

The 21 Day Challenge.

This is not an ordinary diet.





Welcome.

THIS IS NOT AN ORDINARY DIET.


THIS WILL CHANGE YOUR LIFE.

Think of the 21 Day Challenge as a quick way to reset your body to healthier eating patterns, without forcing you to become “the one who’s on a diet”.

So many diets promise to be easy, you’re assured that “you won’t even notice you’re dieting”. With the 21 Day Challenge that’s not the case. It will take some work, and there will be times you wish you hadn’t signed up for it... but you’re worth the effort!

We promise that if you choose to put your body through this program, you are going to lose weight and fat, become healthier and you are going to teach your body to desire what it needs; you’ll create long-lasting, easy to maintain lifestyle habits that will not interfere with your family or social life.

The best thing is, it only takes three weeks. That’s less time than it took for THAT at-home fringe trim to grow out. But unlike the fringe, we promise you will not regret doing this. You’ll only regret not trying it sooner.



So, why
wouldn't you
commit?

Before you begin.

Prior to commencing a purposeful change to your diet, you should first understand your regular eating routine by tracking everything you eat and drink for a week.

You can track your usual percentages of carbohydrates, proteins and fats with an online food diary – we suggest one of the following:

- [Myfitnesspal.com](https://myfitnesspal.com)
- [Fitday.com](https://fitday.com)
- [My-calorie-counter.com](https://my-calorie-counter.com)
- [Choosemyplate.org](https://choosemyplate.org)
- [Livestrong.com/thedailyplate/](https://livestrong.com/thedailyplate/)
- [Myfooddiary.com](https://myfooddiary.com)

Once you've determined your daily percentage of carbohydrates, you'll need to make some changes to your diet, as outlined below:

- If your regular carbohydrate intake is equal to or greater than 55% of your total calories, reduce your % carbohydrates to 35% for one week and to 20% for a second week. Then begin the 21 day challenge in the third week.
- If your regular carbohydrate intake is less than 55% of your total calories, reduce your carbohydrates to 20% for one week and then begin the 21 day challenge the following week.
- Sugar is a major contributor to carbohydrate intake as well. Ensure that you are cutting out sugary foods and drinks during this time also, as they'll be completely cut out during the 21 days.

In addition to providing you with an honest assessment of your daily caloric intake (and where these calories are coming from), keeping a food diary can also help prevent mindless eating. If you record when you eat and how you're feeling at the time, the diary will help you to recognize and correct negative eating patterns, such as a tendency to eat

for emotional reasons rather than hunger. If you see a pattern of late night snacks, eating out of boredom or sadness, or recognize that celebratory meals are a bit out of hand, you can correct these behaviors and keep your new healthy eating plan on track.

If any of the following conditions apply to you, please seek medical clearance before taking part in this challenge:

- Pregnancy
- Heart disease
- Diabetes
- Hypertension
- Obesity
- Musculo skeletal disorders that reduce your ability to perform exercise

Like with any new diet or exercise routine, you should be cleared by a medical professional before taking part.

The 21 Day Challenge is not recommended for anyone under the age of 18 years.

What you'll eat.

Four meals a day that need to include:



Protein

1 palm full (size and thickness of the palm of your hand) of lean beef, lamb, chicken, duck, turkey, fish, shellfish, pork or eggs



Fat

A thumb size of nuts and seeds, avocado, olive oil, fish oil or flaxseed oil.



Vegetables

1-2 handfuls of broccoli, lettuce, cabbage, cauliflower, green beans, asparagus, mushrooms, brussels sprouts, cucumber, spinach, watercress, onions, all forms of capsicums, raw carrots, tomatoes, zucchini, eggplant.



Shake

You'll need to have it within 10 minutes of working out (you need 0.3 grams of protein per kg of body weight). You'll need to source a 100% whey protein, or if you have a sensitivity to whey protein try rice or pea protein.

Drinking shakes is a must! They will help you recover faster, keep your energy levels up and help you feel ready to work out again the next day. Even if you don't do a workout on a particular day, you'll still need to fit in a shake.

Foods to avoid:

- Dairy products (except for 100% whey protein for your daily shake).
- Roasted or salted nuts – eat unsalted raw nuts as the fats in roasted nuts are really bad for you.
- Grains – wheat, cereals, oats, rice etc. Basically anything that comes in a cardboard box. A good idea is to go through your pantry and get rid of everything! Otherwise, store it where your family or flatmates can easily access it, but it's out of sight for you.
- Fruit. It's only three weeks, you can live without apples for three weeks, right?
- Legumes.
- Starchy vegetables – such as potato, kumara, parsnip, yams and pumpkin – you're replacing these carbs with other vegetables.
- Soy products. Did you know they are actually carbs, not protein? Don't be fooled by marketing. The only acceptable soy product is tamari soy sauce, as it doesn't contain wheat.
- Salt, dressings and fats in excess. You'll see that some of the delicious recipes in your recipe booklet suggest small amounts of ingredients such as salt and mayonnaise. Don't go overboard, these condiments and flavors should be enjoyed in small amounts only. Don't forget that natural herbs and spices are a great way to add flavor and variety to your food.



Take your body weight in kilograms and multiply by 0.033; this is how many liters of water you'll need to consume each day, plus one extra glass of water for every hour of exercise. For example, if you're 61kg and did 90 minutes of exercise in a day you would need 2 liters + 1½ glasses of water.

To get some extra trace minerals, add a small pinch of unrefined sea salt to every liter of water – this will help maintain your hydration levels.

Water will not only hydrate you but also make you feel fuller and detox your body, flushing away any nasty toxins and leaving you with that gorgeous glow.

What to drink?

Water, herbal tea, black coffee, black tea. Sweeteners (including artificial ones) are a big no, no!

That's right, there's no alcohol on this list. Think of it as 21 days of bliss for your liver.

Extra tips

- Never skip a meal. The planning will probably be the toughest part of this three weeks, but it's worth it. When you skip a meal, you will be way more likely to over-eat later on.
- If you are famished, have some nuts (6-8 nuts = 1 serve).
- Always eat breakfast.
- Aim to eat your last meal at least two hours before bed, so that your digestion process does not affect your sleep and recovery (another common reason for overeating is tiredness).
- Eat different types of protein to get all the amino acids and avoid food sensitivities.

It won't work if you cheat. It is tough. You'll have moments where you want to scream at your children for asking for ice cream, times where you want to knock your boyfriend out and steal his toast or ruin a 20-year friendship over whether or not your friend orders a soy mocha latte.

Hang in there! Take a deep breath and imagine the moment when you slide gracefully into those skinny jeans in three weeks' time. All the pain forgotten.

When you are in control of your mind, you're in control of your life.

Measure your success.

Aside from looking and feeling great, waist measurement is a great indicator of how you're getting on.

Why measure waist circumference?

It's a simple check to tell how much body fat you have and where it is placed around your body. Where fat is located is an important indication of your risk of developing ongoing health problems.

No matter what your height or build, an increased waistline is a sign that you could be at greater risk of developing serious health problems including type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.

Measuring your waistline is a simple check. For an accurate measurement:

- Measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, without compressing the skin
- The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button.

What does your waist measurement mean?

The waist measurements below (no matter what your height is) suggests you have an increased risk of developing a chronic disease:

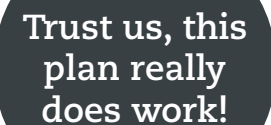
Increased risk:

- Men: more than 94 centimetres
- Women: more than 80 centimetres

Greatly increased risk:

- Men: more than 102 centimetres
- Women: more than 88 centimetres

Check out more info at: <http://www.health.gov.au/internet/abhi/publishing.nsf/Content/factsheet-waist-measurement>



Trust us, this
plan really
does work!

So now what?

You've completed the challenge and you're looking and feeling incredible!

Welcome back to the real world of food choices. That croissant is no longer off-limits, you can finally curb your sushi craving, the milk can go back in your coffee... so how do we live with the food we love, while maintaining the great results? Here are some suggestions:

- Use the hand eyeball method (that is 1 palm full of protein, 1-2 handfuls vegetables and a thumb size of fat) to monitor your portion sizes so that you can eat some of the foods you love and have missed.
- Still stay away from processed foods as much as possible, as this is better for long-term health. By doing this, you're eliminating food colorings, preservatives and sweeteners which are all harmful to your health.
- Eat like you're still on the challenge 80% of the time, and then eat what you want for the other 20%.
- Stay with a palm of protein each time you sit down to eat a meal, as well as the thumb of good fats.

- Keep refined carbs and starchy vegetables low – as this is where the main physical changes are made.
- If you're wanting carbs, stick with the low G.I. kind as they enter the blood slowly giving you a much more sustained energy response and mean you'll take in less carbohydrates in total.
- When adding fruits back in, choose those with dark skins as they have higher antioxidant levels and lower Glycemic load. Berries and grapes are better choices than bananas and pineapple. When fruits are dried, the Glycemic index goes up because of the dehydration of the fruit... so easy on these!
Check out the website www.glycemicindex.com for more information on the G.I. of foods.
- Unsweetened yoghurt, nuts and seeds are great for a snack.

The LES MILLS™ Food Pyramid is made up of healthy, whole, clean, nutrient-rich foods. This includes:



Essential fatty acids that support the cardiovascular, reproductive, immune and central nervous systems.



Proteins, which are the building blocks for our bodies. These are essential for the growth and the formation of hormones.



Carbohydrates, which are broken down in the body to give us energy.

Use the 21 Day Challenge Recipe Booklet to help keep meals interesting and varied.

Good luck and remember who's now in charge!

The Les Mills Food Pyramid.



7 Day Eating Plan.

Here is a week of 21 Day Challenge meal ideas to get you started!

All the recipes with an * are available in your recipe book.

Day 1

- Meal 1** – Vegetable Frittata*
- Meal 2** – Steak and stir fried veges
- Meal 3** – Prawn Kebabs
- Meal 4** – Mediterranean Chicken Stack*

Day 2

- Meal 1** – Omelette with tomato, spinach, onion, garlic and capsicum
- Meal 2** – Steak and salad
- Meal 3** – Chicken patties with guacamole and salsa*
- Meal 4** – Prawns and cabbage*

Day 3

- Meal 1** – Naked Huevos Rancheros with salsa, avocado and capsicum*
- Meal 2** – Spiced Mince*
- Meal 3** – Chicken patties with kale salad*
- Meal 4** – Steak fajitas with lettuce tortillas

Day 4

- Meal 1** – Chilli Scrambled Eggs on roast tomatoes and baby spinach
- Meal 2** – Lamb and egg stack with tomatoes and avocado*
- Meal 3** – Chicken lettuce cups
- Meal 4** – Meatballs on grated carrot and celery

Day 5

- Meal 1** – Silverbeet fritters with mayonnaise*
- Meal 2** – Sashimi and salad
- Meal 3** – Salmon with broccoli salad
- Meal 4** – Lamb rack with cauliflower mash*

Day 6

- Meal 1** – Poached eggs on grilled eggplant and mushrooms
- Meal 2** – Fish hash with carrot salad and red onion
- Meal 3** – Chicken sausages with crudités
- Meal 4** – Silverbeet mince wraps

Day 7

- Meal 1** – Minced beef with onions, zucchini and mushrooms
- Meal 2** – Pork lettuce cups
- Meal 3** – Chicken salad
- Meal 4** – Fish and cucumber salad

FAQS.

I train early in the mornings. Do I eat breakfast before the workout or after?

Eat breakfast 1½ to 2 hours before the class as long as it does not disrupt your sleep. For example, if the class is at 6 a.m. and you have to get up at 4 a.m. to eat breakfast, then you are disrupting your sleep.

If that is the case, it is probably best to skip breakfast and have your post-workout shake immediately after finishing the class, then eat breakfast within an hour of finishing the workout.

I've started drinking the suggested amount of water and I have to go to the toilet a lot. How can I prevent this?

As your body begins to hydrate itself, you may indeed experience frequent trips to the toilet.

To help with this you can add a pinch of unrefined sea salt to each liter of water. This also increases the mineral content of the water to help you stay hydrated.

It is best to sip water throughout the day rather than drinking a whole glass at a time. This helps to keep you constantly hydrated.

I normally eat cereal or toast for breakfast. What can I eat for breakfast on this plan?

Try an omelet filled with vegetables or grilled chicken with salad.

This may not seem ideal or what you are used to but this type of breakfast will set you up for better energy levels through the day.

What if I can't live without yoghurt/chocolate, or coffee with milk?

If you have a 'non-negotiable' that you cannot live without then you are welcome to keep it in your diet, but it will slow down your progress and in some cases, depending on how much of the 'non-negotiable' you have, it will stop your progress altogether.

What exactly can I have in terms of condiments, sauces etc?

All herbs and spices are allowed. Tomato-based sauces are best but look for ones without sugar.

You can also have mustards and balsamic vinegar. So, look for condiments and sauces that have no sugar or grain-based products in them. And look for gluten free on the label. Tamari soy sauce is OK in small amounts - but use just enough to lightly flavour the food. Use salt and natural mayonnaise in small amounts.

What is a grain?

Grains are a carbohydrate. They include:

- Wheat – all types including spelt and bulgur
- Rice – wild, brown, white and coloured
- Oats including oatmeal
- Corn including popcorn and cornmeal
- Millet
- Quinoa
- Rye
- Teff
- Sorghum (also called Milo)
- Triticale
- All cereals

What if I fall off the plan?

Simply get back on it as quickly as you can. Progress and overall results will be limited if you don't stick with the plan for the full 21 days.

If I'm not eating grains, where do I get my fiber from?

There is eight times more fiber in non-starchy vegetables, such as leafy greens, than in grains.

This means that by eating 1 to 2 handfuls of vegetables at each meal you'll be getting plenty of fiber.

This also means that eating these vegetables at each meal is extremely important to keep your digestive system moving.

What do I do when I feel tired?

In the first 7 to 14 days you may feel tired as your body adjusts to the change in macronutrient composition.

This is a good time to make sure you have your food organized, ready to eat in the correct portions of protein, carbohydrates and good fats.

Make sure you're having all of your meals at regular intervals each day and before you know it, your energy levels will be better than ever!

If I'm not eating milk products how will I get the right amount calcium?

All green vegetables contain calcium as well as most nuts and seeds, especially sesame seeds, almonds and brazil nuts.

Good choices of green vegetables that are high in calcium are spinach, kelp, collard greens, kale, broccoli and celery.

Many green vegetables have a better calcium-absorption rate compared with milk products.

Eating lots of vegetables in your diet will help prevent bone deterioration.

When should I have my last meal for the day?

Try to stop eating 2 hours before bedtime so the digestion process does not affect your sleep and recovery.

I'm a vegetarian and would like to do the 21 Day Challenge. Is this possible?

Unfortunately, if you eat a diet which does not include animal protein, we do not recommend you attempt the 21 Day Challenge. Les Mills advocates eating a variety of meat, chicken and fish in your diet as a great source of protein.

