



EAT CLEAN!
TRAIN MEAN!

with

CHALENE JOHNSON

*Disclaimer: The advice and information provided by signing up for cj7day.com, may not be appropriate for all individuals. Team Johnson strongly recommends that you consult with your physician before beginning any exercise and diet program. The information provided is not intended to substitute or replace your healthcare professional. You should understand that when participating in any exercise program, there is the possibility of physical injury. If you engage in this exercise and diet program, you agree that you do so at your own risk, are voluntarily participating in the activities, assume all risk of injury to yourself, and agree to release and discharge Team Johnson from any and all claims or causes of action, known or unknown, arising out of Team Johnson negligence.

Chalene Johnson is a New York Times Best Selling Author, Entrepreneur and Self-Made Millionaire, Business and Marketing Expert, Motivational Speaker, Life Balance Coach, Celebrity Fitness Personality, Designer, and Happily Married Wife and Mother of Two. She has built and sold several multi million-dollar fitness and lifestyle companies and is currently the CEO of the business and lifestyle coaching company, Team Johnson. She has taught her personal and business development systems to hundreds of thousands of people. She has a passion for helping others live fuller lives, and she accomplishes this via her motivational workshops and camps, personal writings, live Internet chats, blogs and social media, and monthly subscription audio programs.

Chalene's best selling home fitness programs Turbo Fire™, ChaLEAN Extreme™, and Turbo Jam™ have sold over 10 million copies. While filming these and many other fitness videos, Chalene was proclaimed the Guinness Book of World Records holder for the most fitness videos. In addition, her live fitness classes – Turbo Kick™, Hip Hop Hustle™, and PiYo™ – are featured in thousands of top health clubs across the globe including industry giants 24 Hour Fitness, Gold's Gym, and YMCA's.

Chalene combined her passion for helping others live fuller, more balanced lives, with her passion for fitness in her New York Times Best-Seller, Push: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve. In Push, Chalene shares her secrets for success in living according to your priorities, selecting and achieving fulfilling personal and fitness goals, bringing happiness and balance to your life, and creating the life you truly want and deserve. Please visit www.chalenejohnson.com/push/ for more information on her New York Times Best-Selling book Push.








its time to put your life on a diet...

It's probably not your food intake or your lack of exercise that has you unhappy with your physical results. I can tell you that after 20 years of being a lifestyle and fitness coach, it's often disorganization that is at the root of emotional eating and skewed priorities.

So let's get organized together! I hope that you enjoy this diet guide and 7 Day Challenge so much that you'll spend 30 days with me in my www.30daypush.com challenge. Getting organized and managing your time efficiently will have the biggest impact on you taking control of your body, your fitness, your nutrition and just about every corner of your life. When it comes to staying organized, your smart phone is like gold!

HOW IT WORKS






-  Eat clean whole foods for 7 days
-  Exercise with serious intensity and tons of variety for 7 days
-  Get an extra 1 to 2 hours of sleep (this part might be the toughest for some of you!)
-  Create a calorie deficit for 7 days
-  Create the daily habit of starting your day with a turbo charged to-do list

You can do your own workout each day, but in the event that you're looking for amazing results, I'd love to have you watch the videos I've created for you. You can find these workouts by searching my youtube channel. They are all in one nice neat playlist that can be found at youtube.com/user/chalenejohnson under the CJ7Day playlist or by using this abbreviated link <http://tinyurl.com/cjworkouts>.

I have also included these links in your original email that you received when you signed up. For your convenience, I've created a playlist on my youtube channel, entitled CJ 7 Day, of all the videos from this plan. Save a copy of these links on your desktop or on a note on your smart phone for future reference.

For accountability purposes, each time you do one of these videos leave a comment! You don't need to write a paragraph, but let me and others taking this 7 Day Challenge, know that you're there! Don't forget to give the workout a "thumbs up"...that's kind of like my tip jar!

WHAT'S INCLUDED

-  Sample meals and recipes
-  Snack guide
-  Food recommendations
-  Tips to change your habits
-  All workouts (links provided for you in your sign-in email)

You might think that because I've sold millions of exercise DVD's, from Turbo Jam, Turbo Kick, Hip Hop Hustle, BoSu Long and Lean, PiYo and more, that it would be crazy to give away a series of workouts to people for free. I don't think

it's crazy! I call it paying it forward. I also wanted to do something simple. I wanted to give you something you could do at home. No cost. Well...there is a cost. It's going to cost you your determination.

For 7 days, you will have to pay very close attention to everything that you put into your body and keep an accurate accounting of your calories. At the same time you'll also be rockin' out to some serious cardio workouts. You will do your best to follow my outlined Steps to Success. Doing so will help regulate your blood sugar levels, help your body become properly hydrated, and actually teach your body to appreciate the energizing effects of eating nutritious foods; as opposed to the processed "junk" food that surrounds us.

In just 7 quick days, you will have a whole new outlook on life and your ability to take control of your body, fitness and energy levels! Not to mention that you will have burned off a whole lot of pounds and inches! I've had people lose 7 inches and 7 pounds. I've had people lose as much as 15 pounds in 7 days. Now that's CRAZY! I'm not necessarily recommending it...but I want you to know it's possible.

For exercise, 7 workouts will be provided to you. There is no rest day. If you have limitations or you don't like a particular workout, then change it up. Remember the more intense the workout, the more calories you'll burn!

WHAT YOU WILL NEED

- 🌿 A Stability Ball
- 🌿 A pair of lightweight dumbbells - 8 to 15 pounds will suffice
- 🌿 Enough room to move! A journal or app to keep track of your workouts and calories (apps I love MyFitnessPal and LiveStrong, but I'm also a big fan of actually keeping a journal!)
- 🌿 A food scale, which you can purchase at Walmart or Target for under \$15.

HERE'S WHY

So why would I do this? The honest truth is that I'm hoping in the process you'll begin to trust me. We'll get to know each other and you'll get great results in those first 7 days. Those results will get you excited to do more. Those results will teach you that you're worth the effort. My hope is that I can teach you that it's not your food that's causing you to be unhappy with your body...It's your brain. It's what's going on in your life and the negative thoughts your carrying around, that's resulting in a body that you're not happy with. I want to help you get your life back! I want to help you design the life that you deserve. I want to show you how to be organized and happy and peaceful and fulfilled. So, the truth is, I put my blood sweat and tears into this project; a project that I want to give to you for free. I did so because I have big plans for us! I'm going to ask you to let me help you with getting your whole life in shape! Yes, this 7 day plan is free, but if you're so inclined to thank me, you can do so by giving me your trust and joining me for my free 30 day program where you'll learn how to master organization and achieve your goals. You can join it today by going to <http://www.30Daypush.com>.

HERE'S HOW

It's simple, really!

- Calculate how many calories you should eat by using the formula in this guide. Then choose three meals and two snacks a day and write them down
- Go shopping
- Pre-plan and prepare your first three days of meals
- Plan your workouts – if you want to lose more than a couple of pounds then eat less and move more! It's really that simple!
- Everything needs to be measured and calculated. It's 7 days. You'll survive. I didn't say it would be easy. But I know you can do it!

HOW MANY CALORIES SHOULD I EAT?

Step 1

Calculate your Resting Metabolic Rate (RMR)

Your current body weight x 10 = RMR

Step 2

Calculate your Daily Activity Burn (DAB) based on your current activity levels

SEDENTARY

RMR x 10% = DAB

MODERATELY ACTIVE

RMR x 20% = DAB

VERY ACTIVE

RMR x 30% = DAB

Step 3

Add calories burned from your Daily Exercise (DE). Although this will vary, an average number for a 30 min HIIT workout is around 600 calories.

Step 4

Subtract or add your Caloric Deficit (CD) or Surplus. This is the number of calories you'd like to cut out (or add) of your current diet in order to lose (or gain) weight. A deficit of 500 calories a day averages to a loss of about one pound per week. Want to lose more than a pound? Well, then you know what to do!

Step 5

Put all those numbers together to find out how many calories you need.

RMR + DAB + DE – CD = Your Calorie Target

Resting Metabolic Rate + Daily Activity Burn + Daily Exercise – Caloric Deficit = Your Calorie Target

+ + - =

GUIDELINES

- Only whole food
- NO soda
- NO dairy
- NO white stuff
- Minimal grains, wheat and gluten
- NO fried foods
- A veggie and protein at every meal
- 500 calorie deficit per day
- NO artificial sugar
- Reduce sodium
- Small portions
- Water ALL DAY

WILL THIS BE ENOUGH FOOD FOR ME?

Yes! The problem with Americans is that we have been conditioned to believe that we need super sized portions, three enormous meals per day, with calorie-laden drinks and snacks in between. We have slipped into the habit of winding down at the end of the day with sugary treats, alcohol and other needless calories that continue to make us the most obese nation in the world.

This IS enough food. You should be able to do this 7 day diet exactly as laid out, but some may want to alter it to slightly suit your individual needs (i.e., body composition, size, activity level, etc.). It's no use to your body to workout hard if you don't eat the right foods. Your body needs good, clean fuel to burn while you're working out. This 7 day guide gives you the basics you need to get the results you want, without added time, effort, or empty calories. However, here's the disclaimer...I am not a nutritionist! I repeat. I am not a nutritionist!

I'm sure you could pick apart each and every recipe and find something that someone on the Internet is professing as pure poison. Do your own research. If there's something you don't like, replace it! If there's something you've heard might not be "good for you", well then don't eat it! I want you to be in charge of your own nutrition. These are recommendations. What's important is: balanced nutrition, proper hydration and creating a deficit by eating whole foods for 7 days. Oh! And kicking your own ass in your daily workouts!



Here's what you need to know. These are guidelines. If you are unhappy with some of the recommendations in this FREE 7 Day Diet...I will happily give you a refund. That made me laugh! Look, I am not a nutritionist or a chef. But I am the master of throwing things in a bowl and making it taste delicious. If you're looking for gourmet cuisine with exotic ingredients, you won't find them here. That's just not me! However, you will find that these recipes will keep you properly fueled for your on-the-go lifestyle. Also, I don't care if you have egg white pancakes for dinner and chicken and brown rice for breakfast. Eat according to your cravings. If you're forcing yourself to eat something you don't really want, you'll end up rebelling later and that's not fair to your hips!

WILL CONSUMING FEWER CALORIES SLOW DOWN MY METABOLISM?

Everyone has heard the notion that if you consume too few calories it may slow your metabolism. Not true of a 7 day program. There is some research that supports the belief that chronic dieters who maintain very low calorie diets (400 to 1,000 calories) for extended periods of time actually slow their basal metabolic rate. That is a calorie deficit extreme you should avoid. However, there is substantial research to support the theory that a reduced calorie diet produces a slowing of the aging process, reduction in joint and heart-related disease, as well as increased energy. I can assure you that reducing your calories for 7 days will actually boost your metabolism and kick start some lifelong habits.

The key is eating every 2.5 to 3 hours! Fueling your body every few hours will leave you satisfied with plenty of energy for intense cardio conditioning. You'll be eating five times a day consisting of three meals and two snacks. Each meal or snack should be made up of lean foods to help burn fat, reduce cravings, and maintain high energy levels during your workout sessions. Soon you'll be shedding the extra pounds and revealing a stronger, more toned body. The real you!

So why do I recommend a calorie deficit? Here's the skinny on shedding the pounds. Eat fewer calories than you burn day after day, while maintaining lean muscle through workouts, and you lose weight. To break it down, there are 3,500 calories in one pound. For every calorie deficit of 3,500, you can lose one pound of body weight. This may seem daunting at first, but don't let it be. Pace yourself. If you create a daily 500 calorie deficit by combining this 7 day diet and a workout a day, that's about one pound of weight loss a week. Unlike fad diets, or starvation marathons, creating a small daily caloric deficit is a systematic approach to maintaining an efficient metabolism. It also helps keep you from rebounding on your weight loss because you don't go into huge hormonal swings. This 7 day diet provides you with a strategic meal plan that will help you maintain health and fitness for life.



STEPS TO SUCCESS

1. Eliminate processed foods.

When you eliminate processed foods, sugar, and other stimulants, you will start to become aware of what your body truly needs to thrive, repair, and not only provide you with energy, but perform at optimal levels. You'll stop feeling "puffy" and run down. To do this you will want to increase raw food intake, including fruits, sushi (prepared w/out rice), raw nuts, healthy oils, and vegetables.

2. Eliminate refined starchy foods.

For 7 days try to eliminate potatoes, rice, pasta, chips, muffins, most crackers, bagels, rolls, cereal and white non-whole grain bread.

3. Decide what you're going to eat before your day begins.

Diet is too important to leave to chance. Too often we let hunger and convenience dictate our food intake. For 7 days you will decide what your main meals will consist of before you begin your day. Write them down and stick to it. In some cases you will need to prepare your meals in advance.

4. Do the suggested workout every day!

Remember the key to the following 7 days, is intensity and caloric deficit. So if you love your Monday morning spin class, stick to it! And just add this in. You know your body and how to get the best results.

5. Stop eating 3 hours before you go to bed, preferably by 7:00 and 8:00 p.m.

This might be tough. We look forward to our evening treats. Instead, look forward to a smaller number on the scale and a flatter stomach when you wake up!

6. Keep a daily, accurate and honest record of your calorie intake and become aware of when and why you're eating.

Get real. Be honest with yourself. Everything that goes in your mouth counts as calories. Stop making excuses! No more covering up and denying your personal accountability with food. Even if no one saw you eat those 5 cookies, or the crust off your kid's PB&J, it still counts! Use either a journal or app. Go with what you'll stick to!

7. Downsize your portions and eat without distractions.

So don't eat in front of the computer, TV, or phone. Read the labels of everything that enters your shopping cart. What is a single serving? Learn to eat smaller portions. Realize that our concept of portion size is distorted so approach each meal with a new mindset. Eat your meals off of a smaller plate and eat slowly. Taking time between bites and slowing down your eating rate, allows satiation to set in and helps you not over eat.

8. Eat every 2.5 to 3 hours and no skipping meals.

Plan out your day in time increments with a breakdown of calories you plan to consume at each. For example, 8:00 am – strawberry peach smoothie = 202 cal...10:30 am – apple, PB and Honey = 200 calories...etc. Continue this throughout the entire day and make sure you're planning to eat your meals every 2.5 to 3 hours. This way you'll never feel deprived and you're revving up your metabolic system by fueling it in regular scheduled increments.

9. Identify which bad habits are sabotaging your good work!

Do you find yourself raiding the fridge while chatting on the phone? Acknowledge that! Put a small note on your phone that says, “Fold laundry instead!” Is your computer located too close to your kitchen pantry? Move it. Do you find yourself unwinding each night with a glass of wine or your favorite nighttime comfort food? Know your bad habits and do what it takes to change them. You are too important to “pamper” yourself with food and drinks that will later make you fatter, more depressed, unhappy, and sabotage your progress. Use that time to take a bath, do a workout, reconnect with your significant other, get everything organized for the next day, or catch up on some sleep. Lastly, the worst habit we have is speaking negatively about ourselves and to ourselves, even in jest. Praise yourself. Use only positive affirmations in your mind: I am going to work out hard today...I look and feel better today...I am going to eat very clean today...I can do this.

10. No Alcohol and limit carbonated beverages for 7 days!

Drink water. If you can't go more than 7 days without alcohol, you might want to give Betty a call. Her program is 30 days! Seriously, it's fine to have the occasional social drink or two. I love me a good Margarita! Beyond the occasional social drink, what is the point? It makes you look puffy, feel worse the next day and it impairs your good food judgment. If you need a drink every night, what are you trying to escape from? Do some soul searching. You're never smarter or more attractive when you drink. It's expensive, fattening, and sometimes dangerous. Try 7 days without!

11. Increase your sleep by one to two hours per night.

Lack of sleep affects insulin levels. Insulin helps sugar get into your cells to fuel your body with energy. In a University of Chicago study, a group of individuals were limited to four hours of sleep per night for six nights. After breakfast, their blood sugar levels shot up much higher than in people who'd had a full night's sleep. The insulin released in their bodies was 40 percent slower. This is similar to a pre-diabetic condition that could lead to full-blown diabetes. Harvard researchers who studied 70,000 women over 10 years found that those sleeping fewer than eight hours a night were more likely to gain weight, develop diabetes and stress related conditions. For 7 days, you will need to sleep a minimum of 8 hours per night.

NUTRITION

WHAT TO DRINK

Water...Water...Water... Oh and you can have water! Staying hydrated is critical.

Listen, I love a glass of wine as much as the next girl, but if you want this, you can't have empty calories that diminish your resolve and mess with your results!

* **CJ Tip:** Water burns! 75% of people don't drink enough water. Without enough water in your system, your metabolism shuts down and you end up burning fewer calories. Always drink at least 8 glasses or 64 ounces of water a day.

MACRONUTRIENTS

A lot of diet books focus on macronutrients (protein, fat, carbohydrates) and how much of them you should be eating. This trend is a result of more and more processed foods being funneled into our diets.

In their natural state, most of the foods we eat are balanced. However, processing changes the chemical makeup of these foods and strips them of their nutrients. Manufacturers then attempt to add nutrients back into these foods, but it's not nearly the same amount as in their original and natural forms. When we base our diets on processed foods, we become malnourished even when consuming plenty of calories. A healthy, balanced diet virtually eliminates the need for macronutrient counting.

EAT GOOD CARBS NOT BAD CARBS








The idea that all carbohydrates are unhealthy is a misconception. Over the years, the wrong kinds of carbs, such as soda and candy, have given good carbs a bad name. The truth is, carbohydrates fuel the muscles and organs with nutrients. Did you know that many of the world's healthiest foods are good carbohydrates like fruits, vegetables, and whole grains? Yup, these are the kinds of good, clean foods that are your friends. And when you're exercising at high intensities, they'll help you keep up the momentum.

So here's how it works? Since good carbs have a low glycemic index, they supply your body with a steady stream of blood sugar. In turn, you'll have more energy to get through your class so you can burn calories more efficiently. Sure, if you eat too many, even good carbs will be stored as fat. But without them, you'll crash. In reality, getting enough good carbs in your diet is absolutely essential for high performance.

Now for the lowdown on bad carbs! These refined carbs and sugars have a high glycemic index that isn't balanced out by fiber. Due to their lack of fiber, the body absorbs them too fast; creating an insulin response that'll spike your blood sugar levels. In response, the body's sugar level then drops quickly (aka "the sugar rush/crash"). This process just leaves you feeling lethargic, without enough energy.

If you cut refined carbs and sugars out of your daily diet, you'll probably notice a renewed sense of energy. So why not give it a try? Today's a good day to start.

GOOD CARBS TO ADD TO YOUR DIET

-  ½ cup cooked brown rice
-  1 small baked sweet potato
-  1 small baked potato with skin
-  ½ cup quinoa
-  ½ cup canned beans, rinsed of brine
-  1 small banana, large orange, or apple
-  100-150 calories per serving

REMEMBER TO FACTOR IN THE FIBER (FIBER IS YOUR FRIEND)

Fiber has a number of amazing benefits such as helping us digest food and lowering our cholesterol. It also helps our bodies and stomachs feel full. Unfortunately, several studies indicate that most Americans don't get the recommended 25 to 40 grams of fiber a day. Why be a statistic? Getting plenty of fiber can be done easily by incorporating more fruits, and vegetables into your diet. Also, try to skip processed foods as they're often stripped of fiber, and offer your body less nourishment than whole foods. Want to know how much fiber a certain food contains? Just check the Nutrition Facts label. Under the *Carbohydrates* heading you'll see how many grams of fiber it contains per serving.

THE POWER OF PROTEIN

Protein is made up of the amino acids our bodies require to build muscle. Unlike carbs and fat, protein isn't really vilified or slammed in the press. Most of us are aware we need it, and that protein is found in meat as well as many vegetarian sources. Herein lies the problem. When you eat large amounts of protein in one sitting, your body has a tough time digesting it all. Instead, try to consume small amounts of protein throughout the day.

More than 30 grams just goes to waste for most people. Protein is found in many non-red meat sources, but not so much in processed foods. Grilling up a fresh, lean piece of chicken or fish is a better and natural whole food choice. Or snack on some nuts, eggs, or beans.

WHEN YOUR BODY TALKS, LISTEN

About 60% to 70% of your daily calories are expended just keeping up your bodily functions. They're used to maintain your body's temperature, for regulating your nerves, for breathing, for nourishing and repairing your muscles and cells, and for keeping your heart beating.

Don't skip meals! Avoid slowing down your metabolism. You should be fueling your body five times a day. Eat breakfast, lunch, and dinner, and snack on healthy choices throughout the day. Studies indicate those who skip breakfast regularly are up to 450% more likely to be overweight. Skipping meals doesn't help you cut calories.

Only smaller portion sizes and the kinds of foods you're eating will. Choose meals and snack options from the recipes section to customize your daily caloric intake.

Make sure to also catch more zzzzz's! Getting too little sleep triggers hormonal changes that lead to an increased appetite. Also, sleep deprivation will cause your body to have more cravings for foods high in sugar and fat. If you're tired, often you won't have the energy to work out. So be sure to get enough sleep, 7 to 8 hours each night. Your body will thank you!

TRAINING

HIIT AND TABATA TRAINING

Two important forms of training that are incorporated into this 7 day eat clean train mean diet, are HIIT and Tabata. So what are these approaches to training? And what are the differences between them? To put it simply, it's the level of intensity and the duration of each interval.

A HIIT (High Intensity Interval Training) sequence is performed at an intensity that can be maintained for 30 seconds to 2 minutes, with rest of the same or half the duration of the drill. For an exercise to be considered a Tabata, it must be so intense that the exerciser cannot perform the move for much more than 20 seconds with a standard 10 seconds rest. So, simply put, a Tabata workout is a form of HIIT training. These short intense workouts should take you into your anaerobic threshold, which is the point at which your muscles burn from build up of lactic acid and fatigue sets in. This approach to training provides improved athletic capacity, improved glucose metabolism, and increases fat burning by up to 9x more than steady state cardio. HIIT and Tabata training are best when done less than 3x a week so as to avoid adaptation.

Benefits from a Tabata session directly relate to your intensity. Intensity...Intensity...Intensity! Here is a simple but great Tabata: take any cardio activity such as running or jumping rope, and go as hard as you can for 20 seconds followed by 10 seconds of rest. Repeat this seven more times (for a total of eight 20 seconds on 10 seconds off)...and when I say, "go as hard as you can," I mean 100 percent, max intensity! By the end of the 4 minutes you should feel like you cannot go another round. HIIT training can have a little more variation. My typical HIIT session can vary anywhere from 4 to 30 minutes. One of my go-to workouts is to outline 10 to 12 exercises and go 1 minute on with 30 seconds off. You can cycle through this 1 or 2 times. HIIT training, encompassing Tabata, has shown to increase resting metabolic rate for up to 24 hours post exercise due to EPOC (Excess Post-exercise Oxygen Consumption). Wow! I know, that sounds complicated, but simply put, HIIT training increases your metabolism post-exercise. So you not only get a crazy calorie burn during your workout, but additional calorie burn after your workout! That's what makes this type of training so amazing for weight loss.

WHY STRENGTH TRAINING

You may have been told that cardio is the ultimate fat burner, but that effect stops the minute you hop off the treadmill. Unless you're using HIIT, your cardio training will only take you so far. You need muscle! Muscle is the fountain of youth! Build more muscle and you'll keep your body burning fat all day long. According to one study, adding just two sessions per week of heavy lifting can reduce your body fat by three percent without cutting calories.

Another study from the University of Alabama in Birmingham showed that dieters who lifted heavy weights, lost the same amount of weight as dieters who did just cardio; but the weight lost by the weight lifters was primarily fat while the cardio queens lost a great deal of muscle along with some fat. More muscle and less fat will translate into a smaller size and an overall healthier you!

STRETCHING

Stretching has incredible benefits for your body! It increases blood circulation to the muscles, which then increases nutrient supply to the muscles. This has been shown to decrease soreness after a workout. Stretching also increases flexibility of the muscles and range of motion of the joints. As we age, our muscles tighten which reduces flexibility and potentially sets you up for injury. If we maintain proper flexibility, then our joints are able to perform movements with proper range of motion. This allows you to perform optimally and with less risk of injury. Stretching has also shown to reduce stress. Gentle stretching has shown to relax tense muscles associated with stress. I recommend taking time to stretch post your daily workout when your muscles are warm and ready to be stretched!

TURBO CHARGED TO-DO LIST

I truly believe you can reach any goal with a plan and a daily to-do list on your phone. Again, keeping your to-do list on your smart phone will take you from that unorganized person frantically searching for a sticky note, to a calm, organized person that has it all together. So make this a daily habit, pronto!

Currently my favorite to-do list app is AwesomeNote because of its organization options, and the fact that it syncs with the desktop program EverNote. The power of synchronization is key! I can sync my to-do list and my schedule with my husband's, my kids', and assistant's. I can add to other people's lists, and any time I need information on a task, I simply do a quick search. As a result, I stay connected, on task, and highly productive! If you want to be able to say that about your life, check out my free 30 Day Challenge at www.30daypush.com to learn about organizing to-do's, proper goal setting, and setting priorities.

NEVER FORGET ANYTHING AGAIN

Here's the beauty of a to-do list, you'll never forget anything again! If someone asks me to do something, or I have a thought, it immediately goes on my to-do list. Because my phone is with me at all times, I never have to go searching. I have everything I need within an arms reach at all times.


The same goes for random brainstorm. Have you ever had a random, crazy, amazing idea come to you while out and about? You probably won't remember it later. So take advantage of that creativity and get it down now! Use the "Notes" application on your smart phone to save that thought. You can even use voice-to-text to save you the time of typing it out.


I have everything I need to know and everything I'm supposed to do at my fingertips at all times. I never worry that something's going to fall through the cracks. Your sticky notes, scrap papers, and planners, might be working now, but think about how much more effective and productive you could be by making use of the technology in the palm of your hand! This is the difference between stressed success and smart success. Leverage your smart phone; get organized and get ahead in your business and your life. You'll be amazed by how much you can achieve quicker than you ever dreamed possible!


WHY A STRONG CHARACTER MATTERS EVEN MORE

How do you define strong? For me it has far more to do with your character than the amount of iron you can lift. If you just recently started following me, I want you to know I place far greater value on the strength of a person's character than I do the strength of their body. A great body doesn't matter much if you treat people poorly and do things that bring you shame. Spend a few moments each day of this 7 day plan to do something that strengthens your character.

7 DAYS TO A STRONGER CHARACTER

 **Day 1** Say you're sorry to someone who you've been on not-so-great terms with for a while. Say you're sorry without a qualifier. Say you're sorry and I love you.

 **Day 2** Decide to do something that that you've been putting off because of your own fear of rejection or judgment. Courage takes fear. Have the courage to do it despite your fear. You'll live through it and it will make you stronger.

 **Day 3** Write a letter of "gratitude" to someone from your childhood who you remember did something memorable or kind for you.

Day
4 Write a love letter to someone special "just because".

Day
5 Begin your day with a long brainstorm of all the simple things your grateful for, from the shoes on your feet to the roof over your head.

Day
6 Decide to work on one character flaw. Pick something simple like interrupting others, being late, arguing with your spouse, smiling more, etc.

Day
7 Buy a self-help book. May I suggest "Push" by yours truly?! Shameless plug, I know! But aside from my book, I would like for you to consider a book that relates to relationships, such as how to have a better marriage, a better conversation with your kids, etc. Relationships are the key to our happiness. Promise me you'll spend more time in the next 7 days thinking about improving your relationships than you do improving your body.

I personally believe that in order to actually consider yourself strong you must be humble, confident, caring, and willing to put as much effort into your personal development as you do into your physical development. To truly deserve the title of "strong", you must have the integrity to do what is right when no one is watching. Strength means that you are strong enough to trust, help, live and build up others. Strong people never demand special treatment or do things to disrespect themselves or others. Arrogance is sometimes confused with strength. An arrogant person will boast, put others down, and will treat others with little regard because inside they actually feel weak. An arrogant person fears you will learn of their weaknesses. A strong person seeks to lift the spirits, hearts and minds of others.

Strength is defined by your actions, not your appearance. Your appearance may temporarily attract attention, turn heads, or make others think you "really have your stuff together". But eventually it's the strength of your character that people find most attractive.

In case no one has told you lately... I love you. God loves you. You are perfect not because of your body, but because God loves you.




EAT CLEAN!
|| TRAIN MEAN! ||



CJ7
DAY
recipes

These recipes are provided to you as a starting point. I want you to get creative and cook what gets you excited to eat! These recipes are just some of my favorite “go-to’s” for quick, easy, and most importantly, healthy meals! Follow the guidelines (on page 6.) and take the time to read labels. When reading labels, here are some good rules to follow. 1) The fewer the ingredients the better 2) If you can't pronounce an ingredient, don't buy that product 3) Look for added sugar! Unfortunately companies add sugar to everything. Take the time to read your labels and make sure you are putting clean fuel in your body. Remember you're worth it!

BREAKFAST

Smoothies are a great option for breakfast. They're quick and provide you with the necessary nutrients to start your day strong! Invest in a high quality protein powder to maximize nutrient intake and increase absorption. Visit your local health food store and don't be afraid to ask for guidance. A lot of stores will have small sample packets. Try out a bunch of different flavors and brands to find out what you like.

SMOOTHIE TIPS

- When adding rice, soy, or almond milk, purchase unsweetened brands.
- Buy frozen fruit! It lasts longer and the fruit holds its nutritional content (versus caned). When possible, buy organic.
- Blend your smoothie right before consumption. Smoothies typically don't store well over night. The consistency changes and the fruit can discolor.
- Don't forget to add ice! The colder the tastier!
- If you need to add additional sweetener, add stevia.



SUNRISE ANTIOXIDANT SPECIAL

- 1 scoop berry or vanilla protein powder
- ¼ cup fresh orange juice
- ¾ cup water
- Ice to taste

NUTRITION INFORMATION (PER SERVING): Calories 167 / Protein 17g / Carbs 23g / Total Fat 1g / Fiber 3g

MOCHA MADNESS

- ½ cup almond milk (no added sugar)
- 1 cup cooled coffee
- 1 scoop Chocolate protein powder
- Ice to taste






NUTRITION INFORMATION (PER SERVING): Calories 175 / Protein 18g / Carbs 22g / Total Fat 2g / Fiber 3g

STRAWBERRY PEACH SURPRISE

- 1 scoop strawberry protein powder
- ½ cup frozen strawberries
- ½ cup frozen peaches
- ¾ cup water
- Ice to taste





NUTRITION INFORMATION (PER SERVING): Calories 202 / Protein 18g / Carbs 33g / Total Fat 1g / Fiber 6g

CHOCOLATE COVERED BANANAS

-  1 scoop Chocolate protein powder
-  ½ banana
-  ½ cup water
-  ¼ cup almond milk (no added sugar)
-  Ice to taste






NUTRITION INFORMATION (PER SERVING): Calories 214 / Protein 19g / Carbs 34g / Total Fat 1g / Fiber 4.5g

YOGO BERRY BLAST

-  1 scoop berry protein powder
-  1 cup almond milk (no added sugar)
-  1 cup frozen mixed berries
-  Ice to taste






NUTRITION INFORMATION (PER SERVING): Calories 289 / Protein 23g / Carbs 46g / Total Fat 2.5g / Fiber 6g

PEANUT BUTTER CUP

-  1 scoop chocolate protein powder
-  1 tbsp. natural almond or peanut butter (no added sugar)
-  ¾ cup water
-  ½ cup almond milk (no added sugar)
-  Ice to taste






NUTRITION INFORMATION (PER SERVING): Calories 270 / Protein 22g / Carbs 25g / Total Fat 10.5g / Fiber 4g

CHOCOLATE COVERED STRAWBERRIES

-  1 scoop chocolate protein powder
-  1 cup water
-  ½ cup almond milk (no added sugar)
-  ½ cup frozen strawberries
-  Ice to taste






NUTRITION INFORMATION (PER SERVING): Calories 201 / Protein 18g / Carbs 29g / Total Fat 2g / Fiber 4.5g

BLUES BUSTER

-  1 scoop berry protein powder
-  ½ cup combined frozen blueberries and blackberries
-  1 tsp fresh orange juice
-  1 cup almond milk (no added sugar)
-  Ice to taste

NUTRITION INFORMATION (PER SERVING): Calories 176.5 / Protein 18g / Carbs 26g / Total Fat 1g / Fiber 4.5g






TROPICAL BANANA BERRY

-  1 scoop vanilla protein powder
-  ½ cup almond milk (no added sugar)
-  ½ banana
-  2 oz. 100% pineapple juice
-  Ice to taste

NUTRITION INFORMATION (PER SERVING): Calories 264 / Protein 19g / Carbs 44g / Total Fat 2.5g / Fiber 4.5g
Mix it up with some egg whites!

SPICY EGG WHITE SCRAMBLE

Ingredients:

-  3 Egg Whites
-  1 slice turkey breast, chopped
-  1/4 Cup black beans
-  2 Tbsp. salsa
-  Non-stick cooking spray







Directions

Spray pan with cooking spray. Add egg whites turkey breast. Let it cook for about one minute.
Add black beans and salsa until warm. Enjoy!!

NUTRITION INFORMATION: 141 calories / 1.2g fat / 879mg sodium / 11.7g carbs / 3g fiber / 1.7g sugar / 18.8g protein

EGG WHITE OMLETE WITH GRAPE TOMATOES

Ingredients:

-  ½ cup grape tomatoes, halved
-  1 Tbsp red wine vinegar
-  1 Tbsp extra-virgin olive oil
-  Salt and pepper to taste
-  5 egg whites or 1 ½ cups
-  ¼ cup mixed baby greens

Directions

Halve the grape tomatoes and toss them in vinegar and olive oil. Lightly season with salt and pepper and then set aside while you cook the eggs. Spray your pan with cooking oil and add whisked egg whites and parsley. Let cook for a couple minutes, or until eggs are cooked all the way through. While in the skillet, top with tomatoes and mixed greens and fold the egg whites over to form your omelet.

NUTRITION INFORMATION (PER SERVING): 126 calories / 7g fat / 6g carbs / 2g fiber / 10g protein

LUNCHES AND DINNERS

CROCK-POT CHILI (makes 4 servings)

Ingredients:

- 1 lb. lean ground turkey
- ½ cup diced tomatoes
- 8 oz. whole kernel corn, canned
- ½ onion, diced
- 2 cloves garlic
- 8 oz. black beans, canned
- 8 oz. pinto, chili, or kidney beans, canned
- 1 tbsp. tomato paste
- 1 package Lawry's Chili Seasoning

Directions

Brown turkey, drain and discard any fat. Place all ingredients into a slow cooker. Cook on 4 hours on low, or 2 hours on high.

NUTRITION INFORMATION (PER SERVING): Calories 338 / Protein 29g / Carbs 33g / Total Fat 11g / Fiber 8.5g

BAKED SWEET POTATO FRIES

- 1 sweet potato, small to medium, sliced
- Nonstick cooking spray
- Salt to taste

Directions

Preheat oven to 350 degrees. Spray sweet potato slices with nonstick cooking spray until coated. Sprinkle with salt. Bake for 15 minutes. Turn sweet potato slices to allow for even crisping. Bake for an additional 15 minutes.

NUTRITION INFORMATION (PER SERVING): Calories 117 / Protein 2g / Carbs 28g / Total Fat 0g / Fiber 3.5g






SMALL MIXED GREEN SALAD

- Toss all ingredients together:
- ½ cup mixed greens
- ½ medium tomato, diced
- ½ cucumber, sliced
- ½ tbsp. balsamic vinegar

NUTRITIONAL INFORMATION (PER SERVING): Calories 22 / Protein 1g / Carbs 4g / Total Fat 0g / Fiber 1.5g

MANGO SALSA (makes 2 servings)

Ingredients:

-  ½ mango, diced
-  2 tbsp minced onion
-  2 tbsp diced tomatoes
-  1 tsp minced jalapeno pepper
-  1 tsp chopped fresh cilantro






Directions

Combine mango salsa ingredients in bowl and refrigerate while preparing fish. When ready to serve, top fish with mango salsa.

NUTRITION INFORMATION (PER SERVING): Calories 275 / Protein 36g / Carbs 12g / Total Fat 8g / Fiber 1g

SIMPLE SPINACH SALAD




Toss all ingredients together:

-  4 cups of spinach
-  ½ tbsp balsamic vinegar
-  ½ tbsp olive oil
-  ½ medium tomato
-  ½ medium cucumber, sliced

NUTRITION INFORMATION (PER SERVING): Calories 67 / Protein 3g / Carbs 6g / Total Fat 4g / Fiber 1.5g

EZ TOMATO BASIL CHICKEN (makes 4 servings)

Ingredients:

-  1 lb. raw boneless skinless chicken breast tenders
-  ½ a 28 oz. can (about 1 ½ cups) crushed tomatoes with basil
-  Tip: purchase a brand that has no added sugar




Directions

Preheat oven to 350 degrees. Pour half of the tomatoes into a medium baking pan. Lay chicken in the pan and pour the rest of the tomatoes evenly over the chicken. Bake it in the oven for about 30 minutes, or until chicken is cooked all the way through. Allow chicken to cool and sauce to thicken slightly before serving. Tada!

NUTRITIONAL INFORMATION (PER SERVING): 175 calories / 1.5g fat / 251mg sodium / 11g carbs
2g fiber / 6g sugar / 28g protein

PEPPERED AHI TUNA (makes 2 servings)

Ingredients:

-  2 6-oz. pieces of fresh ahi tuna steak
-  1 tbsp. black pepper
-  Salt to taste








Directions

Generously sprinkle pepper on ahi tuna. Sear for 1 to 2 minutes per side on a grill, or 1 to 2 minutes total on an electric grill that heats both sides at once. ****OPTION: Serve with Mediterranean Shrimp Salad****

NUTRITION INFORMATION (PER SERVING): Calories 184 / Protein 39g / Carbs 0g / Total Fat 1.5g / Fiber 0g

MEDITERRANEAN SHRIMP SALAD (makes 2 servings)

Ingredients:

-  5 spears asparagus, cooked
-  1 4-oz. can hearts of palm, drained
-  1 4-oz. can artichokes, in water
-  12 shrimp, deveined (about 3-4 oz.)
-  2 cups romaine lettuce (may substitute with mixed baby greens or Bibb lettuce)
-  1 tbsp. olive oil
-  2 tbsp. balsamic vinegar






Directions

Place shrimp on grill and cook until bright pink. Chop asparagus and toss with all the ingredients. Place grilled shrimp on top. ****OPTION: Serve with peppered ahi tuna.****

NUTRITION INFORMATION (PER SERVING): Calories 199 / Protein 18g / Carbs 14g / Total Fat 8g / Fiber 3g

ORANGE ROUGHY WITH MANGO SALSA

Ingredients:

-  2 6-oz. orange roughy filets (or halibut, cod, or any white fish filets)
-  ½ cup water
-  1 tbsp. olive oil
-  Salt and pepper to taste
-  Juice from 1 lemon wedge

Directions

Preheat oven to 350 degrees. Place fish in a baking pan. Combine water, lemon juice, salt, pepper, and olive oil in bowl; pour over fish. Bake covered for 25 minutes, basting at least once with the juice. Finish by topping with a fresh mango salsa or a salsa of your choice.

SNACKS

FRUIT BOWL

½ cup cubes cantaloupe, ½ cup cubes honeydew melon, 1 orange peeled and divided into segments, ½ banana sliced. Combine fruit in bowl and toss.

NUTRITION INFORMATION (PER SERVING): Calories 196 / Protein 3g / Carbs 49g / Total Fat 0.5g / Fiber 7g

THREE-BEAN SALAD (serving ½ cup)

Canned green beans, kidney beans, and cannellini white beans, tossed with oil, vinegar, salt and pepper.

NUTRITION INFORMATION (PER SERVING): Calories 69 / Protein 2g / Carbs 6.5g / Total Fat 4g / Fiber 1.5g

30 EDAMAME PODS (Serving 1 cup in the shell)

NUTRITION INFORMATION: Calories 131 / Protein 9g / Carbs 8g / Total Fat 4.5g / Fiber 3g

25 GRAPES (Red, green, and/or purple)

NUTRITION INFORMATION (PER SERVING): Calories 98 / Protein 1g / Carbs 22g / Total Fat 0.5g / Fiber 1g

2 FRUIT KEBAB SKEWERS

Make each skewer with 4 pineapple chunks, 4 strawberries, 5 grapes, and 3 cantaloupe pieces.

NUTRITION INFORMATION (PER SERVING): Calories 64 / Protein 1g / Carbs 15g / Total Fat 0g / Fiber 2g

12 RAW ALMONDS

NUTRITION INFORMATION (PER SERVING): Calories 87 / Protein 3g / Carbs 3g / Total Fat 7g / Fiber 1.5g

1 HARD-BOILED EGG

NUTRITION INFORMATION (PER SERVING): Calories 68 / Protein 5.5g / Carbs 0.5g / Total Fat 4.5g / Fiber 0g

1 CELERY STALK WITH 1 TBSP. PEANUT BUTTER AND 5 RAISINS

NUTRITION INFORMATION (PER SERVING): Calories 127 / Protein 4.5g / Carbs 10g / Total Fat 8g / Fiber 2g

1 SMALL BAKED SWEET POTATO

Topped with dash of nutmeg and 1 tsp. honey. : NUTRITION INFORMATION (PER SERVING): Calories 83 / Protein 1g / Carbs 20g / Total Fat 0g / Fiber 2g

1 BROWN RICE CAKE

Topped with ½ tbsp. almond butter and ½ sliced banana. : NUTRITION INFORMATION (PER SERVING): Calories 137 / Protein 2.5g / Carbs 22g / Total Fat 5g / Fiber 1g

CHICKPEA SALAD (makes 4 servings)

Ingredients:

- 🌿 16 oz can chickpeas (drained & rinsed)
- 🌿 2 garlic cloves diced
- 🌿 Salt and pepper to taste
- 🌿 1/2 Cucumber (sliced or diced)
- 🌿 1 Tbsp extra virgin olive oil
- 🌿 Splash of lemon juice or white vinegar.
- 🌿 Combine all ingredients, mix well and ENJOY!!

NUTRITION INFORMATION (PER SERVING): 128 Cal / 5.3g fat / 412mg sodium
19g carbs / 4.6g fiber / 0.2g sugar / 5.5g protein

SUPER HUMMUS DEVEILED EGGS

Ingredients:

- 🌿 2 hard-boiled eggs (cooled)
- 🌿 2 Tbsp Hummus *Read the label*

Directions

Use one of your already peeled eggs. Cut in halves and discard the yolk. Replace yolk with a tbsp of hummus in each half. 4 of these halves are actually pretty dang filling!

NUTRITION INFORMATION (serving 4 halves): 80 cal / Fat 1.3g / Carbs 2.5g / Protein 8g

****Tip!** Hard Boil a dozen eggs every Sunday night. Peel all of them once they're cooled. Place in a covered container in the fridge. You'll go thru egg whites like crazy... I probably eat about 6 a day. So a dozen is an understatement in my house!

QUICK-SNACK

SNACKS AROUND 100 CALORIES

Grabbing an apple or a handful of raw nuts for a healthy snack may be easy, but it can get boring. Fast. To add a little zest to your two daily snacks, we've created QUICK-SNACKS. It's super easy to use. Just pick a "base." Spread a "dip" across it. Top it off with a "topping." And add all the "freebies" you want. You can pick and choose ingredients according to your tastes and still have a delicious snack that's around 100 calories. There are no limitations, as long as you pick three items. You can mix and match bases with spreads. Have a base and two spreads. Want three toppings? Then have three toppings. The only rule is to have two snacks every day.



1. PICK YOUR BASE

- 🌿 Apple, ½ small, sliced – 38 calories
- 🌿 Cantaloupe, 1/8 medium – 30 calories
- 🌿 Carrot, 1 large – 30 calories
- 🌿 Celery, 3 stalkers – 18 calories
- 🌿 Honeydew, 1/8 medium – 30 calories
- 🌿 Jicama, 1 small, sliced – 35 calories
- 🌿 Rice cake (gluten free), 1 low sodium – 35 calories

2. CHOOSE YOUR DIP

- 🌿 Avocado, 1/8 medium – 28 calories
- 🌿 Honey, 2 tbsp – 42 calories
- 🌿 Hummus, 1 tbsp – 25 calories
- 🌿 Nut butter, 1 tbsp – 30 calories
- 🌿 Salsa, ½ cup – 35 calories
- 🌿 Whole fruit spread (NO added sugar), 2 tsp – 38 calories

3. ADD A TOPPING

- 🌿 Banana, ½ small – 45 calories
- 🌿 Bell pepper, 1 medium – 24 calories
- 🌿 Blueberries, 40 – 31 calories
- 🌿 Cucumber, ½ -- 23 calories
- 🌿 Egg whites, 2 – 32 calories
- 🌿 Pear, ½ small – 43 calories
- 🌿 Raisins, 20 – 31 calories
- 🌿 Raspberries, 30 – 30 calories
- 🌿 Salmon, 1 oz. smoked – 33 calories
- 🌿 Strawberries, 8 medium – 32 calories
- 🌿 Tofu, 2 oz. – 30 calories
- 🌿 Tomato, whole medium – 22 calories
- 🌿 Tuna, 1 oz., canned water-packed – 32 calories
- 🌿 Turkey, 1 oz. low sodium – 31 calories



4. HAVE A FREEBIE - Feel free to eat as much as you like of these ingredients.

Spices: Allspice, Basil, Cilantro, Cinnamon, Coriander, Cumin, Dill, Garlic, Mint, Nutmeg, Paprika, Parsley, Pepper, Rosemary, Sage, Tarragon, Thyme

Others: Horseradish, Lemon juice, Mustard (gluten free), Tabasco (without added sugar)


EAT CLEAN!
|| TRAIN MEAN! ||


CJ7
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WHERE TO FIND ME!

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