



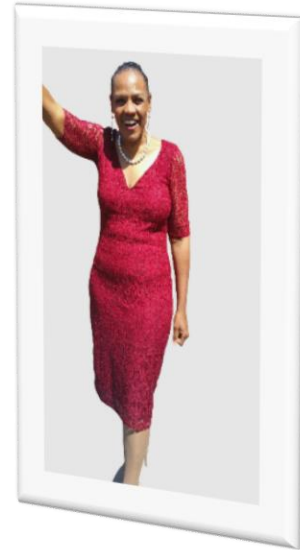
21 Day Challenge

Hi and Welcome to the FIT 4 The Master Community

CONGRATULATIONS on taking this step on your journey to reaching your desired weight.

Getting Started

- ❖ Check your email on the last day of the month for an invitation to **Join the FIT4 CCC Meal Challenge Private Facebook Group**
- ❖ Mark your calendar for Thursday Evenings 8pm
 - LIVE Weekly Coaching and Q&A Session
 - I will post in the Facebook Group, whether it will be a Call, Webinar or Facebook Live Session. But it will be Thu at 8pm ET





21 Day Challenge

Daily Expectations

- ✓ Listen to the Daily Video in the email that is sent every morning
- ✓ Write what you will be eating for the day and post it as a comment in the post with my Bitmoji picture:



- ✓ Pray for God to help you follow your plan

Meal Guidelines

Follow the Food Plan in this packet.

Do Not Skip Any Meals. Do Not Eliminate or Substitute

If under physicians care, please check with physician and make food selections based on your medical needs. Use the Food Exchange chart and fill in the following to assist you in daily meal planning. *Make certain you listen to the first 3 days of the videos, I will give you some tips how to simplify this process.*

Breakfast	Protein	
	Grain	
	Fruit	
Lunch	Protein	
	Vegetable	
	Fruit	
	Fat	
Dinner	Protein	
	Vegetable	
	Vegetable	
	Fat	



21 Day Challenge

*** During this Challenge we are refraining from eating food with Sugar, Flour and Artificial Sweeteners. We also want to avoid Processed Food. Our focus is to learn how to eat meals with Real Food*

Breakthrough Food Plan

This is a plan to get started, and is designed for weight loss. And it is designed so you can eat real food that you enjoy!

Your taste buds will change over time, and in short order your meals will be incredible and leave you full and satisfied.

Breakfast:

- 1 Protein
- 1 Grain
- 1 Fruit

Lunch:

- 1 Protein
- 1 Vegetable
- 1 Fruit
- 1 Fat

Dinner:

- 1 Protein
- 2 Vegetables
- 1 Fat



21 Day Challenge

FOOD EXCHANGES

PROTEIN

4 oz meat (chicken, turkey, pork, beef, lamb, fish)
2 eggs
2 oz cheese
4 oz cottage cheese
4 oz ricotta cheese
8 oz plain yogurt
8 oz milk
6 oz legumes/beans/lentils
4 oz veggie burger
4 oz tofu
4 oz tempeh
4 oz shelled edamame
4 oz hummus
2 oz chickpeas
2 oz soya granules
2 oz nuts or nut butter
2 oz seeds

GRAINS

4 oz cooked – potato, sweet potato, yam, brown rice, quinoa, millet, squash, pumpkin, corn

1 oz precooked - oatmeal, oat bran, cream of rice, grits, quinoa flakes



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FOOD EXCHANGES cont

FRUIT

All whole fruit is permissible

NO FRUIT JUICE, DRIED FRUIT or FRUIT SMOOTHIES

1 piece - apple, pear, orange, grapefruit, banana, peach, nectarine

2 pieces - plum, kiwi, persimmon, apricot

4-6 oz weighed - berries (all kind), grapes, pineapple, cherries, mango, papaya, melon (all kind)

VEGETABLE

6-8 ounces all vegetables

Alfalfa sprouts, asparagus, beans (green or wax), Bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, green or red peppers, kale, lettuce (all varieties), mushrooms, okra, onions, radishes, spaghetti squash, spinach, Swiss chard, tomatoes, turnips, turnip greens, yellow squash (summer), zucchini

NO Corn or Peas

FAT

2 Tablespoon – Salad dressing – approx. 120 calories (check ingredients for sugar)

1 Tablespoon - oil, butter, mayonnaise, tahini

1/2 oz. - nuts, seeds

2 oz - avocado, olives