

CFP Lifestyle Reset Program – WEEK 1

NUTRITION

YES PLEASE

- PLAN, PLAN, PLAN. Grab a notebook and plan all your meals and snacks for the entire week so you are always prepared when you get hungry.
- INTERMITTENT FASTING. There are many benefits to fasting. For this, you will need to consume your calories for the day within a 10-hour window. Be consistent with your window. For ex 8am-6pm every day. You can drink outside of your window. (Challenge Yourself: Consume calories in an 8-hour window).
- HEALTHY SNACKS like fruits, nuts, and vegetables between meals.
- DRINK PLENTY OF WATER throughout the day. Drink at least 2 liters a day.
- DRINK SUGAR-FREE BEVERAGES like flavored/sparkling water. Add sweetener if needed to coffee or tea.
- DRINK 1-2 GLASSES OF WATER BEFORE YOU EAT. This helps you burn calories and get full faster.
- COUNT CALORIES. Keep a journal or download an app. This will help keep you accountable.
- USE HEALTHY OILS like extra virgin olive oil, avocado oil, and coconut oil.
- COOKING METHOD. Bake, broil, simmer, slow cook, poach, pressure cook, stew, steam or lightly sauté your food.
- At the end of the week, treat yourself with a TREAT MEAL – a favorite dish, drink, and dessert!

NO THANK YOU

- SWEETS AND SNACKS including desserts, pastries, chips, chocolate, candy, cakes, ice cream, doughnuts, and cookies. You get the idea! We need to significantly decrease our refined sugar intake. These foods are low in nutrients and rich in added fats which can harm our health.
- SUGARY BEVERAGES including soda, juice, sweetened tea, sports drinks, Starbucks creations, energy drinks and alcohol.
- FRIED FOODS.
- (UNHEALTHY) FAST FOODS.
- Be careful with “DIET” FOODS often labeled as fat free, low fat, reduced fat or low calorie. These foods often compensate for the lost flavor by adding sugar and other unhealthy additives.
- PROCESSED PRE-PACKAGED FOODS. Use fresh ingredients as often as possible.

MEAL/SNACK IDEAS

Breakfast

Hard boiled eggs w whole grain bread
Oatmeal with nuts and fruit
Whole grain cereal w fat-free/1% milk
Scrambled eggs with veggies and hash

Lunch/Dinner

Protein: Chicken/Turkey Breast, Ground Chicken/Turkey, Eggs, Fish, Shrimp, Tofu, Lean Beef
Vegetables: Baked, Roasted, Steamed or Sauteed Veggies, Cabbage
Carbohydrates: Brown Rice, Sweet or Red Skin Potato, Whole Grain Bread or Pasta, Barley, Quinoa
Other: Stuffed Peppers, Avocados, Stew, Salad, Soup, Meatballs, Turkey or Bean Burger, Beans and Lentils

Snacks

Fruits (whole fruit)
Peanut Butter
Greek Yogurt
Olives
Vegetables with Hummus/ Bean Dip



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EXERCISE*

- DO 30 MINUTES OF MODERATE AEROBIC ACTIVITY 5 DAYS THIS WEEK.
- Challenge Yourself: Add 30 minutes of strength training twice this week.
- Exercise outside if you can.
- You can get a lot of exercise ideas online. YouTube has great videos you can follow.
- Take the stairs.
- Park farther away from the entrance.
- Sit Less and get moving! Get up at least every 30 minutes and stretch your legs.

Examples of Aerobic Activities

- Walk Briskly, Jog or Run
- Bike
- Swim
- Dance
- Tennis
- Garden
- Hike
- Jump Rope
- HIIT Exercises

Strength Training Activities

- Lifting weights
- Resistance training
- Calisthenics

*You can reference “Types of Exercise and Target Heart Rate” post on 02/20/2021

REMEMBER

- Always remember your goals.
- Treat yourself at the end of the week to a favorite meal, drink, and dessert.
- Make sleep a priority. Get 7-8 hours of sleep every night.
- Never miss a moment to tell someone you love them.
- Work Hard. Stay Humble. Be Patient. Keep Hustling.
- You are beautiful. Now you have just decided to be healthier, fitter, faster, and stronger.