NOW – NUTRITION OF THE WEEK
WEEK 1

FIRST…THE BASICS

Over the next 8 weeks, you'll be eating a real, whole-foods based meal plan. If it comes out of a box, you're probably not going to find it on the grocery list. I know we are busy, but there is no substitute for eating clean the majority of the time. Let me start off by saying it's not about being perfect but it's also not about making excuses.

Great nutrition is the foundation of great results. Your main focus is going to be on eating high-quality protein, healthy fat, nutrient dense greens, and real fruits and vegetables.

Processed foods laden with chemicals, artificial colourings and preservatives are NOT on this plan.

Other things you won't find here: added sugars like high fructose corn syrup, inflammation-causing grains (like white bread or other baked goods), and most dairy.

Inflammation is the root of all disease in the body.

That's why the overall goal of this challenge is to feed your body with nutrient rich foods to help reduce inflammation so your body can heal and restore itself.

As your body begins to balance out, you'll notice increased energy, better quality of sleep, better digestion, and increased fat loss.

I am VERY excited about the next 8 weeks, because what you will be learning can literally change the rest of your life.

GO GETTERS→ Best results: For those ready to dive all in you are working on **Nutrition Plan A** on page 3

EASE INTO IT→ If you need to get your feet wet and want to work up to it slowly, work with **Plan B** on page 3

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	NOW *NUTRITION OF THE WEEK CHECKLIST 4 ALL
	AM Breakfast: Plan your breakfast and eat it every morning – try for 20 grams of protein per serving
	AM: One glass of warm water with lemon every morning upon waking BEFORE eating
	Food: Add 3 new things to your grocery cart this week
	Fridge: Remove any temptations that you can get rid of easily. Post a Before and After fridge photo in the Facebook Group *post the photo under my reply thread
	Improve: Make a post it with two things that you want to improve and add to your bathroom mirror and fridge
	Shopping: Print your Smart Cart Grocery list
	Meal Planning: Write out 7 meals for the week ***Tip:*** Do it on cue cards and jot down ideas then put in a basket and pick from them for weekly meal plans
	Cinnamon: Add cinnamon daily to any foods or teas – immunity booster
	Spice it: Cook with your favourite spices in all meals *see Smart Cart list
	Detox Water: Drink daily *recipe below
	Include daily: Protein, Fats, Fibre and Water
	Food Journal Daily: Use the sheet I provided or an app. I prefer writing it out, no cheating!

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NOW NUTRITION PLAN A OR B

NUTRITION → PLAN A

- ➢ Drink the detox water daily (water, a slice or grated fresh ginger and hint of cayenne pepper) *recipe below
- ➢ One glass of warm water with lemon every morning upon waking before eating
- ➢ You are removing ALL added sugar - nothing with ose, replace with natural sugar but keep fruit servings to 3 per day
- ➢ Eliminate ALL wheat, corn, soy *very inflammatory
- ➢ Mid morning shake – try the **Fit4 Fat Blasting Smoothie Recipe**
- ➢ Remove caffeine OR max one daily
- ➢ Eat TONS of vegetables raw, roasted, steamed, etc.
- ➢ Eat mainly level 4 foods from the chart *courtesy of Goodness Me
- ➢ No red meat
- ➢ Food journal daily for increased success
- ➢ Lots of herbal and caffeine free teas daily

NUTRITION → Plan B

- ➢ All items in Nutrition Plan A are suggested but you may want to decrease rather than remove
- ➢ If it seems too much to completely REMOVE you can simply decrease all suggested items
- ➢ Keep track of what you decrease and how you feel by eating or drinking less of an item
- ➢ Try a minimum of 500ml of the detox water daily

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DAILY DETOX WATER

I love the book *The Supercharged Hormone Diet* by Dr. Natasha Turner, N.D. Try her "detox water" to reset your hormones and detox your body the healthy way! ***Lemon Cayenne Water***: Prepare it in the morning and take it with you to school or work to sip throughout the day.

YOU NEED:

1. Water bottle preferably glass
2. 1 fresh squeezed lemon
3. 1 piece of fresh sliced ginger *better grated
4. 1 pinch of cayenne pepper
5. 1 litre of water

Add ingredients together in water bottle and sip throughout the day. You will get used to the spicy kick of this drink. Just remember, you are getting the warming and detoxifying benefits of the cayenne pepper, ginger and lemon. Cayenne pepper contains capsaicin, which inhibits hunger and fat storage. Lemon aids in liver detox and alkalizes the body. Ginger decreases nausea and inflammation and helps warm the body.

Warm it up and enjoy. This water will aid your body's metabolic processes and can help with weight loss.

TRINA'S SECRET WEIGHT LOSS FIGHTING FOODS

Power Foods for Daily Energy: I want you to consume, protein, fat and fibre daily, as well as carbs in the form of healthy veggies *limit starchy carbs

- ✓ **FRUITS**: Blueberries, strawberries, raspberries, cranberries and blackberries *no more than 3 servings daily = 1 medium fruit or ½ cup chopped
- ✓ **VEGETABLES**: Beans, artichoke hearts, lentils, kale (green leafy = more vitamins)
- ✓ **NUTS/SEEDS:** Pecans, walnuts, almonds, pine nuts, hazelnuts – pumpkin, sunflower or chia seeds daily for fibre

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Power Foods for Daily Energy cont'd

- ✓ **SPICES**: Cinnamon, turmeric, basil, cayenne pepper LOAD UP!
- ✓ Eggs
- ✓ Homemade Protein Shakes (Greek yogurt, berries, chia seeds, pumpkin seeds and a shot of Wheatgrass)
- ✓ OMEGA 369 oil daily! (Smoothies/salads)
- ✓ Coconut and Olive oil daily for healthy fats
- ✓ Avocados *1/4 is a good portion
- ✓ Think legumes, beans, peas, seeds in general, hemp, chia, flax, greens
- ✓ Pumpkin butter
- ✓ Wheatgrass daily - Gluten free, vegan, raw, 8g serving offers 2x more fibre than an 8g serving of Oat bran, 2x more iron than 30g of fresh spinach, excellent source of beta carotene and vitamin C, 19 amino acids which help (Wheatgrass is very alkaline when it's sprouted, it's not wheat like bread)

SAMPLE PROTEIN SERVINGS

Example 1	Example 2	Example 3
Snack: ¼ cup of pumpkin seeds= 8g	**Breakfast**: 2 eggs = 12g	**Breakfast**: ¼ cup almonds = 8g 1 egg = 6g
Lunch: 1 can of tuna = 40g	**Snack**: 1 cup yogurt = 10g ¼ cup flax seeds = 8g (note: Greek Yogurt has more protein)	**Snack**: 2 tbsp. peanut/ almond butter = 6-8g
Dinner: 1 cup quinoa = 9g (it's a seed not a grain)	**Lunch**: ½ cup hummus = 10g	**Dinner**: ½ cup tofu = 20g (non processed, Tempeh) 1 cup seaweed = 16g **Tosca Reno eat clean recipes*
	Evening Snack: 4 tbsp. hemp seeds = 14g	

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BREAKFAST SAMPLES

1. Protein and fat are your best sources for breakfast because they will stabilize your blood sugar level, insulin wants to stay happy
2. Egg whites and 2 full eggs with salsa, goat's cheese and a side of apple or avocado
3. Smoothies packed with everything including spinach or kale (cut up frozen bananas and store in Ziplocs to freeze)
4. Oatmeal, flax and almond butter with nuts
5. There are tons of recipes on the FIT Blog under Recipes

LUNCH AND DINNER IDEAS

1. Homemade Turkey meatballs on a bed of spiralized zucchini or spaghetti squash with your favourite sauce and a side salad
2. ***TIP: Make your own****. Cheaper, healthier and SUPER EASY! Homemade Turkey meatballs (shredded carrots, ground flax/chia seeds, Dijon mustard, onions, garlic, splash of balsamic vinegar) SUPER EASY! This is also my homemade hamburger recipe and I make it all at once. You will love it.*
3. Baked Halibut fish with lemon, EVOO (extra virgin olive oil) and mixed greens with mushrooms, onions, sunflower, pumpkin seeds and goat's feta cheese
4. Chicken/Steak Wraps with garlic, mushrooms and any kind of peppers you love, and a side of black beans, cucumber and tomato (I bought a beef roast and put it in my slow cooker with water, carrots and onions and MAGIC!). I fill the wraps with all of the left over ingredients and then toast on the George Forman Grill or in a pan. ***Tip:*** *I use lettuce wraps to cut the carbs and avoid an insulin spike*
5. **Vegetarian:** wraps, bean chilli, lasagna, mixed green salad with absolutely everything in it (beets, mushrooms, onions, carrots, zucchini, sunflower/ sesame/pumpkin seeds/hemp seeds, pear, nuts with goat's cheese).
6. Scrambled eggs / hard boiled for me with 100% whole grain or Ezekiel bread cut in fancy sticks with peas /peppers and salad
7. Loaded salad with your own dressing and any protein source on my favourite protein list

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TRINA'S BEST TIPS FOR GETTING LEAN!

PLAN: Write out and plan your meals for the week - at least for weeknights. This way you are not reaching for unhealthy foods because your blood sugar level dropped too much. Have a 911 plan of food items in your purse/car

THINK GREEN: Always have more vegetables on your plate than anything else

CARD GAME: Meat servings should be the size of a deck of cards or the size of your palm (this goes for kids… we stress so much but their palms are just little)

3 FOR ME: Eat every 3 hours – 3 meals and 2 healthy snacks of protein and veggies!

VEGETARIAN: Eat at least 1 vegetarian meal per week. Be creative, my faves are veggie chilli, quinoa mixes both cold and hot and add nuts or seeds with extra virgin olive oil and favourite vinegar, TONS of veggies! Salads with every veggie in my fridge and a handful of some nuts and pumpkin seeds.

HOME MADE DRESSING: NEVER buy dressing in a bottle! Use oil and vinegar (try all kinds, rice vinegar, apple cider vinegar balsamic, red wine). Explore and see what you like. My fave is EVOO, red wine vinegar, Herbamare and fresh garlic mixed in a small mason jar or container – I eat this 1 - 2x daily

H2O: Drink lots of water ALL DAY! Your pee should not be yellow. Wake up and drink 2 cups of water with lemon before you eat

WHITE: If it's white DON'T bite because it's CRAP

READ: At the grocery store read the label and only buy if you recognize the ingredients

MSG: If it contains Mono Sodium Glutamate in the ingredient list DO NOT PUT IT IN YOUR CART!

NO added sugar: No "ose" — sucrose, glucose, fructose, don't buy it and don't eat it

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THE SKINNY ON PROTEIN

Why is Protein important 4 building muscle?

Imagine that your muscles are a factory that you are building. The bricks are the amino acids found in protein. If you are trying to build muscle, then it is imperative that you have sufficient bricks (amino acids from high protein sources) to get the job done. Protein helps build and maintain muscle. It helps repair muscle and tissue (skin, hair, nails), fights infection, regulate sugar and fat metabolism. You can't store protein for tomorrow, so get enough every day.

Why is protein important if you are trying to lose weight?

Imagine that the factory is complete and the heat for the factory is your metabolism. In order to keep the heat in and your metabolism burning, you must maintain the walls of your factory (your muscles). If you do not maintain the factory (keep providing enough amino acids from sources in the list of high protein foods), the heat begins to escape through the cracks in the walls, and the heat begins to drop.

TRINA'S FAVOURITE PROTEIN SOURCES

- Boneless skinless chicken/turkey breast
- Ground chicken breast
- Greek yogurt / Goat's Yogurt
- Fish such as Tuna and Salmon (unsalted, wild)
- Eggs & Egg whites with at least 1 yolk
- Goat's and sheep's milk (feta) – easier to digest than cow's
- Protein Powder (pure and no added ingredients – clean) Vega One
- Hemp seeds
- Pumpkin seeds
- Quinoa
- Kefir Plain
- Greek Yogurt Plain
- Almond or Pumpkin butter (more nutritious than peanut butter)
- Hummus
- Beans and lentils
- Healthy breads such as Ezekiel bread has protein (freezer section)

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