



# LET'S DO THIS!

## WELCOME TO YOUR CHALLENGE!



This challenge is not your typical fitness journey; this is a special experience designed to help you achieve your fat loss goals in a sustainable and effective way AND up-level your life. Everything you do is connected to your health, energy, and wellness. That is the founding principle that **The Herd x SOLDIERFIT** method is build on. And this challenge is an extension of that approach.

First, there's a lot happening inside our community group which is your starting point for the 21 Day Challenge. So if you're not already in there you can get **FREE access HERE**.



## A FRESH APPROACH

Unlike any other program you've encountered, this challenge is here to redefine your fitness path. Our goal is clear: to guide you toward your fat loss, lean muscle gain, and transformation objectives while simultaneously building sustainable, healthy habits. This is an opportunity to create lasting changes that will extend far beyond this particular challenge!

## THE CHALLENGE WITHIN

Now, let's address why this isn't your typical challenge. Most challenges restrict you with a laundry list of things you CAN'T do, testing your willpower and endurance. The issue with such challenges is that they often lead to long-term failure.

Our program is indeed challenging, but it challenges you to think differently. We defy convention by providing you with a list of things you CAN do, setting you up for long-term success.

## WHY THIS CHALLENGE?

Just like the new season, this challenge signifies change and transformation. We want you to embrace this transformation in your fitness journey, and that's exactly what it's all about.

## THE INNER CHALLENGE

One incredible benefit of our approach is improved mood stability and a stronger sense of self. When you FEEL better, you MAKE better decisions.

During the challenge, that inner voice of the restrictive dieter may creep in, whispering things like "Eat less" "Work out more" or "Avoid anything that's fun!" The biggest challenge you'll face over these next weeks is the dialogue within your own mind.

Here's what I want you to do: COMMIT. Go all in. And work on making a deeper and more meaningful change. How do you do that? I'll teach you how in this guide.

# WELCOME TO YOUR CHALLENGE!!

If you're feeling inspired throughout the challenge, share your post-workout selfie on IG and in the Facebook group. And tag us so we can check it out!

## HERE'S WHAT WE'RE GETTING INTO OVER THE NEXT SEVERAL WEEKS TOGETHER:

### PART I: MINDSET

### PART II: WORKOUTS

### PART III: NUTRITION

Let's kick things off in Part I by mastering the art of healthy and sustainable calorie deficit (I hate that word but this means eat more to lose more - I know, crazy right)! It's all about understanding and rocking that metabolism balance.

**Part II**, we're diving deep into the world of macros. Think of it as getting to know the VIPs of your diet.

And **Part III**, we're going full Zen mode with intuitive eating. Trust me, your body has a lot to say if you just listen!

But hey, we're not just about the food talk. We've got your back with an epic at-home/in-gym workout plan for when you're feeling extra.

And because mindset is everything, we'll be diving into the traits that make champions first.

# PART I: MINDSET

## FIRST THINGS FIRST: MINDSET

Over the next several weeks, you will be tested and pushed.

Before you embark on any journey you need to get clear on what you're aiming for.

Every human has two selves.

One is your Lower Self...

The voice inside your head that wants you to hit snooze, eat junk food, skip your workout.

The other is your Highest Self...

The voice inside your head that sets the alarm for 6am, jumps out of bed in the morning, drinks a green smoothie, and makes choices that are in alignment with your goals.

During this challenge, we need to aim to be our Highest Self. Here's what to watch out for...

### LOWER SELF

- SEEKS SAFETY, COMFORT ZONE, FEELS INSECURE
- THIS MEANS I'M A FAILURE/ NOT ENOUGH
- LIFE IS SO HARD/UNFAIR/AGAINST ME
- BLAMING OTHERS OR EXTERNAL CIRCUMSTANCES FOR THEIR RESULTS IN LIFE
- I HAVE NO CHOICE, I'M JUST "THIS WAY"
- REFUSAL TO ANALYZE ONE'S OWN BELIEFS IN ORDER TO IMPROVE THEIR LIFE

### HIGHEST SELF

- SEEKS GROWTH, DISCIPLINED, TAKES FEARLESS ACTION
- WHAT ELSE COULD THIS MEAN?
- WHAT IS LIFE TEACHING ME RIGHT NOW?
- WHEN I LOOK BACK AT THIS MOMENT, WHAT'S THE STORY I WANT TO TELL?
- WHAT BELIEFS DO I NEED TO HAVE TO OVERCOME THIS?
- WHO DO I NEED TO BE IN ORDER TO MAKE THE MOST OUT OF THIS SITUATION

Now that you're aware of your Lower Self and Highest Self, we have to strive to be our Highest Self... all the time.

You're in this challenge to grow and get results.

This is an accelerated experience. Everything will accelerate... success, results, but also our own B.S.

Your Highest Self thrives on success, Your Lower Self thrives on excuses.

You have to embrace this challenges head on and allow your Highest Self to step up!

## HERE'S HOW YOU DO THAT

### Step 1:

**Identify the top 10 character traits you need to embody in order to achieve your goals in this challenge.**

For example, in order to get all my workouts in, I need to be disciplined. So "Disciplined" or "Commitment" or "Takes No B.S." would be new character traits I reinforce during the challenge.

### Step 2:

**Write these character traits down and look at them every day.**

The key to rewiring who you are and developing these new habits and character traits is repetition and intensity. Once you've written this all out, soak it all in.

I'll walk you through this process inside the facebook group.

# PART II: WORKOUTS

## NEXT, LET'S GET STARTED WITH THE **WORKOUTS**

These workouts are good for anyone, whether you're a beginner or if you've been working out for a while and are just looking to switch things up. I have no doubt that you will get closer to your fitness goals, if you follow this plan, and stay consistent.

These workouts are designed to help you build muscle, and lean out.

We want our workouts to be effective. To achieve this, training intensity has to be high.

You can change the training intensity by doing one of these two things.

**1**

Do more work in the same amount of time.

**2**

Do the same work in less amount of time.

Either way, you think about it, you need to be moving faster in your workouts.

This is why I swear by Circuit Training for **these type of results**.

Through quick aerobic strength training, moving from exercise to exercise, you will work your muscles deeper, creating more definition.

## HOW TO GET STARTED

The following workouts are to be performed as a circuit. Perform each exercise **back to back**, and then rest.

Rest should be **60-90 seconds** max!

Always remember to take these workouts at your own pace. Feel free to modify the moves to make them work for you.

If you don't have dumbbells, no problem. You can use resistance bands, water jugs, or even wine bottles! Anything that adds some resistance will work.

You can make some epic progress with bodyweight movements.

Remember, resistance is resistance (whether that's with weights or bodyweight).

And bodyweight movements have an awesome carry over effect to weight training. When you do go back to weight **lifting** you'll be a lot stronger.

## NOTES FOR YOUR WORKOUT TRAINING PROGRAM OVER THE NEXT 21 DAYS

You're going to see a mix of movements throughout the duration of the challenge that you may or may not be familiar with. If the movement is a no-go, there are appropriate swaps listed below:

### SLED:

This is used to load your posterior chain (hamstrings, glutes, etc) while increasing your cardiovascular health. If you do not have access to a **sled** you can swap this movement out for:

**Towel Push:** Just as it sounds. Put a towel on a hardwood floor and get to pushing. No hard wood floors? No issue. You can substitute these with sled drags, or a variation of them. Have kids? Great. Take their little red wagon, load it up, and get to pulling.

### BANDS:

Throughout the program you will see exercises like: Dumbbell press, rows, etc. These can be done with a band or with a dumbbell. Either will work and both are sufficient. Use whatever you have access to!

### S/S:

Superset – moving from the prescribed exercise to the next, with no rest between sets. If you see “10 Air Squats s/s with step-ups” this means, you'll execute 10 Air Squats followed immediately with 10 Step-ups.

# ACRONYMS:

## EMOM:

**Every Minute On The Minute**

This means you'll complete the prescribed exercises, as quickly as possible. If you finish before the minute is up, you rest. If you don't, you move right into the top of the set.

## AMRAP:

**As Many Rounds As Possible**

If you see "AMRAP 10" that means you'll be completing as many rounds as possible in 10 minutes. This is where you push, and move as fast as possible.

## NFT:

**Not for Time**

## AFAP:

**As Fast as Possible**





## WEEK 1, DAY 1:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **Two Rounds**

Air Squats: 50, full depth. No cheating  
 Bear Crawl: 100 m  
 Box Squats: 30  
 Step Ups: 3 x 15 (each leg)  
 Banded Row: 4 x 8  
 100 Glute Bridges

Core: Plank: 3 x 30 seconds. Side plank:  
 3 x 30 seconds

## WEEK 1, DAY 2: CONDITIONING

Workout: 7 Rounds (for time): 5 pull ups /  
 10 push-ups /15 air-squats

## WEEK 1, DAY 3:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **Five Rounds**

Banded Flyes SS Shoulder Press: x 10  
 Push-ups: x 10  
 Shoulder Press: x 15  
 Bent over Row (banded): x 15  
 Banded Bicep Curls: x 12  
 Front Plate Raise: x 8  
 EMOM 7 Minutes: 5 Burpees / 5 Starfish

## WEEK 1, DAY 4: CONDITIONING

Workout: As Many Rounds as Possible  
 (AMRAP) in 9 minutes:  
 1 round = 3 air squats, 6 push-ups,  
 9 KB swings.

## WEEK 1, DAY 5:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **3 Rounds**

Air Squats: 25  
 Bear Crawl: 100 m  
 Box Squats: 50  
 Push-ups: 3 x 10  
 Bear Crawl: 100 m  
 Burpees: 10

Core: Plank: 3 x 30 seconds;  
 Mountain Climbers: 3 x 30 seconds

## WEEK 2, DAY 1:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **3 Rounds**

Overhead Walking Lunges:

3 x 20 (10 down, 10 back)

Sled: 3 x 50 m

Squat jumps SS step-ups (both legs):

3 x 8

Banded Rows: 4 x 10

Push-ups: 3 x 10

Hammer Curls: 3 x 10

\*Run 400m between each exercise\*

Core: Plank Jax: 3 x 30 seconds.

50 Toe-touches.

## WEEK 2, DAY 2: CONDITIONING

Workout: Two Rounds For Time:

25 Air Squats

15 plate raises

10 burpee-over-box-jumps

5 Squat Jax

## WEEK 2, DAY 3:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **Two Rounds**

**400 m Run**

Dumbbell Single Arm rows: 40 reps (each)

Bus Drivers: :30 seconds

Squat Press: 20 reps

**400 m Run**

Plank Cross-overs: :30 seconds

Burpees: 20 reps

Squat Press: 20 reps

**400 m Run**

Core: Hollow Rocks 3 x 30 seconds

3 x 1-minute Flutter Kicks

## WEEK 2, DAY 4: CONDITIONING

Workout: 500 Meter Recovery Row

## WEEK 2, DAY 5:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **400 m Sprint**

Reverse lunge with slider: 20 each leg

50 Box Squats

10 push-ups

30 Side lunges (15 each side)

15 Side Raises

10 plank step-ups

20 toe-touches

Core: 3 x 30 seconds Mountain Climbers

3 x 30 seconds Plank Jax

50 Russian Twists



## WEEK 3, DAY 1:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **Two Rounds**

50 m Bear Crawl

50 m Crab walk

10 Burpees

10 Push-ups

10 Renegade Rows

10 Flyes

10 Renegade Rows

10 Push-ups

10 Burpees

50 m Lunges

50 m Bear crawl

Time to Complete:

EMOM 10: 5 Air Squats / 7 Burpees /

10 Jumping Jacks

## WEEK 3, DAY 2: CONDITIONING

Workout: 1,000 M row

## WEEK 3, DAY 3:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: **400 m Run**

Banded Flyes SS Shoulder Press: x 30

Push-ups: 30 reps

Shoulder Press: 30 reps

**400 m Run**

Bent over Row (banded or DB): 30 reps

Banded Bicep Curls: 30 reps

Front raise (w/band or DB): 30 reps

**400 m Run**

AMRAP 7 mins: 7 Air Squats / 7 Lunges /  
7 Burpees

## WEEK 3, DAY 4: CONDITIONING

Workout: AMRAP 5 mins: 3 push-ups /  
6 air squats / 9 burpees

## WEEK 3, DAY 5:

Warm up: 5-minute jog/run. 5-minutes of stretching.

Workout: 1 Mile Run

25 Air Squats

25 Flutter Kicks

1 Mile Run

25 Toe Touches

25 Hollow Rocks

Once Through for Time:

AMRAP 10 Mins: 3 Air Squats /

6 Push-ups / 9 Kettlebell Swings (KBS)

# PART III NUTRITION

## LET'S TALK NUTRITION

Sticking to a healthy nutrition plan can be difficult for some people. When I first started working towards living a healthier lifestyle, the biggest challenge for me was changing my perspective about food.

The experience of eating can be complicated. Food is associated with so much. As human beings, we eat when we're celebrating or mourning. We eat to socialize. We eat to relieve stress. Starting now, I want you to shift your focus on food.

First, I highly recommend that you start reading your food's nutrition labels. All the information is listed there. Once you start to learn what to look for, you'll be feel empowered to make stronger choices with your food.

The bottom line is this: The more words and ingredients listed on the label that you don't understand or recognize, the more likely it is that you're buying something that isn't worth putting into your body.

At its core, food is meant to be fuel for our bodies. When you start to value it as energy, your perspective on food shifts.

This change in perspective is about recognizing that the value of eating healthy and fresh food outweighs the temporary satisfaction of eating overly processed junk food.

Here's an idea to help with that...

Remember, we're eating to fuel our bodies, especially when we're working out so much. I use this phrase all the time... **"I EAT TO BUILD."**

When I say this phrase to myself, I'm reminded that the food I eat is meant to help my body grow. It also forces me to question that if the food is junk, and it's not going to help me build my body, then why eat it?

Every day we're faced with choices. In the morning we get to decide what clothes to put on, and what shoes to wear. We're very aware of those choices.

When it comes to our food, we have to be just as aware, so that we can make the most productive choice.

If you were aware that the foods you were eating could be harmful to your health, you probably would make a wise choice to avoid them, right?

Let me be clear; it's one thing to choose to indulge in a piece of birthday cake when you're celebrating while knowing that you've been making productive decisions. It's something entirely different if you are unaware of that choice, and you mindlessly and robotically reach for the cake.

We all have to take responsibility for our choices and actions. It's critical to avoid as many irritants as possible. If you're concerned about your health, physique, if you've been struggling with sensitivities, extreme fatigue, you owe it yourself to create a strong awareness around your food.

Here is a helpful Meal Guide and Grocery List Below....

# GROCERY HELPER 1.75



BREAKFAST



LUNCH



DINNER

## CHECKBOX MEAL PLAN AMOUNT BELOW

8 COUNT

### P-PROTEIN (PALM)

- 2lbs Chicken Breast (Skinless)
- 2lbs Bison Burger
- 2lbs Venison
- 2lbs 99% Lean Turkey Breast
- 2lbs Pork Tenderloin
- 2lbs 96/4 Ground Beef
- 2lbs Any White Fish
- 2lbs Any Shellfish
- 1 24oz Carton Egg Whites
- 2 Dozen Eggs
- 1 24oz 0% Cottage Cheese
- 1 24oz 0% Greek Yogurt
- 1 Tub Protein Powder
- 10 Cans Tuna

12 COUNT

### F-FATS (TB)

- 1 Jar Peanut Butter
- 1 Jar Almond Butter
- 1 Jar Coconut Oil
- 1 Stick Kerry Gold Butter
- 1 Bottle Olive Oil
- 4 Medium Avocado
- 1 Container/Bag of Nuts
- 1 Pack Coffee Creamer
- 1 Bottle of Cooking Oil
- No Vegetable Oil
- No Canola Oil

24 COUNT

### C-CARBS (FIST)

- 1 Bag Sweet Potato
- 1 Bag Potatoes
- 2 Cans Cooked Beans (Any)
- 2 Cans Cooked Legumes
- 1 Container Rolled Oats
- 1 Box Pasta
- 1lb Frozen Bag Berries
- 1 Bag Quinoa
- 1 Bag Couscous
- 1 Loaf Ezekiel Bread
- 4 Pieces of Fruit
- 1 Bag White/Brown Rice

I'll be sharing a few of my favorite recipes later one and inside the facebook group so stay tuned for that!

Now it's not just about eating high-quality foods, it's also about eating the right amount of high-quality foods. At the heart of each nutritional theory, there are 2 foundational truths.

## 1 FUEL YOUR BODY WITH ENOUGH QUALITY CALORIES TO SUPPORT YOUR GOALS.

In order for your body to function properly, you need to take in a base level of calories. This is known as your Basal Metabolic Rate or BMR.

Once you know your BMR, you can adjust your caloric intake to help serve your goals. I call this finding your "**Calories to Aim For.**"

While there are many calculations to finding your ideal calories, the following formula is the simplest, and works for the majority of people.

**CALORIES TO AIM FOR:**  
**FOR FAT LOSS, AIM FOR 10-12 CALORIES X POUND OF GOAL WEIGHT**  
**FOR MUSCLE GAIN, AIM FOR 13-15 CALORIES X POUND OF GOAL WEIGHT**

The simple formula above will get you very close to your true calorie intake goal.

**VERY IMPORTANT:** Now, because I believe in sustainability, it's important to note that you don't want to be drastically cutting your calories for the sake of losing weight. **Typically anything under 1500 calories, no matter what your goal body weight is, is a little too extreme.** So use this general formula within reason.

## 2 TAKE IN THE IDEAL AMOUNT OF QUALITY PROTEIN

For this rule, all I want you to do is to focus on eating enough protein, carbs, and fats. These are referred to as your Macronutrients. This popular style of dieting is known as the "**If It Fits In Your Macros**" diet.

Everyone has a different breakdown of macronutrients based on their calorie count for their goal.

As a very general rule, you should eat around .75 to 1.25 gram of protein per pound of your body weight. Refer to the bottom chart to find the right starting point for you.

**PROTEIN PER DAY FORMULA:**  
**PROTEIN GRAMS PER DAY = GOAL BODY WEIGHT X .75 TO 1.25**

## TIME TO TAKE OFF THE TRAINING WHEELS WITH INTUITIVE EATING

It's time to address the real goal of this challenge. Food Freedom.

Let me introduce you to the idea of Intuitive Eating.

Intuitive Eating is an approach to nutrition that veers away from the idea of dieting. Its purpose is to help chronic dieters move away and heal from over restrictive nutrition techniques. The goal of Intuitive Eating is to eat food without experiencing guilt or overwhelming anxiety around food.

The basic rule for Intuitive Eating is this...

Eat when you're hungry. Don't eat when you're not.

This theory helps you to become more in tune with your natural hunger.

One practical exercise that you can experiment with is rating your fullness. On a scale from 1 to 10, 10 being super stuffed like Thanksgiving dinner, and 1 being very hungry, try eating each meal to feel a 5 or 6.



Although intuitive Eating isn't necessarily based on counting calories and macronutrients, I believe that balance between **"If It Fits In Your Macros"** and Intuitive Eating works for a stable and healthy lifestyle.

Because I have been tracking my macros and calories for a long time, currently I usually only check in with myself once a month to ensure that I'm feeding my body properly. Otherwise, I'm going about my life without stressing about the exact science of nutrition. That's what I want for you too.

### RECAP ON NUTRITION

- Clean up your diet by eating whole, natural foods
- Fuel your body with enough quality calories to support your goals
- Take in the ideal amount of quality proteins, carbohydrates, and fats

## ONE MORE THING...

Okay! There you have it. The full overview of the challenge.

Remember that inside of the facebook group for the challenge, I'll be walking you through all of this and will also be adding a lot of insight and next-level info over there.

So if you have questions, ask them in the facebook group. And don't forget to tag me so I can make sure I see them.

I'll also leave you with this:

The key to Getting results through the SOLDIERFIT X HERD Challenge is consistent effort. Yes, this challenge will get you closer to your goals but it's not the final fix. There's always more work to be done.

I have no doubt that you can make some incredible progress towards your goals, as long as you keep making small consistent effort.

Every day you have a choice to better yourself. Over time your consistency will bring you closer to your dream physique. Don't stop. Keep progressing. Celebrate your everyday

victories. Learn from your failures.

Recognize yourself for pushing past your limits, and staying on track.

Good luck with the challenge! I'm rooting for you. You got this!

## P.S. I HAVE SOME EXTRA COOL BONUSES FOR YOU BELOW



**SOLDIERFIT**

# RECIPES

MACRONUTRIENT LEGEND:

- Protein
- Fat
- Carbohydrates
- Vegetable

### EGG WHITE MCMUFFINS

#### INGREDIENTS

- 1 ½ cup egg whites
- 1 leafy veggie & 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- dash of salt



#### DIRECTIONS

Preheat oven to 350 degrees F. Mix ALL ingredients in single bowl, and then evenly into 23 muffin tins. Bake for 10-12 minutes until cooked through center. Remove from oven and top with sauce of choice.



### SAVORY BREAKFAST OATS

#### INGREDIENTS

- ½ cup oatmeal
- 6 oz ground turkey
- 1 handful spinach
- ½ cup water
- balsamic vinegar
- garlic salt to taste

#### DIRECTIONS

Grease skillet with pam and bring to low medium heat – add ground turkey. Once turkey is about halfway cooked, drizzle balsamic vinegar atop and then add oats and water. Continue to cook until turkey is done and mixture becomes thick and sticks together before you add the spinach. Drizzle balsamic vinegar again. Remove from heat after spinach shrivels and then top with garlic salt to taste.



### CAULIFLOWER BREAKFAST PIZZA

#### INGREDIENTS

- 1 cup of finely diced cauliflower
- 1 ½ cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano and salt to taste



#### DIRECTIONS

Add about ¼ cup water to cauliflower – use steam friendly container and cook for about 5 minutes at medium power until soft. Mix cooked cauliflower, ground oats, eggs & oregano/salt in bowl. Heat skillet to medium heat, grease with pam, then add egg mixture and bring to medium-low heat, placing lid on top to trap steam. Wait about 45 minutes then flip mixture and cook until firm. Remove from heat and top with sliced tomato plus seasoning of choice.



### BLUEBERRY CHEESECAKE BOWL

#### INGREDIENTS

- 1 cup cottage cheese
- ½ scoop vanilla protein
- 1 ½ cup frozen berries
- 2 stevia packets

#### DIRECTIONS

Puree cottage cheese with protein powder and stevia in food processor, then add in frozen berries and serve immediately. For a thicker consistency place in freezer for 10-15 minutes.



### PROTEIN PANCAKES

#### INGREDIENTS

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites (2/3 cup)
- 2 packets of stevia
- cinnamon to taste



#### DIRECTIONS

Grease skillet with pam and bring to medium heat. Mix ALL ingredients together in bowl (or puree in food processor). Cook on skillet for about 2 minutes, then flip and leave on heat until firm. Top with Walden Farms Pancake Syrup or Cinnamon and Stevia.



### THE ULTIMATE BREAKFAST SANDWICH

#### INGREDIENTS

- 3 slices Ezekiel Bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites

#### DIRECTIONS

Place bread in toaster at desired level. Heat skillet to low medium heat, grease with pam, and sauté spinach in pan with balsamic vinegar until it shrinks, then add your egg whites and cook until firm. Put eggs between toast when done and add tomato plus desired sauce (we like sriracha on this one).



## EGG WHITE OMELET

### INGREDIENTS

- 1 1/2 cup egg whites
- Handful of spinach (tear into pieces)
- 2/3 cup raw chopped sweet potato
- pico de gallo (to taste)
- dash cinnamon
- 2 stevia packets



### DIRECTIONS

Place sweet potato in microwavable bowl, and poke holes in slices with fork, proceed to spray with pam and place in microwave under 'potato' setting (count = 1 potato). Bring skillet greased with pam to medium heat and sauté spinach sprayed with pam as well. Once spinach is cooked add the egg whites a top. Flip about halfway through and continue to heat until cooked through. Remove from heat and top with pico de gallo. Top your sweet potato fries with cinnamon & 2 stevia packets.



## SAVORY TURKEY BAKE

### INGREDIENTS

- 3 oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
- 1/2 cup oats
- garlic salt

### DIRECTIONS

Combine ALL ingredients in medium mixing bowl and whisk using a single serving size oven friendly dish (or two muffin tins). Pour the mixture in and place in oven preheated to 350 degrees F. Bake for 8- 10 minutes. Remove and serve with your choice of hot sauce or seasoning.



## BLUEBERRY OVERNIGHT OATS

### INGREDIENTS

- 1 1/2 cup FF Greek Yogurt
- 1/4 cup oats
- 1/4 cup berries
- 1 tsp vanilla extract
- 2 stevia packets



### DIRECTIONS

Mix Greek Yogurt with vanilla and stevia in one bowl. In separate bowl, microwave oats with water until cooked. In overnight jar, put oatmeal at the bottom, then add your frozen berries & finally top with your greek yogurt. Served with one side veggie.



## GUILT FREE FRENCH TOAST

### INGREDIENTS

- 3 slices Ezekiel Bread
- 1 1/4 cup egg whites
- 1 tsp vanilla
- Dash of cinnamon
- Dash salt

### DIRECTIONS

Lightly toast bread in toaster oven. Mix egg whites with vanilla, cinnamon & salt in large shallow bowl. Soak bread slices in egg mixture, once soaked place on skillet at medium heat greased with pam. Flip toast until eggs thoroughly cooked and remove from heat. Top with Walden Farms Pancake Syrup.



## SHAKES

### CAKE FOR BREAKFAST

#### INGREDIENTS

- 1 scoop vanilla protein
- 1 tsp vanilla
- dash of salt & sprinkles
- handful of ice
- 2/3 cup ground dry oats
- 1 stevia packet
- 1 cup water



### PB SANDWICH SHAKE

#### INGREDIENTS

- 1 1/2 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice



## SHAKES

### BLUEBERRY PIE SMOOTHIE

#### INGREDIENTS

- 1 scoop vanilla protein
- 2 handfuls spinach
- 1 tsp vanilla
- 2 stevia packets
- 2/3 cup mixed frozen berries
- 1 cup cold water
- dash of cinnamon



### VANILLA ALMOND SHAKE

#### INGREDIENTS

- 1 1/2 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice



## SEARED WHITEFISH WITH COUSCOUS CUCUMBER SALAD

### INGREDIENT

- 6 oz white fish
- 1 cup couscous
- 2 tsp minced garlic
- ½ cup diced red onion
- 2 tsp fresh lemon juice
- 2 tsp fresh chopped mint leaves



### DIRECTIONS

Add salt and pepper to both sides of white fish and set aside. Reheat quinoa in microwave – then stir in onion, mint, lemon and lastly cucumber. Serve fish on the side with fresh squeezed lemon.



## THAI BEEF SALAD

### INGREDIENTS

- 6 oz lean steak
- 100 g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

### DIRECTIONS

Marinate steak in soy sauce, fish sauce & 1 tsp lime juice. Cook steak for 2-3 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice steak across the grain and add atop the vegetable mix.



## CHICKEN VEGGIE STIR FRY

### INGREDIENTS

- 6 oz cooked skinless chicken breast
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Red Pepper flakes to taste



### DIRECTIONS

Chop veggies into smaller pieces and sauté in skillet at medium heat in Bragg's AA, garlic powder, onion powder & red pepper flakes. Once thoroughly sautéed (about 3-4 minutes) add 'shredded' chicken (torn apart into thin pieces) and rice to pan. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce.



## GUILT FREE PULLED PORK

### INGREDIENTS

- 6 oz shredded pork
- ¼ cup balsamic vinegar
- 1 tsp worshire sauce
- 1 tsp minced garlic
- 2 packets stevia
- red pepper flakes to taste
- 2/3 cup mashed sweet potato

### DIRECTIONS

Heat a skillet sprayed with pam to medium low heat. Combine all ingredients (minus potato) and then pour onto skillet. Cover and let simmer for 5-6 minutes. Remove from heat and pair with your baked potato. Option to top potato with cinnamon/stevia as well.



## SWEET SUMMER SALAD

### INGREDIENTS

- 6 oz cooked skinless chicken breast
- 2/3 cup mixed berries
- 2 cups spinach
- Handful of cherry tomatoes



### DIRECTIONS

In a large bowl – toss spinach, tomatoes, and berries before topping with chicken. Use Apple Cider Vinaigrette for dressing.



## LOADED BAKED POTATO

### INGREDIENTS

- 1 small baked potato (about 2/3 cup size)
- 6 oz nonfat cottage cheese
- ½ cup pico de gallo
- ¼ cup chopped green onion

### DIRECTIONS

Bake potato in microwave until cooked through (poking holes with fork helps). Layer on cottage cheese once done, and put under broiler for about 1 minute if you'd prefer the cheese melted. Top with salsa and green onion.



## GRILLED TUNA BURGER & SALAD

### INGREDIENTS

- 1 ½ cans tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion & garlic powder
- ½ cup mixed veggies of choice
- 2 cups romaine lettuce
- choice of our 6WC friendly dressings to top



### DIRECTIONS

Mix together egg white, tuna, oats & spices and form into shape of a burger. Cook on greased pan (pam) at a medium heat for about 3 minutes per side until finished. Serve with a side salad of lettuce & veggies along with your choice of dressing.



## CHICKEN TACOS

### INGREDIENTS

- 6 oz cooked skinless chicken breast
- ½ cup black refried beans
- ¼ cup chopped green onion
- ½ cup pico de gallo
- 4 pieces romaine lettuce
- ¼ tsp red pepper flakes

### DIRECTIONS

Heat beans in a sauce pan on medium low heat until warm. Proceed to mix in green onion, pico de gallo & red pepper flakes. Remove from heat and evenly distribute into lettuce 'shells'. Slice chicken into thin strips and top into shells as well. Add salt or sauce to your liking.



## SEARED SCALLOPS WITH SPROUTS

### INGREDIENTS

- 6 oz scallops
- 2 tbsp olive oil (divided)
- 2 tbsp rice wine vinegar
- 1 cup of diced brussel sprouts
- ½ cup sauerkraut (optional)



### DIRECTIONS

Heat oil in a skillet over medium high heat until shimmering. Add shallots and brussel sprouts, season with salt and pepper, and cook – continuously stirring for about 56 minutes. Stir in vinegar, scraping up any brown bits, then transfer to a plate and set aside.



## STIR FRY CABBAGE AND PORK

### INGREDIENTS

- 6 oz pork (cooked and shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3 cup chopped onion
- Bragg's Soy Sauce Alternative & salt to taste (suggestion: 4 tsp Bragg's)

### DIRECTIONS

In skillet, heat butter until bubbly and hot. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tender-crisp (2-3minutes).

Add pork and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve. Add pork and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve.



## LEAN STUFFED PEPPER

### INGREDIENTS

- 6 oz cooked ground turkey
- 2 tbsp coconut oil
- 1 green pepper
- ½ cup onion chopped
- ½ tsp. minced garlic
- 1/3 cup diced tomato
- 1 tsp. parsley
- ½ tsp. oregano
- ½ tsp. basil
- ½ tsp. rosemary
- 1 tsp. seasoned salt



### DIRECTIONS

Preheat oven to 350 degrees F. Heat skillet and add tsp. coconut oil until sizzling. Add all veggies and spices to skillet and cook for 5-10 minutes, until vegetables are tender. Add in turkey when veggies are done. Set Pepper (seeded) on tray and cut in half, fill each half with meat mixture Bake at 350 degrees for about 25-30 minutes.



## LEMON BUTTER ASPARAGUS

### INGREDIENTS

- ~15 stalks of asparagus
- 6 oz any white fish (Suggestion: yellowtail)
- 1 tbsp lemon juice
- 1 tsp coconut oil
- 1 tsp kerrygold butter

### DIRECTIONS

Sauté the asparagus in 1tbsp coconut oil on skillet. When the asparagus slices are tender drizzle lemon juice on top. Move asparagus to side of skillet and add 1 tsp butter to pan (turn to medium high). Add fish to butter and cook about 23 minutes per side until crisp and butter has 'fried' the fish Add salt to taste, remove and plate!



## HONEY MUSTARD CHICKEN SALAD

### INGREDIENTS

- 6 oz boneless skinless chicken breast
- 1 bag spinach
- 2 ripe tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets



### DIRECTIONS

Put mustard, oil & stevia together in small bowl and whisk until thoroughly combined. Pour atop bowl of spinach, onion, tomato and chicken. Serve cold with chicken heated.



## SWEET EGG SCRAMBLE

### INGREDIENTS

- 3 egg whites
- ½ scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- ¼ tsp vanilla extract
- Dash of cinnamon

### DIRECTIONS

Grease skillet with pam and bring to medium heat. Whisk egg whites, protein, and extras together in bowl then pour onto skillet. Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked. Top with cinnamon or Walden Farms Pancake Syrup & your choice of a veggie side.



## GARLIC SHRIMP

### INGREDIENTS

- 6 oz shrimp (tails removed)
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- red wine vinegar
- dried basil
- ½ cup white rice



### DIRECTIONS

In medium sized bowl, combine the salt, garlic, tomato, vinegar & basil. Toss the shrimp in the mixture and thoroughly coat. Heat skillet greased with pam to medium heat and pour mixture on skillet. Cook until shrimp is fully colored then remove from heat and lay atop ½ cup of white rice.



## TURKEY TACOS

### INGREDIENTS

- 6 oz lean ground turkey
- 3-4 large pieces of romaine lettuce (taco 'shell')
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder

### DIRECTIONS

Heat skillet to medium high heat (greased with pam) & sauté turkey with all of the spices listed above until meat is fully cooked. Once cooked add in the pico de gallo and continue to sautee, until thoroughly mixed. Remove from heat and add to ½ cup of rice Evenly distribute between your lettuce 'shells' and top with hot sauce of choice if desired.



## CRISPY CHICKEN AND BRUSSEL

### INGREDIENTS

- 6 oz skinless chicken breast
- 1 cup brussel sprouts (halved)
- 2 tsp coconut oil
- ¼ tsp garlic powder
- 1 tsp lemon juice



### DIRECTIONS

Preheat oven to 425 degrees F. Toss brussel sprouts in mixture of ONE tsp. coconut oil, garlic powder, and salt to taste. Heat up skillet for chicken and turn on medium high, add the other 1 tsp of coconut oil, and then fry thinly sliced chicken breast in oil. Allow the sides to get crispy, once they are done add in the brussel sprouts and continue to sauté at a medium low heat while adding the lemon juice.



## THAI PEANUT CHICKEN

### INGREDIENTS

- 6 oz skinless chicken breast
- 2 tsp peanut butter
- 2 tsp Bragg's soy sauce alternative
- 1 tsp lemon juice
- 1 tsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup mixed veggies of choice

### DIRECTIONS

In a bowl, combine your peanut butter (slightly microwaved), Bragg's soy sauce, 1 tsp lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred chicken, then toss chicken and cup of veggies into peanut sauce, top with salt to taste and serve.



## AVOCADO TUNA SALAD

### INGREDIENTS

- ½ avocado
- 1½ cans tuna
- 1 cup diced tomato
- 1½ tsp lime juice
- ¼ tsp chili powder
- siracha chili sauce to taste



### DIRECTIONS

Mash avocado and combine with tuna and tomato. Once mashed stir in the lime juice and chili powder. Top with siracha.



## SPICY THAI SHRIMP SALAD

### INGREDIENTS

- 6 oz jumbo shrimp (without tail)
- 1 tsp lime juice
- 1 tsp fish sauce
- 2 tsp coconut oil
- 2 stevia packets
- ½ tsp crushed red pepper
- 2 handfuls of mixed greens & another veggie of choice

### DIRECTIONS

Whisk lime juice, fish sauce, oil, stevia and crushed red pepper in a large bowl. Add shrimp, veggies and fresh herbs if desired. Toss to coat salad.



## HEALTHY FRIED RICE

### INGREDIENTS

- ½ cup cooked brown rice
- 3 oz cooked chicken
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp onion powder
- 1 tsp chili powder
- Bragg's Soy Sauce Alternative



### DIRECTIONS

Spray a medium sized skillet with pam, bring to medium heat and add eggs. Continuously scramble eggs and add in rice and veggies. Shred chicken and add last along with spices. Sauté entire mixture in Bragg's Soy Sauce Alternative, remove from heat and serve.



## QUINOA CHICKEN SALAD

### INGREDIENTS

- 6 oz cooked skinless chicken breasts
- 1/2 cup cooked quinoa
- ½ cup garbanzo beans
- 1 ½ cup fresh kale
- ¼ cup chopped red onion

### DRESSING

- juice and zest of one lemon,
- 2 tsp white wine vinegar,
- 1 tsp. ground cumin,
- salt and pepper to taste

### DIRECTIONS

Toss all ingredients together and top with dressing.



## DRESSINGS

### VERSATILE VINEGAR DRESSING

#### INGREDIENTS

- ½ cup cold water
- ½ cup white vinegar
- ½ tsp salt
- ½ tsp dry mustard
- 18 tsp pepper
- 1 dash paprika



### 'HONEY' MUSTARD

#### INGREDIENTS

- 1 cup balsamic vinegar
- ¼ cup yellow or spicy mustard
- 3 packets of stevia
- mix well and toss into salad



# DRESSINGS

## BALSAMIC VINEGAR DRESSING

### INGREDIENTS

- ½ cup water
- ¼ cup balsamic vinegar
- 2 packets splenda/stevia
- 1 tsp onion salt
- 1 tsp garlic powder
- ¼ tsp dried mustard

Shake well in container and again before use.



### VARIATIONS FOR VINEGAR

#### Dilly Dressing:

- replace white vinegar with ½ cup malt vinegar.
- omit paprika.
- add 1 ½ tsp dill seed.

#### Green Onion Dressing:

- add 2 or 3 minced green onions.



# SAUCES & SEASONING GUIDE

AS LONG AS IT HAS 0 CALS YOU CAN HAVE AS MUCH AS YOU WANT



FLAVOR GOD SEASONINGS



MCCORMICK GRILL MATES



GROUND CINNAMON



SALT AND PEPPER



SUGAR FREE SWEETNER



MRS DASH

# SAUCES & SEASONING GUIDE

AS LONG AS IT HAS 0 CALS YOU CAN HAVE AS MUCH AS YOU WANT



WALDEN FARMS 0 CAL COFFEE CREAMERS



WALDEN FARMS 0 CAL SALAD DRESSINGS



WALDEN FARMS 0 CAL SALAD SYRUPS



WALDEN FARMS FRUIT SPREADS



WALDEN FARMS DESSERT DIPS



WALDEN FARMS 0 CAL CHIP DIPS

# SAUCES & SEASONING GUIDE

THESE ALL HAVE UNDER 10 CALORIES PER SERVING. USE "SPARINGLY"



SIRACHA



TOMATO SAUCE



VINEGAR



LIGHT SOUR CREAM



LOW SODIUM SOY SAUCE



FISH SAUCE



LOW CAL

# SAUCES & SEASONING GUIDE

THESE ALL HAVE UNDER 10 CALORIES PER SERVING. USE "SPARINGLY"



# SAUCES & SEASONING GUIDE

THESE ALL HAVE UNDER 10 CALORIES PER SERVING. USE "SPARINGLY"



## MEAL PREP GUIDE SALMON



Rub each piece of salmon with seasoning/sauce. Preheat Grill on medium heat. Place salmon on the grill. Cover and grill over medium heat for about 5 minutes per side (maybe a few more minutes, depending on the thickness The salmon is done when it flakes easily with a fork.



Preheat the oven to 450 degrees. Season salmon with preferred spice. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan. Bake until salmon is cooked through, about 12 to 15 minutes.



Pour a cup of water into the Instant Pot and arrange the metal trivet on top. Season Salmon. Close lid. Cook on high pressure for 3 minutes. (5min if frozen) When done release the pressure.



Rinse and pat dry the salmon. Lightly coat with cooking spray. Season both sides. Place in basket. Air fry at 360 °F for about 8-10 minutes. Gently press the to check it's doneness (the firmer it is the more fully cooked it is ). Or check the salmon with a fork to make sure it's cooked to your preferred doneness.

## MEAL PREP GUIDE RICE



Rinse the rice. Boil the water in a small saucepan. Bring water to a boil in a covered small saucepan over high heat. Add rice and desired seasonings. Stir. Cover and simmer for 18 to 20 minutes. Bring back to a gentle simmer. Cover, reduce the heat to low, and cook until the water is absorbed, 18 to 20 minutes. Let stand for 5 min, then fluff.



Rinse rice in a fine mesh strainer until water runs clear. Add wet rice, water, sauces and seasonings Instant Pot and stir once to combine. Press the "rice" button or set on manual for 5 minutes. When done let rice sit for 10 minutes, then quick release pressure. Fluff rice with a fork and serve.



MEAL PREP GUIDE

# POTATOES



Bring a well-salted pot of water to a boil, cook for about 10 minutes. Drain. Heat grill to medium-high and oil grates. Toss potatoes with cooking spray and seasonings/sauces of choice. Grill potatoes, flipping once, until golden brown, about 5 minutes.



Preheat the oven to 400 degrees. Cut 2 lbs of potatoes into approximate 1 inch cubes. Add potatoes to mixing bowl and spray with olive oil and lightly season with favorite seasoning. Mix until coated well. Layer a sheet pan with parchment paper and spread potatoes out evenly trying not to have pieces overlap. Cook for 40 minutes flipping/stirring every 10 minutes.



Halve approximately 1 lb of potatoes and add to Instant Pot. Pour in the water/broth and seasoning. Put the lid on and select Manual or Pressure Cook for 2 minutes. Drain the liquid from the pot and add preferred sauce and extra seasoning.



Preheat the air fryer to 360° F, slice the potatoes into french fry shapes, Spray with cooking spray then season generously Toss well to coat the potatoes. Arrange the slices on the bottom of air fryer basket, in a single layer, Flip fries half-way through Cook the fries at 360° F for 15 minutes.



MEAL PREP GUIDE

# GROUND MEAT



Place the meat into the bottom crackpot slow cooker. Break up with a large spoon and add 3/4 cup water. Cook on high for 2 to 3 hours or low for 4 to 6 hours. Once done pour the excess grease and liquid from the slow cooker dish.



Preheat the oven to 400 degrees. Mix meat with sauce or seasoning. Form into patties, balls, or "loaf". Place the baking sheet in the oven and cook the meat for 15-20 minutes.



Press the saute button add 1 tbsp olive oil then add the meat. Let the simmer for 2 minutes, stirring occasionally. Turn the saute function off. Add seasoning or sauce. Stir well Lock lid in place. Cook everything for 8 minutes on high pressure.



Preheat air fryer to 400F / Mix meat with seasonings/sauces of choice. Shape into meatballs. Place meatballs a single layer in air fryer basket; cook for 7-10 mins until lightly browned and cooked through, (shaking halfway through).



MEAL PREP GUIDE

# CHICKEN



Preheat grill to medium high heat. Rub seasonings or sauce over both sides of the chicken. Place chicken on grill and grill each side for 4-6 minutes depending on thickness. You just want to make sure there is no pink in the middle. Serve



Preheat oven to 400F. Spray a baking dish with cooking spray. Arrange chicken in a dish and Season on both sides with preferred sauce or seasoning. Place a sheet of parchment paper over the chicken. Bake for 30 to 33 minutes, or until chicken's internal temperature reaches 165F.



Place 1 cup water, seasoning or sauces in inner pot. Stir. Add the chicken breasts and put the lid on. Turn valve to sealing, and select Manual (or Pressure Cook), high pressure for 10 minutes Release pressure. Drain 1/2 the liquid. Shred & serve.



Spray chicken with cooking spray and add seasoning. Cook for 10 minutes on 360 degrees. Flip and cook another 8 to 12 minutes on 360 depending on the size of your chicken breasts. Remove the basket from the air fryer.



MEAL PREP GUIDE

# VEGGIES



Place a grill pan over medium-high heat. Spray the vegetables with 0 cal cooking spray. Sprinkle With desired seasonings. Working in batches, grill the vegetables until tender and lightly charred all over, about 6 to 10 minutes depending on thickness.



Preheat oven to 450°. Place veggies in a large bowl. Spray with 0 Cal Cooking Spray, or Sauce of Choice. Sprinkle with salt and pepper. Toss well to coat. Arrange mixture in a single layer on a preheated baking sheet. Bake at 450° for 8 minutes or until crisp-tender.



Pour water in Instant Pot. Place steamer basket\* in Pot. Fill steamer basket with prepared veggies. Set the manual/pressure cook button to 5 minutes. Season as needed.



Preheat your air fryer to 375 degrees F (190 C). Prep veggies by chopping them to the size you want, spray with cooking spray Add to your air fryer in as flat of a layer as possible and cook for 10 to 15 minutes, shaking the air fryer pan once or twice during cooking to promote even cooking.



**SOLDIERFIT<sup>®</sup>**

**ELIMINATION  
DIET GUIDE**

**HOW TO REMOVE FOODS THAT  
SLOW YOUR BODY DOWN**



# **WELCOME TO THE TRIBE**

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Pg 3 - What Is The Elimination Diet

Pg 5 - ED Cheat Sheet

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# ***WHAT IS THE ELIMINATION DIET?***



AN ELIMINATION DIET IS AN EATING PLAN THAT REMOVES A FOOD OR GROUP OF FOODS BELIEVED TO CAUSE AN ADVERSE FOOD REACTION, OFTEN REFERRED TO AS A "FOOD INTOLERANCE."

BY REMOVING CERTAIN FOODS FOR A PERIOD OF TIME AND THEN REINTRODUCING THEM, YOU CAN LEARN WHICH FOODS ARE CAUSING SYMPTOMS OR MAKING THEM WORSE. WE OFTEN THINK OF REACTIONS TO FOOD AS BEING A RAPID ALLERGIC REACTION (THROAT SWELLING AFTER EATING PEANUTS), HOWEVER, THERE ARE OTHER WAYS OUR BODIES CAN REACT TO FOODS THAT MAY NOT BE SO IMMEDIATE, AND MAY OR MAY NOT BE TIED TO AN IMMUNE SYSTEM RESPONSE.

# ***ELIMINATION DIET CHEAT SHEET***

**Eat This**

**Not That**

**Meat**

**Grains**

**Fish**

**Dairy**

**Eggs**

**Sugar**

**Veggies**

**Processed Foods**

**Fruit**

**Alcohol**

**Healthy Fats**

**Legumes**

# ***ELIMINATION DIET APPROVED FOOD LIST***

## **Lean Meat**

- CHICKEN, TURKEY, PORK, FISH, BEEF
- EGGS

## **Carbs**

- ALL FRUITS ARE APPROVED
- ALL VEGGIES (NO TOMATO OR CORN)
- POTATOES, RICE, QUINOA, SWEET POTATO,

## **Healthy Fat**

- OLIVE OIL, COCONUT OIL, GRAPESEED OIL
- AVOCADO

## **Beverages**

- WATER
- COFFEE AND TEA
- ALMOND, CASHEW, COCONUT, OAT MILK

## **Condiments**

- SALT AND PEPPER
- MRS. DASH / FLAVOR GOD
- MUSTARD, SUGAR FREE BBQ SAUCE

## **Sweeteners**

- STEVIA
- MONK FRUIT

# ***ELIMINATION DIET*** ***AVOID FOOD LIST***

## **Dairy**

- MILK OR DAIRY COFFEE CREAMER
- CHEESE, COTTAGE CHEESE OR BUTTER
- ICE CREAM

## **Carbs**

- FRIED OR BATTERED VEGGIES
- GLUTEN CONTAINING BREAD, CRACKERS, TORTILLAS, CEREALS, PASTA OR WRAP

## **Unhealthy Fat**

- VEGETABLE OIL
- CANOLA OIL

## **Beverages**

- ALCOHOL, BEER, WINE
- FRUIT JUICE
- SODA OR DIET SODA

## **Condiments**

- BBQ SAUCE
- KETCHUP
- RANCH DRESSING

## **Sweeteners**

- WHITE / BROWN SUGAR
- MAPLE SYRUP
- HONEY

# ***BEST, BETTER AND GOOD RESULTS CHART***

**Best**

Remove All Grains, Dairy  
and Sugar

Remove All Alcohol

**Better**

Remove Most Grains, Dairy  
and Sugar

Remove Most Alcohol

**Good**

Remove Some Grains, Dairy  
and Sugar

Remove Some Alcohol

# ***3 PHASE PLAN***

## **PREPARATION PHASE**

**Sunday Before Challenge**

### **Grocery Shop For These Foods**

- Fruits and Veggies
- Lean Meats and Eggs
- Almond Milk / Almond Products
- Seasonings, Olive Oil, Avocado

## **ELIMINATION PHASE**

**Week 1 - 4**

### **Remove These Foods From Diet**

- Dairy (Cheese, Butter, Milk)
- Grains (Bread, Cereal, Tortilla)
- Sugar (White Sugar, HFCS)
- Alcohol

## **RE-INTRODUCTION PHASE**

**Week 5 - 6**

### **Re-Introduce These Foods**

- Week 5 - Dairy
- Week 6 - Grains
- Post Challenge - Sugar/Alcohol

# ELIMINATION DIET RECIPES

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## **Lunch / Dinner**

- [Chicken Meatballs](#)
- [Grilled Steak and Peach Salad](#)
- [Cucumber and Avocado Salad](#)
- [Baked Salmon with Fresh Herbs](#)
- [Marinated Chicken Skewers](#)
- [Sweet Potato and Beef Chili](#)
- [Instant Pot Sesame Chicken](#)
- [Salmon Avocado Salad](#)
- [Air Fryer Bacon Wrapped Chicken Bites](#)
- [Spaghetti Squash with Chicken Meatballs](#)
- [Veggie and Black Bean Tacos \(OPTIONAL: Add Lean Meat\)](#)
- [Grilled Chicken Taco Salad](#)
- [Chicken Casserole](#)
- [Air Fryer Turkey Breast](#)

# ELIMINATION DIET RECIPES

**\*\*PAGE 1/5\*\***

## Protein Packed Snacks

- [Bacon Avocado Deviled Eggs](#)
- [Baked Coconut Shrimp](#)
- [Classic Egg Salad](#)
- [Sweet Potato Nachos \(Sub. Lamb w/ Ground Turkey\)](#)
- [Pina Colada Protein Smoothie](#)

## Breakfast

- [Breakfast Tacos](#)
- [Breakfast Egg Bites](#)
- [Blueberry Omelet](#)
- [Veggie Egg Bake](#)
- [Turkey Breakfast Skillet](#)
- [Bulletproof Breakfast Salad](#)
- [Berry Coconut Smoothie](#)

# ELIMINATION DIET RECIPES

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## Lunch / Dinner (Continued)

- [Baked Chicken with Brussels and Sweet Potato](#)
- [Air Fryer Buffalo Chicken Salad](#)
- [Zesty Pork Bowls](#)
- [Cilantro Lime Shrimp](#)
- [Turkey and Sweet Potato Chili](#)
- [Classic Egg Salad](#)
- [Chicken Curry with Coconut Milk](#)
- [5-Ingredient Chicken and Veggies](#)
- [5-Ingredient Burrito Bowls](#)
- [5-Ingredient Sausage and Veggies](#)
- [5-Ingredient BBQ Ranch Chicken Salad](#)
- [5-Ingredient Burger and Fries](#)
- [5-Ingredient BBQ Chicken and Sweet Potato](#)
- [5-Ingredient Salmon Patties](#)

# ELIMINATION DIET RECIPES

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## Side Dishes

- [Perfect Hardboiled Egg](#)
- [Air Fryer Sweet Potato Fries](#)
- [Pork Fried Cauliflower Rice](#)
- [Creamy Avocado Sauce](#)
- [Butternut Squash Home Fries](#)
- [Mango Salsa](#)
- [Mashed Sweet Potatoes](#)
- [Loaded Baked Potato Soup](#)
- [Crispy Brussels Sprouts](#)

## Desserts

- [Berry Crunch Bowl](#)
- [Coconut Almond Butter Truffles](#)
- [Sautéed Apples and Pears](#)
- [Fudgy Brownies](#)

# ***ELIMINATION DIET RECIPES***

***\*\*PAGE 5/5\*\****

## **Desserts (Continued)**

- [3 Ingredients Brownies](#)
- [Coconut Blueberry Pie](#)
- [Carrot Caveman Cookies](#)
- [No Bake Cookies](#)

## **Fast Food**

- [10 Fast Food Options \(Elimination Diet Friendly\)](#)

## **Condiments**

- [10 Condiments \(Elimination Diet Friendly\)](#)

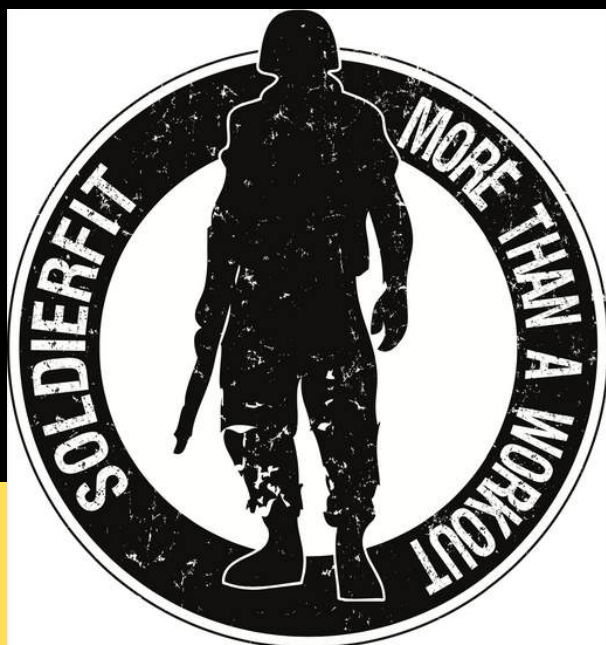
# ***QUESTIONS?***

There's no such thing as a "bad question".

Our team of Coaches is here to SERVE YOU and explain things so that you can get the results you deserve.

If you have any questions, please don't hesitate to reach out to your Coach.

This group is exclusively for our clients. We are here to help you on your fitness journey!



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I WOULD LOVE TO SUPPORT YOU IN ANY WAY THAT I CAN.**

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YOU + YOUR FITNESS GOALS!**

If you want to make a massive impact on your health + wellness...

If you're ready to jump out of bed with more energy and wake up feeling leaner and looking more toned...

If you want to FINALLY learn how to work out and eat right so you never have to stress about getting or staying in shape again...

And if you want to grow an insane amount of inner confidence...

**LET'S MAKE IT HAPPEN!**

**CLICK BELOW TO BOOK A 1:1 STRATEGY CALL**

**BOOK A CALL HERE**