

1 WEEK NO JUNK CHALLENGE!

FLEX SUCCESS PLAN

A FREE Guide from Tova Abelman





Finding it hard to reach your weight loss goals?



01

Cut out sugar & processed refined junk foods

Stop buying the unhealthy foods that derail you. If you must keep these foods in your environment, try to make them inaccessible or hide them.

02

Create your meals from the following list of foods for 1 week

Focus on eating lots of non starchy veggies. Be reasonable with portions of other foods. Don't eat nuts by the cupful or 3 bananas!

Foods To Enjoy

Fruits

All fresh or frozen including bananas, apples, berries, cherries, oranges

Most people can enjoy approximately 1-4 servings each day. A serving is 1 medium piece of fruit; 2-3 smaller fruits such as apricots; and 1 cup for berries and cherries.

Non Starchy Vegetables

All fresh or frozen including leafy greens, cabbage, cauliflower, broccoli, carrots, tomatoes...there are so many!

Eat abundantly of these foods, and use them to bulk up your meals and snacks. Try to start meals with vegetables.

Higher Protein Foods

Beans; lentils; lean meats with skin and fat removed such as boneless skinless chicken breast, lean beef, turkey breast; eggs; peas; tofu; tempeh; fresh fish; fish canned in water

Try to include a mix of plant and animal protein at every meal. Animal protein: 3-6 oz cooked. If including beans/peas/lentils shoot for 1/4 - 1/2 cup per meal.

More Foods To Enjoy

Dairy

Fat free or low fat plain
Greek yogurt; goat cheese;
sheep cheese

*An average daily amount of
plain Greek yogurt is 1 cup.
Enjoy 1 oz goat/sheep
cheese a few times a week if
you like.*

Whole Grains & Starches

Brown and wild rice; grits; steel
cut oats; whole grains such as
amaranth; quinoa; millet;
barley; buckwheat; bulgur; air
popped popcorn; sweet
potatoes; corn; beets; all
squash

*These foods don't need to be
consumed with every meal; let
your appetite be your
guide. Try to limit serving size
to no more than 1 cup per meal
or snack; popcorn up to 2 cups.*

Healthy Fats

Plain unsalted oil free nuts
like almonds, cashews,
pecans, pistachios; seeds like
chia, hemp, and flax; nut
milks with only nuts, salt,
and water as ingredients;
olives; avocado; 80% or
higher sugar free dark
chocolate; unsweetened
coconut

*Include at least 1 oz
nuts/seeds per day. Enjoy up
1 oz sugarless dark
chocolate.*

Etc

Beverages

Water, sparkling water,
regular and decaf coffee,
unsweetened tea

Condiments & Seasonings

Salt as desired, herbs and
spices with no added
sugar/gluten/wheat, gluten free
tamari, fresh chopped garlic,
lemon and lime juice, salsa, soy
sauce, white or apple cider
vinegar, fermented foods like
sauerkraut, up to 1 tbsp
unsweetened cacao powder,
seaweed

Breakfast Inspiration

Ideas for morning meals. No need to use these exact meals!



Fat free plain Greek yogurt,
nuts/seeds, fruit, cinnamon



Cooked whole grain, fruit,
nuts/seeds, cardamom



Eggs and non starchy veggies
water-sauteed. Can also add
tempeh, beans, smoked salmon
(no added sugar)



Fruit and nuts/seeds.
Add unsweetened cacao
powder & cinnamon

Lunch Ideas

Use these meals as inspiration for your lunch!



Non starchy veggies, boneless skinless chicken breast, avocado



Tempeh, eggs, and veggies water sautéed. Served over mixed greens with pumpkin seeds. Fresh fruit.



Steamed fish, non starchy veggies, beans, 1 oz goat cheese



Steamed wild salmon, tempeh, non starchy veggies, avocado

Dinner Magic

Mix and match different veggies, healthy fats, starchy & whole grain carbs, and lean proteins!



Sweet potato, boneless skinless chicken breast, non starchy veggies, seeds, beans



Non starchy veggies, beans, avocado, seeds. Add some animal protein like fish if you like.



Non starchy veggies, avocado, quinoa. Option to add beans, lentils, tempeh, and/or animal protein.



Steamed boneless skinless chicken breast, beans, non-starchy veggies

Snack Time!

Many options using the food lists!



Fresh and cooked non starchy
veggies



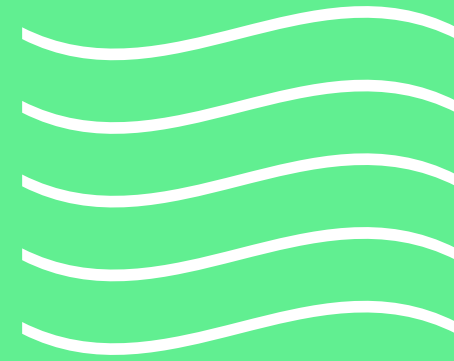
Nuts, unsweetened dark
chocolate, fruit



Nuts/seeds & fresh fruit



Hard-boiled egg &
non starchuveggies



TOP 5 TIPS

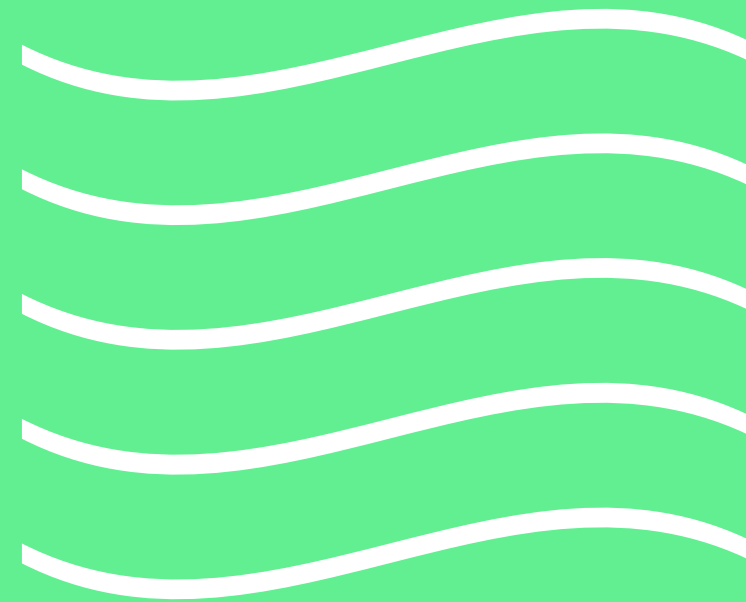
1. Make your own meals and keep food prep simple. Change up flavors with different spices and herbs.
2. Use water to cook your animal protein & eggs. Steam, InstaPot, or water sautee works great. No need for oil!
3. Enjoy healthy desserts— a banana, some unsweetened cacao powder, cinnamon, yogurt, and seeds is decadent!
4. Eat a lot of non starchy veggies. Use these to bulk up meals & snacks.
5. Keep your mind occupied and use this week to work on your emotional relationship with food and eating.

Need More Support?

I'm available for one on one weight loss coaching!

Learn more and sign up here:

<https://tovaabelmancoaching.com/index.php/work-with-me/>



Other ways to connect:

Join my Facebook group: Emotional Eating and Weight Loss Support

Like my Facebook page: Healthy Weight Loss Coaching With Tova

Send me an email: tova@tovaabelmancoaching.com