

# DRINK ZERO CALORIE BEVERAGES

**Week one there is just one simple task to focus on — don't drink your calories. Depending on what you normally drink, this simple tip can add up to a huge calorie savings over the month.**

Water is by far our top recommendation for what to drink, and we suggest drinking 3L a day, but if you need ideas on subbing out your favourite bevies, refer to the chart below:

## WHAT TO AVOID

- Soda (including diet)
- Alcohol
- Milk
- Coffee with milk or cream
- Fruit Juice
- Energy Drinks
- Tea with milk
- Fancy lattes
- Hot chocolate

## WHAT TO DRINK INSTEAD

- Sparkling naturally flavoured water, soda water with lime
- Soda water with lime
- Unsweetened almond or cashew milk (try not to use it as a beverage)
- Black coffee, coffee with a small splash of unsweetened coconut or cashew milk
- Sparkling water with some fresh citrus squeezed in
- Green tea
- Herbal teas, black tea
- Regular black coffee
- Chocolate flavoured black tea

# ADD A GREEN SMOOTHIE & RAW VEGGIES

**Your goal this week (along with continuing to steer clear of alcohol) is to add a green smoothie or 1 servings of raw veggies at EACH MEAL!**

Adding nutrients into your life, (before we take some more of the nasty ones away) will help you feel awesome and by filling up on the good stuff, there won't be as much room left for the not so good. **Water is by far our top recommendation for what to drink, and we suggest drinking 3L a day, but if you need ideas on subbing out your favourite bevies, refer to the chart below:**

			SMOOTHIE #						
BASE	HOW MUCH?	SUGGESTIONS	1	2	3	4	5	6	7
Base	1-1.5 cups	Water, unsweetened nut milk, herbal tea, cold decaf coffee							
Greens	2 handfuls	Spinach, baby kale, collards, swiss chard							
Healthy Fat	1-2tbsps	Nut butter, avocado, chia seeds, coconut oil							
Fruit	1 handful	Berries, pears, apples, plums, banana, mango							
Protein	1 scoop	Whey, egg white, hemp, pea, or rice protein powder							
Optional Extras	2 tsp	Natural sweetener like stevia, dates, raw honey or maple syrup							
	1-2 tsp	Superfoods (see page 12 in Challenge Guide)							

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

# SWAP THE WHITE STUFF

Your goal this week is to cut out the “white stuff”.

What is the “white stuff”?

- SUGAR!
- WHITE FLOUR — think of it as sugar in flour form. Foods with white flour include muffins, cakes, cookies, donuts, pastries, cereals, pies, chips, white pasta, white breads — pretty much anything processed.
- WHITE RICE — the fibre has been taken off and all that's left is little sugar bombs!
- WHITE POTATOES — with the skins on, potatoes are a good source of energy, vitamins and minerals. However, they cause a blood sugar spike and are only recommended on a maintenance diet, NOT if you are trying to lose weight.
- And they really don't count as your veggie servings! With the exception of cauliflower, (and perhaps some dairy if you can tolerate it) White is not right!

## WHAT TO AVOID

- Pasta
- White Rice
- White Bread
- Wraps
- White Potatoes
- Cereal
- Sweet Treats
- Sugar
- Bread Crumbs

## WHAT TO EAT INSTEAD

- Zucchini, butternut squash, or sweet potato “noodles”, Shiritaki noodles
- 1. Brown rice, quinoa, cauliflower rice, any whole grain
- Sprouted grain bread such as Ezekiel
- Lettuce wraps, nori wraps, any hearty leaf like cabbage or collards
- Sweet potatoes, root veggies like beets and squash
- Steel cut oats, warm and nutty quinoa (recipe on pg 22 of challenge guide)
- Fruit, flavored herbal tea, dark chocolate (90% cocoa or higher)
- Stevia, monk fruit sweetener
- Ground plantain chips, almond meal, ground cashews

# DITCH THE DAIRY

## HABIT 4 CHEAT SHEET

For week 4, the FINAL week of the Total Body REBOOTp, we are asking you to stretch your limits just a little bit and ditch all dairy products.

This means NO milk, cream, cheese, yogurt, ice cream, kefir, cottage cheese, or whey or casein.

### Calcium-rich Non-Dairy Foods

Including these calcium superstars in your diet will ensure you are getting ample calcium!

- Almonds
- Kale
- Collard Greens
- Sesame Seeds
- Oranges
- Steel Cut Oats

### WHAT TO AVOID

- Milk
- Cream
- Yogurt
- Cheese
- Kefir
- Whey or Casein Protein Powder
- Ice Cream
- Sour Cream

### WHAT TO DRINK INSTEAD

- Unsweetened almond or cashew milk
- Coconut milk, coconut cream
- Plain coconut or almond yogurt (watch the sugar)
- Non-dairy cheese (use extreme moderation), nutritional yeast
- Coconut kefir, kombucha, raw sauerkraut
- Vegan protein powder, pasteurized egg whites, or hemp seeds in your smoothie
- FIT CHICKS 2 Ingredient Ice Cream
- Non dairy sour cream (watch the sugar content)