



## **Clean Cut Weight Loss Challenge Week 4**

**How do you feel?!**

**Weight this week:**

**Is everything coming together?**

**What are some challenges you still face?**

## Friendly Reminders

- Remember Sugar is the enemy. Your main meals and mini meals should be protein, veggie and good fat based. These three are key to keeping your metabolism high, your cells clean and your body working properly.
- Portion Control.  
Proteins and carbs should not be larger than your fist  
Healthy Fats (½ an avocado, 1-3 tablespoons oils, 8-10 nuts, 1-3 tablespoons nut butter, etc.)

**At This point of the challenge you should have found your GO TO FOODS, your favorites and what works for you and are safe.**

### **FUN TIP!**

Remember to grab a pretty basket for your kitchen counter and put your newly discovered recipes in it so when you are looking for something fun and new to try you have them in reach!

**If you choose, you can continue to add a few approved complex carbohydrates to your plan this week. We are focusing on Quinoa, Sweet Potato or Sprouted Bread. PLEASE note how you felt last week adding them in. We can't emphasize enough that these are good for you but if they are over used or trigger you then you need to pull back!!!**

**We want you to focus on how your body is reacting to foods. Taking notes, using MyFitnessPal are great tools to help take and keep the weight from coming off? Are you stuck? Please reach out if you are and we can help tweak your program. Like we said week one, everyone has different needs, lives and bodies. We are here to find what works for you!**

**Remember, you have a goal! It may not be met in 6 weeks but this program is designed for life not a quick fix. Baby steps, you can do this!!!**

## **GMO, what is it? Genetically Modified Organism**

Food is not made the same as it was years ago. Our environment has changed growth in population increased, more farmers and company's processes food, etc. have all lead to manufactures manipulating how they increase production of products that come to market. Although the foods have changed our bodies and the way we process food has not.

When we ingest these genetically modified foods they are foreign to our system and cannot be broken down as a source of energy, vitamins, mineral etc. So what happens to it??? It turns to FAT or makes us more susceptible to diseases.

To help you guide through these types of foods here are a few tips and links and an app to help go GMO Free.

APP: Non GMO Project: will help you choose non-GMO foods while shopping

Four Tips to help Eat GMO free:

- 1- Buy organic, they cannot include GMO ingredients if they are certified organic
- 2- Look for "Non-GMO Project" seals on food (see seal on app above)
- 3- Avoid at risk ingredients such as, soybeans, canola, corn and sugar from sugar beets
- 4- Buy from the list provided on this link  
<http://responsibletechnology.org/nongmoshoppingguide.pdf?key=28876010>

## Your Organic Food List

A list is put out every year by the Environmental Working Group (EWG) about what foods contain the most pesticide residue. The Dirty Dozen is your list you really should be buying organic. The clean 15 are the fruits and vegetables that had the least pesticide residue when tested. Their website is [www.ewg.org](http://www.ewg.org). They also provide amazing info on GMO, sunscreen, makeup and more.

### DIRTY DOZEN (2017)

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears
- Cherrys
- Grapes
- Celery
- Tomatoes
- Sweet Bell Peppers
- Potatoes

### CLEAN FIFTEEN (2017)

- Sweet corn
- Avocados
- Pineapples
- Cabbage
- Onions
- Frozen sweet peas
- Papayas
- Asparagus
- Mangoes
- Eggplant
- Honeydew
- Kiwifruit
- Cantaloupe
- Cauliflower
- Grapefruit

\* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

## How To Read Your Produce Labels

Unfortunately, requiring produce and food labels to tell us they are GMO has been extremely controversial. Congress has passed a law that requires manufacturers and produce growers to label if their product is GMO in 2016, but they have 2 years to comply with the law. AND, companies are finding loopholes left and right.

Produce labels are supposed to be labeled like below, but it has never been a law. And we have never seen a piece of produce labeled GMO. So as much as we want to use these numbers, the food companies and getting around it. We do our best to educate and be smart about these things. I am going to keep these numbers in the program for now, but know that labeling GMO is NOT REQUIRED CURRENTLY BY LAW. WOW...there must be a reason they don't tell us.

This is what its supposed to look like...There are 3 numbers we want you to look for. 8, 9 and 3 or 4. These numbers mean something on those tiny stickers on your produce. Burt as stated above...companies are not following these rules.

**If the first number on the sticker of the produce you are buying is:**

**8, it is GMO, Genetically Modified (let us know if you ever see this!)**

**9, it is ORGANIC**

**3 or 4, it is CONVENTIONALLY GROWN  
(most likely there is some pesticide used).**

**This is important on the DIRTY DOZEN LIST, so check that out.**



**BE AWARE, THIS IS NOT REQUIRED CURRENTLY BY LAW.**

<https://modernfarmer.com/2016/08/gmo-labeling-law/>

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm059098.htm>

<https://www.nbcnews.com/health/health-news/congress-passes-gmo-food-labeling-bill-n609571>

[https://www.huffingtonpost.com/teen-vogue/why-the-new-gmo-food-label\\_b\\_9738698.html](https://www.huffingtonpost.com/teen-vogue/why-the-new-gmo-food-label_b_9738698.html)

<http://www.wholefoodsmarket.com/gmo-shopping-tips>

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## Week 4 Food Guide

### Monday Menu

#### Breakfast

Quinoa Chia Spiced Breakfast Bowl Recipe

#### Snack

Cucumber dipped in mashed avocado (add garlic powder, red pepper, etc.)

#### Lunch

4 oz. protein like turkey, chicken or tuna salad over greens (unlimited greens and veggies)

2-tsp of olive oil, lemon, pink sea salt and pepper on your veggies

#### Snack

Shake or your “go to” at this point

#### Dinner

Salmon With Roasted Brussel Sprouts Recipe or over one of the Kale salads in recipes

#### Snack

2 Tsp. Nut Butter or a hard boiled egg

## **Tuesday Menu**

### **Breakfast**

Your Favorite Egg Quiche

### **Snack**

Berries or a green apple with a handful of nuts or what has been working for you

### **Lunch**

Turkey Roll Ups with Roasted Red Pepper and Edamame Salad (see recipe)  
Side Salad or leftover kale salad

### **Snack**

Edamame Salad or ½ cup a breakfast quinoa bowl (if you didn't have the apple)

### **Dinner**

Spaghetti Squash Pesto Recipe (with chicken, shrimp, tofu, etc.) with roasted pepper side or add into dish

### **Snack**

Handful of nuts



## **Wednesday Menu**

### **Breakfast**

Greek Yogurt with cinnamon

### **Snack**

Edamame Salad or ½ an apple with turkey or 1 teaspoon of nut butter

### **Lunch**

½ of a sweet potato sliced (into a few ¼ inch slices) and toasted like bread, top with a fried egg or any protein you like (chicken or tuna salad, turkey) or the coconut sweet potato in recipes

### **Snack**

Sliced avocado with Turkey

### **Dinner**

Shrimp and Avocado Salad Recipe side of asparagus almond salad

### **Snack**

2 Tsp Nut butter

## Thursday Menu

### Breakfast

2 hard-boiled eggs

¼ of an avocado all mashed together like a tuna salad

### Snack

½ Greek Yogurt with berries and 5 crushed nuts or one of the coconut sweet potato

### Lunch

4 oz. protein like turkey, chicken, tuna salad etc. over greens (big bowl) with veggies

2-tsp of olive oil, lemon, pink sea salt and pepper

### Snack

1 tsp of nut butter or 1 full egg and a white with hummus or hot sauce

### Dinner

Super Green Quinoa Recipe as side ½ cup with any protein you like (Salmon, Chicken, Shrimp seasoned with Magic Seasoning “Magic brand dry rub” **if you didn’t have the sweet potato.** If you Did one of the Kale salads

### Snack

Hummus and veggies or whatever nighttime snack is working for you

## **Friday Menu**

### **Breakfast**

shake or eggs anyway you like

### **Snack**

½ of an apple sliced wrapped in 4 slices of turkey dipped in honey mustard  
or ½ serving of chia pudding

### **Lunch**

¼ cup leftover quinoa topped with 1-2 over easy eggs or 4 oz of organic  
rotisserie chicken

### **Snack**

nuts

### **Dinner**

Shredded chicken (from a fully cooked organic chicken) over big salad or  
roasted veggies

Salsa

½ Avocado

### **Snack**

½ serving of chia pudding

**Saturday:**

**(Have a small cheat, like a glass or 2 of wine, 2 bites of dessert, whatever you enjoy.)**

**Breakfast:**

Mocha Latte Quinoa Breakfast Recipe

**Snack:**

Cucumber with salt and little walnut oil (at trader joe's), with ½ and avocado

**Lunch:**

Nice salad with spicy chicken or chicken salad, Olive oil Lemon/lime salt pepper with honey mustard.

**Snack:**

2 tsp nut butter

**Dinner:**

lemon Shallot Shrimp (see recipe) with roasted veggie side

**Snack:**

chia pudding

## **Sunday**

### **Breakfast:**

2 eggs anyway you like them with hot sauce and ½ avocado or quinoa breakfast bowl

### **Snack:**

½ Greek yogurt with drizzle of honey and berries

### **Lunch:**

Tuna salad with endive or mushroom caps (stuff tuna in them or on endive) with ½ an avocado

### **Snack:**

hard-boiled egg with cucumber salt/pepper and walnut oil (Love this snack)

### **Dinner:**

Spiral zucchini sautéed in garlic and oil with grilled chicken, cherry tomato and a sprinkle of parmesan cheese. or one of the quinoa dishes (like the minestrone soup).

### **Snack:**

chia pudding with ½ cup of berries