



Delicious!

10 Day Healthy Food Challenge

STARTS MONDAY 6TH FEB
INCLUDES ALLOWED FOOD LISTS,
RECIPES AND MORE

*Change your
unhealthy habits
for good ones*



Contact Linda

0410544759

Looks Great doesn't it!



| Recommended Allowed Foods | | | | |
|---|--|--|--|--|
| Vegetables A-Z | Fruits A-Z | Dairy | Fats | Pantry / staples |
| Asparagus Avocado | Apples | Buttermilk | Almond Oil | Honey – 2 tbs a day |
| Baby Spinach Bok Choy Broccoli Brussel Sprouts | Banana (one a day) Berries – all sorts | Cheeses, hard and soft Cream | Avocado Oil Butter Coconut Oil | Maple Syrup – 2tsp if no other |
| Cabbage Capsicum Carrots Cauliflower Celery Chard Coconut Cucumber | Dates Grapefruit Lemon Lime Orange Papaya Pear | Full Cream Milk Full Cream Yogurt – Plain only Sour Cream – full fat | Duck Fat, Lard, Tallow Flaxseed Oil Ghee Inca Inchi Oil Macadamia Oil MCT Oil | Nuts – Fresh Pepper Rapadura Sugar - Up to 2tbs a day Spices Fresh and dried – any Stevia – powder or liquid |
| Cucumber Eggplant | Protein – fats, skin allowed | Non- Dairy | Nut Butters | Tahini |
| Fennel | Bacon | Coconut Butter | Olive Oil & EVVO | Vanilla pure/pods |
| Garlic Green Beans | Beef Chicken | Coconut Cream | Walnut Oil | Other Notes |
| Herbs, Fresh | Kangaroo Lamb | Coconut Milk | Pantry / staples | Organic at all times if you can |
| Kale | Pork | Coconut Yogurt – Plain only | Almond Flour / Meal | Grass Fed or Free Range |
| Leek Lettuce - any | Seafood - any | Fluids | Apple Cider Vinegar | Drink plenty of water Don't skimp on salt |
| Mushrooms | Veal Venison | Broth Coffee – 2 max a day | Baking Powder Bi-Carb Powder Broth | No sugar where possible it's about minimising |
| Onion | Protein – vegetarian | Green tea Herbal tea | Cacao Melts / Powder | Oats – rolled can cause inflammation |
| Potatoes incl sweet | Cottage Cheese Eggs | Juice of one lemon, one lime | Chia Seeds Coconut Flour | Note: you may have foods that your allied |
| Pumpkin Radish | Goat Fetta Halloumi Cheese | KW Kefir | Coconut - Shredded | Health professional recommend so please |
| Shallots | Legumes – not tinned | Nut milks – 1 cup per day | Gelatin | follow their advise. |
| Spinach Tomatoes | Tofu Tempah | Sparkling water Black Tea– 2 max | Herbs Fresh & Dried | Sourdough Bread Wholemeal allowed only if you must - max. 1 slice a day |
| Zucchini | Quark | | Himalayan salt | |

Let's be real, this is simple on paper, a little harder in reality

Nothing worth something comes without effort



This challenge is about eating real, whole foods that are anti-inflammatory and may add to weight loss, rejuvenate, cleanse and gently detox your body. However with any change particularly where you are removing toxins there can be mild side effects such as headaches, fatigue and even skin rashes and can be more severe depending on how much and how long you have been eating processed foods.

The key is to drink lots of water (8 cups a day/2litres) and go to bed a bit earlier. But know that by joining this challenge you are finally really caring for yourself. Will you lose a lot of weight, no and it may not be your aim, but you may lose a couple of kilos which is typically fluid from inflammation. Whilst we are doing this for 10 days this may be a new way of eating for you that is healthier and good for you. The longer you maintain a healthy eating regime the more weight you will lose if you are carrying extra kilos' - If you'd like to talk more about that after the 10 days I can point you to someone specialised.

Buying organic or pesticide free is ideal, you can shop up big the weekend prior and big hint, make double batches so you can eat for lunch or dinner the next day to save time.

So let's break the bad habits here! Each day is broken down to a little bit of information and food for thought.

Credit must also be given to learning so much from the many wonderful people out there that care about what we eat for our health and longevity, To name but three who deeply impact me.

www.changinghabits.com.au www.drannacabeca.co www.bluezones.com

Before commencing any change in your nutritional habits please contact your allied health practitioner and this is not suitable for pregnant or breast feeding mothers please see disclaimer on last page.

A little bit to think about each day

Break down each day to learn a little more



Pre Prep Saturday/Sunday – Write a shopping list from the recommended allowed foods list to cover the next few days and go shopping for just what is on the list! Check out your pantry clean it out / hide it / or put a lock on it. To help you being prepared is setting up for success, put the time aside.

Day 1 – Take a moment and think to yourself WHY you are doing this. Is it to lose weight longer term, is it to learn what is good for you/bad for you or simply for better health. Now close your eyes and think about what you'd like to feel like at the end of the 10 days. Be prepared you are making from scratch and remember today you may not have the energy but the food you have been eating has been depleting your true energy resources.

Day 2 – Think different why do you have to have cereal or toast to start your day, think I can make a quick breakfast like scrambled eggs, spinach, butter, salt, pepper yum! And think **Batch Cooking** when you cook make enough for 2 days it doesn't take any extra time except maybe a little washing/cutting of ingredients and then you're next days meal is done!

Day 3 – Breaking bad habits is not easy, no sugar coating here, but if you are feeling frustrated or tempted to break from the recommended allowed list think Why? What is the trigger, afternoon sugar crave, evening snack and what are the consequences.

Day 4 – You may be feeling a little off today, headache, aches, brain fog, food cravings, fatigue, skin rash – I know this may sound crazy but this is your body detoxing – some things that can help is drinking plenty of water, exercise with some sweat breaking activities, good sleep, get outside in nature, increase the good foods green veggies, keeping eating clean! This is your body detoxing! And importantly be kind to yourself.

Day 5 – half way...overcome cravings sweet, salty or savoury, the most common by far is sweet but I can tell you over time this will change but not right now so if you are feeling the craving try apple chips – see recipe or if savoury cut up some veggie sticks or a handful of nuts (i sprinkle with a little salt) remember preparation is key.

A little bit to think about each day

Half Way - think about what you've learnt so far



Day 6 - Take a minute to review how the last few days have gone, did you get any negative side effects, are they subsiding. Are you eating enough? Snacks are fine too like fruit, nuts or perhaps some celery pesto sticks? Are you drinking enough water? Maybe not everything has gone straight to plan, you had a dinner out, you snuck in a chocolate cookie or had a slice of bread - don't beat yourself just get back on track. Think of all the good you have done.

Day 7 - Today is a day to take a few moments to fill out your 2022 Your Year of Health that is specific to your nutritional journey, a deeper dive into your why, writing them down and having a vision of how you will look, feel after the 10 days or may be in 6 months & 12 months time.

Day 8 - Remember it's not always easy. Eating healthy requires preparation - shopping, preparing, cooking. Some things to make it easier are buy local, seasonal foods, buy bulk and cook up batches and freeze this seriously makes life easier, eat leftovers the next day, make it tasty it doesn't have to be boring, use salt/pepper/good oils/herbs/spices/nuts/seeds and if you need some support then reach out.

Day 9 - This is just the start of rethinking your nutritional intake. Today is the day to think about 'Am I going to continue eating like this more often than not?'. The next phase if you are serious is finding what will work for you to keep this great momentum going and I am here to help and guide you towards trying something going forward. Also the best way to stick to a real food, real healthy diet is to eat less processed foods, check the labels, buy organic where possible, fresh foods, buy as little processed foods as you can.

Day 10 - Congratulations! Let's celebrate the right way, buy yourself a gift, a book, new clothes, a massage, meet a friend - but not junk food! Keep up the momentum even if you muck up bring your thoughts back to this challenge and remember what you learned and how you felt. You can do this! Think is this good for me or bad for me and you will change the habits that don't serve your health well.

Breakfast Ideas



Great way to start the day



Eggs & Spinach: Serves 1-2

- ✓ 1/2 onion chopped, 1 clove of garlic cooked in 2tbsp butter (no spread!)
- ✓ Then mix in 2-3 eggs and scramble with a dash of milk (your choice)
- ✓ 3 cups of spinach cooked through with eggs
- ✓ 1/2 an avocado sliced on top
- ✓ Handful of parsley chopped on top
- ✓ Himalayan or similar salt / pepper to taste



Chia Pot - Serve 1-2

(hint: make batches, I make in jars 4 at a time)

- ✓ 1/2 cup milk (your choice)
- ✓ add 2-3 tbs chia seeds with
- ✓ 1 tbs honey or maple syrup
- ✓ Stir in, leave for 5 minutes, stir again and refrigerate
- ✓ Add any fruit from list when ready to eat



Berry Smoothie

Place all ingredients in a blender and blend until smooth. Enjoy!

- ✓ 200ml unsweetened nut milk (almond, cashew, or coconut)
- ✓ 1/4 full fat natural yogurt
- ✓ 1/2 cup any berries
- ✓ 1 tbs chia seeds
- ✓ 1/2 squeezed lemon juice
- ✓ some chopped mint



Breakfast Ideas



Think balance between protein, veggies and good fats



Mushroom Omelette

- ✓ 1/2 onion chopped, 1 clove of garlic, 5 mushrooms cooked in 2tbsp butter (no spread!) cooked in a small frypan
- ✓ 4 eggs beaten poured over the onion, garlic and mushrooms and left to cook through.
- ✓ Add grated cheese on top along with chopped parsley if liked
- ✓ Himalayan or similar salt / pepper to taste



Berry Bowl

- ✓ 1 cup mixed fresh berries topped with...
- ✓ 1 tbsp coconut flakes
- ✓ 6 chopped almonds or 1tbsp flaked almonds
- ✓ Grated ginger optional (good anti inflammatory food)



Banana & Date Smoothie

Place all ingredients in a blender and blend until smooth. Enjoy!

- ✓ 200ml unsweetened nut milk (almond, cashew, or coconut)
- ✓ 1/4 full fat natural yogurt
- ✓ 1 banana can be fresh or frozen
- ✓ 2 Dates
- ✓ 1tbs cacao powder
- ✓ 1tbs pure honey
- ✓ Sprinkle of cinnamon
- ✓ optional add 1/2 avocado



Note: be playful and mix your fruits & ingredients with a blend of good fats make for a filling start to your day.

Lunch or Dinner Ideas



Double up & make enough for 2 meals



- **Slow Cooked Lamb & Greek Salad Serves 4-6**

Slow Cooked Lamb - 1kg Shoulder Lamb, 4 chopped tomatoes, 3-4 cloves of garlic, 1 large onion sliced, 3 sprigs rosemary, 1tbsp sage, 1tbsp thyme, 1tsp cinnamon, salt, & pepper to taste. Place all into slow cooker for 4-6hours until lamb just breaks up

Greek Salad - 1-2 Cos Lettuce, 3 tomatoes chopped or 8 cherry tomatoes chopped in 1/2, 1 small cucumber sliced, 1/2 red onion thinly slice, feta cheese block (look for organic), 12-16 olives.

Dressing - 3 tbs Extra Virgin Olive Oil, 1 tbs Red Wine Vinegar, salt & pepper to taste. If like tarter add more RWV

- **Vegetable Frittata - serves 2-4**

Ingredients: 8 eggs whisked, 400g potatoes or sweet potato thinly sliced, 1 zucchini thinly sliced, 1/2 red capsicum thin sliced & in half, 1 onion finely chopped 1 cup of grated cheese (buy a block & grate yourself as the prepared is dusted to stop sticking with anticaking agent 460) 4 large silverbeet leaves chopped or cup of spinach, 2 sliced tomatoes, salt and pepper to taste.

Preparation: Crease a rectangular or square baking dish, (the bigger the flatter and less cooking time, the smaller, the thicker, longer cooking time), layer potato as the base. In the whisked eggs place all other ingredients except tomatoes, stir to mix then pour over potato base, place the tomatoes on top. Bake for 20mins and keep checking every 5 minutes to ensure cooked through, it will depend on the depth of your dish. Serve with some lettuce greens.

- **Nicoise Salad - Serves 4**

1 425g tin tuna in brine, 4 boiled eggs, 400g green beans, 12 small chat potatoes boiled, cooled and halved, 12 cherry tomatoes halved, 12 olives, anchovies optional - either place all ingredients and gently toss or serve into 4 bowls & spoon over dressing as desired.

Mayonnaise Dressing: 400g Olive Oil, 2 egg yolks, lemon juice to taste - whisk egg yolks and then start very slowing whilst continuing to use whisk dribble in olive oil (can be done in Thermomix or other mixer, I use a hand held electric whisk), add lemon juice and salt & pepper to taste - there will be enough left over to use with other salads)

Lunch or Dinner Ideas



Add herbs & spices for flavour



- **Baked Salmon & Salsa - Serves 2-4**

Ingredients: 2 to 4 salmon fillets (skin on or off), 1 tomato, 1/2 red onion, 2 cloves of garlic, 1 stick of celery, 1 cup leafy herbs (parsley, mint, basil – your choice), 1 lemon

Preparation: Place salmon on baking paper in an ovenproof dish, roughly chop the tomatoes, onion, garlic, celery and herbs, then mix in a bowl with a few tablespoons of olive oil (or avocado oil is lovely), salt & pepper to taste. Lastly spread over top of salmon finish off with sliced lemons – place in the oven at 180 degrees for 20-30mins depending on how well done you like. Add some greens salad leaves or steamed vegetables if you like.

- **Cauliflower Chicken Soup - Serves 4**

Ingredients: 1 head of organic cauliflower, chopped & steamed, 250-300g fresh organic chicken thighs skin removed, Extra Virgin Olive Oil, Salt & Pepper, Parsley

Preparation: Whilst steaming cauliflower, chop chicken into chunky pieces and poach in a little water in a pot with the lid on. Once the cauliflower and chicken is cooked and cooled place the cauliflower and chicken into a blender with a dash of olive oil and salt & pepper to taste., you may need to do in batches and stir together later. If you prefer a creamy soup blend till smooth or for a bit more of a chunkier version you can shred the chicken and add to the blended cauliflower later. Top with parsley to serve.

- **Pork & Roasted Pears - Serves 4**

Ingredients: 4 Pork Chops marinated in olive oil, lemon juice & finely chopped 1 cup of parsley for minimum 30mins or longer in fridge. 4 Pears Quartered with core removed, 4-6 large Desiree Potatoes chunky cut length wise, olive oil, salt, pepper, 1 lemon juiced, butter

Preparation: Crease a large overproof dish with butter place pork chops, pears and potatoes in dish, sprinkly with olive oil, salt and pepper and toss until pork, pears & potatoes evenly covered. Cook in preheated oven 180 degrees for 40-50mins or cooked to your liking. Serve with salad or some steamed greens.

Lunch or Dinner Ideas



Vegetables, veggies, veg add them to all meals!



- **Scotch Fillet Steak & Greek Salad – Serves 4**

Ingredients: 4 Scotch Fillet Steaks (or your cut of choice) salt & pepper to taste.

Salad – Cos Lettuce, 12 cherry tomatoes halved, large cucumber sliced, 20 kalamata pitted olives, 125g feta crumbled.

Dressing – 4 tablespoon EVOO, 1-2 tablespoon Red Wine Vinegar, Salt & Pepper

Preparation: Prepare Salad ingredients and toss together and top with dressing. BBQ steaks to your desired preference and serve.

- **Twice Cooked Smashed Potatoes – Serves 4**

Ingredients: 10-12 Baby Potatoes skin on, Olive Oil, Fennel Seeds, Salt & Pepper

Preparation: Steam washed potatoes (skin on) for 15-20mins, once cooled refrigerate for a few hours or overnight the longer the better. Place cold potatoes on a lightly greased baking dish or baking paper, then lightly smash the potato breaking open the skin (I just use a fork or spatula), lightly spray or brush olive oil over potatoes, sprinkle with fennel seeds and salt and pepper to taste. Place into oven 180-200degrees for approx. 30mins or until crunchy. We serve this alongside steak, chicken, roasts, salad or simply as part of a family feast.

Cooked and cooled potatoes are rich in resistance starch which is super nourishing for our gut. Resistance starch is a favourite food for the good bacteria that lives in our digestive tracts and has benefits include affecting positive changes in microflora, decreases inflammation in the gut, better digestion which helps soften stool and regularity, helps improve insulin sensitivity, and sleep.

- **Chilli Con Carne – Serves 4**

Ingredients: 500g Beef Mince, 1 chopped onion, 2-3 cloves chopped garlic, 1/4-1 tsp crushed chilli to your taste, 4 roughly chopped tomatoes, 2 tsp cinnamon, 2 tsp Tumeric powder, 425g Organic Red Kidney Beans, 2-3 tbs Olive Oil or Avocado Oil, salt and pepper, fresh coriander leaves

Preparation: Fry onion, garlic and chilli in oil, then add meat to brown, next add cinnamon & Tumeric and stir through, add chopped tomatoes (you may need to add 1/2 cup water) and let simmer for 30minutes. Rinse thoroughly red kidney beans and add in last 5 minutes. Serve and top with chopped coriander leaves, Add some fresh salad greens or steamed vegetables if liked.

Snack Ideas



If you're feeling hungry try these



Guacamole

- ✓ 1-2 avocado
- ✓ 1 small red onion
- ✓ 1-2 cloves garlic
- ✓ lemon
- ✓ salt & pepper.

Using a fork mash avocado and stir in finely chopped onion and garlic, squeeze 1/2 lemon and salt & pepper to taste. Great with seed crackers, celery, carrots or capsicum slices.



Apple Chips

- ✓ 2 Apples
- ✓ Cinnamon

Preheat oven to 110C or 225F, line baking tray with baking paper, core apple and slice thinly, if you have a mandalaya you will get consistent pieces, place on baking paper sprinkle with cinnamon, cook in oven for 1hour, turn over and cook another 1hour. Cool on wire tray and seal in airtight container once completely cooled.

Celery & Pesto Sticks

- ✓ 1 bunch basil removed stems
- ✓ 1/4 cashews or 100-150g Pepita seeds
- ✓ 1 clove garlic
- ✓ 1/4 cup avocado oil or olive oil
- ✓ 1 tbsp lemon juice or apple cider vinegar
- ✓ Salt & Pepper to taste

Blend all ingredients in a food processor or Thermamix to desired texture then place in glass jar in fridge. For a great snack use as a dip to celery sticks



Berry & Mint Jelly - my favourite!

- ✓ 2 cups boiling water, 2 tbsp gelatine (Changing Habits the best), 2 cups room temp water, 2-4 tbsp of raphdura sugar, honey or maple syrup, 2 cups fruit, handful chopped mint

Dissolve gelatine in boiling water, then add 2 cups room temp water with chosen sweetener. If separating into bowls add berries evenly into bowls or one large bowl and pour over jelly, sprinkle on chopped mint and refrigerate.

Snack Ideas



If you're feeling hungry try these



Healthy Platter

- ✓ 1 Pear thinly sliced
- ✓ Organic cheese of your choice
- ✓ 12 Olives
- ✓ Carrot/Celery/Capsicum – your choice sliced

We don't really need biscuits to make a platter great, just adding some complimentary vegetables is far greater for our health and you will learn that you don't need them so explore semi dried tomatoes, artichokes, apple, grapes, berries and they colours look pretty too.



Bone Broth

✓ Ingredients: Grass fed beef bones or a Whole Organic Chicken, organic vegetables where possible – 1 large onion cut in quarter, a whole garlic cut in half (leave the outer all on), 2 carrots cut in chunks, 3 stalks of celery cut in chunks, 2 tablespoons of Apple Cider Vinegar (the vinegar is a must as it extracts all the goodness from the bones), pepper & salt. Additionally we add whatever we wish such as fennel, herbs, chillies, turmeric and sometimes tomatoes.

Place all the ingredients into a slow cooker or stock pot and add enough water to cover it and let it cook. I find that for beef bones I will cook at minimum 36 to 48 hours, chicken maybe only 24 – 36 hours. You will know that after this time the bones will be breaking down and all the good nutrients will be in the broth. After it has finished cooking you can either use as is but I prefer to strain ours through a strainer removing all the big bones and vegetables. You can the use straight away or place in the fridge where it lasts about 5 days and will form into a jelly with the fat on top or freeze it.

Home made potatoes chips

In less time than it takes to get in the car and get down to the supermarket and back again and a lot cheaper, here is our potato chip recipe. You can adjust how much you want to make as this recipe makes a decent bowl full – but remember everything in moderation.

- ✓ 2 Potatoes, Olive Oil or Avocado Oil, Salt, Pepper – all organic

2. Preparation – Slice potatoes thinly, place on backing tray, I don't worry if they are all on top of each as I turn during cooking. Lightly pour a swirl of olive oil, salt and pepper to your liking. Cook in a hot oven until crisp – turn over twice.

You can also add some herbs and spices to your liking. I love fennel or caraway seeds or a sprinkle of garlic salt.

A typical day



Listen to your body & enjoy!



This is where you don't want to overthink it, we're simply eating healthy and we prepare our meals from scratch – and let's face it we all have a supermarket around the corner, me I shop every 2–3 days so all is fresh. It can be as simple as boiling up some eggs for breakfast, fruit for morning tea, lunch salad and protein, feed crackers & cheese for afternoon tea, dinner protein and vegetables.

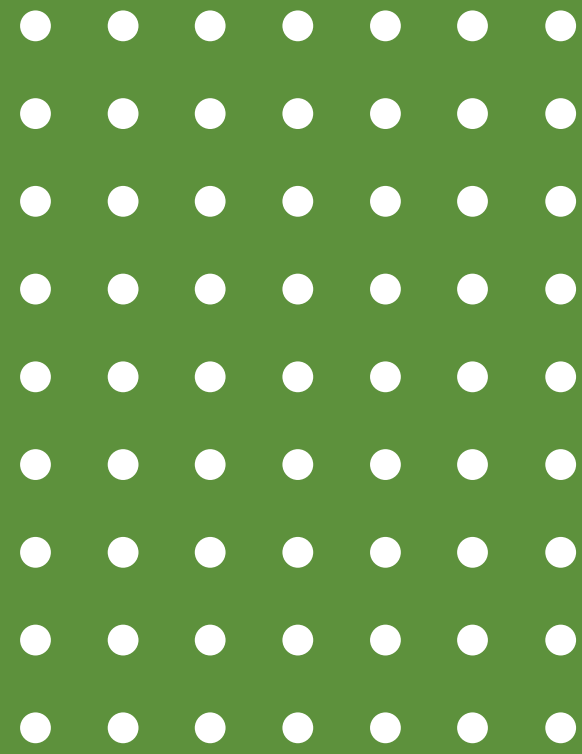
Here is an example of what your day could look like.

- Start your day with 2 big glasses of water and only eat from the allowed food list – see recipes if you need some ideas.
- Breakfast – scrambled eggs & bacon or mushrooms
- Snack – punnet of raspberries
- Lunch – Spiced Chicken Thighs & Greek Salad
- Afternoon – sliced apple & camembert cheese
- Dinner – Slow cooked lamb, twice cooked potatoes, steamed broccoli zucchini & Brussle sprouts
- Dessert – Berry & Mint Jelly

The key is making it work for you, personally I find I'm not ready for breakfast first thing. I start with my water, an almond milk latte and raspberries, I eat a meat & salad lunch, and meat & salad &/or vegetables for dinner and dessert is a rare treat. You know what you like, you know that to serve yourself a decent plate remember salad & vegetables should be 2/3rd of your plate. Listen to your body, keep active, have fun and no need to be hungry!

Be creative, have fun in the kitchen, turn on the music!

What would your future look like if you are eating well?



Starting with the 10 Healthy Food Challenge



Having goals is important or so we think but I think having a vision is even better! We all know the SMART acronym and we use these goals to help develop fitness programs. However what we often find is the goals aren't always in the SMART format and that's okay. But when you have a vision and write your intentions then the journey is far more achievable – as well as a great support team.

What is your 'WHY'? Why are you doing this 10 day challenge?

Where are you now, what is your starting point?

What would you like to achieve maybe it's one thing, maybe it's more.

- 1.
- 2.

How will this/these look, feel when you achieve them? Take some time, close your eyes, put a vision to them and feelings.

Do you believe now that you can do this? What support do you need. i.e PT, Coach, Family, Friend, Nutritionist?

How will I celebrate or simply acknowledge I made it

Let's make a plan for this challenge!

Goal 1: _____

Vision: _____

Feeling: _____

Action: _____

Support: _____



Disclaimer

The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult a qualified medical professional before beginning any nutritional or exercise program. Never disregard professional medical advice or delay in seeking it because of something you have read that is published by ALTA Fitness.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. The information provided by ALTA Fitness is for informational and educational purposes only and, any use thereof, is solely at your own risk. Under no circumstances is the ALTA Fitness dietary and exercise programs applied instead of medication or medical advice without first consulting a prescribing health care professional for a recommendation.

The ALTA Fitness challenge strategies should not be applied unless a complete examination by a qualified health-care professional has first confirmed that the health condition of the individual can tolerate the related programs and goals, and support the enhanced metabolic performance.

Distribution and mass and/or commercial production is strictly prohibited and carries significant penalty.