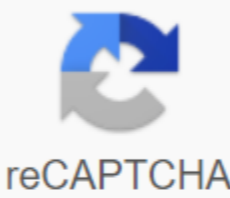




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Oat milk on 21 day fix

Wow! Apparently, I've been taking a little break on the blog. You don't like the way I give you an advanced warning? But I've been thinking about you! Here are my thoughts today. Summer is coming. Yes! What's in the summer that makes no one feel like they need to moderate a little bit. Shorts? Swimwear? Sure, it's great to be fit all year. But even a little extra motivation never hurts. One of my favorite ways to give myself a little boost in the fitness department is to do a round on a 21-day fix. I've talked about my results before and shared tips and tricks with you. Then, I started thinking, I learned a lot about and through a 21-day fix. It would be a shame not to share. I have six simple steps that are going to make you feel great. So, here we go! 1. Calculate your caloric need. That's easy! Just double your current body weight times 11. That's your base. Now add 400 to this number to reach your daily calorie needs. Then, subtract 750 from this number. Now you have your calorie target. Knowing your calorie target helps you know how many containers (or the amount) of food you will feed. For example, I fall into a 1,200-1,499 calorie range. That means I get 3 green containers, 2 purple containers, 4 red containers, 2 yellow containers, 1 blue container, 1 orange container, and 2 teaspoons. 2. The Containers. Then, decide what you'll use for your containers. I realized, after a brief Google search, what the measurements were for each container. I was too frugal at this point to buy the whole program without knowing if I wanted it:-) So, now that I know what I'm doing, I've continued with the do-it approach. You can, if you want, buy only the containers and not the whole plan. Here are the official 21-day fix ones. However, these containers by Haven Prep Meal are even better to buy and they come with a protein shaker! You can also do the 21-day fix with no containers at all. If you want this DIY, here's a breakdown on portion sizes: green = 1 purple = 1 red = 3/4 yellow = 1/2 blue = 1/4 orange = 2 1/2 tablespoons You're probably wondering what exactly are you there in these cute little containers?! Here is a handy little picture that will help you. 3. The food list is fine, next..... More than you think! I found that staying real, complete food makes the repair super simple. I have full lists of the foods you can eat pinned to my Fitness Pinterest board, But here are some of my favorite personal foods: the green spring blend – my favorite rose for making superhero salad – in smoothies, or fried in scrambled eggs Peppers onion peppers Broccoli Purple carrots (my favorite!) Banana – for a protein shake, or sliced on oatmeal cut with grape apple peach steel – great with some almond butter cherries – delicious with greek yogurt Vegetarian eggs and protein powder burgers – my favorite salmon minced tuna regular beef chicken Greek yogurt (sweetened with a little stevia) yellow steel cut brown rice oatmeal sweet potato and wheat black beans filled with mini bagels – have these less often, but they can be a nice change. Whole wheat tortillas – occasionally, as well. Almond blue almond walnut cheese seeds sunflower seeds orange salad sauces a teaspoon of olive oil coconut oil and almond butter head to Pinterest and print out a food list. You can choose your favorite foods and you'll be ready to shop at the grocery store. 4. Prepare. Once you've done your shopping, give yourself an edge by preparing whatever food you can. Rinse and chop your vegetables and put them in ready-to-eat containers. It can work with some fruit as well. Roast off a group of chicken breasts and they'll be ready to go for salad. Make oatmeal overnight in steel if you need a quick and light breakfast or snack. A plan for success! 5. The Training. Dieting plays a big role in a healthy lifestyle. If you want to do just one thing, changing your diet is a huge step. However, exercise will provide wonderful benefits as well. The better you train the better you'll feel! I didn't use the 21-day repair practice. I've heard good things and I'm pretty curious. However, I am so excited with what I am currently using that I have not seen the need. I use Susan Bowen Fitness and I love the training. They're very challenging, but low impact, which I like. I tend to have some problems with one of my knees if I do high impact training so it was great. I did the monthly streaming for a while, and then as soon as I realized I was addicted I went ahead and purchased a year of streaming for around \$80. It was so worth it! I think one of the highlights was the sheer variety of training. I never get bored because there's always a new workout to try. I can also keep my favorite workouts so I can do them over and over again if I choose. Susan has some DVD workouts as well, if you want to check them out. I didn't do them because I really like the variety I get by streaming the workouts. Set yourself up for success in training! 6. Keep motivated. Finally, stay motivated! One of the great things about fixing 21 days is that it feels so doable. It's only three weeks! Of course, if you're like me, you want to do more than one round:-) But, having a short-term goal makes the process less threatening. So, do what you have to do to stick to it! Catch a friend on trial and account. Focus on your cause. Find an activity to replace bad habits. Is it the time of night when you usually scoop yourself up a big bowl of ice cream? Plan to take a bubble bath instead. You can do it! Wow, that was a lot of information! I hope it breaks in an easy way to implement. I feel strongly that a 21-day fix isn't just Diet. He will get to know you with healthy and real foods and shows you suitable serving sizes for different containers. Help yourself to my other 21-day posts (click on a photo below) if you're looking for more! Do you have any questions? Leave me a comment. I'd love to hear from you! 20 20!sh has been rumored to be hovering around the 21-day fix (my review of the 21-day fix) regarding whether almond milk is not sweet and classified as yellow or considered free. Here's a clip of a Calabresian autumn telling its thoughts: So here's the deal: officially, the book states that 8 ounces of unsweetened almond milk is considered to be yellow levels (meaning you can get it three times a week instead of a container). Officially, that's still the nickname. The nutrition guide was created by nutritionists, who planned the 21-day fix based macronutrients (proportions of proteins, fats, carbohydrates). Autumn Calabrese, the 21-day fix coach, disagrees with its designation of unsweeol almond milk. Her position is that it's only 30 calories, holding a trivial amount of sugar, so drinking every day at 30 calories isn't going to hurt anything. Here's my problem obviously, this is going to be your conversation about it. The containers have a built-in calorie range so it can easily be factored into within that range. However, there are two points to consider: 1) Over the course of a year, it *can* make a difference of 3 each. (30 calories x 365 days = 10,950 calories / 3,500 = 3.12 gregs). 2) You know yourself better than anyone (it's true!). Doesn't giving birth to almond milk break a deal for your long-term lifestyle? Will 3 each over the course of a year be a deal voucher for you? What's your level of getting worse? I don't want to be the coach who ever says you'll never eat it or drink it again! It's really a lifestyle change, not a diet. Part of this lifestyle is figuring out where the usual daily things fit in over the long term. Chitos daily? Maybe not such a good idea. (I know, it can*be done...). Isn't almond milk sweet every day? This is really your call. How are you going to make it work on your daily count? Would you be more meticulous with anything else to help compensate? Or maybe you can set limits to a smaller amount of milk (or not every day). Update: Autumn is back to clarify her previous video. She still considers 8oz to be a by-the-book yellow cheat, but for lesser amounts (ie 4 oz) she doesn't count it. Let's face it, we all get bored of eating the same foods and sometimes we just want to season it! Although when it comes to fixing 21 days, its sometimes hard to figure out how recipes break with repair containers! So to help you solve this problem I'm going to be sharing with you some 21 days fix happy recipes this month and Calabrese Autumn is also coming out with 21 days Recipe book! Amazing router!!!! The cookbook is called Fixate and it takes the part control system to a simple color-coded container and applies it to 101 recipes!!!! You get the nutrition facts and the hypocritical breakdown. It includes palau, gluten-free, vegan and vegetarian recipes along with tips for preparing meals quickly and stocking up on your kitchen with your friends!! It makes me so excited! He won't be available until July 14!!!! But you can start the 21-day fix now of its on sale this month making it even more exciting! Hit me if you want to join my Summer Survival Guide Group Challenge on 22 with a 21-day fix, abiology, meal planning, tips and recipes to help you get through the summer and all the challenges that are prophecies along with vacations, excursions, events and more!!! Do you want to sample some recipes from Ka-Ka'ad's cookbook? Click here to download a PDF of 5 recipes! But in the meantime let's get back to why I wrote this article! I want to share with you an amazing recipe I found that helps our family season things when we get bored of oatmeal every day. These baked oatmeal cups with berries and bananas are really really good and super easy to make. Plus, if you're on your way, why not do these and take them with you! Always go with oatmeal and cut bc steel and are at least processed and provide you with the most nutritional value compared to rolled or instantaneous. Cooking spray doesn't stick 2 large, lightly beaten eggs 1 teaspoon. Pure Vanilla Extract 2 Large Bananas, Mash 1 tsp raw honey 2 1/2 c old-fashioned rolled oatmeal 1 tsp ground cinnamon 1 1/2 teaspoon baking powder 1 1/2 c unsweetened almond milk 1 fresh blueberries (or raspberries) Preheat oven to 350 degrees Prepare 12 cups muffins by coating with cooking spray and set aside. Mix eggs, extract, bananas and honey in a large bowl; Mix well. Put it away. Mix oatmeal, cinnamon and baking powder in a medium bowl, mix well and set aside. Add the oat mixture to the egg mixture and mix well. Add almond milk to the well. Divide the oat mixture evenly between prepared muffin cups. Top evenly with blueberries. Bake for 26-30 minutes or until brown and toothpick clear when put in the middle. Each muffin is 1/2 yellow and 1/2 purple. Purple.

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