



# STRONG & ABLE CHALLENGE

## PREPARATION GUIDE





# WELCOME TO THE CHALLENGE!



Welcome to the Strong and Able Challenge!

During this 6-week program, we'll work together to burn fat, build strength, boost our energy, and develop healthy daily habits that will produce *lasting* improvements.

In addition to the training program at Original Strength Institute, you'll get a tracking sheet, nutritional cheat sheets, and other resources to help you get the best results possible.

We also hope you'll participate in our private Facebook group, where we'll post weekly bonus opportunities, answer your questions, and cheer you on. This is a great forum to interact with other participants and share any tips or insights that you've learned.

We're so happy you joined and are excited to help you get stronger, healthier, and happier!

## ABOUT THIS GUIDE

The purpose of this guide is to help you *prepare* for the challenge. We've included four simple steps to improve your kitchen, plan your meals, go shopping, and establish a weekly ritual.

Rather than providing a specific meal plan, our goal was to equip you with a **framework** that you can use even after the challenge is over. Consider this a "toolkit" to help you permanently take control of your health :)

Good luck and let us know if you have any questions!

- Original Strength Institute

# PREPARATION OVERVIEW

- This challenge is an intensive program designed to achieve rapid results
- Your success will not be driven by willpower, but rather your ability to implement *systems* and *habits* that will lead to consistent, healthy behavior
- This document outlines four steps that should be taken *prior* to the program

**1**

## **KITCHEN MAKEOVER**

Replace toxic, processed food with whole alternatives

**2**

## **MEAL PLANNING**

Establish a simple framework to help you plan

**3**

## **SHOPPING**

Purchase fresh, seasonal, high quality food

**4**

## **WEEKLY RITUAL**

Establish a recurring system to stay on track

CHALLENGE PREPARATION

**STEP 1**

**KITCHEN MAKEOVER**

- Research shows that our *environment* has a significant impact on our food decisions. Therefore, by improving our kitchen, we can improve our nutrition!
- The Kitchen Makeover is designed to eliminate unhealthy temptations (i.e. processed food) and replace them with healthy, whole alternatives
- This step will help you stick to the nutritional objectives and reduce your need for willpower

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# REMOVE THESE PRODUCTS

## SUGAR



### PRODUCTS

SODA

CANDY

SPORTS DRINKS

FRUIT DRINKS

ENERGY DRINKS

DRIED FRUIT

PROTEIN BARS

### INGREDIENTS

SUGAR

CORN SYRUP

GLUCOSE

FRUCTOSE

DEXTROSE

ASPARTAME

## STARCH



### PRODUCTS

PASTA

RICE

CEREAL

BREAD

WHITE POTATOES

### INGREDIENTS

WHEAT

BARLEY

RYE

BULGAR

MALT

BREWER'S YEAST

DURUM

## ALCOHOL



### PRODUCTS

BEER

WINE

SAKE

VODKA

GIN

WHISKEY

RUM

TEQUILA

MEZCAL

BRANDY

PORT

CHAMPAGNE

LIQUEUR

BITTERS

PISCO

# REPLACE WITH WHOLE FOOD

- Whole, unpackaged foods offer many more nutrients than packaged alternatives
- Load up on these items and have them readily available during the challenge

## LEAN PROTEIN

- Lean meats should provide the bulk of dietary calories (in the form protein and saturated fat)
- Best options: pastured, grass fed, and organic



## QUALITY CARBS

- Vegetables should constitute the largest portion (i.e. volume) of every meal
- Fruits should be consumed in moderation
- Best options: locally grown and/or organic



## HEALTHY FATS

- Healthy fats should be consumed in moderation
- Best options: raw and cold-pressed



# BEFORE AND AFTER

BEFORE



## PRODUCTS

PACKAGED + PROCESSED

AFTER



## FOOD

FRESH + WHOLE





## POTS & PANS

A cast iron skillet is an excellent, affordable option (especially for cooking meat). We also suggest stainless steel pans to complete the set



## KNIVES

We suggest skipping the knife set and instead allocating your budget to a Chef's Knife and pairing knife – the two most versatile kitchen tools



## ACCESSORIES

Includes utensils, spatulas, tongs, cutting boards, measuring cups, kettle, salad bowl, etc.



## SLOW COOKER

Slow cookers are essential to any healthy kitchen, as they can be used to cook healthy roasts and other meals in large quantities



## BLENDER

A high quality blender can be useful for making super shakes, which are an easy way to get your vegetables (e.g. kale) and healthy fats (e.g. nuts)



## STORAGE CONTAINERS

You'll need containers for saving leftovers and taking lunches to work. We suggest Pyrex, which are affordable, durable, and dishwasher safe



## ZIPLOC BAGS

Sandwich and freezer bags are helpful if you plan to freeze your meals and/or certain ingredients



## WATER BOTTLE

Hydration is a key component of this Challenge. Carrying a water bottle will make it easier to get your suggested intake every day

# STEP 2

## MEAL PLANNING

- The second step is to implement a solid meal planning system
- This process will help you shop more efficiently, stick to the “balanced meal formula”, and reduce your dependence on willpower
- We’ve created a simple process to help you get started. However, feel free to modify our suggestions based on your own needs and personal preferences

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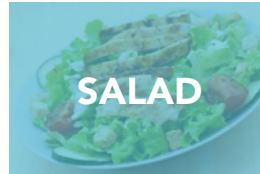

## WEEKLY RITUAL

Establish a recurring system to stay on track

CHALLENGE PREPARATION



- Meal planning is often overwhelming, given the endless recipe possibilities
- We suggest choosing daily meal *themes* to simplify this process. This structure provides a helpful starting point, but still leaves plenty of room for variety
- The goal is to establish a simple framework that you can repeat every week

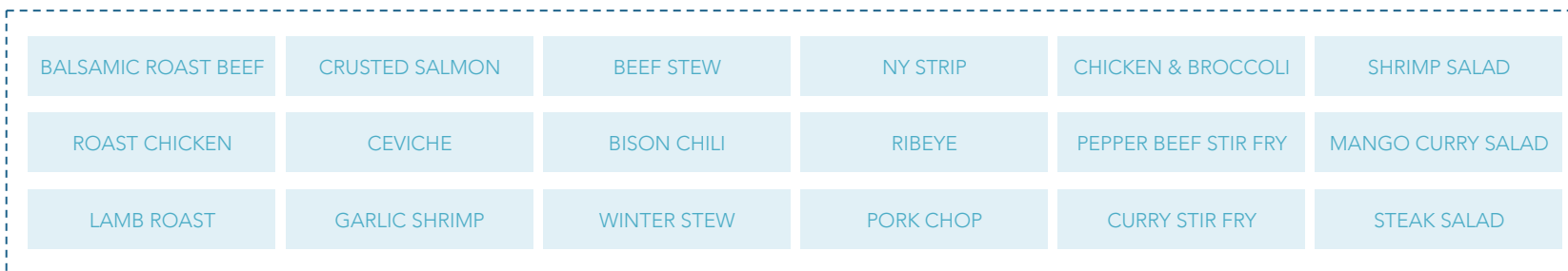
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 ROAST	 SEAFOOD	 STEW	 STEAK	 STIR FRY	 SALAD	 TAKE OUT

## THEME EXAMPLES

YOU CAN CHOOSE THEMES FOR EVERY MEAL OR JUST ONE MEAL (E.G. DINNER)

# SPECIFIC RECIPES

- Once you establish themes, you can choose the *recipes* for each particular day
- Some people may prefer to skip themes and just choose individual recipes – that’s fine! However, many people say that themes help them settle into a consistent weekly rhythm
- You can use the Weekly Meal Planner (on the next page) to stay organized



BALSAMIC ROAST BEEF	CRUSTED SALMON	BEEF STEW	NY STRIP	CHICKEN & BROCCOLI	SHRIMP SALAD
ROAST CHICKEN	CEVICHE	BISON CHILI	RIBEYE	PEPPER BEEF STIR FRY	MANGO CURRY SALAD
LAMB ROAST	GARLIC SHRIMP	WINTER STEW	PORK CHOP	CURRY STIR FRY	STEAK SALAD

## RECIPE EXAMPLES

SUPPLEMENT AS NEEDED TO MEET THE BALANCED MEAL FORMULA

# WEEKLY MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							



# SAMPLE MEAL PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Egg Scramble Muffins with ham and veggies	Scrambled Eggs with Sauteed Veggies Avocado slice	Greek yogurt with Chia Seeds Handful of Berries	Hard Boiled Egg Green Smoothie (spinach, almond milk, mango, banana)	Overnight Oats Cup of Berries Hard Boiled Egg	Cottage Cheese Strawberries and bananas	Mozzarella Tomato Basil Frittata Greek Yogurt
LUNCH	Buffalo chicken with black beans, corn, romaine lettuce and Greek yogurt "ranch" and avocado slices.	Strawberry Avocado Couscous salad with Lime Vinaigrette with Grilled Chicken	Fiesta Bean Salad	Tuna Stuffed Avocado	Chopped Chicken Salad (rotisserie chicken, lettuce, black beans, cheese, cilantro, avocado, pepper and lime juice)	Chicken Lettuce Wraps	Quinoa Power Salad
DINNER	Winter Kale Salad with Grilled Chicken	Lemon Pepper Salmon with Asparagus	Turkey Taco Quinoa Skillet with Avocado	4oz Sirloin cabbage slices with EVOO and buttered corn on the cob	Chicken and Broccoli Stir fry with Cauliflower Rice and Egg	California Steak Salad with avocado slices and chimichurri dressing	Grassfed Beef Cheeseburger with Roasted Veggies
SNACK	Apple Slices with Almond Butter	Chocolate Banana Peanut Butter Greek Yogurt Smoothie	Handful of Berries and 2oz Trail Mix	Peanut Butter Energy Balls	Roasted Chickpeas	Sesame Kale Chips	Cucumber Slices and Hummus

\*We also recommend Buttered Coffee from the Mill!!

# RECIPE RESOURCES

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# STEP 3

## GROCERY SHOPPING



- After you develop a meal plan, it's time to shop for the ingredients!
- Alternatively, some people may want to *start* with shopping and work backwards to the recipes. In other words, buy fresh, seasonal food and *then* figure out what to make with it
- We're fine with either approach as long as you make it a *repeatable system*

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## FOLLOW A SEQUENCE

We suggest starting with protein, which is the key ingredient of most healthy recipes. Then proceed to produce, healthy fats, and other items

2

## READ EVERY LABEL

Always read the full ingredient list. Watch out for anything with artificial ingredients or added chemicals. Better yet, buy food with no labels (e.g. vegetables)

3

## BE CAUTIOUS OF HEALTH CLAIMS

If a product says “added vitamins”, “fat free”, “no added sugar”, “contains real fruit”, or “natural”, it’s probably not that good for you

4

## SPEND THE EXTRA MONEY

You get the most value when spending your health money on organic, grass-fed, or pastured proteins. If you have additional budget, opt for organic produce

5

## GET “NO PREP” OPTIONS

Have some emergency options available for every food group. For example: sugar-free jerky (protein), carrots (vegetable), and raw nuts (healthy fat)

6

## BUY IN BULK

You can store meat, veggies, and other items for a long period in your freezer. This is crucial if you don’t have time to shop every week

7

## MAKE YOUR OWN SAUCES

Commercial sauces and salad dressings often contain artificial and toxic ingredients. You can make your own with only a few ingredients

8

## DON’T SHOP WHEN YOU’RE HUNGRY

Hunger can reduce your willpower and lead you to buy higher quantities of food than you need

# HEALTHY SHOPPING LIST



## PROTEIN

### IDEAS

- Beef
- Lamb
- Bison
- Eggs
- Chicken
- Turkey
- Pork
- Game
- Beans
- Fish
- Seafood
- Cottage cheese
- Greek yogurt
- Tempeh



## VEGETABLES

### IDEAS

- Tomato
- Pepper
- Mushroom
- Asparagus
- Kale
- Spinach
- Peas
- Carrots
- Beet
- Broccoli
- Artichoke
- Br. Sprouts



## FRUITS

### IDEAS

- Apples
- Oranges
- Bananas
- Berries
- Melon
- Kiwi
- Grapefruit
- Papaya
- Grapes
- Cherries
- Lemons
- Peaches



## HEALTHY FATS

### IDEAS

- Mac. nuts
- Almonds
- Pistachios
- Brazil Nuts
- Walnuts
- Pine Nuts
- Pepitas
- Sun. seeds
- Avocados
- Pecans
- Coc. oil
- Olive oil
- Grass-fed butter



## SAFE STARCHES

### IDEAS

- Yams
- Sweet Pot.
- Plantains
- Squash
- Ancient grains (quinoa, buckwheat, amaranth)
- Whole grains (wheat, oats, brown rice)

(BEST BEFORE OR AFTER WORKOUTS)



## PANTRY / OTHER

### IDEAS

- Organic ghee
- Coconut aminos
- Balsamic vinegar
- Red Boat fish sauce
- Almond butter
- Coconut milk
- Tomato paste
- Canned tomatoes
- Herbs/spices





# STEP 4

## WEEKLY RITUAL

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- Establishing a “weekly ritual” is the final (and most important) step in your preparation
- This ritual should include meal planning, recipe selection, shopping, and food prep
- This process generally takes 2-3 hours, but can save you significant time during the week
- Most people choose Sunday, although feel free to choose the best day for your schedule

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# FOOD PREP IDEAS

## PROTEIN



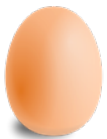
### STEWES & ROASTS

Use your crock pot to prepare a large quantity of protein every week. Split into small plastic containers in the fridge/freezer



### GRILLED MEAT

Pre-grilled steaks, chops, chicken, and other proteins are an easy addition to salads or any other meals



### HARD BOILED EGGS

Hard boiled eggs are a great source of "portable protein". They can be eaten as snacks or used to supplement other meals



### EGG BAKES

Consider a frittata (or similar dish) for an easy breakfast or snack option. It's also a great way to use extra veggies

## VEGETABLES



### WASH & CHOP

You can prepare raw veggies and store them in the fridge (best for salads) or freezer (best for stir fries)



### STEAMED VEGGIES

Vegetables like asparagus and cauliflower can be easily steamed and used as a side dish for any meal



### ROASTED STARCHES

Yams, sweet potatoes, and other starches provide an easy pre- or post-workout snack during the week



### FROZEN GREENS

Greens are great for super shakes. You can buy large quantities from the market and freeze them in Ziploc bags

## HEALTHY FAT



### SALAD DRESSING

You can make several healthy salad dressings with only a few ingredients: olive oil, lemon, mustard, garlic, and other herbs



### SNACKS

If you buy nuts in bulk, you may wish to split them into individual snack portions (using Ziploc sandwich bags)



### COCONUT OIL

Saturated Fats like coconut oil and grass-fed butter can boost your immune system and actually help you "burn fat." Get organic extra virgin oil at most local stores and can be cooked with or even added to your coffee.