



  
**ELLIPSE FITNESS**  
training center  
*presents*  
**SSSimple**  
*Eating*

    
**SHAKE SALAD STARCH**

This simple template will allow you to be YOU, in YOUR BODY, with YOUR METABOLISM, dealing with YOUR PREFERENCES, following YOUR RULES, and achieving YOUR GOALS while living a life of freedom without expensive, unrealistic meal plans, fad diets, and chronic deprivation.

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# Preface

## Nothing Is Off Limits

I suppose we could use title this with "The History of Dieting" or "Diets Don't Work." Besides lacking originality, it is boring and negative. Our focus is one of positivity. Therefore, ‡ we will stick with the original heading, Nothing is Off Limits. One reason this works is because DIETS DON'T! That's right. Diets do not work. A diet, by one definition, is "the act of restricting foods in order to lose weight." Practicing this modern and widely accepted, *American* definition of "diet" is not working to take control over our health, lifestyle, goals, and pursuit of happiness. We need to not be "on" a diet. We need to practice another definition of the word diet.

di·et¹  
'dīət/  
noun

the kinds of food that a person, animal, or community habitually eats.  
"a vegetarian diet"

Notice this definition is considering diet as a noun. Here is the online definition of the word diet as a verb:

verb

restrict oneself to small amounts or special kinds of food in order to lose weight.  
"it's difficult to diet"  
synonyms: be on a diet, eat sparingly;

We would like to redefine *dieting* with you throughout this course. We will not go ON a diet, but we will learn to consistently choose foods and activities that complement our ideal life, support our dreams, and fuel our goals. "There is no 'on' or 'off'. There is only ON." – Dr. Jade Teta  
Practicing restriction is not sustainable. Restriction-based living focuses on things we should not do. Highlighting and embracing a lifestyle of success will yield more success, happiness, and joy.

Practicing moderation can place a ceiling on human accomplishments. Avoiding being too passionate, too ambitious, or too happy for fear of failure,

setback, or pain sets limits on our lives and affects those closest to us. It is wise to use a process and takes small steps on the road to greatness.

[John Berardi here said you don't learn to play the guitar by picking up a guitar and starting to pluck away at the strings. You build skills. You build those skills one at a time by practicing. We need to treat change that way.]

Framing *Live. Laugh. Love.* may be common practice, but it does not come to us without appreciating loss, tears, and heartache for the accompanying lessons.

A diet is something "regularly consumed." Has anyone else been on the Summertime Diet? You know the one where you drink beer, wine, and liquor, grill lean protein that you hardly eat because chips and salsa is UNLIMITED? How about the Holiday Diet consisting of cakes, desserts, and cookies as a staple more often than a treat? Unfortunately, it is safe to say that most of us have been on some version of these diets. We may not be proud of that, but feeling ashamed would not be productive.

How would we have arrived at this moment together had we chosen some other path?

How would we be able to promise that the education provided in this course will help us to move better, perform better, look better, and FEEL BETTER?

We've developed our own system based on an abundance mindset. This simple template will allow you to be YOU, in YOUR BODY, with YOUR METABOLISM, dealing with YOUR PREFERENCES, following YOUR RULES, and achieving YOUR GOALS while living a life of freedom without expensive, unrealistic meal plans, fad diets, and chronic deprivation. We are excited to tell you that you may have wine, beer, chocolate, French fries, meat, grains, sugar, and even soda. You will not be banned from anything. You can whatever you-want. YOU CAN HAVE WHATEVER YOU WANT!

Question: What does success look like?

As soon as we feel deprived, our instincts kick in full force and begin to seek the missing link based on our nutritional needs and emotional desires. If we don't know what those needs and desires are, clearly, we will stumble from path to path and 'diet to diet.'

We will keep looking and trying. Our instincts are not programmed for quitting. Humans were created to be relentless, resilient, and restless. "We are what we repeatedly do." You don't have to be Aristotle to develop this insight.

Over the next few weeks, you will be challenged to act, write, and think. The challenge is yours to accept or deny. The insights are yours to own or disown. Change will happen whether or not it is sought. Seek the change you want to have or be. Live accordingly. More on this later.

We promise to do everything we can to clear this path by constantly asking ourselves to reflect on what repeatedly do and WHY.  
Just know that nothing is off limits to you. You will CHOOSE WHAT YOU WANT and practice that choice every day ...for the rest of your life.

Thank you for joining us. Enjoy the experience.

# Phase 1: WHY

We challenge ourselves and everyone around us to always improve. We gather as a community that BELIEVES taking action enables strength to handle all this world can offer. We BELIEVE we can change our lives and the world for the better, together.

## FIND YOUR WHY

This is key.

Why are we not satisfied? Why do we feel a change is in order? Why do we strive for better health?

HINT: Toning up and losing weight are WHATs.

Like a child, ask yourself WHY repeatedly until the answer comes out of your mouth, your tear ducts, or your heart.

Why do you want to lose weight and tone up?

Because I am getting married.

Why does your future spouse want you to lose weight?

It isn't my spouse it is me.

Why?

Because I want to look confident in my tuxedo, dress, photo, etc.

Why?

Because it is my mother's dress. She died when I was little due to breast cancer. I want her to be with me in spirit on my wedding day.

Because I want my children to have photos memories where I am not hiding in the background or embarrassed by my appearance.

Because I want to look at myself in the mirror and like what I see.

Step ONE:

Create YOUR golden circle.

Simon Sinek is a thought-provoking speaker who, if you haven't seen this video, it will inspire you to rethink your WHY. Watch the first 5 minutes and create your own *Golden Circle*. Why. How. What.

[Simon Sinek Start With Why](#)

Write your WHY here:

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## CREATING NEW HABITS

We all may be a little anxious to get started, so we wanted to give you an idea of what you can expect. If this is a drastic change from how we have been eating, we may feel a little "off" or extra hungry. We may have strong cravings for carbs and sugars as our body adjusts. This is a completely NORMAL reaction! Push through it, and stick to the plan. We are so much more powerful than cravings!

Also, we'd like you to get in the habit of writing your thoughts, feelings, and outcomes. **Identify the Spark**-what instigated or ignited this feeling or action? Write that down. **Develop a Strategy**-plan for the next time. How can we improve or replicate this result? Write that down. **Identify the Satisfaction Factor**-what about this is will be so rewarding? Write that down. **SSS**

Spark

Strategy

Satisfaction

Did you know that it takes about **21-days** for a new routine to become "habitual", but an average of **66-days** to form an actual "habit"? So, what does this mean for us over the coming weeks? Creating a new habit is difficult. We are making changes not only to our daily exercise routine, but also our eating habits. It's not an overnight process. Take one day at a time and know that if we



stick to the program, by the end of your journey, healthy eating and exercise will become second nature, a habit.

This challenge is not only about fat loss but also about healing your body from the inside out. Stick to the plan and give your body the time it needs to heal from years of eating processed and artificial foods.

Most importantly, recall this is not a diet, a fad, or a short-term solution. This is a lifestyle change. Each successive step is determined by your thoughts, feelings, and outcomes. By the time this course is complete, we will constantly reflect on our WHY, become increasingly aware of trigger foods, utilize and develop proven strategies to minimize cravings, and yield results that improve satisfaction through positive reinforcement.

## MAKING CHOICES

What is the difference between a choice and a decision?

A choice is something that is wanted or desired. A decision is the result of making a choice or what ended up happening.

Here is a situation to ponder:

Zoe wants to be lean and healthy. She is also going to the local pub for dinner to meet a friend. She WANTS a chicken breast and broccoli. Chicken breasts and broccoli sends a message to my body to be lean and healthy, satisfied and fueled, and strong and muscular. Ordering a chicken breast and broccoli is like ordering lean and healthy. It's what Zoe WANTS. She CHOOSES lean and healthy because that is what she WANTS.

This local pub is known for their great brick-oven pizza. "Oh, that sounds good. I'll just HAVE that." That is a decision. This is letting pizza happen. The restaurant made the choice for Zoe. The final decision wasn't to be lean and healthy. It isn't what Zoe WANTED. The message sent to her body was a crusty, bubbly fat pie. That is what she might feel like tomorrow if she DECIDES to eat this tonight. That is what she might look like if this happens consistently. She may ultimately feel that she doesn't have any other choice because it has become so habitual.

If Zoe makes that choice, the brick-oven option, you know what? It's fine. If the restaurant makes this choice, she is out of control allowing her environment to determine the outcome.

Perhaps choosing a restaurant known for their chicken entrée would be better. These are the choices we can create to help us choose.

Ultimately, we will decide our results.

**STRATEGIZE** Try having ONE piece or taking ONE bite of your friend's pizza to avoid deprivation. Leave the rest of the piece on your plate. It won't be easy. It must be practiced. One reason many of us struggle with weight management and food choices is because situations and environments make our choices for us. In reality, we do not WANT a large order of pasta or a crusty, bubbly fat pie. We just want a taste or a bite. Practice the **One Bite Rule**. More on that strategy later.

There is always a choice. Choose what YOU want. You can have anything you want! Have we mentioned that before?

## SAY NO

As previously mentioned, there is always a choice. It is so hard to know what can and can't be accomplished. We tend to overestimate what can be accomplished in 3 months and underestimate what can be accomplished in one year. Schedules are set to the minute these days allowing little or no time for traffic, dinner, or illness. Schedule free time and honor it. How else will activities like walking, hiking, or laughing ever happen? How can cortisol levels ever lower? Say no sometimes.

### HOMEWORK

Practice saying NO. Every single day, practice turning something down to save time, energy, or money. This will be a very difficult task. It may not happen every day. Practice. Some days are like this "even in Australia."

Here are some things to turn down or say NO to from time to time:

1. A second helping
2. A sweet
3. A sample at the grocery store
4. An event on an already jam-packed weekend day
5. An invitation for the second or third party of an evening
6. An additional topping on a salad
7. A work project

8. Extra hours
9. Another volunteer opportunity
10. An additional workout
11. A dinner invitation
12. A meeting opportunity
13. A phone call
14. Facebook
15. The jewelry party
16. Staying up late
17. Spending money
18. Eating one entree over another
19. This starch or that starch
20. Eating alone
21. A happy hour

This is a practice and it is harder than many people think. An all or nothing mindset is fleeting and typically results in nothing, defeat, and less motivation than ever. It is impossible to be all in, but let's focus on one thing at a time by declining some of the extras. Consistency over time will allow for intensity from time to time.

## WILL POWER



In Charles Duhigg's book, *The Power of Habit*, will power is said to be exhaustible. Yet, Duhigg writes that it renews daily. For those who believe in will power, this means all that we need to do in weak moments is go to bed and end the day.

The good news is that the legendary will power is now said to be a myth. Therefore, we can surely give in and be successful. We no longer need to give

up for the rest of the day. It, also, means that we can avoid poor decisions, make better choices, and accept full responsibility for doing so. It is not the fault of our will power.

One of the core values of this SSS lifestyle is to practice. Our template is set up in a way that allows some of the more difficult practices to happen early in the morning when our will power is said to be "fully charged." IF we "cheated" or fell "off", we would then be "off" for the rest of the day. Our brain instinctively knows that will power renews daily and because of this we often find ourselves, "starting again tomorrow."

The good news is that the cliché is true. *Where there is a will, there is a way.* Etta James said it most honestly when she sang, "I got the will but I can't find my way now." Practice. Pay attention. Journal. Assess.

Will power is a belief. Science cannot produce consistent results when testing will power. We do know that belief drives behavior and ego depletion does not.

"Will power is not a limited resource, but is more like an emotion," according to, psychology professor, Michael Inzlicht.

Our feelings are messages sent to our brain. Our coping mechanisms vary human to human. Emotional eating is no longer considered a result of will power or lack thereof. Emotional eating is a result of using food or the act of eating as a coping mechanism. Other strategies can be implemented here. Finding the right strategy for everyone is certainly a challenge. The result, to have any merit, needs to be repeatable for that individual.

This program is simple, but it is not as easy as it sounds. There will be hard moments, and the days will get easier with each passing hour.

Our will power will be challenged and our egos depleted, but you believe that we can prevail. Right? Do YOU believe that YOU can succeed? Do you think will power is a real thing or do you find yourself questioning your conviction?

Write these thoughts down. Write down the outcome.

We will struggle with snacking. We will come face to face with some of our poor habits and environmental decisions. We will realize that we allow friends to bully us socially. We will realize that we bully friends to participate in activities that work directly against their health and ultimate goals.

We will have to make a choice.

## Phase 2: TAKE ACTION

### DETERMINE THE ULTIMATE GOAL

Congratulations on completing the first step, getting your mind right. After reading this first portion, a determination to work the next step should be impatiently churning deep in the gut. Reading each section might be infuriating at this point. Chomping at the bit is a good sign. This is not a sprint, nor have we reached the starting line yet. Training has begun. The race is still in the distant future.

Now that WHY has been established, we can begin to construct a blueprint. We need to know exactly WHAT we are building.

Tone up. Lose weight. Be healthy. These are outcomes, and great outcomes at that. These are not goals. These phrases represent a result, or side effect, of achieving a goal such as:

Learning to eat to satisfaction instead of over-eating.

Reducing my resting heartrate to prolong my life, eliminate prescription drugs, and fight heart disease.

Minimizing my chances of cancer, relapse, or illness.

Have more energy.

### Setting Progressive Goals or Guide Posts

Progress goals are small at first. Drink an extra glass of water every day for a week, turn off the television during meal times, add a salad or broth-based soup to increase vegetable consumption and satisfaction every day, or some other, seemingly simple, goal. Achieving these types of goals creates a culture of success.

Success can be more difficult to deal with for those who perceive themselves as unsuccessful or failures. Compliments can be near impossible to accept or believe.

After some practice and success, goals like meal prepping, daily exercise, and running a 5k will be a natural progression. Remember goals are personal. Running a marathon is a great goal if running is enjoyable for the participant or something high on the bucket list. Running is a mainstream concept now. Everyone seems to be doing it. We don't have to do what everyone else is doing to achieve our health and wellness goals. Many think they **SHOULD** be able to accomplish a distance race because others do it. The only thing you should be is happy. Happy for others as well as yourself.

Would you bungee jump off a bridge because your friend did it? No, but you might bungee jump off a bridge with a friend because **YOU** want to experience that adrenaline rush with them.

So, what is it that **YOU** want to do as a result of or in support of your **WHY**?

Goal 1.

Goal 2.

Goal 3.

These goals can prove difficult. Your coach or trainer can help! Don't have a coach? See if these suggestions **spark** any thoughts, feelings, or outcomes:

**Consistent meal preparation** practices. Try washing and vegetables and fruits in small containers on Sundays and Wednesdays (or any two days of the week that work for you).

**Discover new recipes** for shakes, salads, soups, and dinners.

**Park farther away**, even if only 5 spots.

**Walk 10,000 steps** each day as a minimum.

Run a 5k

**Add spinach** to a shake or meal to increase nutrient consumption.

**Exercise 3x week** as a minimum and try to avoid going more than 2 days without a workout.

# THE 12-HOUR WINDOW

During this course, it will be essential to pay attention to the 12-hour window. This is the time of day that eating ends and begins. This is not a new concept, but it is an important one to understand and to keep emotions out of the situation. Think about how often we eat for energy when sleep is what we actually need. This 12-hour fast helps to minimize fatigue-based decisions.

This template was designed to be easy! Shake. Salad. Starch. Easy. Knowing "what" to do is quite different from the "how" and the "why."

**WHY** - Take advantage of the benefits of intermittent fasting without going hungry or fasting for extremely long periods. Deprivation is not a part of this program or a long-term, healthy lifestyle. Nor, does sleep allow us to practice hunger recognition. The goal is to learn when we are hungry and when we need nourishment. The two are not always mutually exclusive. We need to learn the difference. Managing our hunger first provides a solid foundation for living an energetic, healthy life.

**WHAT** - Consume all foods within a 12-hour window.

**HOW** - Have breakfast when you are ready for breakfast. Let's stop forcing it. Eating breakfast immediately upon waking is a result of going to bed slightly hungry. That situation requires breakfast upon waking and staying consistent with this routine.

Sleeping with a full stomach does not create an overnight fast unless breakfast is delayed. It should not be a problem to delay breakfast if the body was nourished shortly before sleep.

Keep in mind that skipping breakfast is not an option. That involves a lack mindset. Think about the word itself. Breakfast. BREAK FAST. The first meal of the day is breakfast. It may happen at 6am or 1pm for some people. It may be eggs and toast or leftover pizza. It is still breakfast.

We believe breakfast should be a liquid-based, nutrient dense meal to break the overnight fast and begin the day on a solid note. More on this later. \*

\*It is key to learn the WHY behind the program before jumping ahead to "just tell me WHAT to eat" or "HOW to do it." This is a lifestyle change and not a short-term fix. Long-term solutions require some education. Our clients who work the steps are our most successful clients.

# ONE THING AT A TIME

In the book, *The Power of Habit*, we read that change is difficult. We agree. It is not impossible. The question needs to be asked. How patient are you willing to be?

Changing just one habit has a success rate of about 75%. Changing two or more habits at once has a 35% success rate. Focus on one thing. The template of SSS WORKS. Don't worry about exercise, the type of salad dressing used, what is a good fat or a bad fat, or snacking. Work the template slowly. This is a six-week course, but 66 days make a habit. Results are guaranteed in 42 days. So, if you want to keep those great results, 66 days is a minimum and quitting is not even an option.

It takes 21 days to create habit. Practice. It takes 66 days for the habit loop to become nearly automatic.

If you chase two birds at the same time you'll miss them both....

Focus on one bird and you'll reach your goal

Step by step one thing is much better than nothing.

- rania osama

boardofwisdom.com

## FAT LOSS VS WEIGHT LOSS

Speaking of practice and patience, this is something we want to discuss. PLEASE do not weigh daily. This is a real struggle for the psyche. Weight will fluctuate naturally each day. This is normal. It will be so much better if you wait 21 days at a minimum or until the end of the 42 days or only when visiting the doctor's office annually. This number will not tell us how much of the body is muscle or how much of the body is fat.

So, the question we want to address and that is the difference between fat loss and weight loss. Fat is the substance that our bodies use to store excess calories found in all the foods we eat. Typically, when we lose excess fat, we also lose weight. Sometimes, though, we can maintain or even gain weight. The fact is that we are helping you build up lean muscle through strength training while also helping shed excess fat through aerobic exercise. The more muscle that we build, the more fat we can burn.

This should be a no-brainer, then, weight should go down, right? Not necessarily. Muscle is denser than fat, so our advice is not to get fixated on a number on the



scale. It is not an accurate measurement of our overall health. Our ultimate goal is to improve your body composition and increase your lean tissue-to-fat ratio. These metrics indicates a more accurate fitness level and optimal general health measurement which is more important than the number on the scale. Is this your goal too?

We know there will be good days and bad days. For the days we need reassurance that we're on the right track, rely on support from your coaches, family, and friends. Let us know how we can help too!

Here is one of our all-time favorite fitness quotes: "Strive for progress, not perfection!"

## THE SCALE

The scale does not determine success in this program. Choose how the day will go before getting on the scale. The scale does not measure how well we will do today. It also does not measure how well we did yesterday. It will not give us a pat on the back or a slap on the face. The scale is not responsible for our actions. It takes more than one good day/meal/workout and more than one bad day/meal/workout to see results.

Stay on the scale. Stay off the scale. There are no rules. Just follow the template. Trust the process. This is how we will eat for the rest of our lives. Mostly veggies, lots of fiber, protein, healthy fats, fruits, and little to no processed foods with an occasional treat is our lifestyle. The scale will have its place, but it does not choose for us. Do not let the scale make decisions.

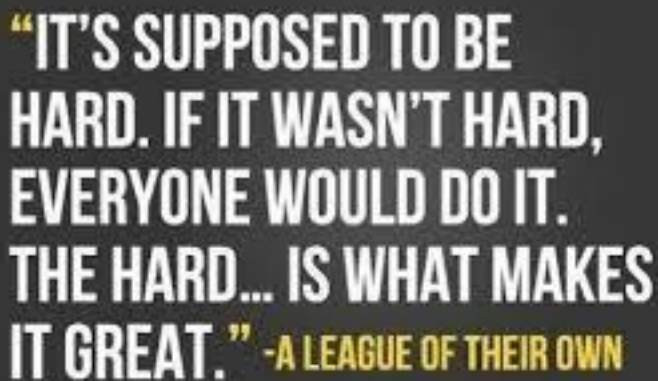
Remember that feeling at the end of the workout? The one that makes us feel like we just lost at least 5 pounds? Yeah! Until we step on the scale and it says we gained 5 pounds! What? Then, we sometimes decide all our efforts are for nothing and we just order a pizza for lunch. Make good choices consistently. So many of us throw in the towel just before the results are about to be delivered. Hang in there. It's a marathon, an ultra-marathon actually.

# WATER

This will be easy to write, read, and understand. Drink water. The body needs it. Water provides satisfaction. Often a message from the body is sent to the brain that says, "hey, I'm thirsty." The billions of cells in the body are basically playing a game of telephone. One cell says to the other that a tall glass of water would really hit the spot. By the time that message is received by the brain, it may have lost something from cell to cell. It may resonate as "hey, buddy! How's about some soda or chips?" Too often, we confuse hunger with thirst. The only thirst quencher is water. Soda, Tea, and coffee, although made with water, are not the best choices and cannot replace the benefits of a tall glass of water.

- Drink water
- Drink it over ice
- Drink it often
- Purchase a big water bottle
- Keep it nearby and convenient
- Measure
- Add fruit like lemon or lime
- Add veggies like cucumber
- Add spices like cinnamon
- Drink water

Drinking water burns fat. Like Nike says, "Just do it."



**"IT'S SUPPOSED TO BE  
HARD. IF IT WASN'T HARD,  
EVERYONE WOULD DO IT.  
THE HARD... IS WHAT MAKES  
IT GREAT." -A LEAGUE OF THEIR OWN**

Just remember, it won't always be hard. It gets easier with practice. It becomes automatic over time. It is lifestyle choices based on consistent habits, practices, and coping strategies.

# PRESSURE IS A PRIVILEGE

"Pressure is a privilege, not a problem." -Jim Afremow, PhD

Once we can get excited about adversity, pressure, stress, perceived barriers, the switch has been turned to the ON position in our mind. This is the mindset that we need to achieve success in the now and future. Dreading a social situation, whatever it may be, is not conducive to the championship life we intend to lead. It's not what warriors are all about. Warriors anticipate resistance, struggle, and all enemies. Warriors improve, adapt, and overcome.

We cannot improve without struggle. We cannot adapt without looking an enemy square in the eyes (or icing). We cannot overcome by avoiding engagement. We can do this. It's not about avoiding struggles. Lean in to those struggles. It's not about defeating another. Work together. Recruit a team of strategies, friends, and weapons (like exercise). Call on the team for support. We've got this friends.

Hey, this isn't *just* about food and weight loss. It's got to mean more than that. Write your WHY again here:

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# Phase 3: THE PLAN

## Shake. Salad. Starch.

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SSS

THIS IS THE TEMPLATE.

SSS

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## Simple. Simple. Simple.

Shake for breakfast. Salad for lunch. Starch with your dinner.  
(dinner= 1/4 of your plate is protein + 1/4 starch + 1/2 veggies)

SHAKE

Ever hear of the *expectation gap*?

For infants, a liquid diet loaded with nutrients is best. Parents choose to feed babies on a schedule or on demand. Breast milk or formula every 2-4 hours seems to be the happy medium for parents and baby. All babies are a little different. This is handled on an individual basis.

As older adults age, the pattern tends to repeat. It seems inevitable that a Boost shake or Carnation Instant Breakfast returns like a fashion trend coming back to the runway. This is when we are too tired to eat, don't eat at all, or perhaps even lack the mobility to make ourselves a meal.

What happens in between? Jill Coleman is the fitness expert who introduced the "expectation gap" in this sense to us. The expectation gap is that time in between infancy and social security checks when humans think they can do it all. Soccer practices, college tuition, student loans, dating, divorce, and overtime jobs or job seeking are just a few of the items on the growing to-do list during those years after picking up the student ID and before the AARP card is delivered.

Let's get back to that shake. A shake is a liquid-based, nutrient dense way to break our fast. The liquid-based element allows for quick absorption from the

body and wakes up our metabolic functions. Good morning or afternoon! Have this shake 12 hours after the last meal.

## SHAKE FAQs

Q: Sometimes a shake doesn't fill me up.

A: Try adding a few ice cubes. This can create a more satisfying texture, elongate the consumption time, and add that little extra water to satiate.

Q: Yeah, but I prefer to eat food instead of drink it.

A: Great! Anything that could be added to a shake or is liquid-based and nutrient dense, can be consumed and considered a shake. We like to think outside the blender bottle! If you would put spinach, strawberries, walnuts, and almond milk in a shake, try having a spinach salad for breakfast. Here is another idea! Crack 2-4 eggs (whatever it takes to satisfy you), scramble them up and voila! Scrambled eggs are a shake.

Q: Okay, but as soon as I eat or drink anything besides coffee, I am immediately hungry in just a couple hours.

A: That's cool too! We will pay great attention to hunger levels as we go through the next 21, 42, and 66 days. If adding ice to the shake doesn't elongate the duration between meals enough for you try adding a healthy fat such as avocado (delicious in a shake) or peanut butter. **IT IS IMPORTANT TO ADD ONLY ONE THING AT A TIME AS STATED EARLIER!** If after day 1, we discover that we are left unsatisfied from an almond milk + protein powder shake, try adding ice. Not enough? The next day, add fruit and spinach. Still longing for more? Add a healthy fat. Adding too many of these things at once time may lead to a shake that is more calorically dense than nutritionally dense.

Start with a shake. Upon waking first thing in the morning, drink a glass of water, have some coffee (if coffee is your thing), follow a routine. Be consistent. Wait on the shake until ghrelin signals the brain to eat. Continue the fast until hunger presents itself or until you've reached a previously set limit for yourself.

Remember, it is not necessary think of shake in the literal sense, but as liquid-based, nutrient dense.

Shake Suggestions		
Almond Milk Smoothies	Cottage Cheese	Yogurt
Eggs	Fruit	Spinach

## SALAD

The next meal will be a salad. The salad will provide the body with nutrients, fiber, flavor, and satisfaction. Having a salad for lunch is easy. Every restaurant, even fast food restaurants, serve salads. Business luncheons, red hat events, happy hours, and any sporting event in the afternoon will offer a salad or an opportunity to create one. Lettuce salads, fruit salads, and even meat salads are fair game. Refer to the list of suggestions provided. Feel free to add protein in the form of eggs, meat, fish, tofu, or legumes. There is no limit on portion size. This salad should satisfy just like your shake. Precision Nutrition and Metabolic Effect, fitness companies we like, use the term BAS. Big. Ass. Salad. So, enjoy!

Salad Suggestions			
Traditional (Chef, Garden, Chopped)	Buffalo Chicken or Greek	Fruit	Asian
Coleslaw	Salmon, Tuna, Chicken, or Taco	Egg	Fajitas (Tortilla not necessary)
Caesar	Stir Fry	Soup (Hot, liquid salad)	Burger (double lettuce, tomato and hold the bun)

## SALAD FAQs

Q: Sometimes too much salad makes me gassy. What else can I eat?

A: Ooh! Been there too. Try letting great biofeedback, like gas, educate ourselves on how the body responds. Sometimes eating less of a BAS is a good idea and using more protein to top the salad is helpful.

Q: I am getting tired of salads. What else can I eat?

A: Remember to think outside the box. Soup is hot salad. Broth-based soups are better than cream soups (although nothing is off the table. Right? There is no deprivation here. A cream-based soup that keeps us satisfied and delivers results is totally acceptable).

Q: I am confused. How do I know if I will get results eating cream of potato soup every day? I certainly don't want to put on weight or feel less energetic!

A: Exactly right. First, we want to manage hunger. Then, we will make sure our energy levels are improving. Finally, we will pay attention to cravings. If we can balance our hunger, energy, and cravings, we can then determine if the foods we are eating will produce satisfactory results. Let's manage hunger, energy, and craving first. The culprit may not be the cream of potato soup, but the added cheddar cheese and bacon on top. Adding and eliminating one thing at a time is the only way to determine what will work for each individual.

Q: I am so busy at lunch. Can I swap lunch and breakfast?

A: Of course! Start the day with a southwestern omelet. Then, have a shake at lunch or post-lunch workout.

Q: What about the dressing? Or using mayonnaise in tuna salad?

A: At the beginning of this course, we are more concerned with hunger, energy, and cravings. Using fats, like mayonnaise and salad dressing, are not bad. We love vinaigrettes, but if you love ranch start with that. Overtime, we can improve the quality of ingredients used to make our salad dressing and base these off our results.

## STARCH

The evening meal will contain a starch. Wait. What? The evening meal? Most of us have always heard that we should have starch for breakfast or after a workout. There we go "shoulding" on ourselves again.

So, here's the deal. It can be more satisfying to have your starch in the evening. Remember earlier, we discussed the spark. For many, fatigue sets in at the end

of the day and begins to determine our decisions. Since willpower is only effective if we believe we have it, we wanted to make the evening meal as satisfying as possible. Look forward to the starch at the end of the day. Starchy foods tend to make us feel full and sleepy. This is the perfect time of day for that. For those who exercise prior to dinner, an evening starch will be absorbed quickly.

Write down thoughts, feelings, and outcomes associated with the evening starch. Pay attention to the **Spark, Satisfaction, and Strategy**. We don't want food to feel like a reward the dog gets after being good all day, or do we?

Eat what the family eats. This is one of the biggest complaints heard in our consult room. Feel included in family dinner. Make a choice. Know going in what starch is for dinner. This is the best part. Have quinoa, sweet potato, baked potato, potato chips, French fries, rice, barley, beer, wine, or chocolate.

Have a sweet tooth? Save the starch for dessert. The second complaint coaches hear in the consult room involves sweets, desserts, or simply *something* after dinner. Okay, we hear you! Let's make a deal. Choose your starch. Choose wisely. Anything from a piece of fruit to a root vegetable to a dessert to a glass of wine. Look forward to it. Enjoy it. Now get some sleep. Repeat.

Sleep is a physical activity that charges your battery 100%.

## STARCH FAQs

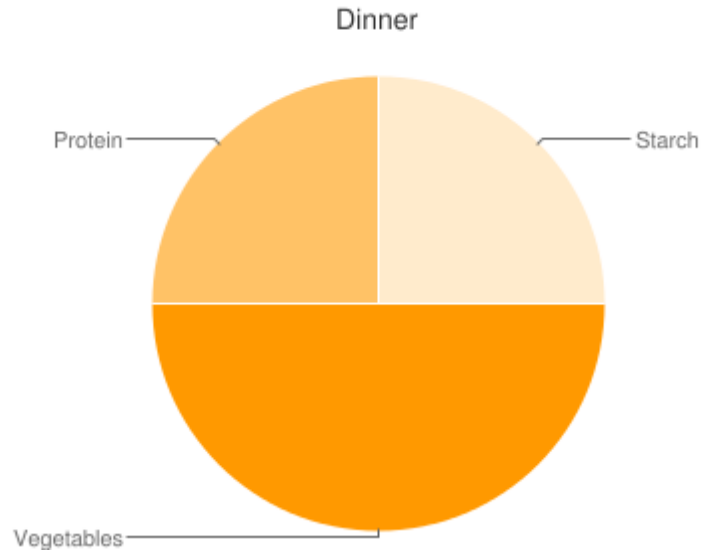
Q: I am only allowed carbs at dinner then. Right?

A: We are suggesting having a starch for dinner. Carbohydrates are necessary throughout the day and will be part of other meals in forms of fruit and vegetables.

Q: How do I portion my dinner?

A: Great question! Portion control is a great practice, and a highly confusing one. Calorie counting is difficult at social events or restaurants. It is also tiresome and weighs on our minds. For dinner, let's make our plate look as much like this pie chart as possible





Q: What about seconds?

A: Managing hungry is very important. If satisfaction has not been reached, fill the plate with more protein and veggies according to the chart. If satisfaction still has not been attained and more starch is desired, have a second helping of starch. Try to eat the food with highest protein, fiber, and water content before eating the food with high sugar or alcohol content. *One small, but important suggestion: When eating out, try leaving (or bagging up) the extra chips, fries or potatoes and munch on the steak or chicken instead. When satisfied, package that up too.)*

## SNACKS/SMALL MEALS

SNACKS? WHEN DO WE GET ONE?!!

One thing the fitness industry has taught the experts is that there is no ONE perfect DIET out there. If there was a plan or a system that worked for everyone, we would all have it. If HCG was the answer, everyone would take it. It would work. It would be sustainable.

Trouble is leptin. Leptin, a hunger hormone that builds up over time, says, "good luck staying on a low-calorie diet long term." How long can a human being fight it's own body? How long should it? The answer is not at all. The human body is a synergistic collection of cells that survive and thrive in an environment that supports sustainability.

Let's discuss ghrelin first. Ghrelin is the hunger hormone that builds up between meals to remind us to eat throughout the day. Leptin tells our body we are satisfied and no longer hungry. Leptin builds up overtime and, often, reaches critical mass just in time for the weekend.

We know several people, ourselves included, who are "good all week. It's just the weekend that is a struggle." This is a result of counting daily calories and depriving ourselves consistently. This is also WHY we want to manage hunger, energy, and cravings first. Our weekends shouldn't be a buffet of poor food choices because we deserve it or have been stressed out all week.

Follow the template. Be consistent. Write about thoughts, feelings, and outcomes based on sparks, satisfaction, and strategy. Follow SHAKE SALAD STARCH. Add snacks only when needed.

How are the energy levels daily and at various times of day? How is craving management? How is hunger? Are the leptin and ghrelin hormones out of kilter? Some people, not most, will need a snack daily. Most people will need snacks some days. Those who effectively learn how to master hunger, energy, and cravings along with their activities of daily living may graduate to a consistent snack. Others will make a BAS for lunch. Eat until satisfied. Should hunger strike later in the day, they may have leftover salad, an apple, nuts, or another shake.

We are not entitled to snacks. Snacks should be managed based on hunger, energy, and cravings. Snacks need to follow ~~the~~ suit with our SSS template. Choosing a starch for a snack would suggest that we don't really need another starch at dinner.

TRUST the fact that the human body can indeed go 40 days without food. It is okay to feel hungry. Have a glass of water, but eat when hungry. Allowing hunger to get out of control is like inviting a binge episode. It is the binge we are avoiding without allowing feelings of deprivation to determine what, when, and how much we eat. When necessary, go back to phase 1, mindset.

Adding a snack may be necessary on some days and not on others. Allow the process develop at least 3 days. Shake. Salad. Starch. No snacking. Just pay attention to thoughts, feelings, and strategies. Try the suggestions below and previously mentioned in the FAQs.

Participants who exercise will probably need a snack. Those who do not exercise will not need a snack. This is especially true when portions and calorie counts stay out of the template. Trust the system. Eat for satisfaction. Live for fulfillment.

A list of [small meals](#) has been included. Keep in mind that sometimes a snack is needed. Sometimes there wasn't enough shake, salad, or starch. Try these tips first:

Add ice, protein, frozen fruit, peanut butter, or more veggies to the morning shake

Add protein or toppings like avocado, or cheese to the salad

Have seconds at dinner. Start with protein, then veggies. THEN the starch. Repeat until satisfied...in that order please. Protein, veggies, starch. The starch should be 1/4 of your plate.

## FAQs

Q: Do I have to have a starch at dinner? I usually do better having that at lunch or breakfast.

A: You can have anything you want! There are no rules. There are only guidelines. Have a shake every day. Remember that is not just a protein shake. Have a salad each day. That doesn't have to be based on a bowl of lettuce. Have just one starch each day. This is to minimize high sugar, non-nutritious foods from becoming a mainstay in our lifestyle.

Q: If I skip the starch all week, can I have 6 beers on Saturday?

A: Probably not the best option. Because leptin! However, there are no rules. Remember that you can have anything you want. If you want the beers, you can have them. You're the boss! It's your life. When your liver has to focus on excess alcohol (aka poison), it sounds an alarm to all the cells and sends the message, "hey! We got 6 beers to deal with over here. Put down the avocado-bacon-ranch chicken and potatoes casserole and help me get this out of our system. Store that as fat and let's take care of this poison that is going to eventually eat holes through the liver. Make sense? Over time, this type of activity can do more harm than good.

# REMINDERS ON WHY

Every time a stressful thought like, "What am I going to make for dinner?" creeps into our head is an invitation for doubt. Let's eliminate doubt by having a plan and a backup plan.

If there is a ton of traffic during my commute home, I will stop at Jimmy John's and order an unwich. Otherwise, I have time to stop at the store and get the ingredients I need for grilled chicken and veggies. (We love to grill. It cuts down on the dishes!)

A breakfast shake is easy and fast! It can be purchased at any convenience store, fast food restaurant, cafeteria, or vending machine. It can be made in advance and stored for several days depending on your ingredients. Use a blender bottle for travel. Add a bottle of water. Voila.

Some people are not ready for food immediately in the morning. That is fine. Wait until you are hungry. Rock the fast just a little longer. A shake is easy to consume anywhere and travels well without creating a major stress or holes in your plan. Stop forcing yourself to eat when hunger is not a factor.

At the end of the day, sometimes sleep generates more energy than food. Too much food will be stored period. Too little sleep sends a message to the brain that energy is needed. If "surging the urge" is not a current practice, it is difficult to recognize the need for sleep over food. The created habit says, "just eat." Try "just go to bed."

Producing for over 12 hours, consuming 3 meals, and having a great deal more to do, may be a result of having too much on one's 'plate' anyway. Don't make another plate. #AllOrNothingMindset

IF you NEED to eat past your 12-hour window (and sometimes you will), be aware of how your day flowed. Overtime the hormone, leptin, will insist on a binge if you constantly put yourself to sleep hungry. Keeping day to day hunger in check is just as important as keeping hour to hour hunger in check. Leptin is the hormone that tracks hunger day to day. It is what gently reminds the brain why eliminating a food group altogether, like fat or carbohydrates, doesn't work. This hormone will drive cravings and anxiety levels.

Skipping breakfast is still not okay. This meal needs to happen, but it should not be considered lunch. This leads to late night binging and increased ghrelin levels. Ghrelin is a hormone that determines your hour to hour hunger. We are

using nutrients, fiber, and water to keep these in check all day. Set your own limits. I wake at 4am. I've found that fasting until 2pm is too long for me. I return home from a long day at a physical job ready to eat my own arm. That is not conducive to having a healthy relationship with food. I need to stop what I am doing sometime before 10am for some type of shake including, but not limited to, a protein shake, fruit smoothie, or a yogurt. Find what works for you, but in order to do this you must surf the urge, rock the fast, and note the 12-hour window.

## Phase 4: LIFELONG STRATEGIES

### LIVE “AS IF”

**My name is**  
**consistency,**  
**I am related to**  
**success.**  
**We should hang out**  
**more than...**  
**every once in a while.**

Diets don't work. We know this. What works? Consistent choices creating a lifestyle that supports the ultimate goal. By being consistent, moments of intensity can be absorbed and discharged without event.

Food for thought:

- If interviewed by a fitness magazine, how would the lifestyle YOU have chosen to this point be described?
- If this description is not a reflection of what you WANT, HOW do you begin to change it?

The answer many use is dieting. After the diet is "over," then "I will go to the gym." Then, "I will wear these clothes." Then, "I will live fit and healthy."

This doesn't work. Results on this diet program are NOT TYPICAL!

Let's try using the "As if" principle. The "As if" principle allows those who adopt it to live "as if" the goal has been achieved. This is the heart of the challenge. Live fit now. What are you waiting for? The goal is not really weight loss. Weight loss is a side effect of healthy living. Living healthy means avoiding temporary fixes and creating permanent change for permanent weight management.

Live AS IF you have achieved your goal. Seek it each day with every choice you make. There will never be a perfect day. Living healthy means NEVER going back to the habits we are working on now. These are ever present habits we commit to, form a relationship with and live happily-ever-after together.

PRACTICE

Give yourself permission to wear the clothes you want to wear later NOW.  
Go to the gym TODAY.

Eat well consistently; not perfectly. (That would be an all or nothing mindset. That is always a nothing mindset. We can't do it all at once, but we can begin with building consistent skills, one at a time.)

# YESTERDAY IS FAR AWAY

Throughout this course, there will be set backs. At least, we hope so. That is the best way to learn. Look at these moments that were formally perceived as mistakes or being "off." There is no off. There is only on. Diets don't work. This is not a diet. This is opportunity to learn and build.

When I have a protein and water shake, I feel hungry or shaky.

TRY putting fruit in your shake. If that doesn't help, add a fat too. A frozen banana, peanut butter, ice, and almond milk will make plain vanilla protein powder much more filling.

I'm getting tired of salad.

TRY cottage cheese and tomatoes or fruit. Remember it is not always a lettuce salad. There are no requirements. Just skip the processed, starchy carbohydrates here.

I do great for three days, but then I want to binge and eat everything.

TRY adding more to your meals. The portion will be correct if you feel satisfied.

Try having a salad again if the lunch portion was too small. Do the same with dinner. Have it again. Just eat your protein first, veggies second, and save the starch for last. You may find you don't need it.

I've tried all this and I am hungry, crabby, tired and this is not working for me.

Discuss this with your coach. The hard is what makes this great. Embrace it. Talk about it. Seek support. This may be the point when you need to add a small meal. It's not a cheat. It's a snack. Does that help?

Going through this process requires trust and awareness. To attain awareness, there MUST be moments when these old, die-hard habits show up. We may fall back on this habit. No need for guilt or shame. It's over. It's fine. That was this morning. That was yesterday. What was the lesson? Did you learn it? If not, don't worry. You will get

another chance at it. You will be ready next time. Each time gets a little tougher. It's fine.

Remember, we declared war. We expect battles.

MAKE today  
SO AWESOME  
YESTERDAY  
GETS jealous

## STRESS AND LEISURE

Another reason, as if it were needed, that diets do not work has to do with the fact that it is another stress on the mind and body. Exercise is a stress on the body. Schedules are stresses on the mind and body. Deciding what to make for dinner is a stress. We do not need to add more stress.

Allow for activities that reduce cortisol levels. Cortisol is the stress hormone. This is a popular term diet pills claim to alleviate. Ha! Here are 21 ways to reduce stress naturally:

1. Go for a walk at a leisurely pace. Stop and look at the clouds. Smell a flower.
2. Read a book
3. Soak in an Epson salt bath
4. Nap
5. Laugh
6. Get a massage
7. Foam roll
8. Watch a comedy (laughing has proven to reduce cortisol!)
9. Cook
10. Float in a raft
11. Play with a pet
12. Pedicure/manicure/spa treatment
13. Hike
14. Bike
15. Yardwork (only if it is relaxing for you)
16. Write
17. Volunteer
18. Listen to music
19. Create, color, paint



- 20. Play a game of cards
- 21. Practice gratitude by writing thank you cards, or visiting a friend
- 22. Breathing – Smell in the roses, blow out the birthday candles.

## JUST A BITE

Marketing guru's back in the day outdid themselves with the slogan, "no one can eat just one." That was the message that was sticky. VERY STICKY! So sticky, that people BELIEVED it. How many times have we heard the sentence, "I can't stop at one" from our own mouth?

Jill Coleman, a fitness expert, taught us 'One Fry Rule'. She always takes one French fry off a friend's plate. We assume she asks them first. She practiced just having one. Now, she doesn't feel like she must have her own order, but she can always have one if she wants.

This is great for many reasons. Ask your kids for ONE of their fruit snacks or cheese crackers. How many of our children hoard food already? How many of us just envisioned a battle of epic proportion over one fruit snack? Practice with them. It's called sharing. When it comes to food, there is usually plenty to go around.

Write down some trigger foods. Fries, like a pie from a famous bakery, or pasta from the local, expensive Italian restaurant are not always available so indulging in every last fry or specialty item or special environment seems acceptable because it just doesn't happen that often. Right? Wrong.

The "lack mindset" is one that dictates and decides without taking into consideration the ultimate goal. Ted Drewes, a famous frozen custard stand on Route 66, might dictate that one must have custard when visiting.

Do you live in St. Louis? Ted Drewes is always available. It's 20 minutes from anywhere. Entertaining out of town guests? Ask them for a bite. That's right. You live here. You can go to Ted Drewes on any day that you choose. Using guests, children, or an environment is an excuse.

**Do you live in Wisconsin? Is cheese a food that defines the culture? Cheese is often added to so much in Wisconsin. A little can go a long way. With an abundance mindset, we know this is true. For the foreseeable future, there is not a cheese shortage in Wisconsin or elsewhere.**

Traveling to France for the first time? Drink the wine. Eat the pastry. Living in Napa, California? The food environment is a factor in the choices available. Environment does not make the verdict final. We do!

The 'One Fry Rule' or 'One Bite Rule' and start practicing taking one bite of something. This rule provides the taster with power over trigger foods. One bite eliminates total deprivation emotions from setting in and taking over. One bite can satisfy the taste buds, but only if it is practiced. Good soccer players go to practice. Singers go to rehearsal. Eating and being lean is a skill we build through practice.

Start easy. French fries might be too tough. Pizza, chicken wings, desserts, candies, soda, beer, and so many more choices are available for practice. Choose ONE that doesn't seem like Mt. Everest. Practice. Do it when you are not hungry and when you are. Learn to trust yourself. This is the ultimate key to living a healthy lifestyle beyond our challenge. Let your coach know how it is going. Keep it going. Try. Fail. Try again. Success is a result of consistency

## BEWARE THE BINGE

Leptin, the hunger hormone, will send a search, destroy, and conquer signal leading to an ultimate binge episode. Failures are events. Failures are not people. This course is not 21/42 Days of PERFECT. It is 21/42 Days of PROGRESS! Simon Sinek, a leadership expert says, “Intensity doesn’t work. Consistency works.” Practicing

consistency affords those who practice the opportunity to be victorious over intensity. It's how some handle the occasional Big Mac without event.

It ALL has to be done. How do we fuel for this? Gas station meals, inexpensive and nutritionally cheap meals from drive thrus, and no meals at all become more of a norm than an emergency. Just look at all the kitchens found at gas stations now. Casey's General Store, Quiktrip, and so many others are supplying what we are demanding.

Well, the results from this type of lifestyle kick in. So, we try every diet, gym, and personal trainer there is.

We know it isn't our fault. Right? Right! It is not our FAULT. It is our responsibility to find what works for us without giving up. We cannot blame our schedule, employer, line of work, spouse, children, or parents. We must play detective.

Shake, salad, starch is a simple approach to a lifestyle practice. It is a template to follow, but let's not follow it to a tee. This consistent approach allows for periods of intensity. Intense days are days when you never snack or fast. Intense days are Thanksgiving Day. Intense days are binge eating or drinking episodes. Consistency will allow you these days sometimes.

## WTH

WTH stands for "WHAT THE HEC?" Nope. That is not a typo. HEC is an acronym we learned from Metabolic Effect that stands for Hunger, Energy, and Cravings. These three things must be balanced to build muscle, burn fat, and achieve results.

If the body is hungry, a message to eat will be delivered. The body, as we all know, is relentless. It will deliver this message over and over until it is received. Please, eat when feeling hungry. This is not a calorie restrictive plan. Hunger must

be balanced. Eat within the template of SSS. Remember there are many choices.

Energy is always the goal. We need plenty of energy to do what is required, but we want more energy to accomplish our lifestyle goals that should include creative development, adventure, competition, and rejuvenation. We can push those limits by keeping our mental and emotional inlets fueled by our physical charger. Only exercise and recovery will do this. Exerting too much energy will drain our us. Ever push it in the gym, go for a run, get lost performing yard work, playing sports, or just running errands to a point where any given drive-thru wins? It's interesting when we take the time to realize how this affects us day to day. Without sleep or exercise, it's all going to catch up to us.

Craving are not the killers we sometimes think. Cravings are yet another message that says something is missing. Calories, sleep, intimacy, money, and attention are all things we crave, but few are found in the pantry. Although, we personally have gone in there looking for all of these things. We would like to save the rest of our team some trouble, we have never found it in a wine bottle either. Just sayin...

So, eat. Move. Crave. Indulge appropriately.

Always asking, "is HEC in check?" If it isn't, we need to check our messages.

# COMPENSATION

We wanted to chat with you all this morning about metabolic compensation.

To compensate means to adjust for, make up for shortcomings or feelings of inferiority by exaggerating good qualities, do or give something in return, or make a payment.

What is metabolic compensation?

Our bodies will adjust for lost muscle, water, and fat. Our bodies want those things back. It will try to make up for shortcomings. This is why it is essential that we listen to hunger, energy, and cravings—signals from our bodies. If we are hungry, we need more protein, fiber, and water. Take these steps to figure out what your body is trying to tell you. If you are hungry, have less than optimal energy, or spend all day fighting cravings at this point, do these things in this order:

1.

Add protein, fiber and water to your meals. Examples include using or adding almond milk to your morning shake instead of water, adding another scoop of protein powder to your shake, or adding ice to your shake. These things make the shake more satisfying and sustainable. The same can happen with the salad and dinner. For your salad, add chicken, eggs, seeds, or more lettuce to increase satisfaction. At dinner, put almonds on your green beans, have an additional serving of protein, or use a grapefruit as dessert. Few foods can cleanse a palette and cease cravings like a fiber-packed, water-filled grapefruit.

2.

Try adding a starch. WHAT? THAT IS BLASPHEMY! Sometimes to get the metabolism really going or going again, in a manner of speaking, you need the “fuel” of carbohydrates to burn fat. Add 5 bites to your lunch. Just 5 bites. Does this help to satisfy your hunger, energy, or cravings? If not, eliminate the starch and move to step 3.

3.

Add fat. Again, WHAT? Yes, add a fat to your meal. Put butter in your coffee. Add avocado to your salad, or olives with dinner. Fat is caloric, but calories are

energy. If our hunger, energy, and cravings are out of balance, we will need calories or step number 4.

4.

If all the above didn't work, try branch chain amino acids (BCAAs) or cocoa powder. BCAAs are found in some supplements and egg whites. They are both very easy and satisfying. That means another drink pre-post workout and/or hard-boiled eggs as a snack or an omelet instead of or in addition to a shake. Omelet in the morning, shake midday, salad later afternoon, and dinner. Cocoa powder with a little stevia in hot water, added to cottage cheese, or yogurt can ignite the pleasure sensors of the brain just like chocolate. It will settle down cravings. TRY IT. Some fitness experts swear by it so much that they have created their own label and sell it as a supplement.

Compensation means to make up for short-comings. If you are not getting enough calories, your body WILL compensate. Self-preservation is your body's goal. It doesn't like to lose ANYTHING! It doesn't like to lose it's breath, fat-energy stores, weight-density, muscle-masses of energy and water, or balance. Whether we are recognized as competitive people or not, your body sure is competitive. It wants to win. We will have to TRAIN the body by PRACTICING skills and behaviors that get the mind and the body exactly what it wants. Satisfaction. Energy. Sustainability. PRACTICE. Depriving yourself will lead to compensation. Without solid practice, compensation may come in the form of a binge episode followed by a period of guilt, pain, and remorse. How many of us have been there? I sure have.

Life is not a perfect circle is the meaning behind the Ellipse. Practice does not make perfect. Practice makes permanent. Permanent change will require us to experiment. This leads to results. Results lead to compensation. We will need to adjust. How will you adjust?

Still confused? Set up a coaching session this week immediately.

We are here to help you!

## WORKING FOR THE WEEKEND

So, this is our inevitable lesson on the subject of off again and on again. One thing we know is that we are ALWAYS ON! This is our mantra. There is no OFF. We

are warriors, and we do not retire from that profession. Ever! It just isn't who we are:) Humans were not made to quit.

We will test our mindset continuously. How well do we push ourselves?

Reminder:

We SHOW UP. We are dialed in. We trust ourselves to make the best choice we can in whatever environment we are in. We behave AS IF we have achieved our goal. We are consistent. Our mind is made up! We zone into our workouts. We choose our foods. We follow our own path. We do our own work and accept our own losses. We are responsible. We don't take a day off. We recover! Whether or not you believe this yet, we are the elite few who GET IT! We are ALWAYS ON, and we will be victorious.

Rest is always the goal. We work hard to earn money to stabilize our finances to retire (aka rest). We push throughout the year to afford vacations, long weekends, and days OFF because rest is the goal. Work is required to achieve rest.

Please let us know how we can help you work smarter instead of harder to attain the rest that is well deserved.

Remember-there is no off. We are ALWAYS ON!

# GAME CHANGERS

What Winners Know:

10. Gatorade is for dehydrated, endurance athletes.
9. Energy drinks do not give energy. They STEAL it. It's mere suggestion.
8. Fast food is a typo. It's really FAT FOOD.
7. Soda is a chemical cocktail.
6. Work is not exercise. Exercise should not be work.
5. Coolers are just that. Cool. Always carry a cooler.
4. Vending Machines - no good can come from these.
3. Water should be your first-choice beverage.
2. "If fitness came in a bottle, everyone would have it" no matter the cost.
1. Time is not an excuse. It's like money. It has to be made.

WINNERS	LOSERS
SAY "IT MAY BE DIFFICULT BUT IT IS POSSIBLE."	SAY "IT MAY BE POSSIBLE BUT IT IS TOO DIFFICULT."
SEE THE GAIN.	SEE THE PAIN.
SEE POSSIBILITIES.	SEE PROBLEMS.
MAKE IT HAPPEN.	LET IT HAPPEN.

## INDULGENCE vs. DEPRIVATION

A quick word on this. We discussed passion, all or nothing mindsets, indulgence, and deprivation. Our goal is to live passionately knowing our hearts will be broken sometimes, but that the 'all or nothing' attitude doesn't get us very far. We have learned that complete deprivation and total indulgence just doesn't feel good over time.

While journaling about shakes, salads, starches, thoughts, feelings, and outcomes, we suggest tracing on a scale of 1-10 how indulged or deprived we feel at the end of the day. This can help us to pay attention to our leptin levels and our emotions that drive us to eat and skip workouts.

It takes 21 days to introduce a habit, 42 days to see notable results, and 66 days to own those results. It takes a lifetime to master. Get to it.



# PRACTICE LOG

Shake

Ingredients and Amount

---

Thoughts\_\_\_\_\_

Feelings\_\_\_\_\_

Outcomes\_\_\_\_\_

Salad

Ingredients and Amount

---

Thoughts\_\_\_\_\_

Feelings\_\_\_\_\_

Outcomes\_\_\_\_\_

Starch

Ingredients and Amount

---

Thoughts\_\_\_\_\_

Feelings\_\_\_\_\_

Outcomes\_\_\_\_\_

**Snacks** (if applicable)

---

Daily Score

Indulgence      1   2   3   4   5   6   7   8   9   10      Deprivation

# Appendix

## Food Guide

Not sure where to begin? Tired of the same old proteins and veggies. Check out the lists below for ideas or as a refresher to classify a fat from a protein, where legumes fit in, etc.

Proteins	Carbohydrates	Vegetables	Fats
Dairy 1% Cottage Cheese Eggs Egg Substitutes Greek yogurt (nonfat plain) Yogurt (low carb/high protein)  Poultry Chicken Turkey  Red Meat Beef (lean cuts) Buffalo (ground) Elk Venison  Seafood All – (except imitation crab) (wild caught is ideal)  Other Pork Tofu	Dairy Milk Low Fat Yogurt w/ fruit  Bread Sprouted grain bread Sprouted grain tortillas Sprouted grain English muffins  Fruit All (tropical will be highest sugar)  Grain Amaranth Barley Buckwheat Corn Couscous Long grain brown rice Rolled Oats Steel Cut Oats Popcorn Quinoa Spelt	Artichokes Arugula Asparagus Beets Bok Choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Collard greens Cucumber Eggplant Endive Green beans Kale Kohlrabi Lettuce Mixed greens Okra Onions Peppers Radicchios Radishes Rhubarb Romaine Rutabaga Snow peas Spinach Sprouts	Dairy Cheese Low Fat Yogurt w/ fruit  Dressings Olive Oil Balsamic vinaigrette  Fruit Avocado Olives  Nuts & Seeds Almond Butter Almonds (raw) Cashews (raw) Peanut Butter (natural) Peanuts (raw) Pecans (raw) Pepitas (raw) Pine nuts Soy nuts Sunflower seeds (raw) Tahini Walnuts  Oils

# Breakfast Recipes

## **Protein Packed Refrigerator Oatmeal (1serving)**

### Ingredients

¼ c steel cut oats  
¼ c plain Greek yogurt  
½ c almond milk  
1/2 scoop vanilla protein powder  
1.5 tbsp. flax seed meal  
pinch salt  
½ tsp cinnamon  
⅓ banana - sliced  
½ tbsp. PB2  
¼ c berries of choice

Combine oats, yogurt, almond milk, PB2, flax and pinch of salt in a glass jar and stir well.

Seal jar and refrigerate overnight.

In the morning, stir in cinnamon, protein powder, banana slices and berries.

(Steel cuts will have a nice chew to them but if you prefer to cook them further, add ¼ c extra almond milk or water and microwave for 90 seconds.)

## **Irish Blueberry Oatmeal** (2 SERVINGS)

1/3 c steel cut oats  
1/8 tsp salt  
2 1/2 c water  
1/3 c oat bran  
1 tbsp. flax seed  
1/2 tsp cinnamon  
1/2 c blueberries.  
1 scoop vanilla Ellipse Bio-Whey

NIGHT BEFORE: combine steel cut oats, salt, and water in pot and bring to a boil. Remove from heat, cover, and let sit until morning.

MORNING: bring to a boil again. Add the oat bran, flax, and cinnamon. Remove from heat, add berries, and then protein when sufficiently cooled

### **Scrambled Eggs & Greens** (2 SERVINGS)

4 oz. smoked turkey chopped **OR** 1 cup of egg whites/egg beaters

1/3 onion chopped

1 big handful fresh spinach chopped

1/2 sliced mushrooms

3 whole eggs

1 slice of cheese (think the flavorful kind like feta, Havarti, etc...)

Stir-fry the chopped turkey, onions, spinach, and mushrooms coated with Pam on med-high heat for 3 minutes. Add the eggs and cheese and stir/cook for another 2 minutes. THIS IS TWO SERVINGS (for most) ...store half in a container for breakfast tomorrow

### **Green Cuisine Frittata** (4 SERVINGS)

1 c egg whites

2 whole eggs

2 c spinach

1/4 c Raw Pumpkin Seeds/Pepitas

1/4 c Broccoli florets

1/4 c Peas (frozen)

1/4 c zucchini, diced

1/4 c green onion

1/2 c low fat feta cheese, crumbled

4oz turkey ham deli meat

Salt, pepper

Cooking spray

Whisk egg whites, eggs, and a pinch of salt/pepper together in a mixing bowl. Preheat a large non-stick frying pan, coated with cooking spray, on medium heat. Add spinach and sauté for 10-30 seconds, stirring frequently. Add the pumpkin seeds, broccoli, peas, zucchini, onion and garlic. Sauté for 1 minute. Evenly pour the egg mixture over the vegetables in the pan. Cook for a couple of minutes until the top of the mixture begins to bubble. Evenly spread the cheese and ham on top of the frittata. Turn oven on to broil. Place pan in oven until egg is cooked (approximately 2-5 minutes). Remove from the oven, place onto a plate and serve.

## Main Dish Recipes

### **(Memorize this ☺) ROASTED CHICKEN (4 SERVINGS)**

1 lb. Chicken  
Lemon juice  
Salt  
Pepper  
Garlic powder

Preheat oven to 400 degrees. Coat with lemon juice, salt, pepper, and garlic powder. Bake chicken for 20 minutes.

### **(VEGETARIAN) Veggie Chili** (10 SERVINGS)

2 tablespoons olive oil  
1 sweet onion, such as Vidalia, chopped  
1 green bell pepper (or a colorful combination, if desired), chopped  
1 jalapeño chile, seeded and chopped (optional)  
2 ounces mushrooms, sliced  
2 garlic cloves, chopped  
2 tablespoons chili powder  
8 medium tomatoes (4 pounds), coarsely chopped  
2 cans (15 ounces each) low-sodium red kidney beans, drained and rinsed

In a large saucepot, heat the oil over medium heat. Add onion, bell pepper and jalapeño (if using) and cook for 5 minutes, stirring occasionally. Add mushrooms and cook for 5 more minutes, or until vegetables are tender. Stir in garlic and chili powder; cook for 1 minute.

Add the tomatoes with their juice and the beans; heat to boiling. Reduce heat to low; cover and simmer for 50 to 55 minutes.

Per serving: 170 calories, 4 g fat (0 g saturated fat), 9 g protein, 28 g carbohydrates, 8 g fiber, 140 mg sodium –Serve with a protein

### **Chicken with chick peas** (2 SERVINGS)

2 cloves of garlic chopped or pressed  
2 tsp EVOO  
8 oz. pre-roasted chicken breast (I put salt, pepper, garlic powder, and squeezed lemon on mine. Put in oven at 400 for 20 minutes)  
1/2 onion chopped  
1 cup canned chick peas, drained  
1 large tomato chopped  
1/4 tsp cumin  
1/4 tsp salt  
1/4 tsp cardamom (you can find in the bulk spices at Festival...or on most spice shelves...this spice is one of the keys to the recipe...it's fantastic and very aromatic)

Sauté garlic in EVOO on med-high for a few seconds then add chicken and onion. Stir-fry for 2 minutes, until onions begin to brown.

**Tex Mex Chicken** (2 SERVINGS)

8 oz. cooked chicken breast  
1 cup cooked brown rice  
1/2 cup frozen peas and carrots  
1 stalk celery, chopped  
1/2 red bell pepper, chopped  
2 tbsp. barbecue sauce

Top with 1 Tbsp. guacamole per serving.

**Fajita Chicken & Rice** (4 SERVINGS)

2 cups cooked brown rice  
1 tsp paprika  
1/8 tsp cumin  
1/2 c salsa  
1 lb. roasted chicken, cut into fajita strips  
1 small onion, sliced  
1 bell pepper, sliced  
Salt and pepper, to taste  
2 tbsp. lime juice  
4 tbsp. guacamole

In a large bowl, combine the cooked rice, paprika, cumin and salsa. Stir until mixed thoroughly and then heat through.

In a large skillet coated with cooking spray, stir-fry the roasted chicken strips, onion and bell pepper over high heat for 2 minutes. Add salt and pepper as needed.

Serve chicken and vegetables, over rice, drizzled with lime juice. Top with 2 Tbsp. guacamole per serving.

### **(CHICKENT) 8-Layer Dinner** (6 SERVINGS)

1lb 2oz cubed chicken breast  
1/2 tsp salt  
1/2 tsp pepper  
2 cups sweet potato, peeled and thin sliced  
1 cup salsa  
1.5 cups black beans, cooked  
1 cup onion, diced  
1 cup corn  
1 cup peas  
1/2 cup almonds

Preheat oven to 350. Season chicken with salt and pepper and sauté, on medium, in pan until lightly browned on all sides. Set aside. In pan, add sweet potatoes and salsa, sauté 5 minutes. Layer ingredients in a 13x9 pan starting with chicken, followed by sweet potato/salsa, black beans, onion, corn, peas, and almonds. Bake for 25 minutes and serve.

### **Moroccan Chicken** (4 SERVINGS)

12 oz. grilled chicken breast, cubed  
1/2 c whole wheat couscous, dry  
1 c chicken broth  
20 sundried tomatoes, chopped  
2 medium tomatoes, chopped  
1 medium onion, chopped  
2 cloves garlic, finely chopped  
1 can green peas, drained  
1/3 c plain yogurt

spices: 1 whole bay leaf, 4 whole cardamom pods (I didn't have this so I used 2 tsp ground cardamom), dash of cinnamon, dash of turmeric, dash of chili powder, 1 tsp salt, 1 tsp ground coriander

Fry the garlic & onions w/ cooking spray until they start to brown, then add tomatoes. Stir until the tomatoes become fluid then add the broth. Bring to a boil and add the spices. Slowly stir in the yogurt, 1 tbsp. at a time (otherwise you get little clumpy looking things). Add the chicken, sun dried tomatoes, and peas. Stir in the dry couscous, cover, reduce the heat and simmer for 5 minutes. Remove from heat, fluff with fork, cover it again and let it sit for a few minutes before serving.

### **(BEEF) Cashew Chili** (4 SERVINGS)

1# lean ground beef  
1/2 chopped onion

1 yellow bell pepper cut into 1/2 in squares  
1 15.5oz kidney beans, drained and rinsed  
1 c V-8 vegetable juice, spicy hot  
1/2 c raw cashews  
1 packet chili seasoning

Brown beef and onions on high heat for 3 minutes; until thoroughly cooked. Add yellow pepper and kidney beans, and continue stirring for a minute or so. Add the V-8, cashews and seasoning, stir and bring to a boil. Reduce heat to a simmer.

### **(BEEF) Spaghetti Squash Spaghetti** (4 SERVINGS)

4 c spaghetti squash (I bought a small one and thought a medium would have been perfect)  
1 tbsp. coconut oil or butter  
1/4 tsp salt  
1/8 tsp pepper  
1/8 tsp cinnamon  
12 oz. ground sirloin  
1 c finely diced onion  
2 cups tomato sauce (a 15 ounce can works fine)  
1/2 c crushed cashews  
1/2 c grated freshly grated Parmesan

Preheat oven to 375. Cut squash in half and gut it. Place cut side up in a baking dish and drizzle with oil/butter and season with salt, pepper, and cinnamon. Bake for ~45 minutes or until easily scooped with a fork. Allow to cool. While baking, prep the rest. Brown the meat. Add onions and cook additional 2 minutes. Remove from heat and add tomato sauce and cashews. Scoop out the squash and add to pan with meat/sauce. Reheat in fry pan until warm. Garnish with Parmesan.

### **Beef Stroganoff** (2 SERVINGS)

1lb beef sirloin, cut into 1in cubes  
1 large onion  
3 cups sliced mushrooms  
1 carrot, sliced  
4 cloves garlic, chopped  
1/2 cup beef broth  
1 cup whole plain yogurt



1/2 cup shredded part skim mozzarella cheese  
Salt and pepper, to taste

Brown the beef in a large nonstick skillet coated with olive oil cooking spray over medium-high heat, about 5 minutes. Add the onion, mushrooms, carrot, garlic, and continue stir-frying for an additional 6-8 minutes, until vegetables start to brown. Add the beef broth, salt, and pepper, bring to a low boil, and then add the yogurt 1Tbsp. at a time, stirring constantly. Cover and simmer for 15 minutes on medium-low heat. Remove the lid, add the cheese, and stir until thoroughly blended.

### **White Chicken Chili** (8 SERVINGS)

- 2 15 Ounce Cans Cannellini beans, drained and rinsed
- 4 Cups (32 ounces) Fat-free Chicken Broth
- 1 ½ Lbs. Chicken Breast
- ¼ Tsp. Each Salt and Pepper
- 1 7 Ounce Can Diced Green Chilies
- 1 Small Onion, chopped
- 1 Cup Finely Chopped Celery
- 1 Cup Frozen White Corn Kernels
- 1 Tbsp. Chopped Garlic
- 1 Tsp. Chili Powder
- ½ Tsp. Ground Cumin
- ½ Tsp. Hot Sauce (or more to taste)
- ½ Tsp. Oregano

Directions: Place 1 can of beans in a blender or food processor with 1 cup of the chicken broth and puree until smooth. Transfer to a crock pot.

Season chicken with salt and pepper and add to crock pot. Add remaining can's worth of beans, remaining 3 cups of broth, and all other ingredients.

Cover and cook on high for 3-4 hours or on low for 7-8 hours until chicken is fully cooked. Shred chicken with 2 forks and stir into chili.

(Exchanges: 2 Carbs, 3 Extra Lean Protein, 1 Vegetable)

### **One-Pan Chicken Burrito Bowls** (4 SERVINGS)

1 pound boneless, skinless chicken breasts, diced into bite sized pieces  
3 tablespoon of olive oil  
1/4 cup of diced yellow onion  
1 cup of uncooked extra-long grain rice  
1 14.5 oz. can diced tomatoes, drained  
1 15oz can of black beans, drained and rinsed  
1/2 teaspoon of garlic powder  
1/2 teaspoon of chili powder  
1 teaspoon of cumin  
2 1/2 cups of low-sodium chicken broth  
kosher salt and pepper  
freshly diced tomatoes  
diced green onions  
sour cream  
guacamole

Sauté onions in 2 tablespoon of olive oil until they start to soften.

Season diced chicken with 1 teaspoon of kosher salt and 1/2 teaspoon of black pepper. Add chicken to pan and cook over medium high heat until chicken has started to brown.

Move chicken to one side of pan, in the other side of the pan add an additional tablespoon of olive oil and sauté uncooked rice for about 2 minutes or just until some grains start to turn golden brown.

Stir in black beans, canned tomatoes, chicken broth, garlic powder, chili powder and cumin.

Bring to a simmer, cover and reduce heat to low.

Cook about 20 minutes or until rice is tender. Season with additional salt and pepper as needed.

Sprinkle with cheese, recover and let set for 2-3 off heat to melt cheese.

Garnish with fresh tomatoes, green onions, sour cream and guacamole.

Notes/Recipe variations: Try sautéing diced bell peppers or jalapeños along with onions. Mix in frozen corn in the last 5 minutes of cooking. Substitute ground beef or ground turkey for chicken.

### **Ground Turkey Casserole** (SIX SERVINGS)

1/2 c canned/drained navy beans  
1 c skim milk  
1 tsp turmeric  
1 tsp coriander  
1 tsp salt

1 c veg broth  
20 oz. ground turkey  
1 c diced onion  
1.5 c thinly sliced baby carrots  
1.5 c asparagus cut in 1-inch pieces  
2 c grated green cabbage (grating didn't work great for me so I diced)  
1/2 c sliced almonds  
1.5 c low fat aged white cheddar

Preheat oven to 350. Brown turkey. Set aside. Place beans, half of the milk, and seasonings to blender and puree. Stir in the rest of the milk and veg broth. Mix ground turkey with all remaining ingredients in a casserole dish, including bean puree. Cover and bake 25-30 minutes.

### **Kale and White-Bean Stew** (4 SERVINGS)

2 tablespoons cooking oil  
1/4 lb. mild or hot chicken or turkey sausages, casings removed  
2 onions, chopped  
3 cloves garlic, minced  
1 lb. kale, tough stems removed, leaves washed well and shredded (about 1 1/2 quarts)  
3 1/3 cups canned diced tomatoes with their juice (two 15-ounce cans)  
1 1/4 teaspoons salt  
1/2 teaspoon fresh-ground black pepper  
4 cups drained and rinsed canned cannellini beans (two 19-ounce cans)

In a Dutch oven, heat 1 tablespoon of the oil over moderate heat. Add the sausage and cook, breaking the meat up with a fork, until it loses its pink color, about 2 minutes. Add the remaining tablespoon of oil to the pan and then stir in the onions. Cook, stirring occasionally, until the onions start to soften, about 3 minutes.

Add the garlic and kale to the pan and cook, stirring, until the kale wilts, about 2 minutes. Stir in the tomatoes, salt, and pepper; bring to a simmer. Reduce the heat and simmer, covered, until the kale is tender, about 15 minutes.

Stir the beans into the stew and cook until warmed through, about 5 minutes. If you like, mash some of the beans with a fork to thicken the sauce. **NOTES** Shred kale leaves as fine as possible when making quick soups and stews, so that each bite will include tender greens instead of a chewy mouthful.

### **Tuna Burgers** (4 SERVINGS)

3 cans chunk light tuna in water, drained (14 oz. drained)

1/2 c flax meal

4 scallions (green onions), minced

2 eggs, beaten

1 tsp soy sauce or Bragg's aminos

dash of garlic powder

salt and pepper, to taste

2 tsp olive oil

2 sprouted grain English Muffins (I used Ezekiel)

Combine it all (except English muffins) in a bowl. Form into 4 patties. Fry the tuna burger in a pan or on a grill for 5 minutes. Serve on English Muffin (I toasted my English muffin and served with lettuce and tomato).

### **Pecan-crust seared salmon** (2 SERVINGS)

8 oz. salmon fillet, skin removed, rinsed and patted dry

1 tsp EVOO

2 tbsp. pecan meal (I just through 2 tbsp. of pecans in the coffee grinder)

salt/pepper to taste

mix pecan meal, salt/pepper, and EVOO on a plate. Press both sides of salmon fillet into mixture and grill for 5 minutes (or 4 minutes in a George Foreman).

# Side Dish Recipes

## **Mediterranean Salad** (2 SERVINGS)

Chop 1 large tomato, 1 large cucumber. Dice. Toss with 1 tablespoon EVOO and a dash of salt.

## **Tabouli** (3-4 SERVINGS)

2 tomatoes  
1 cucumber  
2 cups chopped parsley  
1/2 cup mint  
8 chopped scallions  
4 TBSP olive oil (I used a Tuscan flavored oil)  
Salt and pepper to taste  
Mix all together!

## **Guacamole** (3 SERVINGS)

1 avocado, skin and pit removed  
1/3 medium tomato, chopped  
1/8 tsp lemon juice  
Pinch of salt

Combine all ingredients and mix thoroughly.

## **Napa Cabbage Salad** (4 SERVINGS)

1/2 cup slivered almonds  
3 tablespoons vegetable oil  
2 tablespoons rice vinegar  
1 tablespoon soy sauce  
1/2 teaspoon sugar  
1 lb. Napa cabbage, chopped  
2 scallions, thinly sliced  
1/4 cup chopped cilantro  
Freshly ground pepper

Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool.

In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve.

### **Quinoa with Spinach** (4 SERVINGS)

1 cup dry quinoa

Salt

2 handfuls of fresh spinach

Bring 2 cups of water and a pinch of salt to a boil in a pot. Add 1 cup dry quinoa, cover, and boil on medium heat for 12 minutes. Add 2 handfuls of spinach in pot of quinoa, stir, put cover back on until spinach wilts. (For a variation of this, use chicken or vegetable broth instead of water.)

### **(CHICKEN) Fried Rice Energy Bites** (4 SERVINGS)

2 cups cooked brown rice (make sure it's soft and a bit sticky- add extra water in cooking if you need to)

1 cup finely chopped chicken (cooked): Great when you have chicken leftovers!

3 eggs

1 small zucchini, chopped finely

1 small yellow squash, chopped finely

1/2 cup finely chopped bell peppers (any color)

1 clove garlic

2 TBL low sodium soy sauce

1 TBL Olive oil

Add 1 TBL of olive oil to skillet and heat on medium.

Add zucchini, yellow squash, bell peppers and garlic and sauté until softened, about 8 minutes.

Once vegetables are soft, break 3 eggs into a small bowl and whip slightly to combine.

Pour eggs over vegetables, and move eggs around while they cook.

Add the rice and cooked chicken and stir again until everything is mixed together.

Add soy sauce for seasoning and stir one last time.

\*Special freezing tip! You can freeze this into single servings. Add a scoop of fried rice to a muffin tin and pack down. Freeze, then remove and store in freezer safe bags. Take out for lunch! I like to pack a ramekin full of the fried rice, and then place it upside down on a plate, then take off the ramekin. It makes a nice little mound of fried rice your kids can stab into with a fork.

# Shake Recipes

## **Banana Split**

8 oz. Water, 1 Scoop Chocolate Ellipse Protein Powder, 1 small banana (6" inches), 1 Tbsp. natural peanut butter, & 4 ice cubes. Blend well in blender.

## **German Chocolate Cake**

8 oz. Water, 1 Scoop Chocolate Ellipse Protein Powder, 1 tsp. coconut extract, & 5 ice cubes. Blend well in blender.

## **Pina Colada**

8 oz. Water, 1 scoop Vanilla Ellipse Protein Powder, 5 large chunks frozen pineapple, 1/2 tsp. coconut extract, & 5 ice cubes. Blend well in blender.

## **Snickerdoodle**

8 oz. Water, 1 scoop Chocolate Ellipse Protein Powder, 1 tsp. cinnamon, 1 Tbsp. Honey & 5 ice cubes. Blend well in blender.

## **Berry Blast:**

8 oz. Water, 1 Scoop Wild Berry Ellipse Protein Powder, ½ cup frozen blackberries, ½ cup frozen strawberries & 5 ice cubes. Blend well in blender.

## **Berry Peachy**

8 oz. Unsweetened Almond milk, 1 Scoop Wild Berry Ellipse Protein Powder, ½ cup frozen peach slices, ½ cup frozen strawberries, & 5 ice cubes. Blend well in blender.

## **Chocolate Covered Strawberry Shake**

8 Oz. Water, 1 Scoop Chocolate Ellipse Protein Powder, ½ Cup Strawberries, and 5 ice cubes. Blend well in blender.

**Apple Pie Shake** (1 SERVING)

6 oz. water or unsweetened almond milk  
1 scoop Vanilla protein powder  
1/2 apple or 1 small apple cored and sliced into wedges  
6-8 raw almonds  
1/2 cup uncooked oats  
1 fist of raw spinach  
ice and cinnamon as desired

Blend all ingredients (except spinach, cinnamon, and ice) for 1 minute. Add spinach and blend until smooth. Add ice and cinnamon to desired consistency.

**Super Shake** (1 SERVING)

6 oz. water or iced green tea  
1 scoop vanilla protein powder  
1 c mixed berries  
1/2 c dry oats  
1 fist of spinach  
4 almonds  
1/2 tbsp. flax seed  
1/4 c plain yogurt  
1 scoop powdered greens supplement (ask for a sample if you need one!)

Blend all ingredients (except spinach and ice) for 1 minute. Add spinach and blend until smooth. Add ice to desired consistency.



# Dessert Recipes

## *Protein Fudgesicles*

2 scoops Ellipse Chocolate Bio-Whey  
1.5c unsweetened almond or coconut milk  
3 Tbsp. unsweetened cocoa powder  
2 tsp dehydrated coffee granules or 2 tbsp. prepared coffee  
1 avocado, very ripe, but not brown  
3 drops of stevia to taste

Blend all ingredients, in a blender, until smooth. Pour in freezer molds, or silicone muffin pan (put popsicle sticks in after 2-3 hours to keep the sticks in place), for at least 3-5 hours. When ready to eat, let sit 4-5 minutes to loosen from molds or run under warm water.

## **Granola Bars (16 bars)**

2 c rolled oats  
1/2 c crushed walnuts  
1/2 c unpacked raisins  
4 tbsp. whole flax seeds  
4 scoops vanilla protein powder  
2 tbsp. honey  
1/4 tsp salt  
1/4 tsp vanilla extract  
1/2 c sugar free maple syrup

In large bowl combine oats, walnuts, flax, raisins, and whey. Add the honey, syrup, vanilla, and salt. Stir to mix thoroughly. (At first, it will seem too dry, but continue stirring and it will eventually blend...use your hands and it will mix better as well.)

Coat an 8x8 baking dish with cooking spray and press the mix into. The bars will be about 1 inch thick. Bake at 350 for 10 minutes.

Cut into 16 bars and store extra in freezer, in individual bags, for a quick grab and go snack.

