

# NBD 6 WEEK CHALLENGE



Congratulations for making the life-changing decision to enroll in the **NBD 6 Week Challenge**! You clearly care about your overall health and wellness and now want to take the necessary steps to becoming a fitter and healthier version of yourself. Making lifestyle changes is never easy, but we have laid out a plan that is approachable, sensible, manageable and most importantly applicable. Keep an open mind and be proud of yourself for taking the first step. Remember, *if you are persistent you can achieve it, if you are consistent, you will keep it.* Please use this program as a means to make a permanent change to your nutrition and lifestyle, which will jumpstart your journey to optimal health.

The **NBD 6 Week Nutrition Program** was designed as a way to provide you with a simple and easy-to-use guide focusing on nutrition and a healthy lifestyle. You will learn how to make the right choices on which foods to eat and which foods to stay away from, along with the right portion control in order to help you reach your goals. Our Nutrition Program is divided into four stages over forty days. For each stage, there is a unique transition guide provided, which will clean up your eating habits as well as create better eating habits. Key factors in this Nutrition Program (described in further detail in this packet):

- There are five food groups that you are allowed to eat from: protein, carbs, fats, fruits, and vegetables.
- The amount of each serving per day is provided, and please be aware that for certain food groups we ask men to consume an extra serving.
- The table presented below shows what one serving is for each food group.
- We have provided a general list of approved foods that fit into each food group. You will choose from this list for all your meals. We have also provided a list of foods to completely avoid, which will be crucial in achieving results.
- To help with portion control you will be using a 10 oz. food container.
- During the first three stages you may have one cheat meal to help with the transition.

**Approach this with an open mind. There are many factors that can affect your results. But with the right mindset, support, and guidance that we will provide during the challenge, we know that you will see results and you can achieve your goals!**

## Stage 1: Days 1 – 10

Food Categories and Shopping List for all Stages (Servings below are only for Stage 1: Days 1-10)				
PROTEIN	CARBS	FATS	FRUITS	VEGGIES
SERVINGS	SERVINGS	SERVINGS	SERVINGS	SERVINGS
WOMEN: 2 MEN:3	WOMEN: 2 MEN:3	WOMEN: 2 MEN:3	WOMEN: 2 MEN:3	UNLIMITED
Lean Cuts of Beef Lean Ground Beef Chicken Turkey Ground Turkey Eggs Liquid Egg Whites Protein Powder Salmon Tuna White Fish... Cod Halibut Haddock Sea Bass Red Snapper Shrimp	Quinoa Wild Rice Brown Rice Cakes Brown Rice Pasta Whole Wheat Pasta Garbanzo Beans Black Beans Kidney Beans Lentils Rolled Oats Steel Cut Oats Sweet Potatoes Yams Ezekiel Bread Ezekiel Tortillas	Almond Butter Organic Peanut Butter Raw Almonds Raw Walnuts Pumpkin Seeds Sunflower Seeds Flax Seeds Chia Seeds Avocado Extra Virgin Olive Oil Avocado Oil Coconut Oil Organic Butter	Apples Apricots Bananas Blackberries Blueberries Strawberries Raspberries Cherries Watermelon Mango Papaya Pineapple Guava Plums Kiwi All Citrus Tomatoes	All Salad Lettuce Artichokes Asparagus Beets Broccoli Brussels Sprouts Cauliflower Celery Cucumbers Eggplant Leeks Mushrooms Onions All Peppers Spinach Kale Swiss Chard Collard Greens Bok Choy
<p><b>FOODS TO AVOID!!</b></p> <p><b>The Foods below will not be eaten during the 6 Week Challenge except during your cheat meal!</b></p> <p>Processed Meats, High Fat cuts of Meat, White Bread, White Pasta, White Rice, White Potatoes, Fried Foods, Chips, Crackers, Cookies, Cakes, Margarine, Mayonnaise, Hydrogenated or Partially Hydrogenated Oils, Canola Oil, Vegetable Oil, Cream Based Sauces, Dairy Products, High Fructose Corn Syrup, White Sugar, Candy, Artificial Sweeteners ( Sweet N Low, Splenda, Equal) Soda, Diet Soda, Sports Drinks.</p>				

## One Serving Size Equals



<b>FATS</b>	Nuts-Small Handful Almond or Peanut Butter-2TBS Pumpkin, Sunflower Seeds-3 TBS	Extra Virgin Olive Oil-1 TBS Avocado Oil- 1 TBS Coconut Oil-1 TBS Avocado-Half of Average Size
<b>FRUITS</b>	Measure fruits like berries with a 1 cup measuring cup. Fruits such as apples, bananas, oranges, ect. are counted individually without additional measurement.	
<b>CARBOHYDRATES</b>	All Beans- 1/2 cup cooked Rice/Quinoa-1/2 cup cooked Steel/Rolled Oats-1 cup cooked Yams/Sweet Potatoes- About the size of your fist Ezekiel Bread/Tortillas- 2 slices or 2 tortillas Brown Rice Cakes- 4 Cakes Whole Wheat/Brown Rice Pasta- 1/2 cup cooked	
<b>PROTEIN</b>	Fish/Poultry/Beef - 1 Palm size for Women about 4-6 oz and 2 Palm size for Men about 8-10 oz Protein Powder- 2 scoops equals 1 full serving Eggs-2 whole eggs Egg Whites- 4 whites or if Liquid version 3/4 cup	

*For portion control, use 10oz. food containers to help with preparation.*

## Frequently asked Questions

- **Can I use condiments?**  
Treat all condiments as compliant if used in light moderation. You should always attempt to use a dry spice before a condiment like ketchup, mustard etc.
- **Can I marinate proteins with soy sauce/teriyaki sauce?**  
Lower sodium choices are best but treat these as condiments and use them sparingly.
- **How do I measure food choices that require boiling? i.e. Rolled oats, Brown Rice**  
Cook them first and then follow measuring chart for portion control.
- **How do I measure liquid egg whites?**  
Most brands convert  $\frac{3}{4}$  cup of liquid egg whites to 4 egg whites
- **Are products like crackers, cookies, etc. made from brown rice compliant?**  
No, Most of these products are heavily processed.
- **Besides water what can I drink?**  
Unsweetened Green Tea, Unsweetened Ice Tea, Black Coffee, Seltzer Water. You can make flavored waters yourself by using infusing it with fruit.
- **How about diet soda and juices?**  
**Absolutely not!**
- **Why no dairy?**  
As you go food shopping for the compliant foods in our list you will find very few foods that come in a box, can etc. We ask that you eliminate processed foods all together. Dairy choices that people usually go for a heavily processed and can cause significant inflammation.
- **What can I put in my Coffee?**  
If you need to sweeten your coffee we recommend that you use Stevia as a natural sweetener. You may also lighten it with unsweetened Almond/Coconut/Soy Milk and are considered a condiment, which are meant to be used in moderation.
- **What does Almond, Coconut, Soy Milk count as?**  
Always be sure to use unsweetened and these choices should be used in moderation and do not count as anything.
- **What if I have an allergy to nuts?**  
As a secondary choice, to avoid nut butters you can use sun-butter.
- **Can I fry anything?**  
You cannot deep fry anything. You may sauté one of the approved fats on the list such as extra virgin olive oil, coconut oil.
- **Is it bad to eat late at night?**  
It is worse to skip food then to eat it late. Ideally, you want to avoid eating carbs within the last three hours of being awake, all other foods are fine.
- **Why so much food?**  
Each stage of the plan has a focus on a different aspect. The initial aspect is about your metabolism and overall eating habits. We suggest breaking your meals into five meals a day for sustained energy and better digestion. In doing so, this will help your metabolism.

## Quick Tips to Help with the Process

- 1. Failing to Plan is Planning to Fail-** If you do not plan your food out for the week you will find yourself reaching for the quickest and most convenient food available. These foods are usually not the best choices.
- 2. Purchase a cooler and a set of food containers-** Pack your foods with you each morning. Eating out should be an exception, not the rule.
- 3. Eating Out-** If you must eat out for a normal meal during the week, be extremely specific with your server as to how to prepare your meal.
- 4. Prepare several meals at once** – If I am going to have steak on Monday night I'll prepare a large steak, cut it into two and save the second half for lunch the next day. I would usually cut it up and have it over salad.
- 5. Stick to five small meals a day** – sticking to smaller meals speeds up your metabolism promoting weight loss.
- 6. Avoid soda today and forever!**
- 7. Stay away from all simple carbs (cake, cookies, white bread)** – this may sound hard at first but your body and mind will adjust and quickly learn to enjoy your new more nutritious food choices.
- 8. Facebook involvement** – it is certainly not a requirement but will keep you accountable and you will gain new food ideas this way. The more people we get into the **NBD SIX Facebook group**, the stronger the community is. We will also be posting great info to help everybody with the program, recipes, and tips.
- 9. Don't allow the people around you to stop your momentum** – people are going to ask you what you're doing to lose weight and everyone will want to tell you the "right" way to do it. I'm sure there are lots of great methods to exercise and lose weight but sharing in detail what you're doing will allow others to poke holes leaving you questioning your choices. Trust me, this nutrition plan and exercise plan are proven... follow them strictly and you will achieve your desired results!
- 10. Cheat Meal** – you are allowed one cheat meal during the first three stages. Try not to go on a splurge to avoid getting sick, since your body will react differently from all your clean eating.



## Stage 3: Days 21 - 30

At this point in our program you should be used to what carb cycling is, eating a proper diet, and being well aware of what constitutes a food group and a serving size. In this stage you will learn another two new concepts:

- 1. Advanced Carbohydrate Cycling-** Now that you've learned how to carb cycle we are going to move to a more advanced version. People who use carb cycling in their diets do it in all different ways. Some go with "one week on/one week off", others cycle by month. We are cycling by day and the main change you will see is simply reducing the amount of carbs you will be eating.
- 2. Removal of Gluten-** Gluten is found in products that contain wheat, barley, and rye. It should be removed from your nutrition plan for the rest of the program, except during cheat meals. Examples of what to take out and what to substitute are found in the table below. *(Be careful selecting just any Gluten Free product! Be sure to check the nutritional information. Just because a product doesn't contain gluten, does not mean it isn't loaded with sugar or other additives.)*
  - If you feel limited on carb choices, sweet potatoes are a great choice for the remainder of the plan.

Food Categories And Serving Amounts for Stage 3: Days 21-30							
FOOD CATEGORIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		LOW CARB	HIGH CARB NO FAT	LOW CARB	HIGH CARB NO FAT	LOW CARB	LOW CARB
PROTEIN	Women-2 Men-3	Women-2 Men-3	Women-2 Men-3	Women-2 Men-3	Women-2 Men-3	Women-2 Men-3	Women-1 Men-2
CARBS	None	Women-1 Men-2	None	Women-1 Men-2	None	None	Women-0 Men-1
FATS	Women-3 Men-4	None	Women-3 Men-4	None	Women-3 Men-4	Women-3 Men-4	None not counting Cheat Meal
FRUITS	Women-3 Men-3	Women-3 Men-3	Women-3 Men-3	Women-3 Men-3	Women-3 Men-3	Women-3 Men-3	Women-2 Men-2
VEGGIES	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED	UNLIMITED

Current Food	Recommended Gluten-Free Replacement(s):
Ezekiel/Whole Wheat Bread	Food for Life Gluten Free Bread (Rice Bread)
Whole Wheat Pasta	Brown Rice Pasta/Brown Rice





## Quick Tips for the Final Stage

**1. We've been saying this all along, but you have to eat your vegetables.** You're going to feel hungry and the way for your body to get carbohydrates in this stage is by eating your allotted servings of fruit and adding additional vegetables. Find the ones that you like and stock up for the final stage.

**2. Spread your fruit out during high carb days.**

On low carb days it's easy to fit in snacks because you can go to almonds, walnuts, dip celery in almond butter, etc. There aren't many things to snack on during this stage so spread your fruit throughout the day. You can have it up until 6pm.

**3. If you find that you are hungry on this stage (after adjusting your diet to include more vegetables) eat an additional serving of protein.** Don't make the mistake of adding in a serving of carbs or an addition of fruit. Just have another serving of protein. You should not need to do this if you plan your meals well, time them well, and eat vegetables.

**4. During the final stage the cheat meal is removed, so that you can achieve optimal results by the 42<sup>th</sup> day of the challenge.**