



## 21 Day Challenge Nutrition FAQ

A few people have asked questions regarding the 21 Day challenge Nutrition. We thought we would post the answers here for everyone to see. If you have a question, just send it to us. Some people seem reluctant to try a different approach to eating. Our plan has you eating mostly protein, healthy fats and fruits and



Fruits and vegetables are high in nutrients and fibre

vegetables which are high in nutrients and natural fibre. Comparatively grains are low in nutrients and high in calories (when comparing calories and nutrients between the two). This eating plan has produced amazing results for any of our clients who have stuck with it. Now on to the questions.

### **Can I have the 0% fat Greek style yogurt on this challenge or is no dairy allowed?**

For this challenge it's no dairy. A lot of people have dairy sensitivity, and eliminating it is the only way to find out. Sensitivity is not always allergy. Sensitivity can just cause digestive stress which leads to bloating and water retention and adds to your overall stress profile. When the 21 day challenge is over you can add eliminated items such as dairy and grain back in but do it only one on each day so you can see how you feel. Many people notice a lack of energy when having wheat or other foods they may have a minor intolerance for. When having dairy you actually should eat the full fat as weird as that sounds. Otherwise on a % basis the % of sugar goes up and it spikes your insulin. The fat prevents the blood sugar spike. When having dairy always organic (too many weird hormones otherwise, cows do not produce milk all year without drugs....) and always full fat for dairy.

**If I do not have a gluten sensitivity, why must I cut it out? I thought whole grains are part of a well balanced diet.**

Most people have some level of sensitivity but may not be aware of it. We recommend to remove it and see how your body reacts when the challenge is over and you re-introduce it. This will give you a better idea of your sensitivity level. If you have a minor sensitivity you are unaware of, it may add to your overall stress profile, causes water retention and bloating, low energy and ties up valuable fat burning resources. Grain products are also relatively low in nutrients compared with fresh fruits and vegetables. The idea is to substitute fruits and vegetables instead of grain. You will experience better digestion and have more energy.

**I am naturally a grazer. Should I no longer be snacking?**

Snacking is great, make sure snacks are balanced: protein, carbs and healthy fats. See nutrition pamphlet for food lists.

**Is standard grocery store milk and yogurt considered “processed?” I have a very high calcium diet (especially when in combination with gluten), and I don’t know how to replace those calories to**

## keep a healthy intake. Are there meal plan suggestions?

Non-organic milk is “processed” . There are meal plan suggestions in the 21 day challenge manual. Green vegetables are high in calcium. There are many other ways to get quality calories besides dairy and gluten such as: nuts, seeds, avacados, vegetable oils etc.

<b>World’s Healthiest Foods ranked as quality sources of calcium</b>						
<b>Food</b>	<b>Servin g Size</b>	<b>Ca ls</b>	<b>Amou nt (mg)</b>	<b>DV (%)</b>	<b>Nutrient Density</b>	<b>World’s Healthiest Foods Rating</b>
Turnip Greens	1 cup, cooked	28.	197.28	19.7	12.3	excellent
Thyme	2 tsp	7.7	52.92	5.3	12.3	very good
Oregano	2 tsp	9.5	57.49	5.7	10.8	very good
Spinach	1 cup, cooked	41.	244.80	24.5	10.6	excellent
Collard Greens	1 cup, cooked	49.	266.00	26.6	9.7	excellent
Dill	2 tsp	12.	63.67	6.4	8.9	very good
Mustard Greens	1 cup, cooked	21.	103.60	10.4	8.9	excellent
Tofu	4 oz-wt	86.	396.89	39.7	8.3	excellent
Cinnamon	2 tsp	12.	52.10	5.2	7.3	very good
Sea Vegetables	0.25 cup	8.6	33.60	3.4	7.0	good

Rosemary	2 tsp	7.9	30.72	3.1	7.0	good
Blackstrap Molasses	2 tsp	32.	117.56	11.8	6.6	very good
Cheese	1 oz-wt	72.	221.69	22.2	5.5	very good
Yogurt	1 cup	154	448.35	44.8	5.2	very good
Swiss Chard	1 cup, cooked	35.	101.50	10.2	5.2	very good
Kale	1 cup, cooked	36.	93.60	9.4	4.6	very good
Celery	1 cup, raw	16.	40.40	4.0	4.5	good
Cumin Seeds	1 tsp	15.	39.10	3.9	4.5	good
Milk	1 cup	122	292.80	29.3	4.3	very good
Cloves	2 tsp	13.	27.13	2.7	3.6	good
Milk – Goat	1 cup	168	326.96	32.7	3.5	very good
Romaine Lettuce	2 cups	16.	31.02	3.1	3.5	good
Sesame Seeds	0.25 cup	206	351.00	35.1	3.1	good
Coriander Seeds	2 tsp	17.	29.20	2.9	3.0	good
Cabbage	1 cup, raw	17.	28.00	2.8	2.9	good
Fennel	1 cup, raw	27.	42.63	4.3	2.8	good
Broccoli	1 cup, raw	30.	42.77	4.3	2.5	good
Garlic	1 oz-wt	42.	51.31	5.1	2.2	good
Asparagus	1 cup, raw	26.	32.16	3.2	2.2	good

Green Beans	1 cup, raw	31.1	37.00	3.7	2.1	good
Scallops	4 oz-wt	127.1	130.41	13.0	1.8	good
Brussels Sprouts	1 cup, raw	37.1	36.96	3.7	1.8	good
Leeks	1 cup, raw	54.1	52.51	5.3	1.7	good
Oranges, medium	1 each	61.1	52.40	5.2	1.5	good
Mushrooms – Crimini	5 oz-wt, raw	31.1	25.51	2.6	1.5	good

<b>World's Healthiest Foods Rating</b>	<b>Rule</b>
excellent	DV $\geq$ 75% OR Density $\geq$ 7.6 AND DV $\geq$ 10%
very good	DV $\geq$ 50% OR Density $\geq$ 3.4 AND DV $\geq$ 5%
good	DV $\geq$ 25% OR Density $\geq$ 1.5 AND DV $\geq$ 2.5%

## **Why is Dairy not allowed but goat milk allowed?**

Goat products do not contain lactose which 85% of the population has some form of intolerance towards. Goat products are more digestible and therefore you get more nutrients.

Part of this challenge is to change some of the foods you always eat and substitute them with other healthy options. Some people eat the same foods every day and

that alone can lead to intolerance or allergic reactions forming in the body.

### **Are protein shakes ok?**

Protein powder that is not Whey is fine. Whey is dairy which is to be avoided. Whey protein is said to be hard to digest. Try egg protein powder (I use Gold Standard 100% egg or Vega).

### **Can I have Vega it has brown rice protein and rice is not allowed?**

Vega is fine, brown rice protein is just the protein and not whole thing (as in having 2 scoops of rice instead of a serving of vegetables at dinner).

### **Can I have soy milk? It says to avoid soy and tofu.**

If possible choose almond milk over soy. Soy is one the most genetically modified foods and is hard to digest. Also, it causes your body to produce phytoestrogen which

is linked to sterility and low testosterone in men and breast cancer in women. Have a read if you like : <http://www.naturalhealthstrategies.com/dangers-of-soy.html>