

# FITNESS ONE's 21 DAY CHALLENGE

## Protein, Vegetables & Fat



### *Protein*

Lean Beef: *Hamburger Patties, Kebabs, Steak, Lettuce Wraps,*

Chicken: *Rotisserie, Grilled, Baked, Kebabs, Roasted, Patties, Slow Cooked*

Eggs: *Frittatas, Omelets, Turkey Cups, Deviled, Fried, Scrambled, Poached, Boiled, Quiche, Sunny Side Up*

Fish: *Salmon, Tuna, Catfish, Flounder, Trout, Tilapia, Whitefish, Snapper, Bass, Mahi Mahi, Grouper*

Shell Fish: *Shrimp, Crawfish, Oysters, Lobster, Crab*

Turkey: *Roasted rubbed, Marinated, Grilled, Smoked, Patties/Burgers, Sausage*

Pork: *Tenderloin, Chops, Roasted, Marinated, Baked, Slow Cooked, Stir-Fry, Grilled*

Other: *Lamb, Duck, other Game Meat*



### *Vegetables ~ non-starchy carbs*

broccoli, lettuce, cabbage, cauliflower, green beans, asparagus, mushrooms, brussel sprouts, cucumber, spinach, watercress, onions, all peppers, RAW carrots, tomatoes, zucchini, egg plant

Eat raw, bakes, grilled, roasted or broiled. Balsamic vinegar and sea salt make for a fabulous roasting. Cut up any and all veggies, preheat oven to 375 degrees and toss in some balsamic vinegar. Roast 1 hour stirring once or twice. Adjust time on how well you like them cooked.

...think SALADS...SALSAS!!!



### *Fats*

Thumb size of nuts and seeds (6-8 nuts = 1 serving). Give up the peanut butter for now  
Avocado, Olive Oil, Fish Oil and Flaxseed Oil. Make your own almond butter.

*Don't skip meals. Fell hungry? Grab a handful of nuts (6-8) Don't eat 2 hours before bed. Rotate protein sources*