

4 DAY ENERGY EXPERIMENT FREE CHALLENGE



Day	Meal	Protein Type	What I Ate	Energy After (circle one)	Energy 2 Hrs Later (circle one)
<p>Below is an example of how I have varied my protein choices. For each meal keep the focus on how protein makes you feel, as that will be your constant variable throughout the experiment.</p> <p style="text-align: center;"> ➡ No protein ➡ Animal protein ➡ Plant protein </p> <p style="text-align: center;">Plan for yourself here. Choose what will work best for you & your unique schedule!</p>					
One	Breakfast	No protein		Up Down	Up Down
	Lunch	Animal or plant protein		Up Down	Up Down
	Dinner	No protein		Up Down	Up Down
Two	Breakfast	Animal or plant protein		Up Down	Up Down
	Lunch	No protein		Up Down	Up Down
	Dinner	Animal or plant protein		Up Down	Up Down
Three	Breakfast	Animal protein		Up Down	Up Down
	Lunch	Animal protein		Up Down	Up Down
	Dinner	Animal protein		Up Down	Up Down
Four	Breakfast	Plant protein		Up Down	Up Down
	Lunch	Plant protein		Up Down	Up Down
	Dinner	Plant protein		Up Down	Up Down

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Easy Meal Ideas For The 4-Day Energy Experiment

	BREAKFAST	LUNCH	DINNER
NO PROTEIN	<p>Cereal & a muffin</p> <p>Hot or Cold Cereal</p> <p>Oatmeal + Banana</p> <p>Fruit Bowl</p>	<p>Green salad + whole grains</p> <p>Cooked veggies + sweet potatoes</p> <p>Veggie wrap + Apple</p>	<p>Veggie Soup + GF Corn Bread</p> <p>Baked Apples, Spaghetti Squash + Brussels Sprouts</p> <p>Pasta with Marinara Sauce</p>
ANIMAL PROTEIN	<p>2 Hard Boiled Eggs, Green Tea + Berries</p> <p>3 Chick Breakfast Sausages + Sliced Apple</p> <p>2-3 Slices of Turkey Bacon + Toast + Coffee</p>	<p>4-6 oz Chicken on a green salad</p> <p>4-6 oz. salmon with cooked veggies + rice</p> <p>4-6 oz. beef chili + an apple</p>	<p>4-6 oz pork chops + rice + grilled veggies</p> <p>4-6 oz. brisket with baked onion, mushrooms + carrots</p> <p>4-6 oz. tilapia with quinoa, veggies + sliced almonds</p>
PLANT PROTEIN	<p>GF Whole Grain frozen waffles with grassfed butter and blueberries</p> <p>Toast with refried beans, avocado and sliced onion Peanut butter</p> <p>Granola, berries and tea</p>	<p>Thai curry with tofu and brown rice</p> <p>Black bean soup with salad</p> <p>Hummus, grape leaves, pita and veggies</p>	<p>Black bean and sweet potato soup with quinoa</p> <p>Chick pea salad wrap with baba ganoush and tahini</p> <p>Veggie burgers, lettuce, tomato + baked French fries</p>



20 Sources of Plant Based Proteins



NUTRITIONAL YEAST
11g per 3 tbsp



PEANUT BUTTER
8g per 2 tbsp



AMARANTH
9g per 1 cup



CHICKPEAS
14.5g per 1 cup



LENTILS
18g per 1 cup



CHIA SEEDS
6g per 3 tbsp



EDAMAME
18.5g per 1 cup



SPIRULINA POWDER
8g per 2 tbsp



CASHEWS
12g per 1/2 cup



QUINOA
8g per 1 cup



TOFU
10g per 1/2 cup



FLAX SEEDS
6g per 3 tbsp



KIDNEY BEANS
15g per 1 cup



HEMP SEEDS
13g per 1/4 cup



SUNFLOWER SEEDS
7g per 1/4 cup



OATS
7g per 1 cup



PUMPKIN SEEDS
6g per 1/2 cup



ALMONDS
8g per 1/4 cup



WALNUTS
4.5g per 1/4 cup



BLACK BEANS
15g per 1 cup

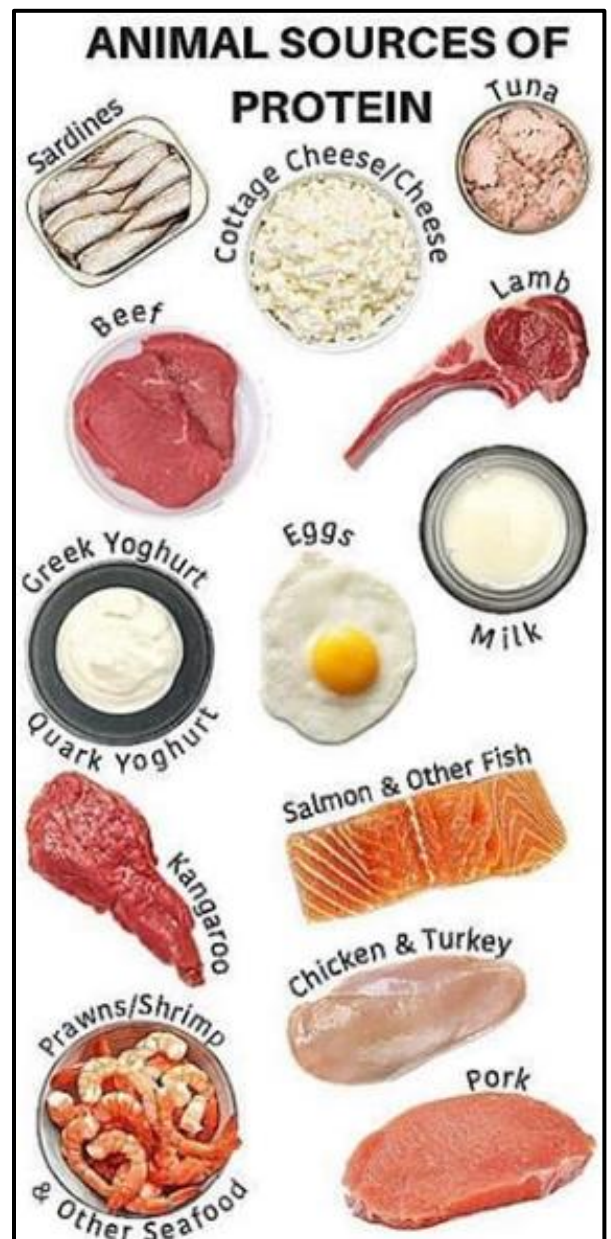
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COOKING TEMPERATURES

Beef (rare)	Rare- 115 Medium Rare- 130 Medium- 140 Medium Well- 150 Well – 155
Ground Beef	160
Lamb	Medium Rare- 130 Medium- 140 Medium Well- 150 Well – 155
Ground Lamb	160
Poultry	White meat- 160 Dark meat- 165 Ground Poultry- 165
Pork	Medium – 145 Well – 160
Ground Pork	160

PORTION GUIDE



JOURNALING QUESTIONS:

- 1) When I eat, I want to feel:

- 2) I want to feel _____ when I eat, because _____

- 3) What foods give me energy & make me feel good?

- 4) What foods take away my energy & make me feel lousy?

- 5) What feels really good in my nutrition right now?

- 6) What is one thing I can do today to feel better?