

Breakfast

Choice 1

- 2 eggs boiled (preferable organic free range)
- Grapefruit or apple
- 6-10 almonds

Choice 2

- 3 eggs scrambled
- Sliced tomatoes with olive oil salt and pepper
- 5 brazil nuts or a tablespoon of almond or hazelnut butter

Choice 3

- Smoothie made from
- 2 scoops 100% Gold standard egg protein powder or Vega Sport (chocolate recommended)
- 1.5 cups almond milk
- 1 table spoon flax seed
- 1 table spoon peanut butter (unsalted, sugar free)
- ½ banana

Lunch

Tuna or chicken salad with green salad olive oil based dressing or lightly dressed with nuts (walnuts have lots of iron)

Roast chicken with veggies or Greek salad (they often have pre made fresh Greek salads)

Omelette or scrambled with eggs and veggies if you did not have eggs for breakfast

Fish (fresh or from a can) with Salad

Snacks

Piece of fruit apple or pear

Nitrate, gluten free turkey cold cuts

6 almonds

Protein shake (no whey which is dairy) we recommend Vega sport or an egg protein powder such as Gold Standard 100% Egg.

Dinner

Meat, Poultry or Fish

Steamed, lightly fried, grilled veggies or a large salad. Dress either with grape seed or olive oil

Top 30 Super Foods**

- | | |
|--|--------------------------------------|
| 1. Collards/Mustard/Turnip Greens - 1000 | 11. Cabbage - 481 |
| 2. Kale - 1000 | 12. Romaine Lettuce - 389 |
| 3. Watercress - 1000 | 13. Broccoli - 376 |
| 4. Bok Choy - 824 | 14. Red Pepper - 366 |
| 5. Spinach - 739 | 15. Carrot Juice - 344 |
| 6. Broccoli Rabe - 715 | 16. Tomato/Tomato products – 190-300 |
| 7. Chinese/Napa Cabbage - 704 | 17. Cauliflower - 295 |
| 8. Brussel Sprouts - 672 | 18. Strawberries - 212 |
| 9. Swiss Chard - 670 | 19. Pomegranate juice - 193 |
| 10. Arugula - 539 | 20. Blackberries - 178 |
| | 21. Plum - 157 |

22. Raspberries - 145
23. Blueberries - 130
24. Orange - 109
25. Cantaloupe - 100
26. Beans (all varieties) – 57-104
27. Flax, Sunflower, sesame seeds –
52-72
28. Pistachios - 48
29. Tofu (not recommended in large
quantities due to high levels of
estrogen) - 37
30. Walnuts – 34

**as defined by nutrient richness/density
scored out of 1000.



Week 1: Meal Plan

Fill out your Meal Guide Every Day
Please Include all Food and Drinks

Su nda y							
Sat urd ay							
Fri day							
Thu rsd ay							
We dne sda y							
Tue sda y							
Mo nda y							
Dat e:	Breakfast Time:	Sna ck Tim e:	Lunch Time:	Sn ac k Ti me :	Dinner Time:	Sn ack Ti me :	Phy sica l Acti vity

Week 2: Meal Plan
Fill out your Meal Guide Every Day

Su nda y							
Sat urd ay							
Fri day							
Thu rsd ay							
We dne sda y							
Tue sda y							
Mo nda y							

Date:	Breakfast Time:	Snack Time:	Lunch Time:	Snack Time:	Dinner Time:	Snack Time:	Physical Activity
--------------	------------------------	--------------------	--------------------	--------------------	---------------------	--------------------	--------------------------

Week 3: Meal Plan
 Fill out your Meal Guide Every Day

Sunday							
Saturday							
Friday							
Thursday							
Wednesday							
Tuesday							

Monday							
Date:	Breakfast Time:	Snack Time:	Lunch Time:	Snack Time:	Dinner Time:	Snack Time:	Physical Activity

