

20 MINUTE BODY™ CHALLENGE!

NUTRITION GUIDE





INTRODUCTION

You are about to embark on a 3-week challenge with me and if you put in the hard work every day, you'll get the results you're after.

To get started, I'll be honest... nutrition is more than 50% of what it takes to lose weight and change your body. How many times a day do you workout? How many times a day do you put food or drink into your body?... a lot more. Everyone is motivated by results, and the fastest way to get the results you want is by locking down your nutrition from the get go. Period.

This nutrition plan is a 3-week jump-start. It's lower in carbs, but higher in nutrient-dense foods. It's not easy going lower in carbs, but the results are worth it. After the 3-weeks, I suggest adding one serving of carbs, either a fruit or starch, one week at a time. This gives your body time to adjust and you will find out what your carb-tolerance is for keeping the results you've gotten.

If you are a **vegetarian**, you will need to get your protein from different carbs and grains. If you are not sure, you should read a book on vegetarian cooking to know what carbs to combine to get a complete protein e.g., rice and beans or humus made with garbanzo beans and tahini seed paste.

I talk about being emotionally connected; being connected inside to **why** you're on this journey. What you should **not** be emotionally connected to is food. Over the next three weeks, I'm going to ask you start looking at food as fuel, as a means to getting results.

To change your body, it starts from within, including what you put **in** your body. To reach your goals, it takes my workouts and a solid nutrition plan, not one or the other.

I've created this manual of nutrition guidelines, recipes, meal plans, snack ideas and shopping lists to help you with your nutrition while on this journey. Please take some time beforehand to go over the information here.

I'm looking forward to kicking ass and getting results with you over the next 3-weeks.

In health,

-- Brett



CHALLENGE PREPARATION

On Monday we hit the ground running so use this time now to prepare and set yourself up for success. There are 4 major steps you can take today to make this the best experience for you:

- 1. Share Your Challenge:** You're about to make some major lifestyle changes, including the way you eat. Tell your family and friends about the challenge. A support system is crucial when it comes to being successful. Also, if you're responsible for cooking/providing meals for your family, consider how you're going to incorporate your new way of eating with your family meals.
- 2. Throw Out the Junk:** Open your refrigerator, cupboards and pantry drawers and throw out all of the "junk" food – ALL of it. Get rid of any unhealthy temptation: crackers, cookies, ice cream, potato chips, etc. Don't think that if you hide those chips in the back of the cupboard you'll forget they're there or that you'll have the willpower to resist. Throw it out today and make room for healthy, nutrient-dense, clean foods that will nourish your body and give you the energy you need to get through my workouts.
- 3. Go Food Shopping:** Do your food shopping today. Don't wait until after work on Monday when you're tired and hungry – you'll be less likely to stick to the Challenge plan. Go to the grocery store with a list and try not to stray from it. The list provided here is a recommendation of food options; you don't need to purchase every item. If you shop from this list, you'll notice you're spending the majority of your time shopping the perimeter of the store. The outer perimeter is where you'll find fresh, clean foods and less refined, processed junk.

One item that needs to be on your shopping list is **Tupperware**. Pre-portioning out your meals is so important in managing your food intake. Buy a few meals worth of containers and when you're cooking food in advance, portion out into the containers. If it's in the container eat it... if it's not, don't eat it.

- 4. Food Prep and Bulk Cooking:** When you get home from the grocery store, prep and batch cook what you can for the week. Depending on your needs, you may need to do this 1-2x/week but this cuts down on late hours after work trying to throw together a meal. To prep in advance:
 - Wash and cut all of your vegetables. Portion out and leave in container with a damp paper towel to keep vegetables fresh. For example, chop onion and peppers for omelets, chop carrots and celery for snacks, etc.
 - Cut and portion out meats.



- Season and batch cook meats. Turkey burgers, chicken breast hold well. Consume within three days.
- Portion out snacks. In small Ziploc bags include: washed/ chopped veggies or 1 ounce of nuts. If using a dressing or nut butter, portion this out in advance as well.

Another option for bulk cooking is to use a slow cooker (aka crock-pot). Using a slow cooker is a great option because the recipes are generally very easy (think throw all of the ingredients into a pot and turn on) and they allow you to cook a large amount of food at once, making this nutrition plan easier for you. Check out the slow cooker recipes at the end of this document.



NUTRITION GUIDELINES & TIPS

- 1. The Green & White Eating Club:** You will be a member of this club for the next 3 weeks. The majority of your diet is going to be very simple – it’s what I call “green & white.” Eating green means lots of vegetables and leafy greens (spinach, kale, mixed, etc) and eating white means lean protein (egg whites, chicken, turkey, white fish, etc.) This should make up the bulk of your nutrition with some fruit incorporated in a post workout shake. *See chart below.*
- 2. Food Journaling:** Over the next three weeks, you’ll need to keep track of what you’re eating. I recommend tracking your food and fluid intake using an online app like MyPlate (<http://www.livestrong.com/myplate/>) or MyFitnessPal (<http://www.myfitnesspal.com>). Other options are taking photos of your food and create a visual food journal or simply keeping track in a notebook. I’ve also created a food journaling template (included here) if you’d like more guidance.
- 3. Calorie Needs:** When it comes to getting results with nutrition, quality and quantity go hand-in-hand. Regarding quantity, women in general should aim for 1200-1400 calories a day and men, 1600-1800 calories per day.
- 4. Water/Fluids:** Start each morning by drinking 8-16 ounces of water. Over the course of the day, you should drink about half your body weight in ounces of water e.g., if you weigh 150 lbs., you should drink 75oz of water daily, which is 2.5 liters or $\frac{3}{4}$ of a gallon. To gauge if this is the right amount, monitor your thirst levels and urine color. The more clear your urine is, the more hydrated you are. Pale yellow is hydrated and dark yellow is dehydrated. A good trick is to take a liter or gallon bottle with you to work and to the gym so you know how much water and other liquids you’ve had during the day.
- 5. Eat 5-6 times a day:** Eating smaller, more frequent meals prevents you from feeling extreme hunger and keeps you from making poor food choices and overeating at the next meal. You should consume breakfast, lunch, dinner and 2-3 small snacks a day (depending on your calorie needs). *See meal plan examples.*
- 6. Post-Recovery Nutrition:** What you eat after a workout is crucial. Eating the right foods allows you to recover faster and build a stronger, leaner body. One option is a protein shake within 30-45 min after a workout. If it’s a meal replacement shake, feel free to add a piece of fruit and a good source of fat (almond butter,



avocado, etc.). If your shake is not a meal-replacement, have the protein powder with water or almond milk and then eat your real meal one hour after.

7. Avoid refined grains, added sugars and highly processed foods. Processed foods like cereals, bread, pasta, candy, desserts, sugary sports drinks or energy bars, can satisfy a sweet tooth or craving but leave you feeling hungry and further away from your goals. Remember, nothing tastes as good as fit feels.

8. Fresh, Frozen and Canned

Fresh and frozen fruits and vegetables are your best options nutritionally. Just make sure you read the label on frozen foods to make sure they are clean. Avoid canned food when possible as it typically contains a large amount of sodium.

9. Cooking Methods

There are a lot of cooking methods to choose from but some are healthier than others. These are my top recommendations when cooking vegetables, meat, fish, etc. They require no added fat or oils keeping calorie intake in check. Here's the breakdown of the best:

- **Bake:** You can bake lean meats, fish, and vegetables. To bake, place food in a dish (may be covered or uncovered).
- **Broil:** This exposes food to direct heat. To broil, place dish of food in the broiler and let it cook. Watch food to make sure it's cooking evenly. No added fat/oil required.
- **Poach:** Similar to boiling. To poach, cook food (eggs, fish, etc.) in a small amount of hot water (just below the boiling point). No added oils/fat required.
- **Roast:** It's similar to baking but is done at very high temperatures. Roasting is great for cooking vegetables and can be done in a roasting pan or a baking sheet. May need to coat pan in light oil or spray to keep from sticking to pan.
- **Steam:** To steam, fill the very bottom of a pot with about one inch of water. Put steaming basket in the pot and food in the basket. Turn on heat. No added fat/oil required.

10. Potential Issues:

- a. **Fatigue:** Make sure you're getting 6-8 hours of sleep. If still fatigued and drinking coffee, discontinue coffee in your diet. It will take a few days to kick a coffee habit, so try caffeinated teas to wean yourself off slowly.



- b. **Constipation:** When following a diet lower in carbohydrates, constipation may occur. If this happens, drink more water and eat more vegetables, especially those high in water (cucumbers, peppers, etc.) If constipation persists, consider adding a fiber supplement and/or a stool softener.

11. Eating Out

Eating out can be difficult when you're trying to lose weight. Huge portions, sauces, and added oils, salt and sugar can make it hard to reach your weight and fitness goals. If you're going to eat out, ask these 4 questions:

1. **What's in this meal?** Is there dairy, soy, added sugar, etc.
2. **How is this prepared?** Many restaurants will give you the option so ask for your food to be baked, steamed, or broiled instead of sautéed, fried, etc.
3. **What's in the sauce:** Many sauces add cream, sugar, excessive oil, and salt. Your waiter should know so ask for the ingredients.
4. **Can I have the sauce on the side (or not at all):** Ask for the sauce to be left off or added on the side as a controlled option.



Foods to Eat	Foods to Avoid
<p>“Green and White” Foods <i>Green:</i> green veggies & green leafy veggies <i>White:</i> lean meats (chicken breast, turkey breast, egg whites, white fish, etc.)</p> <p>Good Fats: olive oil, coconut oil, avocado, nuts (limit nuts to 1 ounce/day)</p> <p>Protein Powders: choose dairy free – egg or vegan powder are best. <i>Recommended Brands:</i> Jay Robb’s Egg White Protein powder, Vega One or Garden of Life Raw Protein *if using as a meal replacement after a workout, can add a serving of fruit (berries are best) to protein shake. *PB2 is powdered peanut butter with 75% less oil. Add this to shakes for peanut butter flavor without the extra calories.</p> <p>Water/Tea Coffee: water, tea and coffee are permitted. Coffee before a workout may help to keep your focus but if you feel overly fatigued during the day or become constipated, omit coffee from your nutrition plan.</p> <p>Single Ingredient Foods: foods that only have one ingredient like fish, chicken, kale, etc. These foods have existed for 1,000 of years and have no additives or chemicals.</p> <p>Organic: choose organic when possible</p> <p>Recommended Supplements: <i>Fish oil (with +700mg of EPA & DHA):</i> heart health, reduces inflammation <i>Probiotics:</i> supports digestion <i>Glutamine & Branched Chain Amino Acids:</i> supports recovery (from exercise) <i>Electrolytes:</i> helps hydration when sweating, drink when working out</p>	<p>Processed Foods: avoid if it has lots of ingredients, if ingredients are hard to pronounce, or comes out of a box, bag or can</p> <p>*Alcohol: wine, beer, spirits etc. (empty calories, water retention, and affects sleep)</p> <p>*No dairy: cheese, yogurt, butter, milk/cream (replace with Unsweetened Almond milk) *avoid coconut, soy, rice milks/yogurts/creams (high in sugar) (dairy intolerance is common and can cause bloating and poor digestion)</p> <p>Added sugar: cookies, ice cream, yogurt, etc. (empty calories and can affect insulin poorly)</p> <p>*Fruit: unless in a post workout shake/meal or if you are feeling extremely tired and need more carbs. I suggest an apple or cup of berries. No dried fruit. (dried fruit is higher in sugar/carbs)</p> <p>*Grains: bread, corn, oats, pasta, rice etc. (refined carbs turn into fat easily)</p> <p>*Other Starchy Foods: potatoes, sweet potatoes, corn, beans (limiting carbs can help body burn fat)</p> <p>Soda/Diet Soda/Sugary Sport Drinks (avoid drinks high in sugar and fake sugar)</p> <p>Fake Artificial Sweeteners: Splenda (sucralose), Equal (aspartame), Sweet & Low (saccharin) *Stevia is OK (fake sugars can cause a bad digestive reaction)</p> <p>*Salt: intake should be low since you’re eating all natural, fresh foods. Limit intake to 1,500mg per day. (to avoid water retention and high BP)</p> <p>*These foods can be added back into your diet after the 3-weeks. My suggestion is to start by adding either one serving of fruit or starch a week. You will find out what your carb-tolerance is to maintain your results.</p>



SHOPPING LIST

PRODUCE	PROTEINS
<p>Asparagus Avocado Bell Peppers (red, green, orange, yellow) Broccoli Brussels Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Green beans Leafy greens (kale, spinach, mixed, arugula, romaine, etc.) Onions Zucchini</p>	<p>Chicken breast (boneless, skinless) Egg whites (100% liquid egg whites, avoid Egg Beater brand) Fish/Seafood <ul style="list-style-type: none"> • Alaskan salmon • Alaskan halibut Pacific cod • Pacific halibut • Shrimp • Tilapia Ground chicken (95-97%% lean) Ground pork (95-97%% lean) Ground turkey (95-97% lean) Pork chops (lean, cut fat off) Protein powders: egg white and vegan Turkey breast (boneless, skinless) *Tofu (only if vegetarian) *Beans/Legumes (only if vegetarian)</p>
CONDIMENTS, SPICES & SWEETENERS	DRINKS
<p>Balsamic vinegar Cinnamon (natural sweetener) Coconut oil Dijon mustard Ketchup (low sugar) Mrs. Dash (use as a salt substitute) Olive oil (spray bottle for baking) Pepper Stevia or Truvia (natural sweetener) Tabasco Vanilla (natural sweetener) Variety of dried herbs and spices (black pepper, cumin, curry, dill, garlic, ginger, paprika, red pepper, rosemary etc.)</p> <p style="text-align: center;">NUTS</p> <p>Raw almonds, walnuts and cashews Nut butter (peanut, almond, cashew)</p>	<p>Unsweetened Almond milk Club soda (low sodium, natural flavors) Caffeinated teas (to help get off coffee) Herbal teas (can make iced tea) *Coconut water (in post workout shake)</p> <p>**Avoid high sugar sports drinks, soda, diet soda or diet drinks</p> <p style="text-align: center;">GRAIN & STARCHES</p> <p>*corn, oats, rice (only if vegetarian) *sweet potato, yam (only if vegetarian)</p> <p style="text-align: center;">FRUIT</p> <p>*Apples *Berries use only in a post workout shake/meal or if you are feeling extremely tired.</p>



3-DAY MEAL PLAN

DAY ONE

Breakfast

Mediterranean Scramble: 6 egg whites + ¼ cup chopped tomato + ½ cup spinach and ½ clove garlic. Season with pepper.

Snack

20 raw almonds

Lunch

Tuna Salad: 2 1/2 cups leafy greens + ½ cup chopped cucumber + ½ cup tomatoes + ¼ cup sprouts + 6 ounces baked tuna steak
1-2 Tablespoons balsamic vinegar + 2 teaspoons olive oil

Snack

2 hardboiled eggs + paprika and pepper

Dinner

5 ounces cooked chicken breast
1/3 avocado
15 asparagus

DAY TWO

Breakfast

Omelet: 6 egg whites + ½ cup sliced mushrooms + ¼ cup peppers + 2 tablespoons onion + ½ clove garlic. Season with pepper.

Snack

3/4 cup sliced peppers + 1 tablespoon hummus
Hardboiled egg

Lunch

Turkey Burger Salad: 6 ounce turkey burger + 1 tablespoon Dijon mustard on 2 cups leafy greens salad + ½ cup chopped tomato + 1/2 cup chopped peppers +
1-2 Tablespoons balsamic vinegar + 2 teaspoons olive oil

Snack

18 walnuts

Dinner

6 ounce baked halibut
¾ cup Brussel sprouts
¾ cup yellow summer squash



DAY THREE

Breakfast

Protein Shake:

2 cups almond milk + 1 scoop protein powder (dairy-free: egg or vegan)

3 scrambled egg whites + Mrs. Dash

Snack

6 cooked shrimp (pepper + lemon)

10 baby carrots

Lunch

Chicken Salad: 2 1/2 cups leafy greens + ½ cup chopped bell peppers + ½ cup chopped tomatoes + ¼ cup chopped cucumber + 6 ounces cooked chicken + 10 walnuts (chopped) + 2 Tablespoons balsamic vinegar + pepper

Snack

4 celery stalks + 1 tablespoon nut butter

Dinner

6 ounces scallops

2 cups steamed cauliflower + broccoli

** Men should add 1-2 ounces of protein at each meal and/or a third snack.



FOOD JOURNAL TEMPLATE

Day: _____

WHEN	WHAT	HOW MUCH
Time		Quantity
8:10am	Vega protein powder	1 scoop
	Almond Breeze almond milk	1 cup
	Banana	1 small
10:45	Walnuts	15

Tip:
 Take note of how you felt up to 60 minutes after your meal. If you experience a “bad reaction” e.g., tired, cravings, bloated, try to adjust your meal by either changing the time you eat, how much time between meals, and the ratios of protein, carb and fat.

Notes:



RECIPES

Turkey Chili

½	Stalk	Celery
1 Large	Onion	
3 Cloves	Minced garlic	
1 TBLS	Olive oil	
1 lb	Ground turkey	
1 cup	Water	
2 TBSP	Balsamic vinegar	
2 qt	Tomato sauce (low sodium, low sugar)	
1 TBLS	Red pepper flake	
2 TBLS	Parsley	
TT	Salt and pepper	

Dice celery and onions.

Heat up the olive oil in a large saucepot. Add the minced garlic when it is hot.

Sauté the garlic until brown, then add the celery and onion.

Continue cooking until the onions are translucent.

Add the ground turkey to the pot, breaking it up as you stir.

Once the turkey is browned off, add the cup of water and balsamic vinegar and deglaze.

Add the tomato sauce to the pot. Keep at a simmer for 15- 20 minutes, stirring every few minutes.

Once the turkey is fully incorporated, add salt and pepper to taste and the chopped parsley and red pepper flake.



Turkey Tacos

1 TBLS	Olive oil
1lb	Ground turkey
1 TBLS	Cayenne pepper
5 TBLS	Ground cumin
½ Cup	Tomato juice (low sodium, low sugar)
½ Cup	Water

In a medium size sauce, heat the oil.

Once the oil is almost smoking, add the ground turkey to the pot and brown.

Once the turkey is browned drain off any extra fat and return to the pot.

Add the spice mixture, tomato juice and the water to the pot and stir.

Heat till combined and desired temperature is achieved.

Serve with Bibb lettuce instead of tortillas.



Black Pepper Baked Shrimp with Red Bell Pepper Sauce

3	Ounces of shrimp Shrimp should be cleaned, deveined & tossed with black pepper, and Cilantro
6	Bell peppers red, green or both large diced
1/2	Jalapeño seeded & diced
1 tbsp	Sherry vinegar
1.5 TBSP	Olive oil
16	Almonds (raw, unsalted)
2 TBSP	Almond milk (add when pepper mixture is cool)
1 TBSP	Fresh cilantro

Add all ingredients (minus shrimp) into a sauce pot and cook for 7 minutes and puree.



Vegetarian Shredded Vegetable Salad

8 oz	Sliced red onion
1 lb	Celery cut into 2 inch strips
1 lb	Shredded broccoli
1 lb	Shredded cauliflower
8 oz	Rice wine vinegar
1 oz	Fish sauce
1 oz	Chili flakes
1 TBSP	Toasted sesame seeds
15	Slivered almonds
1/2 cup	Shredded carrots

Toss all ingredients in bowl and serve.



Ground Turkey Loaf: or Ground Chicken Meat Loaf

3 lbs	Ground turkey
1 cup	Onion diced
1 cup	Diced eggplant
1 TBSP	Minced garlic
3	Egg whites beaten
.75 oz	Ground thyme
.75 oz	Ground oregano
.75 oz	Ground cumin
.75 oz	Black pepper

Mix all ingredients to incorporate.

Portion into 5 oz individual portions and bake 375' for 22 minutes.



Quick Stir Fry for Fish, Chicken or Vegetables

1 oz	Garlic
1oz	Ginger
1 cup	Sliced baby bok choy
Small	Florets of broccoli
1 bundle or 12 Spears	asparagus
1/2	Head napa cabbage
1	Julienne yellow pepper
1 cup	Sliced mushrooms
Add 1 cup	Diced firm tofu (if vegetarian)

Stir Fry Vinaigrette

1 TBSP	Thai chili (sambal olek) or sriracha
1 TBSP	Lime juice
1/2 TBSP	Lite soy sauce

After all your vegetables are cut and prepped, heat sauté pan to medium and add some non stick spray, ginger, garlic, and sauté for 1 minute, add all vegetables and sauté turning the heat to high, 3 to 5 minutes.

Add vinaigrette and deglaze, and serve.



Spice Baked Salmon

5 oz Salmon (fresh)

Dry Rub for Salmon:

1 TBSP 5 spice, 1/2 tsp garlic, 1/2 tsp ginger, 2 oz almond milk.

Marinate salmon at least 12 hours before baking.

Preheat oven to 350° Fahrenheit.

Place salmon on oiled baking sheet and place in oven for 12 minutes. If desired more doneness, increase time to 18 minutes, but careful salmon can overcook quickly.

Ginger Spinach for Salmon:

2 cups	Spinach raw
1 tsp	Garlic
1 tsp	Ginger
.75oz	Fresh ground black pepper

Steam spinach with 2 oz water.



Vegetarian Gazpacho

5 lbs	Ripe tomato
3 lbs	Cucumber
2	Yellow bell peppers
1	Jalapeño
1 tsp	cayenne
1/8	Cup red wine vinegar
1/3	Cup unsweetened tomato product

Quarter tomato and blend with all other ingredients till desired consistency.



Simple Slow Cooker Chicken

1 whole chicken
black pepper and/or Mrs. Dash
1 small onion, chopped
4 celery stalks, diced
4 cloves of garlic, minced
3 sprigs of fresh thyme
3 sprigs rosemary
1 lemon

Rinse chicken in cold water and then pat dry.

Season the chicken (inside and out) with black pepper/ Mrs. Dash

Distribute 2/3 of onion and celery in the bottom of the slow cooker.

Place chicken on top of veggies in slow cooker.

Inside of chicken, put 1 garlic clove and 1 sprig of thyme and rosemary each.

Dice remaining thyme and rosemary. Spread on top of chicken with remaining 1/3 of chopped onion and celery.

Juice lemon and spread over chicken.

Cook chicken on low for 6 – 6 ½ hours.



Slow Cooker Mexican Chicken

- 2 lbs uncooked boneless, skinless chicken breasts
- 1 onion, diced
- 1 16 oz jar of salsa
- 2 tbsp chili powder
- 2 tsp cayenne red pepper
- 1 tsp paprika
- 1 jalapeno, diced (remove seeds)

Place chicken breasts in slow cooker.

Place all remaining ingredients in slow cooker on top of chicken and cook on low for 5-6 hours.

Eat chicken as whole chicken breasts or shred (once slightly cooled).

Garnish with cilantro or avocado.



Simple Slow Cooker Lemon Fish

2 pounds white fish fillets (cod works well)

Black pepper, to taste

1 cup chopped onion

6 tablespoons chopped fresh parsley

3 tablespoon coconut oil

1 tablespoon lemon zest

Lightly coat bottom of slow cooker with coconut oil.

Sprinkle pepper over fillets and place in slow cooker.

Put onion, parsley, lemon and remaining oil over fish.

Cook on low for 1 ½ - 2 ½ hours.

Garnish with lemon slices and parsley.



Slow Cooker Spicy Chicken

- 2 pounds boneless, skinless chicken breasts
- 1 onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 3 teaspoons paprika
- 3 cloves garlic, minced
- 2 teaspoons cinnamon
- 1 cup low-sodium chicken broth

Place chicken, vegetables, spices and broth in slow cooker.

Cook on low for 6-7 hours.



Simple Slow Cooker Turkey Breast

- 1 turkey breast (6 to 8 pounds)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1/2 cup water

Brush turkey breast with coconut oil.

Combine pepper, garlic, paprika, oregano and and rub over turkey.

Place turkey in slow cooker. Add water.

Cook on low for 5-7 hours.