



FEN VERSUS FUNK

THE 4 WEEK BOOTCAMP FOR WOMEN

NUTRITION PLAN



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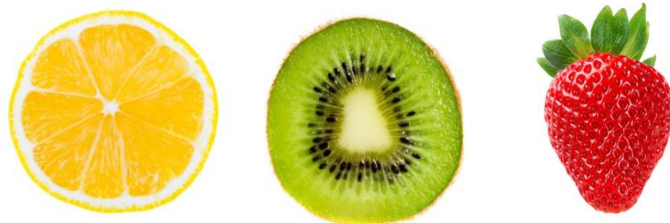
WOMEN AND NUTRITION: THE IMPORTANCE OF A HEALTHY DIET



The great debate... is diet or exercise more important for women's health? The answer, both! Exercise (cardiovascular, flexibility and strength training) is essential for heart health, building strong muscles, joint mobility, healthy bones and burning off those extra calories however, nutrition will greatly affect how you feel, your energy levels and your overall health from the inside-out! Once you start eating well and your nutrition is optimal, you will not only shed those unwanted pounds but you will be sure to feel great too! A few benefits to eating well are: weight loss, more energy, better sleep, less illness, healthier skin, hair and nails, happier, and an overall sense of rejuvenation. You will quickly learn and live by the saying "you are what you eat" because once you feel the benefits of optimal nutrition, you won't want to go back to your old eating patterns.

Nutrition and healthy food is about providing your body with all the essential micronutrients (minerals and vitamins), macronutrients (carbohydrates, proteins, fat), water and overall nutrients that it requires in order to properly function at the best possible level, everyday, in order to keep you healthy, happy and disease free, all whilst providing you with the energy and fuel your body needs to live and perform daily functions! Nutrition is important to sustaining life, for growth, activity and everyday normal functioning of the body, without it, we would not survive.

However, not all foods are equal and not all foods provide nutrients to your body. In fact, some actually harm your body and cause illness, disease and an overall unhealthy you!



Today, in North America, as a whole, we consume too few fruit and vegetables, too little water, too much refined white sugar and white flour, too little fibre, excessively large portions ("Would you like your meal Super-Sized?") and too little lean, clean protein (eggs, chicken and turkey breast, fresh fish). The result? An unhealthy individual who may already have or be well in his/her way to having high cholesterol, high blood pressure, Diabetes, heart disease, and cancer just to name a few. The good news is that these illnesses can be prevented through making healthy food choices and consuming a healthy diet, having a healthy mind, participating in regular physical activity and most important, having proper knowledge which you will learn throughout this ebook.

It is important to have balance, variety and eat in moderation to maintain proper health and nutrition. Consuming a variety of food from each of the macronutrients (carbohydrates, proteins and fats) will ensure you are getting all the essential nutrients you require through the fruits, vegetable, whole grains, healthy fats (nuts, seeds, avocado, healthy oils such as olive oil and flax oil), and lean proteins (meats, fish, dairy, soy, beans and legumes) you consume on a daily basis.

Each macronutrient supplies a different amount of calories; gram for gram and this energy is used to fuel the body or goes into fat storage if it is not needed.



WHAT IS A CALORIE?

A unit by which energy is measured. Food energy is measured in kilocalories (100 calories = 1 kilocalorie), abbreviated kcalories or kcal. One kcalorie is the amount of heat needed to raise the temperature of 1 kilogram (kg) of water to 1 degree Celcius.

MACRONUTRIENT	CALORIES
Carbohydrates	4
Protein	4
Fat	9
+ Alcohol	7

MAIN FUNCTION OF EACH MACRONUTRIENT:



CARBOHYDRATES provide energy for the body and are the body's #1 preferred fuel source. Certain carbohydrates (mainly simple carbohydrates) increase blood sugar levels and are known as HIGH glycemic index (GI) foods. Other carbohydrates (most complex carbohydrates) - along with protein and fat - are considered LOW Glycemic index foods as they do not raise blood sugar levels significantly; rather they release glucose into the bloodstream slowly. The result of consuming HIGH GI Foods is that they release the hormone insulin and the excess energy is unfortunately stored as body fat. So by consuming LOW GI foods, insulin levels remain in control and your body is better able to metabolize and burn fat efficiently.

PROTEINS assist with growth and repair of muscles and tissues and release the hormone Glucagon which is a fat burning hormone. Protein is needed to build and repair tissues and muscles. It is necessary for the formation of hormones, antibodies, and enzymes necessary for optimal bodily functions. Without protein, we would not survive. Proteins are chain-like molecules made up of individual links called amino acids. There are 22 different amino acids and the human body can produce 13 of these *non-essential* amino acids (known as non-essential because the body can manufacture them), and 9 amino acids, known as *essential* amino acids which the human body cannot produce and hence need to be consumed through food.



FATS provide insulation to the body's organs, provide a secondary fuel source in the form of stored fat when carbohydrates are not available. Fats, especially healthy fats provide numerous functions and are necessary to the body for optimal health. Essential fatty acids (omega-3, omega-6, omega-9) are required for cell membranes & hormone production. Healthy fats (polyunsaturated and monounsaturated fats) are needed to help maintain healthy skin and hair, lubricate your joints which allows for better mobility, helps to insulate the body and controls the body's temperature. Fats in general serve as a secondary energy storage system for the body, help with satiety, improve taste and help transport Fat Soluble Vitamins (A,D,E, and K) but not all fats are equal, some wreck havoc on your body and other improve your health.



THE IMPORTANCE OF FIBRE IN WOMEN'S HEALTH

Fiber is the indigestible (insoluble) portion of plant foods that is excreted from your body.

THE BENEFITS OF FIBRE:

Keeps you feeling full, longer

Helps with weight management

↓ constipation

↓ the occurrence of intestinal disorders

↓ the risk of cancer of the colon

↓ the risk of heart disease

↓ cholesterol

Assists in controlling diabetes

TWO TYPES OF FIBRE:

SOLUBLE FIBER

- Dissolves in water forming a gel hence they expand in the stomach keeping you feeling full longer
- Adds bulk to stools and softens them for easy transit through the intestines and colon
- Helps delay emptying of the stomach after a meal
- Helps to decrease absorption of bad cholesterol
- Helps to delay the absorption of glucose in the blood stream as fiber is a complex carbohydrate and is released slowly hence helps people with Diabetes.

SOLUBLE FIBER FOOD SOURCES:

Psyllium

Ground Flax seeds

Oats and Oat bran

Beans

Legumes

Nuts

Barley and other grains

Flax seed

Citrus fruit and apples

Most vegetables



INSOLUBLE FIBER

- Because it is insoluble in water, it adds bulk and helps move bulk through the intestines all whilst scrubbing the linings of the intestines and removing unwanted toxins.
- Promotes regular bowel movement and prevent constipation
- Helps prevent colon cancer by keeping an optimal pH in intestines to prevent microbes from producing cancerous substances

INSOLUBLE FIBER FOOD SOURCES:

Vegetables such as green beans
and dark green leafy vegetables

Fruit skins and root vegetable
skins

Whole-wheat products

Wheat oat

Corn bran

Assorted Nuts and Seeds

The other vital nutrients needed for the body and optimal health are water, vitamins and minerals. Although they do not provide energy (calories), they do play specific and fundamental roles in nutrition and thus should not be compromised.

WHY IS WATER SO IMPORTANT FOR WOMEN'S HEALTH?



- About 60% of our bodies are water!
- It is used during digestion
- It is needed for metabolism
- It is used for carrying oxygen through the blood
- It regulates body temperature
- It removes waste/toxins
- It assists with respiration
- Proper hydration is essential for healthy, younger-looking skin.
- Optimal Body Function
- It aids in weight loss
- It protects joints and muscles
- It protection from Disease and Infection
- It helps Keep You “Regular”

VITAMINS

- Must be consumed as the body cannot make them (With the exception of vitamin D)
- Are necessary for the metabolism of the macronutrients
- Are not a true source of energy but serve as a coenzymes
- Vitamins are organic substances: composed of carbon, hydrogen and oxygen.
- Vitamins combine with proteins in the body to form enzymes
- Ensure good health & protect against certain diseases
- Required for metabolism and to protect health
- Assist in the formation of hormones, blood cells, nervous-system
- Are responsible for keeping cells strong, binding tissues, fighting infections, etc.
- Help regulate metabolism
- Help convert fat and carbohydrates into energy
- Assist in forming bone and tissue



MINERALS

- Serve a variety of Functions
- 20-30 important minerals – all required in small amounts
- Potassium & Sodium assist with body fluid levels
- Calcium and Phosphorus essential for bone health
- Iron is needed for hemoglobin and oxygen transport
- Iodine helps regulate metabolism



FEN VS FUNK MENU PLAN BY LAURA D.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Cup 1% cottage cheese, ½ cup unsweetened apple sauce, cinnamon, 1 tbsp walnuts	½ c egg whites, 1 organic egg, ½ c spinach ½ oz (15g) part-skim mozzarella, 1 slice 100% rye bread	¾ cup cooked oatmeal made with water (not instant), cinnamon, 1/2 tbsp natural nut butter, 1/2 scoop vanilla Protein Powder	¾ cup Kashi Go Lean cereal (original), 3/4 cup skim milk mixed with 1 scoop vanilla protein powder, 1/4 c berries, 1 tbsp ground flax	1 cup plain Greek yogurt (0.1%), 1 cup berries or diced papaya, 1 tbsp nuts/seeds	Chocolate Banana Smoothie*	Eggs Benedict: 1 organic egg, 2 oz. extra-lean ham, ½ whole grain English Muffin, ½ tbsp light mayo, ½ tomato
AM Snack	1 cup Diced Papaya 10-12 Nuts	Berry Chocolate Mousse Parfait*	2 hard boiled eggs + 1 cup diced papaya	¼ cup Hummus, 2 cups mixed veggies	1 Cup diced papaya, 10-12 Nuts	½ cup 1% Cottage Cheese, 1/2 Cup papaya 1 tbsp nuts	¾ cup GREEK yogurt ½ c berries, 1 tbsp nuts/seeds
Lunch	Pasta Lunch: ¾ cup cooked brown rice pasta, 1 tbsp basil pesto, 4 oz grilled chicken, 1 cup broccoli floret's	Turkey Kofta Salad *	Sweet Potato Shepherd's Pie*	1 slice 100% rye, 3 oz. smoked salmon, 1 tbsp capers, shaved red onion, 2 tbsp light cream cheese, ½ Cup cantaloupe	Egg Salad Sandwich: 2 hard boiled Eggs, 1 tbsp light mayo, green onions and celery, 1 slice 100% rye bread, Green Salad w/ vinegar	Turkey Sandwich: 1 slice 100% rye, 3 oz. turkey meat (nitrate free), 2 tbsp hummus, 1 slice (~20g) Part-skim Mozzarella Carrot & Celery Sticks	Bocconcini Pesto Turkey Burger*
PM Snack	Very Berry Smoothie*	1 Cup diced papaya, 10-12 Nuts	¾ cup GREEK yogurt ½ c berries, 1 tbsp nuts/seeds	Tomato & Avocado Caprese Salad	2 hard boiled eggs + 1 cup diced papaya	3 oz. Poached Shrimp, 2 tbsp Cocktail Sauce, 1 cup mixed veggies	½ cup 1% Cottage Cheese, 1/2 Cup papaya 1 tbsp nuts
Dinner	Turkey Kofta Salad *	Fish N' Chips*	Salmon with Strawberry Salsa*	Mojito Lamb & Grilled Pineapple Salad*	Lemon-Oregano Scallop Skewers with Spinach Salad*	Grilled Steak Lettuce Tacos*	Honey-Balsamic BBQ Pork with Creamy Coleslaw*
	Approx. daily calories: 1300	Approx. daily calories: 1400	Approx. daily calories: 1400	Approx. daily calories: 1400	Approx. daily calories: 1350	Approx. daily calories: 1350	Approx. daily calories: 1300

IMPORTANT GUIDELINES

- Before Breakfast: 1 Cup Hot water with the juice of 1/2 a lemon
- Between Breakfast and Lunch: 1.5 Litre of Water
- Between Lunch and Dinner: 1.5 L of Water
- After Dinner: herbal (decaffeinated teas) or Hot water and Lemon
- Meals are to be consumed every 3-4 hours apart (no longer)
- Breakfast is to be eaten within 45 minutes of waking up

LAURA D'S RECIPES



MENU PLANNING NOTES:

- All Breakfasts are interchangeable (feel free to duplicate 2-3 times per week)
- All Lunches are interchangeable (feel free to duplicate 2-3 times per week)
- All Dinners are interchangeable (feel free to duplicate 2 times per week)
- Chicken breast, pork tenderloin and turkey breasts are interchangeable
- All herbs and spices are interchangeable and can be used freely
- All green vegetables and salad green are interchangeable
- All vinegars are interchangeable and can be used freely
- Lemons and Limes can be used freely

Vegetarians

Note: you may substitute meat products for 1.5 times the portion of Light Tofu (any firmness), Tempeh, Soy Burgers, Veggie Ground Round, etc... OR See Additional **VEGETARIAN RECIPES** that follow.

Very Berry Smoothie



Ingredients

- 1 scoop vanilla protein powder (natural)
- 3/4 cup frozen berries
- 1 cup water

Method

1. Place all ingredients in a blender, add ice and blend until smooth.

Turkey Kofta Salad

Ingredients

- 2 cups salad greens with vinegar
- 150 g extra lean ground turkey
- 1 tbsp minced garlic
- 1 tsp olive oil
- 1 tbsp chopped parsley
- 1 large egg
- 1/2 tsp ground cinnamon
- 2 tbsp chopped onion
- 1/2 tsp ground cumin
- 1 tbsp fresh mint



Method

1. Prepare the green salad and set aside. Combine all remaining ingredients in a bowl and mix well.
2. Divide the Turkey mixture into 3-4 even sized meatballs and skewer onto one end of a wooden skewer forming a "sausage" along 3/4 of the skewer.
3. Grill or bake the "Kofta" (meat skewers) until fully cooked and no longer pink inside.
4. Serve on top of salad with vinegar.

LAURA D'S RECIPES



Berry Chocolate Mousse Parfait

Ingredients

1/2 cup 1% cheese cottage
1 tbsp chopped nuts
1 tsp unsweetened cocoa powder
1/2 cup frozen berries
½ scoop vanilla protein powder (natural)
1 pack stevia

Method

1. In a small food processor, combine the cottage cheese, cocoa, the protein powder and stevia. 2. Blend until it reaches a mousse-like consistency. 3. Fill a glass or bowl with the mousse and top with berries and chopped walnuts.

Fish N' Chips

4 oz Halibut
3 tbsp whole wheat bread crumbs
½ lemon, cut into wedges
1 small sweet potato
1 tsp olive oil
Rosemary and thyme, fresh or dry
2 cups green salad with vinegar

Method

1. Slice the sweet potatoes into French-fry strips and toss with olive oil, rosemary, thyme and sea salt and ground pepper (optional) bake in a preheated 375F oven for 15-20 minutes until cooked through and slightly golden
2. Coat the Halibut in the breadcrumbs and bake in a preheated 375F oven for 8-12 minutes. 3. Serve with salad greens with vinegar of your choice.

Sweet Potato Shepherd's pie



Ingredients

4 oz raw extra lean ground beef or ground turkey
1/4 cup frozen corn niblets, cooked
1/4 cup chopped onion
1/3 cup boiled and mashed sweet potato
1 1/2 tsp minced garlic
1 tsp olive oil

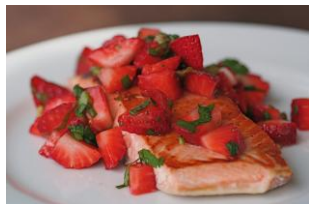
Method

1. Sauté onion with olive oil until tender, then add garlic and ground beef and cook until browned. 2. Add desired seasonings (salt, pepper, rosemary, paprika, etc...). Transfer mixture to a small oven safe dish. 3. Layer the mixture evenly on the bottom of the pan. 4. Spread the corn and then the mashed sweet potato on top and bake in oven for 10-15 minutes.

LAURA D'S RECIPES



Salmon with Strawberry Salsa



4 oz. salmon fillet
2 tsp basil pesto
1 cup broccoli
1/2 c strawberries, sliced
1 tbsp lemon juice
1 green onion, chopped

Method

1. Spread the pesto on the salmon fillet and bake in a preheated 375F oven for 7-12 minutes depending on thickness. 2. To make the salsa, dice the strawberries and mix with chopped green onions and lemon juice. 3. Top the baked salmon with the strawberry salsa and steamed broccoli.

Tomato & Avocado "Caprese" Salad

Ingredients

1/2 cup 1% cottage cheese
1/2 cup diced tomatoes
1/3 cup diced avocado
2 tbsp fresh basil
1/2 tbsp balsamic vinegar

Method

1. Place cottage cheese in a bowl and top with diced tomatoes, avocado and basil. 2. Drizzle with Balsamic Vinegar, season with sea salt and ground pepper (optional) and serve.

Mojito Lamb & Grilled Pineapple Salad

Ingredients

4 raw lamb chops (all visible fat removed)	1/4 tsp cayenne pepper	1 tbsp lime juice
1/2 tsp garlic powder	1 1/2 tbsp chopped green onion	2 cups mixed salad greens
3 tbsp mint	2 pineapple rings (approx. 1/2" thick)	1/2 bell pepper, any color
		1 pack stevia

Method

1. Sprinkle the lamb chops with the garlic and cayenne powder on both sides. 2. To make the Mojito Chutney, combine the chopped mint, chopped green onions, 1/2 the lime juice and 1 sachet stevia (optional) and toss well. 3. Slice the pineapple into rounds. 4. On a preheated grill, BBQ the lamb chops until desired doneness is reached. Grill the pineapple until golden brown, remove and chop into bite-sized pieces. 5. On a large plate, add the salad and sliced red peppers and top with grilled lamb chops, grilled pineapple and Mojito Chutney. Drizzle with remaining lime juice.

LAURA D'S RECIPES



Lemon-Oregano Scallop Skewers with Spinach Salad

Ingredients

200 g scallops, medium-large
PAM Spray
2 cups spinach
1 bell pepper, any color
½ cup shredded cabbage
1/2 medium lemon
1 1/2 tsp olive oil
1 tsp dried oregano

Method

1. Soak wooden skewers for 30+ minutes in water. 2. Preheat the BBQ to medium heat. 3. Thread the large scallops onto the wooden skewers and baste with PAM Spray. 4. Place the skewers on the grill. Cook until no longer translucent, about 2 minutes per side (or longer depending on the size). 5. Remove from grill and place on a bed of spinach, cabbage and red peppers and drizzle with olive oil, oregano and lemon juice.

Chocolate Banana Smoothie

Ingredients

1 ½ scoops vanilla protein powder (natural)
1 tbsp unsweetened cocoa
1 medium banana
1/2 cup water
½ Cup Skim Milk, Soy milk or Rice Milk

Method

1. Place all ingredients in a blender, add ice if desired and blend until smooth.

Grilled Steak Lettuce Tacos

Ingredients

150 g beef tenderloin or sirloin	1/4 tsp onion powder	1 1/2 tbsp salsa
1/4 tsp garlic powder	1 medium pepper, any color	1 1/2 tbsp nonfat sour cream
1 medium onion	4 leaf lettuce	1/4 tsp Ground cumin

Method

1. In a small mixing bowl, combine garlic powder, onion powder and cumin, mix well and rub over the beef tenderloin on both sides. 2. Grill beef tenderloin, onions and bell peppers (any color) until onions and peppers are soft and have grill marks. Remove from the grill and slice into strips. 3. Grill the beef until desired doneness and once cooked, slice into strips. 4. Place the lettuce leaves (Boston Bibb is best) on a plate and evenly distribute the salsa, sour cream, beef, peppers and onions.

LAURA D'S RECIPES



Bocconcini-Pesto Turkey Burger

Ingredients

145 g extra lean ground turkey
1/2 tsp garlic powder
1 bocconcini ball (1 oz.)
1/2 tsp onion powder
1/2 tsp basil pesto
1/2 whole grain hamburger bun
1 large egg white
2 sun-dried tomatoes

Method

1. Combine the ground turkey, garlic and onion powders, egg white, breadcrumbs and mix well to form a patty. 2. Grill on a preheated BBQ until cooked through and place on half a multi-grain bun topped with basil pesto, sliced bocconcini cheese and sundried tomatoes.

Honey-Balsamic BBQ Pork with Creamy Coleslaw



Ingredients

150 g pork tenderloin
3/4 cup shredded cabbage
1 tsp honey
30 gm Greek yogurt (0%)
2 tsp balsamic vinegar
2 tsp apple cider vinegar
1 tsp grainy mustard
1/2 tsp garlic powder
1 tsp garlic
1/2 tsp onion powder
1 1/4 tsp olive oil
1 pack stevia

Method

1. Mix the honey, balsamic vinegar, grainy mustard, oil and minced garlic and coat the pork tenderloin on all sides, marinating for 20 minutes. 2. Preheat BBQ/grill to medium-high heat and place pork on greased grill reserving the marinade to baste the pork occasionally. Cook until no longer pink inside. 3. While pork is cooking, shred cabbage (or purchase already shredded cabbage) and add Greek Yogurt, garlic powder, onion powder, stevia (optional for sweetness) and apple cider vinegar, toss well. 4. Serve Pork with Coleslaw.

LAURA D'S RECIPES

(Vegetarian)



Asparagus cheese omelet

Ingredients

2 tsp olive oil
1 tsp minced garlic
3/4 cup egg whites
1/2 cup chopped onion
1/8 tsp chili powder
1/2 cup red tomato
1/4 cup canned kidney beans
1/2 tsp balsamic vinegar
3/4 cup asparagus
2 oz low fat cheddar cheese

Method

1. Heat oil in a medium sauté pan. 2. Add onions, tomato, beans, chopped asparagus and desired seasoning for 5 minutes. 3. Pour in egg whites. 4. Cook until eggs are set. 5. Place omelet on a plate and top with shredded cheese and serve.

Grilled Teriyaki Tofu Salad

Ingredients

8 oz light firm silken tofu
3 tbsp teriyaki sauce
2 cups salad greens
1 tomato, quartered
8-10 cucumber slices
1 small red pepper, sliced
1 tbsp rice wine vinegar
1 tsp olive oil
1 tsp sesame oil
1/2 tbsp sesame seeds

Method

1. Remove excess water from tofu by laying on paper towel. Cut tofu into pieces. 2. Combine tofu and teriyaki sauce in a bowl and marinate for 20 minutes. 3. Combine salad greens, tomatoes, cucumber and peppers in a bowl and top salad with sesame seeds, sesame oil, rice wine vinegar and olive oil

LAURA D'S RECIPES

(Vegetarian)



Meatless Soft-Shell Tacos

Ingredients

1 tsp olive oil
1/4 cup salsa
1/4 cup chopped onion
2 small (6") whole grain tortillas
¼ tsp each ground cumin, garlic powder and onion powder
1 tsp minced garlic
1/2 cup lowfat cheddar cheese
1/2 bell pepper, any color, diced
1 tbsp non-fat sour cream
½ cup shredded lettuce
2/3 cup Yves Veggie Ground Round ground soy

Method

1. Sauté chopped onion, garlic and peppers in olive oil for approximately 5 minutes. 2. Add cumin, garlic powder, onion powder, ground soy and salsa. 3. Heat and simmer for approximately 3 minutes. 4. Add hot sauce, salt and pepper to taste. 5. Place soy mixture in tortilla wraps and top with cheese, lettuce and sour cream.

Four Seasons Vegetarian Pizza (Lunch only)

Ingredients

1 small (7") whole grain pita bread
3 mushrooms, sliced
½ cup pasta sauce, low sodium
6-8 sliced zucchini rounds
2 artichoke hearts in brine
45 g part-skim mozzarella cheese
1 roasted red pepper, sliced

Method

1. Preheat the oven to 375 F. Place the whole wheat pita bread on a cookie sheet. 2. Top with tomato sauce. 3. Thinly slice the mushrooms, artichokes, roasted red peppers and zucchini. 4. Place each of the 4 vegetables on a quarter of the pizza (the four seasons) and sprinkle grated mozzarella on top. 5. Bake in the oven until the cheese is melted and the crust is warm, about 7 minutes.

LAURA D'S RECIPES

(Vegetarian)



Bean Burrito (Lunch Only)

Ingredients

1 tsp olive oil	1/4 cup canned black beans	1 tbsp salsa
1 6" whole wheat tortilla wrap	1/4 cup shredded lettuce	3 tbsp canned tomato sauce
1 tbsp chopped green onion	1/2 cup Yves veggie ground round ground soy	1 1/2 tbsp guacamole
1/4 cup non-fat cheese		1/4 tsp cumin

Method

1. In a nonstick pan, sauté onions in oil until soft. 2. Add in beans, ground soy, spices and tomato sauce. 3. Stir and cook until mixture is heated through. 4. Spoon mixture onto tortilla and top with shredded cheese, lettuce, salsa and guacamole.

Vegetarian Eggplant Cannelloni

Ingredients



PAM Spray
1/2 cup partly-skim ricotta cheese
3 eggplant slices, cut lengthwise
1/4 cup 1% cottage cheese
1 tsp olive oil
1/4 cup frozen spinach, defrosted and drained
1/ cup chopped onion
1/4 tsp ground nutmeg
1 tsp minced garlic
3/4 c pasta sauce, low sodium

Method

1. Preheat oven to 375 degrees F. 2. Preheat a non-stick grill. 3. Take a large eggplant and slice it lengthwise into 3 x 1/4" strips. 4. Grill eggplant on each side. 5. If you do not have a grill, place on a cookie sheet and bake for 5-7 minutes until soft and pliable. 6. Meanwhile, place the olive oil, onion and garlic in a pan and cook until tender. 7. In a separate bowl, mix ricotta and cottage cheese with the nutmeg and defrosted spinach. 8. Mix well. 9. Add cooked onion/garlic mixture and combine. 10. In an oven safe dish, ladle 1/3 of the sauce. 11. Place a dollop of the mixture at one end of each of the slices of eggplant. 12. Roll and place in the baking sheet. 13. Top with tomato sauce and bake in a preheated 375F oven for 20-25 minutes until warmed through.

LAURA D'S RECIPES

(Vegetarian)



Veggie kebobs and side salad

Ingredients

60g Yves veggie "neatballs"	1 small bell pepper	1 tsp olive oil
1/3 cup mild cheddar cheese	1/2 cup sliced cucumber	1/4 cup barbecue sauce
1/3 cup sliced red onion	6 medium mushrooms	1/2 cup pineapple, diced
2 cup salad greens and vinegar	1 small red tomato	

Method

1. Preheat barbecue to medium heat. 2. Cut vegetables into small cubes, about 1.5" each. 3. Place Veggie Neatballs, mushrooms, onions and peppers on 6-inch skewers. 4. Coat lightly with olive oil. 5. Place on barbecue and cook for approximately 3 to 4 minutes or until vegetables are tender. 6. Coat kabobs with barbecue sauce while cooking. 7. Serve with a side salad topped with cheese. 8. Enjoy pineapple for dessert.

Spinach & Cheese Lasagna (Lunch only)

Ingredients

1/2 tsp olive oil	1/3 cup frozen spinach, thawed and drained
1 sheet whole wheat lasagna sheet (Olivieri)	2 tbsp parmesan cheese
1/4 cup 1% cottage cheese	2 tbsp chopped onion
1/2 cup pasta sauce, low sodium	1/8 tsp ground nutmeg
1/4 cup partly-skim ricotta cheese	

Method

1. Defrost spinach, drain and chop. 2. Add the olive oil to a pan and cook the chopped onion and spinach stirring until combined. 3. Once cooked, add this mixture to the ricotta and cottage cheese. 4. Add the nutmeg to and half the parmesan cheese and combine. 5. Add 1/4 of the sauce at this time and combine well. 6. In a medium-size pot, bring 2 cups of water to a boil, reduce to a simmer. 7. Using a knife, cut 3 even rectangles out of the fresh whole wheat pasta sheet. 8. Add each rectangle to the boiling water and cook for 2-3 minutes. 9. Strain and spread the lasagna noodles out evenly on a dish cloth so that they don't stick, keep warm. 10. Place a small amount of the sauce on the bottom of a plate and top with 1 lasagna rectangle (1/3 of a sheet). 11. Place a heaping spoonful of the mixture in the center of the pasta rectangles and top it with another lasagna rectangle, repeat until all the rectangles (3) have been used. 12. Finish the lasagna by pouring the tomato sauce on top and sprinkling the other half of the parmesan on top. 13. Heat in the microwave for 30-60 seconds and serve.

4 WEEK GROCERY LIST

(non-vegetarian)



Apple cider vinegar	Frozen berries	Papaya
Avocado	Garlic	Parsley
Balsamic vinegar	Garlic powder	Part-skim mozzarella
Banana	Greek yogurt (0% m.f)	Pineapple
Basil pesto	Ground flax	Poached shrimp
Beef tenderloin	Halibut	Pork tenderloin
Bell peppers	Honey	Raw spring onion
Bocconcini (1oz balls)	Hummus	Rosemary
Bread crumbs	Kashi Go Lean cereal (original)	Rye bread, 100% (Mestemacher)
Broccoli	Lamb chops, lean	Salad greens
Brown rice pasta	Leaf lettuce	Salmon fillet
Cabbage	Lemon	Salsa
Capers	Lemon	Scallops
Cayenne pepper	Light cream cheese	Skim milk
Chicken breast	Light mayo	Smoked salmon
Cinnamon	Lime juice	Spinach
Cocktail sauce	Mint	Stevia packs
Corn niblets	Mixed grain hamburger bun	Sun-dried tomatoes
Cottage Cheese, 1%	Mustard	Sweet potato
Cumin	Natural nut butter	Thyme
Eggs	Nonfat sour cream	Tomatoes
Extra lean ground beef	Nuts (almonds, walnuts, pecans)	Turkey meat (nitrate free)
Extra lean ground turkey breast	Oatmeal (not instant)	Unsweetened apple sauce
Extra-lean ham	Onion	Unsweetened cocoa
Extra-virgin olive oil	Onion powder	Vanilla protein powder (natural)
Fresh basil	Oregano	Whole grain English muffin

SERVICES OFFERED BY LAURA D

NUTRITIONAL SERVICES

8-Week Plan: \$525

This package includes a total of 6 consults (1 Initial Assessment and 5 x 30 minute follow-up consultations) at an average of 1 every 10 days which also includes food diary review and an initial meal plan*, and an Advanced Nutri-Body® Analysis. Content of the consultations vary depending on your nutrition and health goals, your overall progress and needs. The initial consultation includes an evaluation of your lifestyle, eating habits, personal and family medical history, exercise regiment, and any other pertinent information. This assessment is a requirement for all new clients and includes a customized report and details of the data collected to start you off on the right path. **Note: each additional meal plan is subject to additional charges depending on the complexity of the meal plan.*

Flexible Plan: \$275 +

This package includes a one-time 60-90 minute initial consultation that includes an evaluation of your lifestyle, eating habits, personal and family medical history, exercise regiment, and any other pertinent information. This assessment is a requirement for all new clients and includes a customized report and details of the data collected to start you off on the right path. Also included is an Advanced Nutri-Body® Analysis** followed by 1 follow-up consultation***. This fee does not include a meal plan. Each additional follow-up consultation is broken down as follows: 30 minutes: \$55 / 45 minutes: \$70 / 60 minutes: \$85

**What is the Advanced Nutri-Body® Analysis?

A questionnaire intended to help you find out more about your body's imbalances, what signs and symptoms you may be experiencing and how they may be related to your health and nutrition. Nutritional deficiencies, excesses or weaknesses in the body may be detected through this in-depth analysis.

***Follow-Up Consultations:

These appointments range from 30-60 minutes and depend on the arranged program. Topics may include medical nutrition therapy, digestive enzymes, grocery shopping tours, understanding nutrition labels, supplementation, weight loss/gain, weight management, psychology of eating, tips on eating out, etc. Meal plans purchased separately.

ADDITIONAL SERVICES:

Recipe Modification: \$25 / Recipe

Do you have a favourite recipe and want to make it healthier or you simply want to know if it's a healthy balanced meal? Email me your recipe and I can do a full analysis on the ingredients list and provide you with a breakdown of calories, carbohydrates, proteins, fat, fibre and other important nutrients. I can then modify the recipe to make it healthier and adapt it to any health-related condition you may have (high cholesterol, high blood pressure, diabetes, etc.)

***If you have 10 or more recipes to be analyzed, discounted pricing is available.

Meal Plans:

7-day meal plan: \$60 / 10-Day meal plan: \$75 / 14-Day meal plan: \$85

Each menu plan is personalized to your likes, dislikes, allergies, sensitivities and nutrition needs based on the results of the Advanced Nutri-Body® Analysis. One of 2 different formats is provided depending on how much flexibility you are looking for in your daily meal plans. Some recipes will also be provided.

Educational Seminars, Workshops & "Lunch and Learns": \$Vary

Through educational seminars and workshops I help attendees understand the key principles of nutrition. The presentations are designed for individuals or group of any age and with any level of nutritional knowledge be it in a business setting, social event or team building environment.

Some topics include: Nutrition and Stress Management, Afternoon Fatigue, Brain Foods, Digestion, The Truth about Carbohydrates, Fats That Heal -Fats That Kill, Constant Cravings, Conquering the Food Court, Sports Nutrition, etc...

ABOUT LAURA DISCEPOLA (“LAURA D”)



An honours graduate of the Institute of Holistic Nutrition in Toronto, Laura is a licensed Registered Nutritional Consulting Practitioner & Registered Orthomolecular Health Practitioner (RNCP/ROHP). Having been involved in the catering and restaurant business for over a decade, it's no wonder Laura has a love for food; however, health and fitness are also an essential part of her lifestyle. Laura is also a Canadian Association of Fitness Professionals (Can-Fit-Pro) Certified PRO-Trainer for Nutrition and Wellness Specialist (NWS), and CPR as well as a Certified Personal Trainer (CPT).

Her passion for the fitness and health industry lead her to compete in her first Fitness Competition in April 2010 at the UFE (Ultimate Fitness Event). An avid foodie, Laura wanted to better understand what was involved in the preparation of a show, the nutrition component and the training of course. She met some incredible people and as a result decided to pursue one of her long time dreams and write her first cookbook geared towards athletes. Laura has been a chef for over 15 years and is constantly challenging herself in this field by experimenting with healthy recipes and food alternatives which is now helping her pave her way to reach her goal and offer you some great new healthy recipes that you can use to reach your goals.

She brings to us a unique approach by combining chefs' secrets with the practical daily use of healthy foods. She believes in a healthy lifestyle, whole foods and a positive outlook on life, and is happy to share her vision, knowledge and experience. She looks forward to getting your feedback, hear about your journey and accomplishments! Laura can be reached via email at lauradnutrition@rogers.com or on her cellular at 647.408.7142.



LIABILITY DISCLAIMER

The enclosed information is for educational and informative purposes only and are not intended as medical or professional advice. Laura Discepola is not a medical doctor therefore you should always consult your doctor before making any changes to your diet or starting an exercise regiment. The purpose of this guide is to help you educate you on the importance of healthy eating.

No health claims are made for this guide. The nutrition information enclosed will not help cure, heal, or correct any illness, metabolic disorder, or medical condition, it is intended to teach you the importance of nutrition and better understand it's importance and may help you reach your weight goals and achieve a healthier lifestyle.

The enclosed information has been obtained from what Laura Discepola Inc. believes are reliable sources and Laura Discepola Inc. has made every attempt to gather the information merely to guide you and is not a substitute for any decision you make nor for personal medical advice or treatment.

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