

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Get back on track with this 30-Day Challenge



Are you ready to get back on track, reset, and replace those not-so-great habits that have crept back in with some better ones? If so, this challenge is for you. This challenge will take you back to the basics. That does not mean that you're going to drink protein shakes and eat sugar-free gelatin all day. After all, unless you're planning to survive for the rest of your life that way (I hope not!), it won't do you much good.

This 30-day challenge takes some prep work. Instead of focusing on a new habit each day, you'll need to focus on several habits all at once—for 30 days. To do it right, you'll need to spend a few days to set yourself up for success. If your life is crazy right now—this challenge may be of more benefit at a later time. Print it out, put it in your "to do" pile and pull it out again when life settles down—at least a bit.

Challenge 1: *Take the right vitamins every day for 30 days.*

Vitamins—you are taking them every day, *right*? If you have any questions about what you need, give your nutritionist a call. In order to meet this challenge, you'll need to have your vitamin supplements on hand and be sure to take them. That may mean putting them in your pill divider, keeping extras in your purse or on

your desk, putting them out in plain sight, or setting reminder alarms on your phone.

Let's do a quick check-up. In general, this is what you need:

- Multivitamin and mineral supplements: Flintstones Complete (2), Centrum Chewable (2), Centrum (2), Bariatric Advantage (per package), Celebrate (per package), or Bariatric Fusion (per package). Pills are fine, chewables are great, but gummies are not—they are missing 2 important B vitamins, thiamin and riboflavin. Patch vitamins are not recommended – they do not appear to be fully absorbed.
- Calcium Citrate 1500 mg.
- Vitamin D3 1000-2000 International Units. Add up the amount of vitamin D3 in your multivitamin and calcium supplement. If it's not at least 1000 International Units or if your vitamin D3 labs are low, you may need more.
- Sublingual Vitamin B12 - need is based on lab values.
- Iron supplement – only if lab values indicate need.

Challenge 2: *Track your food intake and exercise every day for 30 days.*

Studies have shown that people who track their food intake and exercise are more likely to be successful at both losing weight and in keeping it off. Tracking cuts down on mindless munching, increases awareness of what and how much is eaten, teaches the nutrition content of foods, helps to reduce portions, give you a realistic idea of calories in and calories out, and measures actual exercise completed rather than planned exercise.

You can track your food and exercise on paper, using a free computer program or a phone app. If you're not already tracking, figure out how what works best for you as part of your 30-day challenge.

Challenge 3: *Meal Plan*

Success does not just happen—you need to plan for it and set yourself up for it. So challenge 3 involves meal planning for the next 30 days—yep, all 30 days. Once this is done, you're all set for the month—no need to wonder what's for dinner because it's all laid out. Use the 30-Day Challenge snack and meal options to plan out 3 meals and 3 snacks each day. Note: If you are very active or a larger man, you may need to adjust portion sizes.

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Check with your nutritionist if you have questions.

Then clean out the cupboards, refrigerator, and desk drawer and restock with the healthy foods you've planned for. You know the basic rules; calorie-free beverages between meals, limit added sugars to 2 grams or less per serving, and eat fewer processed foods. Don't forget to plan for some delicious clean drinks like infused water.

Put the foods / meals you've selected in your tracking system—no matter if that is a spreadsheet, a website or a phone app. This will make it a cinch to calculate your protein and calories.

Challenge 4: Increase Exercise

Regular exercise will reduce stress, help you sleep better, boost your mood, and make a bunch of positive changes in your body way down at the cellular level. Our bodies need to move every single day to be healthy.

Take your current fitness level and aim to improve it in the next 30 days. We're all different—what would you like to see in the next 30 days? It could be walking a specific number of steps a day, going to a specific number of exercise classes a week, a certain amount of time on the treadmill/bike/elliptical, a specific number of pool laps, or any other exercise goal that you can measure.

Some things to keep in mind before embarking on your 30-Day Challenge:

- Take the time to prepare before you start. Give yourself a few days at least to plan meals/snacks, shop, get your tracking set up with the foods you plan to eat, etc. If you jump into the challenge without this, you'll be struggling to keep up.
- You can make substitutes to the meal plan; just make sure the

food's nutritional content comes close to the food it is replacing.

- Be sure to get enough sleep. A lack of sleep increases carb cravings and calorie intake.
- If you're a stress eater, you may want to add another challenge to practice one stress reduction technique daily. I could be simple breathing exercises, meditation, yoga poses, quiet time, uplifting music or anything else that helps you to ease the feelings of stress.
- What can you expect to get out of this 30-Day Challenge? It depends on the amount of effort you put into it. The behaviors on

the 30-Day Challenge are important behaviors to keep in place for life. Thirty days is a good amount of time for those behaviors to start to feel more natural and automatic. The behaviors are the really the goal—weight, fitness, and well-being will follow.

- You may lose a few pounds during the 30 days, but keep in mind this is not a crash diet, but a way of living. You will most likely be able to do more physical activity at the end. Perhaps your stress level will be lower, you may have an enhanced sense of control, or you may sleep better. Think through how you will measure your success.

Snacks (100 calories, at least 4 grams protein)

Food/Drink	Cal	Pro	Fat	Cho
Almonds (14)	98	4	8	3
Apple (1/2 medium), Babybel cheese, light (1 wedge)	97	6	3	12
Rice cake (1) and peanut butter (2 tsp)	98	4	5	9
Walnuts (8 halves)	104	4	8	4
Hardboiled egg (1 large)	72	6	5	0
Dannon Oikos Triple Zero Yogurt	120	15	0	14
Kroger Carb Master Yogurt	60	8	1.5	4
Fairlife fat-free milk (1 cup)	80	13	0	6
Kroger Carb Master Chocolate Milk	80	11	0	7
Cottage cheese 2% (1/2 cup), cantaloupe (1/2 cup)	117	14	2.5	11
Babybel light cheese (1) and Ritz crackers (3)	98	6	6	6
Blueberries (1/2 cup), Kroger Carb Master Yogurt (1)	102	9	1.5	14
Strawberries (1/2 cup), Dannon Oikos Triple Zero Yogurt (1/2 cont.)	104	8	0	13
Cheddar Cheese (1 oz)	113	7	9	0
Deli turkey breast (2 oz), Laughing Cow Light cheese (1 wedge)	95	11	2.5	3
Deli lean ham (2 oz), Laughing Cow Light cheese (1 wedge)	85	11	2.5	2
Robert Irvine's Fit Crunch protein bar (1/2 of 44 gram bar)	95	7.5	4	7
Premier Protein (1/2 container)	80	15	1.5	2.5
Cottage cheese 2% (1/2 cup)	90	13	2.5	4
Shrimp cocktail (5 jumbo with sauce)	110	22	1	10
String cheese, light (2)	100	14	5	1
Soy nuts (1/4 cup)	130	12	6	9

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Meals (200-250 calories, at least 12 grams protein)

Food/Drink	Cal	Pro	Fat	Cho
Select 1 at each meal (6-23 grams protein, 60-120 calories)				
Lean cuts of meat (2 oz)	80	16	2	0
Chicken or turkey breast (2 oz)	84	17	2	0
Tuna, water packed (2 oz or 1/4 cup)	60	13	1	0
Crab, lobster, shrimp (2 oz)	81	15	1	2
Fish (2 oz)	73	15	1.5	0
Egg (1 large)	72	6	5	0
Egg Substitute (1/2 cup)	58	12	0	2.5
Premier Protein (1/2 carton)	60	15	1.5	2.5
Cottage cheese 2% (1/2 cup)	90	13	2.5	4
Dannon Oikos Triple Zero Yogurt	120	15	0	14
Whey Protein Powder	110	23	2	2
Fairlife fat-free milk (1 cup)	80	13	0	6
Fat-free milk (1 cup)	83	8	0	12
Select 1 for at least 2 of your meals (7-20 calories)				
Non-starchy vegetable (1/2 cup)	20	2	0	7
Salad greens (1 cup)	7	1	0	1
Select 1 at each each meal (40-80)				
Fruit, fresh (1 small piece or 1 cup)	53	1	0.5	13
Sweet Potato (1 small)	60	1	0	14
Baked Potato (1 small)	60	1	0	14
Bread (1 slice)	78	3	1	14
Bread, light (1 slice)	40	2	0	9
Pasta (1/3 cup)	73	3	0	14
Rice (1/3 cup, cooked)	68	1	0	15
Cereal, cooked (1/3 cup)	53	2	1	9
Beans, 1/4 cup	59	4	0	11
Select 1 for at least 2 meals (45-65 calories)				
Cheese (1/2 oz)	57	3.5	4.5	0
Mayonnaise or Salad Dressing (2 tsp)	63	0	7	0
Oil (1/2 Tbsp.)	60	0	7	0
Butter/Margarine (1/2 Tbsp.)	51	0	5	0
Salad Dressing, Ranch (2 tsp)	48	0	5	1

Recipes**Summer Quesadillas**

- 1/4 cup fresh cilantro leaves, chopped
- 1/4 cup reduced-fat sour cream
- 2 tbsp. low-fat mayonnaise
- 1 tbsp. fresh lime juice
- 1 tsp. grated peeled fresh ginger
- 1/4 tsp. curry powder
- 1/4 tsp. ground coriander, shredded
- 1/2 cup fresh salsa
- 3 tablespoons fresh cilantro, chopped
- 4 (8-inch) Mission Carb Control flour tortillas
- 3/4 cup Monterey Jack cheese, shredded

Sauté onion, corn and zucchini in oil until cooked through. Add cumin, black pepper and chicken to pan, stir and continue to cook until chicken is heated through. Stir in salsa and 2 tablespoons cilantro. Cook 2 minutes or until liquid evaporates, stirring frequently.

Place 1 tortilla at a time in a non-stick pan on medium high heat. Top evenly with 3/4 cup of chicken mixture and sprinkle with 3 tablespoons of cheese. Cook until bottom is lightly brown and crispy and cheese is melted. Remove from heat and garnish with 1/4 teaspoon of chopped cilantro. Repeat with remaining tortillas. Makes 4 servings.

NUTRITION INFORMATION PER SERVING:
377 calories, 31 grams protein, 18 grams fat, 34 grams, and 862 mg sodium.

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Recipes

BBQ Sauce

2 cups ketchup, reduced sugar
1 cup water
1/2 cup apple cider vinegar
2/3 cup Swerve (powdered erythritol)
1/2 tablespoon fresh ground black pepper
1/2 tablespoon onion powder
1/2 tablespoon ground mustard
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes. Makes 12 servings.

NUTRITION INFORMATION PER SERVING:
10 calories, 0 grams protein, 0 grams fat, 2 grams carbohydrate, 99 mg sodium.

CHALLENGE is the pathway to engagement and progress in our lives. Some challenges make us feel alive, engaged, connected, and fulfilled. Others simply overwhelm us. Knowing the difference as you set bigger and bolder challenges for yourself is critical to your sanity, success, and satisfaction.
Brendon Burchard

Get Rewarded!

*This month, you could earn a SPECIAL GIFT for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry — make sure your recipes follow Barix nutritional guidelines. **Tips must be submitted by July 31, 2017.** Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.*



Layered Mexican Salad

2 1/2 cups plum tomatoes, seeded and chopped
1/2 cup fresh cilantro, chopped
1/8 teaspoon cayenne pepper
1/4 cup lime juice
1 cup unsalted canned black beans, drained and rinsed
1/2 teaspoon ground cumin
2 cups romaine lettuce, chopped
1 1/2 cups rotisserie chicken breast, shredded
1 cup frozen corn kernels, thawed
1/4 cup prepared guacamole
2 ounces tortilla chips, lightly crushed
1/4 cup sour cream

In a bowl, combine tomatoes, onion, cilantro, cayenne, and 3 tablespoons lime juice in a bowl.

In a separate bowl, mix together beans, cumin, and remaining lime juice.

Spoon 1/4 cup of the tomato mixture into 4 large glasses or pint jars. Layer with romaine, chicken, corn, guacamole, tortilla chips, black bean mixture, and remaining tomato mixture. Garnish with 1 tablespoon sour cream and serve. Makes 4 serving.

NUTRITION INFORMATION PER SERVING:
305 calories, 18 grams protein, 11 grams fat, 38 grams carbohydrate, 478 mg sodium.