

# FITTEAM



## Overview

The **FITTEAM 5** is an approximately 1,200-calorie-a-day eating plan that incorporates our energy and fat loss beverage **FITTEAM FIT**.

This 5-day program designed to provide you a jumpstart toward reaching your health and weight loss goals. Throughout this program you will be consuming a healthy ratio of fats, carbohydrates and protein. In addition to getting proper nutrition, this program helps increase the efficiency of your metabolism by applying an intermittent fasting model, which means that all of your meals and snacks must be consumed within an 8-hour eating window of your choice. For example, you can choose a 10AM–6PM or a 12PM–8PM window, etc. Select an 8-hour eating window that works best for your schedule.

This intermittent fasting model has been shown to result in more effective fat loss and weight control compared to severe calorie restricted diets. In addition to being better for short-term fat loss, the **FITTEAM 5** style of eating has been linked to long-term fat loss, muscle preservation, reductions in blood sugar and insulin levels, reduced inflammation, improved blood pressure, increased cognitive function and focus, reduced oxidative stress, increased protection against neuro-degenerative diseases, hormonal balancing and many more health benefits.

By utilizing **FITTEAM FIT** and the **FITTEAM 5** program, you are on your way to a fitter you!

---

## Keys to Success

- Weigh, measure and take a progress photo the morning of Day 1 and Day 6. Be sure to follow the **FITTEAM Progress Photo Guidelines**.
- Take 1 **FIT** Stick with 6–10 oz. of water before breakfast and lunch
- During the **FITTEAM 5**, only drink water and be sure to consume half your body weight in ounces daily
- Be sure to consume all of your meals and snacks within an 8-hour eating window. For example, 10AM – 6PM or 12PM – 8PM, etc.
- The **FITTEAM 5** allows you to choose any breakfast, snacks, lunch and dinner listed on the menu below
- Once you have completed the **FITTEAM 5** Program, we recommend that you maintain the same eating style but increase your caloric intake to approximately 1,300 for women and 1,500 for men.

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not intended to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.

### EATING PLAN:

#### Breakfast (select one daily)

##### Morning Granola

1/2 cup granola, 1/2 cup almond milk, 1/8 cup blueberry

Nutritional Info: Calories: 339 / Fat: 16g / Carbs: 40g / Protein: 10g

##### Tropical Fruit Smoothie

1/2 can pineapple, 3 oz. whole greek yogurt, 1/2 large banana, 4 cup ice cubes, 1/2 cup orange juice

Nutritional Info: Calories: 254 / Fat: 1g / Carbs: 50.9g / Protein: 14.1g

##### Berry Granola Parfait

2 oz. nonfat greek yogurt, 1/4 cup granola, 1/8 cup strawberries, 1/8 cup blueberries, 1/4 tbsp honey

Nutritional Info: Calories: 215.2 / Fat: 7.7g / Carbs: 26.7g / Protein: 10.6g

##### Fluffy Canadian Pancakes

1/4 cup wheat flour, 1/4 tbsp baking powder, 1/4 cup almond milk, 3/4 large egg, 1 banana

Nutritional Info: Calories: 295 / Fat: 6g / Carbs: 54g / Protein: 12g

##### Spicy Fried Egg

1.5 large egg, 1 tortilla, 2 tsp chili powder, 1 tbsp olive oil, 1 tbsp salsa

Nutritional Info: Calories: 309.3 / Fat: 22.4g / Carbs: 17.1g / Protein: 12.3g

#### Lunch (select one daily)

##### Avocado Citrus Salad with Mint

1/2 avocado, 1/2 grapefruit, 1 clementine, 1 tsp lime juice, 1/2 tsp honey, 1 tbsp spearmint, 1 cup spinach

Nutritional Info: Calories: 211 / Fat: 11g / Carbs: 30g / Protein: 4g

##### Strawberry Protein Smoothie

1 & 1/2 cup almond milk, 1 scoop LEAN protein powder, 1 tbsp almond butter, 8 strawberries, 6 ice cubes

Nutritional Info: Calories: 261.3 / Fat: 10.8g / Carbs: 18.1g / Protein: 25.3g

##### Easy Vegan Potato Salad

5/8 potato, 1 tbsp vegan mayo, 3/8 tbsp vinegar, 1/8 onions, 1/4 stalk celery, 1/8 dash pepper

Nutritional Info: Calories: 235 / Fat: 10g / Carbs: 32g / Protein: 4g

##### Mustard Crusted Tofu with Kale and Sweet Potato

1 tbsp coconut oil, 1/4 tbsp ginger root, 2 cups chopped kale, 1/8 onions, 1/8 cup dijon mustard, 1/4 block firm tofu, 1/2 tbsp lime juice, 1 cup sweet potato

Nutritional Info: Calories: 266.1 / Fat: 13.1g / Carbs: 25g / Protein: 18.9g

##### Brownbag Burritos

1 tortilla, 3/4 tsp ground cumin, 1/8 canned black beans, 1/8 cup shredded cheddar cheese, 1/8 cup salsa, 1/8 tbsp chili powder

Nutritional Info: Calories: 261 / Fat: 8.3g / Carbs: 36.2g / Protein: 11.3g

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.

### EATING PLAN:

#### Dinner (select one daily)

##### Stir-Fried Egg with Kale

1/4 cup brown rice, 1 & 1/2 large egg, 1 medium tomato, 1/2 tbsp olive oil, 1/2 scallion, 1 cup chopped kale, 1 clove minced garlic

Nutritional Info: Calories: 310/ Fat: 18g/ Carbs: 24g/ Protein: 14g

##### Mashed Potatoes

1/2 potato, 2 tsp olive oil, 1/4 tbsp chives, dash pepper

Nutritional Info: Calories: 343/ Fat: 20g/ Carbs: 33g/ Protein: 11g

##### Black Beans and Rice

1 tbsp red bell pepper, 1/2 clove minced garlic, 1/3 tbsp vinegar, dashes of ground oregano and cilantro, 1 tbsp onions, 1/2 tsp cayenne pepper, 1/3 cup white rice, 1/4 tsp olive oil, 1/3 canned black beans

Nutritional Info: Calories: 238.7/ Fat: 2.8g/ Carbs: 52g/ Protein: 8g

##### Vegan Tempeh Chili

1/2 tbsp olive oil, 1/8 cup onions, 1/4 clove minced garlic, 1.5 tbsp chopped red bell pepper, 1 tbsp carrots, 1/8 tomatoes, dash paprika, 1/8 tsp ground cumin, dashes of cayenne pepper and oregano, 1/8 tsp thyme, dash chili powder, 1/4 cup tomato puree, sprinkle water, 1/8 cup kidney beans, 1/4 cup corn, 1/2 oz. tempeh

Nutritional Info: Calories: 390/ Fat: 15g/ Carbs: 57g/ Protein: 12g

##### Chickpea Salad with Lemon, Parmesan, and Fresh Herbs

2/3 tbsp chopped basil, 1 & 1/3 tsp olive oil, sprinkle grated parmesan cheese, 2/3 tbsp parsley, 1/3 clove garlic, 2/3 tbsp lemon juice, 5 oz. chick peas

Nutritional Info: Calories: 341/ Fat: 13g/ Carbs: 41g/ Protein: 17g

#### Snacks (select two daily)

##### FITTEAM LEAN

1 FITTEAM LEAN mixed with water, almond milk, or low-fat milk

Nutritional Info: Calories: 60/ Fat: 1g/ Carbs: 5g/ Protein: 10g

##### Tostada with Guacamole

1/2 avocado, 1 tbsp lemon juice, 1 plum tomato, dash cilantro, 1 tbsp red onion

Nutritional Info: Calories: 192.1/ Fat: 13.5g/ Carbs: 18.6g/ Protein: 2.9g

##### Orange

1 orange

Nutritional Info: Calories: 61.6/ Fat: 0.2g/ Carbs: 15.4g/ Protein: 1.2g

##### Mixed Nuts

1/4 cup almonds, cashews, peanuts, walnuts

Nutritional Info: Calories: 203.4/ Fat: 17.6g/ Carbs: 8.7g/ Protein: 5.9g

##### Carrots with Hummus

1/3 cup hummus, 1 cup carrots

Nutritional Info: Calories: 175/ Fat: 7.4g/ Carbs: 22.8g/ Protein: 7g

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.

## Exercise (Encouraged but optional)

We recommend selecting the category that best fits your current level of activity based on the scale below.

**Sedentary:** You are physically inactive at work. At home you are usually sitting, reading, or working at a computer. You do not exercise regularly.

**Moderately Active:** You walk at work more than most. At home you sometimes sit but move frequently. You participate in regular, non-strenuous exercise. (walking, etc.)

**Active:** You stay active most of the day at work. At home you rarely sit and are constantly on the move. You participate in regular, strenuous exercise. (jogging, weight training, yoga, etc.)

**Athlete:** You stay active all day at work. At home you almost never sit and consistently perform rigorous activity. You participate in a regular, high intensity exercise routine. (running, bodybuilding, cross-fit, etc.)

**Sedentary:** Pick 3 days out of your 5-day program and perform any form of activity (walk, play with your kids/grandkids, etc.) for 30 minutes.

**Moderately Active:** Pick 3 days out of your 5-day program and perform medium intensity interval training for 30 minutes. Medium intensity interval training entails a period of higher intensity movement (fast walking, running, rapid cycling, swimming at an increased pace, etc.) followed by a period of low intensity movement. This principle can be applied to any activity to increase its efficacy.

For example: Walk for 2 minutes then run for 30 seconds and REPEAT.

**Active:** Pick 3-5 days out of your 5-day program and perform high intensity interval training for 25 minutes. High intensity interval training entails a period of higher intensity movement (sprinting, cycling at a high rate, swimming as fast as possible, etc.) followed by a period of medium intensity movement. This principle can be applied to any activity to increase its efficacy.

For example: Jog for 1 minute then sprint for 30 seconds and REPEAT.

**Athlete:** Pick 3-5 days out of your 5-day program and perform your traditional training routine plus the addition of high intensity hill sprint intervals for 20 minutes. High intensity hill sprint intervals entail a period of sprinting up a hill followed by a brisk jog down the hill and REPEAT.

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.

## Frequently Asked Questions:

### **Q: Do I have to eat all of my meals and snacks within an 8-hour eating window on the FITTEAM 5?**

Yes, because eating this way allows your body to stay in a fat-burning state longer and will maximize your results. We also recommend that you maintain your eating window beyond your first 5 days due to the benefits of intermittent fasting discussed in the **FITTEAM 5 Overview**.

### **Q: What if I get hungry? What do I do?**

It's completely normal that you may get a little hungry at some point during the next 5 days as your body adjusts to this superior style of eating. Be sure that you are taking **FITTEAM FIT** before breakfast and lunch daily as it aids in appetite control. Drinking more water is also a great way to curb your hunger. However, if you're feeling low on energy or having problems focusing, you may benefit from a few additional calories. You can do this by doubling up on one or both of your snacks as long as you maintain your 8-hour eating window.

### **Q: Can I substitute a meal snack with something that's not on the FITTEAM 5 Eating Plan?**

No, for the first 5 days if it's not on the plan it means "no". After you complete the **FITTEAM 5** Program, if you would like to add some foods not listed in the Eating Plan into your new, healthy lifestyle, please consult with your FIT Coach.

### **Q: I heard that my metabolism would slow down if I don't eat every 2-3 hours? What about eating 6 small meals a day?**

Not eating every 2-3 hours will not slow down your metabolism. The most recent nutritional science tells us that meal frequency or how often you eat, does not increase your metabolic rate and has no physiological advantage when compared to consuming a smaller number of larger meals. Total caloric consumption, not meal frequency, is the determining factor in weight loss, weight gain and weight maintenance.

### **Q: I heard that my body would go into "starvation mode" from not eating?**

The idea that your body assumes calories aren't available and therefore chooses to store more calories as fat as opposed to burning fat, is flawed and untrue. In reality, "starvation mode" should be called "the slowdown of weight loss due to chronic deprivation". You could fast for 72+ hours before there is any statistically significant slowdown in your metabolism. In contrast, your metabolic rate actually increases during periods of short-term fasting.

### **Q: Can I drink anything besides water? How much do I drink?**

No, for the first 5 days, you are **ONLY** allowed to drink plain water. Be sure that you consume at least half your body weight in ounces daily.

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.

## Frequently Asked Questions (Continued):

### **Q: Can I season my food?**

You can ONLY season your food using dry, sodium-free seasonings (black pepper, garlic powder, paprika, etc.)

### **Q: Do I have to exercise on the FITTEAM 5?**

No, the exercise portion of the **FITTEAM 5** Program is encouraged but optional.

### **Q: I want to build muscle and lose fat. Is the FITTEAM 5 style of eating right for me?**

Absolutely! Nutritional science tells us that the intermittent fasting model that the **FITTEAM 5** uses will not only preserve muscle but also build muscle while keeping you lean. Talk about a winning combination!

### **Q: Do I have to take a progress photo?**

Yes, taking progress photos are critical to your success. They allow you to SEE the changes that are happening with your body. That's something that other measurements (scale, etc.) cannot do. Now, you are not required to share these photos although we do encourage it because your progress will provide inspiration to others. Be sure to follow the **FITTEAM Progress Photo Guidelines**.

### **Q: How much weight should I expect to lose with the FITTEAM 5 program?**

Weight loss is definitely a benefit of the **FITTEAM 5** program, however, every "body" is different and results will vary. We encourage you not to only focus on the "scale victories" but the non-scale ones as well. The goal of the **FITTEAM 5** is to introduce you to a new and healthy way to get fit, lose fat and feel better.

### **Q: I love the FITTEAM 5. Do I have to stop after 5 days?**

No, you can repeat the program if you desire, however, after you complete your second round, we recommend that you maintain the same eating style but increase your caloric intake to 1,300 for women and 1,500 for men. Our objective is to provide you a healthy, sustainable lifestyle. If you ever feel the need for another jumpstart, feel free to incorporate the **FITTEAM 5** Program as needed.

### **Q: How should I increase my caloric intake once I have completed the FITTEAM 5?**

You should increase your caloric intake by consuming more protein. This can be done by adding two additional ounces of lean meat at dinner and/or by doubling up on one or both of your snacks until you reach your recommended caloric intake (1,300 for women and 1,500 for men).

### **If you have any additional questions, please contact your FIT Coach. We are here to help you!**

All nutritional information is approximate. The Eating Plan recommendations contained in this document are not intended to replace medical advice. Before beginning this or any other nutritional or exercise program, consult your physician to be sure it is appropriate for you.