

## PILATES 1901

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For the first 21 days of this program we are asking you to participate in our CLEAN 21 Jumpstart. The purpose of this CLEAN 21(day)detox is to focus on eating real foods to nourish the body, bust cravings, create new habits and develop an awareness of what your body needs.

For just 21 days we are eliminating foods with added sugar, limiting foods that are converted to sugar in the body, or contribute to craving more sugar. The overabundance of simple carbohydrates and added sugar in foods available on the market only contributes to our carb addictions and sugar cravings.

The addiction to these unhealthy carbs and sweeteners contributes to the inflammation that takes place throughout the body, causing a myriad of health problems. We're replacing those toxins with good quality carbs, fats and proteins! We're not just detoxing and eliminating cravings, we're repairing and building new bodies!

## WHY ELIMINATE GRAINS...

Grains break down into sugar, which then causes your insulin levels to rise rapidly and then crash later, causing you to crave more grains. This imbalance of blood sugar levels and then insulin resistance leads to an inflammatory response in the body. Gluten in grains is also one of the most common culprits of food sensitivities leading to an inflammation in the body. Furthermore, substances like wheat and gluten are a lot of work for the body to digest. Avoiding them reduces the workload on the liver and helps your digestion, making it easier for your body to eliminate toxins.

We have two levels of participation – Fast Track and Flexible. The Fast track eliminates all grains, legumes and dairy- the Flexible approach allows ½ cup grains or legumes per day and limited full fat dairy. Please refer to the yes and no foods list for a better understanding of the two levels. Read on for an explanation of why we are suggesting that you eliminate certain foods for the first 21 days of your T School experience. Go to [www.pilates1901.com/clean-21](http://www.pilates1901.com/clean-21) to upload your complete CLEAN 21.

## WHY ELIMINATE DAIRY...

Like gluten, dairy is another big source of food sensitivities leading to inflammation in the body. Even if you're not lactose intolerant, it's still an extra burden on the digestive system, slowing down the detoxification process. And yes, dairy contains sugar. Even though naturally occurring, sugar is also added to many dairy products, especially low fat dairy.

## WHY ELIMINATE LEGUMES...

The simplest answer is that they contain problematic substances called lectin and phytic acid. When there is already inflammation present, these substances only heighten the toxic environment as they interfere with absorption of nutrients and damage the lining of the intestinal wall, further irritating the gut. Again, the goal is to detoxify the body and maximize nutrient absorption to restore our health!

## WHY LIMIT STARCHY VEGETABLES...

Although starchy vegetables like beets, sweet potatoes, and squash are healthy and nutritious, they also have a higher carb content and are less nutrient dense than non-starchy vegetables (like zucchini, broccoli and spinach.). Foods that increase the blood sugar level rapidly are classified as high glycemic foods. Starchy vegetables rate higher than their non-starchy vegetable counterparts because of their higher carb and lower fiber content. The focus once again is on maximizing nutrient density to detox during these first 21 days of the program.

# FATS...

The best fats to consume are ones that are naturally occurring saturated and monounsaturated fats like real butter, coconut oil and olive oil. The worst kind of fats are man-made, hydrogenated oils and butter spreads like canola oil and margarine. Your body is dependent on wholesome fatty acids in the fats you eat to generate new cells. In the absence of a constant carb overload, your body can efficiently use fat for fuel!



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# TIPS

1. Losing weight is just as much of (if not more of) a mental challenge than a physical one. If you can take control of your mind and body, the weight loss will follow.
2. Nutrition, exercise, and recovery are the 3 cornerstones to a well-conceived health and fitness program. An equal importance should be placed on all 3 of them.
3. Eat as many meals as you can at home. If you are eating out, do a little online sleuthing in advance so you don't have to make a split second decision and order something you'll regret. Preparation gives you more control of what goes into your mouth.
4. Start your healthy eating plan today – not tomorrow, not Monday. Don't rationalize your bad eating habits. Today is going to be a great day. Say goodbye to unhealthy food and start right now.
5. Your workouts should take no more than 45 minutes to complete. The longer your workout goes, the greater the increase in negative side effects (injuries, hormones, etc). Use an interval timer to keep your rest time in check.
6. The majority of "diets" fail in the first 48 hours. Your CLEAN 21 is not a "diet" but a new way of approaching how you eat forever. That said, if you can stick it out through the first few of days, your success rate in adopting your new habits increases several fold.

7. Put a handful of spinach in your protein shake. You can't taste it, it's packed with nutrients, and it gives you added fiber. Also, shred some up and put it in your omelet. It'll have a similar consistency as cheese.

8. Choose fitness activities that you enjoy. Your heart knows no difference between basketball or running. It only knows perceived stress. Get your heart rate up any way you can and will commit to.

9. Your lifestyle is highly influenced by the people close to you. To be fit, surround yourself with fit people. To be happy, surround yourself with happy people. You get the picture, right?

10. Track your body fat percentage instead of your weight. Weight can fluctuate wildly and discourage you. Body fat percentages are much more consistent and accurate. What is measurable is manageable!

11. Change your workout routine every few months. Your nervous system adapts quickly to different stimuli. By keeping things varied, you insure your ability to continue progressing.

12. You can either: (A) Binge eat – be happy now that you're eating delicious food, but feel bad later after the guilt sets in. (B) Eat a healthy snack instead – be sad now (maybe) because you feel deprived, but feel happy about your good decision later. Either way, you are going to be both happy and sad about your decision. But if you choose option (B), you're going to look better and be healthier tomorrow. Choose wisely.

13. Keep your house empty of bad food. If you want to lose weight, don't tempt fate by filling your pantry with unhealthy food. If you buy it, chances are you'll eat it. Don't buy it in the first place.

14. Your body becomes its function. Do the activities you want your body to adapt to. If you sprint, you'll become a better sprinter by losing fat and gaining muscle. If you eat pizza and watch TV, you'll become a better TV watching pizza eater.

15. Don't grocery shop on an empty stomach. You'll be more likely to buy bad food. Unless you're attempting the "see food diet", get your groceries after eating a meal.

16. Don't start a diet that has an expiration date. Focus on forming a lifestyle that will last forever.

17. Use seasonings on your food instead of sauces. The calories you save can translate into fat loss.

18. Consistency is the key to success. A workout here or there is going to get you nowhere. Just like eating clean now and then will not yield the results you are looking for. Lay out a plan & execute it with as much forethought and consistency as you can.

19. Cook your meals in advance. It makes it easier to stick to your diet plan when you only have to reheat and eat.

20. Add lemon, lime, orange, or cucumber to your water. It adds flavor but keeps your drinks low calorie. Dehydration and mindlessly consuming empty liquid calories will sabotage your fat loss efforts.

21. Learn to eat for fuel, not for pleasure. Food is meant to be nourishment for your body and mind. Find a more productive way to achieve gratification other than eating.

22. There are 1000 reasons why you can't start a fitness program. Put the excuses away, drop the word can't, and start focusing on reasons for why you should.

23. No time to work out? Set your alarm to wake you up 30 minutes earlier. Make exercise a priority and part of your everyday routine.

24. The best time to work out is at a time you will always do it. Whether it's morning, afternoon or night, choose a time that will keep your workouts consistent.

25. When you start a fitness program, the people around you will either support you or tear you down. Ignore their negativity. Remember that your goal is to be healthy. If someone has a problem with that, then that's their own problem.

26. Don't make excuses. Everyone, and I do mean everyone, can have the body they want – if they would just knock down the walls they've built around themselves.

27. Set goals. Don't just wing it. Decide on a realistic amount of weight to lose in a particular time (1-2 pounds per week, or better yet, .5-1% body fat per week). First, decide on a big goal (lose 25lbs in 4 months). Then, divide that up into several smaller goals (lose 8 pounds this month). Each time you reach your smaller goal, it gives you the motivation and confidence to continue on. Start small, and eventually the weight loss will add up.

28. Your first meal after your workout is the most important. Make the most of it by giving your muscles all they need to rebuild bigger and stronger. For this meal, take advantage of your improved insulin sensitivity, and eat the majority of the day's allotment of carbohydrates in order to replenish muscle glycogen stores.

29. On food labels, look beyond the total calories, fat, carbohydrates, and protein of the food product. Start focusing a little further down on the area titled "ingredients". If you start reading the ingredients and there's a word in there you don't know, don't buy the product. Odds are, it's a processed food. Make sure you know what you're putting into your mouth.

30. It doesn't matter who's faster or stronger than you are. This isn't a competition. All that matters is that YOU are faster and stronger than the previous you. Don't worry about other people. Focus on setting and breaking your own records.



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# CLEAN 21 YES AND NO FOODS LISTS

For the CLEAN 21 (First 21 days of the program)

### NO LIST

1. NO ADDED SUGARS OR SWEETENERS OF ANY KIND

No Natural Sweeteners—examples: honey, maple syrup, molasses, coconut crystals, etc.

No Naturally Derived Sweeteners—high fructose corn syrup, agave, dextrose, xylitol, etc.

No Artificial Sweeteners: Equal, Splenda, Saccharine, Stevia, Truvia, etc.

NOTHING labeled “sugarfree” “diet” or “artificially sweetened”

2. REFINED CARBOHYDRATES

Bagels, bread, cakes, cereals, cookies, crackers, chips, pizza, popcorn, tortillas

3. ALCOHOL

Not even for cooking

4. GRAINS AND LEGUMES

FAST TRACK PLAN: NONE

FLEXIBLE PLAN: Limited to 1/2 cup TOTAL per day from the following choices:

Amaranth, arrowroot, beans (black, garbanzo/chickpeas, navy, pinto and red), buckwheat, lentils, millet, quinoa, rice (white, brown, wild).

FAST TRACK AND FLEXIBLE NO FOODS for this food group:

NO barley, rye, soybeans (which includes edamame, soy sauce, tofu, tempeh, miso) wheat, flours made from grains or beans (chickpeas, lentils, etc.) cashews or peanuts (including cashew and peanut butter)



## 5. STARCHY VEGETABLES

No corn, soybeans, plantains, potatoes, sweet potatoes

### FAST TRACK AND FLEXIBLE PLAN:

Limited to 1 cup TOTAL PER DAY of acorn squash, beets, butternut squash, green peas, pumpkin

## 6. BEVERAGES

NO regular or diet sodas, no coffee drinks or shakes (sweetened), no protein powders with more than one ingredient, no juice, no alcohol.

### FAST TRACK AND FLEXIBLE:

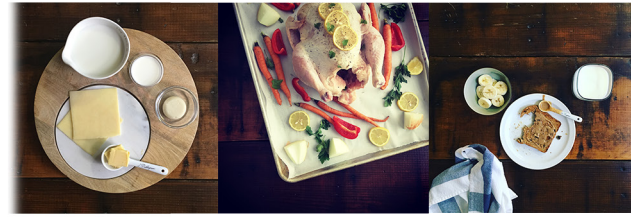
1 cup TOTAL PER DAY of Kombucha or coconut water.

## 7. SUPPLEMENTS

None that contain sweeteners (not even sugar alcohols), none that contain corn, soy or wheat

## 8. CONDIMENTS

No store bought ketchups, sauces, mayonnaise, salad dressings, soy sauce, tamari



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	<b>FAST TRACK</b>	<b>FLEXIBLE</b>
<b>MEATS</b>	ALL meats, seafood and eggs.	ALL meats, seafood and eggs.
<b>VEGETABLES</b>	ALL, except for those on NO List: (See List) 1 cup TOTAL PER DAY: acorn squash, beets, butternut squash, green peas & pumpkin	ALL, except those on NO List (See List)  1 cup TOTAL PER DAY of same starchy vegetables
<b>FRUIT</b>	Per Day: 1 green tipped banana 1 green apple 1/2 grapefruit unlimited limes and lemons	Any Fruit, but limited to 20 grams of sugar per day, from fruit.
<b>NUTS AND SEEDS</b>	ALL whole, flour and butter	ALL whole, flour and butter
<b>FATS AND OILS</b>	ONLY from the following sources: animal fats, butter, ghee, avocados, coconut, flax, olive or sesame oil	ONLY from the following sources: animal fats, butter, ghee, avocados, coconut, flax, olive or sesame oil

	<b>FAST TRACK</b>	<b>FLEXIBLE</b>
<b>BEVERAGES</b>	Water, coffee, espresso, full fat coconut milk, unsweetened almond milk, sparkling water, mineral water, teas.	SAME
<b>CONDIMENTS</b>	Homemade broths, mustard, spices and herbs, extracts, vinegars, coconut aminos, nutritional yeast	
<b>GRAINS AND LEGUMES</b>	NONE	Limited to 1/2 cup total per day of whole grain or legume only:
<b>DAIRY</b>	NONE	FULL FAT ONLY: Heavy Cream, Half n Half Milk Cheese Yogurt Cottage Cheese
<b>SUPPLEMENTS</b>	100% pure vitamin or mineral supplements, one ingredient protein powders (such as hemp powder), fermented cod liver oil	100% pure vitamin or mineral supplements, one ingredient protein powders (such as hemp powder), fermented cod liver oil



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# PANTRY GUIDE

### HERBS & SPICES

Ancho Chili Powder  
Basil (fresh)  
Black Pepper  
Brewer's Yeast  
Cayenne  
Chili Powder  
Chipotle Powder  
Chives (fresh)  
Cilantro (fresh but best to keep on hand weekly)  
Cinnamon  
Coriander  
Cumin  
Fennel Seeds (ground)  
Garlic (fresh)  
Ginger (fresh)  
Granulated Garlic  
Nutmeg  
Onion Powder  
Oregano  
Paprika  
Pumpkin Pie Spice  
Pure Vanilla Extract  
Red Chili Flakes  
Rosemary  
Saffron  
Sage (ground)  
Sage leaves (fresh)  
Sea Salt  
Smoked Paprika  
Turmeric  
Unsweetened Cocoa Powder

### FATS & OILS

Animal Fats (such as Bacon Fat)  
Avocado or Avocado Oil  
Coconut Oil

Olive Oil  
Ghee  
Butter

### CANNED & JARRED

Capers  
Coconut Milk  
Dijon Mustard (gluten-free)  
Kalamata Olives  
Pumpkin  
Tomato Paste  
Tomatoes (diced)

### NUTS & SEEDS

Almond Butter (no sugar added)  
Almond Meal/Flour  
Almonds (whole)  
Almonds (slivered/sliced)  
Coconut Flour  
Macadamia Nuts  
Pepitas(Pumpkin Seeds)  
Sesame Seeds  
Walnuts

### SAUCES & OTHER...

Apple Cider Vinegar  
Baking Soda  
Balsamic Vinegar  
Coconut Aminos  
Fish Sauce  
Hot Sauce  
Raw Tahini (ground sesame paste)  
Rice Wine Vinegar  
Tessamae's Wing sauce



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# SAMPLE WEEK MEAL PLAN

## ● DAY 1 MEALS

Egg Omelet made with: 2 whole eggs, 2 egg whites, 1 stalk green onion, 1 cup spinach

topped with: 1/4 cup avocado slices and 2 tbsp salsa

3-4 oz. Grilled Chicken

<http://balancedbites.com/content/easy-paleo-recipe-perfectly-grilled-chicken-breast/>

salad made with:

3 cups spinach, 1/4 avocado, 2 stalks of green onion, sliced, 1/2 cup baby carrots, 1/2 cup cucumber slices, 1/4 cup cherry tomatoes and 1-2 tbsp clean ingredient salad dressing (For example, Tessamae's Balsamic Salad Dressing)

1/2 Atlantic salmon fillet

1 cup roasted green beans and mushrooms

1 tbsp almond butter

1 medium green tipped banana

## ● DAY 2 MEALS

1 serving banana egg pancakes

2 tbsp almond butter

5 oz. canned (packed in water) albacore tuna, drained, and mixed with mustard, 1/2 avocado, 1 large onion slice and 1/4 cup cherry tomato slices.

served with 2 stalks celery (sticks) and 1/3 cup cucumber slices

4 oz chicken breast  
1 serving cauliflower rice  
1 serving herb roasted carrots served with mustard

1/4 cup raw almonds

## ● DAY 3 MEALS

Omelet made with: 2 eggs, 1-2 egg whites, 1 oz deli sliced turkey, 1 green onion stalk sliced, 1/3 cup mushroom slices, 1/3 cup spinach and 1 oz goat cheese crumbles.

tuna salad: 4 oz water packed albacore tuna (drained), mustard, 1/2 avocado, 1/4 cup cherry tomato slices, served with 2 stalks celery sticks and 1/3 cup cucumber slices

1 halibut fillet (or other white fish)  
1 serving cauliflower rice  
1 serving steamed carrots with 1/2 tbsp butter or ghee  
2 tbsp salsa

2 tbsp almond butter  
1 medium green tipped banana

## ● DAY 4 MEALS

Cocoa Almond Smoothie made with: 1 cup unsweetened vanilla flavor almond milk, 1 small frozen banana, 1/4 avocado, 1 serving raw cacao powder and 1 serving protein powder (like Great Lakes Gelatin—Collagen Hydrolysate protein powder), 1 tbsp almond butter and ice cubes—mix all in blender.

6 oz grilled chicken  
salad made with: 3 cups raw spinach, 2 stalks green onion sliced, 1/4 cup cherry tomatoes, 1/3 cup cucumber slices and 1-2 tbsp Balsamic salad dressing.

1 medium zucchini, spiraled  
1/3 cup Baby Bella mushroom slices  
1.5 servings organic, no sugar added Marinara sauce  
3 oz. organic lean ground beef

2 tbsp almond butter  
2 stalks celery

## ● DAY 5 MEALS

Cocoa Almond Smoothie (same ingredients as Day 4)

Same lunch as Day 4

Same dinner as Day 4

Snack: 2 tbsp guacamole, celery sticks (2 stalks) and 1/2 cup baby carrots

## ● DAY 6 MEALS

1 serving banana egg pancakes

1 tbsp almond butter or ghee

Chicken Lettuce Wraps made with: 2 cups butter lettuce leaves, 4 oz grilled chicken slices, 1/4-1/2 cup avocado sliced and 1.5 servings of mini sweet peppers, sliced, and 1-2 tbsp Tessamae's Zesty Ranch Dressing (or other clean ingredient dressing)

4 oz roasted salmon

1 1/3 cup steamed broccoli

1 serving riced cauliflower (Trader Joes brand frozen caulk rice or homemade)

3 oz roasted turkey breast slices (like Applegate organic deli turkey)

1 cup red pepper slices

## ● DAY 7 MEALS

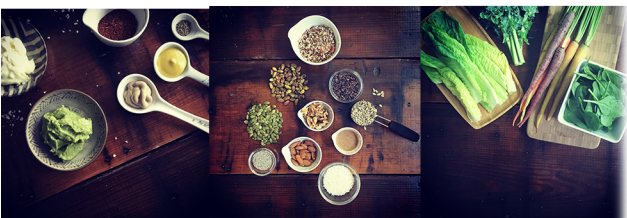
Banana egg pancakes

1 tbsp almond butter or ghee

Chicken Lettuce Wraps (same ingredients as Day 6)

Same dinner as Day 6

Same snack as Day 6



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## MEAL PLAN SHOPPING LIST

### MISC:

- Great Lakes Gelatin Collagen Hydrolysate Protein Powder (or other single ingredient protein powder)
- 1 pkg raw cacao powder
- 1 container unsweetened vanilla almond milk (or homemade almond milk)
- 2 dozen organic eggs

### DAIRY:

- 1 pkg goat cheese (optional, only need 1 oz serving for one meal)

### FLAVOR:

- 1 bottle Tessamae salad dressing (available at Whole Foods or online)
- 1 bottle olive oil
- 1 bottle balsamic vinegar
- 1 small jar of no sugar added salsa
- Salt, pepper
- mustard or dijon mustard
- dill weed (suggestion for adding to tuna salad mixture)
- tarragon (suggestion for adding to roasted carrots)
- 1 serving guacamole
- 1 jar no sugar added organic marinara sauce



## VEGETABLES:

- 3 medium zucchini
- 2 red bell peppers
- 1 package mini sweet peppers
- 1 pkg celery
- 1 2/3 cup cherry tomatoes
- 1 medium yellow onion
- 1 pkg green onions
- 2.5 cups baby carrots or 1 pkg regular carrots
- 2 cups Baby Bella sliced mushrooms
- 11 cups raw baby spinach, and 1 head of butter lettuce
- 1 cup green beans
- 1 pkg frozen broccoli florets
- 2.5 cups of raw cauliflower or 2 pkgs frozen Trader Joe's frozen riced cauliflower
- 3 cups cucumber slices or 2 medium whole cucumbers

## NUTS:

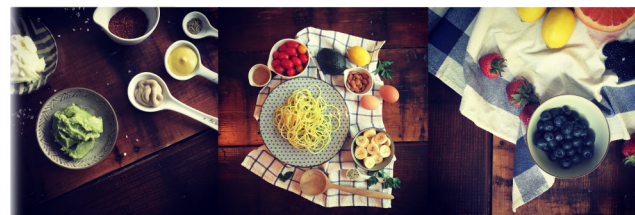
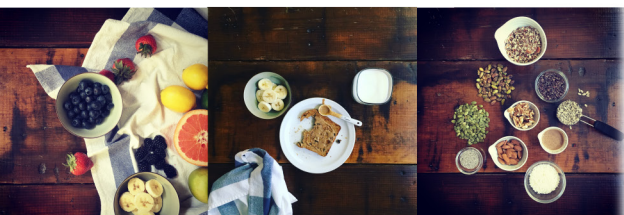
- 1 small package whole raw almonds
- 1 small jar of unsalted, no sugar added creamy almond butter

## PROTEIN:

- 1-2 pkgs Applegate roasted turkey slices
- 1 white fish fillet
- 2-3 salmon fillets
- 2 servings organic ground beef
- 4 large boneless skinless chicken breasts
- 2 regular size cans of water packed albacore tuna

## FRUIT:

- 7 green tipped bananas
- 3 medium avocados



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	Sugar	Carbs	Fat	Protein
WHOLE MILK 1 cup/240ml	12 g	13 g	8 g	8 g
2% MILK 1 cup/240ml	12 g	13 g	5 g	8 g
1% MILK	11 g	11 g	2.5 g	8 g
FAT FREE MILK	12 g	13 g	0 g	9 g
Nonfat Plain Yogurt	11-19 g	11-19 g	0 g	8-15 g
Regular Plain Yogurt 8 oz.	11-12 g	11-12 g	8-9 g	8-9 g
Nonfat Greek Yogurt 6 oz.	7 g	7 g	0 g	18 g
Plain Greek Yogurt 7 oz.	8 g	8 g	10 g	18 g
Whole Milk Cottage Cheese 1/2 cup	4 g	5 g	5 g	14 g
Reduced Fat Cottage Cheese 1/2 cup	3 g	4 g	3 g	15 g

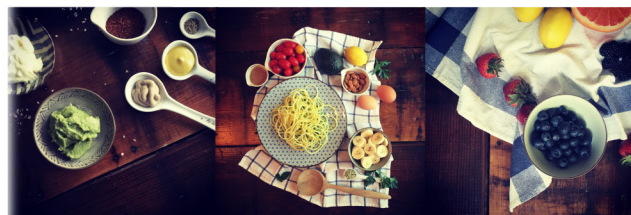
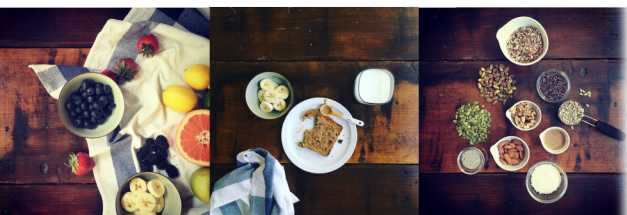
	Sugar	Carbs	Fat	Protein
Mild Cheddar Cheese 1 oz.	0 g	0 g	9 g	7 g
Half n Half 2 tbsp/30 ml	1 g	1 g	3 g	1 g
Fat Free Creamer 2 tbsp/30 ml	2 g	3 g	0 g	1 g
Cream 1 tbsp/15 ml	1 g	1 g	5 g	0 g
Sour Cream 1 tbsp	0.3 g	0.3 g	2.4 g	0.2 g
Plain Whole Milk Kefir 1 cup/8 oz	12 g	12 g	8 g	10 g
Cream Cheese 2 tbsp	1 g	2 g	7 g	2 g
Butter 1 tbsp	0 g	0 g	11 g	0 g

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FRUIT	CARBS	SUGAR	DIETARY FIBER
Blueberries .5cup/75g	10.7 g	7.4 g	1.8 g
Blackberries 1 cup/144g	14 g	7 g	8 g
Cherries 1 cup/155g	19 g	13 g	2.5 g
Strawberries 1 cup/144g	11 g	8 g	2 g
Raspberries 1 cup/123g	15 g	5 g	8 g
Green Tipped Banana (1 medium/118g)	27 g	14 g	3 g
Green Apple 154g	22 g	17 g	5 g
Red Apple (1 medium)	19 g	14 g	3.3 g
Grapefruit 1/2 cup	10 g	9 g	1 g
Lemon (1 fruit/58g)	5 g	1.5 g	1.6 g
Lime (1 fruit/67g)	7 g	1.1 g	1.9 g
Avocado 1/5 med/30g	3 g	0 g	2 g
Orange 1/5 med/128g	15 g	12 g	3 g
Green or Red Grapes 1 cup/92g	16 g	15 g	0.8 g
Apricot 1 cup/155g	17 g	14 g	3 g
Pineapple 1 cup/165g	22 g	16 g	2 g
Pear 1 med/178g	28 g	17 g	6 g
Plum 1 fruit/66g	8 g	7 g	0.9 g
Mango 1 cup/165g	25 g	22 g	3 g
Cantaloupe 1 cup/140g	11 g	10 g	1.2 g
Clementine 1 fruit/74g	9 g	7 g	1.3 g



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# Protein On-The-Go Ideas

Single Serving Almonds Packs	7 grams protein per serving
1/4 cup roasted chickpeas	5 grams protein
4-5 oz of cottage cheese	14-20 grams protein
Beef Jerky (Paleo Fit brand)	46 g in 3 oz, 0 sugar
Beef Jerky Bites (Epic brand)	9 grams per serving
Hard boiled eggs	6 grams protein per egg
Raw Peanut Butter serving	8 grams per 1.15 oz serving
Justin's Almond Butter Packet	7 grams per 1.15 oz serving
Mozzarella string cheese serving	6-8 grams per serving
Edamame	8 grams per 1/2 cup serving
1/2 cup black beans	7 grams protein
1/2 cup cooked quinoa	7 grams protein
2 oz of turkey breast slices	12 grams protein
1/4 cup hummus	4 grams protein
Tuna pouches	16 grams protein
1/4 cup roasted pumpkin seeds	10 grams protein
Wild Planet sardines in olive oil serving	35 grams protein in 5 oz



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# Incorporating Quality Fats in the Diet

Fat often gets blamed for our health and physique ailments. The primary focus should never be to limit fats, but to consume the right TYPE of fats, and in adequate amounts. Fat is essential to the absorption of fat-soluble vitamins A,E, D & K. The best, most nourishing fats are naturally occurring, minimally processed and fall under the categories of saturated, mono-unsaturated and polyunsaturated. The worst kind of fats are man-made, hydrogenated oils and butter spreads like canola oil and margarine. Your body is dependent on wholesome fatty acids in the foods you eat to generate new cells. As you are learning in T School, the absence of a constant simple carb overload, your body can efficiently use fat for fuel!

## **Saturated fats**

such as in coconut oil, butter, ghee animal fats, eggs, meats and full fat dairy products are usually solid at room temperature. These kinds of fats are essential to healing in the body, and even more important to brain health! These fats are also the best kind for cooking at high temperatures.

**Monounsaturated fats** such as avocado, olive and cod-liver oils, are usually liquid at room temperature. They are a huge benefit to cardiovascular health. Incorporating these fats into the diet helps to lower LDL—the bad kind of cholesterol in the body while raising the HDL level—the good kind of cholesterol! Other foods rich in monounsaturated fats include nuts, fish and other plant foods.

**Polyunsaturated fats** are typically liquid at room temperature but start to turn solid when chilled. Olive oil, sunflower oil fatty fish such as salmon, mackerel, herring and trout. Other sources include some nuts and seeds such as walnuts and sunflower seeds. Oils rich in polyunsaturated fats also provide essential fats that your body needs but can't produce itself – such as omega-6 and omega-3 fatty acids. You must get essential fats through food. Omega-6 and omega-3 fatty acids are important for many functions in the body.

## Your best, easy-to-use choices for getting good fats are:

**Avocados.** Most of the fat in an avocado is monounsaturated, the heart-healthy kind that actually lowers bad cholesterol. 1/3 of a medium avocado is a typical serving size and contains 8 grams of fat and 80 calories. Fresh avocado is a great addition to your morning smoothie to give it a rich creamy taste. Fresh slices of avocado on salads, spicy soups and added to lunch wraps is a great way to get this important fat added to your meal.

**Eggs.** Eggs whites are often considered a healthier option than whole eggs because they contain less fat. While the egg yolk contains more fat, it's packed with important nutrients. One whole egg contains 5 grams of fat, but only 1.5 grams are saturated. Eggs are also a good source of choline which is an important B vitamin that helps regulate the brain, nervous system and cardiovascular system.

**Olive Oil.** Olive oil is best used cold, as they are easily damaged when heat is applied to them. For this reason, they are best used as a base for salad dressings. One serving of extra virgin cold pressed olive oil is 1 tbsp and contains about 100 calories and 14 grams of fat.

**Raw Nuts.** Your best bets for nutrition are almonds, walnuts and pistachios. Almonds are the richest in vitamin E; walnuts contain a plant-based omega-3 fatty acid; and pistachios have lutein and carotenoids important for eye health. Research shows that nut eaters are generally thinner, less likely to develop type 2 diabetes and have a reduced risk of heart disease. One of the lowest-fat nuts, you get 49 pistachios in a 1-ounce serving, compared to 23 almonds or 14 walnut halves. A typical serving of raw nuts is 1/4 cup and contains an average of 14 grams of fat. 1-2 tablespoons of nut butter is another great choice and contains about 100 calories per tbsp and 10 g of fat.

**Fatty Fish** are the healthiest and most delicious foods from the sea. Oily fish such as salmon, tuna, sardines, mackerel and trout are full of omega-3 fatty acids—the good kind of fats! A 4 ounce serving of salmon contains about 6 grams of fat and 160 calories. An easy addition to your salad or for fish tacos. Also, try salmon jerky such as Whole Foods brand which contains 4.5 grams of fat and only 100 calories and 3 grams of carbs per serving!

**Butter, Ghee, Coconut Oil and Animal Fats.** These fats are best for hot uses as they are not damaged at high temperatures. When making an omelet, pancakes, a stir fry or soups, start with a 1 tbsp serving of these fats not only for their health benefits, but the great flavor they will enhance your recipes with!



## PILATES 1901

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# Ideas for Adding Nutrient Dense Carbohydrates To Your Meals!

1. **Sweet potatoes** are a slow-burning, complex carbohydrate that is a great source of vitamin C, iron, magnesium and potassium to name a few! Not only are they incredibly tasty, but super versatile as well. Bake them and then serve with butter and cinnamon when you are needing some extra, good quality carbs. Cut into chunks, drizzle with coconut oil, a sprinkle of sea salt and roast in the oven. Serve as a side dish or add to your soup or stew. Grill sweet potato slices then add on top of your green salad, add to your favorite wrap sandwich or top with avocado & a poached egg.

**Serving Size: 1/2 cup, calories: 90 carbs: 21 g sugars: 6 g protein: 2 g**

2. **Winter squash.**

Two very popular and versatile types are butternut and spaghetti squash. They are great for baking, roasting and pureeing. Cubed, roasted butternut squash makes a fantastic edition to a savory fall soup OR puree your roasted and make a delicious butternut soup! Spaghetti squash in particular, makes a nutritious swap for pasta with your favorite sauce or pesto.

**Serving Size: 1 cup, calories: 63 carbs: 16 g sugars: 3.1 g protein: 1.4 g**

3. **Root vegetables.**

Beets, carrots, turnips, parsnips are the complex carbs that are sweet root vegetables that literally save you from your sweet tooth by staving off sugar cravings. They're also the key to a strong immune system, healthy digestion, clear skin and more! Roasted beets make a great side dish or addition to salads. Carrot sticks with guacamole make a perfect afternoon snack to get in some extra nutrient rich carbs. Steamed and mashed parsnips and turnips make a great alternative to mashed potatoes as they are lower in starch and more nutrient dense.

**Beets: 1/2 cup, calories: 37 carbs: 8 g sugars: 6.8 g protein: 1.4 g**

**Carrots: 1 cup, calories: 52 carbs: 12.3 g sugars: 6.1 g protein: 1.2 g**

**Parsnips: 1/2 cup, calories: 38 carbs: 9 g sugars: 2.4 g protein: 0.6 g**

**Turnips: 1 cup, calories: 34 carbs: 7.9 g sugars: 4.7 g protein: 1.1 g**



#### 4. Quinoa.

This ancient grain is not only a carb but considered an ancient grain that is one of only a few plant foods that are considered a complete protein, containing all nine essential amino acids! It is naturally gluten-free and contains iron, B-vitamins magnesium, phosphorus, potassium, calcium, vitamin E, and fiber. It is higher in fiber and protein than most other grains, but easily digested. While it is relatively high in carbs, it has a low glycemic index rating, which helps keep blood sugar levels under control. It has a nutty, crunchy texture that makes it easy to add to a variety of foods. Mix a serving into your salad, breakfast egg scramble or as an additional filling for tacos or lettuce wraps.

**Serving Size: 1/4 cup, calories: 160 carbs: 30 g sugars: 3 g protein: 6 g**

#### 5. Brown Rice

The side hulls and bran of brown rice provide “natural wholeness” to the grain and are rich in protein, thiamine, calcium, magnesium, fiber, and potassium. For those trying to lose weight or who are suffering from diabetes, brown rice can prove a healthful staple given its low glycemic rating which helps reduce insulin spikes. Even though rice itself is gluten-free, read the label of a packaged food with brown rice to ensure it’s free of gluten-containing ingredients. When you need some extra carbs, brown rice is always a great edition to mexican dishes or mixed with your favorite cooked vegetables.

**Serving Size: 1/2 cup calories: 110 carbs: 23g sugars: <1 g protein: 2.5 g**



PILATES 1901

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## Congratulations on taking the CLEAN 21 Day Challenge to learn how CLEAN EATING can change your body and life!

To help you to maximize what you're learning, we've got another tool to help you stay accountable for your choices.

**The following step by step directions will help you get started quickly and easily.**

**Step 1. Go to [www.myfitnesspal.com](http://www.myfitnesspal.com) and create a user account. (You will be using this app throughout the detox so set it up NOW!)**

**Step 2. Determine your "lifestyle multiplier" number. (How active are you?)**

- 11- Individuals who are sedentary.
- 12- Individuals who train less than 5 hours a week, approx. an hour at a time-no longer, moderately active person.
- 13- Individuals who train 5 -10 hours a week and are active on the weekends.
- 14- Individuals who train 10 -15 hours per week usually in 5 - 6 sessions a week.
- 15- Individuals who train 15-20 hours per week, someone training for a competition and/or increasing training volume (2Xper day). Power lifters, Olympic weightlifters, functional fitness athletes and strongmen are in this category.
- 16- Individuals who train over 20 hours per week in their particular sport, elite endurance or strength athletes.

### Step 3. Multiply Lifestyle Multiplier number by bodyweight to determine your caloric baseline (total daily calories)

**Example:** If your lifestyle multiplier is 13 and your CURRENT bodyweight is 150lbs then your formula is:  
 $13 \times 150\text{lbs} = 1,950 \text{ calories per day}^*$

\* This is your baseline or how many calories you need to stay at your current weight.

### Step 4. Calculate your Macronutrients (Protein, Fat, and Carbohydrates)

1. Take your body weight in pounds divided by 2.2= body weight in Kilograms  
(If I weigh 150lbs then  $150 / 2.2=68.18$  kilograms.)

2. Then, calculate your protein macros , (Do this one first as it is the MOST important!)  
(Take your body weight in kilograms and multiply by 2. This = your daily protein intake in grams.)

**Example:**

- If my body wt in kilograms is 68.18 then I multiply that by 2 to get 136 grams of protein per day.
- If I then take my protein grams per day  $\times 4$  (kcal/gram)= I get my daily calories from protein.
- DO THE MATH:  $136 \times 4=544$  calories, so 544 calories of my total daily intake will be from protein sources.

3. Next, calculate your fat macros.

**Example:**

- To get this number, take your body weight in kilograms. This equals your grams of fat per day.
- If my weight is 68.18 kilograms, my daily fat macros are also 68 grams
- $68 \text{ grams} \times 9$  (kcal/gram) = I get my daily calories from fat.
- DO THE MATH:  $68 \text{ grams} \times 9= 612$  calories, so 612 calories of my total daily intake will be from fat sources.

4. Finally, calculate your carbohydrate macros.

**Example:**

- To get this number, take your total daily calories figured in step 1. (1950 kcal)
- Then subtract your total protein and fat calories (Protein calories (544) + Fat Calories (612) = 1156
- DO THE MATH:  $1950 \text{ kcal} - 1156 \text{ fat \& protein kcal} = 794$  carbohydrate kcal per day.  
To figure out how many grams that is take 794 divided by 4 (grams) – 198 grams of carbs per day

Please keep in mind that Dr Johnson recommends no more than 120 total grams of carbohydrates per day for those of us who have not yet reached our target body composition which may mean further tweaking your daily macro requirements

Ok, you did the math! Good job! Now what???



- Log into the My Fitness Pal account you created. To insure you get the best results, you will need to ignore the presets macronutrient recommendations that My Fitness Pal sets. You will set your macronutrient numbers based on the results of your calculations above.
- From the home page, click the MORE tab on the bottom right of the screen. Then click the GOALS tab.
- Under the NUTRITION GOALS heading click on CALORIE & MACRONUTRIENT GOALS to enter in your personal Calorie, Carbohydrate, Protein, and Fat amounts.
- Your macronutrient percentages will be 30% Protein, 30% Fat, and 40% Carbohydrates. (for some of us, we will need to tweak that percentage ratio not to exceed 120 grams of carbs per day)
- You will be using this app daily to track EVERYTHING you eat and drink during this detox.

This will help you stay focused, committed and on track to lose that excess body fat SAFELY and FOREVER if you choose! That's why we call it a Flexible Formula! We want to teach you a new way of eating that is manageable for the long haul!

Step 5. Track your progress, energy, fat loss and moods with your journal and myfitnesspal.

WEEK #1	WEEK #2	WEEK #3
<p>Focus on tracking everything you put in your body on My Fitness Pal and hitting your macro numbers to determine if your baseline is correct for you.</p>	<p>Is your baseline correct? Check in with yourself, how is my energy, how are your workouts going? Am I hungry? Am I hitting my macronutrient goals?</p>	<p>Check in with yourself!  How am I feeling with energy and workout performance?</p>
<p>Your body will give you a lot of feedback on whether your macros are set correctly.</p> <p>If you are sluggish, fatigued or hungry, you may need to tweak your macros in the coming weeks.</p>	<p>Determine how many calories to cut based on your goal. If you are already fairly lean, and have less than 10 lbs to lose, a safe cut is 100-200 calories per day, for the first week and a safe amount of weight loss per week is ½ -1 pound per week.</p> <p>If you are currently 30 or more pounds overweight, you should start with a 300-400 calorie cut per day and a safe amount of weight loss is 2-3lbs per week. The more weight you have to lose, the bigger your calorie cut can be.</p>	<p>Continue with your daily caloric intake from the previous week if you are feeling good and liking how you look/feel.</p> <p>Now is the time to determine if you want to try to cut more calories to lose more weight or keep the same calorie cut from the previous week. Adjust My Fitness Pal accordingly.</p>

WEEK #1	WEEK #2	WEEK #3
<p>Keep your workouts regular and drink plenty of liquids to help any detox feelings you may experience.</p> <p>Try to get in 5 workouts this week! But be sure to listen to your body and take rest days as needed.</p> <p>This is just the first week and you're going to be learning a lot about your personal nutrition requirements and athletic performance capacity over the next three weeks!</p>	<p>Keep it conservative, remembering that anything more than what is estimated for your current body weight will run the risk of you losing muscle and/or being on the super fun roller coaster ride of losing and gaining weight repeatedly which screws with your metabolism!</p> <p>If you have decided to cut, reduce your calories on My Fitness Pal by going back to the goal page and reducing your calorie number.</p> <p>If you need to tweak your macronutrient ratios to allow no more than 120 grams of carbs per day, do that as well.</p>	<p>If you have questions about how much you need to adjust your macro ratios, please reach out to your T School coach or community via our private FB page: <a href="http://www.facebook.com/groups/tschoolonline">www.facebook.com/groups/tschoolonline</a></p> <p><i>Note: Once you establish your daily macronutrient needs, you may tweak your T School journal to reflect your daily intake as well.</i></p>