

# NUTRITION & OTHER FAQS

## FAQ #1

### What if I go out of town? What if I eat at a restaurant?

#### Working Out



You can make up workouts that you miss during any of the weeks before or after your challenge. Also – use the home workouts that you can do in your hotel gym or room.

#### Nutritionally



Do not let prior beliefs limit you. You CAN eat out and follow this program. If you cannot make this livable, the results will be short-lived. It is important to learn this skill. Going to a restaurant DO NOT order from the menu. Simply ORDER WHAT YOU NEED.



#### You could always ask the servers:

"What proteins do you have today?" "Can you grill, bake, or steam any of those?" Awesome. Now carbs. "What Starches do you have? Rice? Potatoes?" "Can you grill, bake, or steam any of those?" Awesome. "What veggies do you guys have?" "Can you grill, bake, or steam any of those?" Awesome.

## FAQ #2

### I'm feeling stuffed. Is that normal?

Totally normal. It is the result of switching to more nutrient dense foods. They are more voluminous in nature, but are not calorie dense.

Example: 6 egg whites has about 102 calories

It's a ton of volume, but not that calorie dense. Don't confuse being full for getting fatter.





**FAQ #3****I can't poop.  
What should I do?**

**Add in more veggies!**

OR add in psyllium husk (cheap fiber supplement) or Metamucil a couple times/day. If you can't do the veggies, try one of the other two.

**FAQ #4****I'm having trouble  
eating all the food.  
What should I do?**

We want you to eat all the food. Try to get it in. If you need to spread it out throughout the day, go for it. We just want you to focus on getting the total daily amount in. If you extend your breakfast into mid morning, that's not an issue. If you still can't fit it all in, take some of your carbs out. Just focus on getting in the protein/ veggies/ fats. ALWAYS EAT YOUR PROTEIN.

**FAQ #5****Can I have XXX,  
even though it isn't  
on the plan?**

No. Please don't ask. We have a pretty inclusive plan. Make sure to reference the condiments and flavor enhancers section. If it is calorie free, go for it. Otherwise, stick to the list.

**FAQ #6****I'm getting tired  
during workouts.  
What can I take  
for Energy?**

Pre Workout Supplement. You can also sleep more and make sure you are eating all of your carbs before your workout.





**FAQ #7**

## **My weight loss is slowing down. Should I cut the protein?**

NO! You never cut protein. Ever. Protein is the most essential macronutrient for body recomposition. You need it in order to recover from workouts, help build and maintain muscle, and it is also a very inefficient energy source (meaning, it doesn't break down into energy nearly as well as fat or carbs, SO you don't really get FAT from eating protein.) So don't cut it!!

**FAQ #8**

## **Why is there no fruit on this meal plan?**

There is some fruit. Check under carbs. We have had hundreds of people go through this program. We cut it out because adding fruit, which tend to be high in sugar, caused people to crave...you guessed it...more sugar. So we had many people end up binging on fruit because it felt like a less guilty way of binging. But do not make this mistake. It is still too much sugar and can impede your weight loss goals. Additionally, fructose tends to refuel liver sugar stores instead of muscle. And since we are on a limited carb intake, we would much prefer that you get your carb intake from starch sources.

**FAQ #9**

## **I'm so tired of eating chicken every meal. Can I mix and match?**

Absolutely. You can split your portion between two different things from the same list.

Example: 1 protein could be 3 oz chicken + 3 egg whites OR .5 scoop protein and .75 cup of 0% plain Greek yogurt OR 3 oz fish + 3 oz shrimp.

Also – make sure you are using the whole list, that is why it is there. Give yourself some variety and post in the group asking for recipes. We are all willing and ready to help!





**FAQ #10****I couldn't schedule a class. Can I still come?**

Yes. You need to come to class. Just come in and we can resolve it.

**FAQ #11****My schedule forces me to eat dinner close to bedtime. Isn't eating before bed bad for you?**

Nope. Oprah invented that concept a long time ago. Nothing about eating later in the day instead of earlier inherently makes you fatter. If you cut out eating (bad) foods (which you usually did at night), then cutting out eating badly, NOT the time of day, will be the reason it works for you. But since this plan is entirely controlled for total intake, it is not an issue. Our workouts are also very depleting, which means that you have muscle and liver stores that need replenishing. They will always take priority over fat as long as they are empty. So don't stress, eat your dinner whenever you get back, especially if you workout late at night.

**FAQ #12****I am a vegetarian. Are beans and quinoa enough?**

NO. They are not a sufficient protein source. These are composed of:

**80% CARBS, 20% PROTEIN**

at best. So you would need around:

**3000-4000 CALORIES**

of those sources to get the sufficient amount of protein (not a good strategy for weight loss). You will need to get your protein from shakes, eggs, and dairy, and fish if you are a pescatarian.





**FAQ #13**

## Can I use a shake instead of a normal protein for a meal?

Yes. But try not to replace more than one meal per day like that unless you are a vegan. If you are a vegan, then we recommend having several different types of shakes from different sources to give your body and digestive tract some variety.

**HOW DOES THE SHAKE WORK?**

1 scoop with water unless otherwise indicated on your plan. Have as much water as you like with the shake. If you keep feeling hungry, add more water to your shakes.

**I CAN'T DO DAIRY. CAN I HAVE THE SHAKES?**

Yes you can. You can do the shakes without any problem. Lactose is removed during the isolation process. Unless you have an actual allergy to WHEY protein itself, in which case, you won't be able to, but that is far more rare.

**WHAT SHOULD I DO IF I LEAVE FOR 5 DAYS DURING THE CHALLENGE?**

Double up on workouts before the challenge and after and pack your meals with you. Get some workouts in to the best of your ability while you are away. Stick to eating at grocery stores from the ready-made section OR lean meat and veggies.

**I WON'T MAKE MY NORMAL CLASS TIME. CAN I COME TO ANOTHER TIME?**

Totally fine. Come to whichever class you want. No need to tell us. Just scan in, and you are good to go!

**FAQ #14**

## I haven't been losing weight. Should I cut out all my carbs?

NO. Let us make those adjustments. It works in the short term but can really kill your progress in the long term. You need carbs to stimulate your metabolism (they help with thyroid conversion in your liver). If you don't have them, that conversion rate slows down and voila, lower metabolism = less fat burned over the long haul.

**FAQ #15**

## Can I have vegetables that aren't on the "Don't list"?

Yes. Keep them green and leafy. This is the only place where we are all good with other veggies. Stay away from gourdes though (squash and eggplant etc). Stick to green and leafy.





**FAQ #16****Should I eat only Organic Food?**

Entirely up to you. Weight loss isn't affected by whether the food is organic. Long term health, maybe. So that choice is up to you. But if you are strapped for cash, keep it regular, it won't impact your weight loss in any way.

**FAQ #17****Should I cut out all of my salt?**

No. Totally unnecessary and not recommended. You need salt because you are sweating. You need it because it helps a lot of the processes involved in fat loss. Salt should only be a consideration the final day before your weigh-in.

**FAQ #18****How much water should I drink?**

The program works so well. Keep your pee clear. If you are feeling stuffed, then cut it back a little. But otherwise, drink away. 120 oz/day is a good goal to shoot for. Don't forget to "Hyper-Hydrate" four times a day starting when you first wake up.

**FAQ #19****If I lost 7 lbs+ in my first week, is that bad?**

Not at all. A lot of times you lose a lot of water in the first week. And if you weighed in on a full stomach, and later in the day, those will all be things that initially impact your weight loss. But otherwise, that's great. Keep it up!

**FAQ #20****Can I juice?**

You can juice green leafy veggies. Keep it to under 4-5oz of juice (counts as your carb). It is very sugary, even with veggies. So keep it once/day if you must. It would be my preference that you don't and just chew your veggies.

**FAQ #21****Are there cheat days/meals?**

Nope. We have 42 days to do this. Ain't no time to cheat!

