



WEEK 2

YEEY! Week one is over!! Great work!!! To be successful you will need to follow what you have learned and listen to your body. Remember, it takes burning 3,500 excess calories to lose just 1 LB of fat...so keep moving.

IMPORTANT!

1. Continue to eat 5 to 6 meals a day. (If this is working for you, don't force meals)
2. Small portions. Easy way to remember is that your proteins and carbs should be fist size and your fats should be thumb size and veggies unlimited
3. Do not forget your water
4. Pick something else this week to work on if you have conquered your first nemesis!
5. Let's talk about adding treats and cheats in this week.

Now that your detox week is over, you should have more energy and feel great.

Week two doesn't change much, we are just adding in some bean options and a treat for fruit towards the end of the week. Be mindful and aware how you feel when adding foods back in. You may find something you thought was great for you, actually doesn't make you feel all that good. This is important for your continued weight loss and lifestyle change. Remember to reach out if you have any questions at all.

Week 2 Thoughts

Original weight week 1:

End of week 1 weight:

Hardest part of week 1:

What worked?

What do you need to work on this week?

Proven Health Benefits of Chia Seeds

Chia seeds are among the healthiest foods on the planet.

They are loaded with nutrients that can have important benefits for your body and brain.

Here are 11 health benefits of chia seeds that are supported by human studies.

1. Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories

Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, which is related to the mint. This plant grows natively in South America.

Chia seeds were an important food for the Aztecs and Mayans back in the day.

They prized them for their ability to provide sustainable energy... in fact, “chia” is the ancient Mayan word for “strength.”

Despite their ancient history as a dietary staple, only recently did chia seeds become recognized as a modern day superfood.

In the past few years, they have exploded in popularity and are now consumed by health conscious people all over the world.

1 ounce (28 grams) serving of chia seeds contains:

- **Fiber:** 11 grams.
- **Protein:** 4 grams.
- **Fat:** 9 grams (5 of which are Omega-3s).
- **Calcium:** 18% of the RDA.
- **Manganese:** 30% of the RDA.
- **Magnesium:** 30% of the RDA.
- **Phosphorus:** 27% of the RDA.
- They also contain a decent amount of Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine) and Vitamin B2.

This is particularly impressive when you consider that this is just a single **ounce**, which supplies only 137 calories and one gram of digestible carbohydrate!

Just so that we're all on the same page, 1 ounce equals 28 grams, or about 2 tablespoons.

Bottom Line: Despite their tiny size, chia seeds are among the most nutritious foods on the planet. They are loaded with fiber, protein, Omega-3 fatty acids and various micronutrients.

2. Chia Seeds Are Loaded With Antioxidants

Although antioxidant *supplements* are not very effective, getting antioxidants from *foods* can have positive effects on health

Most importantly, antioxidants fight the production of free radicals, which can damage cells and contribute to ageing and diseases like cancer

Bottom Line: Chia seeds are high in antioxidants that help to protect the delicate fats in the seeds. They also have various benefits for health.

3. Almost All The Carbs in Them Are Fiber

Looking at the nutrition profile of chia seeds, you see that an ounce has 12 grams of “carbohydrate.”

However... 11 of those grams are fiber, which isn't digested by the body.

Fiber doesn't raise blood sugar, doesn't require insulin to be disposed of and therefore shouldn't count as a carb

Because of all the fiber, chia seeds can absorb up to 10-12 times their weight in water, becoming gel-like and expanding in your stomach

Theoretically, this should increase fullness, slow absorption of your food and help eat fewer calories.

Fiber also feeds the friendly bacteria in the intestine, which is important because keeping your gut well fed is absolutely crucial for health

Chia seeds are 40% fiber, by weight. This makes them one of the best sources of fiber in the world.

Bottom Line: Almost all of the carbohydrates in chia seeds are fiber. This gives them the ability to absorb 10-12 times their weight in water. Fiber also has various beneficial effects on health.

4. Chia Seeds Are High in Quality Protein

Chia seeds contain a decent amount of protein.

By weight, they are about 14% protein, which is very high compared to most plants. They also contain a good balance of essential amino acids, so our bodies should be able to make use of the protein in them. Protein has all sorts of benefits for health. It is also the most weight loss friendly nutrient in the diet, **by far**.

Bottom Line: Chia seeds are high in quality protein, much higher than most plant foods. Protein is the most weight loss friendly macronutrient and can drastically reduce appetite and cravings.

5. Due to The High Fiber and Protein Content, Chia Seeds Should be Able to Help You Lose Weight

Many health experts believe that chia seeds can help with weight loss.

The fiber absorbs large amounts of water and expands in the stomach, which should increase fullness and slow the absorption of food.

Then the protein in chia seeds could help to reduce appetite and food intake.

Although *just* adding chia seeds to your diet is unlikely to affect your weight,

Bottom Line: Chia seeds are high in protein and fiber, both of which have been shown to aid weight loss.

Almond Butter vs. Peanut Butter

Peanut butter is a good source of protein and monounsaturated fatty, and it has some magnesium, potassium, selenium and a few B vitamins. One tablespoon of peanut butter has 94 calories, 4 grams protein, and 8 grams of total fat.

Almond butter has a bit more fat than peanut butter, but that includes more monounsaturated fat and about half the amount of saturated fat. Almond butter also has more fiber, and fewer carbohydrates, so it has about the same number of calories as peanut butter.

Vitamin E

Almond butter has a nutritional advantage over peanut butter due to its vitamin E content. You use vitamin E to **protect your cells from oxidative damage**. As an antioxidant, vitamin E can neutralize free radicals, preventing these harmful chemicals from oxidizing your DNA and proteins, which damages your cells. Almond butter contains approximately **4 milligrams of vitamin E per tablespoon -- about 27 percent of your daily vitamin E requirements**, according to the Linus Pauling Institute. Peanut butter contains just 1 milligram of vitamin E per 1-tablespoon serving.

Magnesium

Switching from peanut butter to almond butter can also help you boost your magnesium intake. A tablespoon of almond butter contains **45 milligrams of magnesium** -- 11 percent of the magnesium requirements for men and 14 percent for women, according to the Office of Dietary Supplements. An equivalent serving of **peanut butter contains just 26 milligrams**. Magnesium contributes to the function of your **nervous system**, facilitates muscle contraction, makes up a component of healthy bone tissue and helps support your metabolism.

Iron

Opting for almond butter over peanut butter also proves advantageous due to almond butter higher iron content. Iron promotes healthy **oxygen transport** -- it helps you make hemoglobin and myoglobin, two proteins that oxygenate your tissues. Like vitamin E, iron protects your cells from oxidative damage by helping to activate antioxidant enzymes in your cells. A tablespoon of almond butter contains **0.6 milligrams of iron, compared to 0.3 milligrams** in a tablespoon of peanut butter. Each tablespoon of almond butter **provides 8 percent of the daily iron requirements** for men, according to the Linus Pauling Institute, and 3 percent for women.

Making Healthy Choices

Almond butter contains more of a few key vitamins and minerals, but both peanut and almond butters have a place in a healthy diet. Peanut butter offers some nutritional advantages. For example, it provides more selenium -- a mineral important to enzyme function -- than almond butter. Whether you opt for almond or peanut butters, try to select minimally processed nut butters. Some commercial varieties of peanut and almond butter contain added sugar and salt to add flavor, as well as additives that prevent oil separation. Choose varieties of peanut or almond butter made from nuts alone, with no added preservatives or additives.

Week 2 SAMPLE MENU

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Day 1:

Breakfast

2 Egg Cups with ½ an avocado or black bean broccoli or spinach quiche

Snack

2 tsp nut butter or 10 raw nuts

Lunch

“Avocado Egg Mash” ½ avocado, 2 hard boiled eggs all mashed with hot pepper, sea salt and honey mustard with mushroom caps and celery (unlimited)

Snack

Veggies

¼ cup hummus

Dinner

One Pot Greek Style Chicken (see recipes)

Snack

5 walnuts with ½ tsp melted Irish butter with cinnamon sprinkled on top

NOTES:

Week 2 SAMPLE MENU, continued

DAY 2:

Breakfast

2 hard-boiled eggs with veggies (salsa or hot sauce) or eggs anyway with ½ an avocado or 2 egg cups or slice of quiche (about and 1/8 is a piece)

Snack

3 turkey roll-ups with mustard or hot sauce with a few slices of avocado or 4-5 coconut chucks

Lunch

Leftover Chicken from dinner over big salad

Snack

2 cups chopped veggies

¼ C hummus

or turkey roll ups with mustard or a hard boiled egg and 5 nuts

Dinner

Turkey Pesto Meatballs (make extra) (recipe in week one, add 2 tablespoons of olive oil to mix if to dry), serve over spiral veggie of choice (unlimited) with a drizzle of olive oil and dollop of the pesto sauce.

Snack

1 tablespoon nut butter

NOTES:

Week 2 SAMPLE MENU, continued

DAY 3:

Breakfast

3 egg 1-2 full eggs (this is your fat) loaded with veggies, use olive oil or real Irish butter in pan (fat) or 2 hard boiled eggs with ½ an avocado or 2-3 egg cups with ½ of an avocado
or green juice (see recipe)

Snack:

8-10 nuts or 2 teaspoons nut butter or coconut chunks

Lunch

Tuna or chicken salad with big salad or 3-4 of the turkey meatballs (reheat in toaster) with a big salad with raw veggies olive oil lemon or lime, sesame seeds, pepper (no salt because the pesto has salt)

Snack

Veggies with Salsa or honey mustard or green juice or 2 hard boiled eggs with salt and pepper

Dinner

Easy shredded chicken tacos (see recipes)

Snack

4 oz Turkey Meat rolls or 1 Tablespoon nut butter
Veggies

NOTES:

Week 2 SAMPLE MENU, continued

DAY 4:

Breakfast

Green juice or any of the egg options

Snack

5-8 nuts or 2 teaspoons nut butter

Lunch

Leftover chicken taco over big salad or with ½ an avocado or the “avocado and egg mash” from day one

Snack

Veggies with ¼ cup hummus

Dinner

Pork Chop or chicken or shrimp with Kale and Bell peppers with roasted garlic cauliflower as a side (see recipes)

Snack

two leftover turkey meatballs or 2 teaspoons nut butter or coconut chunks dipped in 1 tsp nut butter

NOTES:

Week 1 SAMPLE MENU, continued

Day 5:

Breakfast

Egg cups or a slice of either quiche topped with ½ an avocado

Snack

Small green apple with 1 Tbsp nut butter

Lunch

Mediterranean Bean Salad (see recipes) topped with ½ an avocado

Snack

1 C chopped veggies

hummus

Dinner

Shrimp Tacos (in recipes)

With steamed or roasted veggies (drizzle balsamic vinegar while they roast, yum) or big salad

Snack

Crispy roasted chickpeas (See recipe)

NOTES:

Week 1 SAMPLE MENU, continued

DAY 6:

Breakfast

Sundried tomato quiche or black bean quiche

Snack

4 slices of turkey rolled with canned roasted peppers and mustard of choice

Lunch

Leftover Shrimp or another slice of quiche with ½ avocado and side salad

Snack

Roasted Chickpeas

Dinner

Clean Cut slow cooked black bean chicken with side of crunchy cauliflower and tomato salad (see recipes)

This also goes great over cauliflower rices

Snack

1 tablespoon nut butter

NOTES:

Week 1 SAMPLE MENU, continued

Day 7:

Breakfast

Make the green juice or any of the egg choices

Snack

½ C berries and a handful of nuts

Lunch

Leftover chicken from day 6 or the tuna or chicken salad over salad or with balsamic broccoli

Snack

Turkey roll ups with hummus or 4-5 coconut chunks with tsp peanut butter

Dinner

Vegetarian (or use ground turkey, chicken or lean beef with same recipe) (see recipes) with steamed asparagus drizzled with olive oil sea salt and pepper

Snack

Sliced avocado with a drizzle of olive or sesame oil and everything bagel seasoning

NOTES: