



RAW FITNESSTM

Realize Your Potential

**21 Day Program
Success Journal**



WELCOME to the 21 Day Challenge!!!

Welcome to the BEGINNING of a new path in your own health & fitness journey!

You will learn a lot about you and your DESIRE to be a better, healthier YOU!

You WILL have times that you want to cave in... DO NOT GIVE IN!! (Those are unhealthy thoughts and misery wanting company... do not be their guest). Reach out to the community for guidance and support. WE ARE HERE FOR YOU! Take this opportunity seriously but, remember to have fun along the way.

You are just 21 days away from receiving your 1st reward along your path to better health. Follow the directions, FTGP (Follow the Game Plan) and give ALL of your 110% effort!



5 Rules for Success

{#1} F.T.G.P. (FOLLOW THE GAME PLAN!) In order to be successful you need to follow the game plan 100%! Not only should you read through all of these 5 Rules for Success and follow them, but you should make sure to keep this Bible with you at all times, until you know it like the back of your hand! **STUDY YOUR MEAL PLAN** and follow it to a T! If it's not on your food list, **DON'T EAT IT**, and don't ask if you can eat it! We want you to succeed just as bad as you do! This plan **WORKS** if you put it to work! **HARD IS NOT IMPOSSIBLE AND DIFFICULT IS DOABLE!!** Lets get it done!

{#2} Make sure you join our **PRIVATE** Facebook forum for added support and success! There is nothing like your own peers assisting you and encouraging you through your challenge! This group was created as a support group for us to motivate, encourage, ask questions, and help each other. There is no complaining, no negativity, no rude or hostile behavior permitted within the forum. Negative posts or comments will be deleted.



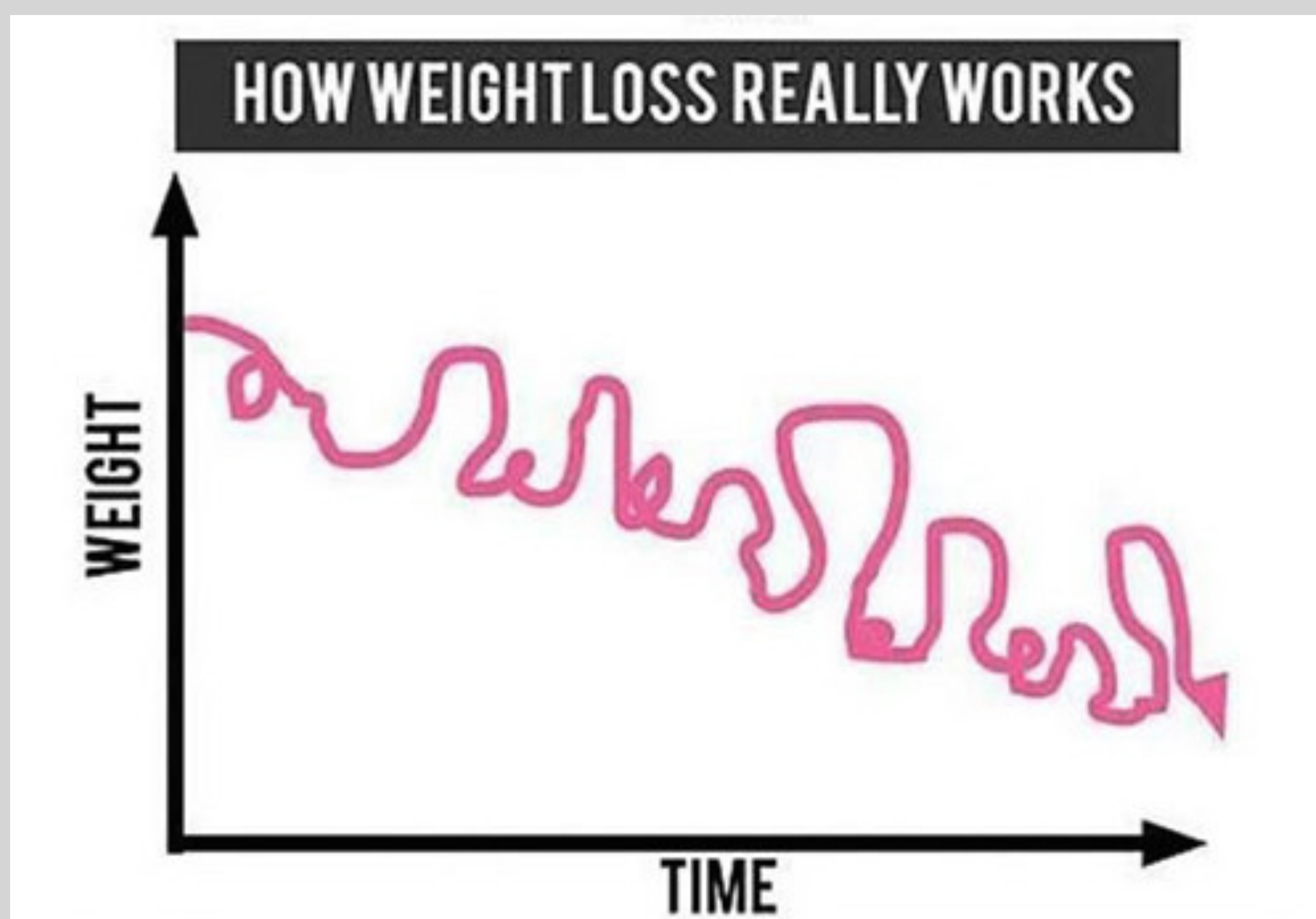
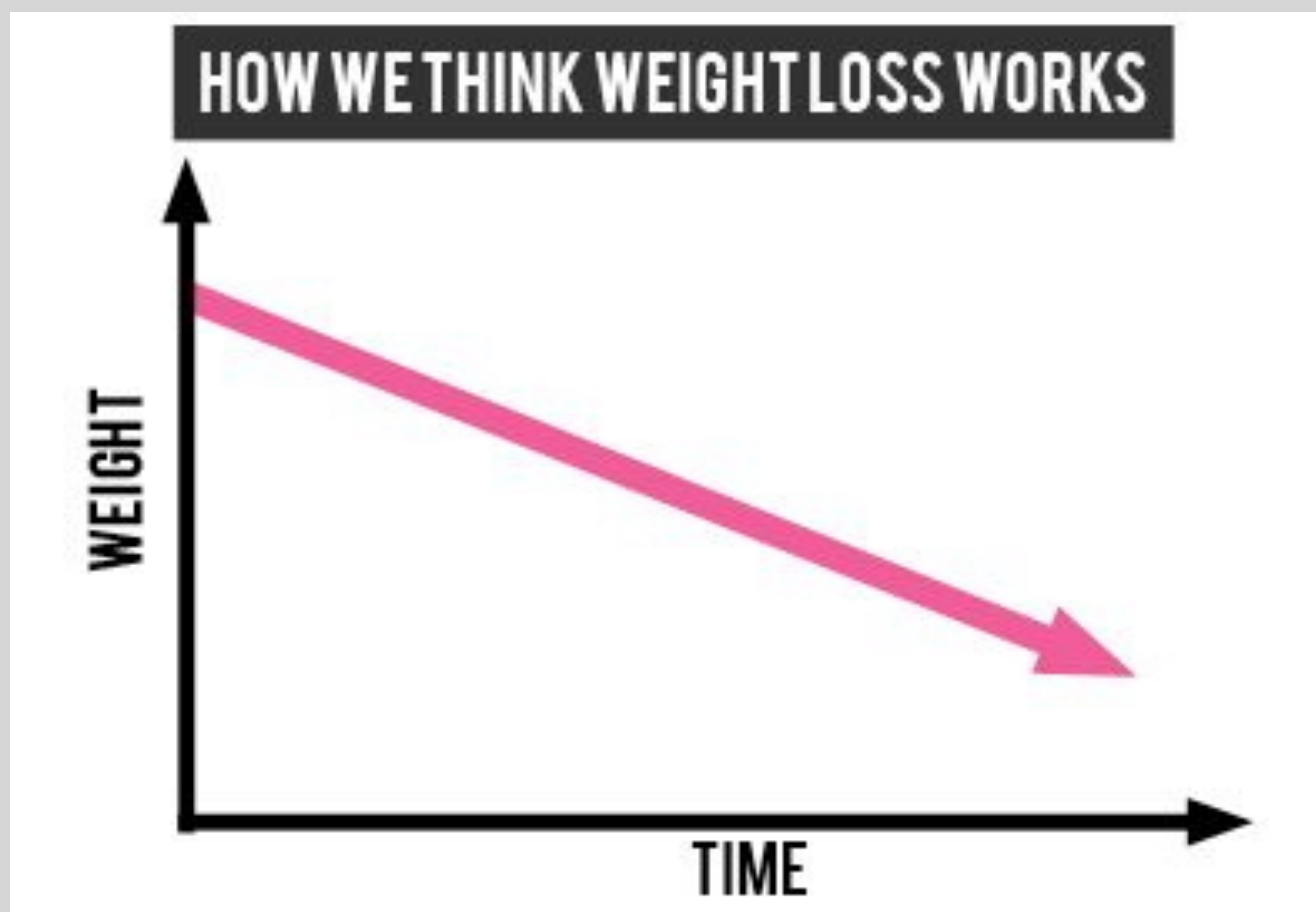
5 Rules for Success

{#3} We encourage you to post on your PERSONAL FACEBOOK page each time you complete one of your workouts. We want you to share your motivation & success with the world.

{#4} IF WE FIND OUT THAT YOU ARE PARTICIPATING IN UNHEALTHY WEIGHT LOSS PRACTICES. WE WILL DISQUALIFY YOU FROM THE PROGRAM WITHOUT A REFUND. Let's keep it healthy! Let's finish no matter what! Finishing what you started is progress and transformation in and of itself!

{#5} Please, no matter what, be happy about your progress! We are going to do everything in our power to help you along the way without resorting to unhealthy practices! Please do not get frustrated, bummed or discouraged.

**REMEMBER: WEIGHT LOSS IS NOT A
LINEAR PROCESS!
SEE THE FIGURE BELOW!**



FOOD ITEM CHOICES & PORTION SIZES

PROTEIN

(MEN 6oz WOMEN 4oz)

- CHICKEN BREAST(BONELESS & SKINLESS)
- 99% LEAN GROUND TURKEY OR BREAST
- 93/7 LEAN GROUND TURKEY
1 SERVING MAX PER DAY
- KIRKLAND BRAND TURKEY BREAST (COSTCO)
- ANY WHITE FISH
- SHRIMP
- 4-5 EGG WHITES + 1 FULL EGG (MEN ONLY)
- 3-5 EGG WHITES (WOMEN ONLY)
- TUNA IN A CAN
MUST BE LOW SODIUM & RINSED
- AHI TUNA
- GROUND CHICKEN BREAST

VEGAN OPTIONS

- TVP
- TOFU
- ORIGINAL STYLE VEGAN BOCA BURGER
(GREEN LABEL RED BOX)
- PLAIN SEITAN

VEGGIE

- ARTICHOKE (4 OZ FRESH)
- ASPARAGUS
- BELL PEPPERS (ALL)
- BOK CHOY
- KALE
- JALAPENO'S
- LEMON/LIME
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE (GREEN)
- CAPERS
- CAULIFLOWER
- ONION
- PEA'S
- RAPINI
- ROMAINE LETTUCE
- SCALLIONS
- SERRANO PEPPERS
- SLICED PORTOBELLO MUSHROOMS
SMALL AMOUNT
- COLLARD GREENS
- CUCUMBERS
- SPINACH
- SPRING MIX
- TOMATOES
- TOMATILLOS
- GREEN ZUCCHINI
- YELLOW ZUCCHINI SQUASH
- SPAGHETTI SQUASH

CARBS

(1 SERVINGS PER DAY)

- SWEET POTATO
MEN – 6OZ 🏆 WOMEN – 4OZ
- RED SKIN WHITE POTATO
MEN – 6OZ 🏆 WOMEN – 4OZ
- YUKON POTATO
MEN – 6OZ 🏆 WOMEN – 4OZ
- BEANS/LEGUME (NO CHICKPEAS)
MEN – ¾ CUP 🏆 WOMEN – ½ CUP
- BROWN OR WHITE RICE (COOKED)
MEN – ¾ CUP 🏆 WOMEN – ½ CUP
- EZEKIEL BREAD
MEN – 2 SLICES 🏆 WOMEN – 1 SLICE
- GLUTEN FREE ROLLED OATS (MEASURE DRY)
MEN – ¾ CUP 🏆 WOMEN – ½ CUP
- QUINOA
MEN – ¾ CUP 🏆 WOMEN – ½ CUP

SNACKS

- KIRKLAND PROTEIN BAR
1 BAR ALLOWED PER DAY
- PROTEIN SHAKE
MEN – 2 SCOOPS
WOMEN – 1 SCOOP

FRUIT

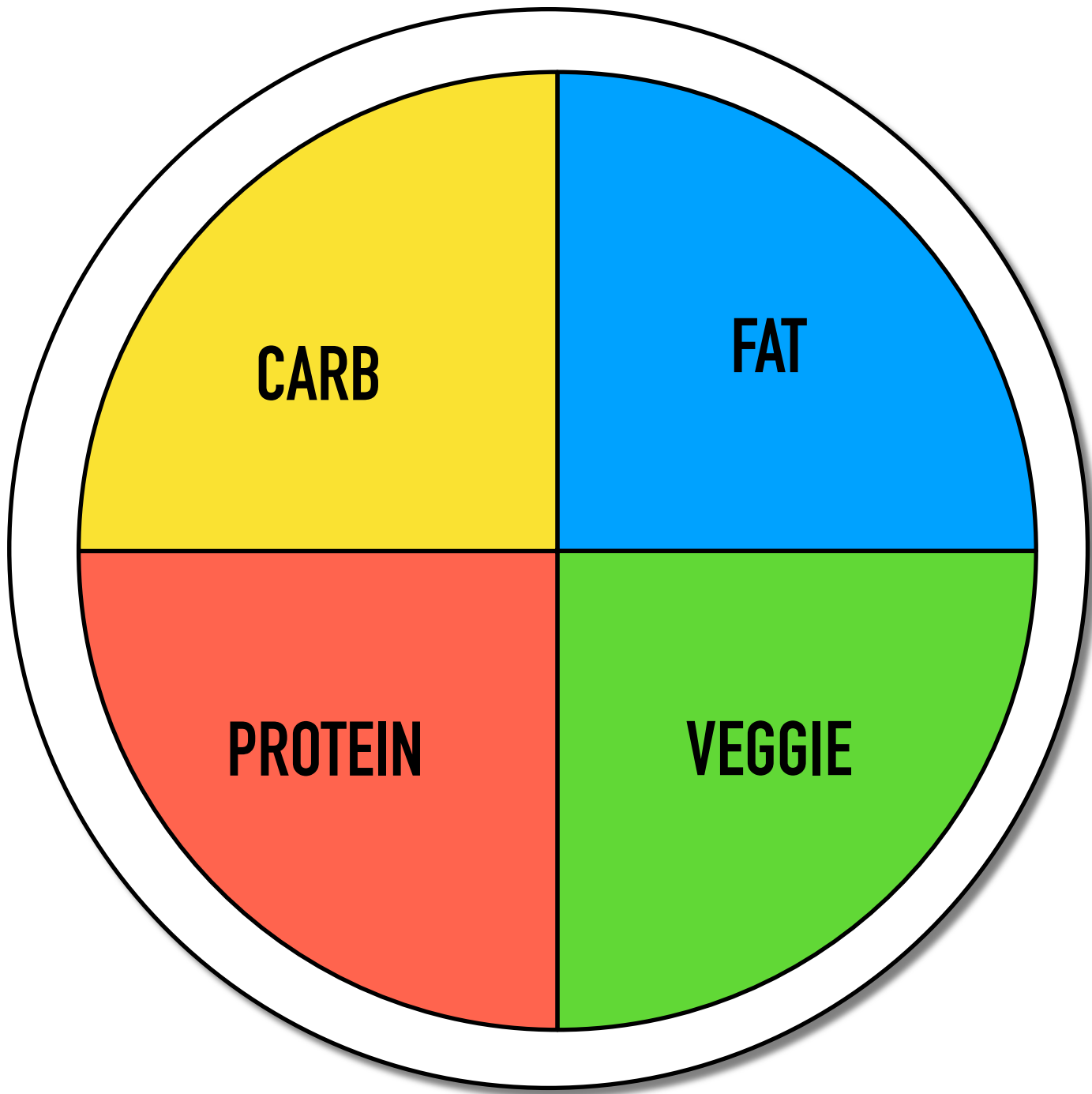
- BERRIES
MEN – ¾ CUP
WOMEN – ½ CUP

FATS

- OLIVE OIL
MEN – 1 TBSP 🏆 WOMEN – ½ TBSP
- NUTS
MEN – 1 OZ 🏆 WOMEN – 15 COUNT
- AVOCADO
MEN – 2 OZ 🏆 WOMEN – 1 OZ
- FISH OIL
MEN – 2 TBSP 🏆 WOMEN – 1 TBSP
- EFA'S
SEE LABEL FOR DOSAGE



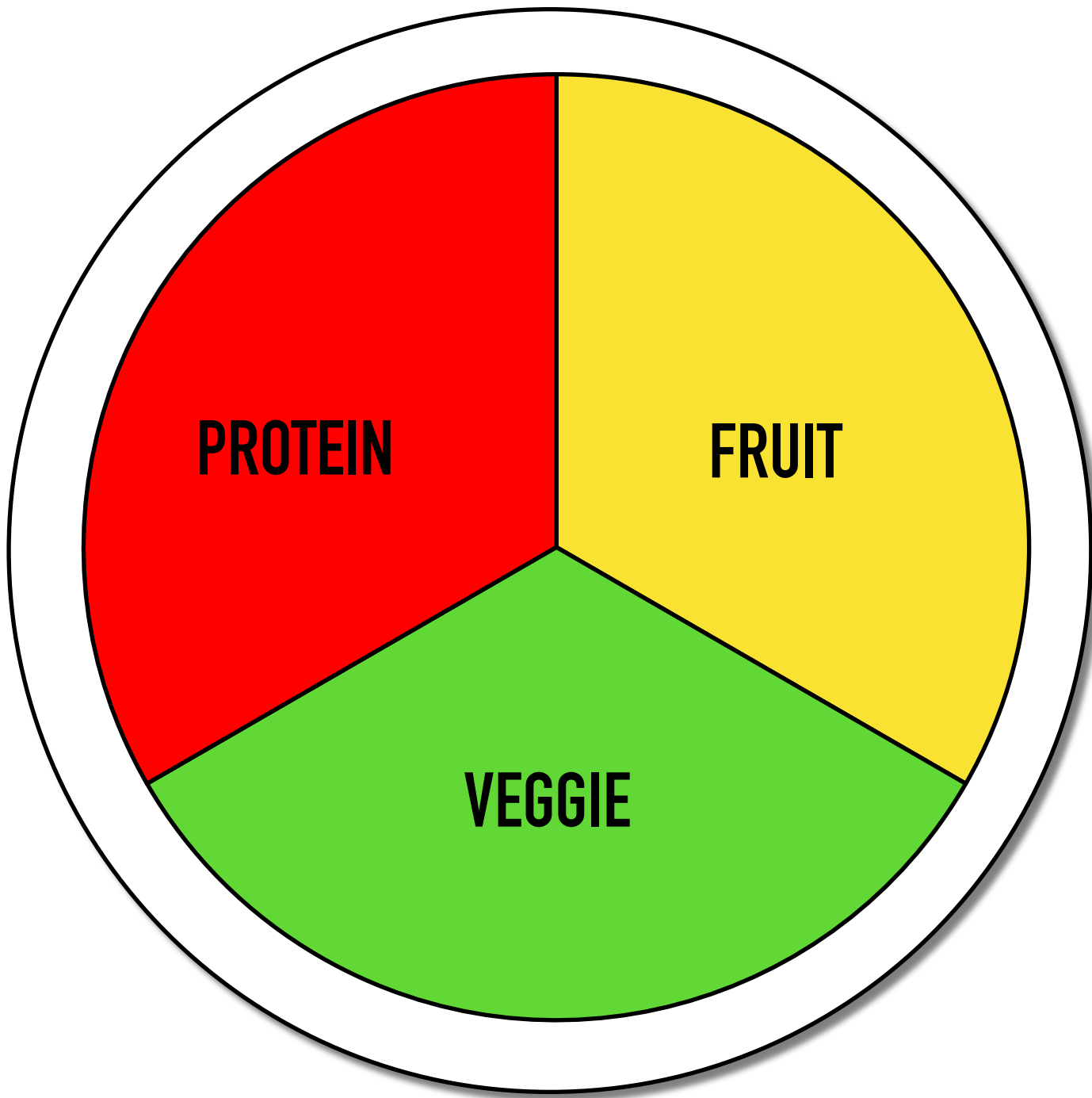
SAMPLE DAILY MEAL PLAN



BREAKFAST



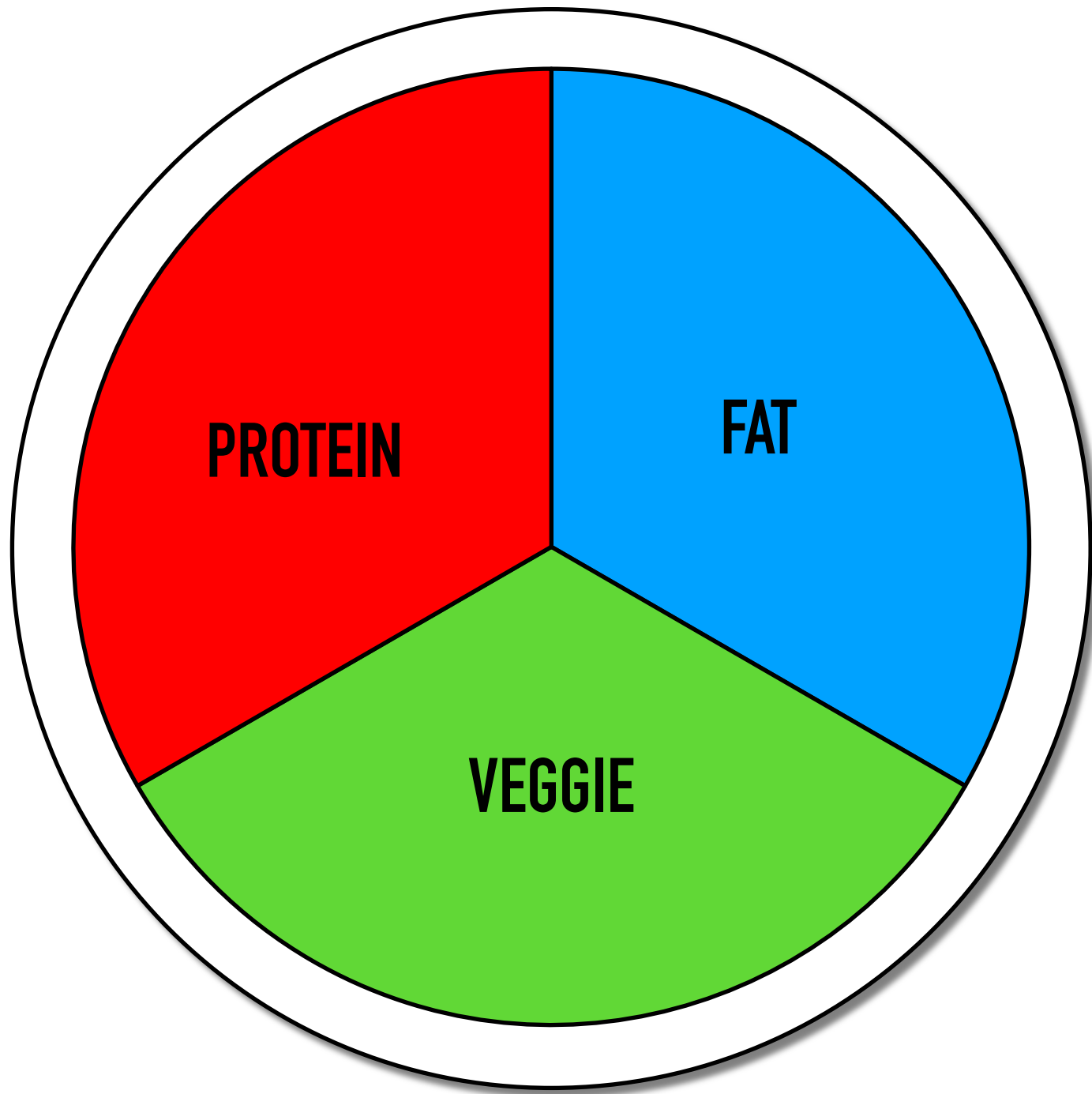
SNACK



LUNCH



SNACK



DINNER

ONLY ONE *KIRKLAND OR QUEST* PROTEIN BAR PER DAY IS ALLOWED
FOR EXAMPLE, IF YOUR SNACK BETWEEN BREAKFAST AND LUNCH IS A PROTEIN BAR, THEN YOUR SNACK BETWEEN LUNCH AND DINNER SHOULD BE A PROTEIN SHAKE

DON'T FORGET YOUR PROTEIN WITH EVERY MEAL

BREAKFAST

PROTEIN _____
CARB _____
VEGGIE _____
FAT _____

SNACK

LUNCH

PROTEIN _____
FRUIT _____
VEGGIE _____

SNACK

DINNER

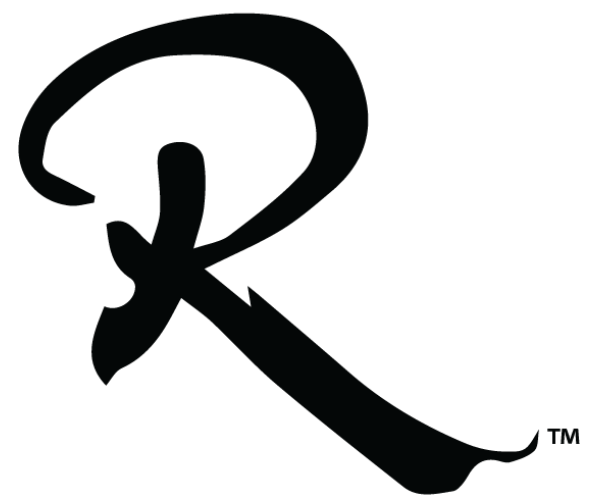
PROTEIN _____
VEGGIE _____
FAT _____

DRINKS

- ✓ **Water**
- ✓ **Almond Milk (Limit 1 Cup a Day)
(Unsweetened/ Non Flavored)**
- ✓ **Coffee**
- ✓ **UNSWEETENED Tea**
- ✓ **Sparkling Water (NON FLAVORED)**
- ✓ **Flavored UNSWEETENED Tea**
- ✓ **Herbal Tea**
- ✓ **Green Tea**
- ✓ **BCAA or Sugar Free Water Enhancer ARE OK**



NO ALCOHOL



RAW FITNESS™

SPICES

- ✓ Garlic
- ✓ Mustard
- ✓ Horseradish
- ✓ Cinnamon
- ✓ White or Red Vinegar
- ✓ Mrs. Dash Seasoning's
- ✓ Lemon Pepper
- ✓ Fresh Herbs (Oregano, Thyme, Basil etc.)
- ✓ Pepper
- ✓ Braggs Amino Acid
No More Than 1 TBSP Per Serving
- ✓ Apple Cider Vinegar
Only .3 Grams Sugar — No More Than 1 TBSP Per Serving
- ✓ Balsamic Vinegar
No More Than 1 TBSP Per Serving
- ✓ Hot Sauce
Approved Hot Sauce's Below
Cholula
Franks Red Hot
Tapatio
Siracha
Trader Joe's Chili Sauce
Tabasco (Green & Red)
- ✓ Walden Farms Dressings
Approved Walden Farms Dressing Listed Below ONLY
Ranch
Italian
Italian Sundried
French
Russian
Jersey Sweet Onion

* NO MORE Than 1 TBSP Per Serving
- ✓ Flavor God Seasoning
Approved Flavor God Seasonings Below ONLY
Italian Zest
Fiesta Sweet N Tangy
Buffalo
Spicy Everything
Garlic Lovers
Lemon & Garlic
Pizza Flavor
Everything
Ketchup
Taco
Dynamite
Habanero
Chipotle
Cajun
No Salt
Pink Himalayan Salt (Use a Pinch ONLY)
- ✓ Salsa
Salsa MUST stay UNDER 3 Grams of Sugar per serving
- ✓ Baking Powder
- ✓ Baking Soda

MEAL PREP GUIDE

Meal Prepping is simply preparing some, or all of your weekly meals ahead of time. It helps to ensure that you will have healthier foods readily available!! PREP ahead ensures 100% success!

LET'S GET STARTED:

It's important to remember not to get overwhelmed. This will be new to many of you so keep it as basic as you can to start and then once you get the hang of it you may want to try experimenting with recipes with all the approved food items from your approved food list.

PICK YOUR DAY

The first thing you should do is pick a day to prepare all your meals. I would suggest taking one of your days off of work, whether it be a Sunday or a Wednesday to get cooking.

As you get more experienced you may prep your meals for the entire week to last you again till Sunday.

I would also suggest planning your meals out with our weekly food guide. That way you are not tirelessly cooking a bunch of different foods and possibly wasting food.

PICK THE MEALS

To make it easier, decide which meal you are going to prepare first: Breakfast, Lunch or Dinner.

Ultimately, the choice is yours. You just want to think about it a little before you get started to make it a bit easier process.

Also you want to decide on the meals you are going to make.

When choosing your food, keep in mind how we have it structured on the meal plan, keeping in mind that you will have a protein at each meal, 2 servings of carbs per day and 2 servings of fats per day

HELPFUL HINTS & SHOPPING TIME

Make your list, check it twice, and get all the nice, not naughty items!

Go through your meal plan, write up your shopping list. First, check inventory in your fridge to see if you already may have some of the approved items, that way you are not spending unnecessary extra money!

I like to write my list down in my notes page on my phone that way I can scratch it out as I get each item to make sure I don't forget anything!

Check your local papers or coupon guide also to see if any of your items might be on sale!

Also, if you don't already have one, GET A SCALE!

Using a kitchen scale is also a must to ensure you are getting the proper amounts that are designated in your challenge booklet!



MEAL PREP GUIDE (CONTINUED)

3. PROPER CONTAINERS

You must choose proper containers. I really can't stress this enough. Good storage containers are really the foundation of your meal prepping. How you choose to store your meals can make or break your meal prepping efforts when it comes to keeping it fresh!

You don't want to simply throw everything into Tupperware bowls. That defeats the whole point of preparing things. You are able to do this at first and then pull out your containers nightly to prep for the next day if you choose or you could just put them all in meal prep containers from the start, completely up to you!

"FINDING A GOOD CONTAINER"

For starters, you want to be able to divide each part of your meal. You don't want foods cross contaminating each other. So what you need is a container that's air tight, with divided sections that are also air tight. This will ensure better, fresher, crispier tasting meals.

You should also make sure your containers are clear, and that they are the same size.

Clear containers allow you to quickly see what's inside. Once you start preparing more and more meals, this simple feature will be a blessing.

Same sized containers give you the luxury of being able to stack them easily and save room in your fridge or freezer.

Put simply, you want containers that are:

- Freezer Safe
- Dishwasher Safe
- Microwavable
- Stackable
- Reusable



MEAL PREP GUIDE (CONTINUED)

MEAL PREP STRATEGIES

I would suggest starting off with just a few meals and not trying to cook a whole week's worth of meals in one sitting. You may want to do this later, as you get more comfortable, but for now, just try to find your meal-prepping-groove. Here are a few different methods to choose from:

1. BUFFET STYLE MEAL PREP - a lot of people enjoy prepping their veggies and carbs ahead, storing them in a container, then using them for easy put together meals. You can prep a big portion of protein and use that as a base for several meals through the week also.

SOME IDEAS:

- Chop or spiralize your veggies
- Roast up vegetables or potatoes in some seasoning
- Shake together dressings (Walden farms), sauces (hot sauce, Aminos, olive oil), etc.
- Cook up grains, pasta, quinoa

2. BATCH COOKING - cook up a big batch of something and enjoy it through the week.

SOME IDEAS:

- Soups, stews
- Cook several chicken breasts
- Cook a big batch of chicken in the slow cooker OR crockpot
- Cook up some perfect black beans or legumes in the Instant Pot

3. PORTION THINGS OUT - whether it is an entire meal or just a component, portioning out is one of the most important steps of meal prep because it means you can just grab your meal and go.

SOME IDEAS:

- Nuts
- Veggies
- Overnight oats

4. ASSEMBLE INGREDIENTS BUT DON'T COOK - this is typically done with freezer meals, but you can often store in the fridge as well. By assembling your meals ahead, when it comes time to cook, you simply need to dump them in the slow cooker or Instant Pot, and press the button!

SOME IDEAS:

- Freezer slow cooker meals
- Freezer Instant Pot meals
- Chicken breasts

5. PRE-COOKED MEALS - this is my approach for breakfasts and lunches, and is perfect for meals that you don't have time to prep on the days you will eat. All you need to do is grab them from the fridge, re-heat if necessary, and enjoy!

SOME IDEAS:

- Breakfast: egg muffins, gluten free oats, breakfast sandwiches (Ezekiel bread and eggs or egg whites)
- Lunch: stir fry's, or jar salads (salad premade in a mason jar)
- Dinner: any dinner that can be re-heated. Soups, stews, stir fry's or crockpot dishes are all good choices.

MEAL PREP GUIDE (CONTINUED)

SUMMARY

- ✓ PICK A DAY TO MEAL PREP
- ✓ PICK YOUR MEALS
- ✓ MAKE YOUR SHOPPING LIST
- ✓ GO TO THE GROCERY STORE
- ✓ PICK YOUR STRATEGY
- ✓ GET COOKING!

THE BENEFITS OF MEAL PREP ARE SO WORTH THE EFFORT. YOU WILL SAVE YOURSELF TIME AND MONEY. YOU WILL FEEL LESS STRESS. YOU WILL EAT HEALTHIER. YOU WILL SET YOURSELF UP FOR SUCCESS EACH AND EVERY WEEK!



VOILA....SUCCESS!!
SAMPLE LOOK OF TWO MEALS WITH PROTEIN, CARBS, VEGGIES AND ONE MEAL PROTEIN AND VEGGIE.



21 DAY SUPPLEMENTS



APN ISO PRO Protein Powder: This is the **ONLY** recommended brand of protein powder for use during the challenge! APN ISO PRO provides the body with complete proteins for better lean tissue health. Mix 1-2 scoops to your desired amount of water, coffee or tea. (Less water is a sweeter thicker protein shake). *available at APNSUPPLEMENTS.COM*



APN BCAA PRO: This is the **ONLY** recommended brand of BCAA's for use during the challenge. APN BCAA'S PRO are great for before, during or after exercise to help reduce fatigue, accelerate recovery and reduce muscle soreness Mix 1 scoop to your desired amount of water or tea. (Less water is a sweeter BCAA). *available at APNSUPPLEMENTS.COM*



KIRKLAND OR QUEST PROTEIN BARS: These are the **ONLY** protein bars approved for use during the challenge. Either of these protein bars are used as a meal replacement bar and can be eaten as a snack while on the go instead of having a meal.



Vitastix Liquid Multi-Vitamin: This is the **ONLY** recommended brand of vitamins for use during the challenge. Vitastix Vitamins Liquid Multi helps support a boost of the immune system and metabolic function, for healthy weight management.



KEY NOTES

- **Maximum 3 Protein Shakes A Day**
- **Protein Shakes are NOT mandatory, however useful**
- **• ONE KIRKLAND OR QUEST Protein Bar is approved per day, No MORE!**
- **We would like to see you eat 3 meals and 2 snacks per day; the order you eat them in does not matter.**
- **Try to Eat Every 3-4 Hours**
- **NEVER Skip Meals, should it happen, DO NOT double up your next meal**
- **BCAA's can be used All day**
- **Splenda, Truvia and Stevia ALLOWED**
- **Take Multi-Vitamin once a day w/Food**
- **Keep Multi-Vitamin Refrigerated**
- **Drink as much water as you can**
- **Sugar Free Gum, Sugar Free Pre-Workouts, Sugar Free Water Enhancers are OK if necessary**



FREQUENTLY ASKED QUESTIONS

Nutrition Related

I am currently breastfeeding, is there anything special that I need to do with my meal plan?

Yes, please reach out directly to your manager and let them know that you are currently breastfeeding. They will be able to help you amend your nutrition plan appropriately to accommodate for breastfeeding.

I have another brand of protein powder at home. Can I use it?

It is preferred that you use the APN protein during the challenge.

I prefer to use a vegan protein. Is there an acceptable brand to use?

The following brands of Vegan protein are recommended: Sun Warrior, VegaSport, Nutri Key V Pro, or you can use a Pea Protein

Is it ok to eat the roasted chickens from the grocery store?

No. The skin is left on during the cooking process which in turn adds more fat to the meat.

Can I use canned or frozen vegetables?

Yes. However we do prefer that you use fresh vegetables if at all possible. If you do use canned, please be sure to wash them thoroughly before cooking and eating.

Can I use canned meat?

You may ONLY USE canned tuna in water. Be sure to rinse thoroughly before cooking and eating.

Can I juice my vegetables so long as they're on the approved vegetable list?

Yes, just do not add any fruit except for berries.

Can I use Emergen-C while on the challenge? I feel like I am coming down with something.

No. This product typically has added sugar disguised in different formats. If you are not feeling well, we suggest that you see your doctor.

Can I drink diet soda or juices?

No, not during the challenge.

What can I have from Starbucks or other coffee establishments?

Black Coffee (hot or iced) and unsweetened teas (hot or iced). For added deliciousness, we suggest mixing your favorite APN protein with black coffee or even your favorite APN BCAA with an unsweetened iced tea



FREQUENTLY ASKED QUESTIONS

Nutrition Related

Can the meal plan be customized to keto?

No, not at this time.

I feel nauseated and/or dizzy. Why?

There are a couple different factors. One being your body is detoxing. The second is you may have eaten or drank too close to your workout time. If you are continuing these symptoms for a period of 4 days or more please reach out and consult with your manager.

Can I mix proteins?

Yes. Be careful that you are not exceeding your overall serving amount allowed. For example, if you are male and wanting to have boneless/skinless turkey breast and chicken in the same meal, you will only have no more than 6 ounces total.

Can I mix carbs?

Yes. Be careful and sure that you are not exceeding your overall serving amount allowed. For example, if you are female and wanting to have red skin white potato and sweet potato in the same meal, you will only have no more than the total amount allowed per serving.

If I missed a meal what do I do?

Eat when you have remembered and then reset your meal schedule for 3–4 hours from the time you ate last.

What if I can't finish all of my food?

Eat your carb first, protein second and then move on to your veggies.

I found this awesome item at the store that appears to be within the nutrition guidelines of the challenge!

Can I eat it?

Is it on your approved foods list? If it is not on your approved foods list then you shouldn't be eating it during the challenge. If you still aren't sure, message your manager a clear picture of the item AND its nutrition ingredient list.

I am not feeling hungry when it's time to eat. What do I do?

It's ok if you are not hungry at your designated mealtime. However that doesn't mean you shouldn't eat. Please stay on track with your appropriate mealtimes eating when it's time to eat and eating what you can.

FREQUENTLY ASKED QUESTIONS

Nutrition Related

I am traveling. What do I do about my meals and workouts?

We highly suggest that you prep your meals and taken them with you. If you are unable to do so be sure to plan ahead for yourself in the city that you are traveling to. Research take-out and meal prep services in the area. If you are staying with family, do some grocery shopping while you are there and cook your meals when there if possible. Many challengers are still successful while traveling because they planned ahead for their meals and still followed their meal plan while away.

For workouts try to get anything in that you can. Anything you can do activity wise while traveling is great!

Traveling does not have to be a set back so long as you plan ahead. Be sure to check in on your personal Facebook page with your meals and workouts so that your friends, family and fellow challengers know you are still being accountable while you're gone.

I have a headache and don't feel well.

This is to be expected when starting the challenge as your body is detoxing. If this continues past 4 days please reach out and consult with your manager.

I am getting cramps before/during/after working out. Any idea why?

If you are experience any cramping please reach out to your manager.

