



# WORKBOOK





# NUTRITION



This nutrition approach will help you build skills. Maybe you don't think of needing skills for a nutrition or a fitness plan, but you do. Like all skills, they get better with practice and persistence.

## LET'S SET THE TABLE – FIGURATIVELY AND LITERALLY

We know you want to improve your health. That's the whole point of this, right? This is the plan that will help you do just that.

The second we begin a food/diet/nutrition program, we often conjure up thoughts of deprivation, will power struggles and a sense of "I can't wait until it's over." Let's start this off with changing your mindset. First, think about how fortunate you are to be embarking on a life changing course of action. You are the one who chose to take action to buy this workbook because you have hope and belief it will make a difference. Give yourself a huge fist bump for making that choice. Second, begin thinking of this as a game that requires strategy, competition (with yourself) and winning! Make it fun! Like playing a game of chess, it is thrilling to think about the next move, and even more thrilling when that move produces results. We have some moves for you and we promise, if you will use them, you will get results.



If you eat the foods on this list a minimum of 80% of the time, you will get the results of improved health. It is not about perfection, but rather about being consistently good. When considering your food choices ask yourself, "is this a forward food or a backward food?" or "Does it move me toward my health goals, or away from them? "

## STEP ONE - CLEAN EATING LIST

The foods on the Clean Eating List should make up, at minimum, 80% of your food choices. If it's not on this list, think carefully before eating it by asking yourself one of the two questions above.

### IT'S YOUR MOVE:

- Review the list
- Post it everywhere so it can be seen
- Take a photo of it so you have it on your phone
- Stick to it





# CLEAN EATING LIST



## vegetables

fresh first, frozen second

Arugula	Butternut Squash	Corn	Mustard Green	Sweet Potato
Asparagus	Cabbage	Cucumber (organic)	Parsley	Swiss Chard
Avocado	Carrots	Egg Plant	Pumpkin	Turmeric Root
Beets	Cauliflower	Green Beans	Onions	Turnip and turnip greens
Bell Pepper (organic)	Celery (organic)	Kale	Spaghetti Squash	Watercress
Bok Choy	Chives	Leaf Lettuce	Spinach (organic)	Yellow Squash
Broccoli	Cilantro	Mushrooms	Sprouts	Zucchini
Brussels Sprouts	Collard Greens		Sweet Peas	



## fruits

fresh first, frozen second

Apples (organic)	Guava	Pears
Avocados	Kiwi	Pineapple
Bananas	Lemon	Pomogranates
Blackberries	Mango	Raspberries
Blueberries	Nectarines (organic)	Strawberries (organic)
Cherries (organic)	Orange	Tomatoes (organic)
Coconut	Papaya	
Grapefruit	Peaches (organic)	
Grapes (organic)		



## nuts

Almond butter	Peanuts
Almonds	Peanut Butter, natural
Brazilian Nuts	Pecans
Cashew Butter	Pine Nuts
Cashews	Pistachios
Chia Seeds	Sunflower Butter
Flax Seeds (ground)	Sunflower Seeds
Hazelnuts	Walnuts
Hemp Seeds	



## grains

Amaranth	Quinoa
Buckwheat	Sorghum
Coconut Flour	Spelt
Farro	Steel Cut Oats
Rice	Wild Rice
Kamut	Wheat Flour
Millet	



## beans

rinse if canned

Black Beans	Kidney Beans
Canelini Beans	Lentils
Chickpeas	Pinto Beans
Edamame	Split Peas
Fava Beans	
Hummus	



## protein

Bacon, uncured, nitrate free	Pork
Beef, Hormone Free	Turkey
Eggs, Antibiotic Free	White Fish
Chicken, Cage Free	Wild Salmon
Greek Yogurt	Wild Game
Feta, cheddar cheese	Mozzarella, goat cheese



## drinks

Water, purified	Kombucha
Mineral Water, no added sweeteners	Tea, herbal, white, green
Coconut water/milk	Coffee
Organic milk	Unsweetend
	Almond Milk



## extras

<b>OILS AND FATS</b>	<b>SWEETNERS</b>	<b>SPICES</b>	<b>SPICES</b>	<b>EXTRAS</b>
Extra Virgin Olive Oil	Coconut Flakes	Cinnamon	Saffron	Vegetable Broth
Coconut Oil	Dates	Curry Powder	Cumin	Beef Broth
Butter, grass fed cows	Dark Chocolate (70% or more)	Ginger	Sea Salt	Chicken Broth
Ghee	Pure Raw Maple Syrup	Garlic	Pepper	Organic Half n Half
Avocado Oil	Raw Honey	Nutmeg		Balsamic Vinegar
	Stevia	Tumeric		Apple Cider Vinegar
				Dijon Mustard



Life happens to all of us, absolutely guaranteed. There will be days when your motivation and willpower will wane, you are tired or sick, or you just don't have the time or energy to even think about good choices, much less actually make them. In those moments, if you don't have a plan, you WILL default to the lowest common food denominator.

## STEP TWO - 7 DAY MEAL PLANNER

The 7 Day Meal Planner is one of the most powerful tools you have. Meal planning can feel overwhelming. Not anymore! First, all you need to do is decide on 7 meals. This will take care of all the dinners and lunches for the next 4 weeks. Decide what you will have on Sunday for dinner, and for the next 4 Sundays, you will have that same dinner. Decide what you will have on Monday for dinner, and for the next 4 Mondays, you will have that same dinner. Do this for each day of the week and you have the entire 4 weeks of dinners planned.

Each dinner, you make just enough for lunch the next day, and now you have taken care of every lunch for the next 4 weeks.

For each dinner, make a shopping list of things you will need to buy. You only shop once per week and only purchase the foods you need for that week. Now you will not be stuck without the ingredients you need and you won't have purchased foods that will tempt you.

### IT'S YOUR MOVE:

- Complete the 7 Day Meal Planner including shopping list right now
- Post it everywhere
- Take a photo of your completed plan so it is on your phone
- Follow it

# Seven Day Meal Planner

- Step 1: Create a menu of 7 super easy, super healthy dinners and decide on which day of the week you will have each dinner.
- Step 2: Make a grocery list of the items you need for your menu. Do not add anything else to your list.
- Step 3: Decide which day of the week you will shop and plan to only shop on that day
- Step 4: Just follow the plan! Make just enough extra for your lunch the next day

You now have an easily executable plan for all your dinners and lunches for the next month and you don't have to think about it. After a month, create another 7 day menu if you need variety. If you're still enjoying your current menu, don't mess with it.



	S	M	T	W	Th	F	S
On this day I am having...	Make enough for your lunch						
For this meal I need to buy...							
	S	M	T	W	Th	F	S



We won't leave you hanging. To help you plan those 7 meals, here are 18 recipes to choose from. They are simple, super yummy, and all the ingredients are on the Clean Eating List and you do not have to be a chef to make them.

## STEP THREE – 18 OF THE TASTIEST, HEALTHIEST DINNER RECIPES EVER

You are not required to use these, but now you have no excuses. You are empowered with a way to plan and some great ideas to help you create that plan.

### IT'S YOUR MOVE:

- Go through the recipes
- Pick those that you will use

## 18 of the Tastiest, Healthiest Dinner Recipes Ever

The average household routinely only has about 12-15 recipes they use over and over with a few occasional special recipes they use every once in a while. Considering this, what if all 12-15 recipes in your rotation were all healthy choices using quality ingredients? What impact would it have on your health and appearance? You can then have your special or occasional recipes be less healthy choices but those you truly enjoy with much less negative impact since they are now really occasional rather than routine. Here are 18 very healthy dinner recipes but very simple to prepare and most importantly, are very delicious. Very little skill or time is needed to prepare them. If you will eat this way 85-90% of the time, you will feel better, have more energy and in most cases, will drop weight without doing anything else.

Those recipes that do not have measurements are so simple it's hard to mess them up. Just use the amount you think you need.

### Turkey Burger Patties with Avocado, Snap peas, Cucumbers, Tomatoes and Mozzarella

- Ground Turkey
- Olives - chopped
- Feta cheese
- Green onion - chopped
- Garlic
- Paprika
- salt and pepper

Mix all ingredients and make into patties. Cook in skillet until done. To make a sauce to go on patties combine  $\frac{1}{4}$  cup soy sauce with 1-2 Tbs of mustard and a teaspoon of sesame oil mixed well.

- Avocado - sliced
- Snap peas
- Cucumbers - sliced thin
- Mozzarella cheese - sliced
- Tomatoes - sliced

### Healthy Hawaiian Haystacks

- Quinoa (Bob's Red Mill is free of gluten contamination if you are gluten sensitive)
- Boiled chicken – shredded
- Cream of Mushroom Soup (see healthy recipe below – canned cream of mushroom soup is very unhealthy)
- Chopped tomatoes
- Chopped olives
- Chopped onions
- Chopped avocados
- Shredded cheese
- Pine Nuts or shelled sun flower seeds

Pile quinoa, shredded chicken and cover in cream of mushroom soup. Top with cheese, veggies and nuts

### Healthy Cream of Mushroom Soup

- 1 box of Chicken Stock
- 1 can of coconut milk
- Chopped mushrooms
- 1 tsp garlic
- salt and pepper to taste
- 1/3 cup arrowroot to thicken

Whisk until smooth. Heat over medium heat until boiling.

### Taco Salad

- Ground beef - browned
- Taco seasoning - non-MSG
- Greens – spinach, spring mix lettuce
- Tomato - chopped
- Onion - chopped
- Olives - chopped
- Avocado
- Greek yogurt

Brown meat and add taco seasoning. Make bed of greens and top with meat, veggies and greek yogurt in place of sour cream.

### Turkey Meatloaf with Sweet Potato Hash Browns

- Ground Turkey
- Feta Cheese
- Onions – chopped
- Garlic
- Olives
- Small amount of oatmeal as a binder (optional)
- Stewed tomatoes
- Salt and pepper to taste

Mix all ingredients and make into a loaf. Place tomatoes on top. Bake for 40-45 minutes at 350 degrees.

- Sweet potatoes
- Coconut oil

Peel and grate sweet potatoes. Heat coconut oil in skillet. Brown sweet potatoes until crispy on one side then flip and brown and crisp on other side. Salt to taste.

### Pork loin with Quinoa and Cabbage Slaw

- Pork loin
- Quinoa
- yellow and red peppers
- napa cabbage
- onion
- cilantro
- lime or lemon
- extra virgin olive oil
- sesame oil
- salt and pepper

Pour ½ cup olive oil in a shallow baking pan. Roll pork loin in the oil and let sit in the pan. Season with salt and pepper or any other seasonings. Bake at 400 degrees for 40-45 minutes or until internal temperature is 170 degrees. Do not overcook.

For each cup of quinoa add 2 cups of water and boil until all water is absorbed. Fluff with fork.

## Cabbage Slaw

- 1 head Napa (Chinese) cabbage
- 1 yellow pepper
- 1 red pepper
- 1 red onion
- 1 bunch cilantro
- Juice and zest of 1 lime or lemon
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. toasted sesame oil
- Salt and fresh ground pepper to taste

Cut cabbage in half, length wise. Cut out core. Slice into small strips cross ways. Place in large bowl. Cut out stem and seeds from peppers and cut into strips. Cut onion into strips. Make dressing in separate bowl or small food processor by squeezing lime or lemon, salt and pepper and zest, and slowly adding oils to the juice. Chop cilantro lightly and add to vegetables. Leave the veggies separate from the dressing in a zip lock container in the fridge (they will stay nice for up to a week). Right before eating (or 1/2 hour before eating) toss the veggies with a little bit of the dressing to keep them crispy and fresh. Taste and adjust seasoning with salt and pepper.

## Spaghetti Squash with Marinara and Garden Salad

- 1 Spaghetti squash
- 3 Cans diced tomatoes
- ½ cup Olive oil
- Italian seasonings
- Onions – chopped
- Large spoon of chopped garlic
- Salt to taste
- Greens with oil and vinegar

Cut squash in half. Drizzle olive oil over the meat of the squash and add salt and pepper to taste. Bake in oven for 35-45 minutes at 350 degrees or until squash will easily shred with a fork. Let cool then using a fork scrape meat out of shell.

In a sauce pan heat olive oil and saute onions until translucent. Add garlic and heat for a minute. Add tomatoes and seasonings and let simmer for 10-15 minutes.

### Stuffed Green Peppers with Spinach Salad

- Large green peppers
- ground beef or turkey
- carrots
- onions
- garlic
- zucchini - chopped
- mushrooms
- tomato paste

Sauté carrots, onions and garlic. Brown meat. Add zucchini and mushrooms. Salt and pepper to taste. Cut the tops off peppers and stuff each with meat mixture. Top with tomato paste. Place in oven and bake for 30-40 minutes at 350 degrees or until peppers are tender.

Fresh Spinach salad. Add avocados, sunflower seeds and olive oil and vinegar.

### “Spaghetti” in Creamy Tomato Sauce with Spinach Salad

- Zucchini
- coconut milk
- diced tomatoes
- garlic
- rosemary
- salt and pepper
- leeks
- onion
- bell pepper
- artichoke hearts
- Chicken Sausage – already cooked (no nitrites)

Cut zucchini in long strips like spaghetti noodles and saute lightly just enough to soften them. In a sauce pan saute leeks, onions, bell pepper and garlic in a small amount of olive oil. Add tomatoes, coconut milk, sausage and artichoke hearts with other seasonings and simmer 15 minutes. Pour over “noodles”.

### Smokey Roast with Carrots, Onions, Mushrooms and Zucchini

- ½ teaspoon ground chipotle
- 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon cinnamon
- ½ tablespoon garlic powder

- 1 tablespoon dried oregano
- 1 tablespoon cumin
- 1 teaspoon sea salt
- Mix all spice rub ingredients together and set aside.

### Roast

- ½ tablespoon coconut oil
- 2.5 lb beef chuck roast
- 1 red onion, halved and sliced
- ¾ cup water

Heat your coconut oil in a skillet over medium to medium high heat, make sure your pan is nice and hot! Take the spice rub mixture and rub the entire amount into and all over the roast – really rub it in, do not just brush it on!. Using tongs, place the roast into the hot skillet and sear for 3-4 minutes on each side. If your pan is not hot enough you will lose your spices, but if it's too hot, you will burn your roast. You want it to make a nice crust on both sides of the meat. Place your sliced onions in the bottom of a slow cooker. Once the roast has been seared, put the roast in the slow cooker on top of the onions. Add the water, cover and cook on high for 5-6 hours or on low for 7-8 hours.

Saute vegetables in a small amount of coconut oil with sea salt and pepper to taste.

## Steak Dry Rub, Avocado Salsa, and Chopped Broccoli Salad

### Steak Dry Rub

- 1/4 cup smoked paprika
- 3 tablespoons cumin
- 1/4 cup chili powder
- 2 tablespoons Mexican oregano
- 1 teaspoon fresh ground pepper
- Sea salt to taste
- Olive oil brushed onto outside of steak

Mix all dry rub ingredients together in a large bowl. Place each steak directly into the dry rub mixture and make sure each side is well coated, rubbing the dry rub into the steak. Let the steaks sit for at least 30 minutes. Coat each side with a bit of olive oil before the steaks hit the grill. We use top sirloin but this dry rub is great on rib eyes and flank steak too!!

### Avocado Salsa

- 4 avocados, diced

- 3 roma tomatoes, diced
- 1/2 red onions, minced
- 2 tablespoons lemon juice
- Sea salt and black pepper to taste
- Mix all ingredients together and serve on top of your steaks!

### Chopped Broccoli Salad

- 3 cups broccoli, finely chopped
- 1 ½ cups of carrots, diced
- 1 apple, diced
- 9 strips of bacon, cooked and diced
- 3 green onions, diced
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon spicy brown mustard
- 1 tabelspoon fresh dill
- Black pepper to taste

Mix all ingredients together and serve!

### Grilled Chicken with Pesto and Mashed Sweet Potatoes

#### Grilled Chicken

- Chicken Thighs
- Olive Oil
- Sea salt and pepper

Coat chicken with oil and salt and pepper. Broil or grill. Top with pesto.

#### Sweet potatoes

- Sweet potatoes
- Garlic
- Butter
- salt and pepper

Boil potatoes until tender. Peel and mash. Add butter, salt and pepper and garlic.

### Sun Dried Tomato Chicken with Baked Brussels Sprouts with Bacon

#### Sun Dried Tomato Chicken Bake

- 2 lbs. boneless skinless chicken breasts cut in half or thighs
- 8.5oz jar of julienne cut sun dried tomatoes
- 8 garlic cloves, sliced thin
- 2 tablespoons dried basil
- Sea salt and black pepper to taste

Preheat oven to 375. Place the chicken breasts in a large glass baking dish. Sprinkle with the dry spices and mix well. Sprinkle the sliced garlic on top and spread the sun dried tomatoes and the olive oil that it's in the jar over the entire dish. Seal tightly with tin foil and bake for 20 minutes. Remove the tin foil and bake for another 15 minutes or until the chicken is no longer pink in the middle.

### **Brussels Sprouts with Bacon**

- 12 oz of nitrite free bacon, diced
- 1/2 lb Brussels Sprouts
- 1/2 teaspoon dried dill
- Black pepper to taste

Dice the raw bacon and cook in large skillet until crispy. While the bacon cooks, wash the sprouts, cut off the ends, and quarter. Once the bacon is crispy, add the sprouts to the bacon and cook for 7-10 minutes or until the sprouts are tender. Season with the dill and pepper and serve.

### Coconut Garlic Chicken with Mashed Cauliflower

#### **Chicken**

- Chicken thighs
- olive oil
- garlic
- shredded coconut
- sea salt and pepper

Brush chicken with oil and rub with garlic and sprinkle unsweetened shredded coconut and salt and pepper. Broil for about 7 minutes then turn over for another 7 minutes or until juices run clear.

#### **Cauliflower**

- Cauliflower
- Garlic

- sea salt and pepper

Steam cauliflower until tender. Mash and add garlic and salt and pepper.

### Heart Healthy Chili

- Ground beef or turkey
- Sweet Potatoes
- Canned diced tomatoes
- Corn
- chili powder
- Sea salt
- Pepper
- Liquid smoke

Peel and dice potatoes. Brown meat then add potatoes and cook until they are tender. Add tomatoes, corn, and seasonings and let simmer 15 minutes.

### Fish Tacos

- Fish – white fish, talapia or mahi-mahi are good choices.
- Tomatoes
- Cilantro
- onions
- corn tortilla
- Greek yogurt

Season and cook fish as desired. Dice veggies. Heat tortillas on a skillet for 30 seconds each side. Spread yogurt on tortilla and fill with fish and veggies.

### Cream of Broccoli Soup

- 2 tbsp olive oil
- 2 leeks
- 4 clov garlic
- 2 lbs broccoli
- 1 sweet potato
- 5 cups water

- 1 1/4 tsp kosher salt
- 1/2 cup low fat sour cream
- 1 oz fresh Parmesan
- Black pepper

Heat oil and sauté leeks and garlic 10 min. Peel broccoli stems outer layer and slice. Add broccoli, potato, and water to pot and boil then simmer until broccoli is tender. Blend to purée blend in salt and sour cream, garnish cheese and pepper

### Butternut Squash Soup

- 1 Butternut squash
- 1 box chicken stock
- 3-4 green onions
- 1/2 cup olive oil
- 2 Tbs crushed garlic
- 1 can coconut milk
- Sea salt
- Pepper

Peel squash and boil in chicken stock until tender. Sauté onions in oil and garlic. Add together with coconut milk and seasonings and blend until smooth.

### Tortilla Soup

- 8 cups low sodium chick broth
- 1 1/2 lbs chicken breast
- 6 cloves garlic
- 2 chili peppers
- 1 tsp kosher salt
- 2 cups corn
- 2 cups cherry tomato
- 1 avocado
- 1/4 red onion
- 2 limes
- 1 cup cilantro
- A few Tortilla chips

Bring to boil then simmer ingredients except tomatoes and avocados for 15-20 minutes. Add tomato and avocado before serving. Garnish with cilantro and chips.





Start your day off right! Eat breakfast so you don't find yourself at lunch starving and prone to making poor choices. But like we already said, you have to have a plan and it has to be simple and repeatable. Below are simple rules to guide you with that plan.

## STEP FOUR – PLAN BREAKFAST

Monday through Friday (or whatever constitutes your work week) pick from one of the 5 breakfast ideas provided and have that each week day. This keeps it simple and doable every day when you may be rushed for time or thinking about the day ahead. Add variety on weekends by picking a different breakfast for Saturday and another for Sunday.

### IT'S YOUR MOVE:

- Complete the Breakfast Meal Planner right now
- Shop for what you need (at the same time as your dinner shopping)
- Post it everywhere
- Take a photo of your completed plan so it is on your phone
- Follow it

# Breakfast Planner

- Step 1: Pick one breakfast you will have on week days. Just one will keep it simple and repeatable.
- Step 2: Pick one breakfast for Saturday and one for Sunday. This will give you variety.
- Step 3: Make a grocery list of the items you need for your menu. Do not add anything else to your list.
- Step 4: Just follow the plan!



On this day I am having...

S	M-F	S
S	M	S

For this meal I need to buy...

## Quick Weekday Breakfast Choices

- 1 slice of 100% whole grain bread topped with 1 fried egg, a small handful of spinach, 2-3 slices of avocado served with 1 cup of berries
- 2 hardboiled eggs, with a medium banana and 1-2 tablespoons of natural almond butter
- 3/4 cup of plain greek yogurt with 1/4 cup of walnuts or slivered almonds and 1/4 cup plain uncooked oats, top with cinnamon
- Hot Cereal Quinoa: 1/2 cup of left over quinoa, 1/2 cup of plain almond milk, 1 tsp of honey, pinch of salt, 2 tbsp of slivered almonds. Heat all ingredients in microwave for 1 minute.
- Spinach Blueberry Shake
  - 1/2 cup water
  - 1 scoop of vanilla whey protein
  - 2 cups of fresh spinach
  - 1/2 cup frozen blueberries
  - 1/4 cup of almonds
  - 1/2 cup coconut milk

Blend in blender until smooth. Add more or less water depending on desired thickness. Add a little honey if need to sweeten.

## Weekend Breakfast Choices

### Best Healthy Pancakes Ever

- 1/2 cup of whole oats (Bob's Red Mill is free of gluten contamination if you are gluten sensitive)
- 1/2 cup cottage cheese
- 1/2 cup eggs (3 eggs)
- 1/2 tsp vanilla extract
- 1/2 tsp butter flavoring
- 1/2 cup blueberries or strawberries

Blend oats, eggs, cottage cheese, vanilla and butter flavoring until smooth. Add small amounts of water to thin if needed. Heat skillet and pour batter and cook as normal pancakes. Top with fruit.

### Breakfast Hash

- Chicken sausage – no nitrites
- zucchini
- green onions
- coconut oil

Dice sausage and veggies. Heat oil on skillet. Sauté all ingredients in skillet until veggies are tender.

### Green Chili Feta Cheese Omelet

- 2-3 free range omega 3 eggs
- green chili
- feta cheese
- Sea salt and pepper

Make omelet with chili and feta cheese. Feta is salty so salt eggs lightly if at all.

### Spicy Savory American Favorite

- 2 fried eggs in extra virgin olive oil
- 1-2 slices of nitrate free bacon
- 1 handful of arugula
- ½ cup of sautéed bell peppers and onion
- 1 medium fresh orange, sliced

Make fried eggs to your liking. Sauté peppers and onions for



To ensure your portions are also in check, the portion guide is a handy tool to teach you to eat reasonable portions without measuring or counting calories. This is a critical skill that can be used lifelong.

## STEP FIVE – PORTION GUIDE

When you did your planning, we didn't tell you how much to eat. First of all, it has been proven over and over again calorie counting and measuring just does not work for long term behavior change. In addition, when you focus on food quality, the quantity almost always takes care of itself.

### IT'S YOUR MOVE:

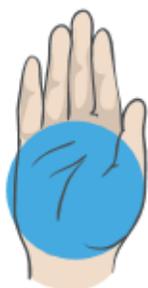
- Begin using the portion guide when you are preparing your food and serving yourself
- Post it everywhere
- Take photo of it so you have it on your phone

# PORTION GUIDE

Adapted from Precision Nutrition's Calorie Control Guide

Use the guide below to portion your meal\*\*.  
(Remember, you can make more than one portion for leftovers the next day).

## PER SERVING:



### PROTEIN

Women: 1 palm  
Men: 2 palms



### VEGETABLES

Women: 1 fist  
Men: 2 fists



### CARBS

Women: 1 cupped hand  
Men: 2 cupped hands



### FAT

Women: 1 thumb  
Men: 2 thumbs

### Adjust portions up or down according to:

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat



How do you know when to eat? How do you know when to stop eating? For most of us the answers are whenever we get a notion to and when we feel stuffed. This tool can help you become a more intuitive eater.

## STEP SIX – HUNGER SCALE

Master the skill of knowing the ideal time to eat, when to wait until later and when to stop before too much damage is done. The Hunger Scale should ideally be used before eating anything and during every single meal. The good part is that it takes just seconds to use it.

### IT'S YOUR MOVE:

- Begin using the Hunger Scale every time you even thinking about eating and during every meal
- Memorize it
- Post it everywhere
- Take photo of it so you have it on your phone



## BECOME A MORE INTUITIVE EATER

Take Home Message: Being mindful of your hunger by using a hunger scale is a great way to monitor what and how much goes in your mouth.

### The Hunger Scale

1.	You're so hungry you'll eat anything
2.	You can't ignore your hunger and everything looks and sounds good to eat
3.	Your stomach is growling and you have hunger pangs
4.	You can feel you're getting hungry and it's time to think about what to eat
5.	You're neither hungry nor full
6.	Just right; you're satisfied but could easily eat more
7.	Totally satisfied; hunger is gone and you won't be hungry for hours
8.	You're full and don't want anything else to eat
9.	You feel stuffed and uncomfortable
10.	You're painfully full and may even feel sick

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 **Assess your hunger and fullness before, during and after your meals and snacks. Try to stay within the shaded areas (numbers 4-7) to help keep portions and calories in check.**

Hunger is an important element of our food choices — it signals your body when it's time for your next meal or snack. But for everyone's sake, you want to avoid getting “hangry.” So how do you gauge how much hunger is OK? Use a hunger scale. This scale utilizes a range from 1 to 10, with 1 being your absolute hungriest, feeling light-headed, 5 being completely neutral (not hungry and not at all full), and 10 being really uncomfortably stuffed. You want to grab a snack or meal at about a three or four, when you're moderately hungry, and stop eating around a six, just past that completely neutral feeling.

In summary you want to develop a personalized eating schedule where you eat when fairly hungry, about a 3 on the scale (if you waited another hour, you'd be famished) and eat just enough to feel satisfied, about a 6 on the scale, and be hungry again three to four hours later. Keep the numbers in mind every time you're about to reach for something to eat. Think to yourself, "What number am I?" and it should help curb unnecessary eating when you're not actually hungry and will also prevent you from getting past the point of hunger to where you want to order an entire pizza for lunch. Try it out at your next meal and you will be encouraged by how listening to your body allows you to make better choices about what you eat.



Choosing a supplement or trying to decide on one can make many of us feel overwhelmed. There are so many that make grand claims of being the secret you have been looking for. Most fall far short of these claims and are nothing but a waste of money. Here are 3 that make a real difference and won't break the bank. Food is always the best source of nutrients, but these supplements can provide insurance that you are getting enough for optimal health.

## STEP 7- SUPPLEMENTS

These are to be taken every single day.

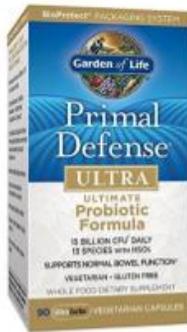
- Probiotic – gut bacteria may not sound like something you want, but believe us, you do. At least good gut bacteria plays one of the largest roles in your body's immunity and inflammatory response. A simple probiotic taken daily is so simple to do and can really make a difference.
- Fish Oil – fish oil can help reduce body fat, improve heart health, improve joint health and increase mental clarity. Taking fish oil is so easy even a fish can do it, and so can you.
- Multivitamin and Mineral Supplement –Most likely you are not getting enough of your daily needs for many of the essential (meaning the body needs them) vitamins and minerals.

### IT'S YOUR MOVE:

- Buy your "dailys"
- Take your "dailys"

# SUPPLEMENTS

Take a Probiotic, Fish Oil, and multivitamin according to package instructions. A simple way to build the habit? Put these three bottles by your bathroom sink and plan to take them when you brush your teeth at night or in the morning. When using protein powder, mix 1 scoop with 1 cup of water. The protein powder is to be used only on days when you exercise intensely or if you choose to use as a snack option.



PROBIOTICS



FISH OIL



MULTIVITAMIN



HIGH QUALITY PROTEIN POWDER



You see infomercial headlines about it all the time... "*Blend your way to optimal health.*" Shakes are not a requirement of improved health and they certainly are not the secret, but they can have their place because they are easy, fast and when done right, can be full of highly nutritious ingredients.

## STEP EIGHT – BALANCED SHAKE GUIDE

We will show you how to make the perfect shake. Shakes should not be used in addition to other meals, only as a meal replacement.

### IT'S YOUR MOVE:

- Review Build A Perfect Shake
- Determine if any of your regular meals will be routinely replaced with a shake and if so, get it on your 7 Day Meal Planner or Breakfast Planner

# Balanced Shake Guide

(Adapted from Precision Nutrition's *The Super Shake Guide*)



## Step 1: Pick a Liquid (1/2-1 cup)

- Hemp Milk
- Iced Green Tea
- Water
- Almond Milk
- Cow's Milk
- Coconut MILK



## Step 2: Pick a Protein Powder (1-2 scoops)

- Nutiva Plant Based Protein Powder
- Tera's Whey
- Metabolic Drive



## Step 3: Pick a Veggie (1-2 handfuls)

- Dark Leafy Greens
- Pumpkin/Sweet Potato
- Beets/Beet Greens
- Cucumber
- Celery
- Powdered greens supplement



## Step 4: Pick a Fruit (1-2 handfuls)

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple/mango
- Powdered Fruit Supplement



## Step 5: Pick a Healthy Fat (1-2 thumb portions)

- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut Butter
- Any other nut butter



## Step 6: Pick a Topper (a little goes a long way)

- Coconut
- Cacao nibs/dark chocolate
- Yogurt
- Oats
- Cinnamon
- Vanilla
- Ice (if using fresh fruit)

# RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews

½ cup plain Greek yogurt

A few sprinkles of coconut and 5 ice cubes

2 thumb-sized portions of mixed nuts

2 thumb-sized portions of walnuts

1 cupped handful of frozen mixed berries

Half a frozen banana and 2 pitted dates

1 handful of spinach and 1 scoop powdered greens supplement

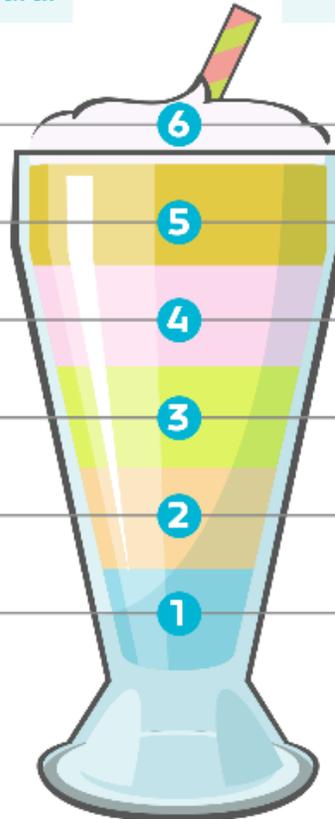
2 kale leaves and 1 scoop of powdered greens supplement

2 scoops of vanilla milk protein blend

2 scoops of plain pea protein powder

4 ounces water

4 ounces water



Just remember: Not all of the steps are mandatory. Don't want a topper? Leave it out. Want extra veggies? Add 'em in. Trying to reduce calories? Change the portion sizes.

**MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.**



Snacking, when done well can encourage better food choices by preventing overeating at your next meal, help you get a regular supply of nutrition throughout the day, control hormones that regulate blood sugar and can ensure you are properly fueled for exercise. Keep in mind though that your desire to eat a snack may not be coming from true hunger, so check in with yourself by using the hunger scale when deciding if you should eat one.

## STEP NINE – SNACKS

If you feel you need one, have a midmorning snack and another one midafternoon. Another key element to smart snacking is to create a healthful snack pantry in your work and home environment. Stock your desk with good for you snacks at the start of the week to prevent impulsive eating.

### IT'S YOUR MOVE:

- Review the Clean Eating Snack List and choose snacks you like
- Add the foods you need to create your snack pantry to your weekly grocery list
- Prep and take snacks to work at the start of the work week

# Clean Eating Snacks



1 BOILED EGG + 1 SMALL  
PIECE OF FRUIT



1 CUP OF GRAPES + 1 PIECE  
OF STRING CHEESE



3-5 CUPS OF AIR POPPED  
POPCORN



1/3 CUP OF MIXED NUTS +  
SMALL PIECE OF FRESH  
FRUIT



CELERY + 1 TBSP NATURAL  
PEANUT BUTTER



1/4 CUP OF PUMPKIN SEEDS  
+ 1 PEAR OR ORANGE



1 SMALL PIECE OF DARK  
CHOCOLATE + 5  
MACADAMIA NUTS



6-8 BABY CARROTS + 3  
TBSP OF HUMMUS



1/2 CUP GREEK YOGURT + 1/2  
CUP OF BERRIES + 1/4 CUP  
OATS



1 SMALL BANANA + 1 TBSP  
OF ALMOND BUTTER



1 WHOLE FOOD NUT AND  
FRUIT BAR (NO SUGARS  
ADDED)



1/2 CUCUMBER SLICED + 1  
OUNCE OF CHEDDAR  
CHEESE



We know that in real life, you will eat some meals away from home. Don't assume that just because you are eating out of your home due to travel or other circumstances that you will have to forgo your goals to eat well. The answer is in the planning ahead and being mindful of where to eat and how to order.

## STEP 10 – EATING OUT GUIDE

We have created an eating out guide to give you direction on how to make best choices. Eating out should be as minimal as possible.

### IT'S YOUR MOVE:

- Review the Eating Out Guide
- Take a photo and save it to your phone
- If eating out is something you must do, strive to go to one of the approved restaurants
- Have fun and challenge yourself to order the yummiest healthy meal you can using your PORTION GUIDE and HUNGER SCALE. You got this!

# Eating Out Guide

## Research your restaurant.

Instead of waiting until you sit down at the place where you made reservations and hoping there will be something appealing on the menu, go online and scan the offerings ahead of time. If you have requests, call and ask for the manager or chef.

## Keep it simple.

Grilled chicken, grilled or steamed fish, salads...these have been old standbys for clean eaters. The simpler the food, the more unprocessed it is. That's it.

## Create your own entrée.

Despite how it appears at most restaurants, you're not limited to how things are organized and offered on the menu. For instance, you can order the halibut but tell them to replace the cheese sauce with the mango salsa that's on the nachos. And if broccoli accompanies the prime rib, you can order some of it even though it's not listed as a separate side dish. The point is if the ingredients are already in the kitchen, the chef should be willing to combine them in more healthful ways. Likewise, don't be shy about ordering an entrée portion of an appetizer or even a side that better fits your dietary needs. Good news! Several chain restaurants across the country are offering more health-conscious options on their menus and prioritizing ingredient sourcing.

**Panera:** While Panera has already established itself for health-conscious food, the company has a "No No List" which includes more than 150 artificial ingredients that the company has already banished from its menu. Nutritious breakfast options, sandwiches, salads, and plenty of fresh fruit options make Panera a solid choice for those looking to eat cleaner on the go. **Try this:** Power Almond Quinoa Oatmeal.

**Chipotle:** With endless ways to customize tacos, quesadillas, salads, or burrito bowls, we love how easy it is to create a clean ingredient combination. The company also prides itself for its recent push to completely eliminate genetically modified organism (GMO) ingredients from its menu. While research as to whether GMOs are actually harmful to humans is unclear, we still admire their push towards smarter ingredient sourcing. Portions are quite large so try an option from the kid' menu.

**Try this:** Kid's Chicken Tacos with 2 Soft Corn Tortillas, Pico de Gallo, Guac, Lettuce, Brown Rice and Beans.

**Jason's Deli-** Jason's Deli's menu has been free of high fructose corn syrup, MSG (Monosodium Glutamate), and trans-fat since 2008. We also applaud the deli for its devotion to organic ingredients and for offering a salad bar brimming with fresh veggies such as broccoli florets, bell peppers, mushrooms, beets, and more. We love the option to drizzle your salad with olive oil and red wine vinegar, too. **Try this:** Garden fresh salad bar with mixed greens, grilled chicken breast, hard-boiled egg, organic baby carrots, zucchini stix, cucumber slices, and grape tomatoes.

**Outback-** This popular steakhouse chain restaurant has a great way to organize its menu—by choosing from a list of proteins and veggie-centric sides, diners have complete control to create a healthy meal. Start with a grilled sirloin or filet, and pair it with grilled asparagus, steamed broccoli, or a plain baked sweet potato to create a wholesome meal. **Try this:** 6 oz Outback Special Sirloin with a sweet potato and asparagus.

When fast-food is your only option on that road trip when any of the places mentioned above are nowhere to be found, below are some more ideas.

**Pizzerias** It's generally cleaner to eat at a local pizzeria than a chain. Then order with lots of veggies and a side salad.

**Chinese** The mainstay here is brown rice and steamed veggies, unbreaded protein sources and hold the soy sauce.

**Sushi** Order the sashimi or nigiri. In general, the fancier the roll's name (Las Vegas, Wonderful, Godzilla) or the higher its price the more sauces and stuff it'll have in it.

**Mexican** Instead of beef, which is usually lower quality and heavily seasoned, order chicken, fish or beans. Rather than burritos or tacos, choose a taco "bowl" or salad.

**Pack when traveling.** Before you go on a trip, be sure to pack some healthful snacks.....carry nuts in small snack bags, almond or peanut butter single packs, apples, oranges, a sandwich, or Lara or Trio bars. It is so easy to find yourself hangry in the airport or gas station.



Finally, you have to make up your mind that you are going to be successful. You can decide right here, right now, that you will not accept anything less than success and that sometimes success also means having to take a few steps back.

## THE ULTIMATE STEP – BE SUCCESSFUL

With that mindset, with that conscience choice, you are setting yourself up to be just that.

Congratulations on playing an active role in your health!

### IT'S YOUR MOVE:

- Get ready
- Set
- GO

# EXERCISE



The body was built to move. Most of us sit far too much and move too little, resulting in feeling bad, storing more energy (aka fat) than we should, increasing our chances of poor health, and then feeling really bad when we finally decide to move (discomfort, soreness, joint pain, injury, etc.). We all know we need to exercise.

## SEVEN DAYS WITHOUT EXERCISE MAKES ONE WEAK

While our ancestors had to labor for their survival, we live in a pretty luxurious world where most of us do not have to work hard enough to keep our bodies strong, fit and lean. Therefore, exercise has become a necessary routine that is critical to good health.

We know some people are motivated to move and others are not. Either way, we all have challenges in getting the amount of exercise we should, and there is so much information that it can cause us to freeze in our tracks, and not do anything at all. If you don't get anything else out of this workbook, at least understand this. Being consistent with something is far more important than getting lost in the minutia of details to the point of not taking action. Whatever you choose to do, be consistent with it.

Here we give you a number of important types of exercise for you to consider. Jump in wherever it makes sense for you. If you are just getting started, pick just one type to work on. After you are feeling stronger, then consider what you might add. The science of habit and behavior is very clear. Going from 0 to 100 mph all at once is almost always a guarantee for failure. It really is important that you tackle this one small step at a time. Don't complicate it.



Walking is the most fundamental part of human movement. There are great benefits that come from a regular walking routine. It can be a perfect way to start activity if you have not been exercising or, even if very fit, it has a place in an overall strategy for exercise. It requires little equipment (good shoes are highly recommended), no gym fees, and can take on so many forms that it's only limited to your imagination and willingness to commit to it.

## STEP ONE - WALKING



Thankfully, new studies have shown that walking at least fifteen minutes every day can add seven years to your life. One study followed sixty-nine people between the ages of 30-60 and found that those who engaged in daily moderate exercise, such as walking, experienced anti-aging benefits. So, if you know you won't be able to do your

regular workout due to an early morning meeting, taking a 15-minute walk on your lunch break or after dinner could get you the same benefits.

### *9 Easy Ways to Walk More*

- Walk to work or school
- When taking public transit, get off a few stops before your destination
- Take the stairs instead of the elevators
- Park far away as opposed to the closest parking spot and then walk to wherever you're going
- Go for a quick walk after lunch instead of just sitting around for the whole time
- Go for a walk right after dinner, you can make it a family event and have the whole family tag along
- Try "walk and talk" meetings at work
- Instead of sitting down and listening to a podcast, walk and listen to a podcast
- Walk your dog or walk with a friend or family's dog

So get out there and just walk. Commit to walking at least 15 minutes a day.



Below, I have a structured walking program for you. It is simple to follow, but will give you a great plan so that you will gain some great benefits beyond just going out for a walk.

**Monday:** Rest day. No walking of significant distance or intensity.

**Tuesday: Economy Workout.** Warm up for 10 minutes at an easy pace. Then walk as fast as you can for 30 seconds or 200 meters (two city blocks in most cities). After 30 seconds, drop down to an easy pace for 2 minutes. Repeat the 30 seconds speed/2 minutes rest 8-12 times. Cool down with a 10 minute easy pace walk.

**Wednesday: Recovery.** Easy 3 mile walk at 65-70% of your max heart rate. This is a pace at which you can easily maintain a conversation but are breathing harder than at rest.

**Thursday: Threshold Workout #1 - Speed.** 10 minute warm up at easy walking pace. Walk fast for 8 minutes or about half of a mile at 85-92% of your max heart rate. Then slow down to an easy pace for 2 minutes. Repeat this for 3-4 repetitions. Cool down for 10 minutes at an easy pace. The threshold pace is strenuous, but one you could maintain throughout a 10 kilometer/6 mile race. You will be breathing very hard and able to speak only in short phrases.

**Friday: Recovery.** Easy 3 mile walk at 65-70% of your max heart rate.

**Saturday: Threshold Workout #2:** Steady state or tempo workout. Warm up for 10 minutes at an easy pace. Walk 20-30 minutes at 85% of your max heart rate then cool down with 10 minutes easy pace.

**Sunday: Distance Workout.** 8-12 kilometers (5-7 miles) at 70-75% of your max heart rate. This is a conversational pace.

Varying your walking workouts will help build different aspects of fitness: speed, endurance, aerobic capacity.



You have heard the analogy of taking a jar and filling it half full of sand, then adding in some pebbles and finally trying to stuff a few large rocks into it only to discover it won't all fit. But then you take it all out and put in the large rocks first, then the pebbles and finally pour in the sand, and it all magically fits! Strength training should be one of your large rocks. The rest of your exercise endeavors should fit into and flow around a foundation of strength.

## STEP TWO - STRENGTH TRAINING

Why strength train? Let's explore a few reasons.

1. It builds muscle. You're saying, "well duh!" Muscle burns 5 times as many calories per minute as fat does, no matter what you are doing. Running. Your muscle is burning at 5 times the rate of your fat. Cooking dinner. Your muscle is burning at 5 times the rate of your fat. Sleeping. Your muscle is burning at 5 times the rate of your fat. Get it?
2. Muscles have a nicer shape. "Duh again"! The goal to look nice is a great goal to have, even though sometimes we may not want to admit it for fear of appearing vain. When we look good we feel good and when we feel good we are more likely to think clearly and make better choices. So those shapely muscles will not only affect your appearance but indirectly your decision making.
3. It increases strength. "You guys are on a roll with being Masters of the Obvious." Strong is healthy, weak is not. Bottom line. When we are strong ALL tasks are easier, from the simple to the complex, and we do them with less risk of injury. Speaking of injury, when you're hurt, you don't get to exercise, which shoots a hole right through the middle of your health goals. So stay strong, stay injury free, and stay healthy.

That's a lot of stuff that we told you that you already knew. Maybe by now you are thinking geez, tell me something I don't know." But ask yourself, are you doing it? Are you strength training? Are you making it the foundation that everything else sits atop of? Well, if you need a bit more convincing, then here are another 7 great reasons to make an even 10!

4. It creates muscle tone. Muscle tone is that tautness in muscles that make them look firm and not saggy. Muscle tone is a function of the nerves that tell muscles what to do. You can think

of it as the electricity flowing to your muscles. Muscle tone is that even at rest, there is a little bit of electricity running to your muscles that keeps them firing, or taut. "I just want to tone, I don't want to bulk, so I am going to use light weights and high reps." This is one of the biggest misconceptions out there and is totally the worst way to build tone. The heavier you lift, the more electricity you send to the muscle, even at rest and therefore, the muscle has more tone at rest. Lifting heavy will make you bulky is the other really big misconception out there. Don't buy into it. We will discuss this separately.

5. It improves reaction time. When we think about strength training we only tend to think about training our muscles. But guess what tells the muscles what to do? The nerves! So the nerves get a workout too. And as they get a workout they get better and faster. The central and peripheral nervous systems all improve their ability to send signals to the rest of our body from strength training, even the ones in your brain!
6. It improves insulin sensitivity. Tons of research show that strength training increases growth hormone and IGF-1. Both of these hormones are hugely involved in both insulin sensitivity and leanness. If our cells are not sensitive to insulin, we store fat more easily and have a much higher chance of developing diabetes. This reason alone should be a primary reason you strength train for weight management and for good health. Unless you are just one of those people who are just naturally lean no matter what you do, you cannot afford to not be strength training because of what it will do for decreasing fat by improving your insulin sensitivity.
7. It will keep you young. The very definition of aging is your cells dying. As they die, you age. We are not talking about getting older here, as in how many birthdays you have had. We are talking about the actual process of your body aging. Strength training keeps muscle cells from dying off. The fewer that die, the less you age. Stay young by lifting heavy stuff.
8. It improves sleep and reduces chronic pain. A plethora of studies have demonstrated improved sleep from strength training. In addition, a series of studies in older adults showed a 43% decrease in perceived pain after starting strength training. Sleep better and have less pain – that's a bargain!
9. It strengthens bones. Bones get brittle when they don't get used. They get strong when they are stressed. There is no better way to stress bones and therefore make them stronger than with strength training. Breaking bones is no fun. As you get old, breaking bones can cost you your life. Build strong bones.
10. It decreases blood pressure and improves heart function. Strength training has been shown in study after study to decrease blood pressure more than double typical blood pressure lowering medications. In addition, it improves arterial function and reduces inflammation, two key markers for heart disease. The risk for cardiovascular disease goes down by more than 14% just by adding strength training to your routine.

Now let's address that myth about getting too bulky. It's not going to happen. There are a few people that can just look at weights and get all muscley, just like there are people who can just look at a donut and gain 5 pounds, but they're super rare. Most of us have to strength train very seriously

with some very intense methods to get bulky beyond what most of us would be comfortable with. Especially women. Related to that, the best way to build strength without bulk is to use heavy weights with lower reps and sets.



Below I have a strength program for you. These exercises alone will build strength and help you feel and move better. It can be more complicated than this, but it doesn't have to be.

PULLUPS

3 sets x 6 reps



3 sets x 8 reps

GOBLET SQUATS

PUSHUPS

3 sets x 16 reps



3 sets x 8 reps

LUNGES

1 LEG DEADLIFTS

3 sets x 8 reps



Repeat 2-3 x per week



If you are looking for more, here is one of my favorite weekly workout plans that only requires a set of dumbbells. You can go to [www.nuvitamove.com/challengeintro](http://www.nuvitamove.com/challengeintro) to download the electronic copy of this workbook so you can use the video links.

## Full Body Dumbbell Workout

### Workout 1

- Dumbbell Snatch x 5 reps [Video](#)
- Dumbbell Straight Leg Deadlifts x 5 reps [Video](#)
- Dumbbell 2 Arm Row x 5 reps [Video](#)
- Dumbbell Swing x 5 reps [Video](#)
- Jump Rope for 30 seconds

Repeat circuit 5 times with 60 seconds rest between rounds

### Workout 2

- Dumbbell Goblet Squat x 15 reps [Video](#)
- Rest 30 seconds
- Dumbbell Overhead Press x 15 reps [Video](#)
- Rest 30 seconds
- Dumbbell Bulgarian Split Squat x 15 reps each leg [Video](#)
- Rest 30 seconds
- Dumbbell Kroc Row x 15 reps each arm [Video](#)

Rest 60 seconds, repeat circuit decreasing the reps each round to 15, 12, 9, 6, 3

### Workout 3

- Dumbbell Step Ups as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds
- Dumbbell Bench Press as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds
- Dumbbell Farmers Walk 30 seconds [Video](#)
- Rest 30 seconds
- Ab Wheel as many reps as possible in 30 seconds [Video](#)
- Rest 30 seconds

Repeat 5-6 rounds



Interval training has been used for decades by high level athletes to condition their bodies for intense competition. However, interval training can be used by anyone of any fitness level. Here you will learn what interval training is, the benefits of interval training and find a few workouts you can try.

## STEP THREE - INTERVAL TRAINING

Here you will learn what interval training is, the benefits of interval training and find a few workouts you can try. Once you understand this, you yourself can create an unlimited number of interval workouts that will be effective and keep your workouts fresh and exciting.

Interval training is simple. It is just what it sounds like. You have an interval of higher intensity exercise (often called the work interval) followed by an interval of recovery or rest of a lower intensity (called the recovery interval). See, pretty simple. Most people who know of interval training associate it with the athlete's implementation of it in the form of HIGH intensity intervals. However, read closely. Above it did not say HIGH it simply said HIGHER intensity. Here is an example of a very simple interval workout.



- Jog/Run for 1 minute
- Walk for 2 minutes
- Repeat 6 times for an 18-minute workout

That's it. You can create all kinds of combinations of work and recovery intervals that can be used in most every activity whether it is running, cycling, jumping rope or any activity you chose.

Typically, the amount of work to rest is displayed as a ratio such as 1:3. For example, for a 1:3 ratio you run for 30 seconds then take 90 seconds for recovery. Another example would be to run 100 meters and walk 300 meters. There is no wrong or right ratio. Simply, the higher the intensity of the work interval the more recovery will be needed. Below is a table that provides work to recovery ratios most appropriate for different conditions.

Your Fitness Level	Work Interval Intensity	Work Ratio	Recovery Ratio
Low	Low	1	1 to 2
	Moderate	1	2 to 3
	High	Not appropriate for low fitness levels	
Moderate	Low	1	1
	Moderate	1	2
	High	1	3
High	Low	1	1/2 to 1
	Moderate	1	1 to 2
	High	1	1 to 3

### Benefits:

- Increase aerobic capacity - interval training boosts cardiovascular fitness just as well as constant steady state exercise
- Increase muscle endurance - by using higher intensities during the work interval the muscles get more load placed on them causing them to adapt along with the cardiovascular system
- Increase lactate threshold - this simply means you can tolerate that burning sensations in muscles as they fatigue because you can tolerate the lactic acid that builds up in them. Bottom line is you can go longer and faster.
- Increase total calories burned - because the total amount of work done is often higher with interval training the number of calories burned is also higher.
- Increase post exercise calorie consumption - after exercise the increase in calories burned does not immediately drop back to resting levels. It takes several hours to return back to baseline. Interval training increases the time it takes to reach baseline again even more than steady state exercise.
- Increase fat utilization - As caloric consumption increases a greater amount of fat is burned in contributing to those calories.
- Decrease risk of overuse injury - because so much variety can be built in to intervals the same repetitive movements that cause overuse injuries can often be minimized.
- Increase exercise compliance and more enjoyable - because so much variety can be built into an interval workout you less likely to get bored. You are constantly thinking of the changes coming up which keeps it interesting.

- Very time efficient - If you are short on time an interval workout is great because you can often accomplish the same amount of work and caloric consumption in less time.
- Feelings of confidence and accomplishment from doing higher intensity exercise - working harder brings more satisfaction. Spending part of your exercise time in higher intensity exercise feels like you are accomplishing more. The best part is you really are.

### Time Based Intervals

Time is a very easy way to determine your intervals. Simply determine the length of your work interval and then determine the length of your recovery interval with the appropriate work to recovery ratio for you.

### Distance Based Intervals

Distance based intervals are also easy to measure because you simply set the distance and cover it. The recovery interval is just another set distance based on your desired work to recovery ratio. Just keep in mind the faster you cover the distance the shorter the distance has to be and the longer the recovery has to be.

### Heart Rate Based Intervals

Heart rate based intervals use your own heart to determine how long the work interval will be and how long the recovery will be. The best thing about heart rate based intervals is they are completely based on your fitness and how your heart rate responds. Heart rate works especially well for recovery.

### Mixed Intervals

Mixed intervals use any of the 3 methods above together. Here is a table showing some of the best combinations.

Work Interval	Recovery Interval
Time	Heart rate
Distance	Time
Distance	Heart Rate

Below are a few different workouts you can try with the intervals being determined by time, distance or heart rate. Many can be adapted to cycling, jumping rope, or any other activity.

### Square Blocks

Warm up for about 5 minutes with walking or light running. Pick a square block in your neighborhood. Run one length of the block from corner to corner. Then walk the next length of the block. If your work to recovery ratio is 1 to 2 then run 1 side of the block then walk 2 and repeat until you reach the desired workout time. Cool down for 3 to 5 minutes.

### Treadmill Intervals (Can be used either walking or running, cycling or using an elliptical trainer)

Warm up at a brisk walk for 3-5 minutes

Work Interval	Recovery Interval
---------------	-------------------

Raise to 3% incline for 2 minutes	0% incline for 2 minutes
5% incline for 2 minutes	0% incline for 2 minutes
7% incline for 1 minute	0% incline for 2 minutes
3% incline for 2 minutes	0% incline for 2 minutes
5% incline for 2 minutes	0% incline for 2 minutes
7% incline for 1 minute	0% incline for 2 minutes
10% incline for 1 minute	0% incline for 2 minutes
Cool down 3-5 minutes	25 minute workout without warm-up and cool down

### Run, Side Shuffle, Run Backwards Intervals

Warm up 3-5 minutes. At a park or grassy area step off a square 25 steps per side using markers such as water bottles, small flags or cones to mark each corner. Run forward to the first marker. Side step shuffle to the next marker, run backwards to the third marker then side shuffle to the starting point. Allow your heart rate to recover to just below the bottom of your heart rate zone and repeat.

### Cardio and Strength Intervals in the Park

Warm up 3-5 minutes. At a park or grassy area step off a square 25 steps per side using markers such as water bottles, small flags or cones to mark each corner. Run to marker number one and complete 5-10 pushups. Run to marker number 2 and perform 5-10 lunges. Run to marker number 3 and perform 5-10 crunches. Run to the beginning marker. Either rest 2-3 minutes or until your heart rate drops below your zone. Repeat as many times as desired.

### Running the Lines

Develops cardio fitness and mobility. Warm up 3 -5 minutes. In a park or grassy area step off 10 steps, 20 steps and 30 steps and place a small marker at each. Run to the first marker and touch it. Run back to the start and touch that marker. Run to the second marker and touch it. Run back to the start and touch that marker. Run to the third marker and touch it and run back to the start. Either rest 2-3 minutes or until your heart rate drops below your zone. Repeat as many times as desired.

### Ladder

Warm up 3- 5 minutes

Ladder #1		Ladder #2	
Work	Recovery	Work	Recovery
Run 25 meters	Until heart rate drops below zone	Run 50 meters	Until heart rate drops below zone
Run 50 meters	Until heart rate drops below zone	Run 100 meters	Until heart rate drops below zone
Run 100 meters	Until heart rate drops below zone	Run 200 meters	Until heart rate drops below zone

Run 50 meters	Until heart rate drops below zone	Run 100 meters	Until heart rate drops below zone
Run 25 meters	Until heart rate drops below zone	Run 50 meters	Until heart rate drops below zone
Cool down		Cool Down	

### Playlist Intervals

Warm up 3-5 minutes. Most songs are 3-4 minutes long. Put on your fav playlist and fast walk or run for 1/3 of a song. Then slow down and recover the rest of the song. Repeat for as many songs as needed to get workout time. Cool down.

### HIIT

HIIT stands for High Intensity Interval Training. These can be very effective in developing fitness and decreasing body fat. However, they are very physically demanding as they usually include near maximum exercise (such as running as fast as you can) for the work interval. Only those with an adequate level of base fitness and training should attempt HIIT. There are many web sites with HIIT workouts. Just do a web search to find them.



Once you have the capacity to give some attention to each of these exercise areas, below is a guide for you to help you fit these into your routine in a way that works for you. Use the left side to determine how much time you can commitment to exercise, then see what recommendations I make for each exercise type.

# STEP FOUR – PUTTING IT ALL TOGETHER

## A BALANCED WORKOUT ROUTINE

Science supports getting 150 or more minutes per week to support weight loss. Use this guide from left to right to prioritize how to spend your time and maximize fat loss.

What can you commit each week?	RESISTANCE	INTERVALS	ACTIVE RECOVERY	FUN AND MOVE MORE
1 to 3 hours	Weights Bodyweight 1-2 hours	Short, fast Long, slow 30 minutes	Leisure walk Yoga Yard work 1 hour	Play with kids Take stairs Park far away AMAP
4 to 6 hours	Weights Bodyweight 1-2 hours	Short, fast Long, slow 30-45 minutes	Leisure walk Yoga Yard work 2-3 hours	Play with kids Take stairs Park far away AMAP
7 to 10 hours	Weights Bodyweight 1-2 hours	Short, fast Long, slow 45 minutes	Leisure walk Yoga Yard work 3-4 hours	Play with kids Take stairs Park far away AMAP



Why should we measure heart rate? When it comes to exercise, we can talk about the quantity of physical activity with how far we walked, how long we ran, how many hours at the gym or even how hard a class was. This is all good information. However, none of these descriptions give any indication of the quality of the movement. Heart rate is a measure of quality.

## BONUS #1 - WHY HEART RATE?

You can think of heart rate like the tachometer on a car. The speedometer shows how fast you are going, but the tachometer shows how hard the engine is working no matter what the speed. Here is an example.



When the car starts and the accelerator is pressed the car is going nowhere as indicated by the speedometer on the left. But the tachometer on the right shows that the engine is working very hard. When the car does begin to move, the tachometer is always showing how hard the engine is working regardless of the speed.

Think of your heart as the engine. A cardio monitor shows how hard that “engine” or your heart is working by showing you your heart rate.

#### BENEFITS OF HEART RATE ZONES

Heart rate can tell us the physiological benefits that can be realized from spending time in certain heart rate ranges. As people accumulate time in these zones, they will realize the benefits from doing so.

Zone	Percent	Benefits	Fatigue
Below	Up to 64% HRmax	General health, improved mobility, aid in recovery, promote blood flow, burn more calories above rest	Little to none, can repeat every day
In	65-85% HRmax	Improve aerobic function, improve cardiovascular health, increase metabolism, burn more calories	Minimal to moderate, can repeat often
Above	86-100% HRmax	Significant increase in metabolism, fat burning, anaerobic capacity, tolerance for high intensity work, improve lactate threshold, increase EPOC	High metabolic demand and neural fatigue, have to allow for adequate recovery

We highly recommend using a heart rate monitor to maximize results.



Most of us inherently know that yoga has many benefits for the body, mind and spirit. In recent years, yoga has worked its way into mainstream health and fitness programs because people have begun to understand the benefits that those who practice it gain. When practiced regularly, it can make a measured difference in a person's physical, mental and spiritual health.

## BONUS #2 – BENEFITS OF YOGA

The physical benefits of yoga are outstanding. Our hope is that we can help you incorporate yoga into your self-care routine, just like brushing your teeth or getting adequate sleep. Here are the many amazing benefits of yoga to give you that motivation to get going:

- Increase muscle, joint and tendon flexibility
- Tone and strengthen muscles
- Increase cardiovascular efficiency
- Decrease blood pressure
- Increase respiratory functions
- Improve eye-hand coordination
- Improve posture
- Improve balance
- Increase energy levels
- Weight loss
- Increase endurance
- Heal damaged muscles
- Manage pain
- Reduce anxiety
- Increased stamina
- Slow the aging process
- Improve the immune system

One of the most impressive physical benefits of yoga that many people report having is an increased awareness of their bodies and when their bodies aren't performing as they should. They can actually sense when a health problem is beginning. This allows them to start treating the problem before it goes any further, preempting many serious illnesses.

Yoga not only contributes to physical health; with regular practice it also can improve mental health. Practitioners of yoga have reported the benefits for centuries, and recently the scientific community

has begun to research and confirm what has always been believed. The psychological benefits of yoga can include:

- Mental clarity
- Stress reduction
- Emotional groundedness
- Increased body awareness
- A relaxed mind
- Improved ability to pay attention, concentrate and retain information
- A countering effect to the feelings of depression or helplessness
- Increased brain activity including an improved communication between the left side of the brain and the right side of the brain
- Positive changes in mood
- Positive changes in vitality and energy
- Pride in taking care of the body
- Kinesthetic awareness
- A decrease in hostility and anger
- Increased social skills
- A feeling of being refreshed immediately after yoga as if just waking from a good nap

On the spiritual level, many who practice yoga also report benefits. Some of the spiritual benefits believed to come from yoga are:

- A greater awareness of nature and a person's connection to nature
- A sense of peace
- Enjoyment of oneself
- Enjoyment of life
- Awakening of the energy within oneself
- A connection with the soul

It's easy to see the three areas that benefit from the practice of yoga- body, mind and spirit. When the three areas are working together in harmony, the benefits of yoga increase.



Below, I am giving you 6 yoga moves to start with. Practice them every day and you will feel great. If you want more structured yoga workouts, here is one of our favorite yoga resources: [yogawithadriene.com](http://yogawithadriene.com)



Cat Cow Pose



Downward Dog Pose



Plank to Cobra Pose



Pigeon Pose



Warrior II Pose



Triangle Pose



Everyone seems to be looking for the secret to losing weight and there is no shortage of those trying to sell you their secret. Fat loss is a goal that most of us should have. With our limited time, making sure our exercise time is efficient should be a top priority. In other words, what should we do to burn the most fat in the least amount of time?

## BONUS # 3 - SPECIAL REPORT: How to Burn Fat In Less Time

### A Fairytale, Epic EPOC and MRT

In addition, if there were a way to dramatically increase the calories and fat you burn for up to 36 hours after the workout is over, wouldn't you want to know about it?

We will get to both of these answers shortly but first let's talk about a fairytale.

The fat burning zone, defined as cardio exercise between 60-70% of Max heart rate (50-65% in some references) has long been touted as the most efficient way to burn calories from fat and lose weight.



You see this chart plastered all over gyms and cardio equipment everywhere. According to this chart the most logical choice for exercise intensity for peak weight and fat loss is low intensity. But let's dig in a little further to see if this is true. At all times the body burns a mix of carbs and fats for fuel. The percentage of the fuel that comes from either carbs or fat depends on the intensity of the activity. At lower intensities a greater percentage comes from fat and less from carbs. As intensity goes up, less

comes from fat and a greater percentage comes from carbs. In fact, in terms of percentage of fat being burned, I bet you will never guess what the ultimate fat burning activity is. It's sleep! Yep, a good old nap will burn a greater percentage of calories from fat than anything else you can do. So,

on one hand the fat burning myth is true. Low intensity activity does burn more fat. Sort of. It's like winning 80% of a lotto jackpot only to learn that the jackpot is only \$50.

The problem is that there are two ways to express energy utilization. Either as relative, which is a percentage, or as an absolute. The fat burning myth expresses it as a percentage, which can be very misleading. Here is an example.

Let's say we have two identical people. Both exercise for 20 minutes. Person A walks for 20 minutes and burns 100 calories while person B runs for 20 minutes and burns 200 calories. We use an analyzer to determine how much of each person's exercise is fueled by fat versus carbs. By the way, such an analyzer does exist. We would find that person A burned about 70% fat and about 30% carbs and person B about 40% fat and 60% carbs, which are very realistic values. You say "Aha!, there it is". The low intensity burned more fat than the high intensity. But wait, let's do some math.

Person A burned 100 calories, 70% from fat and 30% from carbs. Do the math and that is 70 calories from fat and 30 calories from carbs. Person B burned 200 calories, 40% from fat and 60% from carbs. That is 80 calories from fat and 120 calories from carbs. We see that although person A burned a higher relative or percentage of fat, person B burned a greater absolute amount of fat and a greater number of calories.

Person A



20 minutes of exercise  
 Walking  
 Burns 100 calories  
 70% from fat  
 30% from carbs  
 $70\% \times 100 \text{ calories} = 70 \text{ cals of fat}$   
 $30\% \times 100 \text{ calories} = 30 \text{ cals of carbs}$

Person B



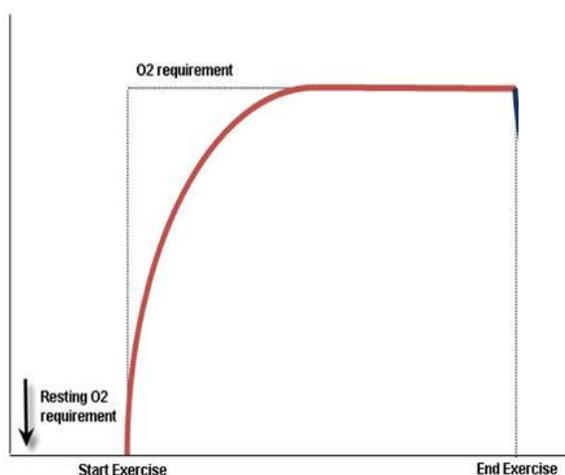
20 minutes of exercise  
 Running  
 Burns 200 calories  
 40% from fat  
 60% from carbs  
 $40\% \times 200 \text{ calories} = 80 \text{ cals of fat}$   
 $60\% \times 200 \text{ calories} = 120 \text{ cals of carbs}$

You get it. Exercise at a higher intensity to burn more absolute fat and more overall calories. But what about this idea of burning more fat and calories for up to 36 hours after our workouts? I promise, we will get to that soon.

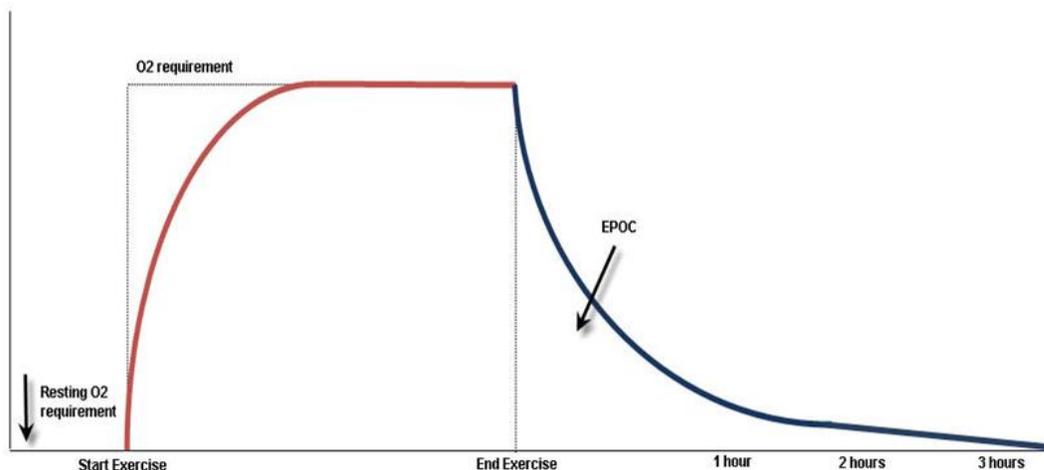
High intensity exercise does present a problem. Few of us can maintain high intensity exercise for very long. For example, if we start running as fast as we can it will only be about 10-15 seconds before fatigue sets in and we are forced to slow down or even stop. That's not a very long workout. The higher the intensity, the shorter the duration has to be.

This is where interval training and the Epic EPOC comes in.

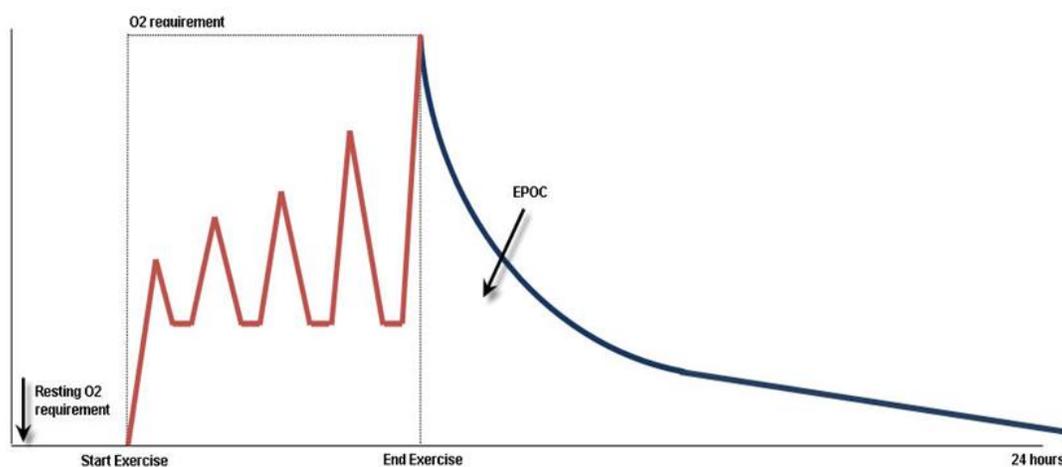
Most of us are probably accustomed to what is called steady state exercise. Steady state exercise is where we get to a certain exercise intensity and then for the most part, maintain that same level for the entire time. For example, we go for a run and mostly maintain the same speed the whole way. As we begin to exercise our need for more oxygen goes up. To meet this need the heart beats faster to pump more blood. As the demand for oxygen is met, then during the exercise the demand for oxygen plateaus. If we were to graph this it would look much like this.



Once we finish the exercise the demand for oxygen begins going down but does not immediately go back down to base line levels. In fact, it takes several hours to get back to baseline levels.



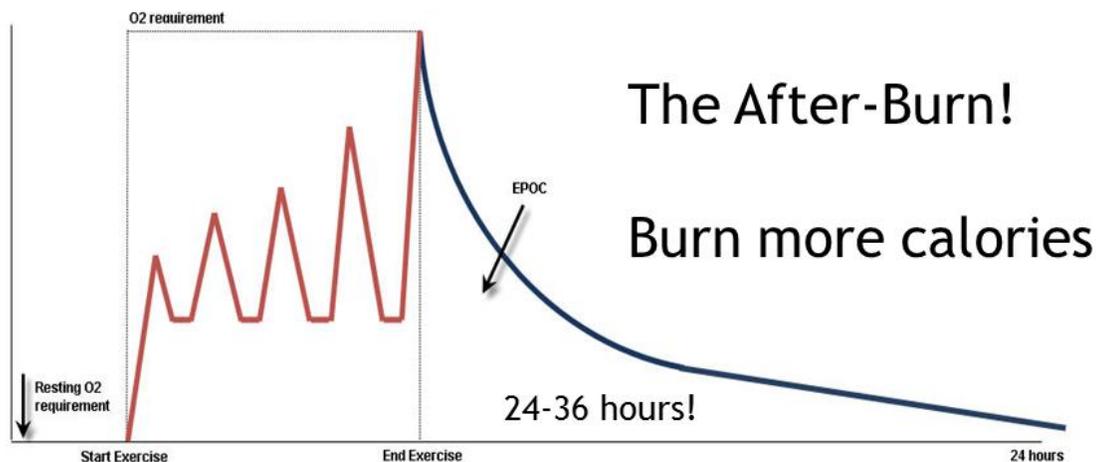
Interval training is a type of exercise that involves a series of low to high intensity exercise interspersed with rest or relief periods. The high intensity periods are typically pretty challenging while the recovery periods may involve either activities of low intensity or complete rest. In other words, interval training can be described as short periods of exercise followed by periods of rest, that are repeated multiple times. As you now know intervals would not be considered as steady state because these short bursts of high intensity exercise followed by periods of rest or recovery will make the oxygen demand go up and down. A series of intervals may look like this.



The demand for oxygen and therefore heart rate will go up dramatically during the burst of high intensity then come back down during the recovery period. We will repeat this multiple times during the workout.

So why is it such a great mode of exercise? It has to do with that period of time right after the exercise is over. Remember that the demand for oxygen, as well as heart rate, don't return to

baseline for a while. In steady state exercise this takes 2-3 hours. But when we use intervals this elevated oxygen demand and heart rate remain elevated for an epic 24 to 36 hours after the exercise is over. The official name of this is called Excessive Post Exercise Oxygen Consumption, or EPOC for short. That is just a fancy name that makes us exercise physiologists feel smart. Let's just call it the afterburn effect.



And just to make it clear, elevated oxygen demand equals elevated caloric burn. Yes, we are burning more calories during this period than we would be at rest. In fact, interval training is great at burning calories and especially fat. Many scientific studies have validated this. One from Australia compared two groups. One group did steady state exercise for 40 minutes 3 days per week. The other group did just 20 minutes of intervals 3 days per week. After 15 weeks the steady state group had not lost any weight. The interval group lost an average of 6 pounds without changing their diet.

STEADY STATE GROUP	INTERVAL GROUP
Warm Up	Warm Up
40 min of steady exercise	8 sec exercise/ 12 sec rest for 20 min
3 days/week	3 days/week
No weight loss	Lost avg. of 6 pounds

Before you go crazy trying to do intervals all the time, there are a few more things to think about. More is definitely not better in this case. If you are not accustomed to higher intensity exercise, you

need to build up your physical capacity to do intervals. It's not something to just jump into unprepared. So, spend a few weeks building your overall fitness and your body's tolerance to general exercise. Then start with a small number of intervals and progressively add. Start with 1-2 non-consecutive days each week. Keep the workouts short, like 10-20 minutes, and gradually increase the duration. Keep your exercise to recovery ratio somewhere in the 1:3 to 1:5 range. In other words, if your exercise interval is 15 seconds, then your recovery interval would be 45 seconds for a 1:3 ratio. Gradually decrease this ratio to 1:1 as your fitness improves.

There is no wrong or right when it comes to intervals. You can structure them any way you want with any type of exercise.

Here are two examples for you to try. One is a simple run/walk interval workout and the other uses stairs. But remember, you can apply these principles to any exercise type.

[PACE MAKER](#)

[MAKE 'EM STAIR](#)

(if you are reading a hard copy of this go to

Let's finish up with MRT and how it can be used to melt fat and improve health.

Many of us know the value of strength training. Moving with resistance such as barbells, dumbbells, kettlebells, machines, bands, and even our own body weight help increase strength, improve joint stability and develop muscle mass. This is a great way to begin attacking fat because as muscle mass increases, metabolism also speeds up.

When considering how to spend your valuable time here is how you should prioritize your exercise time to burn the most fat.

Make sure you get in 2-3 interval workouts each week. Add in 2-3 strength training workouts. Fill in the rest of your available time with traditional cardiovascular training.

But that is a lot to fit in and get it all done. You can actually combine them into a single workout, get all the benefits of each, spend less time working out and it will be the most effective fat burning approach available.

We call this metabolic resistance training or MRT for short. It's really easy to put a workout like this together.

Simply pick a few strength type exercises that will go well together and will work most of the major muscle groups. Then determine the sequence you will do the exercises in and the level of resistance that is right for you for each exercise.

Now, determine how many reps you will do of each exercise. Finally, decide how many rounds you will do.

Essentially you will be doing intervals with weights. But you will also be raising your heart rate significantly due to moving quickly from exercise to exercise, which will give you a great cardio workout at the same time. Feel free to sprinkle in a number of cardio oriented exercises in between the strength exercises to make sure your heart rate stays elevated.

How about some examples. Here are 2 workout videos you can try. One uses only bodyweight and the other uses some basic equipment.

[CIRCUIT CITY](#)

[NOW I FEEL YA](#)

(if you are reading a hard copy of this go to download the electronic version to use clickable links)

See how affective these can be? They really do work and should be at the top of your fat burning hierarchy.