7-DAY CHALLENGE

LEAN SEXY EATING GUIDELINES

by Bree Argetsinger
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Welcome!

First let me say, GREAT to have you!
Wherever you are at on your path of health, I support you and your self-experimentation - we are all a work in progress on an ever evolving journey. Glad to share it with you!!

Making changes to the way you eat is a very personal thing. Do not pressure yourself to do it all overnight or think you need to learn everything there is to know. Soak up what appeals to you. Try it out. Make small changes and see what works for you. There are so many amazing people to learn from - and I’m honored that you are interested in learning what I have to share!

Getting results - whether you want to burn fat or build more muscle - comes from a combination of training smart and eating smart.

I always see a TON of progress right from the first 7 days in my 30-day challenges from the people who are using these guidelines and my clean eating program. Use every nugget in this guide that you find useful, and know that I have more for you when you’re ready.

- These guidelines are not for crash dieting or extreme bulking.
- They are for sustainable healthy eating that naturally burns fat and supports lean muscle development when you’re exercising regularly.

What I teach my clients is what I practice myself. Finding a fun and flexible way to make healthy eating a part of my daily life so it’s not time consuming, difficult or tasteless (ugh no chicken and broccoli please).

Pay attention to each day of the 7-day Challenge for your WORKOUTS, metabolic boosting food secrets, fat loss strategies and creating a healthy body using one new strategy a day!
How to Use Your Weekly Success Sheet (select print p. 5)

The weekly planner (located on the next page of this guide) is a tool you can use to keep you on track during the challenge and beyond!

Too often we focus only on the things we want to get done, but forget the important step of acknowledging that we have done them, or tracking our progress over time.

Every one of us has days where we feel like we aren’t making progress - that’s why it’s important to have actual proof that we can go back and see just how much we have done, and how far we’ve come.

Here’s how it works. Fill in the boxes accordingly:

Step 1: Plan out your week. Using the blank box just below the days of the week put a large circle on 3-4 days you plan to workout. Also, fill in a day to plan and prep your meals for the week (for more specifics with meal planning, get the 30-day clean eating plan).

Step 2: Track your daily meals by filling in the designated boxes. Don’t forget to fill in the workout circle once you have completed it! That way you can go back and repeat a workout whenever you want. Track the day you take a “me” day.

Step 3: Draw a star next to each clean meal that you ate for extra motivation!

“Me” Day: Use this day to make yourself first priority! Have an NSA meal, go on a leisurely walk, get a massage - treat yourself to something that makes you happy!

Daily Rating (DR): on a 1-3 scale, rate each day based on how you feel that you did. At the end of the week, add up your total and aim to meet or beat that rating the next week!

3- I did an awesome job today!
2- I did a good job today!
1- I did my best, and tomorrow is a new day and it will be better!
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**Total:**

- **Next week I will meet or beat this rating!**

**Plan:**
- = Workout Day
- = Food Planning/Prep Day

**Track:**
- = Clean Meal
- = Me Day

**Daily Rating (DR):**

- 3
- 2
- 1
When I talk about “healthy eating” I’m talking about balancing the nutrients, eating whole foods, and making sure I get:

- protein with every meal
- lots of daily greens
- healthy fat sources
- healthy low-glycemic carbs (means it won't spike your blood sugar, causing fat storage) complex carbs (starchier carbs - break down more slowly delivering long-lasting energy - like quinoa, sweet potatoes, brown rice, etc) and simple carbs (quick energy, break down fast - like fruit) carbohydrates.
- not pressuring myself to eat “perfectly” 7 days a week. You will find that the more real, whole foods you eat, the less junk you’ll crave. The more you give your body the balance of nutrients it needs to function, the less you’ll crave sugar and the more you can choose to enjoy things on purpose like desserts, cocktails, etc in moderation.

Use these guidelines to help you with breakfast, lunch, dinner and snacks, and take advantage of one of my easy-to-follow meal plans when you’re ready for more specifics.
A few notes on food prep

- It’s a revolutionary concept that simply cooking your own food and eating it throughout the week is the fastest path to shedding unwanted fat, supporting lean muscle and feeling and looking our best. But it’s the truth.
- You do not have to prepare individual meals for 7 days in advance to make your life easier.
- For example, I prep things together strategically to save time and cook a little throughout the week, adding fresh and frozen items as I go - so this is not everything I'm eating, just a good chunk of it.
- I like doing a couple protein options, some carbs, my green smoothie set ups and a breakfast staple - along with a couple quick snacks. I know I’m going to eat out some too, and I don’t want to waste food.
- Doing this saves me so much money!!!! Because if I don’t know what I’m going to eat, I just order out, go out or get food that isn’t an ideal balance for my body - and doesn’t always support my activities and goals.

For example, here’s this week’s roundup to make my life easier:

- **fruit** (to add to breakfast or in green smoothies - pre washed and bagged)
- **green smoothie set ups** - pick 1-2 complimentary recipes to get ingredients for
- **carrots and celery**: I like to have them pre cut so I snack on them. I'll dip in Greek yogurt for a snack or just munch
- **chocolate protein bars**, home made (couple good recipes on the blog and in my cookbooks - suggestions below)
- **baked yams** - just a simple side dish and excellent source of slow burning complex carbs to fuel my muscles
- **avocado and egg salad**
- **baked sesame chicken bites** - recipe on the blog, more ideas below
- **zucchini noodles** - raw
- **mixed greens salad** - I make one every week, I'll either have it cold or toss some in the pan with breakfast and have it hot
- **oatmeal** - I pre make a batch for about 4-5 servings as I use it as a snack or breakfast. Read about overnight oatmeal and proper grain prep on the blog!
Your Weekly Outline

- **Pick some simple, easy recipes.** To make your life easy, I recommend picking one day to some of your prep, like I suggested above.

- **Make a quick grocery list based on the recipes you’ve chosen.** Try to pick recipes that have ingredients you can use in a couple different things - green smoothies are a great example of this. If you find a recipe that’s for 2-3, double it and add the ingredients to your list. Some of your meals will be based on one or two items, like breakfast. That’s easy. Be sure to add everything you need to your list, so you’re not scrambling when you’re at the store.

- **Choose a day that you have an hour or so to do a little prep for the week if you don’t want to be cooking every meal every day.** If you can make it the same day you go shopping, that’s ideal. Remember to include time to clean up (I’m a big one for “clean as you go”). While doing a little prep may take you a couple hours, that’s a small investment in your health and in getting closer to your goals. You’ll be saving time during the week, saving money AND contributing to your healthy, shredded body.

- **Plan an NSA Day.** "NSA" stands for "no strings attached." You don’t need to feel guilty for enjoying the treats that make life sweet. Know that there should be a day every week where you get to eat out, treat yourself to something special or just deviate from your regular routine.
How to choose good recipes and plan your week:

Pick your proteins. You’ll want proteins for breakfast, lunches and dinners. If you’re training regularly, consider including a quality protein powder to add to fun recipes like pancakes or muffins, or have in a green smoothie or protein shake. Hemp seeds are a great protein source as well, and you can throw a few tablespoons in your oatmeal for an extra dose of protein.
- Some good proteins include: chicken, turkey, fish, red meat, tempeh, edamame, black beans, red beans, navy beans, white beans, protein powder, eggs, hemp seeds

Pick your carbs. I usually opt for 2 main carbs per week and make a big batch.
- Some good carbs include: sweet potatoes, quinoa, amaranth, bread (gluten free or sprouted for me), millet, rice, pumpkin, fruit (I always have fruit on hand for snacks and green smoothies – some frozen, and some fresh. I like to buy the more expensive berries frozen so they don’t go bad)

Choose healthy fats. Have a couple good quality cooking oils on hand, like olive oil and coconut oil. Be sure to pick up some quality fats to include with your proteins and greens.
- Some good fats include: avocado, nuts, chia seeds, coconut oil, coconut milk, olive oil, olives

Choose greens/veggies. I was never a big fan of cooking a lot of vegetables. I like sauteeing up some spinach or supergreens with a little garlic for breakfast, but I’d rather have a big mixed greens salad, and Green Smoothies make my life awesome. Whatever you prefer, the important thing is to get those daily greens in your body. We need the phytonutrients, vitamins and compounds they contain.
- Some good veggies/greens include: kale, swiss chard, spinach, collard greens, dandelion greens, parsley, mint, basil or other fresh herbs, cucumber, celery, sugar snaps or other crunchy veggies, tomatoes, carrots, mushrooms, sugar snap peas, onions, garlic, broccoli

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1. Eat Breakfast

**Breakfast is an incredibly important part of your day,** DO NOT SKIP IT.

I don’t want you to force yourself to eat though, so if you really can’t stomach breakfast it’s okay. I just don’t want you to skip it because you think not eating is going to help you lose weight.

Skipping meals when you’re hungry makes your body think it’s starving and it holds onto the fat you have to make sure you have enough energy to protect you until you eat again.

If you like to do an early morning workout, a quick shake is better than not eating at all if you can manage it. Get up 10 minutes earlier to make it.

Protein powder and fruit is a good choice for that time of day. I personally prefer a full breakfast and an hour before my work out. Experiment to find what works for you.

**Breakfast Ideas:**

- 2 eggs + egg whites, toast, mixed green salad with avocado
- **Overnight Oatmeal** with a scoop of vanilla protein powder and sliced fruit
- Overnight Oatmeal with Greek yogurt and fresh fruit
- **Green smoothie** with a scoop of protein powder
- **Protein pancakes**
2. Have Healthy Snacks

**Snacks are really important when you’re active.** Their purpose is to keep your energy stable throughout the day and provide you with an opportunity to get in another dose of greens, protein or energy sustaining fat.

I don’t have as many snacks on rest days because I’m not as hungry and I’m not burning as much energy. Listen to your body.

“Snacks” does not mean processed bars you buy in the store, even the healthy ones often have a ton of added sugar. Be mindful of your sugar intake - read your food labels. This is so important.

Sugar gets snuck into so many foods we buy - especially the ones labeled "fat free" and "low fat." Those foods are not better for us. They're sneaking chemicals and sugar into our body and they add undue stress to our organs who have enough to do :)

**Healthy Snack Ideas:**
- Fruit and nuts
- **Protein shake** (I never leave home without my shaker cup)
- **Green smoothie** (can also be premade and last well for hours)
- Small serving of quinoa, nuts and raisins
- **Home made protein bars**
- Greek yogurt
3. Have a PLAN for Dinner

Making a short list of a few healthy recipes each week and creating a grocery list based on the ingredients is the backbone of my healthy lifestyle.

Without this I fall into bad habits like eating snack foods, relying on comfort foods, eating whatever is around, ordering out, or being tempted by bad food.

Dinner is always a good lunch for the next day. I like to make a giant mixed greens salad at the beginning of each week to have it as a side to my protein option at lunch. I make staple carbs for the week in batches. I make a few dinners in big batches too to last me through the week.

Healthy Dinner/ Lunch Ideas

- Zucchini Noodle Lasagna
- Buffalo Burgers
- Turkey Meatballs
- Black Bean burgers
- Quinoa and Vegetable Medley with Mushrooms
- Baked chicken or turkey bites with fresh herbs
- Fish - I usually do baked or broiled, and I prefer to have it as fresh as possible. So I usually just cook 2 servings (or 4 if there are 2 of us) so I can eat the leftovers the next day.
WHEN IT COMES TO CARBS, don't skip eating them thinking they're going to "make you fat."

If you are trying to lose a significant amount of weight, it's important to monitor your intake of them and portion them carefully - and be mindful of the glycemic index (or how much they spike your blood sugar).

But it is important to know that to bum fat, your body needs a supply of glucose, the simplest unit of sugar or energy and the product of carbohydrates. When you're trying to lose a little weight, sometimes not eating enough carbs can be a culprit in weight plateaus.

It's important to tweak WHEN you eat them - like I was saying above, eating them in the morning and afternoon is the best for keeping energy stable and your metabolism going.

If you are eating whole, nutrient dense foods your body will tell you when it's full and when it's hungry. When we've been relying on processed foods for a long time, we often get disconnected from those signals, and develop sugar addictions and cravings that can make this challenging.

Throughout the day, I like to organize my meals by how much complex carbs I eat from morning to night.
This is just a rough approximation but what works for me is a bigger breakfast - more carbs, medium lunch - less carbs, and lighter dinner - low carbs. I’ll have a couple servings of fruit (simple carbs) every day.

Your body needs the most energy first thing in the morning to carry you through the day, and that’s the best time to eat them. It’s easy to include a side of sweet potato tots, quinoa, brown rice or other carb with a meal.

Sprouted grain bread and overnight oatmeal are both excellent options as well. In both cases, the soaking and sprouting process have helped to pre-digest the tougher to digest proteins in the grain, and make them more available to our bodies for nutrient absorption.

Eat protein with each meal, and include healthy fat too.

**Complex carbs: (examples)**
- sprouted grain bread
- gluten free bread (check label for added sugar)
- sweet potatoes
- quinoa
- brown rice
- amaranth
- oats
- millet
- Simple carbs - mostly fruits
- apples
- pears
- berries
- tropical fruits like pineapples, mango, banana, dates watermelon, etc - higher in sugar. They are natural sugar and eating them whole adds the benefit of fiber and other nutrients, but it’s good to know that they are higher in sugar than berries and some of the others listed above.

- Overnight Oatmeal
- Sweet Potato Spread
- Quinoa Apple Filling
5. Daily Greens & Green Smoothies

GREEN SMOOTHIES are one of the fastest, easiest and tastiest ways to get your daily fiber, phytonutrients and all the healthy goodness of greens!

Make them, drink them, love them! Green smoothies CAN double as a meal, they make a great on the go snack, and are just an essential daily part of my clean lifestyle!

Be sure to wash your greens thoroughly, remove tough stalks and stems, and find a recipe for a green smoothie that sounds good to you.

Green Smoothie Ideas:

- Vitamin C Breakfast Blend
- Pear Crisp Green Smoothie
- Mango Basil Post Workout Smoothie
For More Healthy Eating

- **7-Day Clean Eating Plan + Workout**
  
  1 week: workout plan and grocery list, food prep, recipes for breakfast, lunch, dinner and snacks - plus daily menus for a week to give you exactly what to plug in and plan for a week of done-for-you delicious clean eating!

- **The Body Fuel System** -
  
  4 weeks: Complete clean eating program with recipes, shopping lists, daily menus and food prep for 4 weeks, plus how to balance the nutrients to create your own plans, bust diet myths for good and give you the tools you need to eat out, eat clean and enjoy treats and special meals with confidence.
The Betty Rocker

Health Coach and Fitness Motivator Bree Argetsinger – aka The Betty Rocker – is an innovative leader in the world of health and fitness.

She pursued her undergrad at Tufts University, with a major in Anthropology, focusing on nutrition in indigenous cultures before taking off to travel the world and pursue hands-on learning. She went on to start a career in structural alignment and holistic health.

She features delicious, easy to make recipes and body weight fitness videos on her blog, was recently featured in the Oakley Women's Collective, and inspires her worldwide following with healthy fitness food, 30-day bodyweight challenges, and a positive, creative approach to life.

She is the author of the Body Fuel System, a 30-day lifestyle transformation guide to natural fat loss that delves into the science of Superfoods, nutrient balancing, creating a sustainable, healthy diet, and the effects of common inflammatory foods.