

Welcome to the WOWFIT 21-Day Weight-loss Challenge January 2020!



**Understand what motivates you
Plan for success with the right tools
Achieve your goals
Repeat**



Dear Amazing Woman,

Welcome to your 21-day weight-loss challenge! You are strong and capable of amazing things. When you carefully identify your goals and have the tools necessary to achieve them, success is within your grasp. Beware, this is not a quick and easy fix, it will take planning and dedication. But if you follow it carefully I guarantee:

You will lose 6-12 pounds of body fat (depending on where you started and how closely you follow the program). I am SO EXCITED to see our RESULTS 3 weeks from today!

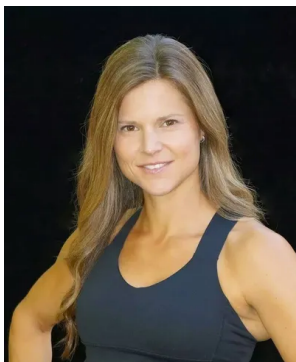
This challenge is not a fad diet. It is a healthy, sustainable way of eating that will enable you to drop extra weight now, before the holiday season, and equip you to continue into the new year eating and exercising right so you feel amazing about who you are inside and out.

You will learn portion control, balanced eating and new recipes so that you can continue with excellent nutrition long after the 21 days are over.

In addition to weight-loss you will experience other benefits: You will have more balanced energy throughout the day, your skin will be clearer and more vibrant and your body will recover more quickly from workouts.

The next 21 days are a stepping-stone to life-long results. But for now, as you go through the program remind yourself, "It's JUST 21 days!" You can do anything for just 21 days. So lets do this together and see what is possible!

Jackie Duckering



BComm, PTS CanfitPro,
Owner WOWFIT Canada

Jacqueline Duckering and WOWFIT Canada is not responsible for any illness, injury or death, which you acknowledge by participating in this program. Please consult your doctor before starting any exercise or nutrition program.

Goals – Where are you now and where are you going

The first step in success is clearly defining where you are going. You want to set SMART goals – Specific, Measurable, Achievable, Relevant, Timed

Specific – to fit into an outfit, achieve a certain weight, run a distance, lift something...

Measureable – you can weigh it or lift it or fit into it!

Achievable - reasonable short-term weight-loss is 2-4 lbs per week Achievable long-term weight-loss is 1.5-2.5 lbs per week (depending on your starting point). The more weight you have to lose generally the faster you will lose weight in the short-term.

Relevant – your goals should make you healthier and feel good!

Timed – your goals after 21 days, by Mar 1 (6 weeks), and beyond

Setting your Goals

1. What are your goals for this challenge?

2. Why is that important to you?

The Keys to Success

There are 4 keys to success in weight-loss

Goals

Nutrition

Workouts

Rest

Goals

You've set them, now lets go get them!

Nutrition

That's what this is ALL ABOUT. You will be an expert soon!

Workouts

I recommend 3-6 weekly vigorous workouts, where your heart rate is elevated and you get sweaty for at least 30 min. The ideal is 3 whole-body strengthening plus cardio workouts plus 2-3 pure cardio workouts per week. You need at least 1 rest day per week – you can still move on that day, but no vigorous, super-sweaty workout that day, you need it to recover.

This is why your 21-day weight-loss challenge comes with extra workouts. I want you to give it your all these 3 weeks. Amp it up and see what happens! Do double-workouts! Push harder at your workouts! Run/bike to/from your workouts! Go the extra mile and you WILL get the extra RESULTS!!! You can do your extra workout at any of our classes. You will also receive an extra at-home workout for each week. You can do it once, or you can do it 7 times!

REST

You need 7.5-8.5 hours of sleep every night. If you're not sleeping enough, you will reach for shortcuts – too much caffeine will set you back, quick pick-me-up carbs in the afternoon, bad decisions – all these things result from simple lack of sleep. Make your sleep a priority these 3 weeks and beyond! Plus, have a rest day. One day per week where you're not working your body into a vigorous sweat. Keep moving that day but make sure you're not pushing your limits one day per week.

The #1 Rule for Weight-Loss - Eat RIGHT!

You are what you eat. Now listen carefully. You are beautiful, informed and dedicated. You are worth more than gold or rubies. You are an amazing woman and you are worth every ounce of self-control, planning and dedication this will take. You deserve this. Ditch the garbage and re-build your body and mind with the very best ingredients.

Good nutrition is a combination of protein, fat and fibrous carbohydrates; this ensures proper recovery from workouts AND optimal energy levels throughout your day. Balanced nutrition is the key. For best results, listen to your body. Eat when you feel hungry, don't eat when you're not, and eat until you're satisfied, not stuffed.

There will be probably be moments as you look at this plan that you think "that's not what I do", or "I don't like doing that", or "but what I do is healthy, I don't want to change it...". I want to challenge you to get outside your comfort zone. You may have to make some changes you don't like at first. In order to change your body you need to change what you're doing now.

You will probably start feeling fantastic right from the beginning. Cutting processed food and eating regularly will give you energy. Plus you will feel good about the choices you are making. But in some cases you may have lower energy, or have crazy cravings for 2-3 days. This is normal as your body learns to process food differently and as your body detoxes. Hang in there you will start feeling excellent soon.

Here are the macros you want to stick with when creating your meals. The closer you stick to this plan, the better your body will be 21 days from now.

Use the hand rule to know approximate serving size for each macro at each meal:



Description of Macro Nutrients (Macros):

Protein

Essential for toning and building muscle, slowly digested giving you sustained energy and making you feel full longer.

An active person needs about 0.8-1g protein per kg body weight per day or .36g-0.45g per lb. So someone who is 130lbs needs 36.8g – 58.5g protein per day

Aim for about 25g +/- 10g per meal. (Size of the palm of your hand)

Common protein sources:

1 large egg = 6g protein

chicken breast 100g = 25g protein (size of the palm of your hand)

Red meat lean 100g = 25g protein

Haddock 100g = 25g protein

Salmon 100g = 20g protein

Pork lean 100g = 27g protein

Icelandic yogurt 200g (210ml or almost 1 cup) = 22g protein

Greek yogurt 200g (210ml) = 20g protein

Carbohydrates

To maximize results, eat one serving per day (25g or handful) of complex carbohydrates **ONLY AFTER A WORKOUT**.

Good quality complex carbs sources:

Potatoes with skin (digests more slowly)

Sweet potatoes with skin

Corn

Cooked root veggies like carrots, turnips, parsnips

Brown and wild rice

Whole wheat breads, pastas and flour

Legumes such as black beans, chickpeas, lentils (legumes are about 75% carb, 25% protein) they are very high in fiber so they digest slowly and keep you feeling full longer.

Vegetables / Fruit

Eat Veggies/fruit at every meal/snack

Limit fruit to 2 servings per day

Eat unlimited veggies every time you eat. Examples

Cucumbers, Celery

Green and yellow beans

Cauliflower

Spinach, kale, romaine lettuce

Green peppers (some red/yellow/orange but they're higher in sugar)

Raw Carrots (max 1 serving at a time)

Snap peas (max 1 serving at a time)

Essential Fats

Eat healthy fats with every meal. 1 serving the size of your thumb.

Water

Start each meal with a glass of water.

Drink at least half your body weight in ounces each day. If you weigh 150 lbs then drink at least 75 ounces (9.4 cups) per day. Tea, coffee, juice, alcohol, pop DO NOT COUNT. Sparkling water does count and gives a feeling of fullness. If you feel snacky, first have a glass of water, sparkling or still, then re-assess whether you're hungry. Herbal tea is good but limit to 1-2 cups per day.

Eating Out

What about when you're on the road and you don't have fresh food with you? You can still eat healthy here's how:

- Look for healthy, lean protein and veggies.
- At a restaurant order the salmon and veggies, or chicken or steak and veggies. No fries, no stuffed potatoes, they're LOADED with calories. Keep your portions to your hand guidelines.
- Stick to carbs ONCE per day

Better fast food choices:

As much as possible avoid fast food, but if you must (and sometimes, lets be honest we must!) here are some good choices:

- Freshii – stick to protein and veggies, no noodles as they're simple carbs
- Starbucks egg bites
- Tim Horton's Egg white and spinach bites
- A&W has lettuce wrapped burgers and better yet grilled chicken sandwiches. Ask for an extra-thick ice burg lettuce bun. It's remarkably delicious, honestly BETTER than on a gross white bun!
- Fries, muffins, cookies, pop are the WORST things you can eat for your waistline. Stick to protein and fruit/veggies!
- Drink water!

Caffeine

Caffeine takes 8 hours to leave your system and reduces sleep quality so don't consume it within 8 hours of bedtime. Stick to one, maximum two 250ml caffeinated beverages per day. None is better. A small amount of milk or milk alternative or drop of crème is fine. No sugar. Coffee, tea, Kombucha, etc. Starbucks frappuchinos, mochas, etc can be upwards of 500 calories each. Just don't do it, that's almost half your calories for the whole day! That will set you back. Just don't do it.

Chocolate

Even pure dark chocolate is high in fat and it's so bitter you can't eat it so all chocolate has sugar added. So it's best to eliminate chocolate. Some people do best with cutting it out altogether and eventually stop wanting it. Some people obsess and get miserable and just need a tiny bit every day. If you can do with one small square a day without it becoming 2 or 3 or 10, choose an expensive, high quality chocolate, break it into small squares, freeze it and have 1 a day MAX.

Alcohol

It is nearly impossible to lose weight and drink alcohol regularly. Alcohol is metabolized as quickly as pure refined sugar so it sticks to the hips and waist. Plus drinking alcohol reduces our inhibitions and makes it more likely you will make poor food choices. It can be a very slippery slope. So it's best not to drink at all these 21 days to kick-start your progress. But there is a special holiday in the middle of this challenge. If you must enjoy your wine, buy an expensive bottle, have a small glass and drink it slowly. One glass. Absolutely minimize your alcohol to maximize your weight-loss.

Bonus recipes

A few extra recipes can be found at the end of the handbook for variety or in case you really dislike a specific type of protein. You do not need to stick to the recipes exactly, just make sure:

- Keep simple sugars to an absolute minimum or eliminate
- Baked or BBQ chicken is always a great choice. You can make some in advance, slice it up and keep it in the freezer in portion sizes so you can quickly toss it on a salad.
- Everything bland tastes better with some low-calorie, natural dip.

Breakfasts

- For your egg scramble, you can add a handful of any veggies, ex: spinach and tomato, peppers, zucchini, onions, and a T of feta or goat cheese for flavor sometimes.
- You can make your own egg bites by baking them in silicone muffin cups and freezing them for a quick take-away breakfast or high-protein snack. Whisk them up with veggies and small amount of feta or goat cheese.
- Icelandic yogurt and berries/banana – no more than twice per week
- Protein pancakes – you can make a big batch and freeze into individual servings for a filling, low-carb, on-the-go breakfast.

Food and Exercise Tracking

Accountability is key to success. When you write down what you ate – in physical the physical journal on the last pages of this document - or in an app – you're being accountable to yourself. When you share with others, positive peer pressure works in your favour! Would you eat that extra serving or treat in front of me? I am strongly recommending we track our food intake and exercise output for the next 21 days. Some personality types naturally love this record keeping. Some not as much. Whichever type you are, for the next 21 days I want you to record everything you eat, you will NOT regret it!

You can choose to use the attached chart to journal on paper or myfitnesspal is an excellent free app. It automatically calculated calorie intake and calories burned. And it's a community so you can choose a friend or friends to share your profile with for extra accountability. For this 21 day challenge we are emphasizing accountability so I would like you to share your daily log with the friend you joined with. (If it's me, add me!) I will share mine with all of you too. It will be some extra work, but it is only 21 days and we want this to WORK! Talk to your friend about how you're going to track your eating/exercise and how you're going to share it with each other. If it's the food journal, take a pic daily and send.

Vitamins/minerals/ supplements

Dieticians agree that active women should have the following daily supplements:

1. Multi-vitamin – to cover all your bases.
2. Omega 3 – for brain/memory/joint lubrication and anti-inflammatory
3. Vitamin D – general body function/disease prevention/ energy. Especially important in the winter when there is less sunshine. Take 4,000 – 10,000 mg per day. I recommend the drops with 1,000mg per drop. Daily I add 4-10 drops on my first bite of food in the morning. Can be purchased at most drug stores and health food stores.

Others

1. Magnesium Glycinate – for muscle function. Helps muscles relax and become more elastic. Excellent for preventing and treating knots/Charlie horses. Also promotes digestion, I take it in the evening and things move in the morning.
2. Curcumin – for anti-inflammation. An absorbable form of turmeric. I take one a day when my body is sore from working out (most days) and take 2 or 3 when I'm really sore. I buy mine at Costco.
3. Protein – Whey protein (derived from cow's milk) has the most research to support muscle development. While it is always preferable to have protein from fresh sources, sometimes we're on the go and it's useful to have a low-calorie protein supplement on hand to add to water or in a home made protein bar. Beware of fake sugars (stevia is best) and other fake ingredients. I recommend the LeanFit Whey Protein Blend at Costco. Vegan protein doesn't have the research behind it, but can be useful. I'm not a big fan of vegan protein as it almost always tastes gritty/chalky to me. I can tolerate chocolate vega.
4. Iron – Your body needs iron to build red blood cells, which carry oxygen. 15-20% of North American women have iron-deficiency anemia. The main symptom is lack of energy and fatigue. You can have symptoms of fatigue without being fully "anemic". If you feel tired despite getting adequate sleep it's worth getting your iron tested. To increase your iron levels I recommend a highly absorbable iron supplement called "Mega Food Blood Builder" (I purchase at Natural Food Pantry) taken with vitamin C (not the chewable kind they're full of sugar)
5. Vitamin C – there is significant research to suggest high doses of vitamin C are highly effective immune system boosters. When someone close to me is sick or I feel my body fighting something I take 10,000mg vitamin C per day. (3 at breakfast, 3-4 at lunch, 3 at supper). You must take with food. Since I started doing this 2 years ago I have had much fewer colds/flu.

Grocery List Jan 20 – Jan 26 Note: this list is for all recipes in this week. If you choose to make any of the snacks/protein bars, extra make-ahead salad, add those ingredients to your list.

green and red bell pepper
2 white onion, 2 red onion
garlic
2 Lemon
3 cups grape tomatoes or diced Roma (plum) tomatoes
12 fresh Basil leaves
Fresh rosemary
Medium Zucchini or 2 small (5-8 oz)
Avocado
Salad greens (the greener the better)
Spinach
Banana
Asparagus, green beans and broccoli – or enough green veggies for 5 suppers
Baby Carrots or other favourite veggie to eat as a side veg and/or in salad

1 lb extra lean ground beef
4 fish fillets such as cod or haddock (5 oz each)
Whole Chicken
1lb ground turkey

Roasted Peppers
Kalamata olives
2 cans, 14.5 oz each cans petite diced tomatoes
1 3/4 cups tomato sauce
2 cups reduced sodium, fat-free chicken broth
oats
Parboiled brown rice
Olive Oil or Grapeseed oil and spray oil
Balsamic vinegar
Red wine vinegar or balsamic
Protein powder (for protein pancakes if making)
Flax meal

Fresh oregano or dried
Dry herbs de province or rosemary
dried marjoram
salt and fresh pepper to taste

18 eggs
Icelandic Yogurt Plain
Goat or regular feta cheese
Frozen berries of choice (the darker the healthier)

Meal Plan: Jan 20 – Jan 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs Handful veggies scramble	Protein Pancakes	1 cup Icelandic yogurt 1 serving berries	Protein Pancakes	2 eggs Handful veggies scramble	Breakfast Casserole	Breakfast casserole
Lunch	Roast Chicken on green salad Avocado and baby tomatoes	Stuffed Bell pepper soup without rice	Fish Leftovers Veggies of choice	Roast leftovers and salad	Protein leftovers and salad or Tempeh and salad	BBQ Turkey Burgers and veggies	Salad and eggs
Supper	Stuffed Bell Pepper Soup With Rice	15 min Mediterranean Fish Dish Rice Asparagus	Roast Chicken (bought or homemade) Roast potatoes and broccoli	Protein Leftovers and veggies	Roast Leftovers and veggies	BBQ Turkey Burgers with green beans and BBQ potatoes	Turkey Burgers and veggies

Nutrition and Preparation Tips:

Eggs can be fried any way – over hard, over easy, scrambled. Good with a pinch of salt and pepper. Try adding dill and a tbsp goat cheese for variety.

Hard-boil 6-12 eggs at a time for breakfasts and lunches. They last 1 week in the fridge.

Yogurt and berries – use frozen berries prepare night before in a container so they're thawed by morning. Can take with you or eat at home.

Make ahead soups and/or salads to keep in the fridge for lunches/snacks.

Salad Dressings: variety is the spice of life!

Try a drizzle of balsamic vinegar and olive oil. The Unrefined Olive, a store in Signature Centre, has many flavours of oils and vinegars. I love the lime olive oil with the blood orange balsamic.

Pain balsamic with plain olive oil is also excellent. You only need a drizzle.

Low-fat dressings kept in the refrigerated section of the grocery store are also good.

Mind the serving size. I keep 1 or 2 bottled salad dressings on hand for dips and salads.

The salad dressings on the shelf tend to be loaded with chemicals or very high in fat.

Rice:

I buy par-boiled brown rice. It cooks in only 10 min and has lower arsenic content than regular rice.

Wild rice takes upwards of an hour to prepare but tastes delicious. So I make a big batch (4+ cups) and freeze it in serving sizes for the family.

For extra flavor boil in broth.

Cooking Every Day – yes or no

You don't need to make a new meal every day. You can make an extra big batch and eat it for lunch and supper for a couple days, or switch up your lunch to a salad with hard-boiled eggs or roast chicken and have just supper leftovers. Just mind your macros, avoid sugar, drink your water, exercise and sleep and this will work.

On-The-Go and Snacks

As much as possible avoid snacks, especially no snacking within 2 hours of bedtime. If you're really hungry between meals and/or on the run and/or feeling your blood sugar dropping, here are some good portable snacks:

7 almonds

carrot/celery/cucumber sticks/ broccoli with 1 tbsp hummus or low fat dip

small green apple or pear

small banana or half banana

100g Icelandic yogurt and a few berries or half banana

Protein shake – half a scoop in 125ml water or more

Protein Bars:

Pumpkin Seed Protein Bars – www.leanfit.com



- 1 cup pumpkin seeds
- ¼ cup sunflower seeds
- 1 ½ cups Medjool Dates (see tip below for alternatives)
- 1 scoop LeanFit Completegreen Protein
- ½ orange, freshly squeezed (substitute water or liquid of your choice)

Instructions:

1. Line loaf pan with parchment paper.
2. In food processor pulse together seeds and dates until chopped into pieces.
3. Add protein powder and orange juice and pulse together until firm enough to roll into a ball.
4. Add water or more orange juice if needed.
5. Press mixture into prepared loaf pan and place in fridge to harden.
6. Slice into bars.

Tip:

If you don't use Medjool dates, soak the dates in warm water for 30 minutes for better processing.

Store in an airtight container for added freshness

Yield 8 servings:

207 calories | 9 g protein | 20 g carbs (2 g fibre) | 15 g sugar | 11 g fat

Nut-Free Pronola Bars www.leanfit.com**Ingredients:**

- ½ scoop LeanFit Completegreen Protein powder
- ¾ cup rolled oats
- ½ cup quinoa flakes
- ¼ cup flax seeds
- ¼ cup sunflower seeds
- ¼ cup raisins
- ¼ cup dried cranberries
- ⅓ cup molasses
- ½ cup tahini (sesame seed paste)
- Splash of vanilla extract and spices of choice

Instructions:

1. Preheat oven to 325°F.
2. Combine all of the dry ingredients in a large bowl.
3. Mix the tahini, molasses, vanilla, and spices of choice in a separate bowl.
4. Add the tahini-molasses mixture to the dry oat mixture and mix until fully combined.
5. Press firmly into a parchment-lined baking dish and bake at 325 degrees for 25 minutes.
6. Allow to cool completely and then place in the freezer for 20 mins.
7. Slice into bars.

Puffed Rice Protein Brownies www.leanfit.com**Ingredients:**

- 3.5 Cups Natures Path Organic brown rice cereal
- 2 Scoops LeanFit completegreen protein powder
- 2 Tbsp cocoa
- 1 Tbsp Manitoba Harvest hemp hearts
- 1/2 Cup coconut oil (melted)
- 3 Tbsp honey
- 1 Cup almond milk

Instructions:

1. Add all ingredients into a large bowl. Mix until well combined.
2. Transfer mixture to a glass dish and flatten out the mixture.
3. Freeze for a minimum of 1 hour.
4. Cut and enjoy!
5. Makes around 20 squares.

Make-Ahead Salad:

Balsamic Vegetable Salad

Credit to: my choir director

Green peppers chopped
Cucumbers seeded chopped
Red peppers chopped
Yellow peppers chopped
Feta cheese (goat feta is best)
Dried or fresh oregano to taste
Balsamic drizzle

Mix all together. Keep in refrigerator for up to 3 days. Serve on its own or on top of spinach or romaine lettuce.

Stuffed Bell Pepper Soup

Credit – Skinnytaste.com



INGREDIENTS

- 3 cups cooked brown rice, on the side or omit for paleo diet
- 1 lb 95% lean ground beef
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 cup finely diced onion
- 3 cloves garlic, chopped
- 2 cans, 14.5 oz each cans petite diced tomatoes
- 1 3/4 cups tomato sauce
- 2 cups reduced sodium, fat-free chicken broth
- 1/2 tsp dried marjoram
- salt and fresh pepper to taste

INSTRUCTIONS

1. In a large pot or dutch oven, brown ground meat on high heat and season with salt.
2. Drain fat if any, reduce heat to medium-low, then add peppers, onions and garlic.
3. Cook about 5 minutes on low heat.
4. Add tomatoes, tomato sauce, chicken broth, marjoram and season with salt and pepper to taste. Cover and simmer on low heat for 30 minutes.
5. Serve about 1 1/2 cups of soup in each bowl and top with 1/2 cup cooked brown rice.

InstantPot

1. Press saute button on Instant Pot, spray the pot with nonstick spray, add the ground meat and salt and cook until no longer pink, 5 to 8 minutes.
2. Drain fat if any, then add peppers, onions and garlic and cook 4 to 5 minutes.
3. Add tomatoes, tomato sauce, chicken broth, marjoram and season with salt and pepper to taste. Cover and cook high pressure 15 minutes. Natural release.
4. Serve about 1 1/2 cups of soup in each bowl and top with 1/2 cup cooked brown rice.
5. *Note: since there is no evaporation in the pressure cooker, you can reduce the broth by 1/2 cup.*

15-Minute Mediterranean Fish Dish

Credit – Greta Podleski Yum and Yummer



4 fish fillets such as cod or haddock (5 oz each)
Sea salt and fresh ground black pepper
4 tsp olive oil, divided
2 tsp fresh squeezed lemon juice
½ cup minced red onions
2 tsp minced garlic
2 cups quartered grape tomatoes or diced Roma (plum) tomatoes
2 tsp balsamic vinegar
¼ cup crumbled light or regular or goat feta cheese
12 Basil leaves, thinly sliced or chopped

Pat fish dry with paper towels and sprinkle with salt and pepper on both sides. Heat 2 tsp olive oil in a 10-inch nonstick skillet over medium high heat. Add fish and cook for 2 to 3 minutes or until edges start to brown. Carefully flip fish and cook about 2 more minutes or until fish is cooked through and flakes easily with a fork. Transfer fish to a serving plate, drizzle with lemon juice and keep warm.

Wipe skillet clean and heat remaining 2 tsp olive oil over medium high heat. Add onions and garlic. Cook and stir until onions begin to soften and garlic turns golden, about 2 minutes. Stir in tomatoes, vinegar and a few grinds of salt and pepper. Mix well and cook 1 minutes. Remove from heat and stir in feta and basil.

Spoon warm bruschetta over fish fillets and serve immediately.

4 servings.

Roast Chicken with rosemary and lemon – Skinnytaste.com

Prep time 10 min, cook time 1 hr

**Ingredients**

- 1 3 lb chicken, washed and dried, fat removed
- 1/2 onion (chopped in large chunks)
- 2 cloves garlic (smashed)
- 1 lemon (halved)
- 3 sprigs fresh rosemary
- 1 tbsp dried herbes de Provence (or dried rosemary)
- kosher salt and fresh pepper

Save

Instructions

1. Heat oven to 425F.
2. Season chicken inside and out with salt, pepper, and herbes de Provence.
3. Squeeze half of the lemon on the outside of the chicken and stuff the remains of the lemon along with onion, garlic, rosemary sprigs inside the chicken. Transfer to a sheet pan, and tie the chicken by taking kitchen twine and plumping up the breast, then coming around with the string to lasso the legs and tie them together. Don't forget to tuck the wing tips under themselves so they don't burn.
4. Roast the chicken with the feet towards the back of the oven, until the juices run clear, and internal temperature is 160°F, about 50-60 minutes (Insert thermometer between the thickest part of the leg and the thigh).
5. Let the bird rest for 10 minutes, tenting with foil before carving.
6. Serve chicken, either one breast, or one thigh/drumstick, skin is optional.

Alternatively cook in slow cooker on high for 4 hours then transfer to pan and broil 4-5 minutes.

NAKED GREEK FETA-ZUCCHINI TURKEY BURGERS



INGREDIENTS

- 5 oz grated zucchini, when squeezed 4 oz
- 1 lb 93% lean ground turkey
- 1/4 cup oats
- 1 clove garlic, crushed
- 2 tbsp grated red onion
- 1 tbsp fresh oregano
- 3/4 tsp kosher salt and fresh pepper
- 1/4 cup crumbled feta cheese regular or goat
- oil spray

For the salad:

- 1 cucumber, diced
- 3/4 cup quartered grape tomatoes
- 2 tbsp chopped red onion
- 1/3 cup kalamata olives, from Salad Savors
- 1/4 cup roasted peppers, from Salad Savors
- 2 tsp red wine vinegar
- 1 tsp fresh oregano
- 1 tsp olive oil
- kosher salt
- 1 tbsp crumbled feta, from Salad Savors

INSTRUCTIONS

1. Squeeze ALL the moisture from the zucchini with paper towels.
2. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, oregano, salt and pepper. Mix well, add 1/4 cup of feta from the Salad Savors, mix and make 5 equal patties, not too thick so they cook in the center.
3. Refrigerate until ready to cook.

4. In a medium bowl combine the cucumber, tomato, red onion, SaladSavors, vinegar, salt and remaining Feta. Mix well.
5. To cook indoors: Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan and reduce the heat to low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through.
6. If grilling: Clean grill well before cooking and oil the grates generously to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side, or until no longer pink in the center.
7. To serve, place the burger on a dish and top with 2/3 cup of salad.

Breakfast Casserole with Spinach and Feta

This easy Breakfast Casserole recipe is made with eggs, spinach, tomatoes and Feta cheese and only takes a few minutes to whip up.

Make in advance and keep in fridge for 3-4 days or cut into portions and freeze for a high protein take-along breakfast or lunch

Can be cooked in greased or silicone muffin cups and frozen for a quick breakfast/snack.

Reduce cook time to 25 min

Prep time 10 min cook time about 50 min 12 servings



Ingredients

- olive oil spray
- 1 teaspoon olive oil
- 2 shallots or ¼ cup finely chopped green onions
- 6 ounce bag baby spinach
- 12 large eggs (beaten)
- 1 cup milk or milk substitute like oat milk
- 6 ounces goat or regular Feta cheese (crumbled)
- 2 plum tomatoes or handful grape or cherry tomatoes (seeded and diced)
- 2 1/2 teaspoons kosher salt
- black pepper (to taste)

Instructions

1. Preheat the oven to 350F. Spray a 9 x 9 x 3-inch baking dish with oil.
2. Heat a large skillet over medium heat. Add the oil and shallots and cook until soft, 6 to 8 minutes.
3. Add the spinach and cook until wilted. Remove from heat.
4. In a large bowl whisk the eggs, milk, heavy cream, Feta, scallions, tomatoes, salt and black pepper.
5. Mix in the spinach and shallots and pour into the prepared dish.
6. Bake until the center is solid and cooked through, about 50 minutes. Or pour into greased muffin tins or silicone muffin tins cook about 25 min.

Protein Pancakes – www.pinchofyum.com

Super easy with no refined grains or refined sugar. Just oats, banana, and eggs

INGREDIENTS

- 1 cup oats
- 1 banana
- 2 eggs
- 1/2 cup egg whites
- 4 teaspoons baking powder
- a pinch of salt
- a pinch of cinnamon
- 1–2 scoops protein powder
- 2 tablespoons flax meal

INSTRUCTIONS

1. Run everything through the blender on medium low speed until very well mixed.
2. Heat a nonstick griddle to medium high heat. Add batter in small circles – about 1/4 cup per pancake. Sprinkle with blueberries or chocolate chips if you want. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.
3. Top with anything you like! I like syrup and peanut butter and chocolate chips.

Grocery List Jan 27 to Feb 2

4 sweet onions
lemon
Garlic
8 cups broccoli florets
lime
6 cups kale
Fresh cilantro and basil
Salad greens of choice
Salad veggie extras of choice
Pear
fresh gingerroot
carrots
potatoes
fresh dill
1 cup roma tomatoes
Fresh basil
1lb baby carrots
1 lb potatoes
Celery

1 lb raw Italian Turkey Sausage
Salmon
Chicken breasts
Chuck or rump Beef for roast (or roast chicken)

4 cups Chicken Broth
2 cups beef broth
1 can Diced tomatoes low sodium
1 can no salt navy beans
small can tomato paste
coconut oil or olive oil
Maple syrup
Steak seasoning (montreal steak spice is my favourite)
Lime juice
thai green curry paste (in the thai section at sobeys, independent, etc)
Italian Seasoning
Bay leaf
Balsamic vinegar or balsamic reduction

Frozen peas

12 eggs
Icelandic yogurt
Mozzarella cheese fresh or goat mozzarella, also works with soft goat cheese

Meal Plan: Jan 27 to Feb 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs Handful veggies scramble	1 cup Icelandic yogurt 1 serving berries	2 hardboiled eggs, Pear	Protein Pancakes	2 eggs Handful veggies scramble	Protein Pancakes	1 cup Icelandic yogurt 1 serving berries
Lunch	Burgers leftovers on salad or leftover veggies	Soup Leftovers	Salmon with veggies	Chicken leftovers	Italian Turkey sausage soup	Salad with leftover proteins	Salad with chicken or beef
Supper	Italian Turkey Sausage, Tomato and White bean Soup with Kale	20 min Roasted Whole Salmon Fillet Roasted baby potatoes Broccoli and carrots	Cheesy Caprese Chicken with roasted tomatoes And potatoes And green beans	Italian Turkey sausage soup And veggies	Slowcooker Roast Beef and potatoes Broccoli	Leftover Proteins and cooked veggies	Leftover Roast Beef and veggies

** You can have the Thai superfood soup instead of veggies in any of the meals.

Extras

Often a good soup that you can warm up as your veggie side dish is a nice change from prepared veggies every day. Here's a delicious, super-healthy low-cal soup!

Soup: Thai Green Curry Superfood Soup

Credit: Greta Podleski



- 1 tbsp coconut oil or olive oil
- 1 cup chopped onions
- 3 tbsp thai green curry paste (in the thai section at sobeys, independent, etc)
- 1 tbsp grated fresh gingerroot
- 1 tsp minced garlic
- 3 cups reduced sodium vegetable broth
- 1 can light coconut milk
- 4 cups coarsely chopped broccoli florets
- 1 tbsp fish sauce or reduced sodium soy sauce (use tamari soy sauce for gluten-free)
- 1 tbsp fresh squeezed lime juice
- ½ tsp grated lime zest
- 3 cups packed chopped kale (ribs removed)
- 1 cup frozen green peas, thawed
- ¼ cup each chopped fresh cilantro and chopped fresh basil

Heat coconut oil in a large soup pot over medium heat. Add onions. Cook until onions begin to soften about 3 minutes. Add curry paste, gingerroot and garlic. Cook 1 more minute. Add broth, coconut milk, broccoli, fish sauce, lime juice, and zest. Bring soup to a boil. Reduce heat to low, cover and simmer 6 minutes. Add kale and peas, mix well and simmer for 5 more minutes. Stir in cilantro and basil. Remove soup from heat.

Use an immersion (handheld) blender to puree soup.

Italian Turkey Sausage, Tomato & White Bean Soup with Kale

Credit: Greta Podleski – Yum and Yummer



- 1 tbsp olive oil
- 1 lb raw Italian turkey sausage, casings removed
- 1 ½ cups chopped sweet onions
- 1 cup each diced carrots and diced celery
- 2 tsp minced garlic
- 2 tsp dried Italian seasoning
- 4 cups reduced-sodium chicken broth
- 1 can no salt diced tomatoes, drained
- ¼ cup tomato paste
- 1 tbsp balsamic vinegar
- 1 tsp honey
- ½ tsp each sea salt and fresh ground black pepper
- 1 bay leaf
- 1 can no salt navy beans, drained
- 3 cups packed chopped fresh kale (ribs removed)
- 8 fresh basil leaves

Heat olive oil in large soup pot over medium-high heat. Add sausage. Cook and stir until sausage is lightly browned, breaking up any large clumps as it cooks. Add onions, carrots, celery and garlic. Cook and stir until vegetables begin to soften, about 5 minutes.

Add Italian seasoning and mix well. Add broth, tomatoes, tomato paste, balsamic vinegar, honey, salt, pepper and bay leaf. Bring soup to a boil. Reduce heat to low, cover and simmer for 20 minutes.

Add navy beans and kale and simmer for 5 more minutes. Remove soup from heat, remove and discard bay leaf and stir in chopped basil. Taste and add a bit more salt and pepper, if needed. Serve hot

Makes about 8 cups

Roasted Potatoes

Slice potatoes up into small cubes with skins on, place in bowl, drizzle small amount of grapeseed oil or olive oil, toss. Put onto baking tray, sprinkle with salt and pepper and veggie seasoning. Cook at 450 approx 20 min or until soft and crispy on edges.

Roasted Whole Salmon Fillet with dill maple mustard marinade

Credits –Greta Podleski – Yum and Yummer



1 large whole salmon fillet (about 3 lbs)

Marinade

3 tbsp maple syrup

3 Tbsp lemon juice

3 Tbsp minced fresh dill (1 tsp dried)

1 Tbsp balsamic vinegar

1 tbsp olive oil

2 tsp grated lemon zest (peel)

1 tsp minced garlic

¼ tsp each sea salt and freshly ground black pepper

1 lemon thinly sliced

Spray a 9x13 inch baking dish with cooking spray or lightly oil. Place salmon fillet in baking dish and set aside.

In a small bowl or measuring cup, whisk together maple syrup, lemon juice, mustard, dill, vinegar, olive oil, lemon zest, garlic, salt and pepper. Pour over salmon and turn salmon to coat both sides with marinade. Arrange lemon slices over salmon.

Preheat oven to 425. Roast salmon uncovered for about 20 minutes or until its cooked through and flakes easily with a fork. Serve with roasted asparagus, steamed green beans, a rice side dish or leafy green salad.

Makes 8 servings

Cheesy Caprese Chicken

Credit: Greta Podleski Yum and Yummer



- 1 lb small roma tomatoes, quartered
- 2 tbsp olive oil, divided
- Sea salt and freshly ground black pepper
- 4 large boneless skinless chicken breasts pounded to even thickness
- 4 to 6 oz fresh mozzarella cheese cut into ¼ inch thick slices. Or goat mozzarella cheese.
- 2 tbsp balsamic vinegar or reduction
- ¼ cup chopped fresh basil

Makes 4 servings

Line a 10x15 inch rimmed baking sheet with parchment paper. Arrange tomatoes in a single layer on pan, cut side up. Drizzle with 1 tbsp olive oil and a pinch of salt and pepper. You can use your hands to mix the tomatoes and the oil, but make sure you put them back in a tidy, single layer.

Roast tomatoes at 400 degrees F for 30 to 40 minutes, or until they appear lightly caramelized and edges begin to brown. Crank on the broiler for a minute or two to get that last bit of browning magic, then remove tomatoes from oven.

While tomatoes are roasting, prepare chicken. Heat remaining 1 tbsp olive oil in a large, non-stick skillet over medium-high heat. Sprinkle with salt and pepper. Add chicken to pan and cook until lightly browned on one side. Flip the chicken breasts over, reduce heat to low and cover skillet with a lid. Make sure heat is low and lid fits snugly. Cook chicken for 15 minutes. Remove from heat and let chicken rest in covered skillet for 5 minutes.

Carefully spoon off and discard liquid from skillet and return chicken to stovetop over low heat. Top each chicken breast with fresh mozzarella followed by roasted tomatoes. Cover with lid and let stand 2 to 3 minutes, until cheese is melted. Drizzle with balsamic reduction, then sprinkle with chopped basil. Top with freshly ground black pepper, if desired.

Quick to prepare Slow Cooker Roast Beef

Credit – lecremedelacrumb.com



Ingredients

- 3 pounds chuck or rump roast (see note)
- 2 tablespoons steak seasoning
- 1 tablespoon Italian seasoning
- 2 cups beef broth
- 1 pound baby carrots
- 2 pounds potatoes (I used red), chopped into 2 inch pieces
- 1 large white or yellow onion, cut into chunks
- 1 stalk celery, chopped
- 2 teaspoons salt (or more to taste)
- 1 teaspoon black pepper (or to taste)
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 3 tablespoons cold water
- 3 tablespoons corn starch
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Instructions

1. Whisk together steak seasoning and Italian seasoning. Rub seasoning mix all over the roast. Grease a [slow cooker](#). Add roast, beef broth, potatoes, carrots, onions, and celery. Cover and cook on low for 9 hours or on high for 6 hours.
2. Minutes before serving, prepare the gravy. Drain liquid from slow cooker into a medium sauce pan. Add salt, pepper, garlic powder, and onion powder. Bring to a boil.
3. Whisk together corn starch and cold water. Add to sauce pan and reduce heat to medium-low. Allow to thicken for 3-5 minutes.
4. Place roast on a large plate or serving platter. Use a fork to gently pull apart the roast. Pour gravy over roast (and veggies if desired) and serve. Enjoy!

Notes

*This method also works well with larger roasts up to 8 pounds. Simply adjust the amount of carrots and potatoes to feed however many are in your group. Follow instructions as written. For roasts over 8 pounds, double the entire recipe.

Grocery List Feb 3 to Feb 9

Gingerroot
7 total Red and green bell peppers
cucumbers, Carrots
4 green onions
Cilantro
Medium mango
Lime
Garlic
Fresh basil
Tempeh – with the tofu in the produce section
Lemon
Rosemary
Garlic
Celery
Lime
Frozen peas
7 cups Broccoli, green beans,
Salad greens of choice and other yummy veggies for salad

4 large boneless, skinless chicken breasts, cut into strips
1 1/2 pounds - extra-lean ground beef
1 1/2 pounds - ground chicken
24 oz or 4 pieces of salmon
1lb sirloin steak thinly sliced against the grain

1 cans - 14.5 oz. diced tomatoes, undrained
2 cups - tomato sauce
1 1/4 cups - beef broth
1/4 cups - chopped celery leaves
1 cans - 16 oz red kidney beans, drained and rinsed
Can light coconut milk
reduced sodium soy sauce
Maple syrup
Asian fish sauce
corn starch, honey
Brown minute rice
Hoisin sauce
1 1/2 tablespoons - chili powder
1 1/2 teaspoons - ground cumin
1 1/2 teaspoons - dried oregano
1 tablespoons - ground coriander
1/4 teaspoons - ground black pepper

Red pepper flakes

Meal Plan: Feb 3 – Feb 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs Handful veggies scramble	1 cup Icelandic yogurt 1 serving berries	2 hardboiled eggs, Pear	Protein Pancakes	2 eggs Handful veggies scramble	2 hardboiled eggs Apple	1 cup Icelandic yogurt 1 serving berries
Lunch	Tempeh Balsamic Veggie Salad	Thai beau and veggies	Chili and veggies	Chili leftovers	Salmon on veggie salad	Leftover meatloaf	Salad with tempeh or hard boiled eggs
Supper	Thai Beau Green beans an draw sliced red peppers	Chili Raw Carrots and cucumbers	Thai Beau and veggies	Quick Broiled Salmon with rosemary Steamed veggies	Protein leftovers with veggies	Beef and Broccoli	Beef and broccoli leftovers

****substitute the balsamic veggie salad for any veggies in meal plan**

Thai Beau – 10 min prep, 10 min cook
Thai coconut chicken with mango and basil



1 1/4 c. light coconut milk
1 tbsp. grated gingerroot
1 tbsp. reduced sodium soy sauce
1 tbsp. maple syrup sugar
1 tbsp. Asian fish sauce
1 tbsp. corn starch
Juice of 1 lime
1 tsp. minced garlic
Pinch crushed red pepper flakes
2 tsp. peanut oil or safflower oil
4 large boneless, skinless chicken breasts, cut into strips
1 large red bell pepper, seeded and cut into strips
1 large green pepper, seeded and cut into strips
4 green onion (with white parts), coarsely chopped
1/2 c. frozen green peas
1/2 c. coarsely chopped fresh basil leaves
1 tbsp. minced fresh cilantro
1 ripe medium-sized mango, peeled and sliced
Hot, cooked brown rice

To make sauce, whisk together coconut milk, gingerroot, soy sauce, brown sugar, fish sauce, cornstarch, lime juice, garlic, and crushed red pepper flakes in a medium bowl. Set aside until ready to use. Heat oil in a large, non-stick wok over high heat. Add chicken pieces. Cook and stir until chicken is lightly browned, about 4 minutes. Remove chicken from wok and keep warm. Reduce heat to medium-high. Add red pepper and onions to the same wok. Cook and stir for 3 minutes, until red pepper begins to soften. Return chicken to wok. Add sauce, peas, basil and cilantro. Continue cooking and stirring until sauce is bubbly and has thickened. Reduce heat to medium-low. Simmer for 5 to 6 minutes, or until chicken is cooked through. Stir in mango and cook 1 more minute. Serve over hot basmati or jasmine rice.

Makes 4 servings, 336 calories per serving

Balsamic Vegetable Salad

Credit to: my choir director

Green peppers chopped
Cucumbers seeded chopped
Red peppers chopped
Yellow peppers chopped
Feta cheese (goat feta is best)
Dried or fresh oregano to taste
Balsamic drizzle

Mix all together. Keep in refrigerator for up to 3 days. Serve on its own or on top of spinach or romaine lettuce.

The Ladle in Red – Ground Beef and Chicken chili – Prep time 10 min, cook time 30 min

Credits: Janet and Greta Podleski – Crazy Plates



- 1 1/2 pounds - extra-lean ground beef
- 1 1/2 pounds - ground chicken
- 2 teaspoons - minced garlic
- 1 cups - diced celery
- 1 cups - diced green bell pepper
- 1 cups - diced red onion
- 1 1/2 tablespoons - chili powder
- 1 1/2 teaspoons - ground cumin
- 1 1/2 teaspoons - dried oregano
- 1 tablespoons - ground coriander
- 1/4 teaspoons - ground black pepper
- 1 cans - 14.5 oz. diced tomatoes, undrained
- 2 cups - tomato sauce
- 1 1/4 cups - beef broth
- 1/4 cups - chopped celery leaves
- 1 cans - 16 oz red kidney beans, drained and rinsed
- 3 tablespoons - chopped fresh cilantro
- 1 tablespoons - freshly squeezed lime juice
- 2 teaspoons - liquid honey

Cook beef and chicken in a large deep pot over medium high heat until no longer pink. Stir in celery, green pepper, and red onions. Cook and stir for 3 minutes, or until vegetables begin to soften.

Stir in chili powder, cumin, oregano, coriander and black pepper. Cook 1 more minute. Add tomatoes, tomato sauce, beef broth, celery leaves. Bring mixture to a boil. Reduce heat to low. Cover and simmer 20 min, stirring occasionally.

Add beans and simmer, covered for 10 more minutes. Remove from heat. Stir in cilantro, lime juice and honey. Serve hot.

8 servings calories per serving 276

QUICK AND DELICIOUS BROILED SALMON WITH ROSEMARY



Juicy salmon with rosemary, lemon and garlic, takes minutes to prepare which is always perfect for busy weeknights.

INGREDIENTS

- 24 oz or 4 pieces of salmon
- olive oil spray
- 2 tsp fresh lemon juice
- 2 tsp fresh, chopped rosemary
- 2 cloves garlic, minced
- salt and fresh pepper to taste

INSTRUCTIONS

1. Combine lemon juice, rosemary, salt, pepper and garlic. Brush mixture onto fish.
2. Spray the rack of a broiler pan with olive oil spray and arrange the fish on it.
3. Broil 4" from the heat until fish flakes easily when tested with a fork, approx. 4-6 minutes per 1/2" of thickness.
4. If fish is more than 1" thick, gently turn it halfway through broiling.

Beef and Broccoli

Credits: Greta Podleski – Yum and Yummer



Marinade:

- 1T reduced sodium soy sauce
- 1T hoisin sauce
- 2 t grated fresh gingerroot
- 1 t minced garlic
- 1tsp cornstarch
- 1lb sirloin steak thinly sliced against the grain

Sauce:

- 1/2 cup beef broth reduced sodium
- 2T hoisin sauce
- 1T soy sauce
- 2t ginger
- 2t cornstarch
- 1t minced garlic
- 1tsp sesame oil
- pinch crushed red pepper flakes
- 1t peanut or sesame oil
- 5 cups broccoli
- 1/2 cup green onions
- toasted sesame seeds for garnish (optional)

In a medium bowl whisk together all marinade ingredients until well blended. Add beef and toss to coat let beef stand at room temperature for 20 min. Whisk all sauce ingredients. Heat oil in wok or skillet over medium high heat. Add beef. Cook and stir until lightly browned about 3-4 min. Remove beef from wok keep warm. Add broccoli and 1/2 cup water. Cook and stir until broccoli is tender crisp about 4 min. if your wok has a lid use it. Return beef to wok, stir in the onions and make a well in the center. Add sauce. Let it bubble a bit, then give everything a good stir and cook until sauce has thickened. Top with toasted sesame seeds before serving if desired.

Makes 4 servings. 266 calories per serving. Serve with brown rice optional.

Protein Pancakes

Credits – Sheena Troop



In a blender combine 2 eggs, $\frac{3}{4}$ cup cottage cheese, $\frac{1}{4}$ cup milk, 2 scoops collagen (can be purchased at Costco or natural health food store) 2tsp honey and 1 tsp baking powder; blend until smooth. Cook 2 tbsp batter per pancake in a non-stick pan misted with cooking spray until golden on both sides. Makes 16 pancakes. (4 servings) Serve with 1 serving almond butter and/or blueberries.

Journal

Write here what you ate, how you exercised, how much slept, and how you felt each day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Supper							
Snacks (if any)							
Exercise							
Sleep							
How I Feel							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Supper							
Snacks (if any)							
Exercise							
Sleep							
How I Feel							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
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Exercise							
Sleep							
How I Feel							