

The 6 Week Success Manual

- *Clean Eating
- *Fat-Burning Workouts
- *Body Sculpting Workouts
- *Daily Inspiration

Disclaimer

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide, Get You In Shape is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

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Welcome to The 6 Week Challenge!

“The 6 Week Challenge is on a mission to help you to become more self-confident, lose weight, and celebrate being a strong and sexy person.”

First off, we are THRILLED to have you in our program!

If you let it, The 6 Week Challenge can truly change your life. This is NOT just a 6-week transformation challenge. It’s going to be an eye-opening and empowering experience.

Our goal is to not only to help you lose weight, tone up, and look absolutely AMAZING in 42 days, but it is designed to help you to feel beautiful and confident in your own skin.

Here are just a few things that will happen during the next 6-weeks:

- ✓ You will cleanse and detoxify your body of impurities, chemicals, and artificial toxins.
- ✓ You will create new and healthy habits to replace your not-so-sexy ones.
- ✓ You will FINALLY kick your cravings and you will restore your body back to the way it is designed to function.
- ✓ You will learn how easy is it to make a healthy and delicious meal so you don’t get trapped into eating something not conducive to your goals.
- ✓ Your body will learn how to optimize its fat-burning potential so you no longer have to hide behind your clothes and can *always* find something to wear in your closet.
- ✓ You will be a part of an amazing group of women working towards the same goals that you are.



The 6 Week Challenge is about developing an inner confidence to make you feel strong, sexy, and UNSTOPPABLE.

Over the next 6-weeks, you will have **EVERYTHING mapped out for you to be successful.**

You don’t have to think about it, you just need to DO it.

We truly love what we do, and we are grateful for the opportunity to share our passion and our knowledge with you through this program.

We are here for you every step of the way. If you have questions, call or email us ANY TIME.

We’re excited to be a part of your journey and look forward to an AMAZING 6 weeks with you!

Committed to Your Success,

Brad Luinder

Success Guide ~ Getting Started!

Just by taking the step forward and taking this challenge, you have ALREADY set yourself apart from the crowd.

We're here to help you stay committed and to give you all of the tools you need to make this program a HUGE success.

Before you know it, these 6 weeks will be over and you'll be ROCKIN'!

We know this is important to you...otherwise you wouldn't be here. Make sure to follow these guidelines to get the most benefit you can from this program.

- 1. Make sure to read this ENTIRE manual before starting The 6 Week Challenge.** It is filled with our best tips & tricks to keep you on the right path.
- 2. Fill out your Goal Sheet (next page.) ***Homework Assignment:** Once you determine your goal, email it to us at brad@getyouinshape.com. Make sure you take "Before" photos (front and back).
- 3. Print out Grocery List Week #1 go to the food shopping.** DO NOT WAIT until Monday to get this done. Meal prepping starts on Saturday or Sunday; so don't leave this to the last minute. Make sure to review the meal plan and use the food exchange sheet to swap out any foods that you wish.
- 4. Choose 5 affirmations that really resonate with you.** Affirmations are short and powerful statements that can drastically affect your "subconscious" to attract success and improve different areas in your life. This may sound a little frou-frou, but give it a try...it can be VERY empowering.



Here are a few examples, but feel free to create your own to make them more personal. Say the following affirmations out-loud and notice how you feel afterwards ☺ We recommend starting and ending your day with affirmations (and say them throughout the day).

- ✓ Today, I choose to honor my body, my beauty, and my strength.
- ✓ I am in complete control of my life, what I eat, what I do, and how I feel.
- ✓ I already have the power to realize any goal I set my mind to.
- ✓ I have no fear of failure and I am drawn and committed to success.
- ✓ I am a strong, confident, and unstoppable woman.

- 5. Pick out your reward outfit!**



It can be one you already have that you want to look AMAZING in, or one that you have your eye on in the store.

If you have your outfit already, hang it up somewhere that you can SEE it and walk by it often. This will help to remind you of your goals.

If you don't have one yet, go online and pick one out that you want to buy. Print out a pic of it and hang it up!

You can put the picture in your office, bedroom, on your refrigerator or phone, or even your car. Put it anywhere you need a little extra motivation or to help to keep you on track.

- 6. If you have questions or need us for ANYTHING, call us!** That's what we are here for. We are here to make this program as successful as you want it to be. Call or email us any time- and we mean that. ☺



Don't have time to cook?

There are a few days each week that require you to cook.

The meals are quick and easy and typically have a very fast cleanup, however we all run short on time once in a while.

If you know you won't have the time to prepare the meal that day, then try your best to prepare it ahead of time and refrigerate/freeze it.

That's all part of developing new habits and prepping for the week.

HOWEVER...for the times that you truly run short on time and need to find something healthy in a pinch, then we have a few great options for you.



1. Good Ole Faithful: Salad & Protein (Tuna, Chicken, Turkey, etc.)

- ✓ ALWAYS have ready-to-go homemade salad dressing in the house
- ✓ ALWAYS have fresh pre-washed lettuce mix and veggies in the fridge to throw together a salad in a pinch.
- ✓ The Turkey Burgers always make a great go-to meal! You will have extra, so freeze or refrigerate them for times where you don't have the chance to prepare a meal.

2. In a Jiffy Back-Up Plan: Protein with Steamed Veggies

- ✓ You should always keep "back-up" pre-made chicken, canned tuna, frozen turkey burgers on hand for emergency situation.
- ✓ Also- keep frozen vegetables on hand. They are really easy to throw in the microwave and heat up with your protein.
- ✓ Pair your protein up with your veg and you are good to go!

Grab & Go Choices:

Here's your back-up plan.. just in case!

Vinaigrette: Cindy's Kitchen (found at Whole Foods). I like their Pear Vinaigrette, Lemon Shallot and Rosemary & Roasted Garlic Vinaigrette the best.

Breakfast:

- Lovin' Oats Oatmeal
- Protein Shake + ½ fruit
- Greek Yogurt and berries
- Advocare Meal Replacement Shakes

Snacks:

- Apple & 1 TB Almond Butter
- Lox salmon with sliced tomato (a few capers – optional)
- 4 oz. Sliced Applegate Turkey roll-ups with ½ sliced bell pepper (red, yellow, green)
- Greek Yogurt & Fresh Berries (blueberries, raspberries, blackberries, strawberries)
- Advocare Snack Bars

Desserts:

- Coco-Roon Macaroons (Whole Foods, Amazon.com)
- Hail Mary products (Whole Foods, Fresh Market)
- Chia Pods (Publix, Fresh Market)
- Quest Bar (GNC, Amazon – Chocolate Chip Cookie Dough is my favorite!)



23 Tips for Success...

1. You need to make your kitchen your “safe haven.” **Get rid of EVERY temptation and all of the junk.** Throw it ALL out or donate it. If you have family or children and you HAVE to keep other foods in the house, keep all of the “non-approved” foods in there. That way, you won’t be tempted as much. But...it would be even more amazing if you had your entire family on this plan!

NOTHING TASTES
as good as
Thin feels

2. **Get rid of ALL products with hydrogenated or partially hydrogenated oils or high fructose corn syrup (HFCS).** You will be SHOCKED at how many foods you have purchased contain one or both of these ingredients.

This includes crackers, cookies, sugar cereals, microwave popcorn, cereal bars, chips, pretzels, condiments & dressings, fat-free snacks, and many others. Nearly everything with a “shelf-life” fails The 6 Week Challenge Test.

3. **ONLY purchase the foods on your “Weekly Grocery List.”** DO NOT succumb to any temptations while you are at the store. I try to eat an apple right before any trips to the grocery store to help fight off the urge to throw something random into the cart.
4. **Buy organic whenever possible.** Specifically look for organic free-range poultry, meat, & eggs. If you’re unable to buy organic, at least try to purchase antibiotic and hormone-free products.
5. **Buy local, organic fruits & vegetables whenever possible.** This is most important for fruits and veggies exposed to pesticides and sprays right on the surface like apples, peaches, grapes, strawberries, etc. Here’s a good list for you to reference:

The infographic is divided into two main sections: 'Dirty Dozen' and 'Clean15'. Each section has a vertical bar on the left with 'Imported' (I) and 'Domestic' (D) icons. The 'Dirty Dozen' section is titled 'Dirty Dozen™ Buy these organic.' and lists 12 items, with the top three marked as 'WORST'. The 'Clean15' section is titled 'Clean15™ Lowest in Pesticides.' and lists 15 items, with the top three marked as 'BEST'. A QR code and text 'Scan to see more! Get a QR Code app from www.i-nigma.mobi' are located between the two sections. The website 'foodnews.org' is listed at the bottom of each section.

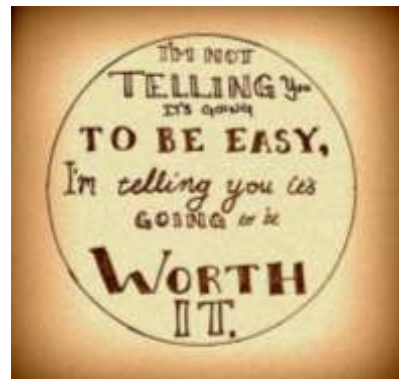
Category	Item	Imported (I)	Domestic (D)
Dirty Dozen™ Buy these organic.	1. Apples		
	2. Celery		
	3. Strawberries		
	4. Peaches		
	5. Spinach		
	6. Nectarines	I	
	7. Grapes	I	
	8. Sweet bell peppers		
	9. Potatoes		
	10. Blueberries		
	11. Lettuce		
	12. Kale/collard greens		
Clean15™ Lowest in Pesticides.	1. Onions		
	2. Corn		
	3. Pineapples		
	4. Avocado		
	5. Asparagus		
	6. Sweet peas		
	7. Mangoes		
	8. Eggplant		
	9. Cantaloupe		D
	10. Kiwi		
	11. Cabbage		
	12. Watermelon		
	13. Sweet potatoes		
	14. Grapefruit		
	15. Mushrooms		

- You'll want to purchase Coconut Oil for high temperature cooking and Extra Virgin Olive Oil (cold pressed) for low temperature cooking.
- TOSS out the margarine.** Margarine smells SO terrible after all of the processing that they need to be chemically deodorized so people would be able to eat it. It's also processed with a Petroleum solvent. YUM. **Use organic butter ONLY.**

- When choosing your Almond or other nut butters, **make sure the ONLY ingredients in there are NUTS!** Whole Foods has a grinding machine where you make your own nut-butters fresh on the spot.

Peanuts are NOT nuts!! They are a legume...so avoid them whenever possible.

- Avoid ALL products with Soy.** Check your labels. Soy seems to find its way into most everything processed. Almost everything can purchase has been genetically modified and then subject to insane amounts of processing to make it consumable. Best to stay FAR away.



- Just Say "NO" to Bread, Pasta & other Grains. PERIOD.** White and even whole wheat bread can prevent you from reaching your goals. This may be the most challenging portion of the challenge for some of you.

Cutting these out from your diet will be hard- but it WILL be worth it. You'll have a new level of energy, will recover faster from your workouts, and some of you will feel better than you ever have before.

- Toss the Table Salt – switch to Himalayan Sea Salt instead.** Other brands may contain mercury and/or toxic heavy metals in them. Most table salts have been overly processed and stripped of its' beneficial minerals and then subjected to anti-caking agents like aluminum. Double YUM.
- Options for Sweeteners? NO Cane Sugar, No Brown Sugar, NO Artificial Sweetener, NO Splenda, No Truvia, or Agave. I know I'm not making any friends here, but there IS a good alternative when you NEED it.

Coconut Sugar to the rescue! It will do the job without raising your blood sugar. It's also safe for most diabetics with a glycemic index of 35. **Stevia (raw) or Raw, local, organic honey is also a good option ☺**

- Add spicy seasonings to your meal** (like red pepper flakes, black pepper, & ginger). It will actually help rev up your metabolism. Studies have proven that eating spicy foods can increase your metabolism up to 8% over a normal rate AND has the potential to make you feel fuller, longer. Double Bonus!



- To optimize the levels of growth hormone released while you are sleeping (over 80% is released while you sleep) do not eat within 2-

3 hours of going to bed. If you do have to- at least make sure that you don't have anything with sugar in it.

15. To make sure that your body has the chance to restore itself and recover from your workout and from your daily stress, **get a minimum of 7 hours of sleep per night**. You'll be shocked at how energized you feel when you start to get sleep on a regular basis.



Tips for Better Rest:

*Try to turn off all electronics- TV, cellphone, and computer at least 45-60 minutes before you go to bed. This will help to calm your mind allow you to have a more restful sleep.

**I ALWAYS write down everything I need to do on a piece of for the following day. Once it's written down on paper, I don't stress about trying to remember the task. I also keep a pen and paper on my night table, so I don't have to get up to write it down (just in case I wake up with a genius idea or think of something important 😊)

16. **If you get cravings, try drinking a glass of water.** There's a good chance you're just dehydrated! Wait 15 minutes and see if you are still hungry. If you do have to eat something, make sure it is 6 Week Challenge approved. Always include a protein at every meal.

Tips to beat Cravings: Try brushing your teeth. Especially at night, when I am craving something sweet, I will always brush my teeth. Once my teeth are clean and I have had the sweetness of the toothpaste in my mouth, I rarely still want to eat anything afterwards.

17. Make sure to **plan, shop, and prep your meals ahead of time**. Being prepared is the key to being successful with this plan (and pretty much everything else in life.)

You have to set yourself up for success if you want to see change.

Remember- **if it is truly IMPORTANT to you, you will find a way to make this happen.**

Make sure to block out time in your schedule to get your shopping and meal preparation done.

18. **If you workout on days OTHER than designated workout days**, make sure to add an extra apple or 1/2 of a banana to your meal plan that day to make up the calorie difference.
19. If you tend to lose track of the time and forget to eat while you are at work or at home, set your cell phone alarm to remind you when it's time to eat! It's a GREAT tool. (Do your best to eat every 3-3.5 hours)
20. **Use a scale or measuring cups for portion control.**
When you start to do this regularly, you'll soon be able to do it without them, but they can be GREAT learning tools. (It's also a very eye-opening exercise!)

21. Stay HYDRATED. **You need to drink half of your body weight in ounces EVERY day of water!** If you workout, either add an additional 8-10 ounces, or don't count that water you drink during your workout towards your required amount for that day.



***Start EACH day with a big glass of water!** (when you wake up)

****If you drink caffeine, such as an 8oz. cup of coffee, you must add an additional 16oz. of water.** (2x the amount) – If you drink coffee, have your breakfast FIRST. Coffee is an appetite suppressant. If you don't eat breakfast in the morning, you will tend to binge eat late at night.)

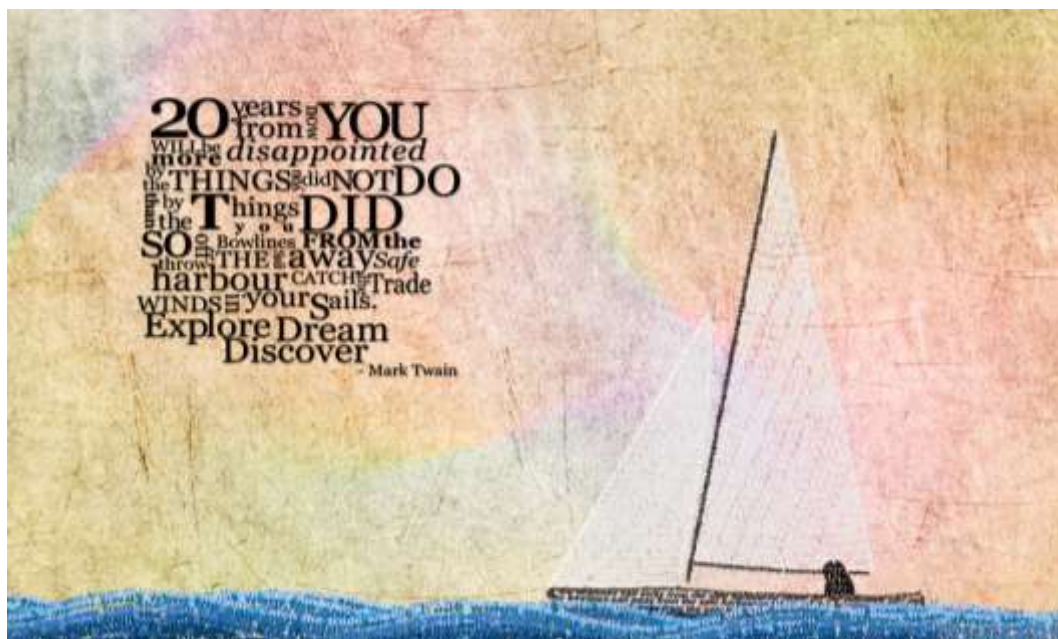
***Water will also make you feel fuller. Drink it before each meal and you'll eat less.

****Flavor with fresh sliced cucumber, strawberries, or lemon to keep things interesting!

22. If you choose to have any breakfast or sandwich meat, make SURE it is nitrate/nitrite free (no hormones or antibiotic use) for turkey, beef, pork, bacon, and breakfast sausage. Boars Head meat has MSG in it. Whole Foods has in-house roasted meats available.

***Tip:** Read the labels: make sure you have at least 5-7 grams of protein in the recommended serving size. Try to avoid lunch and processed meat as much as possible.

23. Remember- **BEFORE you put any junk into your mouth- ask yourself "Is this worth it?"** It is worth how you will *feel* afterwards and is this helping you to move closer to or farther away from your goals.



Special Note on Detox Days:

There are various days scheduled within these next 6-weeks that are designed as “detox days.” You’ll know they are detox days by the green highlighted area in the meal plan chart.

These days are designed to cleanse your liver to allow your body to process the foods you eat more easily and efficiently.

No pills, drugs, or juices... just lots of fresh vegetables, fruit, water and minimal protein.

These detox days will rid many of the chemicals and toxins from your body. It’s going to help rev up your metabolism and help you to burn fat more efficiently.

You’ll probably get headachy, tired, irritable, etc (especially if you typically drink caffeine). That’s just your body cleansing out the toxins and is completely normal.

NO CAFFEINE is allowed on detox days, and please limit over-the-counter drugs like Advil or Tylenol. All prescribed medications should still be taken.

Make sure to drink a LOT of water on your detox days. You should feel higher energy levels on days following your detox days.

Skincare & Haircare Detoxification:

You’ll also want to pay CLOSE attention to your skincare and hair care products. Try to get organic or all-natural if possible to avoid extra exposure to chemicals.

You’re working hard to eliminate extra toxins in your food, so don’t forget that everything you put onto your skin gets directly absorbed into the body.

Pay special attention to “mineral oil.” It’s derived from PETROLEUM and you do not want to be putting this on your skin. Make sure to read your labels.

Parabens are one of the most toxic offenders. It’s the single most widely used preservative in personal care products.

Parabens can mimic estrogen in the body and have been found in breast tumor tissue. (research is here:

<http://onlinelibrary.wiley.com/doi/10.1002/jat.957/abstract;jsessionid=74605D8900EB32A2077FA48D3187F59F.d02t04>)

Take a look at the following chart. If you find any of the ingredients on this chart in your shampoo, conditioner, body lotion, cleansers, etc., I would STRONGLY consider switching to another brand.

Brands I like are John Masters Organics, Kiss My Face, and Arbonne.



Skin & Hair Chemical Chart

SHAMPOO
AVERAGE NUMBER OF CHEMICALS: 15
MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol.
POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

HAIRSPRAY
AVERAGE NUMBER OF CHEMICALS: 11
MOST WORRYING: Octinoxate, Isophthalates.
POSSIBLE SIDE-EFFECTS: Allergies; irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

EYE SHADOW
CHEMICALS: 26
MOST WORRYING: Polyethylene terephthalate.
POSSIBLE SIDE-EFFECTS: Linked to cancer; infertility; hormonal disruptions and damage to the body's organs.

BLUSHER:
CHEMICALS: 16
MOST WORRYING: Ethylparabens, Methylparaben, Propylparaben.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruptions.

LIPSTICK
CHEMICALS: 33
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

FOUNDATION
CHEMICALS: 24
MOST WORRYING: Polymethyl methacrylate.
POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

NAIL VARNISH
CHEMICALS: 31
MOST WORRYING: Phthalates.
POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems in developing babies.

DEODORANT:
CHEMICALS: 15
MOST WORRYING: Isopropyl Myristate, 'Parfum'.
POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

PERFUME:
CHEMICALS: 250
MOST WORRYING: Benzaldehyde.
POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes; nausea; linked to kidney damage.

BODY LOTION
CHEMICALS: 32
MOST WORRYING: Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

FAKE TAN
CHEMICALS: 22
MOST WORRYING: Ethylparaben, Methylparaben, Propylparaben.
POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

Our Philosophy on Cheat Meals:

Don't do anything that you will regret.

That's basically it. These "cheat" meals are a way of not feeling deprived from any of your absolute favorite foods.

One of my favorite quotes is "You will never out train a bad diet."

After being great with your diet all week, **you do NOT want to ruin all of your hard work and preparation in one cheat meal.** So- feel free to indulge a little bit, but make sure NOT to go overboard.

If you're craving chocolate, then go for it (there's even an AMAZING recipe in the Recipe Book for Fudge Babies!)

We also provided a few other approved desserts in the Recipe Book.



~ 6 Week Challenge Food Exchange Guide ~

Exchange a Protein for a Protein, a Carbohydrate for a Carbohydrate, and a Fat for a Fat.

***If you have certain allergies, you may swap out foods. Move a little out of your comfort zone- if there are foods on here that you normally wouldn't eat, try them before swapping them out! ☺

Non-Starchy Vegetable Swap:

A single serving of a non-starchy vegetable is:

½ cup of cooked vegetables

1 cup of raw vegetables

- ✓ Broccoli
- ✓ Cabbage (green, bok choy)
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Cucumber
- ✓ Eggplant
- ✓ Greens (collard, kale, mustard, turnip)
- ✓ Jicama
- ✓ Mushrooms, all kinds, fresh
- ✓ Okra
- ✓ Onions
- ✓ Peppers (all varieties)
- ✓ Radishes
- ✓ Sauerkraut
- ✓ Spinach
- ✓ Squash (summer, crookneck, zucchini)
- ✓ Tomatoes, fresh and canned
- ✓ Tomato sauce

Starchy Vegetable Swap:

- ✓ Plantain, ripe, 1/3 cup
- ✓ Squash, winter (acorn, butternut), 1 cup
- ✓ Yam, sweet potato, ½ cup or ½ medium with skin (3 ounce)
- ✓ Yucca, 1/3 cup

Fruit Swap: each serving has about 15 grams of carbs & 60 calories. One serving equals:

- ✓ Apple, unpeeled, small (4 oz.)
- ✓ Applesauce, unsweetened, ½ cup
- ✓ Banana, extra small (4 oz.), or ½ regular size
- ✓ Blackberries, ¾ cup
- ✓ Blueberries, ¾ cup
- ✓ Raspberries, 1 cup
- ✓ Strawberries, 1 ¼ cup whole berries
- ✓ Cantaloupe, small, 1/3 melon or 1 cup cubed (11 oz.)
- ✓ Cherries, sweet, fresh, 12 (3 oz.)
- ✓ Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 Tbsp.
- ✓ Grapefruit, large, 1/2 fruit (11 oz.)
- ✓ Grapes, small, 17 (3 oz.)
- ✓ Guava, ½ cup
- ✓ Kiwi (3 ½ oz.)
- ✓ Mango, small, ½ fruit (5 ½ oz.) or ½ cup
- ✓ Orange, small (6 ½ oz.)
- ✓ Papaya, 1/2 fruit or 1 cup cubed (8 oz.)
- ✓ Passion fruit, ¼ cup
- ✓ Peach, fresh, medium (6 oz.)
- ✓ Pear, fresh, large, ½ fruit (4 oz.)
- ✓ Pineapple, fresh, ¾ cup
- ✓ Plums, fresh, 2; or dried (prunes), 3

Very Lean Protein Swap: each serving has about 35 calories and 1g fat per serving. One serving equals:

- ✓ Turkey breast or chicken breast, skin removed, 1 oz.
- ✓ Fish fillet (flounder, sole, scrod, cod, etc.) 1 oz.
- ✓ Canned tuna in water, 1 oz.
- ✓ Shellfish (clams, lobster, scallop, shrimp) 1 oz.
- ✓ Cottage cheese, nonfat or low-fat, ¾ cup
- ✓ Egg whites (2)

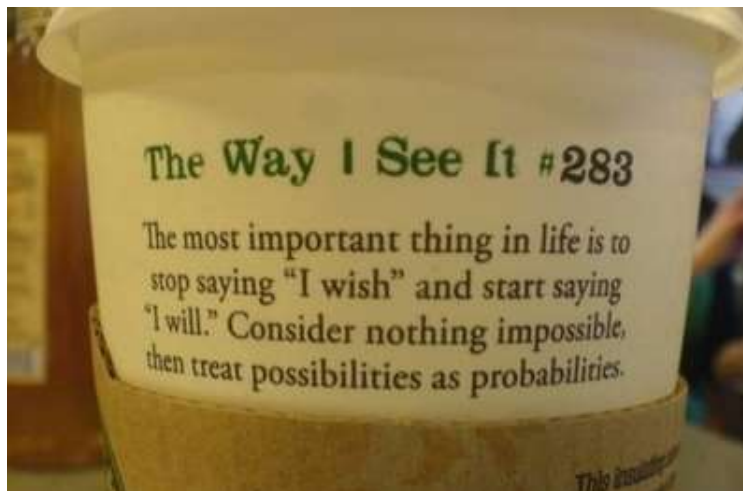
Lean Protein Swap: each serving has about 55 calories and 2-3g fat per serving. One serving equals:

- ✓ Chicken—dark meat, skin removed, 1 oz.
- ✓ Turkey—dark meat, skin removed, 1 oz.
- ✓ Salmon, swordfish, herring, 1 oz.
- ✓ Lean beef (flank steak, London broil, tenderloin, roast beef) 1 oz.
- ✓ Veal, roast or lean chop, 1 oz.
- ✓ Lamb, roast or lean chop, 1 oz.
- ✓ Pork, tenderloin or fresh ham, 1 oz.
- ✓ 4.5% cottage cheese, ¼ cup
- ✓ Whole Egg (2/3 of an egg)

Fat Swap: each serving has about 45 calories and 5g fat per serving. One serving equals:

- ✓ Extra Virgin Olive, 1 tsp.
- ✓ Coconut Oil, 1 tsp.
- ✓ Paleo Mayonnaise, 1 tsp.
- ✓ Salad dressing, 1 tsp.
- ✓ Avocado 1/8th
- ✓ Large Black olives (8)
- ✓ Bacon, 1 slice
- ✓ Nut Butters, 1 ½ tsp

One last note...



Good luck!

If you need ANYTHING, call or email me any time ☺

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