



## CASSIE'S KITCHEN

# 24-DAY CHALLENGE

## MENU FOR SUCCESS

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## Tips for Success:

### Water

#### Water Works...

Try to drink at least half your starting body weight in ounces of water per day.

### Eat Every 2-3 Hours

#### Snacks are essential.

Do not overeat in one sitting. No skipping meals. Lots of small snacks & meals helps to increase metabolism & speed up results.

### Plan Ahead

#### Plan, plan, plan!

Pick one day to prep, cook, plan meals for the week. Keep only healthy snacks in the house... then you will only snack on healthy foods! Don't make lunch in the morning... you'll run late and will be more likely to make bad food choices.

### Low Sodium

#### Sodium = Salt = Bloating

Who wants to feel bloated? The more sodium food contains, the more water will be needed to ensure supplements are being absorbed properly.

### Low Sugar

#### Sugar leads to more fat build-up.

Try to eat foods with natural sugars (like fruit) & consume them by lunchtime. This will allow your body time to fully burn off sugars, even natural sugars, before long periods of inactivity.

## FOODS TO AVOID DURING CHALLENGE

### Days 1-10

- \* **Alcohol**
- \* **Dairy**
  - cheeses, milk, yogurt, sour cream
- \* **Coffee, Soda, Sugary Drinks**
- \* **Mushrooms**
- \* **Starches**
  - white breads, flour, russet potatoes, crackers, chips
- \* **Processed Meats & Ground Beef**
  - deli meats, sausages, ground beef
- \* **Fatty/High-Sugar/High-Sodium Foods**
  - fast food, salad dressings, canned fruits & veggies
- \* **Wheat**

### Days 11-24

- \* **Alcohol**
- \* **Coffee, Soda, Sugary Drinks**
- \* **Starches**
  - white breads, flour, russet potatoes
- \* **High Sodium Meats**
  - low-sodium del meats, turkey sausage, and 96% lean ground beef is okay during the Max Phase
- \* **Fatty/High-Sugar/High-Sodium Foods**
  - fast food, salad dressings, canned fruits & veggies (Yogurt dressing is okay during Max Phase)
- \* **Wheat if possible**
  - try for 100% whole grain



# DAYS 1-10: THE CLEANSE PHASE

Menu items are not all encompassing. There are many more options available. Cassie's Kitchen has found these items to be easy and tasty.

## Breakfast

\*Meal Replacement Shakes may be used during cleanse, but keep in mind, only 14 MRS come with the Challenge bundle.

### 1. Meal Replacement Shake

### 2. Eggs

- 3 Scrambled with veggies
- 3 Scrambled with veggies wrapped in 100% whole grain tortilla
- Muffins  
\*One egg per muffin; add veggies; bake for 20 min at 350; refrigerate for later
- 3 Hard-boiled with fresh fruit
- Omelet (whole eggs or just egg whites)  
\*Add favorite veggies
- Frittata  
\*9 eggs in 9x9 baking dish; add veggies; bake at 375 degrees for 35 min

### 3. Old-Fashion or Steel-Cut Oatmeal

- Add cinnamon &/or fresh/frozen fruit

## Lunch

### 1. Reheated Dinner Leftovers

### 2. Meal Replacement Shake

- Only if didn't have one for breakfast

### 3. Salads

- Kale, romaine, or broccoli slaw
- Shredded carrots, avocado, cauliflower, onions, green peppers, fresh green beans
- Add boiled egg, black beans, chickpeas for protein (low sodium, rinse & drain)
- Top with 2 T low-sodium salsa, Extra Virgin Olive Oil, or fresh guacamole

### 4. Avocado Egg Salad

- Boil 4 eggs. Drain. Mash avocado & eggs with fork. Dice red onion & add to mixture. Add 2 tsp lime juice. Sprinkle Mrs. Dash Salt-free Garlic & Herb and/or Mrs. Dash Salt-free Fiesta Lime seasonings in mixture. Mix well. Eat plain during

cleanse (may eat on 100% whole grain bread during days 11-24).

## Dinner

### 1. Chicken Breast

- Bake with Extra Virgin Olive Oil, Mrs. Dash Salt-Free Seasonings, & Veggies. Cover w/aluminum foil. Bake at 350 for 50-60 minutes. Serve w/quinoa or brown rice if desired.
- Cook in skillet with a splash of Extra Virgin Olive Oil. Toss in some frozen veggie stir fry mix. Add a splash of liquid aminos (or low sodium soy sauce) and Mrs. Dash Salt-free seasoning(s). Cook brown rice pasta noodles in boiling water & drain. Add to chicken/veggie mix.
- Chop up peppers & onions. Put in bottom of crockpot. Lay chicken breasts on top. Sprinkle chili powder or Mrs. Dash Salt-free seasoning(s) on top of chicken. Add generous amount of lime juice. Cook on low for 7 hours. Cook for extra hour and shred chicken if desired. Eat plain during cleanse (may eat on 100% whole grain bread during days 11-24).

### 2. Ground Turkey

- Brown 1 lb ground turkey in skillet. Toss in low sodium spaghetti sauce and warm. Cook brown rice noodles in boiling water & drain. Eat turkey/sauce together with noodles. Add steamed veggies as a side.
- Brown 1 lb ground turkey in skillet. Season with desired salt-free seasonings. Peel & boil 3-4 sweet potatoes until soft. Drain & mash w/fork. In baking pan, layer turkey, then fresh green beans, & top with sweet potatoes. Cover w/aluminum foil & bake at 350 for 30 min.

### 3. Salmon

- Lightly coat bottom of baking pan with Extra Virgin Olive Oil. Put a layer of fresh spinach on bottom of pan if desired. Place frozen 4 oz salmon filets in pan. Season salmon with pepper/spices if desired. Add veggies to pan & lightly drizzle with

EVOO. Season veggies with Mrs. Dash Salt-free seasoning. Cover with aluminum foil. Bake at 400 for 20-25 min.  
-Can also steam veggies instead of baking

## Snacks

\*\*\*Be sure to eat every 2-3 hours\*\*\*

### 1. AdvoBars (order from website)

- Double chocolate, Apple, Peach

### 2. Handful of Nuts (or 100-Cal Pack)

- Raw almonds, unsalted peanuts, walnuts, unsalted cashews

### 3. Fresh fruit (mix it up!)

### 4. Fresh veggies (mix it up!)

### 5. 1/4 c Guacamole (or 100-Cal Pack)

- Eat with carrots, peppers, cauliflower
- Do not use packets of guacamole mixes

### 6. 1/4 c Hummus

- Eat with carrots, celery, peppers

### 7. 1/4 c Low-Sodium Natural Peanut Butter (or Jif To-Go Pack)

- Eat with apple slices or celery

### 8. Apple Slices with Cinnamon

- Slice apple. Sprinkle with cinnamon. Heat in microwave for 1-2 min.

### 9. Nabisco Gluten-Free Brown Rice Thins

### 10. Sweet Potato Chips

- Peel sweet potatoes. Cut into "chips". Put in bowl with lid and toss with 1 T Extra Virgin Olive Oil. Bake at 425 for 20-25 min. Season if desired.

### 11. Guacamole Deviled Eggs

- Boil 6 eggs. Peel, cut lengthwise, and remove yolk. Put yolks in small bowl. Add one avocado, 1 T lime juice, 1 T Mrs. Dash Salt-free Onion & Herb, 1 T Mrs. Dash Salt-free Fiesta Lime, 2 tsp cilantro to yolks. Mash with fork and mix together. Spoon mixture into egg halves. Sprinkle with paprika if desired.

### 12. AdvCare Muscle Gain shake or smoothie

- Add water, ice, fruits. Blend.

### 13. 2 Hard-boiled Eggs



# DAYS 1 1-24: THE MAX PHASE

All recipes from Days 1-10 will work for Days 11-24 as well. Continue with cleanse foods if possible. Dairy may be added back into your diet in moderation. You may also incorporate 100% whole grains in moderation. **SNACKS FROM DAYS 1-10 SHOULD BE CONTINUED.**

## Breakfast

### 1. Meal Replacement Shake

-Should you choose to take your MRS for another meal, eggs with veggies & 1/4 c turkey sausage crumbles, oatmeal with fruit, or the recipes below would be suitable substitutes. Try for protein!

### 2. Pumpkin Pancakes

a. In food processor, blend 1 c oats, 1/2 c pumpkin puree, 1/2 c cottage cheese, 1/2 c egg whites, 2 T pumpkin pie spice. Spray skillet with Pam. Once well-blended, pour into skillet. Flip occasionally. Cook until browned to your liking. (You can also add an extra egg white & a scoop of vanilla Muscle Gain if you have it.)

### 3. Banana pancakes

a. Mix four eggs, 1/4 c coconut flour, 1/4 tsp sea salt, 1/2 mashed banana, 1 T vanilla extract, 1 T unsweetened almond milk, 1/4 tsp baking soda in a bowl. Spoon onto skillet sprayed with Pam. Flip. Cook until brown to your liking. Top with rest of sliced banana. (You can also add an extra egg white & a scoop of vanilla Muscle Gain if you have it.)

## Lunch

### 1. Reheated Dinner Leftovers

### 2. Salad w/Grilled Chicken or Eggs

a. You may use Bolthouse Farms Yogurt Dressing in moderation. You can also add back in a little cheese if you need. Reduced fat Feta cheese or 2% milk mozzarella cheeses are great for salads.

### 3. Low Sodium Deli Meat

a. Boar's Head ham or turkey is great. Eat with 100% whole grain flatbread/tortilla wrap or bread. May add guac, Greek

yogurt, hummus, or a tsp of olive oil mayo.

### 4. Tuna/Egg Salad

\*\*Also acceptable for Days 1-10\*\*

- In large bowl, combine 3 small pkgs of tuna (light in water), 2 chopped hard-boiled eggs, chopped celery, 6 sweet pickles (try for low sodium/Splenda-sweetened), Dijionaise mustard, olive oil mayo. Serve on cucumber slices or 100% whole grain bread/wrap/tortilla.
- Mash one hard-boiled egg, half an avocado, 1 packet of light tuna in water. Season with Mrs. Dash Salt-free Onion & Herb if desired.

## Dinner

### 1. Turkey

- Brown 1 lb ground turkey. Cook brown rice lasagna noodles in boiling water; drain. In baking dish, very lightly coat bottom of dish with sauce. Layer three noodles. Then add half of turkey on top. Add 1/2 c low sodium pizza or spaghetti sauce. Top with veggies of choice (green peppers, onions, zucchini, squash, mushrooms). Sprinkle 1/2 c low-fat 2% milk mozzarella cheese. Repeat layers (3 noodles, turkey, sauce, veggies, cheese). Cover with aluminum foil & bake at 350 for 25-30 min.
- Using mixer, blend 2 lbs thawed ground turkey, 1 c cooked quinoa, diced green onions, 2 T Mrs. Dash Salt-Free Garlic & Herb, 1 T Italian seasoning, 1 tsp Oregano, 2 egg whites, 2 T liquid aminos (or low sodium soy sauce, low sodium Worcestershire sauce, or favorite hot sauce). Roll well-blended mixture into meatballs. Spray baking sheet w/Pam (or use parchment paper). Bake at 350 for 35-40 min, flipping meatballs after 20 min. Freeze extras! Eat alone or w/low sodium spaghetti sauce & brown rice noodles.
- Mix 1 lb thawed ground turkey with 1/2 c shredded zucchini, Mrs. Dash Salt-free

Garlic & Herb, Mrs. Dash Salt-free Onion & Herb, Cayenne pepper. Form into small burgers/wings. Drizzle Extra Virgin Olive Oil in skillet. Cook for a couple of minutes. Add 1/4 c Frank's Buffalo Wing Sauce. Continue cooking, flipping "wings" until meat is fully cooked (about 2-4 more min). Eat with steamed veggies &/or quinoa or brown rice if desired.

d. Brown 1 lb of ground turkey (or chicken, 96% lean ground beef). Add in packet of Mrs. Dash Salt-free Taco Seasoning. Eat as a shell-less taco salad with reduced fat shredded cheese, shredded greens, green onions, diced tomatoes, etc. Or, serve on 100% whole grain wrap/tortilla. Top with plain Greek yogurt, low-sodium salsa, &/or fresh guacamole.

### 2. Chicken

- Chop thawed chicken breasts into cubes. Toss into skillet with a few drops of Extra Virgin Olive Oil. Once fully cooked, add in 4 tsp hot sauce, 1/4 tsp chili powder, 1/4 c low-sodium chicken stock and simmer. Shred chicken with fork. Spray second skillet with generous amt of Pam. Place 100% whole grain tortilla in skillet. Add mixture of 1/2 c reduced fat cottage cheese & 1/2 c reduced fat cheddar. Add shredded chicken & any desired veggies. Layer second tortilla on top. Brown each side of tortilla, flipping once. Cut into triangle pieces with pizza cutter.
- Place 3 lbs frozen chicken breasts in crockpot. Pour in bottle of Mrs. Dash Salt-free Marinade of your choice. Cook on low for 7 hours. Shred chicken with fork. Eat plain, with cucumber slices, or on 100% whole grain bread.
- Cover thawed chicken breasts w/aluminum foil & bake on 350 for 40 min. Sprinkle 2% milk shredded mozzarella on top. Bake for 15 min. Cut up & serve with cooked brown rice noodles, low sodium spaghetti sauce, & steamed veggies.



# CHALLENGE RECIPES I WOULD LIKE TO TRY!

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