

ULTIMATE NUTRITON SYSTEM WITH LORI KENNEDY, RHN

Welcome from Mike Whitfield & Workout Finishers



There's a reason this is called the "Ultimate Nutrition Package". I got with Lori Kennedy, RHN (and a woman that's a lot smarter than me when it comes to nutrition) and she didn't hold back.

Not only will you get some amazing recipes to banish your boring diet, but you'll also get strategies and habits to stick to your diet forever and develop lifelong habits.

Take your time and read through this entire system to banish yo-yo dieting for good and discover that you can "diet" without "dieting".

Lori has put a ton of information here, so take your time and use these strategies to improve your nutrition to not only look better, but perform and feel better, too.

Also, be sure to check out my friend Lori Kennedy's website at <http://www.wowweightloss.ca/> for more solid nutrition information.

**To lifelong nutrition habits,
Mike Whitfield, CTT
Author, Workout Finishers**

PS – For more metabolic finishers, check out these sites:

www.WorkoutFinishers.com - Get 40 metabolic finishers you can use with any workout for shocking fat loss results

www.TrainwithFinishers.com - Blog dedicated to metabolic resistance training and finishers

www.facebook.com/WorkoutFinishers - See you on facebook? Yes, you will.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Five Habits Cheat Sheet

Research says it takes twenty-one days to implement a new habit. It seems very hard to focus on only one habit at a time. When you start to dwell on all of the bad habits you want to change into good habits it can get very overwhelming.

Sometime over the next day or so, take twenty minutes out of your day and create a list of habits you want to add in or take out of your life. Prioritize them. Work on one habit at a time.

Throughout our time together, it is my hope that you will form healthier eating habits that enable you to make better food choices. Below is a list of five questions that will help you create better eating habits.

1. Where is the complete protein? Does your meal include a 3–4 oz. portion of protein? If not, find a lean protein source such as lean meat, fish, or a combination of grain and legume.
2. Where are the veggies (preferably green ones)? Does your meal or snack include at least a cup raw or half a cup of cooked vegetables? Have them steamed or stir fried preferably, but make sure you have at least five servings per day.
3. Where are the carbs? If you have fat to lose, make sure that the carbs you are choosing are high-fiber, low-sugar carbs. Choose beans or lentils instead of bread, rice, pasta or potatoes.
4. Where are your fats coming from? Get your fats from mono-unsaturated sources such as olive oil, olives, avocado, and even chia or flaxseeds. You need to have a modest amount of fat throughout your day. They are essential for your health and also help to keep you feeling satisfied.

Behavioral Habit Goals:

Create a list of three behavioral goals you will implement over the course of the next six weeks. Focus each goal on one behavior you need to either extinguish or add into your life.

1. _____
2. _____
3. _____

Five Tips to Reduce Toxic Load

To reduce your body's toxic load without an elaborate cleansing program, you can try the following:

1. Gentle Detox:

Use foods and herbs that support liver, kidney, and colon detox. Drinking a glass of warm water with the juice of half a lemon first thing in the morning is an easy way to support liver health.

Encourage elimination through the skin (the largest organ for elimination) through sweating and dry brushing.

2. Buy and eat organic foods as much as possible to reduce exposure to pesticides and herbicide.
3. Avoid processed, packaged foods – chemical ingredients, artificial sweeteners, and trans fat – your body doesn't recognize them as food, and will spend a lot of energy processing, detoxifying, and eliminating them.
4. Avoid alcohol – processing alcohol is a lot of work for the liver.
5. Upgrade your personal and household products to reduce the amount of harmful chemicals that you are regularly exposed to.

Food and Cravings

<i>If you crave this . . .</i>	<i>what you need is . . .</i>	<i>and here are healthy foods that have it . . .</i>
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves' liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High-protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato-peel broth, seaweed, bitter greens
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens,

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		black cherries
Burned food	Carbon	Fresh fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat's milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. <i>You need 8–10 glasses per day.</i>
Preference for solids rather than liquids	Water	You have been so dehydrated, for so long, that you have lost your thirst. Flavor water with lemon or lime. <i>You need 8–10 glasses per day.</i>
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds. <i>Avoid refined starches</i>
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds. <i>Avoid refined starches</i>
	Tyrosine	Vitamin C supplements or orange, green and red fruits and vegetables

1. *Lectures, Cheryl M. Deroin, NMD, Southwest College of Naturopathic Medicine, Spring 2003 (healthy food recommendations)*
2. *Bernard Jensen, PhD, The Chemistry of Man B. Jensen Publisher, 1983 (deficiencies linked to specific cravings and some food recommendations)*

Goal and Intentions

My **six-week (change to display length of program)** goal is (state in a specific and measurable way):

My three-month goal is (state in a specific and measurable way):

What is my reason WHY? The reasons why I want to achieve these goals are (ask yourself “why” five times, each time digging deeper into the ultimate reason – connect your outcome with an emotion):

What I will be feeling and doing when I achieve these goals:

When I get stuck or fall off the wagon, I will do this to get back on track:

I appreciate my body as is, because:

Instant Flat-Belly Strategies

1. Ban Bloat

A lot of times we feel "big" in the middle, not because of fat (thankfully!), but because of what's going on in our stomach. Keeping our digestive system happy, especially avoiding bloat, can go a long way in helping us look and feel slimmer.

Here are a few tips to ban bloat:

- Use herbs such as basil, dill, ginger, fennel, and mint – all of these herbs have gas-relieving properties.
- Introduce fiber-rich food gradually – fiber is great, but if you are not used to a fiber-rich diet and suddenly eat a lot of fiber-rich food, your GI tract will act up.
- Cook beans properly – soak beans for at least four hours, and use spices or kombu to improve digestibility.
- Notice how your body reacts to vegetables such as broccoli and cabbage.
- Look for potential food intolerance (e.g., lactose or gluten) – if your body cannot digest and assimilate these properly, they can cause gas.
- Yoga poses, such as twisting, can help relieve gas – these poses stimulate the movement of the smooth muscles of the intestinal walls and help "move things along".

2. Reduce Fluid Retention

You can easily gain 3–5 pounds, and a dress size around the waist, if you are experiencing water retention. For most women, hormonal fluctuation is the main cause of fluid retention. Although you may not be able to get rid of all the fluids that Mother Nature imposes on you, there are a few things you can do to minimize the "impact":

- Stay hydrated
- Reduce salt intake
- Reduce sugar intake
- Reduce toxic load and detox regularly
- Use herbs with diuretic properties, such as dandelion greens, uva ursi, corn silk, alfalfa, stinging nettle, celery seeds and parsley
- Use the sauna to help relieve stored water

3. Facilitate Elimination

Facilitating elimination can help get rid of "dead weight" that is bogging you down. It also helps to reduce your toxic load, which can cause you to hold onto excess weight.

Here are a few things you can do to help "move things along":

- Drink fresh carrot and apple juice to aid colon detox
- Drink a cup of warm water with two tablespoons of fresh lemon juice, first thing in the morning – it is very alkalizing and cleansing
- Exercise regularly – movement helps peristalsis
- Ensure adequate intake of dietary fiber – fruits, vegetables, whole grains, flaxseed, wheat bran, and psyllium husk.

Tips to Creating Meals in Under Ten Minutes

- **Start the Sunday Night Ritual: Integrate an hour on Sundays to plan and prepare meals.** Get your family involved in a fun way to help you prepare the meals for the week. Give everyone (kids and husbands) an appropriate job. For example: Husband BBQ's chicken breast and kids can wash the vegetables and fruit, and separate into baggies. Put on music, funny aprons, etc.
- **Boil a dozen eggs at a time and refrigerate.** You don't have to eat the whole egg; you can break away the whites (protein). Hard-boiled eggs will last at least five days in the fridge, and are a great compact snack.
- **Cook eight chicken breasts at a time.** Grill, BBQ, bake or broil with your favorite seasonings. Great for slicing over salad, or even having half of one as a snack. Keep 3–4 in the fridge, and individually freeze the rest. Take out a frozen breast the night before.
- **Chop up vegetables and store in individual containers.** Chop up whatever vegetables you like to eat raw. A good tip for making them last is to wrap them in a coffee filter. The filter will absorb any excess water, so they will last longer.
- **Wash entire heads of lettuce and chop for salads.** Store lettuce in an appropriate container. If it is already chopped up, it is very easy to make a salad in the morning.
- **Make a vegetable soup.** Make your favorite soup recipes and make enough soup for a week. Store 2–3 servings in the fridge. Put the rest in individual containers and store in the freezer.
- **Cook a huge amount of vegetable stir-fry.** Throw a bunch of vegetables into a wok and stir-fry with unlimited condiments of your choice. Store in the fridge in individual containers, so they are ready to grab. Add a chicken breast to it. This way, dinner is almost ready without having to cook when you get home from work.
- **Open and rinse cooked beans or lentils.** Open a can of your favorite beans and rinse until it stops foaming. Measure half-cup servings and store in individual containers, so they are ready to grab.
- **Pick 1–3 recipes and cook ahead of time.** Using the recipes provided, cook and freeze. Take out the meal in the morning, so it will be defrosted by dinnertime. Add a side of stir-fry or salad.
- **Portion out nuts/seeds.** Buy your favorite nuts/seeds in bulk and store in containers in the fridge. Portion out your weekly serving amounts into snack bags. This makes it really handy to grab and go.
- **Create a standard grocery list.** Create a standard list of the foods you run out of on a weekly basis. Ask your husband and your children to get the items on the list for you.

- **Eat the same lunches and snacks on Monday, Wednesday and Friday, and then switch on Tuesdays and Thursdays.** Planning to eat the same things on alternate days cuts down on the need to plan, grocery shop and prepare ahead of time. This way, you always know what you are having and can use the leftovers for lunches.

Apple Cinnamon Pancakes

Makes 2 servings

Ingredients:

- 1 cup plain oatmeal (old fashioned or quick oats, not instant)
- 1 cup egg whites (6 whites) or egg substitute
- ½ cup 1% cottage cheese
- ½ teaspoon cinnamon
- 1 tablespoon raw honey
- ½ tablespoon baking powder
- ½ sweet apple (such as Golden Delicious), chopped (½ cup)
- Oil spray

Directions:

1. In a blender, combine oatmeal, egg whites, cottage cheese, cinnamon and honey; process until smooth. Add baking powder and process briefly, just enough to mix it in.
2. Stir in chopped apple by hand.
3. Coat a medium nonstick skillet with oil spray and heat over low flame. Pour ½ cup pancake batter into pan. When pancake is golden underneath (use spatula to peek), flip and cook for a few minutes on other side. Transfer cooked pancake to a plate, and repeat process with remaining batter to make 4 pancakes.
4. Serve with sugar-free syrup or a dusting of cinnamon.

Per serving: 327 calories, 5 g total fat, 1 g saturated fat, 1 mg cholesterol, 46 g total carbohydrate, 6 g dietary fiber, 26 g protein, 438 mg sodium.

Breakfast Burrito

A breakfast that would make *anyone* happy to get out of bed.

Makes 1 serving

Ingredients:

- 1 teaspoon butter
- 1 egg + 2 egg whites
- 2 green onions, white and pale green parts, sliced
- 1 ounce reduced fat cheddar cheese, chopped (such as Cabot)
- 1 low-carb or high-fiber wrap (such as La Tortilla Factory)
- 2 tablespoons salsa

Directions:

1. Over medium heat melt butter and add eggs and green onion. Scramble until almost set, and add cheese. Cook a few more minutes until eggs are set and cheese is melted. Turn off heat.
2. Place wrap on a plate and microwave it for 20 seconds to warm. Spread the salsa in the center, and top with eggs. Wrap up the burrito and enjoy hot.

Per serving: 304 calories, 15 g total fat, 3 g saturated fat, 221 mg cholesterol, 25 g total carbohydrate, 13 g dietary fiber, 31 g protein, 902 mg sodium.

Cottage Cheese, Blueberries and Flax Breakfast

Not up for cooking a hot breakfast? This instant meal hits the spot with appetite-taming protein and fiber, and just the right amount of juicy sweetness from the berries.

Makes 1 serving

Ingredients:

- 1 cup 1% cottage cheese
- 1 tablespoon milled flaxseed
- ½ cup fresh blueberries

Directions:

1. Combine cottage cheese, flaxseed and blueberries in a bowl, stirring to combine if desired. Eat with a spoon.

Per serving: 275 calories, 7 g total fat, 3 g saturated fat, 7 mg cholesterol, 20 g total carbohydrate, 6 g dietary fiber, 33 g protein, 918 mg sodium.

Chocolate-Cherry Smoothie

Makes 1 serving

Ingredients:

- ¾ cup nonfat milk or unsweetened soymilk
- 12 frozen cherries
- 1 scoop chocolate whey protein powder (1/3 cup)

Directions:

Add milk, cherries and whey protein to blender pitcher; blend until smooth. Add 2-5 ice cubes (before blending) for a thicker smoothie.

Per serving: 243 calories, 1 g total fat, 1 g saturated fat, 34 mg cholesterol, 28 g total carbohydrate, 2 g dietary fiber, 31 g protein, 137 mg sodium.

Strawberry Banana Shake

Makes 1 serving

Ingredients:

- 10 strawberries (fresh or frozen)
- ½ banana
- 1 tablespoon flax seed oil
- 1/2 teaspoon vanilla extract
- 1 heaping scoop (1 oz) of protein powder of choice
- 2-3 ice cubes (optional)

Directions:

Place all ingredients in a blender and process at high speed until well combined. You may want more or less ice, depending on how cold you like a smoothie.

Chicken with Red Lentils and Artichoke Hearts

Makes 4 servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 4 garlic cloves, minced (1 tablespoon plus 1 teaspoon)
- ½ red onion, chopped (½ cup)
- 1 (14.5-ounce) can diced tomatoes with Italian seasoning, **not** drained
- 1 cup water
- ½ cup red lentils
- Oil spray
- 4 (4-ounce) skinless boneless chicken breasts (1 pound)
- Salt
- Freshly ground black pepper
- 1 (6.5-ounce) jar marinated quartered artichoke hearts
- 3 ounces feta cheese, crumbled (¾ cup)

Directions:

1. Place large nonstick skillet over medium heat; when hot, add oil. When hot, add garlic and onion. Cook, stirring gently, about 2 minutes, until fragrant. Add tomatoes and water; bring to a simmer.
2. Stir in lentils; simmer 12 minutes, or until most liquid has evaporated and lentils are tender.
3. While lentils cook, place medium nonstick skillet over medium-high heat. When hot, coat with cooking spray. (If using gas stove, remove pan from burner just long enough to spray away from flame.) Add chicken and season lightly with salt and pepper. Cook 5 to 6 minutes on each side, or until cooked through. Remove from heat.
4. When lentils are done, gently stir in artichoke hearts and sprinkle feta over lentil mixture. Cover pan and cook 2 minutes to soften cheese.
5. Place ½ cup lentil mixture on each plate; top with a chicken breast and another ½ cup lentil mixture.

Per serving: 382 calories, 11 g total fat, 3 g saturated fat, 89 mg cholesterol, 25 g total carbohydrate, 8 g dietary fiber, 46 g protein, 814 mg sodium.

Salmon Cakes with Green Onion, Ginger and Garlic

Serve over steamed or sautéed cabbage or bok choy, or with stir fried vegetables or rice.

Makes 3 servings, 2 cakes each

Ingredients:

- 2 (5 ounce) cans boneless skinless pink salmon
- 3 green onions, sliced thin
- 1 tablespoon minced ginger
- 2 teaspoons minced garlic
- ¼ teaspoon salt
- ¼ cup whole wheat panko (or breadcrumbs)
- 1 egg
- ½ teaspoon sesame oil

Directions:

1. Combine salmon, green onions, ginger, garlic and salt in a large bowl and mix well. Add panko and egg and mix gently to combine. Form into 6 patties.
2. Heat sesame oil in a large skillet over medium flame. When hot, add salmon patties. Cook without disturbing for 4-5 minutes or until bottom is golden and crisp, then gently flip with a pancake turner. Cook an additional 4-5 minutes on other side.

Per serving: 165 calories, 6 g total fat, 2 g saturated fat, 105 mg cholesterol, 8 g total carbohydrate, 1 g dietary fiber, 20 g protein

Superfast Chili

Preparation time: 5 minutes.

Cooking time: 10 minutes.

Ingredients:

- 1 lb. ground beef or ground turkey, organic and grass fed preferred
- 2 cans of 15 oz. black beans
- 2 cans of 8 oz. tomato sauce
- 1 jar of medium or hot, chunky salsa
- 1 tablespoon chili powder
- ½ cup frozen corn

Directions:

1. Cook beef or turkey on medium-high heat in a big pot until browned. Drain excess fat from the meat.
2. Drain one can of beans and mash.
3. Add all ingredients to the pot and mix together.
4. Heat on medium until heated through.

Beet, Edamame and Egg Salad

A vibrant and colorful combination, dressed with a light lemon-Dijon vinaigrette. Although you can't beat fresh beets for flavor and texture, canned can be used to decrease prep time.

Makes 2 servings

Ingredients:

- $\frac{3}{4}$ pounds beets without greens or $1\frac{1}{2}$ pounds with (or a combination of red and golden), stems trimmed to 1"
- 4 large eggs
- $\frac{1}{2}$ cup frozen shelled edamame
- 2 cups arugula
- $\frac{1}{4}$ red onion, thinly sliced ($\frac{1}{2}$ cup)
- 1 tablespoon distilled white vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons Organic Zero
- 1 teaspoon fresh or bottled lemon juice

Directions:

1. Preheat oven to 400°F.
2. Scrub beets under cold running water; dry well. Place a 12 x 14" sheet of foil on work surface. Place 1 beet in center; fold foil over so ends meet. Crimp edges to seal and form air-tight packet. Repeat with remaining beets. Place packets on baking sheet; roast 1 hour. Remove from oven; allow to cool 5 minutes.
3. Wearing protective gloves, pierce top of each foil packet to allow steam to escape. Remove beets from packets. Peel; cut lengthwise into 6 wedges. Keep golden beets separate from red to avoid staining. (May be prepared up to 2 days in advance and refrigerated in covered container.)
4. Place eggs in medium saucepan; add COLD water to cover by 1". Bring to boil over high heat; cook 2 minutes. Add frozen edamame. Return to boil; cook 8 minutes. Remove from heat. Drain hot water and fill pot with cold water.
5. Let eggs and edamame rest in cold water 4 to 5 minutes; drain and blot dry with paper towel. Peel eggs, discarding shells and 2 yolks. Chop remaining eggs and egg whites.
6. Arrange 1 cup arugula on each of 2 plates; divide onion, beets, edamame and chopped egg evenly between salads.
7. In small bowl or measuring cup, combine vinegar, mustard, Splenda and lemon juice. Whisk to blend. Drizzle over salads or serve on the side.

Per serving: 242 calories, 8 g total fat, 2 g saturated fat, 211 mg cholesterol, 26 g total carbohydrate, 8 g dietary fiber, 20 g protein, 324 mg sodium.

Meatballs Marinara

Makes 8 servings

Ingredients:

- 1 ½ pounds 96% lean beef
- 1 ½ pounds 99% lean ground turkey breast
- ½ cup plain oatmeal (quick oats, not instant)
- ¾ cup egg whites (4 whites)
- 1 tablespoon dehydrated onion flakes
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 ½ teaspoons seasoned salt
- ¼ teaspoon black pepper
- Oil spray
- 4 cups marinara sauce

Directions:

In a large mixing bowl, combine beef, turkey, oatmeal, egg whites, onion flakes, garlic powder, Italian seasoning, seasoned salt, and pepper. Mix well with hands.

Coat a large nonstick skillet with cooking spray. Form meat mixture into 2" balls and place a single layer in skillet.

Cook over medium heat, turning with tongs to brown meatballs on all sides. Transfer browned meatballs to a large soup pot.

Continue to shape and brown meatballs in batches until all of the meat mixture is used up.

Pour marinara sauce over meatballs; cover and cook 45 minutes over very low flame. Transfer to serving dish.

Without sauce: Per serving: 272 calories, 9 g total fat, 3 g saturated fat, 105 mg cholesterol, 4 g total carbohydrate, 1 g dietary fiber, 41 g protein, 573 mg sodium.

With marinara sauce: Per serving: 316 calories, 10 g total fat, 3 g saturated fat, 105 mg cholesterol, 11 g total carbohydrate, 3 g dietary fiber, 42 g protein, 731 mg sodium

Mushroom Miso Soup with Ground Turkey

Makes 4 servings

Ingredients:

- 1 pound 99% lean ground turkey breast
- 1 ½ pounds mixed mushrooms, sliced (such as portobello, crimini, oyster, beech, shitake)
- 6 scallions, white and light green parts only, sliced
- 6 cups water
- ¼ cup + 2 tablespoons miso

Directions:

In a large soup pot, cook turkey breast for 5-8 minutes over medium heat until no pink color remains; crumble with a wooden spoon or spatula.

Add mushrooms to pot; cook 5 minutes, stirring occasionally, to soften.

Add scallions, water, and miso; stir to combine. Bring to a boil, reduce heat to low, and cover. Simmer 15 minutes.

Per serving: 248 calories, 3 g total fat, 1 g saturated fat, 69 mg cholesterol, 18 g total carbohydrate, 6 g dietary fiber, 36 g protein, 1044 mg sodium.

Butternut Squash Soup

This soup is very tasty. The ginger adds a lot of flavor and zing. A very rich and comforting soup.

Makes 6 to 8 servings

Ingredients:

- 2 butternut squash (beige colored, pear shaped squash)
- 3 onions, chopped
- 1 head garlic
- Olive oil
- 1 tablespoon curry powder, mild
- 2 tins organic chicken broth (found in natural foods section of grocery store) or your own
- 1 tablespoon fresh ginger, chopped

Directions:

1. Preheat oven to 350°.
2. Wash squash and pierce twice. Place both squash whole, in a large baking dish or baking sheet. Bake at 350° for one hour or until well done.
3. In the same oven, take one head of garlic, slice small amount off top and drizzle with 1 teaspoon olive oil. Wrap in foil and place next to squash.
4. When well done, let squash cool, then cut lengthwise and scoop out seeds and discard. Scoop out the squash and place in large pot.
5. In frying pan, add 2 teaspoons olive oil and sauté onions until quite golden and soft. Add curry powder and ginger, and blend for 1 minute. Add chicken broth and squash. Squeeze garlic from its skin and add to squash mixture. Mix well and simmer for 5 mins to blend flavors.
6. In small batches, blend in blender until smooth. Add more broth or a little water if needed.
7. Serve with 1 piece whole grain crusty bread (Ezekiel).

Freezes well.

Vegetable Soup

Makes 9 cups

Ingredients:

- 6 cups broth
- Cooking spray
- 2 carrots, peeled and diced
- 1 large onion, diced
- 4 teaspoons garlic, minced
- 1/2 cabbage, chopped
- 1/2 pound frozen green beans
- 2 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 large zucchini, diced

Directions:

1. Bring the broth to a boil.
2. Use a small amount of oil to coat the pot. Heat the pot on MEDIUM HIGH. Add the carrots, onion and garlic and cook for about 5 minutes. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil. Cover, reduce the heat to MEDIUM and simmer for about 15 minutes or until the beans are tender.
3. Add the zucchini and cook until they are tender.
4. Serve and enjoy!

Brussels Sprouts with Feta Cheese

Makes 4 servings

Ingredients:

- 1 pound Brussels sprouts
- 1 teaspoon extra virgin olive oil
- Salt and pepper to taste
- 1 ounce crumbled feta cheese

Directions:

1. Preheat oven to 425°F; cover a baking sheet with foil.
2. Halve Brussels sprouts; toss with oil in large mixing bowl. Arrange sprouts on baking sheet in single layer; season with salt and pepper. Bake 25 minutes, stirring halfway through.
3. Remove pan from oven; sprinkle blue cheese over sprouts. Return to oven for 2-3 minutes to allow cheese to melt.

Per serving: 96 calories, 4.5 g total fat, 2.5 g saturated fat, 13 mg cholesterol, 10 g total carbohydrate, 4 g dietary fiber, 6 g protein, 187 mg sodium.

Blueberry Oat Squares

Ingredients:

- 1 cup rolled oats
- 1 ½ cups spelt flour (or other non-wheat flour)
- 1 teaspoon baking soda
- ⅔ cup plain goat's milk yogurt or Greek yogurt
- 1 cup milk (almond/unsweetened soy)
- 2 tablespoons sweetener (apple sauce)
- 1 egg
- ½ cup blueberries
- 1 tablespoon cornstarch

Directions:

1. Preheat oven to 425° F. and grease a 10" square pan.
2. Blend oats, flour, baking soda, yogurt, milk, sweetener, and egg. Toss blueberries with cornstarch and stir in.
3. Spread into pan and bake 10-15 mins, or until fully set.
4. Cut into squares, approx. 2x2 inches.
5. 1 square is 1 serving.

High-Protein Banana Walnut Muffins

Makes 12 servings

Ingredients:

- 1 cup plain oatmeal (quick oats, not instant)
- ½ cup whole wheat flour (preferably whole wheat pastry flour or white whole wheat flour)
- ⅔ cup vanilla whey protein powder (2 scoops)
- ½ cup Organic Zero
- ¼ teaspoon salt
- ¾ teaspoon baking powder
- ½ tablespoon baking soda
- 3 tablespoons finely chopped walnuts (¾ ounce) (plus additional for sprinkling, optional)
- ¼ cup egg whites (2 whites)
- 3 ounces plain nonfat Greek yogurt
- 1½ very ripe bananas
- 1 teaspoon vanilla extract
- ½ tablespoon macadamia nut oil or canola oil
- Cooking oil spray

Directions:

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine oats, flour, protein powder, Organic Zero, salt, baking powder, baking soda, and walnuts; stir to mix.
3. In a blender pitcher, combine egg whites, yogurt, bananas, vanilla, and oil; process until smooth.
4. Pour liquid ingredients into bowl with the dry ingredients; mix just until uniformly moistened.
5. Thoroughly coat wells of a standard size or jumbo muffin tin with cooking spray, or use paper cupcake liners. Divide batter between muffin wells. If desired, sprinkle with additional diced walnuts.
6. Bake 13 minutes for standard-size muffins, 19 minutes for jumbo muffins. Allow to cool 5 minutes before removing from pan.

Per serving: 102 calories, 2 g total fat, 0 g saturated fat, 5 mg cholesterol, 14 g total carbohydrate, 2 g dietary fiber, 7 g protein, 105 mg sodium.

More Resources to Fat-Torcing Finishers To Use With Your Favorite Workouts

www.WorkoutFinishers.com - Get 40 unique metabolic workout finishers to use with any program (and some can be used as an intense short workout).

www.TrainwithFinishers.com - The new blog dedicated to metabolic workout finishers

www.AbFinishers.com – The latest cutting-edge ab exercise combined with the power of metabolic finishers

- ✓ Burn fat in just minutes with YOUR favorite workouts
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- ✓ Done in just a fraction of the time cardio takes – with better results

Winner of the 11th Turbulence Training Transformation Contest, Philip Lost 34 lbs in Just 12 Weeks!



“Mike really changed up my vision of a workout” – Philip

I Have Lost Over 50 lbs and 15% Body Fat



“ He had a fresh approach to training”- Robin