

# NXPFT

FITNESS RESULTS  
CHALLENGE

2018


NUTRITIONAL INFORMATION



# Welcome to the 2018 Team Fitness Results Challenge!

- Your Fit3D Scan is done! Now it's time to read through the material and get to work!
- Monday, 1/8/2018 you will get an email with the videos from our Health and Wellness experts, explaining how to go about your first 3 weeks.
- Start a text group and a Facebook group with your team to stay in contact

Here is a breakdown of your resources during this challenge:

<p><b><u>Wellness:</u></b> KOI Wellness Lounge Dr. Brooke Leverone <a href="tel:858-257-2808">858-257-2808</a> <a href="mailto:drleverone@koiwellbeing.com">drleverone@koiwellbeing.com</a> \$10 OFF Vitamin Injections \$50 OFF IV Therapy sessions \$75 OFF 1st consultation</p> <p><b><u>Nutrition:</u></b> Tiffany Rios <a href="tel:1608-742-8303">1608-742-8303</a> <a href="mailto:Tiffrios31@gmail.com">Tiffrios31@gmail.com</a> \$30 for 1 hour Consultation</p>	<p><b><u>Chiropractic:</u></b> The Chiropractic Group Dr. Stan Shapiro <a href="tel:1858-565-2433">1858-565-2433</a> **FREE consultation with digital x-rays **\$30 drop in adjustments</p> <p><b><u>NXPT Wellness:</u></b> Book through NXPT App</p> 
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## Step 1: Clean House

First, get the stuff you won't be eating out of the house. Having tempting food-with-no-brakes just sitting around is a recipe for late-night stress eating, so let's put some distance between you and those Pringles, shall we? Time to clean out the pantry—toss the stuff you won't be eating, give it to a neighbor, or donate it to a local food bank, as long as it's not within striking distance. Habit research shows that the average craving lasts only 3-5 minutes, which means by the time you change out of your PJs, find your keys, grab your wallet, and head for the door... the craving has passed, and you've stuck to your Whole30 another day.

## Step 2: GO SHOPPING

Time to stock up on Whole, Real foods! Use your meal plan to help you create a shopping list, and head to your local grocery store, health food store, farmers market, or co-op.

- Hit the meat, seafood, and eggs first, as the first place your pennies should go is high-quality animal protein sources.
- Next, load up on vegetables and fruit (in that order). Although many produce items are now available year-round, shop seasonally for the best price and taste.
- Next up—healthy fats, like extra-virgin olive oil, coconut oil, pastured butter (to clarify at home), olives, nuts, and seeds.
- Finally, stock your pantry with the essentials—and don't forget to check Amazon for not-necessary-but-nice-to-have items you may not be able to find locally (like coconut aminos).

Since April 2009, hundreds of thousands of people have successfully completed our Whole30 program with amazing results. This is a summary of the official rules of the Whole30®. For more detailed information, refer to our New York Times bestselling book, [It Starts With Food](#).

## What is the Whole30®?

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat – even the “healthy” stuff. So how do you know if (and how) these foods are affecting you?

Strip them from your diet completely. Cut out all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups for a full 30 days. Let your body heal and recover from whatever effects those foods may be causing. Push the “reset” button with your metabolism, systemic inflammation, and the downstream effects of the food choices you've been making. Learn once and for all how the foods you've been eating are actually affecting your day to day life, and your long term health. The most important reason to keep reading?

This will change your life.

We cannot possibly put enough emphasis on this simple fact—the next 30 days will change your life. It will change the way you think about food, it will change your tastes, it will change your habits and your cravings. It could, quite possibly, change the emotional relationship you have with food, and with your body. It has the potential to change the way you eat for the rest of your life. We know this because we did it, and tens of thousands of people have done it since, and it changed our lives (and their lives) in a very permanent fashion.

## The Whole30 Program Rules

### **Yes: Eat real food.**

Eat meat, seafood, eggs, tons of vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're totally natural and unprocessed.

### **No: Avoid for 30 days.**

More importantly, here's what NOT to eat during the duration of your Whole30 program. Omitting all of these foods and beverages will help you regain your healthy metabolism, reduce systemic inflammation, and help you discover how these foods are truly impacting your health, fitness and quality of life.

# NXPT TEAM

## FITNESS CHALLENGE

# THE OFFICIAL WHOLE30 PROGRAM RULES

<http://whole30.com>

- **Do not consume added sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, xylitol, stevia, etc. Read your labels, because companies sneak sugar into products in ways you might not recognize.
- **Do not consume alcohol, in any form, not even for cooking.** (And it should go without saying, but no tobacco products of any sort, either.)
- **Do not eat grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, sprouted grains and all of those gluten-free pseudo-grains like quinoa. This also includes all the ways we add wheat, corn and rice into our foods in the form of bran, germ, starch and so on. Again, read your labels.
- **Do not eat legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).
- **Do not eat dairy.** This includes cow, goat or sheep’s milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or ghee. (See below for details.)
- **Do not consume carrageenan, MSG or sulfites.** If these ingredients appear in any form on the label of your processed food or beverage, it’s out for the Whole30.
- **Do not try to re-create baked goods, junk foods, or treats\* with “approved” ingredients.** Continuing to eat your old, unhealthy foods made with Whole30 ingredients is totally missing the point, and will tank your results faster than you can say “Paleo Pop-Tarts.” Remember, these are the same foods that got you into health-trouble in the first place—and a pancake is still a pancake, regardless of the ingredients.

One last and final rule:

**You are not allowed to step on the scale or take any body measurements for the duration of the program.**

This is about so much more than just weight loss, and to focus on your body composition means you’ll miss out on the most dramatic and lifelong benefits this plan has to offer. So, no weighing yourself, analyzing body fat or taking comparative measurements during your Whole30. (We do encourage you to weigh yourself before and after, however, so you can see one of the more tangible results of your efforts when your program is over.)

*\*A few off-limits foods that fall under this rule include pancakes, bread, tortillas, biscuits, muffins, cupcakes, cookies, pizza crust, waffles, cereal, potato chips, French fries, and this one recipe where eggs, date paste, and coconut milk are combined with prayers to create a thick, creamy concoction that can once again transform your undrinkable black coffee into sweet, dreamy caffeine. However, this list is not limited to these items—there may be other foods that you find are not psychologically healthy for your Whole30. Use your best judgment with those foods that aren’t on this list, but that you suspect are not helping you change your habits or break those cravings.*

## The Fine Print

These foods are exceptions to the rule, and are allowed during your Whole30.

- **Clarified Butter or Ghee.** Clarified butter or ghee is the only source of dairy allowed during your Whole30. Plain old butter is NOT allowed, as the milk proteins found in non-clarified butter could impact the results of your program. Refer to our [Butter Manifesto](#) for more details on the milk proteins found in butter, purchasing high quality butter, and how to clarify it yourself.
- **Fruit juice as a sweetener.** Some products or recipes will include fruit as a sweetener, which is fine for the purposes of the Whole30. (We have to draw the line somewhere.)
- **Certain legumes.** We're fine with green beans, sugar snap peas and snow peas. While they're technically a legume, these are far more "pod" than "bean," and green plant matter is generally good for you.
- **Vinegar.** Most forms of vinegar, including white, balsamic, apple cider, red wine, and rice, are allowed during your Whole30 program. The only exceptions are vinegars with added sugar, or malt vinegar, which generally contains gluten.
- **Salt.** Did you know that all iodized table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidizing and being lost. Because all restaurant and pre-packaged foods contain salt, we're making salt an exception to our "no added sugar" rule.

## Give Us Thirty Days

Your only job during the Whole30 is to focus on making good food choices. You don't need to weigh or measure, you don't need to count calories, you don't need to stress about organic, grass-fed, pastured or free range. Just figure out how to stick to the Whole30 in any setting, around every special circumstance, under any amount of stress... for 30 straight days. Your only job? Eat. Good. Food.

The only way this will work is if you give it the full thirty days: no cheats, slips, or "special occasions." This isn't us playing the tough guy. This is a fact, born of education and experience. You need such a small amount of any of these inflammatory foods to break the healing cycle—one bite of pizza, one splash of milk in your coffee, one lick of the spoon mixing the batter within the 30 day period and you've broken the "reset" button, requiring you to start over again on Day 1.

You must commit to the full program, exactly as written. Anything less and we make no promises for your results, or the chances of your success. Anything less and you are selling yourself—and your potential results—short.

It's only 30 days.

## It's For Your Own Good

Here comes the tough love. This is for those of you who are considering taking on this life-changing month, but aren't sure you can actually pull it off, cheat free, for a full 30 days. This is for the people who have tried this before, but who "slipped" or "fell off the wagon" or "just HAD to eat (fill in food here) because of this (fill in event here)." This is for you.

- **It is not hard.** Don't you dare tell us this is hard. Beating cancer is hard. Birthing a baby is hard. Losing a parent is hard. Drinking your coffee black. Is. Not. Hard. You've done harder things than this, and you have no excuse not to complete the program as written. It's only thirty days, and it's for the most important health cause on earth—the only physical body you will ever have in this lifetime.
- **Don't even consider the possibility of a "slip."** Unless you physically tripped and your face landed in a pizza, there is no "slip." You make a choice to eat something unhealthy. It is always a choice, so do not phrase it as if you had an accident. Commit to the program 100% for the full 30 days. Don't give yourself an excuse to fail before you've even begun.
- **You never, ever, ever have to eat anything you don't want to eat.** You're all big boys and girls. Toughen up. Learn to say no (or make your mom proud and say, "No, thank you"). Learn to stick up for yourself. Just because it's your sister's birthday, or your best friend's wedding, or your company picnic does not mean you have to eat anything. It's always a choice, and we would hope that you stopped succumbing to peer pressure in 7th grade.
- **This does require a bit of effort.** Grocery shopping, meal planning, dining out, explaining the program to friends and family, and dealing with stress will all prove challenging at some point during your program. We've given you tools, guidelines and resources, but take responsibility for your own plan. Improved health, fitness, and quality of life doesn't happen automatically just because you're now taking a pass on bread.
- **You can do this.** You've come too far to back out now. You want to do this. You need to do this. And we believe that you can do this. So stop thinking about it, and start doing. Right now, this very minute, tell someone that you are starting the Whole30.

## In Conclusion...

We want you to participate. We want you to take this seriously, and see amazing results in unexpected areas. Even if you don't believe this will actually change your life, if you're willing to give it 30 short days, do it. It is that important. We believe in it that much. It changed our lives, and we want it to change yours too.

Welcome to the Whole30.

# 1500 CALORIE MEAL PLAN

1500 Cal

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Cal	
Breakfast	2 Eggs, whole, scrambled	180 2 Eggs, whole Fried	180 N/Oatmeal w/ Full Fat	530 2 Eggs, whole, scrambled	180 2 Eggs, whole	180 N/Oatmeal w/ Full Fat	530 2 Eggs, whole	180	
	2 Pieces Bacon	80 Leftover Salmon, 3 oz	175 Coconut Milk	Green Pepper, Onion	50 2 Pieces Bacon	Coconut Milk	2 Pieces Bacon	80	
	1 C Kale, sauteed	80 1 C Leftover Brussel Sprout	60 (Recipe Link Below)	1/2 Avocado	115 1 C Kale, sauteed	(Recipe Link Below)	(Recipe Link Below)	1 C Kale, sauteed	80
	1 Tbs Cooking Fat	120 1 Tbs Cooking Fat	120	1 Tbs Cooking Fat	120 1/2 Tbs Cooking Fat	75	1/2 Tbs Cooking Fat	75	
Total	460	535	535	530	465	415	530	415	
Lunch	4 oz Chicken	270 3 oz Canned Tuna (1 Can)	150 Leftover Burger, 4 oz	250 4 oz, Baked Tilapia	110 3 oz Canned Tuna (1 Can)	150 Paleo Sweet Potato Chili	465 Italian Stuffed Pepper	550	
	Mixed Green Salad	75 1.5 Tbs Avocado oil Mayo	135 Leftover Sweet Pot, 1 C	180 Balsamic Glazed Veggie	455 1.5 Tbs Avocado oil Mayo	135 1.5 serving	1 Full pepper	550	
	Tessamae Dressing, 1 Tbsp	100 1/2 Avocado	115 Leftover Zucchini, 1 C	35 (w/ walnuts)	1/2 Avocado	115 (Recipe Link Below)	(Recipe Link Below)	110	
	1/2 Avocado	115 1 Tomato, sliced	25 1 Tbsp Cooking Fat	120 (Recipe Link Below)	1 Tomato, sliced	25 Serve over Cauli. Rice, 1 C	40 1/2 c Brown Rice	110	
Total	560	425	425	585	565	425	505	660	
Dinner	4 oz Baked Salmon	235 4 oz Grass Fed Hamburger	250 4 oz, Baked Tilapia	110 Paleo Sweet Potato Chili	465 Italian Stuffed Pepper	550 4 oz Chicken	270 Paleo Sweet Potato Chili	465	
	1/2 C Brown Rice	110 1/2 C Roasted Sweet Pot Fries	120 Balsamic Glazed Veggie	304 1.5 serving	1 Full pepper	Mixed Green Salad	75 1.5 serving	465	
	2 C Roasted Brussel Sprout	60 1 C Roasted Zucchini Spears	35 (w/out walnuts)	(Recipe Link Below)	(Recipe Link Below)	Tessamae Dressing, 1 Tbsp	100 (Recipe Link Below)	465	
	1 Tbs Cooking Fat	120 1 Tbs Cooking Fat	120 (Recipe Link Below)	Serve over Cauli. Rice, 1 C	40 1/2 c Brown Rice	110 1/2 Avocado	115 Serve over Cauli. Rice, 1 C	40	
Total	525	525	525	414	505	660	560	505	
Daily Calorie Total	1545	1485	1485	1529	1535	1500	1595	1580	

Recipes:

**N/Oatmeal by Diane Sanfilippo**  
<https://balancedit.com/content/paleo-noatmeal-apple-cinnamon-banana-coconut/>

**Balsamic Glazed Veggies by Meghan Telpner**  
<https://www.meghantelpner.com/blog/balsamic-roasted-vegetables/>

**Paleo Sweet Potato Chili**  
<https://www.tastefizzly.com/paleo-sweet-potato-chili/>

**Italian-Style Stuffed Peppers by Diane Sanfilippo**  
<https://balancedit.com/content/easy-recipe-italian-style-stuffed-peppers/>



# 2000 CALORIE MEAL PLAN

2000 Cal

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Cal
Breakfast	3 Eggs, whole, scrambled	235 3 Eggs, whole Fried	235 N/Oatmeal w/ Full Fat	530 3 Eggs, whole, scrambled	235 3 Eggs, whole	180 N/Oatmeal w/ Full Fat	530 3 Eggs, whole, scrambled	235
	2 Pieces Bacon	80 Leftover Salmon, 3 oz	175 Coconut Milk &	Green Pepper, Onion	50 2 Pieces Bacon	80 Coconut Milk &	Green Pepper, Onion	50
	2 C Kale, sauteed	160 1 C Leftover Brussel Sprout	60 Crush nuts, 1/4 C	160 Turkey Sausage, 3 links	120 2 C Kale, sauteed	160 Crush nuts, 1/4 C	160 Turkey Sausage, 3 links	120
Lunch	1 Tbs Cooking Fat	120 1 Tbs Cooking Fat	120 (Recipe Link Below)	1 Avocado	230 1 Tbs Cooking Fat	120 Recipe Link on Pg. 3	1 Avocado	230
	Total	595 Total	590 Total	690 Total	635 Total	540 Total	690 Total	635
	5 oz Chicken	235 6 oz Canned Tuna (2 Can)	300 Leftover Burger, 4 oz	250 8 oz, Baked Tilapia	220 6 oz Canned Tuna (1 Can)	300 Paleo Sweet Potato Chili	620 Italian Stuffed Pepper	550
Dinner	Mixed Green Salad	75 2 Tbs. Avocado oil Mayo	180 Leftover Sweet Pot, 1 C	Balsamic Glazed Veggie	455 2 Tbs. Avocado oil Mayo	180 2 serving	1 Full pepper	
	Tessamae Dressing, 1 Tbsp	100 1 Avocado,	230 Leftover Zucchini, 1 C	35 (w/ walnuts)	1 Avocado,	230 (Recipe Link below)	(Recipe Link below)	
	1/2 Avocado	115 1 Tomato, Sliced	25 1 Tbsp Cooking Fat	120 (Recipe Link on Pg. 3)	1 Tomato, Sliced	25 Serve over Cauli. Rice, 1 C	40 1 C Brown Rice	220
Total	525 Total	525 Total	735 Total	585 Total	675 Total	735 Total	660 Total	770
	5 oz Baked Salmon	300 6 oz Grass Fed Hamburger	350 8 oz, Baked Tilapia	220 Paleo Sweet Potato Chili	620 Italian Stuffed Pepper	550 5 oz Chicken	235 Paleo Sweet Potato Chili	620
	1.5 C Brown Rice	325 1 C Roasted Sweet Pot Fries	225 Balsamic Glazed Veggie	455 2 serving	1 Full pepper	Mixed Green Salad	75 2 serving	
Total	865 Total	865 Total	730 Total	675 Total	660 Total	770 Total	525 Total	660
	Daily Calorie Total	1985 Daily Calorie Total	2055 Daily Calorie Total	1950 Daily Calorie Total	1970 Daily Calorie Total	2045 Daily Calorie Total	1875 Daily Calorie Total	2065

Recipes:

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**Balsamic Glazed Veggies by Meghan Telpner**  
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**Paleo Sweet Potato Chili**  
<https://www.tastefizzyt.com/paleo-sweet-potato-chili/>

**Italian-Style Stuffed Peppers by Diane Sanfilippo**  
<https://balanc.ebites.com/content/easy-recipe-italian-style-stuffed-peppers/>



# 2500 CALORIE MEAL PLAN

2500

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Cal
Breakfast	2 Eggs, whole, scrambled	180 2 Eggs, whole Fried	180 2 Eggs, whole	180 2 Eggs, whole	180 2 Eggs, whole	180 2 Eggs, whole	180 2 Eggs, whole	180
	2 Pieces Bacon	80 Leftover Salmon, 3 oz	175 2 Pieces Bacon	80 2 Pieces Bacon	80 2 Pieces Bacon	80 2 Pieces Bacon	80 2 Pieces Bacon	80
	1 C Kale, sauteed	80 1 C Leftover Brussel Sprout	60 1 C Kale, sauteed	80 1 C Kale, sauteed	80 1 C Kale, sauteed	80 1 C Kale, sauteed	80 1 C Kale, sauteed	80
	1 Tbs Cooking Fat	120 1 Tbs Cooking Fat	120 1/2 Tbs Cooking Fat	75 1/2 Tbs Cooking Fat	75 1/2 Tbs Cooking Fat	75 1/2 Tbs Cooking Fat	75 1/2 Tbs Cooking Fat	75
	Total	460 Total	535 Total	415 Total	415 Total	415 Total	415 Total	415
Lunch	4 oz Chicken	270						
	Mixed Green Salad	75						
	Tessamae Dressing, 1 Tbsp	100						
	1/2 Avocado	115						
	Total	560						
Dinner	4 oz Baked Salmon	235						
	1 C Brown Rice	216						
	2 C Roasted Brussel Sprout	60						
	1 Tbs Cooking Fat	120						
	Total	631						
Daily Calorie Total	1651							

- Recipes:
- NOatmeal by Diane Sanfilippo**  
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  - Balsamic Glazed Veggies by Meghan Telpner**  
<https://www.meghantelpner.com/blog/balsamic-roasted-vegetables/>
  - Paleo Sweet Potato Chili**  
<https://www.tastesofizyt.com/paleo-sweet-potato-chili/>
  - Italian-Style Stuffed Peppers by Diane Sanfilippo**  
<https://balancedbites.com/content/easy-recipe-italian-style-stuffed-peppers/>