

## Breakfast Options (Choose 1 of the breakfast options below)

### Green Glowing Juice

(This is your best weapon against cellulite and you will see it on every challenge menu!)

**Ingredients:**

- 8 cups chopped spinach or kale
- 2 cups chopped celery (about 2 stalks) or cucumber (about 1/2 one)
- 1/2 a large or 1 small lemon (cut the peel before you put it through the juicer)
- 1 small apple or banana

**Instructions:**

- Combine all the ingredients in a juicer or blender, and run until the juice is smooth.

### Strawberry Lemonade Smoothie

(Satisfying and increases your energy – also a great post workout meal!)

**Ingredients:**

- 1-2 cups water
- 1 cup frozen strawberries
- 1 banana
- Juice of 1 lemon
- 1 scoop protein powder
- 1 tablespoon chia seeds
- Ice, optional
- Handful of spinach, optional

**Instructions:**

- Put everything into a blender (except the chia seeds) and blend until smooth. Stir in the chia seeds after for extra protein, healthy fat and fiber!

### Egg & Pesto Wrap

(Super quick when you cook the eggs the night before)

**Ingredients:**

- 1 Ezekiel or brown rice wrap (You could even put this between 2 slices of Ezekiel bread)
- 1 tbsp. basil pesto or sun-dried pesto
- 2 hard-boiled eggs, peeled and thinly sliced
- 2 thin slices of tomato
- Handful of baby spinach

**Instructions:**

- Spread the pesto on the wrap or toast
- Place the egg on top of the pesto, followed by the tomato slices.
- Top with spinach and roll it up to go!

## Lunch Options (Choose 1 of the lunch options below)

### Crispy Quinoa Cakes

(Lovely lunch to make ahead of time! Goes great with a spinach salad and tahini dressing)

#### Ingredients:

- 1 ½ cups cooked quinoa
- 2 tbsp. ground flax + 6 tablespoons water
- 1 cup destemmed and finely chopped kale
- ½ cup rolled oats, ground into a flour 1/2 cup finely grated sweet potato
- ¼ cup finely chopped oil-packed sun-dried tomatoes
- ¼ cup sunflower seeds
- ¼ cup fresh basil leaves, finely chopped
- 2 tbsp. finely diced onion
- 1 clove garlic, minced
- 1 tbsp. runny tahini paste
- 1 ½ tsp. dried oregano
- 1 ½ tsp. red or white wine vinegar
- ½ tsp. Himalayan salt, or to taste
- 3 tbsp. brown rice flour
- Red pepper flakes, to taste

#### Directions:

- Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- Mix the ground flax and water in a small bowl and set aside for 5 minutes or so to thicken.
- Combine all ingredients together in a large bowl, including the flax mixture and the 1.5 cups cooked quinoa. Stir well until the mixture comes together. Don't forget the flour because it helps bind the patties.
- Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.
- Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.
- Cool for 5 minutes on the sheet and then enjoy!
- Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of oil, and cook patties for about 3 minutes per side, or until heated through.

### **Pear & Walnut Sandwich**

(Quick and easy lunch option – that almost tastes like a treat!)

#### Ingredients:

- 1/2 cup (4 ounces) spreadable goat's cheese
- 8 (1.1-ounce) slices Ezekiel cinnamon-raisin bread, toasted
- 2 tablespoons finely chopped walnuts, toasted
- 2 Bartlett pears, cored and thinly sliced
- 1 cup alfalfa sprouts
- Thinly sliced turkey or chicken breast, optional

#### Instructions:

- As you would assume, assemble this baby together for a delicious sandwich!

### **Protein Pancakes**

(Love making these on the weekend and keeping them for lunches throughout the week. I sometimes even eat them cold as a snack option.)

#### Ingredients:

- 2 cups ground oatmeal
- 3 tbsp. baking powder
- 1 scoop protein powder
- 1-2 bananas all mashed up
- 1/4 tsp salt
- 1 tsp pure vanilla extract
- 2 eggs
- 2 cups almond
- Ground cinnamon – as much as desired
- Chopped walnuts, options
- 3 tbsp. of coconut oil for skillet
- 100% maple syrup

#### Instructions:

- Combine oat flour, baking powder, protein powder and salt. Set aside
- Whisk together vanilla, egg, and milk until well blended
- Stir the dry and wet ingredients together, until a smooth batter is formed
- Heat a large non-stick skillet on medium heat, and add oil
- Spoon the batter into the skillet to form pancakes of desired size. When the tops of the pancakes bubble, flip the pancakes over. Remove pancakes when both sides are lightly browned, and top with 100% maple syrup!

## Dinner Options (Choose 1 of the dinner options below)

### Grilled Lemon Basil Chicken

(Pairs well with your favourite grilled veggies and some brown rice)

**Ingredients:**

- 4 tbsp. olive oil
- 12 chicken breast tenderloins
- ¼ cup lemon juice
- 1/3 cup honey
- 3 cloves garlic, minced
- ¼ tsp. dried oregano
- ¼ tsp. rosemary
- ¼ cup fresh basil

**Instructions:**

- Using a small bowl, whisk together olive oil, honey, lemon juice, garlic, oregano and rosemary.
- Place tenderloins in dish and pour marinade over chicken, reserving a few tablespoons for basting.
- Refrigerate for 30 minutes or up to 6 hours.
- Heat grill to medium high indirect heat and add chicken. Cook for 2-3 minutes then flip. Baste with extra marinade and cook an additional 2-3 minutes.
- Remove chicken from grill and tent with foil for 3-5 minutes or until ready to serve. Top with a sprinkle of fresh basil when serving.

### Peanut Butter Pasta

(Great for energy on workout days - can be consumed for dinner or lunch)

PS....Thanks challenger Ash Klatt for this recipe!

**Ingredients:**

- Himalayan salt
- ½ lb. brown rice pasta or red lentil noodles
- 2 heads of broccoli
- 3 tbsp. grapeseed oil
- 1/2 tsp. red pepper flakes
- ¼ cup rice vinegar (maybe little less)
- 2 tbsp. All Natural Smooth Peanut Butter
- 3 tbsp. Bragg's All Purpose Seasoning
- 1 bunch scallions, thinly sliced crosswise
- 1/2 C Roasted Peanut

**Directions:**

- Cook pasta according to directions
- Trim and chop broccoli to bite size pieces. Using a vegetable peeler, peel outer layers of stalk, thinly slice crosswise.
- Heat 1 tbsp. of oil in LARGE skillet. Add pepper flakes, broccoli and ¾ C water, cover and cook until it is tender. 6-8 minutes. Uncover and cook until liquid is evaporated, 2-4 min.

- In bowl whisk 1-2 tbsp. of oil, vinegar, Peanut Butter, and Bragg's. Add pasta, broccoli, sauce, scallions, and peanuts - toss to combine. Serve immediately.

**Roast Beef & Watermelon Salad**  
(Don't mock it until you try it – so good!!)

Ingredients:

- 4 cups arugula
- 1 lb watermelon chopped
- 1/2 red onion, sliced
- 4 tbsp. goat's feta-cheese
- 1 lb cooked roast beef, sliced
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 garlic cloves
- Small handful fresh parsley (remember how detoxifying this is!)

Instructions:

- Combine arugula, watermelon, onion, cheese and beef in a large bowl and set aside.
- In a small bowl, whisk liquid ingredients, garlic and parsley until blended to make a dressing.
- Generously pour dressing over salad, toss to coat.
- Serve chilled.

**Tahini Dressing**

(favourite dressing included in lunch and dinner options; full of protein and bloat-reducing ingredients)

Ingredients:

- 2 cloves garlic
- 1 tbsp. tamari
- 3 tbsp. raw apple cider vinegar
- 1/4 tsp. Himalayan salt
- 1/2 cup water
- 2 tbsp. nutritional yeast
- 1/3 cup tahini
- 2 tbsp. almond butter

Instructions:

- Blend these ingredients until they are thoroughly combined, creamy and delicious looking!

## Snack Options

Snacks are incredibly important when it comes to weight loss. Eating every 3-4 hours during the day is instrumental in your success. Truly! It helps to stabilize your blood sugar levels, keep your energy high, and your cravings at bay. Do not underestimate the importance of snacking! Even if you're not hungry at the beginning (which can be a sign of a slowed metabolism...not good), throw a couple almonds down the gullet to ensure you're eating something! The act of simply metabolizing food burns calories itself, so really, you have nothing to lose...but a couple inches. Here are some of my super quick go-to options, but know there are tons online to choose from as well:

### Chocolate Salty Balls

#### Ingredients:

- 2 cups raw walnuts
- 1/2 cup medjool dates
- 1 cup raw cacao powder
- 1/4 tsp sea salt

#### Instructions:

- Process walnuts until finely ground.
- Add cacao and sea salt and pulse to combine (be careful not to pulse too much or the walnuts will turn into 'butter')
- Add the dates one by one until combined
- The dough will look crumbly but should stick together easily when pinched between your fingers.
- Roll them into balls for little bite sized snacks.

### No-Bake Chocolate Almond Butter Cookies

#### Ingredients:

- 1 cup almond butter
- 3/4 cup honey
- 1/2 cup coconut oil
- 2 tsp. vanilla
- 2 1/4 cups quick oats
- 6 tbsp. cacao powder

#### Instructions:

- Combine first three ingredients in a sauce pan and warm gently on stove top. If you're using raw honey, you'll want to be careful to warm it only until the coconut oil melts and the almond butter softens. No reason to heat the life out of your honey!
- Next, add in the vanilla, oatmeal, and cacao, and stir well.
- Drop by the spoonful onto a saran lined plate and let cool. Store in an airtight container in the refrigerator – if they last that long.

## **No-Flour Almond Butter Muffins**

### Ingredients:

- 1 cup zucchini, grated
- 1 cup creamy almond butter
- ¼ cup 100% maple syrup
- 2 large eggs
- 1 tbsp. chia seeds
- 1 tsp. apple cider vinegar
- 1 tsp. ground cinnamon
- 1 tsp. vanilla
- ½ tsp. baking soda
- ¼ tsp. Himalayan salt
- 2 tbsp. chocolate chips (optional)

### Instructions:

- Pre-heat oven to 375 degrees and prepare a mini muffin tin with coconut oil
- Add all the ingredients but the chocolate chips into a medium sized mixing bowl and stir until well-combined. Gently stir in chocolate chips.
- Fill each muffin cavity ¾ full (even without the flour these puff up!)
- Bake for 7-8 minutes, or until the tops are set and a toothpick inserted into the center comes out clean without any 'batter'.
- Allow muffins to cool for 10 minutes and then transfer them to a wire rack to continue cooling off.

## **Raw Veggies & Hummus**

Don't forget your veggies! Cut up some veggies on Sunday when you're prepping your food and eat these throughout the week, for a quick and easy snack. The hummus gives is some extra flavor and the healthy fat in hummus helps you absorb the nutrients and vitamins they provide.

## Drink Options (Don't waste calories on liquids)

### Water

- If you want to control your hunger and release toxins faster, it is imperative you drink 2 liters of water daily. No matter what! That's four 500ml of bottled water, and if you add fresh lemon, you'll speed that process up even more.  
NOTE: Your body uses up 2 liters of water every single day just to process normal bodily functions. That means 2 liters is the minimum, and if you could have 3 liters of water, that's even better – especially if you're sweating and consuming caffeine!

### Coffee

- Please stick to only 1 coffee per day to ensure that you do not stress your adrenals, keeping your body and nerves calm and able to shed unwanted fat.
- Your best coffee options are having your coffee black, with almond milk, or 1 tbsp. of coconut oil blended in the bullet. It's like a latte!
- Don't waste your calories on lattes unless you're making them at home with almond milk and maple syrup

### Tea

- Enjoy up to 2 cups of tea daily, but only 1 if you've had a coffee too, because you don't want to dehydrate and stress your adrenals like mentioned above.
- Your best tea options are having it black, with almond milk or 1 squeezed lemon, cayenne pepper, cinnamon and a little maple syrup for something sweet.

### Alcohol

- It's all about the balance here, so you can totally have a drink or two throughout your week. I do! Just make sure you keep it light, simple and don't overdo it because drinking alcohol does slow your metabolism, make you retain water, and add unwanted calories into your routine.

### Juice

- No juice during these 4 weeks unless you cut up the fruit and make it yourself in the blender. Drinking juice is wasted liquid calories in the form of sugar, and it never compares to the nutritional benefits you get from an actual piece of fruit.

### NOTES:

- Don't waste your calories putting milk/cream and sugar in your tea or coffee. Over a year's time, this equals a lot of calories (and extra pounds), and trains your pallet to always want something sweet. Plus, adding sugar to your hot beverages puts you into fat-*storing* mode...my goal is to get you all in fat-burning mode!
- This may not taste the best at first but it will only take roughly a week to train your taste buds to enjoy it without any milk/cream and sugar. Trust me, I've been there, and now I really enjoy the bitterness of my beverages! Plus, I lost 5lbs just making this simple change, so it was well worth it!

## Substitutes

If there are snacks and meals that you do not like on the meal plan you can sub it with a snack or meal that you find through your online training recipe library. Your first week may be tough, so be sure to drink lots of water and get lots of rest. Stay focused just knowing that the cravings and tiredness will pass if you stay on track. The meal plan is balanced with proteins, carbohydrates and healthy fats to keep your body satisfied and nutritionally sound. This is a lifestyle; not a diet. Therefore, this is something you can stick to for the rest of your life with tons of success.