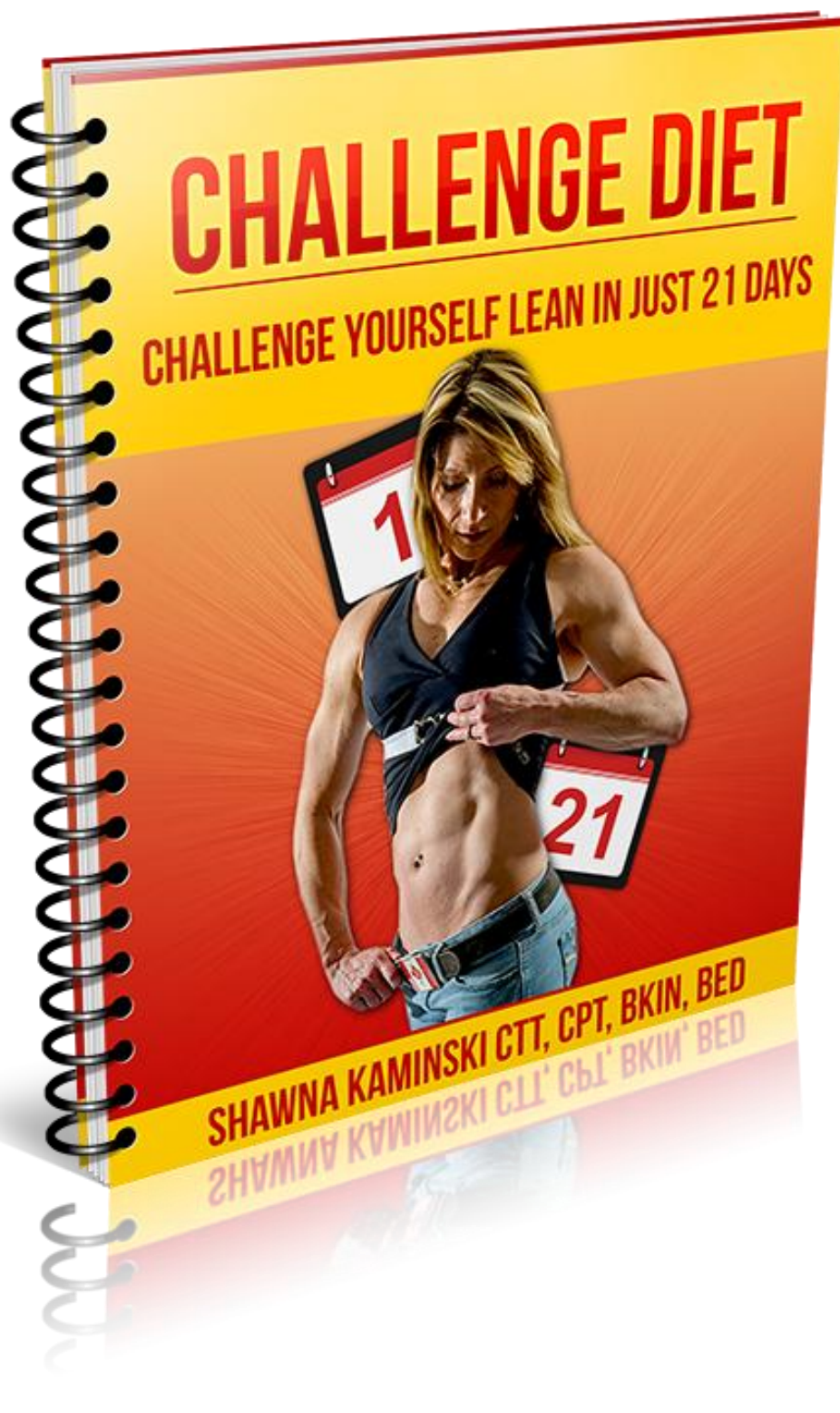


# Extreme Lean Challenge Diet

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## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.

9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

## The Extreme Lean Challenge Diet

The reason this plan is called the Extreme Lean Challenge Diet is two-fold.

You will be challenged in two ways: nutritionally and physically.

Clean healthy eating is by far the BEST way to get and stay lean.

I know that there comes a time when you want to super charge your fat loss though. This is the intention of this program.

You must promise that you'll do this plan for 7 days and then return to the Challenge Diet plan and philosophy long term. The Challenge Diet is a plan that you can use long term safely.

The Extreme Lean Diet is for you to use for 7 days when you're looking to drop fat fast.

This 7-day plan is NOT intended to be used long term. If you do, you will get to a point of diminishing returns. That is, you will see results at first, but if you continue on this plan, your results will fall off as will your metabolism. This will sabotage further fat loss efforts and lead to frustration.

Let's clarify why this plan will work in the short term and then I want to clarify why it WON'T work long term.

First up, the nutrition...

This is a ketogenic style diet. This means that you'll reduce carbohydrate intake to almost zero while raising protein and fat intake. Your brain requires glucose for energy. Since you won't be ingesting carbohydrates (which is converted to glucose), your body will produce ketones for your brain to use for energy. Ketones are a by-product of fat oxidation.

Fat loss will increase as insulin levels will be severely reduced due to the lack of carbohydrates. *Low insulin levels are associated with having a potent fat burning effect.* That is, you cannot burn fat in the presence of insulin. Part of the theory of the whole plan then is to avoid circulating insulin, by avoiding carbohydrates.

While there is nothing horribly wrong with eating a ketogenic diet, it's not one that's easy or practical to maintain long term. Furthermore, I see no long-term

health benefits to maintaining this severe diet for more than 7 days. Your results will fall off and your health will suffer if you try.

Research shows that long-term exposure to ketones makes you hyper-sensitive to insulin. This can lead to undesired post diet fat gain with the increased ingestion of carbohydrates once the 7 days are over. This is why I suggest going directly into the maintenance phase of the Challenge Diet. This limits carbohydrates and allows the body to adapt to a new 'set point'.

Having said this, you WILL LOSE WEIGHT quickly in this 7 day plan.

Some of the weight will be 'water weight', that is, once you start to eat carbohydrates, you will gain some water weight back. Every gram of carb that you ingest 'holds' 3 grams of water. By reducing carbohydrates to practically zero, the body flushes out more water. It may appear as though you've lost more 'fat' than you actually have.

You WILL lose fat, but you will gain back some weight once off this plan. This is NOT fat, this is simply the water associated with the increase in carbohydrates that you ingest.

Your body is a complex system bent on survival. It doesn't care that you have a beach holiday or reunion coming up in 7 days. Your body's job is survival and it will not easily give up the belly fat you have stored for a rainy day.

You need to create an environment to coax your body into letting go of some fat and just when it gets fed up with what you're doing to it, you need to change things up and coax more fat off.

Here's the recommended fat burning protocol:

=>Start with the Challenge Diet for 21 days.

=>Supercharge your fat loss with the 7-Day Extreme Lean Diet plan.

=>Follow up with the Challenge Diet Maintenance Plan for 21 days.

=>If you have more fat to lose, repeat the cycle.

Have you noticed that you may struggle to maintain a certain weight but you can quite easily maintain a weight 5 or 10 lbs heavier?

For example, I typically sit at around 123 lbs. I can eat clean and sensibly and I don't have to go hungry or suffer to maintain this weight. If I want to drop to 118 lbs, I need to cut back and go hungry a little more.

This is because your body likes to function at a certain weight or set point.

When you hit a fat loss plateau it's a frustrating time. This is when most people panic and often give up on their weight loss goals completely. This is a mistake.

The best thing to do is to shake things up.

This 7-day plan gives your body a NEW set point in terms of weight. Body fat will fall off during the week. Then you'll ensure that you maintain the loss by doing the Maintenance Phase of Challenge Diet directly afterward.

Secondly, the physical challenges...

Included in the plan are three full body Glycogen Depleting workouts. To get the most benefit from this plan, you'll cycle through these workouts during the seven days.

You'll do the following:

- Measurements
- Day 1 – workout 1
- Day 2 – workout 2
- Day 3 – workout 3
- Day 4 – active recovery
- Day 5 – workout 1
- Day 6 – workout 2
- Day 7- workout 3/do measurements/treat meal
- Day 8 – Start the Challenge Diet Maintenance Plan

The purpose of the workouts is to use up all glycogen in the muscles so that the body relies more fully on fat oxidation for energy.

Note: Low glycogen levels are associated with increased fatigue and workout performance (endurance, strength and power).

Don't plan on getting any personal bests while training this week, do your best to get through the workouts with as much intensity as you can.

You will not feel fully energized for these seven days. Your workouts are volume based: lighter weight and more repetition. This will not only deplete glycogen, but it will increase lactic acid. A side benefit of increased lactic acid production is an increase in growth hormone. Growth hormone naturally declines with age. This form of training is a brilliant way to increase GH production to increase your metabolic furnace and fat burning potential.

Enough talk! Let's get onto the plan.

**Following is your nutrition plan for the next seven days:**

**7-Day Meal Plan**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day7</b>
Breakfast	<b>Sausage, Spinach &amp; Feta Scramble</b> with 1 cup fruit	<b>Bacon Veggie Frittata Muffins</b> with 1 cup fruit	<b>Bacon &amp; Eggs</b> with 1 cup fruit	<b>Pumpkin Pancakes</b> Plus ½ cup Greek yogurt	<b>Coffee Choco-P.B. Breakfast Drink</b> Plus 1-2 hard boiled eggs	<b>Nutty Chocolate “Milk” Smoothie</b>	<b>Green Berry Almond Smoothie</b>
Lunch	<b>Chicken, Bacon &amp; Tomato Salad</b>	<b>Egg Salad Wraps</b> with green beans	<b>Herb Baked Salmon</b> with coleslaw side dish	<b>Ground Beef with Sliced Peppers</b> with cauliflower rice	<b>Chicken Lettuce Wraps</b> with green beans	<b>Chicken Mango Salad</b>	<b>Shrimp &amp; Avocado Salad</b>
Dinner	<b>Spicy Chicken Wings</b> with BBQ Sauce and coleslaw	<b>Portobello Burgers</b> with green beans and coleslaw	<b>Greek Chicken Mock Hash</b> with roasted baby carrots	<b>Asian Pork Chops</b> with coleslaw and roasted baby carrots	<b>Bacon Wrapped Mini Meatloaves</b> with green beans	<b>Cheesy Tuna Casserole</b> with sautéed peppers and onions	<b>Roasted Salmon</b> with Veggies with cashew pesto

**7-Day Challenge Diet Fat Shredding Meal Plan**

I’ve called on Registered Holistic Nutritionist, Lori Kennedy to create the perfect 7-day mix and match meal plan for you. We’ve laid out what to eat for all of your meals and snacks to make it super simple for you to follow.

If you’d rather choose your meals or mix and match from the meals and recipes provided go right ahead.

The recipes indicate serving size for males and females.

Feel free to swap out the recipes shown in the 7-day meal plan for ones you prefer to eat each day.



## Breakfast Recipes:

### Sausage, Spinach & Feta Scramble

#### Ingredients

3 large eggs  
2 sausage links (whichever brand you prefer)  
1 cup spinach  
1 tbsp feta cheese  
1 tbsp coconut oil  
Pinch of sea salt  
Pinch of pepper

#### Directions

Heat both pans to medium heat on the stove.

Add coconut oil to one of the pans to sauté the spinach in. Let the coconut oil melt and heat up.

In the meantime, crack eggs in to a bowl to scramble and add in salt and pepper to taste. Set aside.

Once the pans are hot add your sausage to one of the pans (without the coconut oil). Let it cook. After it's browned and cooked remove the pan from the heat and transfer the sausage to a paper towel to remove some of the grease. After they've cooled chop them up. Leave the sausage fat in the pan.

At the same time sauté the spinach in the coconut oil for 1 minute then transfer to the sausage pan with the sausage fat.

Pour the scrambled eggs into the pan with the grease and spinach.

Once you see the eggs starting to set, add the chopped sausage and crumbled feta cheese.

Scramble all ingredients together until cooked through. Transfer to a plate once the eggs are set. Enjoy.

**Female Instructions:** Only use 2 eggs, ½ sausage and ½ tbsp of feta cheese.

**Male Instructions:** Consume recipes as provided.

## Bacon Veggie Frittata Muffins

Serves 8 frittata muffins

### Ingredients

8 eggs  
½ cup organic cheddar cheese  
1 cup chopped bell peppers  
1 cup finely chopped spinach or kale  
1 tbsp butter  
2 tsp dried parsley  
½ tsp pepper  
¼ tsp salt

### Directions

Preheat oven to 375F.

In a mixing bowl, scramble eggs with parsley, salt and pepper to taste. Fold in the cheese to the scramble mixture. Set aside.

Grease the muffin tin with coconut oil. Make sure the muffin cups and rims are nicely greased so the egg doesn't stick.

Using a spoon add a layer of chopped peppers and spinach to the bottom of each muffin cup.

Pour the egg mixture on top of the veggies until  $\frac{3}{4}$  of the way full. The eggs will rise so make sure to allow room. Stir the veggie and egg mixture in each muffin tin slightly.

Stick them in the oven for about 15-18 until they rise and are firm. They might get a little golden around the eggs from the coconut oil.

Remove from oven and let cool. Have with a side of fruit.

**Female Instructions:** Enjoy 2 of the frittata muffins.

**Male Instructions:** Enjoy 3 or 4 of the muffins.

## **Bacon & Eggs**

### **Ingredients**

3eggs  
½ cupunsweetened coconut milk  
1tbspbutter  
4slicesbacon  
Pinchsalt  
Pinchfresh ground pepper

### **Directions**

#### **Oven Cooked Bacon**

Avoid the stink that comes along with frying bacon on the stove by cooking it in the oven.

Preheat oven to 350F.

Lay the bacon on a cookie sheet and put into the oven when it has pre-heated.

Let the bacon cook for about 10-15 minutes. You want to let the bacon finish cooking outside of the oven.

Take the baking sheet out of the oven just before the bacon is finished cooking.

The fat from the pan will cook it the rest of the way.

#### **Scrambled Eggs**

Preheat a frying pan with the butter.

Scramble your eggs and add in the unsweetened coconut milk. Mix together until combined. Add seasonings to taste.

Once the butter is melted add the scrambled egg mixture to the frying pan.

Let the eggs set and then stir in a figure-eight motion to remove any eggs from the bottom. Avoid over stirring.

Cook eggs until they are not runny. Transfer to a plate and enjoy with the bacon.

**Female Instructions:** Consume 2 eggs with 1 slice of bacon. Add 1 cup of fruit.

**Male Instructions:** Consume 3 eggs with 2 slices of bacon. Add 1 cup of fruit.

## Pumpkin Pancakes

Serves 4 small pancakes

### Ingredients

1 cup almond flour  
2 large eggs  
¼ cup pumpkin puree  
¼ Greek yogurt  
2 tbsp. Butter  
1 tsp. pumpkin spice or all spice  
1 tsp. baking powder  
¼ tsp. salt

### Directions

In a large bowl mix the eggs, pumpkin puree, Greek yogurt and 1 tbsp of the butter together. Stir until combined.

In a separate bowl mix the almond flour, spices, baking powder and salt together.

Slowly add the wet ingredients to the dry ingredients to get a smooth consistency. There might be some clumps. Don't worry about these you won't be able to taste it when the pancakes are cooked.

Heat a cast iron skillet or frying pan on medium heat and melt the remaining butter.

Ladle out 1/3 of the mix per pancake.

Once pancakes start to bubble its time to turn them over. Make sure the edges are browned a little bit.

After you flip them they only need about 1 more minute to cook. Remove from heat and serve warm.

**Female instructions:** Enjoy 2 pancakes with a side of additional protein like one scrambled egg.

**Male instructions:** Enjoy 3 pancakes with a side of additional protein like two scrambled eggs.

## Coffee Choco-P.B. Breakfast Drink

1tbsp. raw natural peanutbutter  
1square 85% cocoa chocolate  
1tbsp.coconutoil  
1 tsp of Xylitol (sugar alternative)  
1to go mug with lid  
1 cup freshly brewed coffee

### Directions

Brew 1 cup your favorite coffee

In a microwave safe glass dish toss in the square of 85% chocolate and heat until melted.

Add 1 tablespoon of coconut oil and then add the tablespoon of peanut butter and the 1 teaspoon of Xylitol.

Heat in the microwave or on the stove top for 30 seconds to 1 minute until it's a liquid consistency.

Remove from heat and pour into coffee travel mug. Pour the brewed coffee on top, mix and enjoy.

**Female instructions:** Enjoy this drink with a protein serving on the side

**Male instructions:** Enjoy this drink with a protein serving on the side

## Nutty Chocolate “Milk” Smoothie

### Ingredients

1.5 cups unsweetened coconut milk  
2 scoops [BioTrust](#) chocolate protein powder  
1 tbsp of raw nut butter (almond or peanut taste best)  
2 tbsp of chia seeds  
Ice as desired

### Directions

Pour all ingredients into the blender. Blend on high for 45 seconds to 1 minute.

Drink immediately.

**Female instructions:** Consume as is.

**Male instructions:** Add 1 extra scoop of BioTrust protein powder and ½ tbsp of the raw nut butter

## **Green Berry Almond Smoothie**

1.5 cups unsweetened vanilla almond milk  
1 cup frozen berries  
2 handfuls of raw spinach or kale  
2 scoops of [BioTrust](#) protein powder  
2 tbsp of hemp seeds  
Ice as desired

### **Directions**

Add all ingredients into the blender. Blend on high for 45 seconds to 1 minute.  
Drink immediately.

**Female Instructions:** Consume as is.

**Male instructions:** Add an extra scoop of [BioTrust](#) protein powder and 1 tbsp of coconut oil.

## Lunch Recipes:

### Chicken, Bacon & Tomato Salad

Serves 2

#### Ingredients

1 tbsp sherry vinegar  
Juice of 1 lemon  
2 garlic cloves, finely chopped  
Pinch of sea salt  
Pinch of black pepper  
3 tbsp olive oil  
2 slices bacon  
2 chicken breasts, boneless & skinless  
2 heads Romaine lettuce  
 $\frac{1}{2}$  small red onion, very thinly sliced  
1 cup grape tomatoes, halved  
1 avocado

#### Directions

In a small bowl add the vinegar, lemon juice, garlic, pepper, and a pinch of salt (if using) and whisk in olive oil to make dressing. Set aside.

Cook the bacon in the oven (as per Bacon & Eggs recipe above) until nicely browned then drain on paper towel to remove excess grease.

Meanwhile, place the chicken breasts between two large sheets of plastic wrap, and pound them with a mallet or rolling pin until they are about 1/4 inch thick. Add a splash of olive oil to a skillet, and set the heat to medium-high, browning the chicken for 2-3 minutes per side, just until cooked through. Transfer chicken to a plate and keep warm under foil.

Tear the lettuce into bite-sized pieces, then wash and dry it well. Put it in a very large bowl and add the sliced onion, tomatoes, and 3 - 4 tbsp of vinaigrette, adjusting to taste. Toss the salad well to evenly distribute the dressing and vegetables. Divide the salad between two large plates.

Cut the chicken breasts into bite-sized slices and place over the salad. Slice the avocado and adding half of it to each salad.

Chop the bacon and sprinkle evenly over the two salads. Serve immediately.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1 portion plus an extra  $\frac{1}{2}$  of a chicken breast



## **Egg Salad Wraps**

Serves 2

### **Ingredients**

4 hard-boiled eggs  
1 ripe avocado  
1 tbsp gluten-free Dijon mustard  
1/4tsp dried thyme or basil  
Big romaine lettuce leaves  
Salt & pepper to taste

### **Directions**

Hard-boil the eggs (use your preferred method).

After the eggs cool, peel them, then break them open and separate the yolk from the white.

In a small bowl mash together the egg yolk, avocado, mustard, thyme or basil, salt and pepper with a fork.

Chop the egg whites into small pieces, mixing into the yolk mixture.  
Scoop into lettuce leaves and enjoy.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 2 portions

## **Herb Baked Salmon**

Makes 4 servings

### **Ingredients**

1 pound salmon fillet

2-4 tbsp butter, softened

$\frac{1}{2}$  tsp dried thyme

$\frac{1}{2}$  tsp dried oregano

Garlic powder

Sea salt

Pepper (use lemon pepper if you have it)

### **Directions**

Preheat oven to 425° F.

Place the fish in a greased baking dish.

Sprinkle with thyme, oregano, garlic powder, salt and pepper. Dot with soft butter and spread over the surface of fish.

Bake for 6-12 minutes, or until the thickest part of the salmon is just done.

Baking time will depend on the thickness of the fish so start with the minimum time and check frequently to prevent over-cooking. If desired, put the fish under the broiler for a few minutes to brown the top.

Freezes really well so make double to use during the week.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 portions

## **Ground Beef with Sliced Peppers**

Serves 4

### **Ingredients**

- 1 tbsp coconut oil
- 1 red onion, chopped
- 1 lb lean ground beef
- 1 tsp garlic powder
- $\frac{1}{4}$  tsp ground black pepper
- 1 red bell pepper, sliced into strips
- 1 green bell pepper, sliced into strips

### **Directions**

Put coconut oil in a large frying pan and turn up the heat to medium-high. Add onion and stir for a minute or two then add the ground beef and seasonings and brown until the meat is cooked through. Add the sliced peppers, cooking for about 7 or so minutes to soften.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## Chicken Lettuce Wraps

Serves 4

### Ingredients

3 tbsp coconut or olive oil

1 lb chicken breast, boneless & skinless

2 green onions, finely chopped

1 lemon, juiced

$\frac{1}{8}$  tsp chili powder

$\frac{1}{4}$  cup reduced sodium wheat free soy sauce

1 tsp sesame oil

4 oz shiitake mushrooms, chopped

$\frac{1}{2}$  onion diced

3 garlic cloves, minced

Iceberg lettuce

Optional: 1 avocado, sliced or  $\frac{1}{2}$  cup sliced grape tomatoes

### Directions

Heat a sauté pan with 2 tbsp oil. Cut the chicken into the smallest pieces possible and add to the pan, cooking until it's done all the way through.

While the chicken is cooking, add the green onions, lemon juice, chili powder, soy sauce and sesame oil into a serving bowl. Once the chicken is done, add it to the bowl.

Add the remaining tbsp of oil to the pan and toss in the mushrooms, onion and garlic, sautéing until golden, about 10 minutes. Add to the bowl with the cooked chicken mixture. Toss everything around to coat.

Remove the stem of your lettuce with a knife and slice the head in  $\frac{1}{2}$ , lengthwise. Peel the lettuce into individual "cups" and wash.

Pile the chicken into your lettuce cups (top with avocado pieces or sliced grape tomatoes is desired).

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## Chicken Mango Salad

Serves 2

### Ingredients

1 cup cold chicken \*  
1 small head of hearts of romaine lettuce, shredded  
1 mango, peeled and diced  
½ avocado, diced  
1 green onion, sliced finely  
2 tbsp olive oil  
1 tbsp lemon juice  
Pinch of sea salt  
Pinch of black ground pepper

### Directions

#### Chicken

(\*Make the chicken the day before and use for lunch during the week)

1 lb chicken breasts, boneless, skinless  
1-2 tbsp olive oil  
1 tsp garlic powder  
½ tsp cumin  
¼ tsp chili powder  
½ tsp dried oregano  
Pinch pepper

Preheat oven to 350° F.

Add olive oil to a baking dish, then chicken and move around in the oil to coat. Sprinkle on seasonings then bake for about 20-25 minutes and chicken is cooked through. Let cool.

#### Salad

Chop romaine hearts thinly, so shredded.

Place cold chicken on top, then mango, avocado and green onion.

Whisk together olive oil, lemon juice, salt and pepper and drizzle lightly over salad.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## **Shrimp & Avocado Salad**

Serves 4

### **Ingredients**

#### **Cilantro Marinade**

3 tbsp fresh lime juice

2 tbsp olive oil

½ cup fresh cilantro, chopped

Pinch of sea salt

Pinch of black pepper

### **Salad**

1 lb cooked shrimp, deveined and tail removed

2 ripe avocados

4 cups baby greens

1 green onion, cut thinly on the diagonal

½ cup grape tomatoes, cut in half

### **Directions**

#### **Cilantro Marinade**

Combine all ingredients in a bowl and whisk.

### **Salad**

Pour cilantro marinade over shrimp (make sure to drain them well if you are using thawed frozen shrimp). Stir to coat. Cover and refrigerate for at least 1 hour (2 or 3 is better).

Wash and dry lettuce. Divide between two plates.

Cut avocado into bite-size wedges and toss over lettuce, as well as green onion and tomatoes.

Top with marinated shrimp, making sure to get all the dressing.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## Dinner Recipes:

### Spicy Chicken Wings

Serves 2

#### Ingredients

1 lb chicken wings

1 tsp garlic powder

$\frac{1}{8}$  tsp cayenne powder (if you don't want spicy, add less)

$\frac{1}{2}$  tsp cumin

$\frac{1}{2}$  tsp onion powder

$\frac{1}{2}$  tsp sea salt

#### Directions

Preheat oven to 350°F.

Place wings on a oiled baking sheet, then sprinkle with spices, making sure to get both sides.

Cook in oven for about 40 minutes, then broil, watching carefully not to burn, until wings are brown and crunchy on both sides.

Serve with a side of health veggies (from list below).

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## **Portobello Burgers**

Makes 6 Servings

### **Ingredients**

#### **Hamburgers**

3 lbs lean ground beef  
3 eggs  
2 garlic cloves, minced  
1/2 tsp dried oregano  
1 small onion, minced finely  
Pinch sea salt  
Pinch ground black pepper

#### **Mushrooms**

6 large Portobello mushrooms (make 12 if you want a top and bottom 'bun')  
2-3 tbsp olive oil  
Pinch sea salt  
Pinch black ground pepper

### **Directions**

#### **Hamburgers**

Place the ground beef in a large bowl with the eggs, garlic, oregano, onion, salt and pepper and mix well.

Form 6 patties that are slightly smaller than the mushroom caps so they can fit on top of them once cooked.

Place on a preheated grill and cook on each side for about 5-7 minutes, or until juices run clear and the burgers are cooked through.

#### **Mushrooms**

Remove mushroom stems and discard the stems. Rinse the mushrooms well and pat dry with paper towel or a clean dish towel.

Coat the caps in olive oil and season with salt and pepper. Do not let the oil penetrate for long, or the mushrooms will start to get soggy.

Place on the preheated grill and cook on each side for about 5-7 minutes. Make sure they don't overcook and get too soft.



To serve place a mushroom (gills side up) on a plate and top with a burger. Add your favorite fresh toppings.

**Female Instructions:** Have 1 portions

**Male instructions:** Have 1.5 – 2 portions

## **Greek Chicken Mock Hash**

Serves 4

### **Ingredients**

2 tbsp olive oil  
1 lb potatoes or 1 head cauliflower  
1 pounds boneless, skinless chicken thighs, trimmed of fat & cut into bite-size pieces  
3 cloves garlic, minced  
Pinch dried chili flakes  
1 tsp dried oregano  
Juice of 1 lemon  
¼ cup chicken stock  
Salt & pepper

### **Directions**

Preheat your oven to 400°F.

Peel and dice your potatoes or cut your cauliflower into florets. Place them on a baking sheet. Drizzle with olive oil and a sprinkle of salt and pepper. Roast until crispy and soft, about 30-45 minutes. The smaller you cut the vegetables the less time this will take.

While the vegetables are roasting, heat a large skillet over medium-high heat.

Add in a tbsp of olive oil and sauté the chicken until cooked through. Add in the garlic, chili flakes and oregano.

Continue to cook another few minutes, then add in the lemon juice and chicken stock. Stir everything around and make sure you get up all the bits that might be stuck to the pan. Let reduce until most of the liquid has evaporated. Season with salt and pepper.

Serve over the roasted vegetables.

**Female Instructions:** Have 1 portion

**Male instructions:** Have 1.5 – 2 portions

## Asian Pork Chops

Makes 4 Servings

### Ingredients

2 tbsp ginger, minced  
3 garlic cloves, minced  
3 green onions, chopped finely  
4 pork chops  
 $\frac{1}{3}$  cup wheat free tamari  
3 tbsp honey  
2 tbsp white vinegar  
 $\frac{1}{4}$  cup chicken stock  
1 tbsp sesame oil  
 $\frac{1}{2}$  tsp sea salt  
 $\frac{1}{4}$  tsp ground black pepper

### Directions

Add all ingredients and the pork chops to a large zip-lock bag and marinate for 20 minutes.

Heat a pan on high heat. Pour the contents of the bag (pork chops and marinade) into the pan. Sear the pork on each side. If using bone-in chops, 5-6 minutes a side, and if using boneless pork chops, sear on each side for 2-3 minutes or until browned a little.

Put the oven on broil and put the pan into the oven, uncovered. Broil for 15 minutes for bone-in and 10 minutes for boneless (turning over halfway through). (If your pan is not oven-safe then transfer the pork onto a oiled baking pan).

**Female Instructions:** Have 1 portions

**Male instructions:** Have 1.5 – 2 portions

## **Bacon Wrapped Mini Meatloaves**

Makes 4 Servings

### **Ingredients**

1 lb ground beef  
 $\frac{1}{2}$  lb bacon, cut in small chunks  
2 garlic cloves, minced  
 $\frac{1}{3}$  cup fresh chives, minced  
 $\frac{1}{4}$  cup coconut milk  
1 tbsp fresh parsley, chopped  
 $\frac{1}{2}$  tsp dried thyme  
 $\frac{1}{8}$  tsp ground black pepper  
8 additional strips of bacon

### **Directions**

Preheat your oven to 400° F.

In a big bowl, combine the ground beef, bacon chunks, garlic, chives, coconut milk, parsley, thyme and pepper. Mix well until all the ingredients hold together.

Take a medium size muffin tin and place a slice of bacon around the sides of each hole.

Fill these same eight holes with the beef mixture.

Place in the oven and cook for 30 minutes.

Once ready and cool enough to handle, remove the mini meatloaves from the muffin tin and serve.

**Female Instructions:** Have 1 portions

**Male instructions:** Have 1.5 – 2 portions

## **Cheesy Tuna Casserole**

Makes 4-6 Servings

### **Ingredients**

2 6-ounce cans tuna in water, drained  
16 oz bag frozen French cut green beans  
3 ounces fresh mushrooms, chopped, about 8 small  
1 stalk celery, finely chopped  
2 tbsp onion, finely chopped  
2 tbsp butter  
 $\frac{1}{2}$  cup chicken broth  
 $\frac{3}{4}$  cup heavy cream  
 $\frac{1}{2}$  tsp dried basil  
Salt and pepper, to taste  
4 oz cheddar cheese, shredded \*  
Xanthan gum, optional - see note

### **Directions**

In a medium pot, cook the green beans as directed on the package then drain well.

Meanwhile, sauté the mushrooms, celery and onion in the butter until very soft and starting to brown a bit. Add the broth and bring to a boil. Let the liquid reduce by half, then stir in the cream. Bring back to a boil. Turn down the heat a bit and cook until reduced and thickened, stirring frequently and watching closely so it doesn't boil over. Add basil, salt and pepper.

Stir the tuna and mushroom soup mixture into the green beans. Add extra salt and pepper, if needed.

Mix in the cheese then pour it all into a 1 1/2 - 2 quart casserole dish. Microwave or bake until hot and bubbly.

NOTE: If you have some xanthan gum on hand, you can very lightly sprinkle a little over the mushroom sauce mixture just as it starts to thicken and quickly stir it in, adding a little more if needed until the sauce gets thick to your liking. You may need to let it stand a minute to let the xanthan gum start to work before adding more. I found that this addition helps to stabilize the sauce.

**Female Instructions:** Have 1 portions

**Male instructions:** Have 1.5 – 2 portions

## Roasted Salmon with Veggies

### Ingredients

$\frac{1}{4}$  cup tamari  
1 tbsp toasted sesame oil  
1 tbsp olive oil or coconut oil  
3 green onions, roughly chopped  
2 to 4 cloves garlic  
 $\frac{1}{4}$  tsp dried or 1 tsp fresh ground ginger  
4 6 oz center-cut salmon fillets  
 $\frac{3}{4}$  lb green beans  
1 lb cremini mushrooms, roughly chopped  
3 red bell peppers, thinly sliced (seeds removed)  
Sea salt  
Ground black pepper

### Directions

Preheat oven to 450° F.

Place three rimmed baking pans in the oven to heat up. One needs to be just large enough to hold the salmon, the other two will be for the vegetables. The more spread out the veggies are, the faster they will cook.

In a blender, combine the tamari, the oils, green onions, garlic and ginger for about 25 seconds, until everything is very finely chopped.

Pour 1 tbsp of the sauce into a small bowl and then brush it onto the salmon pieces.

Combine the green beans, mushrooms and bell peppers in a large bowl. Pour the remaining sauce on top and use your hands to toss the veggies until well coated.

Take the hot pans out of the oven. Set the salmon pieces in one of the hot pans. Spread the veggies out in the other two pans. Place all the pans in the oven.

Bake for 10 to 12 minutes or until salmon reaches desired doneness.

Sprinkle sea salt and black pepper over the salmon and veggies to taste. Serve with additional tamari if desired.

**Female Instructions:** Have 1 portions

**Male instructions:** Have 1.5 – 2 portions

## **Sides Recipes:**

### **Cauliflower Rice**

Makes 2-3 Servings

#### **Ingredients**

1 head of cauliflower  
½ Vidalia onion  
3 cloves of garlic  
1 tbsp coconut oil  
Pinch ground nutmeg  
Salt and pepper, to taste

#### **Directions**

Remove leaves and stem from cauliflower and discard. Grate the entire head of cauliflower until it resembles rice.

Dice the onions and garlic.

Add coconut oil to a pan over medium heat. Add in onion and sauté garlic until slightly browned.

Add in grated cauliflower, nutmeg, salt and pepper and stir until heated.

## **Green Beans**

### **Ingredients**

1 lb green beans, ends removed  
2 tbsp melted coconut oil or olive oil  
Pinch dried red pepper flakes  
Sea salt to taste  
Ground black pepper  
Juice from half a lime or lemon

### **Directions**

Preheat the oven to 450° F with the rack in the middle of the oven. Line a baking sheet with aluminum foil.

Grab your washed and trimmed green beans and make sure they are very dry. Throw them on the baking sheet and coat the beans with the oil. Sprinkle with red pepper flakes, salt and pepper and spread them out into a single layer then cook them for about 20 minutes, 'stirring' them at the halfway point.

The beans are ready when the skins are wrinkly and dotted with browned spots. Squeeze on the juice from half a lime or lemon and serve immediately.



## Cashew Pesto

### Ingredients

1 cup fresh basil leaves  
2 tbsp minced garlic  
1 cup raw cashew pieces  
2 tbsp fresh lemon juice  
1 tsp sea salt, plus more to taste  
 $\frac{1}{4}$  tsp ground black pepper  
 $\frac{1}{2}$  cup olive oil

### Directions

In a food processor, combine the basil, garlic, cashews, lemon juice, sea salt and pepper, pulsing until finely chopped.

With the machine still running, drizzle the olive oil in a steady stream until the pesto reaches the desired consistency (you may not use all the oil).

Season with extra salt and pepper if needed. Store pesto in a covered dish in the refrigerator until ready to use. Pesto will keep for 2-3 days stored in an air-tight container in the refrigerator.

## **BBQ Sauce**

### **Ingredients**

16 oz tomato sauce  
1 cup water  
 $\frac{1}{2}$  cup apple cider vinegar  
5 tbsp raw honey  
 $\frac{1}{4}$  tsp sea salt  
 $\frac{1}{2}$  tbsp ground black pepper  
 $\frac{1}{2}$  tbsp onion powder  
 $\frac{1}{2}$  tbsp ground mustard  
1 tsp paprika  
1 tbsp lemon juice

### **Directions**

Place all ingredients in a large saucepan over medium-high heat (so it won't splatter too much) and stir to combine. Taste and adjust seasonings to your liking. Bring to a boil.

Reduce heat to low and allow to simmer for 1 hour.

## **Sautéed Peppers & Onions**

Makes 8, 1/4 Cup Servings

### **Ingredients**

2 tbsp olive oil  
4 medium green peppers, chopped or sliced  
2 medium red bell peppers, chopped or sliced  
1 jumbo onion, chopped or sliced  
Sea salt, to taste  
Black ground pepper, to taste

### **Directions**

Heat the oil in a large skillet on medium to high heat. Sauté the peppers and onion until just tender and slightly browned. Season with salt and pepper to taste.

## **Coleslaw**

Makes 6 Servings

### **Ingredients**

16 oz shredded cabbage or coleslaw mix  
1/2 cup mayonnaise  
1 tbsp unsweetened coconut milk or heavy whipping cream  
1 tbsp vinegar  
1 tbsp sugar substitute  
1/4 tsp celery seed  
1/4 tsp sea salt  
1/8 tsp pepper

### **Directions**

Put the cabbage in a large bowl and add all the other ingredients, mixing well.

Cover and refrigerate overnight to allow the flavours to develop.

## **Roasted Baby Carrots**

Makes 4 Servings

### **Ingredients**

1 lb baby carrots

1 tbsp olive oil

$\frac{1}{4}$  tsp salt

$\frac{1}{8}$  tsp ground black pepper

### **Directions**

Preheat oven to 475° F.

Line a small baking pan with heavy foil and put the carrots in the pan then drizzle with the olive oil and sprinkle with salt and pepper. Toss to coat well then spread them in a single layer.

Roast the carrots for 12 minutes, stir, then continue to roast for another 4 minutes, stir again, and finish with another 5-10 minutes or until the carrots are tender and nicely browned.

Add more seasoning if needed.


## Here are your Glycogen Depleting Workouts for the next seven days.




Refer to the exercise library for Challenge Diet workouts for the following workouts.

Here's a reminder of your schedule:

- Measurements
- Day 1 – workout 1
- Day 2 – workout 2
- Day 3 – workout 3
- Day 4 – active recovery
- Day 5 – workout 1
- Day 6 – workout 2
- Day 7- workout 3/do measurements/treat meal
- Day 8 – Start the Challenge Diet Maintenance Plan

### Start each workout with the Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest. 

- Jumping Jacks – 20 reps 
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps 
- Close-Grip Pushups – 8 reps 
- Easy jump rope 50 reps

## **Workout 1 (do on Day 1 and Day 4)**

**Equipment: DB's**

### **Bodyweight Warm-up**

(see above)

#### **Set 1**

Choose a weight that you can use for ALL exercises.

Do 8 reps of each exercise. Try not to put the DB's down the entire set, do 4 rounds:

- DB push up (hands on dumb bells)
- Spider crawl (per leg)
- Weighted burpee (squat thrust to deadlift)
- High pull
- Front squat push press
- Rest 30 seconds to one minute

Do 4 rounds

#### **Set 2**

20/10 timing, try not to rest between rounds(20 sec work/10 sec rest)

- Squat jump 20 sec/pulsing squat 10 sec
  - No rest
- Repeat 6 rounds total

#### **Set 3**

20/10 timing, try not to rest between rounds(20 sec work/10 sec rest)

- Push up
  - Mountain climber
  - Spider crawl
  - Plank
- Do 4 rounds total

**Set 4** Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):

- Shoulder press squat
- Alternate reverse lunge (bodyweight or DB's at shoulders or sides)/per side
- Weighted burpees
- Renegade rows with push up
- Plank hold 30 seconds

**Cool Down**

## **Workout 2 (do on Day 2 and Day 6)**

**Equipment: DB's**

### **Bodyweight Warm-up**

(see above)

#### **Set 1**

Choose a weight that you can use for ALL exercises. Try not to put the DB's down throughout the set. 6 reps of each:

- Push up cross body mountain climber
- Renegade row (per arm)
- Weighted burpee
- Reverse lunge bicep curl (per leg)
- DB lateral raise to narrow squat DB at side
- Plank on elbows with alternate leg lift (per leg)

Do 4 rounds

#### **Set 2**

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Push up 20 sec/high plank hold 10 sec
- No rest

Do 6 rounds total

#### **Set 3**

20/10 timing, try not to rest between rounds(20 sec work/10 sec rest)

- 1.5 squat
- pulsing squat
- squat jump
- reverse lunge

Do 4 rounds total

**Set 4**Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):



- Cross body mountain climber with push up
- Weighted burpees
- Front squat
- Push press
- Pulsing squat hold 30 seconds

### **Cool Down**

## **Workout 3 (do on Day 2 and Day 6)**

**Equipment: DB's, pull up bar (or do alternative moves with DB's)**

### **Bodyweight Warm-up**

(see above)

#### **Set 1**

Do 8 reps of the following exercises. Try not to put the DB's down the entire set.

X body mountain climber (per leg)

Weighted burpee with push up

Bent over rear delt fly

Front squat

1 leg RDL to reverse lunge (per leg)

Other leg RDL to reverse lunge

Rest as little as possible between sets

Do 4 rounds

#### **Set 2**

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Pull up 20 sec/squat jump 10 sec
  - No rest
  - Repeat 5 more times
- \*pull up alternatives: assisted pull up, DB bent over rows

Do 6 rounds total

#### **Set 3**

20/10 timing, try not to rest between rounds(20 sec work/10 sec rest)

- Wall sit stick up
- DB bent over row
- Pulsing squat
- Squat jump

Do 4 rounds total

**Set 4**Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):

- Pull up (or alternative)
- Squat with alternating shoulder press
- Weighted burpees
- Hanging leg raise (alternative is laying leg raise on floor)
- Plank hold 30 seconds

### **Cool Down**

**Active Recovery Day 4** – Do something active but not intense. This can include things like gardening, recreational cycling, hiking, recreational sport of any sort. This is like a 'rest' day, but you'll feel better if you move in some way.