



30 Days to a Healthier You
Here's The Skinny

Inspirational, Challenging, and Accountable Program to get you Focused on Healthy Nutrition with a Godly perspective.

What's included:

- **A-Z Challenges to focus your specific nutritional goals**
- **30-Days of accountability with fullarmorfitness.com/social media**
- **Goal planning tool**
- **30-Days of scripture encouragement in your inbox**
- **5 different meal plan progressions**
- **Blank meal plan to create your own when finished**

*Put on the full armor of God, so that you can take your stand against the devil's schemes.
Eph. 6:11*

30 Day Nutrition Challenge

STEP ONE: Choose your Challenge

Choose 1-3 of the below challenges that speak to you most, grab a friend, post on social media for accountability and go! *You don't have to announce which ones you choose, but just that you are doing it.*

A. Water Challenge – consume enough water every day (individual requirement).

B. Vegetable Challenge - eat 5 servings of vegetables every day.

C. Super Vegetable Challenge - eat 12 servings of vegetables every day.

D. No Yeast Challenge – check out every package you want to consume because yeast is in a lot of items. Take a picture of your stomach at the beginning and end for proof of bloating and record how different you might feel.

E. No Sugar Challenge – cut out extra sugars and feel better! Don't eat more than 20 grams of "added sugars" every day. Continue to eat 2-3 servings of fruits per day and track sugar intake.

F. No Processed Foods Challenge – focus on something other than prepackaged food and skip out on it for 30 days.

G. Eggs & Oatmeal Challenge - only eat eggs & oatmeal as main dish for breakfast.

H. No Alcohol Challenge – instead of drinking alcohol, try herbal teas, or carbonated flavored water for 30 days. Take a picture of your stomach at the beginning and end for proof of bloating.

I. No Soda Challenge – choose herbal teas, hot or cold, instead of that soda for 30 days. Take a picture of your stomach at the beginning and end for proof of bloating.

J. No Carbonation Challenge - resist anything carbonated for 30 days and aim for

more water with fresh fruit or refreshing herbal tea instead. Take a picture of your stomach at the beginning and end for proof of bloating.

K. No Red Meat Challenge – improve cholesterol by not eating any red meat for 30 days and go for fish, grilled chicken, or skinless turkey.

L. No Dairy Challenge – possible lactose disturbance in your diet? Skip out on lactose for 30 days and see how you feel when finished.

M. No Gluten Challenge – suspicious you may have a gluten intolerance? Adopt a gluten free diet for 30 days and take a picture of your stomach at the beginning and end for proof of bloating.

N. No Bread Challenge - don't eat anything that resembles bread for 30 days; muffins, cookies, cake, brownies, etc. Try these instead. Take a picture of your stomach at the beginning and end for proof of bloating.

O. No White Food Challenge - don't eat anything that is white for 30 days; creams, sauces, butters, flour/breads, potatoes, etc.

P. No Salt Challenge - don't pick up that salt shaker and aim to consume less sodium in your prepackaged foods as well for the next 30 days.

Q. No Treat Challenge – abstain from cookies, cakes, candies, foo-foo coffee drinks, desserts, etc. for 30 days.

R. No Frozen Dinner Challenge - restrict any prepackaged frozen dinner entrees for the next 30 days.

S. Eat 3 Meals Per Day Challenge – this challenge is for the constant grazers, don't skip a meal, eat only 3 times a day at the same time everyday about 4-5 hours apart.

T. Eat 5 Small Meals Per Day Challenge – this challenge is for those who skip meals because they are too busy. Eat 5 small meals during the day - without skipping one for the next 30 days.

U. Eat 3 Servings of Vegetables at Each Main Meal - consume 3 servings of vegetables each at breakfast, lunch and dinner for the following 30 days.

V. Water Before Meal Challenge - drink one large glass of water before every meal for the next 30 days.

W. Caloric Balance Challenge - eat a balanced caloric intake of 40-60% carbs, 15-30% protein, and 10-25% fats every day, or find your own caloric needs and stick to it for 30 days.

X. 8PM Challenge - don't eat anything after 8pm except; protein shake, hard boiled egg, cottage cheese, or plain yogurt.

Y. No Fast Food – hold back from heading to a drive-thru for the whole challenge.

Z. I've Got One – we all know of areas we can improve upon and some might not be listed. Make it personal and choose one challenge on your own and stick to it for the next 30 days.

Get accountable and join forces with a friend.

30 Day Nutrition Challenge

STEP TWO: Set your Specifics

1. Take a whopping 5 minutes to set your goals. For example; If you chose to drink more water, what exactly does that mean?
 - a. *When will you drink it?*
 - b. *How much will you drink?*
 - c. *Are you drinking it with food or without and does it matter?*
 - d. *Are you going to carry a water bottle around for the next 30 days and if so, which one?*
2. Let's nail this down as detailed as possible. My 30 Day Challenge details are:

3. I challenge myself to start on _____ and end on _____
4. I am posting on social media or to Fullarmorfitness.com to be more accountable and will post pictures of: before and after, pictures of food I prepared, words of personal accomplishments, my awesome looking new water bottle, etc.

YOU can do all things through Christ you gives you strength, Ephesians 4:13.

30 Day Nutrition Challenge

STEP THREE: Learn Nutritional Helps

(if you don't want to count calories, not problem, skip to the next page - however, it's still go to understand how God made our bodies work. He is so mathematical!)

WHAT'S YOUR CALORIE GOAL?

We are constantly burning calories all day long, even by breathing and digesting our foods. God created us different and thus we all have various caloric needs. My caloric intake could be 1700 calories per day while someone else's could be 2200. A very simple way to see how many calories we each need each day is to use one of the calorie calculators online. Most of these resources will be estimated caloric intakes, but they are great tools to get you started.

Recommended Sites:

1. www.myfitnesspal.com
2. www.mypyramid.com
3. www.webmd.com
4. www.myfooddiary.com
5. [calorie counter](#)

BREAKING IT DOWN

3500 calories = 1lb

If I am currently consuming 2000 calories per day, and my goal is to lose 1 pound per week, this means I have three options to make my goal happen:

1. Only eat 1500 calories per day.
2. Burn off 500 calories per day with exercise.
3. Eat 250 calories less and burn 250 calories with exercise, everyday.

1. Let's say I can't help myself and I eat more than I should (*sound familiar?*) and polish off my evening routine of a bowl of ice cream of 500 calories and I do this every night of the week, I would gain one pound per week. If I restricted my ice cream, I'd lose 1 pound per week.

500 calories x 7 days in one week = 3500 calories.

2. I want to still eat my ice cream every night, so I decide to exercise enough to burn 500 calories. The problem is I would have to do this 7 days per week in order to lose one pound. God made our bodies to have a rest day-remember the Sabbath?

We should not participate in vigorous exercise everyday. I would need to exercise and burn off 3500 extra calories by the end of the week. The best way to do the exercise only option of losing weight would be to exercise harder for 3 of the 5 days - enough to add up to 3500 calorie deficit by the end of the week. * Generally when we exercise more, we want to eat more - so sometimes this is easier to say than do.

3. Combining exercise and reducing calories is the best option by far. Aim for a total reduction in both areas by 3500 each week for 1 pound. 7000 calories for 2 pounds.

DON'T WANT TO COUNT CALORIES?

By keeping your nutrition balanced and simple, without counting calories, below are simple tips to help clean up eating. We will have good and bad days with our diets.

1. **More Home Cooking** This one step can help you take charge of what you're eating and monitor exactly what goes into your food. Did you know restaurants cook with tons of cheap oils and butter. Those hidden calories pack 120 calories per tablespoon! Why would they withhold these tasty options. If they did, it wouldn't taste as good and you wouldn't be craving to come back and order it again. Use a better oil (coconut, extra virgin olive oil, etc.) and skip the butter - use seasoning instead.

2. **Make It Simple** Instead of being overly concerned with counting calories, think of your diet in terms of color, variety, and freshness. Eat the food pyramid and no packaged foods. Fruits, vegetables, whole grains, and lean meats.

3. **Focus on How You Feel After Eating** Every time you eat, think about how your body responded to those foods choices. Are you bloated and gassy, do you have heartburn or have to go to the bathroom right away? You should feel satisfied and not hungry when finishing a meal. The healthier you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you will be uncomfortable, nauseous, or drained of energy later.

4. **Water Solves A Lot of Issues** Water helps flush our systems of waste and toxins and hydrates us. Since we are made mainly of water, it's something we can't live without. Even though this is the case, many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices. Drink a large glass of water when hungry.

30 Day Nutrition Challenge

STEP FOUR: Simple Meal Plans

Get to the Basics

We all generally eat the same 20-30 same foods. My list of my top 20 foods will look different than yours - because God made us all different, with different tastes and calorie needs. Write down everything you can think of that you eat on a normal week. Breakfast, snack, lunch, and dinner choices.



In order to clean things up simply

1. Cross out anything that is packaged and replace it with a vegetable, a fruit, a whole grain or protein choice, or a large glass of water.
2. Limit anything that has more than 20 grams of sugar in it. Maybe this includes your yogurt, an afternoon coffee drink, or soda?
3. Stick to whole foods as much as possible and this will clean up your plate.

Choose Your Meal Plan

The next 5 pages contain different levels of meal plans. They range from #1 by starting off to #5 the way a fitness model would eat. This is a plan that I've used before a photoshoot. It's a super clean way to eat and will help reduce bloating and puffiness. This fitness model meal plan isn't one that I stay on for long periods of time, but it's definitely something to keep my focused even before vacations.

Choose which one fits your lifestyle best. Remember, it's a lifestyle we are trying to achieve.

1. Use each meal plan for a few days or weeks, or until you get bored and want a change, then progress to the next.
2. Change up the choices according to your nutrition challenge; If I suggest chicken and you don't like it, switch it with something else. No stress, just enjoy.
3. The blank chart allows you to have fun and make your own choices for an entire week.

I'm Starting off Great - Level 1

Depending on when you choose to exercise, 30-45 minutes beforehand drink protein drink and eat the next meal within 30-45 minutes after your lift.

Meal 1: Breakfast

- Smoothie: 10 oz Almond, coconut, or milk with ½ cup spinach or kale, 1 scoop protein powder, ½ banana, ¼ strawberries

Meal 2: Morning Snack

- Low sugar/plain yogurt or apple

Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and 1 tbsp light ranch or lunch meat
- Flat whole grain crackers or whole grain tortilla
- Baby carrots, broccoli, and light ranch

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts
- ½ banana

Meal 5: Dinner

- Turkey, beef, or chicken cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- Sweet potato with organic grass-fed butter and sea salt

Meal 6: PM Snack

- Hard boiled egg or air popcorn with organic grass-fed butter and sea salt

Your calories needs may be more or less than the recommended serving size above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better.

This Is Exciting - Level 2

Depending on when you choose to exercise, 30-45 minutes beforehand drink protein drink and eat the next meal within 30-45 minutes after your lift.

Meal 1: Breakfast

- Smoothie: 10 oz Almond, coconut, or milk with ½ cup spinach or kale, 1 scoop protein powder, ½ banana, ¼ strawberries

Meal 2: Morning Snack

- Carrots & ranch

Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and ½ tbsp light ranch
- Flat whole grain crackers
- Steamed broccoli or raw broccoli with ½ tbsp light ranch
- Banana

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts

Meal 5: Dinner

- Turkey, beef, or chicken cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- Sweet potato with organic grass-fed butter and sea salt

Meal 6: PM Snack

- Cottage cheese or hard boiled egg

Your calories needs may be more or less than the recommended serving size above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better.

I'm Doing It - Level 3

Depending on when you choose to exercise, 30-45 minutes beforehand drink protein drink and eat the next meal within 30-45 minutes after your lift.

Meal 1: Breakfast

- 2 egg omelet with mushrooms, onions, zucchini, tomatoes, greens
- 1 cup steamed broccoli

Meal 2: Morning Snack

- Fresh berries
- Greek or low sugar/plain yogurt

Meal 3: Lunch

- 3 oz pouch packed tuna, sea salt and 1 tbsp light ranch
- Flat whole grain crackers
- Baby carrots
- Banana

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts

Meal 5: Dinner

- Tilapia, Salmon, fish cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with ½ avocado
- ½ cup brown rice

Meal 6: PM Snack

- Cottage cheese

Your calories needs may be more or less than the recommended serving size above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better.

I've Got This - Level 4

Depending on when you choose to exercise, 30-45 minutes beforehand drink protein drink and eat the next meal within 30-45 minutes after your lift.

Meal 1: Breakfast

- 1/2 cup Oatmeal with protein powder and tsp cinnamon.
- 1/2 cup of fresh berries, citrus, or melon

Meal 2: Morning Snack

- Serving of carrots or celery
- 2 Tbsp hummus or peanut butter

Meal 3: Lunch

- 5 oz cooked chicken breast strips
- 2 cups salad; broccoli, spinach, zucchini, mushrooms, onions, zucchini, tomatoes, dried fruit

Meal 4: Afternoon Snack

- 10-15 almonds or walnuts
- Apple

Meal 5: Dinner

- Tilapia, Salmon, fish cooked in coconut oil with herbs and spices
- Fresh loaded veggie salad with 1/2 avocado
- 1/2 cup brown rice

Meal 6: PM Snack

- Hard boiled egg

Your calories needs may be more or less than the recommended serving size above. Add or subtract your serving size as needed. Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil to make them taste much better.

Fitness Model - Level 5

Depending on when you choose to lift, 30-45 minutes beforehand eat 1/2 cup uncooked oatmeal or brown rice and eat the next meal within 30-45 minutes after your lift.

Meal 1:

- 1/2 cup Oatmeal with protein powder and tsp cinnamon.
- 1/2 cup of fresh strawberries or kiwi
- Coffee or herbal tea

Meal 2:

- 3 egg whites and/or 2 eggs omelet
- 1 cup vegetables: mushrooms, onions, zucchini, tomatoes, greens

Meal 3:

- 5 oz cooked chicken breast
- 1/2 cup broccoli or zucchini or green beans

Meal 4:

- Tilapia or Salmon cooked in coconut oil
- Fresh loaded veggie salad with 1/2 cup cottage cheese and almonds or walnuts

Meal 5:

- Lean turkey or chicken breast
- 1/2- whole avocado
- 1-2 cups favorite vegetables

Additionally, I love to add flavor to my recipes by adding spices. My meals that consist of a lean protein such as fish or chicken and green vegetables - I often sauté sliced tomatoes, onions, garlic, cayenne pepper, turmeric, basil

You may choose to add in additional [vegetables](#). The rich spices coupled with the necessary saturated fat, makes a perfectly seasoned meal. I have found it much easier to stick to a meal plan that just tastes good instead of plain unseasoned foods.

