

IAN HUMPHREYS
— Coaching —

21 DAY LEVEL UP CHALLENGE

Understand your struggles.
Take back control.
Never start over again.



Welcome,

The journey ahead of you will not be “quick and easy” – nothing truly worthwhile ever is, but if you stick with it and complete this 21 – Day Program...

I guarantee you'll lose up to 8-12 pounds of body fat (depending on where you started) if you do the work necessary to accomplish that goal. This program has worked for hundreds of people, and now I'm so excited to welcome you!

You will find all of the nutritional information you need to get you started looking the way you want in just 21 days.

As you go through the program remind yourself, “It's **just** 21 days!” You can do anything in just 21 days. So stick with it and see what is possible!

And remember, this is just the beginning. I want these next 21 days be the stepping-stone to you achieving lifelong lasting results!

Stay **Strong**,



Ian

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P.S. Use this program as a way of self-discovery as well. Health and fitness are an infinite process. I'm so honored you've chosen me to go on the journey with you.

This program is for recreational use only. **Ian Humphreys** is not responsible for any illness, injury, or death, which you acknowledge by participating in this program. Please consult your doctor before starting any exercise or nutrition program.

Starting Measurements

Weight:

Neck:

Shoulders:

Chest:

Arm:

Waist:

Hips:

Thigh:

Calf:

Ending Measurements

Weight:

Neck:

Shoulders:

Chest:

Arm:

Waist:

Hips:

Thigh:

Calf:

Answer here:

1. What do you hope to get out of this challenge? Goals?

2. Why is that important to you?

#1 Rule For Weight Loss - Eat Right!

I hate to say it, but it's so true; you are what you eat.

And if you want to lose weight (or gain weight) stay off that treadmill and don't touch those weights until you've first taken a long, hard look at what you eat.

The trick to good nutrition (and therefore faster results) is to feed your body a combination of protein, fat, and fibrous carbohydrates; this ensures proper recovery from workouts AND optimal energy levels throughout your day. Balanced nutrition is the key. For best results, listen to your body. Eat when you feel hungry, don't eat when you're not, and eat until you're 80% full rather than stuffed.

Here's a quick "ingredients checklist" you want to stick to when creating your own meals from now on. The better you stick to this, the better your body will be when the 21 Days are up...

- **PROTEIN**

Choose a portion of lean protein, such as chicken breast, ground turkey, fish or steak. Protein is essential for toning and building muscle. 3-5 ounces should be about the right size.

- **CARBOHYDRATES**

Choose a portion of complex carbohydrates, such as a small sweet potato, a 1/2 cup of brown rice or a slice of Ezekiel bread **ONLY AFTER A WORKOUT THOUGH.**

- **VEGETABLES**

Add a portion of vegetables or fruits every time you eat.

- **ESSENTIAL FATS**

Consume healthy fat with each meal. Especially with the reduction of carbohydrates.

- **WATER**

Drink at least half your body weight in ounces each day. If you weigh 150 pounds then drink at least 75 ounces... more when you're exercising.

Again, balanced nutrition is the key. You can do all the workouts in the world, but you just won't be maximizing your results until you fix the way you eat. That's why you need to start with nutrition first, otherwise most of the time you spend exercising is wasted. And that's a lot of work to go to waste!

Here's Some More Helpful Nutrition Tips for Speedier Results...

Your Rumbling Belly Is Lying to You, You're NOT Hungry

A lot of times when people feel hungry, they're not. They're just dehydrated. If you drink enough water, your body will be balanced and function the way that it's meant to. This is very important to aid the release of stored fat.

A good rule of thumb is to drink half of your body weight in ounces of water each day. But if you live in a warmer, more humid climate or are overweight (not for too much longer!), then you'll need to drink even more especially when exercising. This rule of thumb is just a starting point.

Is snacking and/or frequent feeding important?

This depends on YOU. Some people do well eating 5-6 smaller meals throughout the day. Others prefer eating 2-3 larger meals per day, and that's fine too. Ignore everything you've heard about "starvation mode." There is no scientific proof that you must eat every 2-3 hours to lose body fat. You need to do what works for you as an individual, so follow your instincts, and simply eat when you're hungry!

*For this program, I recommend that you eat 3 meals per day with no snacks in between unless you feel like you're going to die without one. :)

Plan Your Meals:

Planning is the key to your success. If you don't have a plan, how can you measure how you're doing? And if you're busy like everyone else planning becomes even more important. Don't skip this step, plan a week in advance and you will be successful.

Track Your Intake:

When you track and journal what you are eating you become more accountable for what you're eating. You'll be less likely to eat that donut if you have to write it in your journal. We've included a journal mechanism for you in each meal plan chart. Use it for the best results.

Practice the Sunday Ritual.

This is my favorite preparation method. Each Sunday during this challenge you will dedicate time to plan for the coming week. You'll make your grocery lists, go to the store, and plan for each meal. For best results, pre-chop veggies, wash fruits, grill meats, and pack meals in to-go containers so you can just grab them out of the fridge when you're in a hurry. Being caught unprepared is no good. FAILING TO PLAN IS PLANNING TO FAIL. Seriously.

Interact, ask questions, and be involved!

Post in our Facebook group, ask for help, and get those workouts done! REALLY COMMIT! If you stay quiet and try to go this alone, you will not be as successful. Successful people do not go it alone! I am here to help! You've got a whole group of people here ready to support you and watch you succeed!

Follow the plan.

The plan is written this way for a reason. This plan works. Don't try to get creative, tweak things, or "make it better." This plan has been tested and proven to work. Don't reinvent the wheel or guess!

No "healthy" cheat foods.

Just because you found a "healthier version" of chocolate chip cookies or you bought gluten-free candy doesn't mean it's healthy. Baked goods made with almond or coconut flour are certainly a better option over all, but during this challenge, stick to the plan and unwire your brain from craving unhealthy foods.

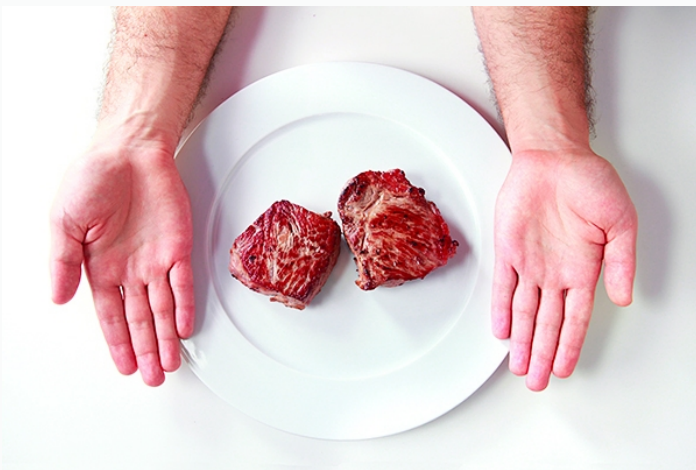
If you want the best results possible, then give 100%. If you don't commit to the program, do not expect 100% of the possible results.
(An unfortunate but true rule in life!)

- ✓ This is a challenge, so please follow the guidelines you've been given.
- ✓ Take personal responsibility for every action and decision. You have the power to choose. This is a good rule of thumb for all situations in life – not just in regard to nutrition and fitness!
- ✓ Commit to change – this is a choice and a mindset shift.
- ✓ If you slip up, you're human. But get back on track immediately! The day isn't a wash.
- ✓ Proteins, veggies, healthy fats, & water are your new best friends.
- ✓ Exercise no less than 3x/week.
- ✓ Fill out your food log every day!
- ✓ For best results, avoid alcohol during the 21 days. From my experience, alcohol consumption is one of the things that hinders women most with fat loss.

For each meal, you should select:

- 1) Protein
- 2) Veggie/Fruit
- 3) Healthy Fat
- 4) Healthy Carb if the meal is within 2 hours of a workout.

Keep it simple by following the plan as it is written!



1 palm of protein Dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meal



1 entire thumb of fat dense foods with most meals

Let's be realistic—you are eating out during this challenge—and that's ok! You just need to know what and how to order. Basically, you'll just follow the same rules and portions outlined on page 7.

Tips for Success:

1. Read the menu before you go to the restaurant. Know what you're going to order before you get there to avoid temptation.
2. Request that no starters like bread or chips be brought to your table.
3. Choose a protein and vegetable.
4. Request that no butter or oil be added to your food.
5. Drink water, coffee, or hot tea.

Change Your Mindset!

You are going to face temptations and cravings during this process, so expect it. It's going to be hard—that's why this is a challenge! But your mind is so much stronger than your cravings. If you experience intense cravings or the like, remove yourself from the situation. Make yourself busy, have hot tea or a piece of fruit. Another trick that works well for me is brushing and flossing my teeth.

I want you to start developing what I call LEAN HABITS. Those things that you used to do—not exercise, consume mass quantities of sugar, fast food, etc. are simply no longer what you do! Lean people can drive by a fast food restaurant and not be tempted to stop by. They can be offered a soda and turn it down. You can get there with commitment in the beginning. You will be shocked by how you will not only not want certain “bad” foods anymore, but you will actually start to feel grossed out by or an aversion to them!

Now, this doesn't happen overnight or in a few days. Nor will it ever happen if you don't give your body enough time to transition and detox. That's why you've got to give it your best every day and every meal.

Realize that you are choosing to become healthier or less healthy every moment of every day. You choose foods many times per day, and you choose whether or not to be active. Healthier or less healthy. There is no in between. Think about this every time you are faced with a tough choice during this challenge!

1

Drink only water, hot or cold herbal teas, & coffee. Water should equal no less than 1/2 your body weight in ounces per day.

2

Sleep 7-9 hours per night.

3

Exercise daily. Not every session has to be an intense workout, but you need to move no less than 20 minutes per day. Walking counts!

4

Make leftovers. It is a lot easier to maintain consistent eating habits when you don't have to prepare a meal every time you need to eat.

5

Focus on protein first, then add tons of veggies, and don't forget the healthy fats!

6

Go through all of your lists, and don't get caught unprepared! Plan for what is coming.

7

Get a good support system. Well, you've already got one here with me and the other participants, but enlist someone who is around you all the time and who can encourage you to stay on track.

8

Don't shop or go to gatherings hungry. Eat your healthy meals beforehand.

9

Look at menus before going to a restaurant. Know what and how you're going to order, and don't waiver from it.

10

Relax and talk positively to yourself. There is no "I can't!" You've got the willpower!

PROTEIN:

- Chicken
- Turkey
- Lean Beef
- Lamb
- Lean Pork
- Bison
- Wild Fish (not farm raised)
- Duck
- Shellfish
- Venison
- Whole eggs
- Wild Game
- Canned or fresh tuna
- Quest Bars
- Pure protein supplement

Buy local, organic, free-range, grass-fed when possible.

VEGGIES & FRUITS:

All all veggies except corn.
Fresh or frozen only. Never canned. Minimal dried fruit.

VEGGIES & FRUITS:

- Coconut oil
- Olive oil
- Butter
- Avocado
- Almond Butter
- Full fat canned coconut milk (unsweetened)
- Olives
- Coconut
- Mixed nuts (skip the peanuts)
- Animal fats for cooking

PANTRY ITEMS:

- Coconut & Almond Flour
- Herbal Teas
- Balsamic Vinegar
- Organic beef & chicken broths
- Herbs, spices, sea salts, black pepper
- Hot sauce, mustard
- Ezekiel Bread
- Brown Rice

IF YOU ABSOLUTELY MUST SNACK, THESE ARE YOUR BEST OPTIONS:

- Raw, unsalted nuts (anything but peanuts)
- Veggies & hummus
- Fruit & almond butter
- Boiled egg
- Quest Bar

WEEK 1 GROCERY LIST

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- Lean Grass-Fed Ground Beef
- Ground Turkey
- Chicken
- Tuna Steak
- Salmon
- Lean Steak
- Organic Free-Range Eggs

- Bell Peppers
- Spinach
- Kale
- Tomatoes
- Carrots
- Zucchini
- Organic Salad Mix
- Green Beans
- Broccoli
- Onions
- Shallot
- Spaghetti Squash
- Apples
- Oranges
- Bananas
- Sweet Potatoes
- Avocado

- Canned Pumpkin
- Brown Rice
- Coconut Oil
- Almond Butter
- Cinnamon/Pumpkin Pie Spices
- Olive Oil
- Balsamic Vinegar
- Dried Rosemary
- Ezekiel Bread (frozen food section)
- Low Sodium Soy Sauce (or better yet
Coconut Aminos – buy in health food store)
- Baking Soda
- Sea Salt
- Black Pepper



DAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	TODAY I FELT/EXERCISE:
1	Breakfast Scramble	Large Green Salad w/ grilled protein of choice, olive oil & balsamic, 1 orange	Stuffed Peppers, 1 sweet potato			
2	Breakfast Scramble	Leftover Stuffed Peppers, 1 cup fruit of choice	Broiled Tuna & Spinach, 1 sweet potato			
3	Breakfast Casserole w/ 2 Slice Ezekiel toast	Large Green Salad w/ grilled protein of choice, olive oil & balsamic, 1 large apple	Spaghetti Squash & Meatballs, side salad w/ olive oil & vinegar			
4	Breakfast Casserole, topped with avocado	Leftover spaghetti squash & meatballs, 1-2 pieces fruit	Grilled Chicken w/ shallot green beans, 1 sweet potato			
5	Breakfast Casserole, topped with 1-2 slices avocado	Leftover chicken, green beans, 1 banana	Chicken & veggie stir-fry, 1 cup brown rice			
6	Pumpkin Pancakes w/ Almond Butter, 1 banana	Leftover stir-fry, 1 cup brown rice	Broiled Rosemary Salmon, 1 sweet potato, sauteed kale			
7	Leftover Pumpkin Pancakes, 1 banana	Leftover Salmon on large green salad, olive oil & balsamic, 1 large apple	Beef & veggies w/ 1 cup brown rice			

In week 1, you're going to work on your preparation and cooking skills. Carve out time for your grocery shopping and planning. Make sure you have plastic storage containers on hand. Planning is essential for your success! Though snacks are not built into the meal plan, feel free to add any designated snacks in if you are truly hungry. Always start each meal with a full glass of water.

Place a check mark in each box once you have eaten a meal. This will serve as your food journal. Please note in the boxes if you have a snack and how much water you have had. Tracking your food intake is essential for your success. It's so important to become more aware of the choices you make.

You should strive to follow my 5 Habits of Nutrition:

1. Keep your blood sugar stable. You know the feeling when your blood sugar crashes and you're shaky and reaching for ANYTHING? We are avoiding that, so eat frequently if you need to.
2. Prioritize protein. 1 open palm serving each time you eat.
3. Eat veggies with every meal (sometimes fruit).
4. Eat starches no more than once a day.
5. Eat healthy fat with each meal.



Breakfast Scramble

Ingredients

- 2 whole organic eggs
- 1 TBSP coconut oil
- 1 cup (or more) veggies of your choice – I prefer tomatoes and spinach

Preparation

1. Heat coconut oil in pan.
2. Add veggies to soften.
3. Add eggs.
4. Scramble together.
5. Eat.



Breakfast Casserole

Ingredients

- 2 whole organic eggs
- 1 TBSP coconut oil
- 1 cup (or more) veggies of your choice – I prefer tomatoes and spinach

Preparation

1. Preheat oven to 375.
2. Grate or shred zucchini and carrots.
3. Squeeze in a paper towel to remove excess water.
4. Beat eggs.
5. Mix all ingredients (except coconut oil) in a large bowl.
6. Grease 9x13 baking dish with coconut oil.
7. Bake for about 45 minutes.
8. It's done when the edges are brown.



Pumpkin Pancakes

Ingredients

- 4 Eggs
- ½ cup pumpkin
- 1 tsp vanilla extract
- ¼ tsp baking soda
- 2 tbsp coconut oil
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice

Preparation

1. Beat pumpkin, eggs, and vanilla together.
2. Add dry ingredients.
3. Melt coconut oil and add to mixture.
4. Make pancakes on skillet with coconut oil to grease.
5. Top with almond butter or sliced fruit like bananas.



Stuffed Peppers

Ingredients

- 2 Bell Peppers (cut in half)
- ½ onion, chopped
- 4 cloves garlic, chopped
- ½ cup diced tomatoes
- 1lb ground beef
- Small handful fresh basil
- 1 TBSP coconut oil
- Salt & pepper to taste

Preparation

1. Heat oven to 375.
2. Roast peppers face down for 10 minutes.
3. Heat oil over medium high to cook onions, salt, and pepper until they are translucent.
4. Add garlic and tomatoes – cook for 2 minutes.
5. Add meat and good to desired doneness.
6. Add basil.
7. Stuff peppers with mixture & bake for 15-20 minutes.



Sauteed Greens (Spinach, Kale, Swiss Chard, etc)

Ingredients

- 2 Cloves garlic
- 2 TBSP olive oil
- 4 cups greens
- Sea Salt

Preparation

1. Heat olive oil on med-high heat.
2. Put garlic in pan.
3. When it starts to brown, add greens.
4. Mix as it wilts, adding sea salt.



Broiled Tuna

Ingredients

- 2-4 Tuna Steaks
- 2 TBSP Soy Sauce or Coconut Aminos
- 1 tsp dried thyme
- 1 tsp dried ginger
- 1 clove garlic, chopped
- 1 TBSP lemon juice
- 2 TBSP Olive Oil
- Salt & pepper to taste

Preparation

1. Place tuna in a Ziploc bag.
2. Add all ingredients and shake vigorously.
3. Place in fridge for 30 minutes.
4. Broil for 4-6 minutes each side (Less if you like yours more rare).



Spaghetti Squash with Meatballs

Ingredients

- 1 spaghetti squash
- 2 garlic cloves minced
- 1/2 tsp. cinnamon
- 1-2 Tbsp. flax oil

Meatballs:

- 1 lb grass-fed ground beef
- 2 carrots, 1 zucchini, grated
- 1 clove garlic, minced
- 1/2 TBSP sea salt
- 1TSP Dried Oregano
- 1 TSP Dried Basil
- 2 TSP Dried Parsley

Preparation

1. Cut squash in half scoop out the seeds.
2. Place the squash halves on a non-stick baking sheet cut side down.
3. Bake at 375 degrees for 45-60 minutes.
4. It's done when a fork easily pierces the skin.
5. With a fork separate spaghetti pulp from the skin place on a serving dish.
6. Sprinkle garlic, cinnamon and oil and toss lightly.
7. Add sprinkle of cumin and parmesan to taste with olive oil
8. Combine all meatball ingredients & bake for 30 minutes at 400 degrees, or until juices run clear.



Shallot Green Beans

Ingredients

- 1 lb green beans
- 2 shallots
- 2 TBSP Coconut oil
- Salt & Pepper to taste

Preparation

1. Heat coconut oil on medium heat.
2. Sautee shallots to translucent.
3. Add green beans.
4. Cook until done.
5. If you want your green beans less crunchy, steam them for about 5 minutes first.
6. Season with salt & pepper.



Chicken & Veggie Stir Fry

Ingredients

- 1-2 lbs chicken breasts cut into bite sized pieces
- 1 onion
- 1 bell pepper
- 2 cloves garlic
- 1 cup broccoli
- Salt & Pepper to taste
- ¼ tsp crushed red pepper (if you want some heat)
- 2 TBSP coconut or olive oil

Preparation

1. Melt half the coconut oil in the pan.
2. Sauté seasoned chicken breasts until about 80% done.
3. Remove and put to the side.
4. Heat other half of oil.
5. Sauté onions for about 3-4 minutes then add garlic.
6. Stir for a minute.
7. Add peppers and broccoli.
8. Cook until they begin to soften.
9. Add chicken back to the pan to finish cooking.



Beef with Sautéed Veggies

Ingredients

- 2 Tbsp. fresh lime juice
- 1 Tbsp. Olive oil
- 2 garlic cloves crushed
- 1/4 tsp cayenne
- 2 tsp cumin
- 1 lb steak thinly sliced

Preparation

1. Combine above in a Ziploc bag.
2. Refrigerate for 2 hours.
3. Grill or sautee steak.
4. Cook 1 onion and 1 red bell pepper in 1 tbsp olive oil.
5. Top with grilled steak.



Broiled Rosemary Salmon

Ingredients

- 1 lb Wild Salmon
- 2 TBSP olive oil
- 1 lemon 1 TBSP dried rosemary
- Sea salt

Preparation

1. Place half of olive oil in bottom of the dish.
2. Add rosemary and salt.
3. Place salmon in dish and top with remaining olive oil and lemon slices.
4. Broil for 10-12 minutes.

WEEK 2 GROCERY LIST

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- Eggs
- Pork Shoulder
- Chicken Breasts
- Chuck Roast
- Turkey Breast
- Tuna or Salmon
- Scallops

- Bell Peppers
- Onions
- Mushrooms
- Sweet potatoes
- Spinach
- Kale
- Garlic
- Pineapple
- Orange
- Celery
- Fresh Cranberries
- Carrots
- Broccoli
- Cauliflower
- Salad mix
- Green Beans
- Apples
- Bananas
- Blueberries
- Shallot
- Avocado

- Coconut Oil
- Coconut Flour
- Full fat canned coconut milk
- Chicken & Beef stock
- 6 oz. organic tomato paste
- Ezekiel Bread
- Various herbs and spices



DAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	TODAY I FELT/EXERCISE:
8	Veggie Frittata, ½ cup blueberries	Large green salad with grilled protein of choice & avocado w/ olive oil & balsamic, 1 apple	Hawaiian Pulled Pork, ½ sweet potato, shallot green beans			
9	Veggie Frittata, topped with 1-2 slices avocado	Leftover Hawaiian Pulled Pork, side salad	Cinnamon chicken, ½ sweet potato, 1 cup steamed broccoli			
10	Veggie Frittata, ½ cup blueberries	Leftover Cinnamon Chicken, side salad, 1 orange	Crock Pot Pot Roast w/ ½ sweet potato, greens of choice			
11	Sweet Potato Pancakes, 1 apple	Leftover Pot Roast w/ side salad, 1 piece fruit of choice	Balsamic chicken, 2 cups steamed broccoli & cauliflower			
12	Breakfast Scramble, add avocado slices on side	Leftover Balsamic chicken & veggies of choice	Italian Seasoned Turkey Breast w/ ½ sweet potato & side salad			
13	Breakfast Scramble, add avocado slices on side	Leftover Turkey Sandwich (use 2 slices Ezekiel Bread), salad	Broiled Rosemary Salmon, ½ sweet potato, sauteed kale			
14	Sweet Potato Pancakes, 1 fruit of choice	Large green salad with grilled protein of choice & avocado w/ olive oil & balsamic, 1 apple	Seared Sea Scallops w/ sauteed spinach			

Your second week is focused on crock pot meals. Most people eat for convenience these days, so it's important to learn how to keep your meals both clean and convenient. Most of these recipes will make enough for multiple people to enjoy. Feel free to double the recipe to feed more people – this may change cook time.

Though the meals cook themselves, it does take some effort to prep your crock pot meal. If you are having a crock pot breakfast, obviously, it needs to go into the pot the night before. Make sure you leave time in the morning to throw everything in – chopping your veggies and doing advance prep the night before is very helpful. You could even put everything in the pot, place it in the fridge, and start it before you head out to work. Find a strategy is that is easy for you to stick to!

You'll also see that you're eating a lot of leftovers. Not only are you keeping your lunches healthy, but you'll be saving a ton of money if you're used to going out for lunch! Definitely a win-win!

Question:

Ian I noticed there aren't any cheat meals in this plan. What gives?

I truly believe your body needs time to heal from inflammation brought on by many foods. If you don't give it a significant amount of time to do so, the process will just keep resetting itself. Besides, this is a challenge! Have an abundance mindset vs. a deprivation mindset. Think of all the delicious, healthy foods you CAN have rather than all the foods you "can't" have – the ones that take you further from your goals.

Let's be honest though. We are adults. You can eat whatever you want whenever you want. By following this plan you are consciously choosing health and fitness. You can make the choice to have an off plan treat, just keep in mind that it may have an effect on what results you get from this program. Be mindful, and if you do choose to go off plan, shake it off and get back on track right away. Don't waste time and energy feeling guilty or beating yourself up!



Veggie Frittata

Ingredients

- 12 eggs
- ½ cup coconut milk
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 onion
- 1 cup sliced mushrooms
- 1 tsp sea salt
- ½ tsp black pepper
- ½ tsp cumin
- 1 TBSP olive oil

Preparation

1. Beat eggs and coconut milk.
2. Add veggies & mix well.
3. Stir in spices.
4. Use olive oil to grease bottom and sides of slow cooker.
5. Pour mixture in and cook on low for 8 hours.



Sweet Potato Pancakes

Ingredients

- ½ cup mashed sweet potato
- 3 eggs
- 1 TBSP coconut flour
- 1 tsp cinnamon
- ¼ tsp baking soda
- ¼ tsp vanilla extract
- Coconut oil for cooking

Preparation

1. Mash potato then beat in eggs.
2. Stir in everything else except oil.
3. Melt oil in pan and begin cooking pancakes, flipping when bubbles form.
4. Top with an extra sprinkle of cinnamon!



Hawaiian Pulled Pork

Ingredients

- 3-4 lb Pork Shoulder
- 1-2 cups chopped pineapple
- ½ tsp dried ginger

Preparation

1. Put pork in crock pot.
2. Put pineapple on top.
3. Add ginger.
4. Cook on low 4-6 hours.



Cinnamon Chicken

Ingredients

- 2 lb. Chicken Breasts
- 2 Bell peppers, sliced
- 1 onion, chopped
- 4 cloves garlic, chopped
- 2 tsp paprika
- ¼ tsp nutmeg
- 1 cup low sodium chicken broth
- 2 tsp cinnamon (or more to taste)

Preparation

1. Shake ingredients together in a Ziploc bag.
2. Cook in crock pot on low for 4 hours.



Seared Scallops w/ Spinach

Ingredients

- 1/2lb (one serving) scallops of choice
- 2-4 cups raw baby spinach
- 2 TBSP Olive Oil
- 4 cloves garlic
- Salt to taste

Preparation

1. Heat half of olive oil in pan on medium heat.
2. Add half of chopped garlic and let it simmer for 1-2 minutes.
3. Press excess water out of the scallops between paper towels.
4. Add scallops, cooking approx. 3 minutes on each side until they begin to brown and caramelize.
5. They're done when they're no longer translucent.
6. Remove scallops and add remaining olive oil.
7. Allow it to heat up then add remaining garlic.
8. Add spinach, stirring as it wilts.
9. Season with sea salt.



Balsamic Chicken

Ingredients

- 2lb Chicken Breasts
- 3 TBSP olive oil
- 2 tsp dried parsley
- 2 tsp oregano
- 2 tsp garlic powder
- 2 tsp sea salt
- 1 tsp black pepper
- 1 onion sliced thin – do not dice
- 6 chopped cloves garlic
- 6 oz. can of organic tomato paste mix w/ 6 oz water
- 1 cup low sodium organic chicken stock
- ½ cup balsamic vinegar

Preparation

1. Add chicken to bottom of crock pot and pour olive oil over them.
2. Mix seasonings then sprinkle half on top of chicken.
3. Add garlic and onions.
4. Then layer on the tomato paste mixture.
5. Add broth then balsamic then remaining seasoning mixture.
6. Cook on low 4-6 hours or until chicken falls apart – typically depends on your crock pot



Italian Seasoned Turkey

Ingredients

- 3lb Turkey Breast
- 1 onion – chop chunky
- 5 carrots – chop chunky
- 1 orange
- 1 cup cranberries (fresh)
- 1 TBSP of each – dried basil, oregano, parsley
- Sea salt & pepper to taste

Preparation

1. Put veggies in crock pot and place seasoned turkey on top.
2. Slice orange and place slices all over the turkey.
3. Add cranberries to the pot.
4. Add ½ cup water to the bottom of the pot.
5. Cook on low 5-6 hours



Crock Pot Pot Roast

Ingredients

- 3-4lb chuck roast
- 2 tbsp. coconut oil
- 1 cup beef stock
- 4 cloves garlic
- 1 sliced onion
- 3 chopped carrots
- 2 pieces of chopped celery
- 2 tsp cumin
- 1 tsp oregano
- ½ tsp paprika
- Salt & pepper to taste

Preparation

1. Coat meat with seasoning.
2. Heat half of coconut oil in a pan and sautee onions to translucent.
3. Add garlic, carrots, and celery for a few minutes, then place it all in the crock pot.
4. Heat remaining coconut oil and brown meat on all sides.
5. Place in crock pot.
6. Top with beef stock.
7. Cook on low for 6-8 hours.

WEEK 3 GROCERY LIST

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- Eggs
- Chicken
- Shrimp
- Ground beef
- Ground turkey
- Flank steak
- Salmon
- Bacon

- Apples
- Salad mix
- Sweet potatoes
- Kale
- Green Beans
- Shallots
- Onions
- Tomatoes
- Cherry Tomatoes
- Garlic
- Zucchini
- Spaghetti Squash
- Lemon
- Spinach
- 2 14.5 oz cans organic diced tomatoes
- Fresh Basil
- Mushrooms
- Berries of choice
- Avocado

- Coconut Oil
- Ezekiel Bread
- Almonds
- Almond Flour
- Full fat canned coconut milk



DAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER	TODAY I FELT/EXERCISE:
15	2 eggs over easy-hard, 1 slice Ezekiel toast topped w/ avocado, 1 piece fruit of choice	Large green salad with grilled protein of choice w/ olive oil & balsamic, 1 apple	Chicken Parmesan, steamed broccoli			
16	Breakfast Scramble	Leftover Chicken Parmesan & Side Salad	Spicy Shrimp, sauteed kale, ½ sweet potato			
17	Pumpkin Pancakes	Leftover shrimp & kale	Meatloaf, shallot green beans			
18	Simple Frittata	Leftover Meatloaf & green beans	Salmon Salad & tomato soup, 1 slice Ezekiel toast			
19	Simple Frittata, 1 slice Ezekiel toast	Salmon salad & tomato soup leftovers	Bruschetta Chicken & Pasta, steamed broccoli			
20	2 eggs over easy-hard, 1 slice Ezekiel toast topped w/ avocado, 1 piece fruit of choice	Leftover Bruschetta Chicken and pasta	Turkey Burgers & Sweet Potato fries			
21	Sweet Potato Latkes	Turkey Burger & large salad w/ olive oil & vinegar	Steak Salad			

You made it! Congratulations! I hope you have learned A LOT during this challenge. I hope you see now that healthy foods don't take forever to prepare once you get the hang of it, and more importantly, that they taste delicious!

What percentage of effort are you giving this challenge? 100%? 50%?

Answer here: _____

Whatever you answered will be your ROI (return on investment). Keep this in mind when we go to do your final measurements.

What have you learned about yourself in regards to food and exercise? What can you do to continue improving?

Answer here: _____



Sweet Potato Latkes

Ingredients

- 2 tbsp coconut oil
- 2 eggs
- 2 tbsp minced onions
- 1 tsp cinnamon
- Salt and pepper
- 5 cups grated sweet potatoes – use a food processor – by hand is no fun!
- 2 more eggs per person for frying

Preparation

1. Mix all ingredients together.
2. Heat pan to med and add coconut oil.
3. Press large spoonfuls of cakes into skillet and cook 3-5 min each side – until crisp and cooked through.
4. Top each cake with a fried egg.



Simple Frittata

Ingredients

- 4 eggs
- 1 tbsp coconut oil
- 1 shallot, diced
- A few cherry tomatoes, cut in half
- 4 slices bacon, cooked
- 2 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp dried parsley
- Salt and pepper

Preparation

1. Preheat oven to 375.
2. Mix olive oil, parsley, & garlic in a bowl.
3. Heat coconut oil in an OVEN-SAFE pan and cook sliced onion to slightly brown.
4. Beat eggs with a little salt and pour into same pan as you used to cook onions.
5. Put onions and tomatoes and pepper on top of eggs.
6. Pour oil mixture on top and lay bacon on top of that.
7. Put pan in over for 10 min



Chicken Parmesan with Veggie Noodles

Ingredients

- 2lbs chicken breasts
- $\frac{3}{4}$ cup almond flour
- 1 tsp of each - dried basil, oregano, garlic powder
- Salt and pepper to taste
- 2 beaten eggs
- Olive oil
- Marinara sauce (look for a brand with no vegetable oils or sugars added – read the label!)
- 2-3 zucchinis

Preparation

1. Heat oven to 350.
2. Heat a pan to med-high.
4. Mix almond flour and seasonings in a baking dish.
5. Dip chicken in eggs, then cover in seasoning mixture.
6. Add olive oil to pan and let it heat for a minute.
7. Cook 2-3 minutes on each side – until chicken easily comes off the pan so you don't pull the coating off.
8. Transfer chicken to a baking sheet and bake 15-20 minutes.
9. Peel zucchinis with a julienne peeler (or a regular peeler if you don't have one).
10. Place in a microwave-safe bowl.
11. Add a tbs. water, cover with a paper towel, and cook 3 minutes or until softened.
12. Top zucchini noodles with chicken and cover it all with marinara sauce!



Spicy Sauteed or Grilled Shrimp

Ingredients

- 2lb peeled large shrimp
- 2 cloves garlic
- 2 tbsp sea salt
- 1 tsp cayenne pepper
- 2 tsp paprika
- 3 tbsp olive oil
- 4 tsp fresh squeezed lemon juice

Preparation

1. Crush garlic and salt in a bowl, forming a paste.
2. Mix in pepper and paprika. Stir in olive oil and lemon juice.
3. Toss with shrimp in a large bowl.
4. Grill or sautee over medium heat for 2-3 minutes per side or until opaque.



Meatloaf

Ingredients

- 1lb ground beef
- ¼ cup spinach
- ½ cup diced onion
- 2 minced cloves garlic
- ¼ tsp cayenne pepper
- 2 tsp dried parsley
- 1-2 tomatoes blended until fairly smooth

Preparation

1. Preheat oven to 400.
2. Put all ingredients except tomato sauce into a blender or food processor and blend.
3. Press into mini loaf pan and top with tomato sauce.
4. Bake about 20-30 minutes until done



Creamy Tomato Soup

Ingredients

- 2 14.5 oz cans of organic diced tomatoes
- 3 minced cloves garlic
- 1 diced onion
- 1 can coconut milk (full fat – I prefer Thai Kitchen brand)
- 1 tbsp coconut oil
- 1 tsp sea salt
- 1 tsp dried thyme
- Pepper to taste

Preparation

1. Saute onion in coconut oil in a large soup pan (I used my wok) until they begin browning.
2. Add garlic and cook another 2 minutes.
3. Put tomatoes, garlic, and onions in a blender to blend to smooth.
4. Put mixture back into pan.
5. Add spices and coconut milk, stir and bring to a boil.
6. Simmer 10 minutes & enjoy!



Salmon Salad

Ingredients

- 2-4 salmon filets (depends how many you're feeding, but you want leftovers)
- 2-4 tbsp lemon juice
- Salt and pepper to taste
- 1 minced clove garlic
- 2+ tbsp. olive oil (eye it – add more or less if needed)

Preparation

1. Set your oven to broil.
2. Mix garlic, oil, s&p in a bowl and brush over salmon filets.
3. Squeeze lemon juice over the top.
4. Broil for 5 minutes or until cooked to your liking.



Bruschetta Chicken & Pasta

Ingredients

- 1 Spaghetti Squash
- 2 lbs chicken
- 3 large tomatoes
- Fresh basil – 12-15 leaves cut into strips
- 3 cloves garlic chopped
- 3 tbsp olive oil
- 1 tbsp Balsamic
- Salt and pepper

Preparation

1. Marinate chicken for 30 min. in juice of one lemon, 1 clove crushed garlic, 3 tbsp chopped basil, S&P, 1-2 TBSP olive oil.
2. Then cook through in the oven.
3. Combine tomato, basil, and garlic in a bowl.
4. Top with olive oil and vinegar.
5. Mix gently.
6. Put on top of chicken and spaghetti squash (prepared like meatball recipe).
7. For even better flavor, make this 24 hours in advance to let flavors combine.
8. Marinate chicken up to 24 hours.



Turkey Burgers

Ingredients

- 1lb ground turkey
- 2 eggs
- ¼ tsp onion powder
- 1 tbsp garlic powder
- ½ tsp basil
- ½ tsp oregano
- 1 medium zucchini
- 1 tbsp olive oil

Preparation

1. Combine all ingredients except olive oil and zucchini in a bowl.
2. Chop 1/3 of zucchini into small pieces.
3. Grate the rest over bowl and mix into mixture.
4. Heat a large pan to medium & add oil.
5. Cook 6-8 min each side or until done.



Sweet Potato Fries

Ingredients

- 2 large sweet potatoes, chopped into the shape of fries
- 1 tsp melted coconut oil
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ½ tsp cinnamon
- Salt and pepper

Preparation

1. Toss potatoes with coconut oil.
2. Combine spices in a bowl and toss into potatoes, spreading the spices evenly.
3. Place potatoes in a single layer on baking sheet and bake 30-45 minutes or until tender.



Steak Salad

Ingredients

- 2lbs flank steak
- 3 cloves garlic, minced
- Salt and pepper
- 2+ cups per person mixed greens
- 1 granny smith apple diced
- 6 sliced mushrooms
- ½ cup berries of choice
- Handful of almonds
- Use olive oil & balsamic to dress

Preparation

1. Massage garlic and S&P into steak and grill to desired temperature.
2. Adjust all serving sizes based on how many people you're feeding.

CONGRATS on making it to the end of the 21 Day Fat Loss Challenge!

You should feel incredibly accomplished, excited, and proud. You are finishing 2020 more fit, energetic, and strong! It has truly been an honor having you on board.

You know I am all about goal-setting. A huge part of that involves consistent self-assessment. Please take a moment to thoughtfully answer these questions:

1. How do I feel now versus before the challenge?
2. What went really well for me during the challenge?
3. What could I have done better?
4. What new, healthier habits have I developed?
5. My 3 Fitness Priorities for the next year are:
 - 1.
 - 2.
 - 3.