



# BREAKFAST CLUB NUTRITION CHALLENGE

*Transform Your Health with Daily  
Education, Inspiration & Support*



# GOALS:

- Cut sugar cravings
- Eliminate refined foods
- Learn about the dangers of added sugars
- Incorporate a healthy green breakfast 5 days a week
- Nutritional Jumpstart



# WHY THE NUTRITION OVERHAUL?

From Halloween to the end of the year, I find my athletes nutritional standards get compromised. Temptation is everywhere we turn, and so many find themselves indulging. Then, the more you indulge, the more you crave. How many of you can relate? You get to the point where every time you finish a meal, you crave something sweet. The craving is so strong you can't help but give in.

Completing a 30 day sugar detox is my way of resetting my clients nutritional goals. I know that when they eat healthy, they sleep better, have more energy, and are better able to handle stress. The program emphasizes whole, real foods. It encourages organic produce and grass-fed meat, fish or meat alternatives. There is enough flexibility that everyone can follow along- the plant based, the paleo, the keto and the high-fat diets. The meal plan only mandates a morning smoothie instead of the muffins, bagels, cereal and coffee shop dessert beverages.



# HOW IS THIS DIFFERENT FROM OTHER “DETOX” PROGRAMS?

- Detox diets aren't necessary and don't work long term. We are promoting healthful eating and learning how to prepare meals without sugar.
- You're an athlete and it's unrealistic to remove all sugars from your diet so we don't ban sugars around training.
- You have the support of a community of athletes, the guidance from a professional sports nutritionist and the accountability from a team of TRE coaches.
- Instead of a list of banned foods and low calorie meal plans we are offering nutrient dense, delicious whole food meal alternatives and a daily breakfast recipe to target the meal people struggle with the most when it comes to added sugars.



# WHAT TO GET RID OF / OR MAKE SURE IS OFF LIMITS FOR THE NEXT 30 DAYS:

- Anything that is not real food (e.g. anything made in a factory that comes in a can, box or package) unless it is a canned whole food such as sardines or artichokes with only a few real ingredients such as water or salt
- Any food or drink that contains ADDED sugar (including honey, molasses, agave, maple syrup, organic cane juice or artificial sweeteners), especially any sugar-sweetened beverages or fruit juices
- Anything that contains hydrogenated oils and refined vegetable oils (like corn or soybean oil)
- Any foods with artificial sweeteners, preservatives, additives, coloring, or dyes – basically anything that has a label or is processed in any way
- Anything sugar or flour based (cookies, cakes, candies, etc.)
- Alcohol (wine, beer, spirits, etc.)



# HOW IT WORKS:

Each day, I'm going to send you a short email with nutritional tips and truths, strategies to eliminate added sugars from your diet, a morning green smoothie recipe and some of my favorite lunch and dinner ideas to keep the food tasty and nutrient dense. You'll learn extremely practical tools that will serve you during the coming year.

Here's just a sample of what you'll learn:

- A 5-minute breathing and meditation exercise that helps eliminate sugar cravings
- A tutorial on the best low and no-sugar sweeteners
- My favorite Salad Dressings
- An easy and quick way to make no sugar desserts.
- Fueling guidelines for the endurance athlete on a low-sugar diet

*And... dozens more!*



# BONUS FEATURES...

Weekly Recorded Sugar Detox Q&A Call: Get Help. Get Inspired. Listen to Elizabeth educate and inspire the group for a 30 minute recorded conference call with latest research and success stories from TRE members.

Join our online, private Facebook Group. This is an invite-only group where you can ask me questions, connect with other sugar-detoxers around the world in the TRE community, get inspired, and share recipes. This ends up being where all the action happens.





# WEEK 1 BEGINNER BEVERAGES





### Nut Butter Blueberry Smoothie:

1c nut milk, 1/2 c blueberries, 1 scoop protein powder, 2 tbsp nut butter, 2 tbsp chia seeds, 1 tbsp cinnamon, 1 tbsp vanilla extract and ice to taste. Optional add-ins ~~ greens powder and/or mama powder.

### Zucchini Bread Smoothie:

1c nut milk, 1 scoop protein powder, 1 grated zucchini, 1/2 banana, 1/4 c walnuts, 2 dates, 1 tbsp vanilla extract, 1 tsp cinnamon, 1 tbsp flax seed, ice to taste.

### Carrot Cake Smoothie:

1c almond milk, 1/2 c water, 1/2 banana, 1 scoop protein powder, handful baby carrots, 1/4c walnuts, 2 dates, 1tsp cinnamon, 1/4 c unsweetened coconut flakes, juice 1/2 lemon, 1 tbsp flax seed, ice to taste.

### Pineapple Ginger Breeze Smoothie:

1c water, 1 scoop protein powder, 1c frozen pineapple, 1c spinach, 2" sliced ginger, juice and zest 1 lime, 2 tbsp flax seed, handful raw cashews, pinch of sea salt and ice to taste.



### Strawberry Shortcake Smoothie:

1c nut milk, 1 scoop vanilla protein powder, 1/2c strawberries, 1/4c raw cashews, 1/4c GF oats, 1tbsp vanilla extract, 2 dates, ice to taste.

### Masala Chai Smoothie:

1c coconut milk, 1 scoop protein powder, 1 bag chai tea (I cut open the bag and pour tea leaves in or if you have loose leaf tea you just blend that right in, about a spoonful), 1 packet stevia, 1tbsp vanilla extract, 1 banana, 1/4c raw cashews, 2 tbsp flax seeds, ice to taste.

### Caramel Apple Smoothie:

1c nut milk, 1 scoop collagen powder, 1/2 c plain full fat yogurt, 1c spinach, 1 small green apple, 2 medjool dates, 1tbsp almond butter, 1tsp cinnamon, pinch of sea salt, ice to taste. \*1 tbsp camu powder optional to give it more of a caramel flavor\*



# WEEK 2 GREEN MACHINES



### Green Runner Smoothie:

1c water, 1 scoop protein powder, 2 tbsp coconut oil, 1c cucumber, 1 apple, 2 tbsp flax seed, 2 tbsp minced ginger, 1c spinach, juice 1 lime, 1 tbsp honey, ice to taste.

### Orange Zinger Smoothie:

1 c water, 1 small red bell pepper seeds removed, 1 orange (2 tangelo's for no seeds), 2tbsp coconut oil, 1 pinch cayenne pepper, 1 scoop protein powder, 1 inch minced ginger, 2 tbsp ground flax seed, 1c ice and 1 tbsp honey. Blend and enjoy.

### Ginger Apple Parsley Smoothie:

1c water, 1 scoop protein powder, 1 green apple, 1 inch peeled ginger, 1 small lemon juiced, 1 tbsp hemp seeds, 1 tbsp coconut oil, 1tbsp maca powder, 1/3 c loosely packed parsley, pinch of sea salt, ice to taste.

### Lemon Celery Smoothie:

1c almond milk, 1 celery stalk, ½ frozen cucumber, ½ green apple, juice 1 lemon, 1 scoop protein powder, 2 tbsp chia seeds, 1 tbsp coconut oil, 1 scoop protein powder, 1 packet stevia. I like to add lemon zest on top for extra flavor.



### Pear & Chard Smoothie:

1c coconut milk, 1 scoop protein powder, 2 handfuls chard, 1/2 cucumber, 1 pear cored, 2" piece peeled ginger, 2 tbsp flax seed, handful raw cashews, ice to taste.

### Pistachio 'Ice Cream' Kale Smoothie:

1c nut milk, 1c kale leaves, 1 scoop protein powder, 1 banana, 1/4c pistachios, 1 packet Stevia, 1 tsp vanilla extract, 1 tsp minced ginger and ice to taste.

### Spirulina Surprise Smoothie:

1c water, 1 scoop protein powder, 1 tbsp spirulina (can sub greens powder), 1/2 frozen banana, 1 medjool date, 1/4 c unsweetened coconut flakes, 2 tbsp chia seeds, 1c kale, 1c chard, handful raw cashews, ice to taste.





# WEEK 3 HERB-A-LICIOUS SMOOTHIES



### **Minty Peach Smoothie:**

1c nut milk, 1 small sliced peach, 1 scoop protein powder, handful walnuts, 1 tbsp flax seed, 2 tbsp minced ginger, 2 handfuls fresh mint leaves, ice to taste.

### **Poblano Pepper Pick Me Up Smoothie:**

1c water, 1 scoop protein powder, 1c collard greens, 1 green apple, 1/4 c frozen mango, 1/2 poblano pepper seeded, 1 handful diced cilantro, juice 1 lime, 1c ice.

### **Cilantro Lime Strawberry Smoothie:**

1c nut milk, 1 scoop collagen powder, 1/2c strawberries, 1/2 c full fat yogurt, 1/4c almonds, 2 tbsp ground flax seeds, 1tbsp maca powder, juice 1 lime, zest 1 lime, handful fresh cilantro, 1packet Stevia, ice to taste.

### **Spicy Apple Cabbagepatch Smoothie:**

2 leaves of chopped purple cabbage (save additional cabbage for Day 5 lunch), 1 apple chopped, 1 lemon juiced, 1/4 c walnuts, 1 scoop protein powder, handful blueberries, 1c water, 1 c ice \*optional ginger for added kick \*. Blend and enjoy.



### Rosemary Carrot Ginger Smoothie:

1c water, 1 medium carrot diced, 1 scoop protein powder, 1 small apple, 2c spinach, 2tbsp freshly grated ginger, 1 scoop protein powder, 2 sprigs fresh rosemary, 1 tbsp flax seed, 1/4 c raw cashews.

### Apple Basil Smoothie:

1c almond milk, 1 scoop protein powder, 1 small green apple, 2 tbsp chia seeds, 1 tbsp tahini, 1-2 handfuls basil leaves (depending on how much you like basil), 1 packet Stevia, ice to taste.

### A-Z Herb-A-Licious Smoothie:

1c water, 1/2c plain full fat yogurt, 1 scoop collagen powder, handful spinach, 1/2 c mango, 1 chopped cucumber, 1/2 jalapeño (seeded), 1 large handful cilantro, 2 sprigs mint, 1 lime juiced, 2 tbsp ground flax seeds, 1/4 c unsweetened coconut flakes, 1 tbsp coconut oil, 1 stevia packet, ice to taste.



# WEEK 4 SUPERFOOD SMOOTHIES



### Blackberry Cinnamon Smoothie:

1c water, 1/2 c blackberries, 1 scoop protein powder, 2 tbsp chia seeds, 1 handful spinach, 2 tbsp coconut oil, 1 tbsp vanilla extract, 1tsp cinnamon, pinch sea salt, ice to taste. Squeeze of fresh lime juice really makes this one zing.

### Beet Tea Smoothie:

1c cold brewed black tea, 1c spinach, 1/2 c beets (I buy mine peeled), 1/2 c grapes, 1 scoop protein powder, 2 tbsp flax seed, 2 tbsp minced ginger, 1 tsp honey or maple syrup, handful raw cashews, ice to taste. Blend and enjoy.

### Cranberry Orange Smoothie:

1c nut milk, 1 scoop protein powder, 1 orange (peel and seeds removed), 1/2 c frozen cranberries OR 1/4 c dried unsweetened cranberries, 1 tsp vanilla extract, 1 hunk fresh ginger, 1/4 c walnuts, 2tbsp flax seed, stevia and ice to taste.





### Spiced Sweet Potato Smoothie:

1c cashew milk, 1/2 roasted sweet potato (roast the night before while you're making dinner), 1 scoop protein powder, 2 tbsp almond butter, 1 tbsp mama powder, 1 tbsp ground flax seed, 1/2 tsp pumpkin pie spice (sub cinnamon and nutmeg if you don't have pumpkin pie), ice to taste. \*This smoothie can be made extra thick by leaving out the ice and is great 'hot' in a bowl with some raw pumpkin seeds on top for crunch\*

### Pomegranate Power Smoothie:

1c nut milk, 1c watercress, 1 tbsp matcha powder, 1/2 c plain full fat yogurt, 1/4c pomegranate seeds, 1/2 banana, 2 tbsp flax seed, 1/2 avocado, ice to taste.

### Lime Chili Chocolate Smoothie:

1c nut milk, 1 scoop protein powder, 1/2 c frozen berries, 1c arugula, 1/4c almonds, 2 tbsp chia seeds, 2 tbsp cacao powder, 1 tsp chili powder, 1 packet stevia, juice 1 lime, ice to taste.

### Green Tea Goodness Smoothie:

1c brewed and chilled green tea, 1c mustard greens, 1c spinach, 1/3c pineapple, 1/3c blueberries, 2 tbsp hemp seeds, 1 scoop collagen powder, 1 tbsp chia seeds, 2 tbsp coconut oil, 1 inch piece ginger, 1 tbsp maca powder, ice to taste.



# LONG RUN & WEEKEND BREAKFAST OPTIONS



### Matcha Overnight Oats:

In bowl or jar combine 1c gluten free or steel cut oats, 1c coconut milk, 1 tbsp chia seeds, 1 scoop protein powder, 1 tbsp matcha powder (sub greens powder if you don't have matcha). Stir and let sit overnight. In the morning either eat heated or chilled, add 1/4 c raw cashews, 3 sliced figs or 1/4 c dried unsweetened cherries.

### Chocolate Banana Breakfast Quinoa:

In bowl combine 1c cooked quinoa, 1c unsweetened nut milk, 1tbsp cacao powder, 1 packet stevia, 1tbsp flax seed, 1tsp vanilla extract, 1 tbsp hemp seeds, 2 tbsp cacao nibs (sub 1 small square dark chocolate shaved), 1/2 c blueberries, 1 tbsp MCT oil. Serve hot or cold.

### Green Egg Skillet Bake w/ toast:

In skillet heat 1 tbsp coconut oil and add in 1/3 c diced onion, 1c sliced mushrooms, 2c collard greens, 1 tbsp turmeric, pinch sea salt and loads of pepper. Sauté 2 min, add cumin and garlic powder, sauté 2 more minutes until wilted. Remove from skillet and set aside on plate. Quickly cook 2 eggs (scrambled or over easy) and put on top of the wilted greens. Drizzle sriracha and 2 tbsp hummus. Quick way to make if you're in a hurry- put everything in the skillet, scramble together, dump into a bowl, top with hummus and sriracha and go.



### Chili Mango Avocado Toast:

2 slices uncooked sweet potato (they resemble a slice of toast- put in toaster 5 min per side- watch for burning). On top add 1 smashed avocado, 1/2 mango sliced, handful fresh mint leaves sliced, chili pepper to taste, 2 tbsp hemp seeds, juice 1 lime squeezed on top.

10 fun and tasty recipes here if you want to try more. <http://www.mindbodygreen.com/0-25476/the-10-best-sweet-potato-toast-recipes-on-instagram.html>

### Paleo Pumpkin Pancakes:

Combine 1/4c pumpkin puree, 1 scoop protein powder, 1tbsp almond butter, 1 egg, 1tbsp vanilla, 1tsp cinnamon, pinch nutmeg. Stir together- may need to add a little water to get the right pancake batter consistency - pour into 6" rounds on skillet and cook. Top with almond butter and cinnamon.