

MILLION DOLLAR FITNESS

# The Little Black Dress Project

*Stronger, Sexier &  
Unstoppable*

**Success  
Manual**

- ★ Clean Eating
- ★ Fat-Burning & Body Sculpting Workouts
- ★ Daily Inspiration



# Disclaimer

Here's all the fun legal stuff my solicitor says I need to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. Rather, as nutritional and exercise guide, Dee McCahill and Million Dollar Fitness intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Million Dollar Fitness, you are agreeing to accept full responsibility for your actions.

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# Welcome to The Little Black Dress Project!

*"Dee McCahill is on a mission to Empower women to become more self-confident, lose weight, and celebrate being a strong and sexy woman."*

**First off, I am THRILLED to have you in our program!**

If you let it, **The Little Black Dress Project** can truly change your life.

This is NOT just a 6-week transformation challenge.

It's going to be an eye-opening and empowering experience.

My goal is to not only to help you lose weight, tone up, and look absolutely AMAZING in that little black dress of yours in 42 days, but it is designed to help you to feel beautiful and confident in your own skin.

Here are just a few things that will happen during the next 42 days:



***You will cleanse and detoxify your body of impurities, chemicals, and artificial toxins.***



***You will create new and healthy habits to replace your not-so-sexy ones. You will FINALLY kick your cravings and you will restore your body back to the way it is designed to function.***



***You will learn how easy is it to make a healthy and delicious meal so you don't get trapped into eating something not conducive to your goals.***



*Your body will learn how to optimize its fat-burning potential so you no longer have to hide behind your clothes and can always find something to wear in your closet.*



*You will be a part of an amazing group of women working towards the same goals that you are.*



**The Little Black Dress Project is about developing an inner confidence to make you feel strong, sexy, and UNSTOPPABLE.**

Over the Challenge, you will have EVERYTHING mapped out for you to be successful.

You don't have to think about it, you just need to DO it.

I truly love what I do, and I am grateful for the opportunity to share my passion & knowledge with you through this program.

I am here for you every step of the way. If you have questions, email me ANY TIME [dee@milliondollartrainer.com](mailto:dee@milliondollartrainer.com)

I'm super excited to be a part of your journey and look forward to an AMAZING Journey with you!

*Dee x*

# Success Guide ~ Getting Started!

**Just by taking the step forward and taking this challenge, you have ALREADY set yourself apart from the crowd.**

**We're going to begin your journey by diving deep into your purpose.**

**Where you're at.**

**Why you're here.**

**And where you want to be.**

## *The Dream*

To start, invest in a journal. I want you to write a letter to yourself as if you've already lived the next 6 months of your life. What do you truly want your life to look like in 6 months? Don't edit or limit yourself. Imagine that there are no limits like time or money. Tell yourself about all of the changes that have occurred, how different you feel and all the things you've achieved since you started the Little Black Dress Project.

- *What restrictions do you have right now that have completely disappeared?*
- *What type of lifestyle are you living.*
- *Highlight how your life is different- physical, emotional, social and mental changes.*
- *How do you feel?*

Spend at least 10 minutes writing it all and let the words flow!

Please be kind to yourself as you go through this process.

Maybe some feelings arise of frustration or resentment when you start to reflect on your life.

Maybe things aren't quite adding up.

Maybe you feel overloaded with work, or at loss as to how to fuel your body correctly.

Whatever it is for you- I want you to trust that you will be able to change things for the better and shift your body and life back into balance.

Please read the following commitment, and add anything that feels relevant to you:

*Dearest body of mine,*

*After careful thought and consideration, I hereby promise to:*

*Honour you as the temple of my soul*

*Offer you healthy foods and drinks*

*Realize that you deserve to be healthy*

*Overcome the addictions that hurt you*

*Love and appreciate you for what you do*

*Accept that I have the power to heal you*

*Adorn you with nice, comfortable clothes and shoes*

*Realize that laughter, play and rest help you feel good*

*Exercise regularly and appropriately for my body type*

*Accept you and be grateful for you just the way you are*

*Listen to messages you are sending me when you are hurt or sick*

*Understand that my unexpressed emotions and thoughts affect you*

*Love Me x*



I'm here to help you stay committed and to give you all of the tools you need to make this program a HUGE success. Before you know it, these 6 weeks will be over and you'll be ROCKIN' out in your Little Black Dress!

***I know this is important to you...otherwise you wouldn't be here. Make sure to follow these guidelines to get the most benefit you can from this program.***

### *Number 1*

**Make sure to read this ENTIRE manual before starting The Little Black Dress Project.** It is filled with my best tips and tricks to keep you on the right path.

### *Number 2*

**Determine YOUR Goal : Homework Assignment :** I use software called **Fit Clients** to keep track of measurements and goals. You will receive an email from them soon to activate your account and enter your goal, don't forget you also need to include your "**Before**" photos (front and back) and "**After**" photos. You can log in any time - set your personal goals and see how you are progressing each and every week. You also update your weekly weigh-ins yourself. I can also see if you're on track or need a little help

### *Number 3*

Make sure to join our *shhhh....* top secret "**Little Black Dress Group**" on Facebook! If you haven't already joined, request to join us here:  
LITTLE BLACK DRESS PROJECT SECRET FACEBOOK GROUP  
<https://www.facebook.com/groups/168050863542063/>

### *Number 4*

**Print out Grocery List Week #1 go to the food shopping.**

DO NOT WAIT until last minute to get this done. Meal prepping starts now, today. Make sure to review the meal plan and use the food exchange sheet to swap out any foods that you want to.

## Number 5

Choose 5 affirmations that really resonate with you.

Affirmations are short and powerful statements that can drastically affect your “subconscious” to attract success and improve different areas in your life. This may sound a little woo-woo, but give it a try...it can be VERY empowering.

Here are a few examples, but feel free to create your own to make them more personal. Say the following affirmations out-loud and notice how you feel afterwards. I recommend starting and ending your day with affirmations (and say them throughout the day or set a reminder on your phone).

- ***How did I lose 10 pounds so easily?***
- ***Why am I in complete control of my life, what I eat, what I do, and how I feel.***
- ***Why do I already have the power to realize any goal I set my mind to.***
- ***Why am I successful***
- ***I am a strong, confident, and unstoppable woman.***



IF YOU WANT  
SOMETHING YOU'VE  
NEVER HAD,  
THEN YOU'VE  
GOT TO DO  
SOMETHING YOU'VE  
NEVER DONE.

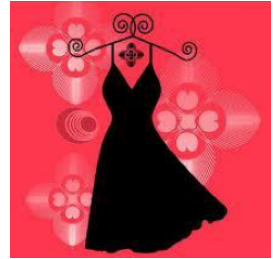


## Number 6

### Pick out your Little Black Dress!

It can be one you already have that you want to look AMAZING in, or one that you have your eye on in the shops.

If you have your dress already, hang it up somewhere that you can SEE it and walk by it often. This will help to remind you of your goals.



If you don't have one yet, go online and pick one out that you want to buy. Print out a pic of the dress and hang it up!

You can put the picture in your office, bedroom, on your fridge, or even your car. Put it anywhere you need a little extra motivation or to help to keep you on track.

## Number 7

If you have questions or need me for ANYTHING, HOLLER! That's what I'm here for.

**I mean that.**



## *Don't Have Time to Cook?*

There are a few days each week that do mean you have to cook. The meals are quick and easy but we all run short on time once in a while. If you know you won't have the time to prepare the meal that day, then try your best to prepare it ahead of time and refrigerate/freeze it.

That's all part of developing new habits and prepping for the week.

HOWEVER...for the times that you truly run short on time and need to find something healthy in a hurry, then I have a few great options for you.

### **1. Good Ole Faithful: Salad & Protein (Tuna, Chicken, Turkey, etc.)**

- ALWAYS have ready-to-go homemade salad dressing in the house
- ALWAYS have fresh pre-washed lettuce mix and veggies in the fridge to throw together a salad in a pinch.
- The LBD Turkey Burgers always make a great go-to meal! You will have extra, so freeze or refrigerate them for times where you don't have the chance to prepare a meal.

### **2. In a Jiffy Back-Up Plan: Protein with Steamed Veggies**

- You should always keep "back-up" pre-made chicken, tinned tuna, protein shakes (only low carb) on hand for emergency situations.
- Also, keep frozen vegetables on hand. They are really easy to throw in the microwave and heat up with your protein.
- Pair your protein up with your veg and you are good to go!

# Grab & Go Choices

Here's your back-up plan.. just in case!



## Breakfast:

- Protein Shake + ½ fruit
- Total Greek Yogurt and berries

## Snacks:

- Apple & 1 Tbsp Almond Butter
- Quest Bar
- Turkeyroll-ups (2 slices turkey) with ½ sliced bell pepper (red, yellow, green)
- Total Greek Yogurt and Fresh Berries (blueberries, raspberries, blackberries, strawberries)



# Tips for Success...

## Number 1

You need to make your kitchen your “safe haven.” Get rid of **EVERY** temptation and all of the crap. Throw it ALL out or donate it. If you have family or kids and you HAVE to keep other foods in the house, keep all of the “non-LBD approved” foods in one cupboard. That way, you won’t be tempted as much. But...it would be even more amazing if you had your entire family on this plan!

## Number 2

Get rid of **ALL** products with hydrogenated or partially hydrogenated oils or high fructose corn syrup (HFCS). You will be **SHOCKED** at how many foods you have purchased contain one or both of these ingredients.

This includes crackers, biscuits, cereals, microwave popcorn, cereal bars, crisps, condiments and dressings, fat-free snacks, and many others. Nearly everything with a “shelf-life” fails the Little Black Dress Test.

## Number 3

**ONLY** purchase the foods on your “Weekly Grocery List.” **DO NOT** succumb to any temptations while you are at the store.

**Top Tip:** eat an apple right before any trips to the supermarket to help fight off the urge to throw something random into the trolley.

## Number 4

Buy organic whenever possible. Specifically look for organic free-range poultry, meat, and eggs.

## Number 5

Buy local, organic fruits and vegetables whenever possible. This is most important for fruits and veggies exposed to pesticides and sprays right on the surface like apples, peaches, grapes, strawberries, etc. Turn over for a good list for you to reference.

|   |  |  |  |   |
|---|--|--|--|---|
|  | <b>Imported</b> <b>I</b><br><b>Domestic</b> <b>D</b> | <b>Dirty Dozen™</b><br><i>Buy these organic.</i>   | <b>Imported</b> <b>I</b><br><b>Domestic</b> <b>D</b> | <b>Clean15™</b><br><i>Lowest in Pesticides.</i>   |
|   | <b>WORST</b>   | <ol style="list-style-type: none"> <li>1. Apples</li> <li>2. Celery</li> <li>3. Strawberries</li> <li>4. Peaches</li> <li>5. Spinach</li> <li>6. Nectarines <b>I</b></li> <li>7. Grapes <b>I</b></li> <li>8. Sweet bell peppers</li> <li>9. Potatoes</li> <li>10. Blueberries</li> <li>11. Lettuce</li> <li>12. Kale/collard greens</li> </ol> | <b>BEST</b>  | <ol style="list-style-type: none"> <li>1. Onions</li> <li>2. Corn</li> <li>3. Pineapples</li> <li>4. Avocado</li> <li>5. Asparagus</li> <li>6. Sweet peas</li> <li>7. Mangoes</li> <li>8. Eggplant</li> <li>9. Cantaloupe <b>D</b></li> <li>10. Kiwi</li> <li>11. Cabbage</li> <li>12. Watermelon</li> <li>13. Sweet potatoes</li> <li>14. Grapefruit</li> <li>15. Mushrooms</li> </ol> |
| <a href="http://www.foodnews.org">foodnews.org</a>                                |  | Scan to see more! Get a QR Code app from <a href="http://www.i-nigma.mobi">www.i-nigma.mobi</a>  | <a href="http://www.foodnews.org">foodnews.org</a>   |   |

### Number 6

You'll want to buy Coconut Oil for high temperature cooking and Extra Virgin Olive Oil (cold pressed) for low temperature cooking. I stock Coconut Oil at MDF.

### Number 7

Ditch the margarines. Margarine smells SO terrible after all of the processing that it needs to be chemically deodorized so people are able to eat it. It's also processed with a Petroleum solvent. YUM. Use organic butter ONLY.

### Number 8

When choosing your Almond or other nut butters, make sure the ONLY ingredients in there are NUTS! **Top Tip:** Peanuts are NOT nuts!! They are a legume...so avoid them whenever possible.

## Number 9

Avoid ALL products with Soy. Check your labels. Soy seems to find its way into most everything processed. Almost everything you can purchase has been genetically modified and then subjected to insane amounts of processing to make it consumable. Best to stay FAR away.

## Number 10

Just Say "NO" to Bread, Pasta and other Grains. END OF. White and even whole wheat bread can prevent you from reaching your goals. This may be the most challenging part of the challenge for some of you.

Cutting these out from your diet will be hard- but it WILL be worth it. You'll have a new level of energy, will recover faster from your workouts, and some of you will feel better than you ever have before.

## Number 11

Dump the Table Salt – switch to Himalayan Sea Salt instead. Other brands may contain mercury and/or toxic heavy metals in them. Most table salts have been overly processed and stripped of its' beneficial minerals and then subjected to anti-caking agents like aluminum. **Double YUM.**

## Number 12

Options for Sweeteners? NO Cane Sugar, No Brown Sugar, NO Artificial Sweetener, NO Splenda or Agave. I know I'm not making any friends here, but there IS a good alternative when you NEED it. Coconut Sugar - It will do the job without raising your blood sugar. It's also safe for most diabetics with a glycemic index of 35. You can buy it off Amazon or Holland & Barrett. Raw, local, organic honey is also a good option.

## Number 13

Add spicy seasonings to your meal (like red pepper flakes, black pepper, and ginger). It will actually help rev up your metabolism. Studies have

proven that eating spicy foods can increase your metabolism up to 8% over a normal rate AND has the potential to make you feel fuller, longer. Double Bonus!

### Number 14

To optimize the levels of growth hormone released while you are sleeping (over 80% is released while you sleep) do not eat within 2-3 hours of going to bed. If you do have to- make sure that you don't have anything with sugar in it.

### Number 15

To make sure that your body has the chance to restore itself and recover from your workout and from your daily stress, get a minimum of 7 hours of sleep per night. You'll be shocked at how energized you feel when you start to get sleep on a regular basis.



#### Tips for Better Rest:

1. *Try to turn off all electronics- TV, mobile, ipad, kindle and computer at least 45-60 minutes before you go to bed. This will help to calm your mind allow you to have a more restful sleep.*
2. *BRAIN DUMP - I ALWAYS write down everything I need to do on a piece of paper for the following day. Once it's written down on paper, I don't stress about trying to remember the task. I keep a pen and paper on my night table, so I don't have to get up to write it down (just in case I wake up with a genius idea or think of something important). What is a Brain Dump? The idea is to get everything out of your head on to paper so you can stop thinking about it. As a human – we have a lot of things we need to do and keep track of, especially if you have a family as well. To Brain Dump all you need to do is get out a full page of paper and then sit down and write down everything you need to get done or anything that's taking up space in your head ... write down everything you're about, not just task*



*related thoughts. I mostly think about things I need to get done however everybody's different. This could take a while – even hours if you have a lot on your mind. Once it is done you should feel a lot better as you no longer need to use your brain to keep track of all these things. You can let the paper have the responsibility. I find this part very relieving and well worth the effort. With the content from your brain “dumped” on to paper, the next job is to organize your data. I focus on finding the 10 things I need to get done immediately and to focus on results. I recommend placing a tick next to the things out of your control so you could just forget about them and let them go. Categorizing and prioritizing tasks, works for me. In my case I write everything down in one big dump session. I then go through and group tasks into categories like “Business” and “Home” and “Socializing”. From there you can also rank them in importance from the most important to the least. Then, when it's time to get to work you just go through the tasks one by one and best of all, you get to write a big line through each task as you complete them (another very satisfying activity). I find it tremendously helpful as a way to let go of mental control of everything. If you're a control freak trying to manage everything inside your brain you will appreciate this :). Remember it's important to let go of things once they are dumped and then rely on the paper, not your brain for tracking things. Make sure you write down every little thing that comes to mind, from “buy milk” to “eat healthily” to “countries I want to visit”*

## *Number 16*

**Sugar Cravings = Gut Imbalance.** If you get cravings, try drinking a glass of water. There's a good chance you're just dehydrated! Wait 15 minutes and see if you are still hungry. If you do have to eat something, make sure it is Little Black Dress approved. Always include a protein at every meal.



### **Tips to beat Cravings:**

*Try brushing your teeth. Especially at night, when I am craving something sweet, I will always brush my teeth. Once my teeth are clean and I have had the sweetness of the toothpaste in my mouth, I rarely still want to eat anything afterwards. Cinnamon also helps to regulate blood sugars.*

*To fight sugar or carb cravings in the moment, the easiest thing you can do is place 1 gram of glutamine under your tongue. Glutamine is an amino acid that will provide your brain with quick glucose and curb your cravings.*

**Top Tip** - dabbing vanilla essence on your radial pulse point really helps those cravings.

### *Number 17*

Make sure to plan, shop, and prep your meals ahead of time. Being prepared is the key to being successful with this plan (and pretty much everything else in life.)

You have to set yourself up for success if you want to see change.

Remember- if it is truly IMPORTANT to you, you will find a way to make this happen.

Make sure to block out time in your week to get your shopping and meal prep done.

### *Number 18*

If you tend to lose track of the time and forget to eat while you are at work or at home, set your cell phone alarm to remind you when it's time to eat! It's a GREAT tool. (Do your best to eat every 3-3.5 hours)

## Number 19

Use a scale or measuring cups for portion control. When you start to do this regularly, you'll soon be able to do it without them, but they can be GREAT learning tools. (It's also a very eye-opening exercise!)

## Number 20

Stay HYDRATED. You need to drink half of your body weight in ounces **EVERY day** of water which is at least 2 litres per day!! If you workout on any given day, add an additional 250ml or don't count that water consumed during the workout toward your required amount for that day

1. Start EACH day with a big glass of water & lemon juice! (when you wake up)
2. If you drink caffeine, such as an 8oz. cup of coffee, you must add an additional 16oz. of water. (2x the amount) – If you drink coffee, have your breakfast FIRST. Coffee is an appetite suppressant. If you don't eat breakfast in the morning, you will tend to binge eat late at night.)
3. Water will also make you feel fuller. Drink it before each meal and you'll eat less.
4. Flavour with fresh sliced cucumber, strawberries, or lemon to keep things interesting!

## Number 21

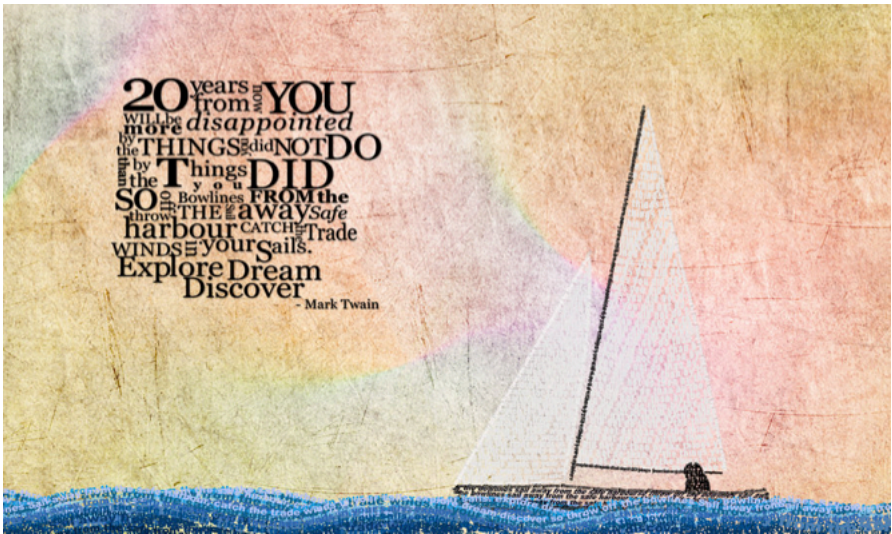
**Tulsi Tea** is amazing – it contains Holy Basil which is a powerful cortisol buster.

## Number 22

If you choose to have any cold meats, read the labels to make sure you have at least 5-7 grams of protein in the recommended serving size. Try to avoid luncheon meat and processed meat as much as possible.

## *Number 23*

Remember- BEFORE you put any junk into your mouth- ask yourself "*Is this worth it?*" It is worth how you will feel afterwards and is this helping you to move closer to or farther away from your goals.



## *Special Note on Detox Days*

There are various days scheduled within these next few weeks that are designed as “**detox days.**” You’ll know they are detox days by the little green highlighted area in the meal plan chart.

These days are designed to cleanse your liver to allow your body to process the foods you eat more easily and efficiently.

No pills, drugs, or juices... just lots of fresh vegetables, fruit, water and minimal protein.

These detox days will rid many of the chemicals and toxins from your body. It’s going to help rev up your metabolism and help you to burn fat more efficiently.

You’ll probably get headachy, tired, irritable, etc (especially if you typically drink caffeine). That’s just your body cleansing out the toxins and is completely normal.

**NO CAFFEINE** is allowed on detox days, and please limit over-the-counter drugs like Paracetamol or Ibuprofen. All prescribed medications should still be taken.

Make sure to drink a **LOT** of water on your detox days. You should feel higher energy levels on days following your detox days.

## Detox Tip



### Take a Detox Bath ... MY FAVOURITE

Aim to take a detox bath 2-3 times per week. Get the water as hot as you can stand it. Add 2 cups of Epsom salt, 1 cup of baking soda, and 10 drops of lavender to the water. Soak for 20 minutes prior to bed.

Benefits of the detox bath include:

- *Decreasing cortisol levels which promotes weight loss & lowers inflammation*
- *Increased detoxification through the effects of the magnesium and sulphur in the Epsom salts.*
- *Enhanced sleep through the effects of the hot bath and magnesium.*
- *Lowered blood pressure and blood sugar levels.*
- *Increased sweating and elimination of toxins.*



# Try my homemade scrubs ...

## Lovely Lemon Sugar Scrub

### Ingredients

- 1 cup granulated sugar
- $\frac{1}{8}$  cup coconut oil
- $\frac{1}{2}$  lemon (for juice and zest)
- A few sprays of jojoba oil



### Instructions

Put the sugar in a large bowl. Zest half of a lemon on top of it. Cut the lemon in half and juice only one half. Pour it on the sugar. Measure out  $\frac{1}{8}$  cup of coconut oil and pour it on the sugar too. If it's still thick and cold, you can heat it to make it liquid again and measure the right amount. Spray the jojoba oil on top and mix everything. If the mixture is too "wet", add more sugar.

## Lucious Coffee Sugar Scrub

### Ingredients

- $\frac{1}{2}$  cup ground coffee
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{2}$  tbsp. nutmeg
- $\frac{1}{2}$  tbsp. cinnamon



### Instructions

Combine dry ingredients. Add the olive oil and mix.

## Cucumber-Mint Freshness Sugar Scrub (this one's my fave)

### Ingredients

- ¼ of a large cucumber
- 2 tbsp. fresh mint leaves
- 1 cup of white sugar
- 2 tbsp. olive oil



### Instructions

Mix the cucumber and mint in a blender.

In a large bowl, add the sugar, cucumber/mint puree and olive oil. Mix well.

**These homemade sugar scrubs literally take a couple minutes to prepare, and will last for at least 2 months on the shelf.**

But, most importantly, they replace creams that simply don't work, and that are actually likely to AGE your skin, thanks to the toxic petroleum-based ingredients they contain.

Mother Nature has already provided us with natural skin treatments – basic ingredients you can find in most grocery store.

Green tea... pasturised eggs... cucumbers... honey... tomatoes... all these foods have been used as natural beauty treatments for hundreds of years. It's a known fact that Cleopatra used milk, honey, aloe, beeswax and almond oil to keep her legendary beauty.

# Skincare & Haircare Detoxification

Minimize toxic exposure to chemicals found in personal care and cleaning products. Pay special attention to these key products: perfume, deodorant, and toothpaste.

Avoid deodorants that contain aluminium. Choose toothpaste that is fluoride and chemical free.

The cosmetic dirty dozen includes:

1. *BHA&BHT*
2. *coal tar dyes*
3. *DEA*
4. *dibutyl phthalate*
5. *formaldehyde-releasing preservatives*
6. *parabens*
7. *parfum (fragrance)*
8. *PEG compounds*
9. *petrolatum*
10. *siloxanes*
11. *sodium laureth sulfate*
12. *triclosan.*

Stay away from BPA; a chemical in canned food liners and plastic food containers. Choose non-toxic cleaning products.

You'll also want to pay CLOSE attention to your skincare and hair care products.

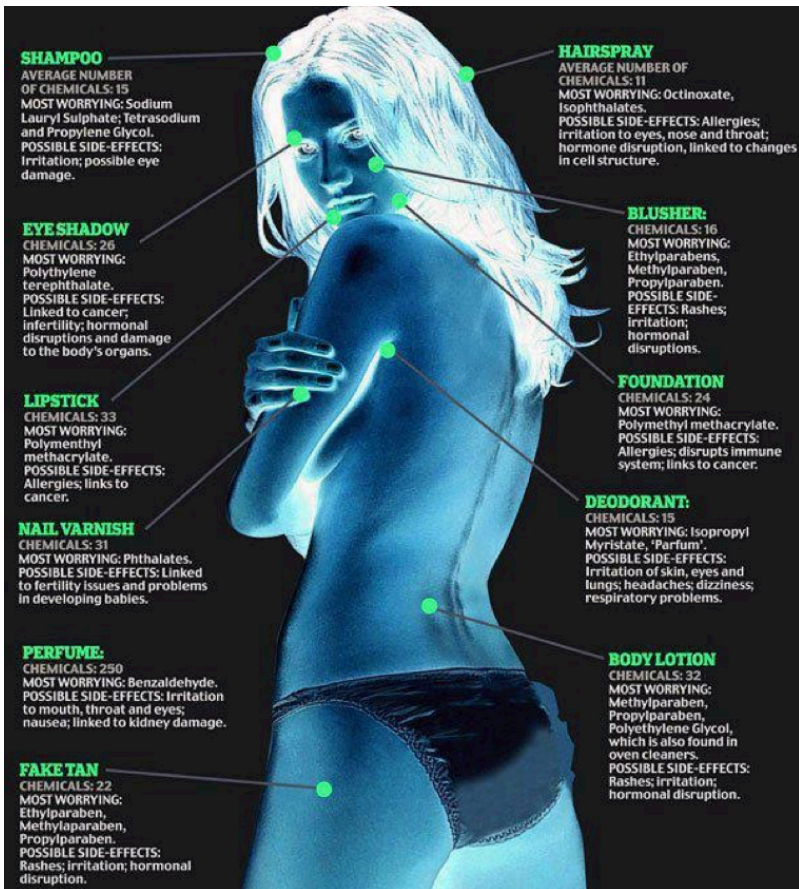
You're working hard to eliminate extra toxins in your food, so don't forget that everything you put onto your skin gets directly absorbed into the body.



Pay special attention to "mineral oil." It's derived from PETROLEUM and you do not want to be putting this on your skin. Make sure to read your labels.

Parabens are one of the most toxic offenders. It's the single most widely used preservative in personal care products. Parabens can mimic estrogen in the body and have been found in breast tumour tissue.

Take a look at the following chart. If you find any of the ingredients on this chart in your shampoo, conditioner, body lotion, cleansers, etc., I would **STRONGLY** consider switching to another brand.



# My Philosophy on Cheat Meals...

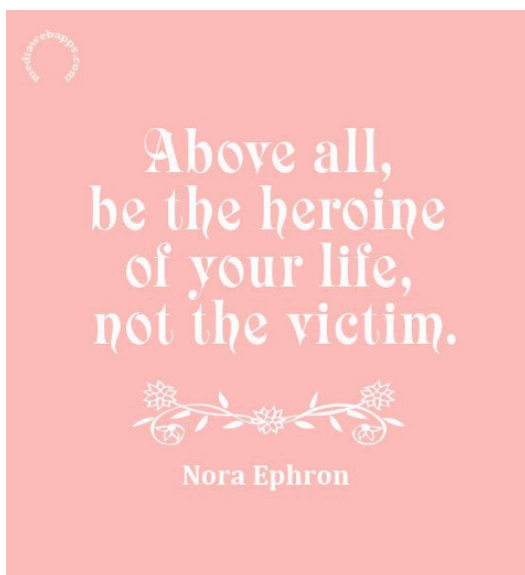
**Don't do anything that you will regret.**

That's basically it. "Cheat" meals are a way of not feeling deprived from any of your absolute favorite foods.

One of my favorite quotes is **"You will never out-train a bad diet."**

After being great with your diet all week, you do **NOT** want to ruin all of your hard work and preparation in one cheat meal. So, feel free to indulge a little bit, but make sure **NOT** to go overboard.

If you're craving chocolate, then go for it (there's even an AMAZING recipe in the LBD Recipe Book for Fudge Babies!)



# Powerful Protein

*"When life gives you lemons, ask for something higher in protein."*

Anonymous

Simply put, we wouldn't exist without protein. Protein plays a lead role in nearly every function in your body. It's part of every cell in your body, and is used to help build muscle, organs, and other tissues. It's also important for brain health and to help make enzymes, hormones, and other necessary chemicals. Not only that, eating the right amount of protein will help to boost your metabolism and keep your weight in check.

AND....protein can also help you avoid gaining unwanted weight in the first place. This is because when you're eating enough protein, you'll feel more full for a longer period of time, and have less of an urge to eat junk food.

In fact, studies have shown that when women eat around 30% of their diet from protein, they eat 441 fewer calories per day.

If you're thinking that eating like this may start to get expensive.... it really doesn't have to!

A lot of times you can find items on sale- just buy in bulk and freeze them!

Also- make sure you check out the local farm shops.

Most of the time, you'll be able to get a much better deal because you're buying direct from the source. Not only that, but it's always great to support our local community.

# *The Not-So-Sweet Truth About Sugar...*

Added sugars (that don't occur naturally in the foods you are eating) can be absolutely detrimental to your health.

We've already talked about how inflammation is the root of all disease in the body...

I'm talking about diseases like cancer, diabetes, Alzheimer's, digestive disorders, arthritis, and the list goes on and on.

Consuming a high amount of refined sugars is a LEADING cause of inflammation in your body.

Did you know that fizzy drinks are the #1 source of calories in our diet!?

Here are a few not-so-sweet facts about sugar:

- Sugar promotes inflammation in the body – the root cause of disease.
- Large amounts of sugar will suppress your immune system. (Imagine how your immune systems suffers if you're eating processed sugars every meal.)
- Sugar suppresses the release of HGH (Human Growth Hormone) in the body.
- Sugars will raise your insulin levels- which over time can lead to a whole host of diseases.

- Sugars have a massive negative effect on energy levels throughout the day.
- Impacts your hormones and your ability to deal with stress.

Artificial sugars like Splenda and Aspartame are no better for you, either. They have been proven to have countless negative effects in your body and especially in your brain.

Sugar in itself is NOT bad. In fact, we need a certain amount of it to even survive and be able to think straight.

The problem really stems from the quick rise in our blood sugar levels when we consume large amounts sugar on a regular basis.

When you eat healthy carbs- like a sweet potato or an apple, you're also eating the fibre that comes along with it. Digestion is slowed down, so even though you're eating sugar, your blood sugar levels do not raise as fast. Your body can easily handle it.

If you drink a Coke, there's no fibre or anything to slow down the digestive process, and your blood sugar levels spike to unnatural highs.

So, we're going to keep it close to nature.

We're going to stay away from ALL white and refined sugar, high-fructose corn syrup, and artificial sweeteners.

Acceptable substitute (in moderation, of course) are raw local honey and dates

These are slow to raise your blood sugar levels, so they're ok in small

amounts. Green Leaf Stevia if you have access to it is a much less processed form of Stevia and does not have an impact on your blood sugar levels. It has been around for centuries. It's about 30-40 times sweeter than regular sugar... so make sure you only use the smallest amount!

Remember- this is a LIFESTYLE approach, not a fad diet. I don't want you feeling deprived in any way- so it's all about finding healthier alternatives to what you're already eating!

# *The Skinny on Fat...*

**We hear it all the time- fat is BAD for you! Drink skim milk instead of whole. Get fat-free yogurt instead of full-fat. Have an egg white omelette. Trim the fat off your meat and remove the skin before you eat it!**

But is this really the best advice?

**Here are the real facts about fat...**

It's important to understand that eating fat does not make us fat.

If you're looking for the shady criminal to blame- look no further than the processed carbs, sugar, and HFCS that find their way into almost everything we eat.

Plain and simple: eating SUGAR makes us fat.

Now it's definitely important to not overeat on your healthy fats, as too much of anything will have an impact on your waistline.

Please keep in mind that the key word is healthy fats.

Healthy fats include things like coconut oil, olive oil, avocado, nuts and seeds, grass-fed butter and ghee, animal fats (duck, beef, pork), Omega 3's (found in fish), etc.

The "bad" kinds of fat you want to stay away from are trans fats.

Most trans fats that people eat have been cooked up in a laboratory kitchen where scientists "hydrogenate" certain oils so they have a longer shelf life.

Trans fats are found in a LOT of packaged foods- like baked goods, donuts, piecrusts, cookies, crackers, margarine, and a lot of fried foods.

Basically look at your labels- and if you see anything labelled “partially hydrogenated” or “hydrogenated” get rid of it fast.

In addition to trans fats, you also want to stay away from refined oils that tend to be high in Omega 6’s (which throw off the ideal Omega-3 to Omega-6 balance) like peanut oil, canola oil, vegetable oil and corn oil.

Now that you know what kinds of fat NOT to eat, let’s talk about why the right kinds of fat are GREAT for your body.

Healthy fats are incredible for your body. They are important for:

- Making hormones
- Brain health
- Energy levels
- Supporting your thyroid
- Strengthening your bones
- Strengthening your immune system
- Reducing your risk for Cancer
- And the list goes on....

If you’re thinking that eating more healthy fats will increase your cholesterol and put you at an increased risk for heart disease, I encourage you NOT to take my word for it, but to do your own research. You’ll be blown away by what you find and also by the myths that will be shattered when you read the science.

The great news is.... that grass-fed beef, real butter, and bacon (all in moderation, of course) are back on the menu!



# How much Water should I drink?

***"If there is magic on this planet, it is contained in water"***

*Lauren Eisely*

Staying hydrated is one of the BEST ways you can possibly take care of your body. Water is essential for every single cell in our body to function at its highest level.

Water helps increase your energy levels, promote weight loss, flush out toxins, improve the quality of your skin, improve digestion, can help relieve joint pain, and can even help relieve headaches!

Your body is about 60% water... and just a small 2% decrease can significantly impair performance and the way you feel.

There are many methods of calculating daily fluid requirements. One simple equation for adults is a half-ounce of fluid per pound of body weight per day. For example, if you weigh 140 pounds, multiply 140 by 0.5 to estimate your daily fluid need in ounces. You can then divide that number by eight to estimate your fluid need in cups per day.

(example:  $140 \times 0.5 = 70$  ounces;  $70$  ounces divided by  $8 = 8.75$  cups of fluid per day)

$0.5 \text{ ounces} \times \text{Body Weight in Pounds} = \text{Daily Fluid Requirement in ounces}$   
(1 ounce = 28ml)

Another common way to calculate daily fluid need is based on calorie intake -- one millilitre of fluid for every calorie ingested.

# Supplements & Swaps

To help maximize your results and fill in any gaps, you may wish to swap or supplement with the following:

**1. Protein Powder:** For your smoothies in the morning, you will need a good-quality protein powder. This will help you meet your protein requirements for the day simply and quickly! Available at Million Dollar Fitness in single servings or tubs

**2. Switch to Pink Himalayan Rock Salt or Sea Salt.** Himalayan salt has more minerals and trace elements than almost every other salt. It's also a very pure and unprocessed product.

Table salt is chemically produced, bleached, and may contain anti-caking agents, MSG, and even aluminium! Refined table salt is poisonous to the body and is responsible, in great part, to the onset of many terrible diseases including thyroid and metabolic dysfunction.

Sodium is an important electrolyte, so Himalayan Pink or Sea Salts are the perfect ways to get high quality salt in your diet!

**3. Probiotics** – Did you know that up to 70% of your immune system resides in your gut? Probiotics will help to restore balance back to your digestive system- and overall boost your immune system. The bacteria in your body outnumber your cells by more than 10 to 1. Remember the good bacteria help to keep you in check- they help to fight against the “bad” bacteria, viruses and other pathogens. It's really important to give these good bacteria an extra hand, because toxins, chemicals, and any antibiotics we are exposed to will kill off these microscopic warriors. Probiotics are best taken 30 minutes before food on an empty stomach.

**4. Omega 3s (Fish Oil)** – To give you a quick breakdown: Omega 3's reduce inflammation in the body, increase your ability to burn fat, strengthen your immune system, improve circulation, improve good cholesterol, and the list goes on and on.

Since Omega 3's are "EFA's," that means that your body is NOT capable of producing them on its own, and you MUST consume your Omega 3's from an outside dietary source.

**5. Rhodiola** – If you live a high-stress life, this may just be the best thing you've read all day. I started taking this supplement months ago to help support my adrenal glands and protect my body against stress. Available at Million Dollar Fitness

It's also used to help combat fatigue, boost memory, and increase work capacity to improve productivity.

**6. Magnesium:** Another one of my go-to recommendations to help combat stress. It's not only great for stress, but it's an important mineral that's required for more than 700 biochemical reactions in your body!

# Little Black Dress Food Exchange Guide

**Exchange a Protein for a Protein, a Carbohydrate for a Carbohydrate, and a Fat for a Fat.**

- If you have certain allergies, you may swap out foods. Move a little out of your comfort zone- if there are foods on here that you normally wouldn't eat, try them before swapping them out!

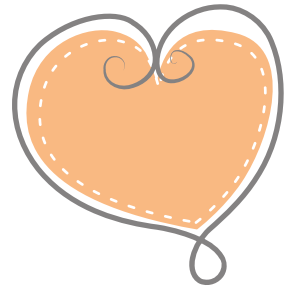
## Non-Starchy Vegetable Swap

*A single serving of a non-starchy vegetable is:*

*½ cup of cooked vegetables*

*1 cup of raw vegetables*

|                                   |                             |
|-----------------------------------|-----------------------------|
| Broccoli                          | Mushrooms, all kinds, fresh |
| Cabbage (green, bok choy)         | Onions                      |
| Carrots                           | Peppers (all varieties)     |
| Cauliflower                       | Radishes                    |
| Celery                            | Sauerkraut                  |
| Cucumber                          | Spinach                     |
| Courgette                         | Tomatoes - fresh            |
| Greens (collard, kale, Asparagus) | Tomato sauce                |



## Starchy Vegetable Swap

*Butternut Squash 1 cup*

*Yam or sweet potato, ½ cup or ½ medium with skin (3 ounce)*

## Fruit Swap

*Each serving has about 15 grams of carbs & 60 calories.*

*One serving equals:*

|   |                             |
|---|-----------------------------|
| Apple, unpeeled, small  | Grapes, small, 17           |
| Banana, extra small or ½ regular size                                     | Kiwi                        |
| Blackberries, ¾ cup   | Melon, small or 1 cup cubed |
| Blueberries, ¾ cup  | Orange, small               |
| Raspberries, 1 cup  | Peach, fresh, medium        |
| Strawberries, 1¼ cup whole berries  | Pear, fresh, large, ½ fruit |
| Cherries, sweet, fresh, 12  | Pineapple, fresh, ¾ cup     |
| Dried fruits (blueberries, cherries, cranberries, raisins, etc.), 2 tbsp. | Plums, fresh, 2             |
| Grapefruit, large, ½ fruit  |                             |

## Very Lean Protein Swap

*Each serving has about 35 calories and 1g fat per serving.*

*One serving equals:*

Turkey breast or chicken breast, skin removed, 28grams.

Fish fillet (hake, sole, cod, etc.) 28g.

Canned tuna in water, 28g

Shellfish (prawns, lobster, scallop, shrimp) 28g

Cottage cheese, nonfat or low-fat,  $\frac{3}{4}$  cup

Egg whites (2)

## Lean Protein Swap

*Each serving has about 55 calories and 2-3g fat per serving.*

*One serving equals:*

Chicken—dark meat, skin removed, 28g

Turkey—dark meat, skin removed, 28g

Salmon, mackerel, herring 28g

Lean beef (flank steak, tenderloin, roast beef) 28g

Lamb, roast or lean chop 28g

Pork, tenderloin or fresh ham, 28g

4.5% cottage cheese,  $\frac{1}{4}$  cup

Whole Egg ( $\frac{2}{3}$  of an egg)

## Fat Swap

*Each serving has about 45 calories and 5g fat per serving.*

*One serving equals:*

Extra virgin olive, 1 tsp.

Coconut oil, 1 tsp.

Mayonnaise, 1 tsp.

Salad dressing, 1 tsp.

Avocado, 1/8th

Large black olives (8)

Bacon, 1 slice

Nut Butters, 1 1/2 tsp



*One last note...*



*Good luck girls!*

If you need ANYTHING, text or email me any time

*Dee x*