NOW – NUTRITION OF THE WEEK
WEEK 4

ARE YOU COMMITTED ALL IN?

We are right here at the half way mark! Hooray! All you have to do is make a decision that you need things to CHANGE. You have to decide 100% that you don't want to feel this way anymore and you want to feel better, live better and look better. The program is only 56 days! Imagine what you can accomplish.

Did you answer the 24 questions last week? Success depends on you making a decision that enough is enough and start taking ACTION. Pen to paper!

There is NO easy way, NO quick fix, only hard work, a commitment from you, planning, scheduling and ACTION.

Go back to that first video that I gave you about the **4 Things I do Every day to Succeed**. Are you doing them?

MEAL PLANNING

If you compare week 1 to today, how would you rate yourself out of 10 with meal planning accountability? Is it easier?

NOW CHALLENGE REMINDERS AT A GLANCE

- No sugar, no glucose, no fructose *replace with better choices max 3 servings of ½ cup of fruit/day
- No starchy carbs *reach for fresh veggies instead, create some awesome juices (I have **recipes** on the site)
- No processed food, no take out (unless it's clean – see NOW #3 Restaurant guide)
- No alcohol *limit

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***NOW CHALLENGE REMINDERS AT A GLANCE* cont'd**

- ➢ Continue to omit or cut back on cow's dairy, corn, soy, wheat, pork and red meat *limited
- ➢ 10 ½ cup servings of vegetables every day – key to fat/weight loss
- ➢ ***NEW:** Fish oil every day *I suggest Nutra Sea 1 tbsp. in the AM and PM

ELIMINATION PLAN

Did you eliminate in weeks 1-3? If so, you are so much further along and probably feeling the effects of the elimination. Although I would recommend eliminating dairy and heavy carbs for MOST of your daily diet, I realize that we all need our carb fix.

You will not be able to eliminate cravings, get better sleep, reboot your hormones and metabolism if you have not removed the items I suggested – corn, soy, wheat, cow's dairy, pork, etc.

Feel free to add some sweet potatoes and Ezekiel bread **if you have** completely eliminated all of the suggestions that I made in the first 3 weeks. If not, go ahead and jump on board. Yes, it's hard but don't you want to feel better? Nutrition Plan A is calling your name and I am almost always eating from Levels 3-4 of the Goodness Me Chart.

ARE YOU CONSUMING THESE SPICES DAILY?

TRINA'S FAT FIGHTING SPICES:

- ➢ Garlic
- ➢ Ginger
- ➢ Curry
- ➢ Turmeric
- ➢ Cayenne
- ➢ Cinnamon

If not, add them into everything!

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EAT VEGGIES 4 LIVER HEALTH

The liver gets bombarded daily and has to process everything we consume – NOT just alcohol. If you eat a lot of sugar your liver is not going to like you and it going to store fat.

NATURAL LIVER DETOXERS

- Veggies to the rescue! Are you eating 10 half-cup servings per day? It's a great natural detox along with your morning lemon water and detox water.
- Spices listed above
- Dandelion Tea
- Grapefruit
- Carrots and Beets *mindful of servings as higher in natural sugar
- Green Leafy Vegetables
- Olive Oil Cold Pressed Organic
- Avocados
- Apples
- Lemons/Limes
- Cruciferous vegetables (broccoli, cauliflower, kale etc.)
- Walnuts, oh how I love them but my daughter is allergic
- Castor oil packs *check your health food stores

POST WORKOUT SNACKS / CHEAT TREATS

So we have been pretty serious about our nutrition plan. Time for some cheats. This does not mean you can go crazy! Moderation is key. **WARNING:** The more sugar you add, the more cravings and insulin spikes you will have. Even with my HEALTHY treats.

Save these recipe treats for post workout snacks (not at night time) and eat them earlier throughout the day. Sugar needs time to process. They will be high in fat and calories but right after a workout your body is ready to absorb!

These are my favourite and I enjoy them once in a while. Continued on following page.

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CLEAN CHOCOLATE PROTEIN BALLS

Makes approx. 20 one-inch balls

INGREDIENTS:

1/2 cup of sunflower seeds
1/2 cup of hemp hearts
1/4 cup of chia seeds
1/2 cup of unsweetened coconut
*divided 1/4 and 1/4
1/2 cup of fair trade cocoa powder
1/2 cup of almond butter
*if allergies substitute with pumpkin butter or sunflower butter
1/2 cup virgin coconut oil, softened
1/3 - 1/2 cup of honey or pure maple syrup
*I used 2 tbsp. and it was tart

DIRECTIONS:

Place all dry ingredients in a food processor and process for about 20 seconds to grind everything

Add almond butter, coconut oil and honey to the dry mixture and process until blended well. Roll them up into balls *I put the batter on a cookie sheet and refrigerated for 20 minutes so it got a little hard and then I scraped the mix off so it was easier to roll.

Refrigerate for 1 hour before serving!

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COCONUT PROTEIN TIMBITS

Makes about 20 balls depending on your bite size preference

INGREDIENTS:

1/2 cup unsweetened coconut

1/4 cup coconut oil

*solid

2 tbsp. almond butter

1/2 tsp. all natural unsweetened cocoa

2 tbsp. hemp hearts

2 tsp. coconut sugar

*option to omit sugar completely)

2 tsp. chia seeds

DIRECTIONS:

Mix into a paste, refrigerate for 30 min, roll into balls, coat balls in more unsweetened shredded coconut. Freeze for snack. Enjoy!

FROZEN PEANUT BUTTER AND BANANA SANDWICH

Cut chunks of banana (a bit thicker) ½ inch or so

Top with almond or peanut butter

Add another chunk on top

Freeze on a cookie tray and voila it makes a sandwich!

Full of potassium and a great post workout snack!

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POWER PROTEIN COOKIES

Makes 10-12 large cookies

Do not share this! I'm VIP sharing with you

INGREDIENTS:

2 cups Bob's Red Mill rolled oats

1 cup pumpkin seeds

½ cup cranberries

2 tsp. cinnamon

5-6 large VERY ripe bananas

½ cup Sunbutter

*NOT soy, SUNFLOWER seed

¼ cup coconut oil

1 tbsp. vanilla extract

½ bag of dark chocolate chips

DIRECTIONS:

1. Preheat over to 400 F. Peel and roast bananas on a parchment lined sheet in the oven for 30 minutes
2. In a large mixing bowl, add oats, pumpkin seeds, cinnamon and cranberries
3. Combine coconut oil, vanilla and Sunbutter in a sauce pan and melt together
4. Once bananas are done, thoroughly mash and add to mixing bowl of dry ingredients
5. Add the liquid mixture as well
6. Mix together very well and add chocolate chips
7. Make sure the mixture is thick but moist, can add some almond milk if a little too dry
8. Drop large spoonfuls onto a parchment lined sheet
9. Bake for 15 minutes and take out and press with a spatula to a "flat round shape" and bake for another 10 minutes

To be the BEST you must first believe you are the BEST – Trina Medves

"If you do not believe you can achieve it, it won't happen. Start saying, "I'm going to succeed, I can do this, I can, I can!"

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