

WAYS TO GET

Points

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#BetterAF2018

Final InBody check in

@BentOnBetter





BENT ON BETTER

THE 6 WEEK PLAN

The information contained in this guide is for informational purposes only.

I am not a nutritionist or a registered dietitian. Any health or dietetic advice that I give is my opinion based on my own experience. You should always seek the advice of a professional before acting on something that I have published or recommended.

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BENT ON BETTER

WATER INTAKE

Staying hydrated is one of the **BEST** ways you can possibly take care of your body. Water is essential for every single cell in our body to function at its highest level. Water helps increase your energy levels, promote weight loss, flush out toxins, improve the quality of your skin, improve digestion, can help relieve joint pain, and can even help relieve headaches!

Your body is about 60% water... and just a small 2% decrease can significantly impair performance and the way you feel.

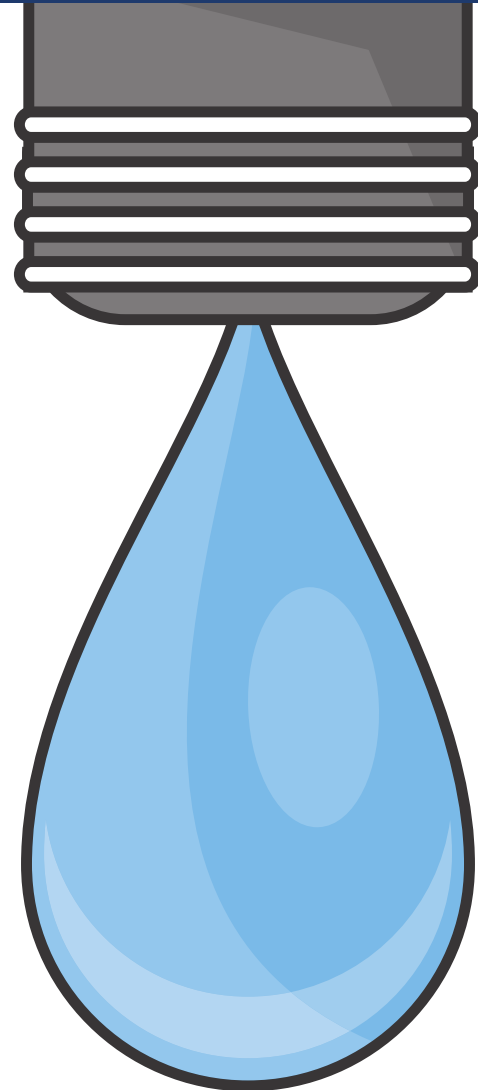
Make sure you're drinking a good amount of water throughout your day.

Your goal for this challenge is to drink at least
HALF YOUR BODY WEIGHT IN OUNCES PER DAY.

Do not exceed a maximum of 2 gallons per day.

Example:

If you weigh 160 pounds, you should be drinking a minimum of 80 ounces of water each day.





PERSONALIZING YOUR MEAL PLAN

Men and women metabolize food differently. Not only that, but our daily energy requirements vary quite substantially. To help you get the BEST results, you'll need to adjust your meal plan according to what your body needs.

Protein (meat) Serving Sizes

Women: 4oz – 6oz

Men: 6oz – 8oz

Starchy Carbohydrates

Women: stick to the plan

Men: Add 1/2 cup of starch when the plan calls for starch at each serving (this includes items like sweet potato, quinoa, rice, etc.)

Healthy Fats

Women: stick to the plan

Men: Add roughly 1 Tbsp of olive oil or macadamia oil to 2 meals per day.

Vegetables

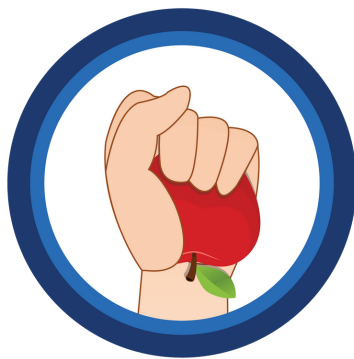
You can eat as many vegetables as you want on this meal plan. You can also replace any vegetables listed with any green vegetables you prefer. (i.e. swapping broccoli with string beans)



GENERAL MEASUREMENT GUIDE FOR FOLLOWING THE PLAN



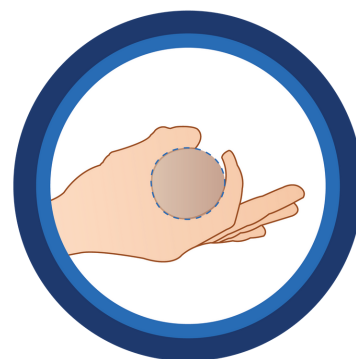
PROTEIN



FRUIT



VEGETABLES



NUTS & SEEDS



BENT ON BETTER

6 Week Challenge Meal Calendar

KEY:

BLUE
Meal Plan

WHITE
Meal Plan

Free
Day

Su

M

Tu

W

Th

F

Sa

September 9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	October 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Great Job!



6 Week Challenge Shopping List

Rolled Oats

Ezekial Bread and english muffins (*or any sprouted grain bread 80-90 calories per slice*)

Fruit (fresh or frozen)

All Natural Nut Butter

Hummus

Quinoa

Rice (Brown)

Protein powder

Salsa and/or Balsamic vinegar (to be used as dressing)

Marzetti Simply Dressed salad dressing (any flavor)

Extra virgin olive oil

Raw nuts (almonds, walnuts)

Dairy:

Unsweetened Nut Milk (almond, cashew)

Plain Greek Yogurt

Cottage cheese

Eggs

Egg Whites (pasteurized)

Meats:

Salmon or Fish

Lean Ground Turkey (92% or higher)

London Broil or Sirloin

Chicken Breast (Boneless Skinless)

Tuna (White Albacore)

Lean turkey sausage links (breakfast)

Vegetables (fresh or frozen):

Onions

Sweet potato

Cucumber

Apples

Celery

Carrot

Asparagus

Broccoli

Red pepper

Spinach

Romaine lettuce

Brussel sprouts

Squash

Garlic



BLUE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

Protein

Carb

Breakfast

(Pick one option per column per day)

- 3/4 cup liquid egg whites (about 3-5 large eggs) + 1 yolk
- 2 scoops protein powder w/ water or unsweetened almond milk
- 1 scoop protein shake w/ water, and 1 hard boiled egg
- 4 hard boiled egg whites, 1 yolk
- Omelette: 3/4 cup liquid egg whites (about 3-5 large eggs) + 1 yolk, bell peppers, onions, spinach, 1 oz. cheese

- 1/2 cup rolled oats (Dry) w/ water or unsweetened almond milk
- 1 slice of Ezekiel bread (or Alvarado Street bread) w/ 1/4 Tbsp. butter or 1/2 Tbsp natural almond butter
- 1/2 Ezekiel 4:9 Sprouted Whole Grain English Muffins

Snack

(Pick one option per day)

- 1 fruit of choice w/ palmful (1 oz) of raw almonds, sunflowers seeds, or walnuts
- 8 oz (227g) Plain Greek yogurt, 1 cup of berries (strawberries, blueberries, or blackberries)

- 1/2 cup low fat cottage cheese with 1 apple (cinnamon optional)
- Green smoothie (choose from recipes provided)
- 1 medium apple OR banana w/ 1 Tbsp natural almond or peanut butter



BLUE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

Protein

Carb

Lunch

(Pick one option per column per day)

- 1 4oz chicken breast, boneless and skinless (baked, grilled, or sauteed in minimal oil)
- 94% fat free ground turkey, 4 oz (need ideas? meatloaf, taco meat, burger, meatballs)
- Any seafood of choice, 4oz
- 4oz Salmon or tuna (if canned, white albacore)

- 1/2 cup of brown long grain basmati rice, cooked and 1/2 cup vegetable
- 1 medium sweet potato, 1/2 cup vegetable
- 1/2 cup quinoa, cooked, 1/2 cup vegetable

Snack

(Pick one option per day)

- 1 fruit of choice w/ palmful (1 oz) of raw almonds, sunflowers seeds, or walnuts
- 8 oz (227g) Plain Greek yogurt, 1 cup of berries (strawberries, blueberries, or blackberries)

- 1/2 cup low fat cottage cheese with 1 apple (cinnamon optional)
- Green smoothie (choose from recipes provided)
- 1 medium apple OR banana w/ 1 Tbsp natural almond or peanut butter



BLUE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

Protein

Carb

Dinner

(Pick one option per column per day)

- 1 4oz chicken breast, boneless and skinless (baked, grilled, or sauteed in minimal oil)
- 94% fat free ground turkey, 4 oz (need ideas? meatloaf, taco meat, burger, meatballs)
- Any seafood of choice, 4oz
- 4oz Salmon or tuna (if canned, white albacore)

- 1/2 cup of brown long grain basmati rice, cooked and 1/2 cup vegetable
- 1 medium sweet potato, 1/2 cup vegetable
- 1/2 cup quinoa, cooked, 1/2 cup vegetable
- Red peppers, onions and spinach sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
- Asparagus, squash, broccoli sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
- Brussels sprouts, garlic, onions, and peppers sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning)

OPTIONAL

Snack before bed, if hungry

Protein shake:

1 scoop protein w/ water OR unsweetened almond milk



WHITE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

	Protein	Carb
Breakfast (Pick one option per column per day)	<ul style="list-style-type: none">• 3/4 cup liquid egg whites (about 3-5 large eggs) + 1 yolk	<ul style="list-style-type: none">• 1/2 cup rolled oats (Dry) w/ water
	<ul style="list-style-type: none">• One 5" turkey sausage link (or two 2"), w/ scrambled egg whites (about 2-4 large eggs, include 1 yolk)	<ul style="list-style-type: none">• 1 slice of Ezekiel bread (or Alvarado Street bread) w/ 1/4 Tbsp. butter or 1/2 Tbsp natural almond butter
	<ul style="list-style-type: none">• Omelette: 3/4 cup liquid egg whites (about 3-5 large eggs) + 1 yolk, bell peppers, onions, spinach, 1 oz. cheese	
	Green protein smoothie of choice (this is one complete option)	
<div></div>		
Snack (Pick one option per day)	<ul style="list-style-type: none">• Celery (as much as you want) w/ 1 Tbsp natural almond butter	<ul style="list-style-type: none">• 1 whole carrot (14 baby carrots) w/ 1 Tbsp Marzetti Simply Dressed dressing (your choice)
	<ul style="list-style-type: none">• Cucumber (as much as you want) w/ 3 Tbsp hummus	



WHITE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

Protein

Carb

Lunch

(Pick one
option per
column per
day)

- 4oz Salmon or tuna
(if canned, white albacore)
- 1 4oz chicken breast,
boneless and skinless
(baked, grilled, or sauteed in
minimal oil)
- 94% fat free ground turkey,
4 oz (need ideas? meatloaf,
taco meat, burger,
meatballs)
- Any seafood of choice, 4oz

- Romaine lettuce salad and/or
baby spinach (as much as you
want) w/ dressing
(Dressing optional – Balsamic
vinegar w/ 1 tsp virgin olive oil, or
lemon juice, or salsa)
- Asparagus, squash,
broccoli sautéed in 2 Tbsp
extra virgin olive oil seasoned (w/
seasoning optional)
- Brussels sprouts, garlic,
onions, and peppers sautéed in 2
Tbsp extra virgin olive oil
seasoned (w/ seasoning)

Snack

(Pick one
option
per day)

- Celery (as much as
you want) w/ 1 Tbsp
natural almond
butter
- 1 whole carrot (14 baby
carrots) w/ 1 Tbsp Marzetti
Simply Dressed dressing
(your choice)
- Cucumber (as much as you
want) w/ 3 Tbsp hummus



WHITE DAY MEAL OPTIONS

Directions: For each meal, choose 1 protein option and 1 carb option.

Every day should include all of the following meals: Breakfast, Snack, Lunch, Snack, Dinner, Optional Snack

Protein

Carb

Dinner

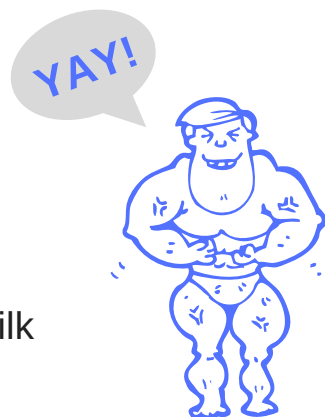
(Pick one
option per
column per
day)

- Steak (sirloin or London broil), 4oz
- 1 4oz chicken breast, boneless and skinless (baked, grilled, or sauteed in minimal oil)
- 94% fat free ground turkey, 4 oz (need ideas? meatloaf, taco meat, burger, meatballs)
- Any seafood of choice, 4oz

- Red peppers, onions and spinach sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
- Asparagus, squash, broccoli sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning optional)
- Brussels sprouts, garlic, onions, and peppers sautéed in 2 Tbsp extra virgin olive oil seasoned (w/ seasoning)

OPTIONAL Snack before bed, if hungry

Protein shake: 1 scoop protein w/ water OR unsweetened almond milk



Green Smoothie Recipes



For **BLUE** or
WHITE Days
(when meal plan calls for them)

Each recipe makes 1 serving

Berry Green Protein Smoothie

1 cup of water

1/2 cup mixed frozen berries

1/2 frozen banana

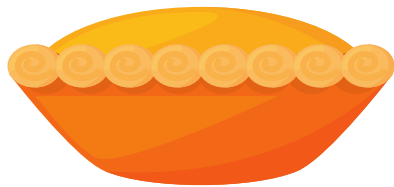
1-2 cups spinach

1 serving protein powder (chocolate or vanilla)

Optional sprinkle of chia seeds



Pumpkin Pie Smoothie



- 1/2 cup unsweetened almond milk
- 1/2 frozen banana
- 1/3 cup pumpkin puree
- 1 scoop vanilla protein powder
- 1/2 Tbsp maple syrup
- 1/2 tsp pumpkin pie spice

Chocolate Covered Cherries

- 1 cup unsweetened almond milk
- 2 handfuls spinach
- 1/2 cup frozen pitted cherries
- 1 scoop chocolate protein powder
- Optional* stevia to taste



Vanilla Almond Protein Smoothie

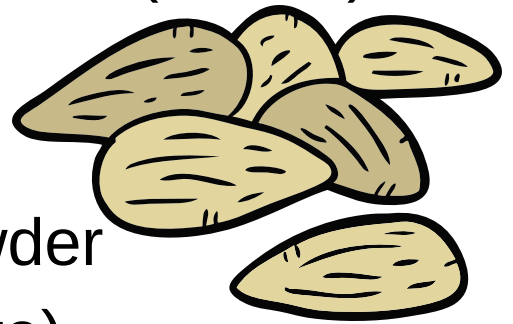
1 cup unsweetened almond milk (vanilla)

1/2 banana

2 handfuls spinach leaves

1 serving vanilla protein powder

1 tsp honey (or stevia to taste)



Bumpin' Banana



1 cup unsweetened almond milk (vanilla)

1/4 avocado

1/2 banana

1 handful baby spinach

1 scoop vanilla protein powder

1/4 tsp cinnamon Stevia to taste

