



**HABITUAL**  
*Fitness*

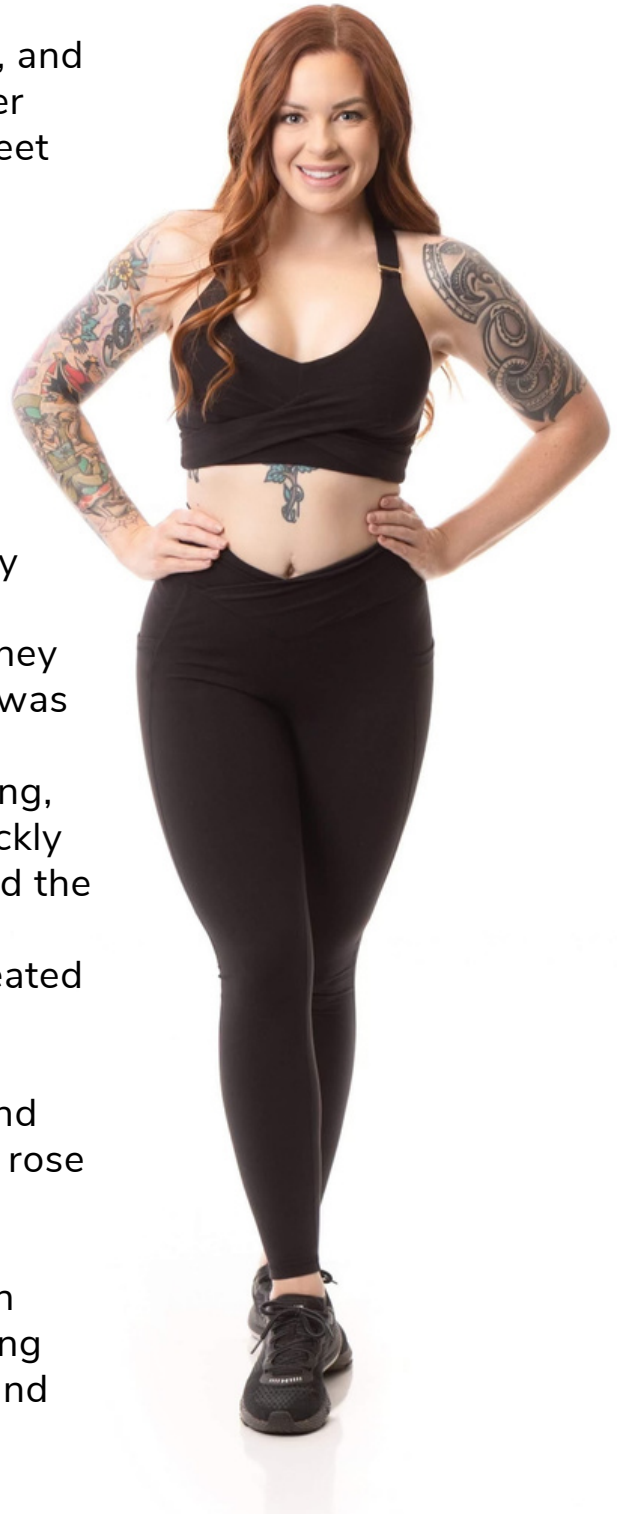
*"Better Habits, Better Results"*

# MEET

*Mom*

# MIRANDA HARRIS

Miranda Harris is a hardworking and passionate veteran, wife, mother of two, and fitness enthusiast of 10 years. During her Marine Corps career, helping females meet physical standards in a male-dominated world, she discovered her aptitude for mentoring and encouragement. Miranda grew in skill and strength during her prenatal journey while personal training part-time at a local gym. Eventually, she shifted to independent coaching with just a few pieces of equipment in the garage. Surrounded by excitement and joy, Miranda prepared herself for an even more rewarding journey once her baby was born. However, this was not immediately the case. Newly postpartum, struggling with breastfeeding, body image, and mental health- she quickly realized how lonely and under-supported the other side of the delivery room can be. Thinking quickly, this driven momma created a space for women at all points in their childbearing voyages. Offering love, motivation, encouragement, empathy, and the perfect amount of push- she quickly rose to the occasion. She strives to break the stigma of actively fit pregnancies and continuing on to weight loss/weight gain during their breastfeeding journeys. Living her dream, Miranda is wholeheartedly and selflessly committed to her clients, her family, and her brand.



# MEET *Dad* PAUL HARRIS



Paul Harris is a purposeful and motivated fitness enthusiast of over 12 years, husband, father of two, and veteran. His passion began with his military service, making his impression on his junior Marines, molding them into better leaders themselves, and using physical fitness as a way to mentor and bond with those under his charge. He has a plethora of knowledge revolving around numerous training methods however finds himself gravitating towards HIIT/CrossFit, running, and advanced weight training. He began his fitness journey with the ISSA with only the intention of becoming a Certified Personal Trainer- however, he quickly realized this is where his heart was at. Shortly after his certification, he went on and earned his degree in Exercise Science, with courses completed including, Fitness Nutrition, Sports Nutrition, Youth Exercise, Exercise Therapy, and Strength and Conditioning. Paul prides himself on his vast knowledge in training- he strives to help members at any stage in their fitness journeys and steers them in the right direction. If he can watch that lightbulb effect go off when someone simply changes their form with proper guidance and feels the difference, his day is made. One morning, Paul was standing over the kitchen sink when a Milky Fitness member had asked Miranda for a monthly group. Miranda looked at Paul and said, “Can we do this? Is this our path?” Paul said, “Let’s go” and the first Milky Fitness Challenge Group was born. They haven’t looked back since.



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# INFO TO BE SUBMITTED & PHOTOS

Go like our business Facebook page

*Habitual Fitness LLC*



# FILL OUT

## ANSWER THE FOLLOWING ACCORDINGLY!

You can type directly onto the form, then screenshot and submit in a message - We cannot open "files" via messages, you must either screenshot and submit as a photo OR manually type the data into a message to Habitual Fitness LLC. Thank you!

**\*\*ANDROID USERS SEE PAGE 11 WITH INSTRUCTIONS ON HOW TO EDIT AND FILL OUT THIS PDF\*\***

**1 Height:**

**2 Weight:**

**3 Age:**

**4** How many days a week are you able to devote a 45-minute workout, continuously(READ THE DISCLAIMER ON LAST PAGE OF SECTION). If you **CANNOT** commit to 45, please explain what you **CAN** commit to:

**5 Allergies:**

## 6 Are you breastfeeding?

6A How old is baby?

6B About how often:  
(x per day or every x hours)

6B How many oz per day do you produce:  
(if you feed on demand & have no idea about supply just say feed on demand)

6D How is your supply:

6E \*PLEASE READ CAREFULLY\*AFTER READING THE DISCLAIMER ON THE LAST PAGE OF THIS SECTION REGARDING SUPPLY WOULD YOU;

**1. Remain with a full 500 calories for milk supply?**

**2. Discuss partial calories?**

**3. Or, if you have an oversupply, would you like to add additional calories to assist in keeping it?** (please keep in mind we cannot guarantee an oversupply, but we will try!)

# PLEASE SPECIFY

**7 Are you currently pregnant? If so, how far along?**

**8 What is your goal? Weight loss, maintain, gain?**

**9 Are you a returner? if so, Which plan letter previously:**

**9B Are you in an active challenge group or on an archive plan currently? (ie, finishing up a current group)**

**9C If yes, which plan letter are you currently assigned?**

**9D What was your starting weight when you submitted stats for that current plan?**



# 10

**Did you purchase the \$40 spouse add on? If so, answer the following:**

*\*If you purchased the \$60 option WITH group correspondence, you do NOT need to submit their stats- they need to do that themselves to the Men of Milky Fitness Page.*

**A Spouse name:**

**B Spouse height:**

**C Spouse weight:**

**D Spouse age:**

**E Spouse add on gender:**

**F Is Spouse a returner?**

*if so, What plan previously?  
Previous weight?*

**G Spouse activity level (as defined above on your stats):**

**H Spouse goal:**

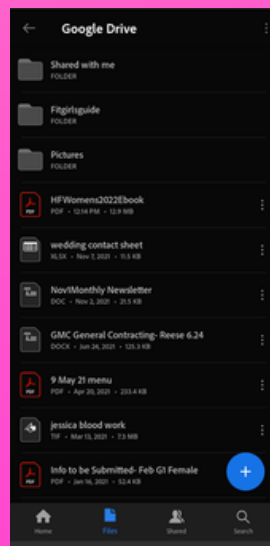
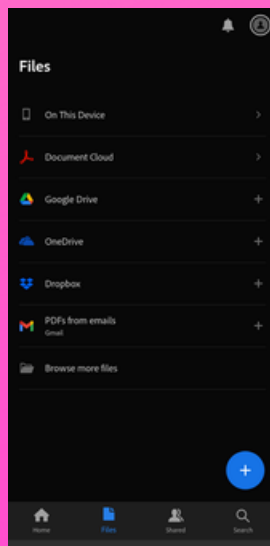
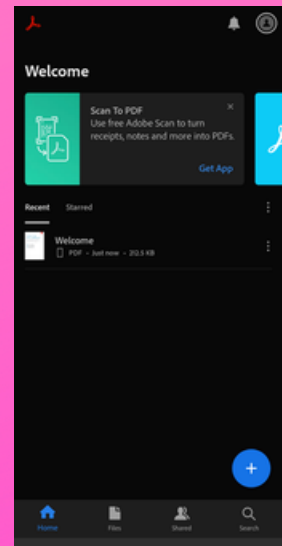
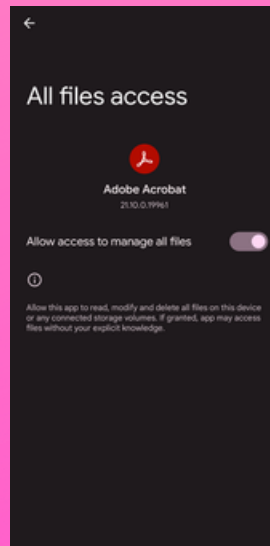
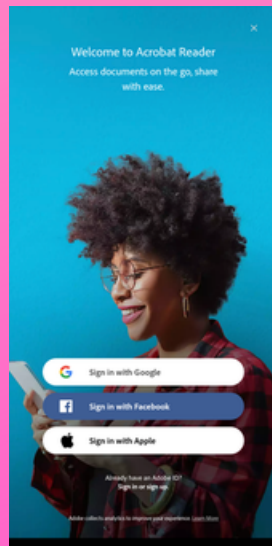
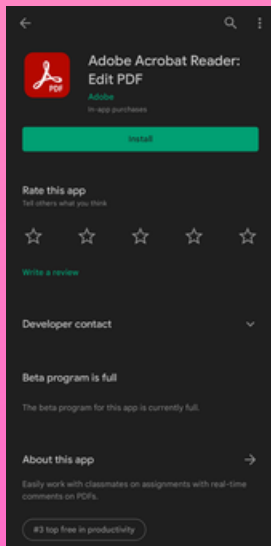
# FOR ANDROID USERS:

We recommend using the Adobe Acrobat Reader: Edit PDF App to use this workbook to it's fullest.

[YOU CAN USE THIS LINK](#) →  Google Play

- Or search for Adobe Editor in Google Play.
- Once installed, log in with your email, Facebook, Apple ID, or create an account just for Adobe.
- Once logged in, find the HFMen2022Ebook file where it was saved (either in Downloads or Google Drive). The file will open then you will be able to fill in the text boxes.

*Steps:*





# DISCLAIMERS

\*PLEASE READ CAREFULLY BEFORE ANSWERING QUESTIONS 4 & 6 \*

## **ACTIVITY LEVEL DISCLAIMER**

\*\*\*Activity Level disclaimer: How many days a week are you able to devote a 45-minute workout, continuously? (Please be as honest as possible, if you cannot work out, IT IS OKAY, but we need to know! 2 days, 4 days, 5/6 days, etc., and what you will be doing.) You are only allowed 1 additional caloric adjustment unless for circumstances out of your control (injury etc)- Please be honest with yourself about how often you truly will workout. If this is your first challenge, we recommend starting small and realistic first. \*\*\* Brisk walks, or yoga sessions will only count as a fraction of a workout and to please specify that in your intake.

## **BREASTMILK DISCLAIMER**

\*\*\* Typically 300-500 calories is recommended for a “normal” 24-30 oz breast milk output. If you are a first-timer or a “just enough-er”, we will always keep you at the full 500. IF you have wiggle room or are in between two plans or have been doing challenges longer than 3 months, we likely can put you closer to the 400-450 mark but we will always ask first. Usually, once you’re past that 12-24 months mark but still nursing, hormonally, your body does not require that full 500- you could likely get by with 200-250, etc depending on age and be perfectly fine with your output. For weaning, we will also likely help you slowly lower so that you’re watching supply, risk of mastitis, etc slowly. This can also apply to severely underproducing: if you are under 15oz per day and supplementing often, it likely would hurt your progress being on a full 500 calories versus partial. If playing with nursing calories is something you think you’re a good candidate for, please reach out above under the 6e. We have a lactation consultant on our team- her name is Jordan Weber HFMF CLC. She is tagged in your “read me first” post. Please reach out to her if you have concerns.\*\*\*

# Adjustment Request FORM

An adjustment can often be needed for changes in supply (weaning etc), activity level changes, etc. You are entitled to 1 adjustment per month- so long as it is within the allocated adjustment period. All adjustment requests are due prior to the end of week 3, Sunday. Please copy and paste the Following and send it to us if you need an updated plan. We absolutely require that you put "\*Adjustment Requested\*" at the top of your message, or you risk it being buried.

\*PLEASE REMEMBER ANY ADJUSTMENTS ARE DUE 7 DAYS PRIOR TO THE END OF YOUR CHALLENGE GROUP!\*

## COPY:

\*ADJUSTMENT REQUESTED\*

Updated weight?-

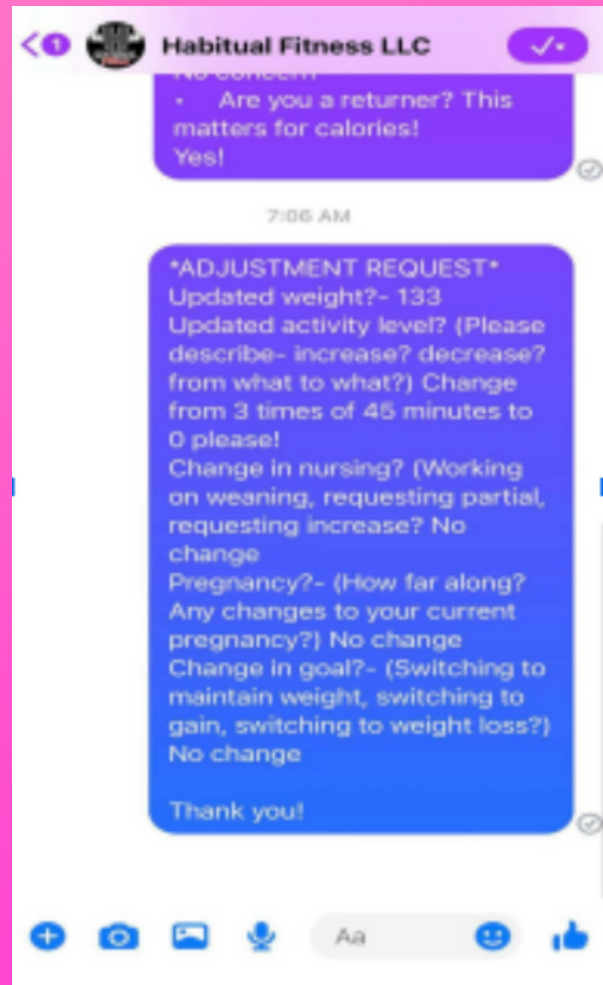
Updated activity level? (Please describe- increase? decrease? from what to what?)

Change in nursing? (Working on weaning, requesting partial, requesting increase?)

Pregnancy?- (How far along? Any changes to your current pregnancy?)

Change in goal?- (Switching to maintain weight, switching to gain, switching to weight loss?)

EXAMPLE:



# PHOTOS

You are NOT required to post progress photos! Doing so is a great way to see your progress and help keep you accountable! At the end of the challenge, typically Friday evening of the last week, a “Final Photo Thread” is posted in the announcements and you will be able to share your before and afters and show off your transformation! You do not need to make a post with your before photos unless you want to!

**\*\*PHOTOS DO NOT HAVE TO BE POSTED IMMEDIATELY YOU CAN WAIT UNTIL YOU ARE COMFORTABLE TO POST.\*\***

PLEASE THOUGH, EVEN IF YOU'RE NOT COMFORTABLE TO POST, JUST TAKE PICTURES FOR YOURSELF TO KEEP! WE WOULD LOVE FOR YOU TO INCLUDE A SIGN IN YOUR PHOTOS SO OTHERS KNOW WHAT YOU ARE DOING!

**\*\*\*AN APPROPRIATE SIGN WOULD READ, “HF GROUP (1 OR 2), (MONTH/YEAR),(BEFORE/AFTER)\*\*\***

*Example:*

**HF G1  
JAN 2023  
BEFORE**

You do not “need” a sign, but it's a helpful tool if you were to ever let us share your progress (with your permission), so the papers are dated! This also allows you to look back and see your dates and before and afters clearly when you see how far you've come!

# Tips FOR THE BEST “LOOKING” PHOTOS

SO YOU'RE ABLE TO SEE THOSE CHANGES MOST CLEARLY!



FULL BODY! GOOD LIGHTING! AVOID SHADOWS!



DO NOT SUCK IN! (ITS MISLEADING FOR PROGRESS)



A STRAIGHT ANGLE, SAME OUTFIT & SAME OR AS SIMILAR AS POSSIBLE LIGHTING IN BEFORE AND AFTER



MAKE SURE YOUR ANGLES MATCH AND ARE CONSISTENT



DO NOT PULL UNDERWEAR UP OVER YOUR STOMACH- YOU WANT AS MUCH SKIN AS POSSIBLE SHOWING. WE KNOW- IT SUCKS, BUT IT HELPS



PLEASE ADHERE TO FACEBOOK COMMUNITY GUIDELINES BY WEARING SOME ARTICLE OF CLOTHING TO COVER THE BREASTS – PLEASE DON'T USE PHOTOSHOP TO COVER OR BLUR – THINGS ARE OKAY, AND ENCOURAGED.



# Before & After PHOTO THREAD DETAILS

TAKE A SIDE BY SIDE FRONT, SIDE BY SIDE SIDE, AND A SIDE BY SIDE BACK.



Side by side FRONT



Side by side SIDE



Side by side BACK



ON THAT DESIGNATED THREAD AT THE END (MENTIONED ABOVE) PLEASE COMMENT WITH ONE PHOTO SIDE BY SIDE BEFORE AND AFTER AND THEN REPLY TO YOUR OWN COMMENT WITH YOUR ADDITIONAL PHOTOS.



THIS WILL ALLOW OTHERS TO GO TO ONE SPOT TO SEE EVERYONE'S PHOTOS THAT WANTED TO SHARE!

## Tips TO TAKE THE PHOTO, SOLO:



FLIP YOUR CAMERA TO SELFIE MODE AND USE A TIMER! SET YOUR CAMERA ON A LEVEL SURFACE AND TIME THE PHOTO.



OR, TURN YOUR VIDEO ON- STAND IN EACH "POSE" FOR A FEW SECONDS AND THEN SCREENSHOT EACH PHOTO.

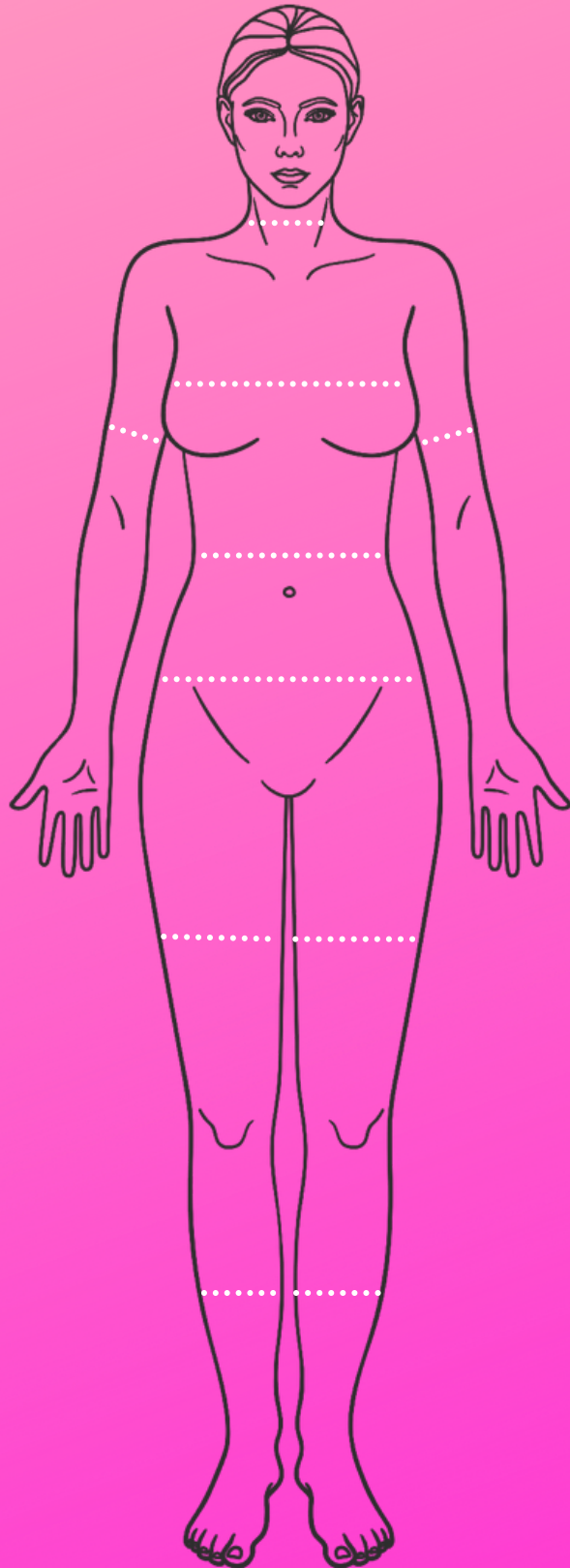


IF YOU WANT TO "HIDE" YOUR PHOTOS- IPHONE HAS A "MOVE TO HIDDEN" OPTION, WHERE YOU CAN MOVE THEM TO A DIFFERENT FOLDER VERSUS IN YOUR CAMERA ROLL.



# Body MEASUREMENT

	BEFORE	AFTER
NECK		
CHEST		
LEFT ARM		
RIGHT ARM		
WAIST		
HIPS		
LEFT THIGH		
RIGHT THIGH		
LEFT CALF		
RIGHT CALF		
WEIGHT		





# REQUIRED ITEMS

# Guide REQUIRED ITEMS

1. Protein, 2. Resistance Band, 3. Kitchen Scale, 4. Tupperware if needed

PROTEIN POWDER: A MINIMUM OF 2, 2LB JUGS. (TO GET YOU 30-45 SERVINGS DEPENDING ON YOUR PLAN) -POWDER MUST BE A MINIMUM OF 100 CAL PER SERVING AND A MAXIMUM OF 185 CAL PER SERVING, BELOW 8 G CARBS PER SERVING, AND ROUGHLY 20-30G PROTEIN PER SCOOP!

You do NOT need to use these brands as they are simply suggestions but if you would like to save yourself math later on- we use the Biohealth Precision Blend, calculated into the plan calories. You will be matching your calories of your product, to calories listed on your plan.



Protein Option 1:  
Biohealth 20% off  
with "Littleharris"



Protein Option 2:  
Legacy FRESH Whey Protein  
20% off with "Pharris"



Protein  
Option 3:  
Axe and Sledge  
10% off with  
code "milkfit10"



Protein  
Option 4:  
Machine Whey®  
Premium Whey  
Protein Powder



## BIOHEALTH

Biohealth is the brand we can get you the discount for and is what is specifically listed on your plan. (It is not required, but it's just what is preferred) The Phyto perfect is vegan and dairy-free. The Phyto DOES have a serving of greens in it so some mommas say its "earthy"- BE PREPARED for that. The Precision Blend contains casein and is a time-release. I think it blends better than the isolate BUT some women have a sensitivity to the casein (upset stomach) The Precision Iso is lactose free and casein free. I think they're all delicious - just the texture varies. (You will need approx 30 servings unless on a higher calorie plan) We recommend TWO, 2lb jugs of different flavors for variety!

# Dairy Free PROTEIN OPTIONS:



*Phyto Perfect*

"littleharris" for 20% off



*Axe & Sledge Supplements*

10% off with code "milkfit10"



*Tiger Fitness*

Planta

## *\*Important Note\**

**The plan will state calories of protein from required parameters. Please ensure that first your protein follows the parameters outlined here in the ebook, and then match calories to your specific protein.**

For example: If the plan states 200 calories of protein shake from required parameters and you are using Biohealth Horchata (120cals/scoop), you will need to use 1.67 scoops of horchata to equal those 200 calories.

# Required Items QUICK TIPS

*Buy a kitchen scale!  
You will need it to  
weigh your food!*



*Tip One*

*You will also need  
meal prep containers:*



*Tip Two*

*You can get any that work for your needs- this is just  
an idea. When it comes to Tupperware I prefer the Rubbermaid.*

# MILKY *Fitness*

# Resistance Bands ARE NOW REQUIRED FOR WORKOUTS!



*Single Band*



*Three Pack*



*Alternative  
Rubber Pack*

*There are two types.*

You theoretically only need one type, but having both the thick and the elastic is helpful for different variations. The thinner elastics tend to roll down. The thick cloth resistance band typically is better quality.

You do **NOT** need these specific ones- any will work. IF you are doing your own workout program or something that doesn't involve bands- you also do not need them.

**Our brand specifically is rubber lined so it will NOT roll down or slide on you!**

# MEAL PREPPING, FLAVORING & SHOPPING TIPS

# SHOPPING *Tips*

## ALLISON BELANGER

### **HABITUAL FITNESS/MILKY FITNESS SPONSORED ATHLETE:**

- *On a normal week, I shop Friday evenings, pre-prep Saturdays and cook on Sundays.*
- *Aldi's if you have one is awesome and cost-effective! I can generally find 90% of our grocery needs there.*

## MOLLY CAMARCO

- Grocery Pickup! *I order what I can (except meat) from Walmart pickup. I pick up after work on Friday or on Saturday morning.*
- Sales! *I look at the sales at my nearby grocery stores: Publix, Sprouts, and Fresh Market. If something on the plan is on sale or a great price, I buy it where it's cheapest because I'm a bargain shopper.*
- Meats/Frozen Items! *I buy my chicken and ground turkey at Costco. I also buy frozen fruit and copious amounts of frozen broccoli there to have on standby.*
- Dry Goods/Bulk Items! *Any dry goods like rolled oats, I try to buy for the entirety of the challenge to save me time later. If you have a grocer with bins for bulk items, a lot of time rolled oats and rice are cheaper than buying prepackaged name brands.*
- Farmer's Markets! *If you have a farmer's/green market, farm stand, or produce wholesaler open to the public nearby, GO. Often the produce is a fraction of the cost of the grocery store, and it's grown locally so you're helping a local farmer!*



# PREPPING

## *Allison's Tips*



### *Saturday Pre-Prep:*

Consists of chopping veggies and putting them into baggies with dressing; same with chicken. I let those marinate 24hrs or so before I cook them.

### *Sunday Cooking:*

Veggies go on foil-lined sheet trays into the oven at 400\* for 20min or so. If I remember, I broil them for the last 5min or so which makes them crispier. It's all about preference. Chicken either goes into the crockpot on high for 4hrs or I grill it...just depends on my mood, how much time I have, etc. This week I did crockpot which makes super easy and delicious shredded chicken. Some weeks I do potatoes for my carb (I love small fingerling potatoes and cook in butter IF it's on the plan, if not, I spray with a bit of cooking spray).

They cook well in the oven or stovetop roasted. I did rice this week. I usually make a big pan of turkey meatloaf every couple of weeks (this recipe is usually on the meal plan; it's my favorite). This makes enough so I don't have to cook as much the following week – since only my two-year-old will eat it with me (weirdos I live with!). I freeze extra meals whenever I can for the following weeks.

For protein shakes, sometimes we get almond milk. I love to freeze it into ice cubes and use it for blending. I try hard to save banana (even half works), peanut butter, and almond milk for a shake if it works out for me to do so. I find blending with ice/almond milk ice cubes/frozen banana make it a nice cold milkshake consistency and it's delicious (especially with chocolate or PB Cookie biohealth).

# PREPPING

## *Molly's tips*

- The BULK of my cooking is Sunday for nearly all Monday/Wednesday/Friday/Sunday (if doing) and MOST of my Tuesday/Thursday/Saturday.
- On Tuesday, I'll generally cook a meat and/or starch fresh for that dinner and the other Tuesday/Thursday/Saturday dinners.
- I portion out my lunches and leave the rest in big containers or quart/gallon bags to scoop out and measure as needed for dinners.
- I don't just make one veggie for the entire week.
- Egg breakfasts are generally up to my husband since I taught him how to properly scramble an egg...I now tell him, "Tomorrow is egg day, Egg Man!" before going to bed...so assign responsibilities to your spouses whenever you can!
- A word on family...We all eat the same thing, so I double what I make. I just add a carb to my son's plate on a lower carb day, or give my hubs frozen peas, frozen broccoli, or a cucumber if I don't have enough of a vegetable or he doesn't want one I made.



# Molly's Tips ON SEASONING

You don't NEED to get a bunch of spice blends (unless you want to!). There are basics most people have in their kitchen already that can make your food flavorful! 😊 Flavor is your friend and helps kick boredom! I do this for most veggies and ALL of my meats. "Disclaimer: I scale everything based on how much I'm making and I eyeball it."

## *My marinade base for ANYTHINGGG is ALWAYSSSS:*

Garlic powder ~ Onion powder ~ Cayenne  
Red pepper flakes ~ Paprika ~ Salt ~ Pepper  
+Acid (lemon or lime juice or vinegar of choice)  
= BAG AND MARINATE FOR 24hrs!

### FLAVOR VARIATIONS

*If I want Italian, I add Italian seasoning - fennel seed - balsamic vinegar as my acid.*

*If I want Asian, I use liquid aminos instead of an acid - ginger - a bit of sesame oil if my veggies get olive oil or butter for the meal I'm making the veggies for.*

*If I want Mexican, I add cumin - cumin seeds - chili powder - lime juice as my acid.*

# VEGGIE *Combinations*

**I roast my veggies at 400-425\* until they're done to my liking.**  
I do try to rotate the pan OR mix after about 15-20min in the oven, but it's not necessary.

## *Zucchini*

Marinating sliced zucchini in apple cider vinegar with my base.

## *Asparagus*

I broil asparagus with salt and pepper. If your plan has cheese, top with some grated Parmesan! It is life-altering delicious!

## *Brussels sprouts*

Brussels sprouts nearly always get lemon or balsamic. I cut them in half or into quarters, depending on their size so they roast quicker.

## *Cauliflower*

Cauliflower, cut into "steaks" and dusted with seasoning OR marinated and roasted. ...It can sometimes count as a green veggie, they're friends; mom and dad (Miranda and Paul) just prefer you keep it green!

## *Cabbage*

Cabbage. I just pan sauté shredded cabbage with salt and pepper...simple and yummy!

# MEASURING & WEIGHING FOOD



## *Food scale:*

Measures weighted ounces & grams

**Examples:** 4oz chicken breast, 5oz lean ground beef, 23g chocolate chips, 3.5oz cooked green vegetable, 55g cooked pasta, 10oz pineapple, 15g peanut butter.



## *Dry measuring cups:*

Measures volume of “dry” or solid ingredients

**Examples:** 1/4c rice, 1/2c beans, 1c uncooked spinach, 1/3c spaghetti sauce.



## *Liquid measuring cup:*

Measures volume of “wet” ingredients ONLY

**Examples:** 8oz unsweetened almond milk, 1c skim milk, 2c chicken broth



## *Measuring spoons:*

Measures volume of “dry” OR “wet” ingredients

**Examples:** 1T peanut butter, 1tsp ground flax seeds, 1/2tsp olive oil, 1tsp butter, 1/4tsp pink salt

## THERE ARE TWO MAIN WAYS TO DO THIS. CHOOSE WHATEVER IS EASIER FOR YOU:

- *Pre-measure your meals so you just grab and go, then heat and eat.*
- *Keep items in large containers, and measure each meal out as needed.*

*You CAN also cook each meal separately, but it's a LOT of estimating raw vs. cooked amounts and you might wind up with too much or \*gasp\* not enough of one component.*



1. *Place your food container/plate/etc. on the scale.*
2. *Turn power ON. It should read ZERO/o.*
3. *If your power was already on, hit TARE. Now it will read ZERO/o.*
4. *Make sure you have the correct measurement chosen – ounces vs. grams.*
5. *Add your first item (i.e. your protein).*
6. *Hit TARE to ZERO/o your scale.*
7. *Add the next item (i.e. your veggie).*
8. *Repeat if you are adding other items, like a carb (i.e. potatoes).*
9. *Your meal is now weighted and prepped!*

*\*NOTE: You can also do this “assembly line” style with the same Tupperware...ZERO after putting your first container on the scale. Add protein. Repeat with all other containers and protein. ZERO then add veggies. Repeat. Do the same with your carbs.*

### **Bonus Tips:**

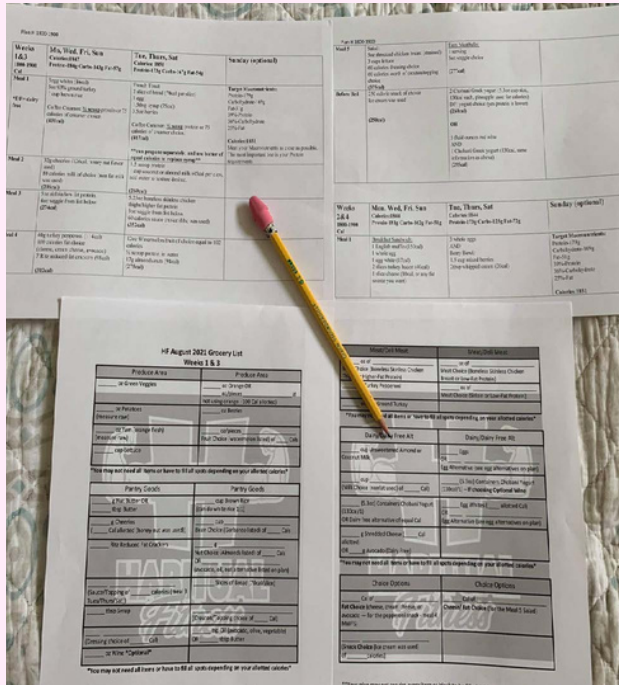
*You may want to label with a “wet-erase marker” or a Post-It note so you know what meal this is, if you’re using Tupperware; you can also stack M/W/F/Sun and T/Th/Sat meals in order on opposite sides of the fridge.*

# GROCERY LIST

HERE IS HOW I DO MY GROCERY LIST! YOU DO NOT HAVE TO USE THIS LIST- BY ALL MEANS IF IT'S EASIER IF IT'S EASIER TO MAKE YOUR OWN, DO IT!

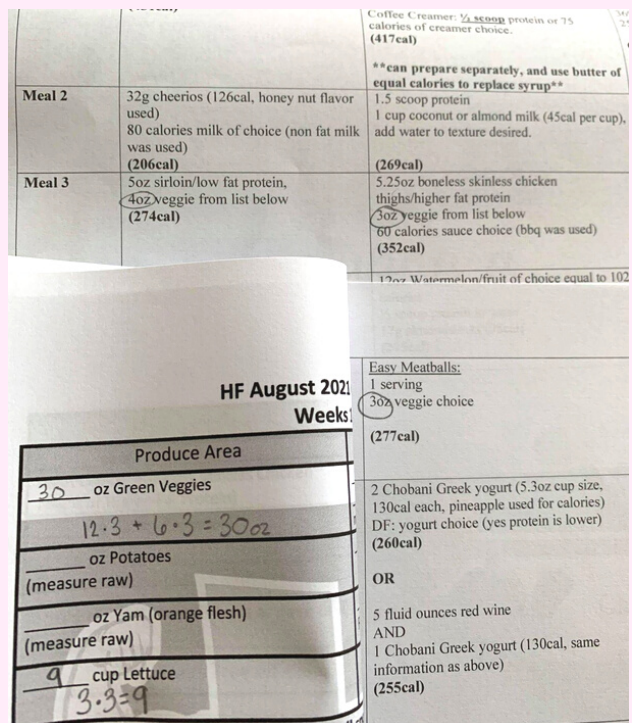
## First

I lay everything out and read it all! I circle my "choices" for the "or" options and I write down which "lean protein" I'll be using or which "f@tty" protein (do NOT type that word on FB- it will put you in Facebook jail). Once I know my choices- I grab weeks 1+3, (the first 2 pages) and then weeks 1+3 of the grocery list and place them side by side.



## Next

I look at the grocery list and I grab all my veggies first. You can see on this image- I circled my amount per meal and then multiplied it by that many days. So for example, MWF excluded Sunday because I like to do my own thing on Sundays), I had 4 oz of veggie for meal 3, so I multiplied it by 3 for 3 days worth.



# GROCERY LIST CONT

**HF August 2021 Grocery List  
Weeks 1 & 3**

Produce Area	Produce Area
30 oz Green Veggies	oz Orange OR oz/pieces if
12.3 + 6.3 = 30.02	not using orange (100 Cal allotted)
oz Potatoes (measure raw)	10.5 oz Berries 3.5 * 3 = 10.5
oz Yam (orange flesh) (measure raw)	3/4 oz/pieces Fruit Choice (watermelon listed) of Cals
9 cup Lettuce 3.3 = 9	
*You may not need all items or have to fill all spots depending on your allotted calories*	
Pantry Goods	Pantry Goods
g Nut Butter OR tbsp Butter	3 cup Brown Rice (can do white rice 1:1) 1.3 = 3
96 g Cheerios 32.3 = 96 (Cal allotted (honey nut was used))	cup Bean Choice (Garbanzo listed) of Cals
21 Ritz Reduced Fat Crackers 7.3 = 21	51 g almonds Nut Choice (Almonds listed) of 98 Cals OR (avocado, oil, nut alternative listed on plan)
1 bottle BBQ Sauce (Sauce/Topping of 60 calories (meal 3 Tues/Thurs/Sat))	6 Slices of Bread (70cal/slice) 2.3 = 6
16 tbsp Syrup 1.5 * 3 = 6	1 bag croutons (Crouton/Topping choice of 60 Cal)
1 bottle Ranch Dressing (Dressing choice of 60 Cal)	tsp Oil (avocado, olive, vegetable) OR tbsp Butter
oz Wine *Optional*	

Meat/Deli Meat	Meat/Deli Meat
15.75 oz of Chicken Breast Meat Choice (Boneless Skinless Chicken Thighs or Higher-Fat Protein) 5.25 * 3	15 oz of <del>chicken breast</del> Meat Choice (Boneless Skinless Chicken Breast or Low-Fat Protein)
120 g Turkey Pepperoni 40 * 3 = 120g	15 oz of <del>Sirloin</del> Meat Choice (Sirloin or Low-Fat Protein)
9 oz 93% Ground Turkey 3.3 = 9	
*You may not need all items or have to fill all spots depending on your allotted calories*	
Dairy/Dairy Free Alt	Dairy/Dairy Free Alt
3 cup Unsweetened Almond or Coconut Milk 1.3 = 3 almond	3 Eggs 1.3 = 3 OR Egg Alternative (see egg alternatives on plan)
3 cup Fairlife non fat (Milk Choice (nonfat used) of 80 Cal)	(5.3oz) Containers Chobani Yogurt (130cal/1) 2.3 = 6 OR Dairy free alternative of equal Cal
6 (5.3oz) Containers Chobani Yogurt (130cal/1) 2.3 = 6 OR Dairy free alternative of equal Cal	15 Egg Whites (86 allotted Cal) OR 5.3 = 15 Egg Alternative (see egg alternatives on plan)
g Shredded Cheese (Cal allotted) OR g Avocado (Dairy Free)	
*You may not need all items or have to fill all spots depending on your allotted calories*	
Choice Options	Choice Options
300 Cal of Cream Cheese Fat Choice (cheese, cream cheese, or avocado — for the pepperoni snack - meal 4 MWFS)	Cal of Cheese/ Fat Choice (for the Meal 5 Salad)
3 Halo Top (Snack Choice (Ice cream was used) of 250 calories)	

\*\*Your plan may not require every item or block to be filled. Higher plans are allotted extra items or vary in calorie amounts. Please do not worry if you are not using the extra spaces or end up omitting items listed! \*\*

*Lastly*

Here is my final list for weeks 1+3! I crossed off what did not apply to me, and wrote in what did! From here, I will probably rewrite it onto a normal sheet of paper to make it less “wordy” and simplify what I take to the store with me. Please remember to buy extra protein based on how it cooks down. I attached a chart below that helps put that into perspective as well!



# USE THIS TOOL

## TRACKING FOOD BY WEIGHT **RAW VS COOKED**

@cheatdaydesign



**8oz Raw**  
Chicken



**6oz Cooked**  
Chicken



**16oz Raw**  
Ground Meat



**12oz Cooked**  
Ground Meat



**8oz Raw**  
Potato



**6oz Baked**  
Potato



**2oz Raw**  
Pasta



**4.5oz Cooked**  
Pasta



**2oz Raw**  
Brown Rice



**4oz Cooked**  
Brown Rice



**2oz Raw**  
White Rice



**6oz Cooked**  
White Rice

- Nutrition labels are based on raw weight, not cooked
- Exact conversions will vary based on level of doneness, cooking method, and sauces used
- Different types of meat and pasta will have slightly different conversions, so use these as estimates, not exact conversions

# MILK SUPPLY INFORMATION

# Establishing a GOOD SUPPLY

- Establishing a good supply is very important. If you do not establish a good supply, with healthy emptying habits, you're at risk for constantly fighting a low supply.



- If you are pumping, the longest your breasts should go without being emptied is 4 hours at night. If you go 4 hours, you will need to make up the lost pump during the day time. Breasts should be emptied at minimum 7 times in 24 hours, more is better.
- If you are breastfeeding, please practice demand feeding as opposed to scheduled feeding. This allows baby to nurse as often as baby wants which may be 30 minutes-3.5 hours between sessions. It is completely normal for baby to cluster feed which may mean every 15 minutes for 2-3 hours, This is how your baby naturally increases supply, especially between the hours of 5-10pm. Many people suggest offering a bottle, however if you allow baby to do this, you will eventually make plenty of milk for baby at this time.



# PROPER FLANGE *Sizing*

- Flange sizing is very important. Proper flange sizing can increase output/ letdowns, decrease time pumping, and help with pain. Pumping should not be painful. If pumping is painful, there's likely a solvable issue. Pumping through pain can inhibit letdown reflex.

- There are self-sizing rulers, pump consultant pages, and myself to help you find the right size. Flange sizing has no guarantees of increasing output, but if mom is able to EBF baby, but not make enough when separated this is a good option to explore.



*PUMP PARTS  
SHOULD BE  
REPLACED  
FREQUENTLY*

# Being Separated FROM YOUR EBF BABY

• Many mothers will return to work at some point in their nursing journey. If you have been EBF throughout baby's nursing journey, there should be little need to supplement if maintaining good emptying habits, as well as, hydration and nutrition.

• There is no perfect number, however, you can expect a majority of babies to need X amount of oz. To guestimate, this amount, take the hours separated (8) and multiply by 1.5. For a mother who has been gone 8 hours a good starting point would be to leave 12 with a caregiver. This is again an estimate. Baby may take more or less. I would start by leaving this amount in 3 oz bottles. Please educate yourself and your caregiver on pace feeding and use the slowest nipple available for your bottles. Babies fed with breastmilk need the same amount (about 24-30 oz) per day, for the entire first year. There is no need to increase bottle amount, nipple flow, or # of bottles with age as breastmilk changes in composition.

# Exclusive Pumping

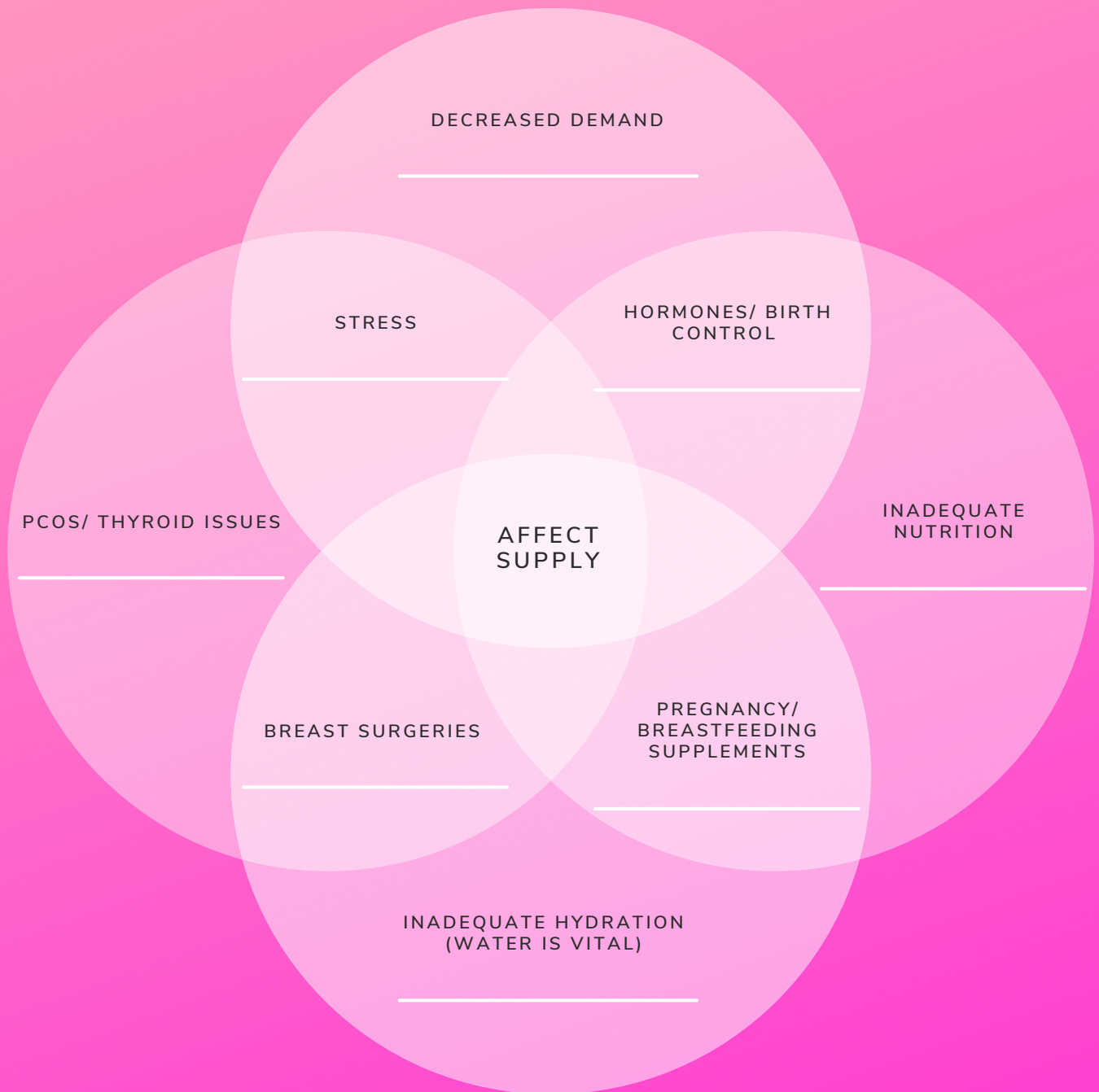
- *Exclusive pumpers should aim to produce about 24-30 oz per day. If you see a decrease in supply, you must increase demand, regardless of how long you've been doing X pumps per day.*
- *Breastmilk is very easily digested. Increasing the amount given isn't recommended when baby is "still hungry" because it is still digested very quickly. It is more beneficial to offer smaller amounts more frequently. Breastmilk should be offered in 3-4 oz increments with the slowest nipple available. If you are worried that your baby is being overfed or offered too large of bottles, its okay to start slowly decreasing the amount.*



# Hormonal Supply Dips

- *There are times your supply may dip due to changes in hormone level. Things that may cause a hormonal shift include: the return and monthly time of your cycle, ovulation, going longer sessions without emptying your breasts, and the time around 3, 6, and 12 months postpartum.*
- *Pregnancy can also cause decrease in supply. "Most mothers who are nursing through pregnancy notice a decrease in milk supply by mid-pregnancy, but sometimes as early as the first month. During pregnancy, the mature milk is also making a gradual change to the colostrum which is present at birth. Supply may increase toward the end of pregnancy as colostrum production kicks in."*
- *"Why does milk production usually decrease during pregnancy? Progesterone levels gradually rise during pregnancy. One theory for the cause of decreased milk supply during pregnancy (Flower 2003) is that the progesterone makes the alveoli permeable, or "leaky," so they can't store milk well. At birth (the delivery of the placenta) progesterone levels drop dramatically, allowing prolactin to take over. Prolactin makes the alveoli impermeable, thus setting the stage for the return of copious milk production."*
- <https://kellymom.com/tandem-faq/16milkchanges/>

# Things that AFFECT SUPPLY







# FAQ & CHALLENGE INFORMATION

# Headaches, Milk Supply, & CLC Information:

*Q. What do I do if my milk supply is dropping?*

Milk supply fluctuation is NORMAL. You will more than likely notice a change in supply- whether it be a drop or increase. Prior to the challenge starting, if you are a “just enough-er”, power pump twice a day to prepare for the few days of a slight drop. 3-5 days is typical. If you need to start storing milk now, do so! It also helps to pump for 5 minutes after each feeding- although this is tedious it is SO good for your supply! You will ALL be placed on meal plans that are appropriate for your caloric needs, the odds of it dropping are more than likely due to a lifestyle adjustment and stress verses calories. Once you get the hang of things, you will notice your milk supply returning. Some women even claim they see an increase after the fluctuation period.

*If after 5-7 days you are still experiencing a significant dip, please reach out! First, message Jordan Weber HFMF CLC, our group's lactation consultant that is here entirely for YOU. Then, message Habitual Fitness LLC if Jordan feels a caloric adjustment may be necessary.*

Something else to consider is your baby's age. Milk supply regulation is around 12 weeks. Leap 4 is also around 16 weeks. This aligns with a HUGE developmental leap that cause baby to be extra fussy, on the breast more, very “needy”, and acting hungry. Monitor diaper output, as long as baby still has wet diapers, keep latching, and RELAX. This is NORMAL!



# *“Free” Food, How to “plan” your meals, When to eat, Moving Items around*

## *Q. Can we swap certain foods out?*

Yes, BUT - we will not be helping or allowing swapping foods until the end of week 2. You need to focus on how to meal prep and falling into a groove before swapping can be successful. When you start swapping foods, you risk altering your calories/macros and potentially slowing down your progress. It is harder to help when we don't know what exactly you're eating. We also do not assist with swapping for preferences- this is at your risk/discretion. There is a chart on the bottom of your plan that helps with this. For example: if your plan reads, “4 oz chicken breast/lean protein” You can look at the chart on the bottom of your plan and see that 1 oz is roughly 47 calories. SO you would do  $47 \times 4\text{oz} = 188$  total meat calories. THEN take 188 and divide it by the calories per oz of the other lean protein you want to use, I'll pick cod.  $188 \text{ total meat cals} / 34 \text{ cod per oz cal} = 5.5 \text{ oz cod}$  for that meal in place of the 4 oz chicken!

## *Q. “Free” Items*

You may add Pico de Gallo or homemade salsa, onions, lettuce, peppers, cucumbers, pickles, spinach, and cabbage, freely! This means you can make lettuce wraps, salads. This does NOT mean make every single meal into a huge salad- but, if it helps curb hunger, you may use them. Nothing is truly “free”. These items are intended to enhance a meal or curb hunger.

These items do NOT qualify as your "veggie choice" from your BYOO list as they are not calorically equivalent.

## *Q. Do we have to log our calories or macros?*

**No, you really shouldn't need to. In fact, we HIGHLY RECOMMEND that you do NOT mess with MyFitnessPal at all- this is what you are paying us for. If you stick to the plan and just eat what it tells you or utilize your BYOO lists, there's no reason to log in and calculate.**

IF you are swapping a protein out with something else, you will need to compare those calories in MyFitnessPal, but it is unnecessary to log your entire day. That should be the only reason you're calculating. We also have a fairly extensive key on the bottom of the plan to help with common swaps to eliminate that need. The issue here is unless you are looking at our screen and which verified entry we log or brand etc- your numbers may vary and it will cause unnecessary stress. The margin of error is too large with variances.

## *Q. Can I move around my meal plan?*

Yes, you can. Example: eat your day's breakfast for lunch if you want lunch for breakfast. This also includes combining meals within your day so you are eating "less" meals. As long as all calories within the day are consumed, you are okay! You can also move components of some meals to other meals. For example: If you have a meal that lists peanut butter and an apple but you want to move the peanut butter to your protein shake later- you may!

*\*\*Do not swap Tuesday's breakfast for Monday's breakfast or similar. You may repeat weeks if you favor a certain set. If you prefer a certain day over others, you may move the days around but you must swap the entire day.\*\**

## *Q. Does it matter when I eat what meals?*

It does not matter what order or what time you eat any meals- just as long as you get them all in in one day. This also applies to intermittent fasting! Eating after 8pm being bad, is a myth! IF you need a middle-of-the-night snack for when you are nursing etc, save one of your meals for the middle of the night!

*Q. How do I match calories per gram to something on my plan if I choose a different brand or have a partial serving? How do I know how much to eat?*

*For Example: XCal of ice cream on YOUR plan.*

I am using Dairy Free Halo Top as an example | 1 Serving of 90G is 120CAL.

XCAL OF HALO  
ON YOUR PLAN

X

$\frac{90\text{G PER SERVING}}{120\text{CAL PER SERVING}}$

=

YG OF HALO  
YOU CAN EAT

*For instance, I can eat 180 Cal Soooo... How I do the math*

180CAL OF HALO  
ALLOWED(FOR ME)

X

$\frac{90\text{G PER SERVING}}{120\text{CAL PER SERVING}}$

=

135G OF HALO  
FOR ME

So, take a look at your product and plug in your conversions in the appropriate place.

*Q. What do I do if I miss a meal?*

Make it up later in the day! Your body needs these calories - make sure to get them all in! It will be difficult at first, but it gets easier- food is **FUEL!** IF you fall asleep and miss it- just move on with the next day and keep it as a loss. Just move forward!

*Q. How do I measure my food?*

You will need a food scale from the required items list. Everything is measured cooked aside from spinach and potato OR unless explicitly stated. If a veggie and dressing snack is listed- it is intended to be measured raw. \*Do NOT convert your measurements. If your plan says "oz", leave the item in oz as that is how it was accounted for calorically. For example, 4 oz of popcorn is significantly different than 1/2 cup of popcorn.\*

For Proteins: Always measure cooked unless using one of the dinner recipes that state otherwise. When you cook your proteins, they will lose water weight so be sure to buy extra!

*Q. I like the food for weeks 1&3 - can I eat that during week 2&4 too?*

Yes, you can. The difference is only so you wouldn't be stuck eating the same foods for 4 weeks straight, but if you want to eat week 1 for all 4 weeks, have at it!

*Q. I don't have time to meal prep each meal separately, what can I do?*

You can bulk cook foods and store in large containers and scoop out your required amounts of food and then add your seasonings, etc. You don't need to prep each individual meal if you don't have the time. See the "All Prep Tips" file for more tricks and assistance!

*Q. Dividing Recipes and portions:*

IF your plan says "1 serving" or "1.5 servings" etc, take the entire recipe and weigh it and then divide by the number of servings on the recipe on your plan. For example: if the Minestrone weighs 20oz total (I'm guessing), the recipe says 4 servings, and your plan says 1 serving, your 1 serving is 5 oz. ( $20/4 = 5$ )

*Q. I don't like a certain food, what if it's on my meal plan?*

The meal plans come with a little list of interchangeable items. This includes lean proteins, fatty proteins, veggies, and carbs. It is located at the bottom of your meal plan! If you choose to swap, you will need to compare calories for these items. At the end of week 2, I will show you step by step how to do this. Please try your best to stick to the plan verbatim until then. Please do not ask for assistance with swapping for preferences, we do not assist with that!



## *Q. What if I have an allergy listed on my plan?*

Dairy-Free, Gluten Free, Egg Free, Soy free etc- if you see an item listed that contains an allergen you cannot do, simply swap it for a "like" item, match those calories and move on! Once all meal plans have been distributed, look for the allergy post for assistance- it will be pinned in the announcements! For example: regular bread for gluten free bread.

## *Q. Can I make my veggies into chips or crisps?*

If you are air frying or broiling veggies to remove ALL moisture (explicitly mean like chips), you need to measure RAW. Otherwise, everything except for potato or spinach is measured COOKED unless in a recipe or otherwise stated. Normally we have you measure cooked, but as airfrying has become more popular - this needs to change if you're dehydrating the vegetable.

## *Q. What about rice?*

Rice should be measured cooked. The rice used on plan will match up to pretty much any rice that's 1/4 cup (raw- if looking at back of packaged) for 160 cal. (This will fluctuate by brand, it is OKAY as long as you are fairly close. We calculate for rinsed jasmine rice which tends to be a little lower cal). You may use rice of choice, as long as calories are fairly consistent. The rice from breakfast can be moved to any meal, but give it a shot! You cannot use rice-a-roni, or prepackaged flavored rices as they vary significantly in calories!

## *Q. What about gum?*

You may chew gum but be mindful that gum does have calories. If gum helps you curb cravings, go for it! Just make sure those calories used are coming from snack of choice or creamer calories.

## *Q. Can we use seasonings?*

"Yes! Flavor God, Mrs Dash, Lawry's Marinades (some flavors do have high fructose corn syrup, this is okay!), salt, pepper, any herbs, garlic, and pico de gallo. Please avoid heavy sauces unless they are accounted for calorically within your plan. If you look at the section 03, this elaborates more on prepping and flavoring tips!"

## *Q. Can I use egg whites from a carton?*

Yes! Just calorie match to the side of your carton. If your plan gets 87 calories worth of egg whites for example, match that 87 calories to the calories listed on the side of your carton based on that carton's calories per serving. The bottles typically vary- so pay close attention if you are not using whole eggs and separating.

## *Q. My plan says “Snack of choice”, can I really do anything?*

This is entirely YOUR preference! Just remember the higher the protein, the more satiated your hunger will be!



# *Beverage/Shakes, Hydration, & Vitamins/Supplements!*

## *Q. What can I drink?*

Realistically - you should try and strive for a full gallon of water a day! 128oz. of water per day. An ounce of water per pound of bodyweight is a good goal! AND the sea salt in a glass once a day- this will help with electrolytes and headaches. You may use MIO type products to enhance your water! You may also drink Bubble water or sodas like "Zevia" etc. IF you must drink a Coke Zero for example, this can be done SPARINGLY. Gatorade zero or Vitamin Water zero and any similar zero calorie water products, are perfectly okay.

## *Q. What do I mix my protein powder with?*

You ONLY mix with water UNLESS your plan says coconut milk or almond milk. Otherwise, water only. You may also use oat milk or other milk substitutes, so long as they calorically match the milk allotted.

## *Q. What if I cannot stomach my protein or I choose not to use protein shake supplements?*

You will need to swap that protein shake out for a lean protein source of your choice, calorically. The most ideal option is 1 full scoop of protein (150 calories) FOR 3.25 oz cooked boneless skinless chicken breast."

## *Q. What are the rules with energy drinks?*

If you are not breastfeeding- energy drinks may be used in moderation, just as you would diet sodas. These should be accounted for calorically, though! A good option would be to use your creamer calories or snack of choice! Keep in mind energy drinks do not replace your ounces for water intake.

## Q. What are the rules with alcohol?

Wine, hard alcohol, or beer can only be had up to two times a week. We suggest that you substitute carbohydrate sources for this as that is what alcohol is made of. Remember this is an empty calorie item and will not provide any micronutrients that you will need.

This is on your own accord and it is not going to be calculated into the plans unless explicitly stated- typically as your evening snack.



*Barefoot Moscato*

127CAL PER  
5 FLUID OUNCES



*Barefoot Red  
Wine (cabernet)*

109CAL PER  
5 FLUID OUNCES



*Barefoot  
White Wine*

130CAL PER  
5 FLUID OUNCES



*Jameson Whiskey*

140CAL PER  
2 FLUID OUNCES



*Goose Island  
IPA Beer*

208CAL PER  
12OZ CAN



*Michelob Ultra*

90CAL PER  
12OZ CAN



*Corona*

148CAL PER  
12OZ BOTTLE

This key is only to help you enjoy that drink with dinner.

**Note:** Alcohol consumption in excess can hinder your performance and your progress, alcohol in moderation will not negatively impact your body changes. Everyone is different; if you are drinking a few times a week (even within calories and macros being met), and you are not making the progress you desire you should then remove it all together.

## *Q. What about my vitamins or my collagen? Can I take them/it?*

Collagen: 1 scoop of collagen equals 1/3 a scoop of Bio Health blend protein. So if you wish to keep your collagen, you need to deduct a 1/3 scoop of protein to trade it out for 1 scoop collagen. Vitamins: If you wish to continue your vitamins you need to make sure the vitamins you are using are not adding calories to your day. (Oil/capsule based vitamins are typically pretty calorically dense)

## *Q. Can I have coffee or tea?*

Yes you can! Pay attention to your plan for what calories you're allotted for creamer. You may use skinny syrup or stevia to sweeten coffee/tea. Another option is if you have a protein shake for that day- make the shake with water or milk (will be specified on your individual plans), THEN keep it in a shaker cup in the fridge and pour your shake into your coffee throughout the day as you make your cups of coffee. By the end of the day- make sure you finish that shaker bottle so you are getting that meal in. Make sure if you drink coffee/tea all day- you're also drinking water- A FULL GALLON. You cannot add sugar or honey to your tea unless its allotted for. IF you are adding lots of coffee and tea to your day- please make sure you are adding in some extra water as those are diuretics! Remember that breast milk is made based on your hydration!

## *Q. What about coffee creamer or not drinking coffee?*

Coffee creamer is there because a LOT of us use creamer. IF you don't use creamer or don't drink coffee, you may use those calories elsewhere as long as the plan states you can. It will likely read, " \_\_Calories of creamer choice OR \_\_ calories elsewhere of your choice". This could mean added sauce or dressing etc, to another meal. It should be treated as a snack of choice. Please be mindful that using protein in place of those creamer calories will be most satiating, so if you struggle with hunger- that is our recommendation. This is also a great opportunity to use for your collagen or vitamins. Another option is to use those calories for a milk choice in a shake later in your day! Some people put the protein in their coffee! A "milk frother" on Amazon will make this VERY easy! Mix with water or allotted milk first- then pour into your coffee.

# *Meal Plan Distribution, Goals, Workout Plan(s) & Commitment*

*Q. How do I know what to put as my goal?*

Your goal is entirely that, yours. Not everyone here is actively trying to lose weight. You may want to "maintain" your weight and just work on your muscle definition. You may want to gain weight. You may be one of the majority that wants to lose weight. You can simply put "weight loss", "weight gain", "maintain weight and work on muscle definition." If you want to gain muscle, you need to put that explicitly as "gain muscle" and "muscle definition" are two different things. For example- if you need to work on muscle definition because you still have a little bit of body fat, we would put you in a slight deficit typically. This also goes for those wanting to gain. We would shift you to you a slight surplus. If you like your weight and you just want to "tone up" (work on lean muscle definition), we would likely keep you at maintain and focus on discussing your training commitment.

*Q. What about working out?*

**\*\*\* Please be honest with yourselves\*\*\***

IF you cannot workout or are not working out, you need to tell us - your plan is based on the number of days you gave us in regards to working out. Your workouts are a weekly average on our documents! Not doing them and continuing on your plan can hinder progress because your calories will be too high. You are allotted one caloric adjustment based on workout needs changing. If you commit to too many days and need to lower- we need to know asap. If you committed too low and want to add days- we need to know asap! Your success in this challenge relies on open and transparent communication.

## *Q. What is a "diet break" and how do I know if I need it?*

Diet breaks are not physiologically necessary unless you have been in a steady caloric deficit (goal of 'weight loss) for 3+ months. A long deficit on it's own is typically not enough of a reason, however, sometimes a break is necessary for mental health and simply to allow you a rest. Other reasons that would couple with the long term deficit would include, stalled progress, no changes in photos, scale, or measurements, difficulty adhering to your deficit plan due to hunger, or what we would consider a "plateau" (no changes in 4+ weeks). A "break" would typically be coming out of that deficit for 2-4 weeks. This is not necessary for everyone and more often than not, it is not needed- but we do support the need for it, if it fits your situation. You would simply change your goal on your stats to, "take a break from weight loss and move to partial deficit or maintain" whichever you choose.

## *Q. Is there a certain number of calories I am supposed to burn in a workout?*

No. There's no set caloric requirements for a workout because everyone is different. If you are fatigued, sweaty, sore, etc- you likely are JUST FINE! If the workout is "leisurely" and not that difficult for you, you likely need to up your intensity. Every person's weight dictates how many calories you burn as well as with muscle mass. This is why it is best to gauge it off of the number of days with the 45 minute intensity. Your fitness watches are NOT accurate at your calorie burn!

## *Q. I'm so sore, do I have to keep doing the workouts?*

Please try to! Your calories are based on the amount of time you have committed to working out. Rolling out your muscles after your workouts will help. There is a difference between being sore and being in PAIN. If you are in pain, give your body a rest. If you are just sore, go slow. Make sure your hydration is UP! Baths with epsom salt and foam rollers also help. **Stretch!**

## *Q. When will I get my meal or workout plan?*

Meal plans are released no later than the Thursday before your challenge begins- UNLESS you submit your "stats" late. If you are late- you must wait until Friday after every one else has received theirs so the team can double back. If you do not receive your plan by Friday evening, please reach out to our team- we are human and sometimes it is possible we overlooked. Meal plans will be sent through your Facebook messenger from the Habitual Fitness page. The grocery list will be posted Thursday after all "on time" plans have been sent out. They are uploaded into your group's files under the "featured" or "announcements" tab. Workout plans are uploaded typically the Sunday before your group begins- sometimes sooner, but not always. These are also uploaded into your group's files under the "featured" or "announcements" tab. You do not have to use our workout plans, you are more than welcome to do whatever you choose! Please just make sure you are fully transparent about what you are choosing to commit to.

## *Q. What happens if I need to travel during my challenge? \*This also applies to illness and surgeries*

The challenges were created as just that, a challenge! 28 days of eating calories and macros tailored to you, not having to stress tracking, being disciplined enough to get your workouts done, etc. However, we do all have lives and often mom/dad life can be isolating so we want you to be able to partake in outings. The #1 best option is to take your pre-planned prepped food with you. Some members prep it all before going and bring a cooler. Others use their mini-fridge in hotels. Others simply pack their snacks and save their main meals when they get home if it is a day trip. If it's a longer stay enjoy other aspects of travel, but prove to yourself you don't need the extra foods to have fun. Some members choose to try to track their daily calories (probably the next best option to packing their actual meals), this however can lead to lots of eating out. which isn't ideal due to added oils and sodium and it makes it harder to get an accurate count. If eating out on a trip or for a family meal is necessary we recommend pulling some snack calories out and eating something close to your dinner, typically, protein/carb/veggie. Make sure to order food specifically not cooked in oil or butter, and ask them to leave dressings or sauces on the side! There are those that chose to eat "mindfully" but it seems those members usually come back disappointed because they weren't able to follow or they overindulged and felt ill. This also makes it almost impossible for us to help troubleshoot any progression troubles. Some people can't handle eating rich food after eating a "cleaner" diet for a while, GI wise. In summary, it's ultimately your choice because we aren't there to really monitor but many members have been very satisfied and proud when they can travel and maintain their lifestyle change. Eventually, you get the hang of it and can incorporate treats and eating out without throwing off calories or macros! You'll also be practicing on Sundays how to handle social days or outings. Remember your goals and do your best!



# Spouse Add Ons!

## Q. *What is the Spouse Add on?*

### **SPOUSE ADD ON \$40 OPTION:**

This does NOT grant the spouse purchaser access to the challenge group- this only allows for the corresponding month to be sent to the spouse (challenge participant) via Facebook messenger with yours. They will get the same plan as you so you can prep together. The only difference is that they will likely have different amounts of those food items because it is custom-tailored to their needs, just like yours! This is an add-on product. The spouse must be participating in the actual challenge for their spouse to have access to this option. No additional one on one individual correspondence or adjustments will be offered. We limit one spouse add-on per participant. You can use this for ONE immediate family member per challenger if you wish! (Teenager, Parent, or sibling of yours!) If your spouse wants the ability to have an adjustment or more specific goal, the \$60 option may be a better choice! If you purchase this option, you will need to message the order number to Milky Fitness LLC- the spouse does not need to contact us- as all communication will be made through you.

### **SPOUSE ADD ON \$60 OPTION: WITH GROUP CORRESPONDENCE**

This will be a men's group- structured identically to the women's support group. If your spouse is a woman, they will be added to the women's group. This is for spouses ONLY- not for parents or other immediate family members. They will get the same plan as you so you can prep together and one adjustment as needed, just like you do! The only difference is that they will likely have different amounts of those food items because it is custom-tailored to their needs, just like yours! They are coached personally by Master Trainer Paul Harris. He will help them fine-tune their goals in a male aspect. Paul will use the group to educate and guide by means of "weight loss and gain muscle" etc, as this is widely misconstrued! This is a great option if your spouse or partner has goals beyond "weight loss". It is 100% tailored to man talk, and man goals, and supplements! If you purchase this option, the spouse add-on member must message their order number themselves, to Milky Fitness LLC- they will then need to also request to join their group as listed on our group links page.

### **WHEN IS THE LAST DAY TO ADD A SPOUSE ADD-ON?**

Spouse Add-on purchase deadline is the same date that stats are due! The product will be removed from our site at the end of the day. There are zero exceptions! Please make sure if this is something you wish to add- you do so prior to the stats deadline! If you purchase this after you submit your stats, simply re-submit!

# *Archived Meal Plans!*

## *Q. What are archived meal plans?*

These are 1/2 Priced Archived Meal Plans (\$50) - meaning from previous challenge groups for returners only that missed the upcoming groups! You must message Milky Fitness LLC with your order number for archived plans after you purchase. This plan can be any month of your choice that you have not yet done- all previous menus are listed on our site under the archived plans product option. You will simply choose the month that appeals to you from the items listed on the product description and put it on your intake form when you purchase the product. This product does not come with any additional guidance or correspondence coaching- it is the plan only. You need to make sure your accurate email is attached to your order to receive. You will put in all of your stats when you purchase- they are on the product itself! Please make sure you are accurate with your activity level, and nursing calories as this will be the only plan you will receive- no adjustments will be available. Once purchased- your plan will be emailed to you at the email listed while checking out from Milkyfitnessllc@gmail.com. You will receive your plan within 10 days of purchase. Do not purchase your plan until you are 10 days out from needing it.

<https://www.thehabitualfitness.com/product-page/archived-meal-plan-one-month>



# TIPS & ENCOURAGEMENT

# *Tips & Encouragement*

*Emily Clazina Bernadina*

“Post often and when you are feeling good about your progress and those non scale victories but also, most importantly when you need support. The group dynamic and support is what keeps me coming back.”

*Kym Coapland*

“Make the time for yourself, you deserve it. We can’t change our bodies without changing our minds and behaviors that got us to where we started. Don’t compare your day 1 to anyone else’s day 100 and drink your dang water!”

*Andrea Hair Widdison*

“Be kind to yourself. Drink lots of water! Trust the process! Feel free to move food around and make it work for you. Meal prep is key! So much work but so much easier to just grab and eat during the week!!”

*Stac A Hock*

“A little mantra to remind yourself from time to time. This investment is for YOU! Remember WHY you are here. What is your main GOAL? And make small attainable achievements along the way.”

*Keely Sikes Smith*

“Print everything out. Easier to read and understand. It’ll make more sense as you start prepping. Don’t get overwhelmed when reading.”

*Andrea McBride*

“It gets easier!!!! First week is CRAZY. But it becomes natural.”



“DEFINITELY TAKE PHOTOS WHETHER YOU WANT TO POST THEM OR NOT, TAKE THEM FOR YOU! AND BE HONEST WITH YOURSELF ON YOUR QUESTIONNAIRE! IF YOU’RE NOT WORKING OUT, REACH OUT! IF YOU’RE WORKING OUT MORE , REACH OUT! YOUR PLAN IS BASED ON THE INFO YOU PROVIDED , INACCURATE INFORMATION CAN RESULT IN STALLED RESULTS! TAKE IT ONE DAY AT A TIME! IF YOU HAVE A BITE OF YOUR KID’S DINNER, DON’T BEAT YOURSELF UP. GET BACK TO YOUR FOOD AND WATER AND CALL IT A DAY. THIS PROGRAM IS A LIFESTYLE SO YOU’RE EVENTUALLY GOING TO RUN INTO DAYS WHERE YOU WON’T HAVE A PREPPED MEAL AND JUST NEED TO GO WITH IT . YOU WILL LEARN HOW TO HANDLE THE OBSTACLES AS TIME GOES ON.”

*-Amanda Clark*



ONE *day*  
at a time

ONE *meal*  
at a time

ONE *workout*  
at a time

- *Catherine Powell*

### *Samantha Sunderland*

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“Don't focus on your failures, focus on your successes. We all fall off plan some days a little...or a lot... but focusing on that as a failure just brings more stress and makes it harder. Pick yourself back up, get back on plan, and focus on the fact you successfully got back on track.”

### *Caitie Masangale*

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“Start weaning yourself off processed foods. It makes the first week SO much easier!!”

### *Nikki Sich*

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“Try everything once, even if you think you won't like it.. try it!”

### *Courtney*

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“If you mess up, miss a meal, a workout or water, don't stop. Tomorrow is a new day, and life happens. Don't fret and just keep going, six months from now that "you" will thank you. But also, live your life. Learn from the portions and choices, but know cake will happen.”

### *Shannon Wamsley House*

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“Trust the meal plan and follow it. It may seem like a crazy amount of food, or it may seem like you shouldn't be eating something. Really, they know what they are doing. This is what good normal eating should look like! It's not a fad that will wear out.”

### *Rebeca Fernandez*

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“The first few days, even week, will be the hardest and possibly overwhelming but it definitely gets easier. Take one step at a time. One day you'll look back and be thankful you did so.”

### *Dana Roof*

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“Focus on progress, not perfection.”



**VANESSA'S BEFORE**



**VANESSA'S AFTER**

“I just want to quote Miranda from one of our conversations during my first challenge. I was about ready to give up because I didn't understand what freedom with food really looked like while still obtaining my goals.

**‘This journey is entirely what you make it. I hate for you to feel like you wasted your money. PLEASE give the program a shot- take it day by day and lean on the group for support!’**

I definitely thought the group wasn't going to be something I absolutely needed. In fact, I'm pretty sure I tried to do without it during parts of my first challenge, but I missed all the tips and it led to bland food which got me to get more involved in the group- or at least look at it more. The group is really helpful. Use it. Just focus on yourself and your own journey. Do what you can to make it work! And don't give up. If you really want to reach your goals you gotta start somewhere and usually that involves a lot of trial and error on your part, but results are still happening.”

***-Vanessa Simoneaux***



Before



THE TIME BETWEEN THESE PICTURES IS 1 YEAR.

"One year of putting in the work showing up for me. Was it always easy, no. Did I always have the motivation, no. These are called "challenges" for a reason. They challenge you to get outside of your comfort zone. Try new things, do differently than ever before. This group is set up for you to succeed and emerge stronger than before. Use the group! Lean in! Ask for accountability and support! Try all the food at least once! It may surprise you what you actually like! And whatever you do **NEVER** quit on a bad day. You already know what it's like to quit on yourself so now you get to see what it's like to show up. To keep going. To push through that hard day and get the workout in you promised yourself or to choose that protein shake over that chocolate bar. Keep showing up for your person on the right. "

-Nikki Sich

# Worksheet

# SMART GOALS

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WHAT IS YOUR GOAL?

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HOW WILL YOU MEASURE THE SUCCESS OF YOUR GOAL?

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A

WHAT STEPS ARE YOU GOING TO TAKE?

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R

WHAT MAKES THIS GOAL WORTH WORKING FOR?

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T

WHEN IS THE DEADLINE?

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# Coaching Toolkit

## GOAL PLANNING

WHAT IS YOUR GOAL?

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DEADLINE:

3 ACTION STEPS

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

WHAT IS YOUR GOAL?

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\_\_\_\_\_

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DEADLINE:

3 ACTION STEPS

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

# Daily PLANNER

## DAILY SCHEDULE

8am	_____	■
9am	_____	■
10am	_____	■
11am	_____	■
12am	_____	■
1pm	_____	■
2pm	_____	■
3pm	_____	■
4pm	_____	■
5pm	_____	■
6pm	_____	■

## TOP PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

## NOTES

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# *Weekly* PLANNER

THURSDAY

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MONDAY

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FRIDAY

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TUESDAY

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SATURDAY

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WEDNESDAY

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SUNDAY

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# Habit TRACKER

MONTH OF:

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HABIT

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

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HABIT

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

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HABIT

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
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HABIT

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HABIT

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
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# TERMS *and* CONDITIONS

*This is NON-REFUNDABLE. Upon purchasing- you agreed to not distribute, share, or publicly display the plans as well as any and all written correspondence and documents provided to you.*

