



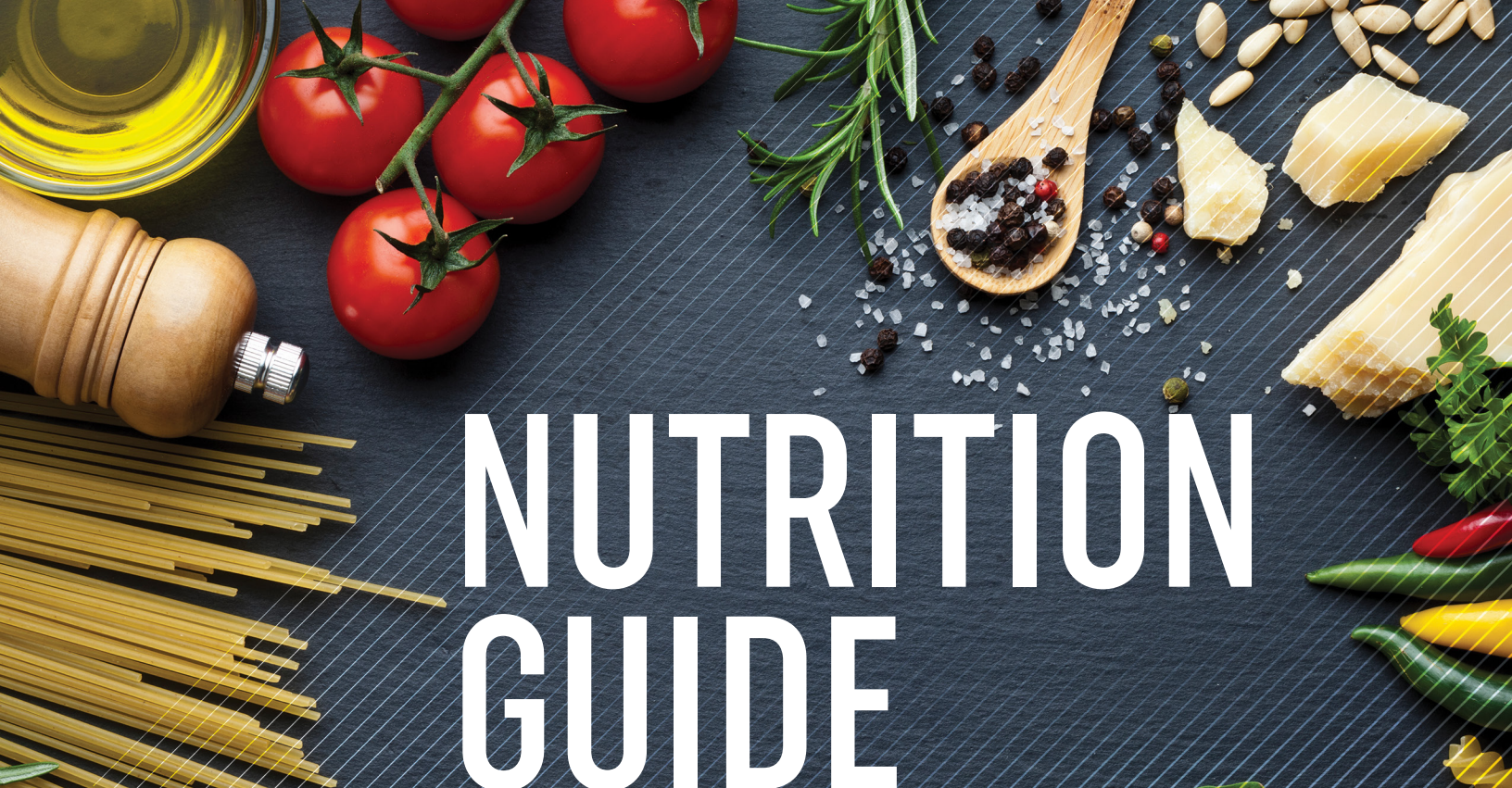
STRONG
BY ZUMBA

#STRONGER4ALS
30-DAY CHALLENGE

NUTRITION GUIDE

Ready to begin your journey to total-body transformation? Well here's the nutrition plan to complement your #STRONGER4ALS workout plan. Eating right will fuel your killer workouts - so make sure you're eating clean, nutrient-rich foods that will help you crush your goals.

ESSENCE
NUTRITION



NUTRITION GUIDE

Please keep in mind, every BODY is different. We all have unique nutrition needs. This plan is suitable for most, but you may require more or less based on your age, weight, metabolism, health, medical conditions, medications, activity level, fertility, etc. Please consult with your doctor before you begin any exercise or nutrition program.

Don't forget to tag #STRONGER4ALS in your meal prep and foodie photos. Remember – it's ONLY four weeks – you're ready to rock this!

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GROUND RULES

Try to space out your meals in a way that works with your schedule, but try not to go more than four hours without eating something. This will keep your blood sugar stable and your metabolism running efficiently. If you prefer to fast before your morning workout, be sure to eat a nutritious breakfast within 30 minutes of ending your STRONG by Zumba® class. There's no wrong time to work out or eat your #STRONGER4ALS Challenge-approved meals, but always make sure to eat when you're hungry and stop when you're full.

Eat at home and prepare your meals/snacks as often as possible. Restaurants are in the business of flavor, not health.

FLUIDS

NO JUICE. NO SODA. (And no, you don't get to cheat with artificial sweeteners.) You can have sparkling UNFLAVORED water, any tea, or any coffee (watch out for 'detox' drinks – they may contain laxatives).

To sweeten your tea/coffee: You may add Monk Fruit in the Raw or Stevia in the Raw. You can also add cashew or hemp milk (unsweetened); organic, grass-fed milk; turmeric, or cinnamon.

You may have 8 oz. of low-sugar kombucha per day (<2 grams of sugar per serving, like GT's Gingerade). ***Please be aware that kombucha does contain low levels of alcohol and may not be suitable for certain people with certain health conditions, on certain medications, or those under 21.***

TO CALCULATE YOUR FLUID NEEDS: Divide your weight in POUNDS by 2; that's how many OUNCES of fluid you need per day!

ALCOHOL

Stick to 2 servings per week, maximum (but ideally, zero!). Alcohol contributes to rapid fat storage, gastrointestinal irritation, dehydration, slowed metabolism, increased cravings and hunger, increased blood pressure, and inflammation. Your best bet is a clear spirit (vodka, gin) on the rocks or with some club soda and lemon.

SUGAR

Remember, sugar lurks EVERYWHERE. Always be on the lookout and assume it's sneaking into everything!

Only eat products labeled "Unsweetened" (nut butter, milk, nut milk, yogurt, kefir, oatmeal, etc.). If you're unsure, read the label! Make sure you buy raw nuts – no added flavors.

Sugar often hides under funky names. Watch out for: evaporated cane juice, maple syrup, molasses, sucrose, cane sugar, beet sugar, honey, agave, invert sugar, etc. Companies like to add sugar to whole wheat breads, canned beans, canned soups, oatmeal, granola, etc.



GROUND RULES

SAUCES:

Sugar lurks in virtually every sauce. You can NOT have ketchup, tomato sauce (unless it specifies 3 grams or less per serving on the label), honey mustard, sriracha, hot sauce, syrups, commercial salad dressings, thai chili sauce, eel sauce, spicy mayo, ponzu sauce, soy sauce, barbecue sauce, syrups, etc.

You CAN have: olive oil, vinegar, kimchi, mustard, sauerkraut, hummus, lemon or lime, spices, small amounts (<1 tsp) of hot sauce or Sriracha, Bragg's amino acids, San-J Tamari, wasabi, half-sour pickles, pickled ginger, guacamole, salsa, pico de gallo, salsa verde, chimichurri, and pesto.

FIBER

Fiber helps bind to blood sugar and cholesterol, helps keep us full, and promotes healthy bowel motility and a healthy bacterial environment in your body. Women: Aim for 25-grams of fiber per day. Men: Aim for 35-38 grams per day. Be sure to drink adequate fluid (above) with your fiber.

PROBIOTICS

Probiotics are species of live organisms that colonize different areas in and on our body and are essential for digestion, immunity, and weight control. Talk to your doctor or dietitian about probiotic supplementation but virtually everyone can consume fermented foods that have probiotics – it's encouraged for optimal health and weight control! Try kimchi, sauerkraut, kefir, yogurt, low-sugar kombucha, and pickled products.

VITAMINS / MINERALS

Everybody has unique vitamin/mineral needs. At your yearly physical, your doctor will determine if you need any kind of supplementation. A registered dietitian can also interpret your blood laboratory results and make this determination as well. Many people are deficient in iron, Vitamin D, and/or Vitamin B12 – but do NOT begin supplementation without having your levels tested first. You can get adequate vitamins and minerals from a balanced diet unless you have or are at risk for a deficiency.

CAFFEINE

Caffeine can slightly speed metabolism, suppress appetite, and aid in weight loss, but too much caffeine can lead to disturbances in blood pressure and gastrointestinal distress. It can also lead to dips in energy that can lead to cravings. Try to stick to < 3 caffeinated drinks per day if you are sensitive to caffeine. Caffeine is best consumed 20-30 minutes before a STRONG by Zumba® workout.

SLEEP

Without adequate sleep (7-9 hours per night), the body's fat-storing hormones become more active and hunger/stress levels can increase.



MEALS

HOW TO BUILD A STRONG BREAKFAST:

Choose ½ fruit serving
Choose 1 protein serving
Choose 1 fat serving
Optional: 1 starch/grain serving
Add SPICES for flavor and to fight inflammation
Tea / coffee as above
Water

Sample Breakfast:

- 8 oz. coffee + ¼ cup steamed 2% organic milk or unsweetened hemp milk
- 1 organic egg + 3 egg whites + turmeric + pepper; with onions, tomatoes, spinach, mushrooms, cooked in olive oil
- ½ cup strawberries
- 1 slice Ezekiel sprouted-bread toast, with 1 tbsp. Earth Balance spread
- Water

Or

- 8 oz. matcha tea + 1 Stevia in the Raw + ¼ cup steamed unsweetened cashew milk
- 1 Siggis plain yogurt, 2% + cinnamon + ½ cup Nature's Psyllium Husk + ¼ cup blueberries + 1 tbsp. peanut butter powder + Vanilla extract
- Water

HOW TO BUILD A STRONG LUNCH:

Choose 3 oz. protein
Choose 1 fat serving
Optional: 1 starch/grain serving
Add SPICES for flavor and to fight inflammation

Sample Lunch:

- 1 cup spinach, ½ cup arugula, ½ cup sautéed shiitake mushrooms, ½ cup Brussels sprouts (shaved)
- 2 tbsp. olive oil, 1 tbsp. apple cider vinegar; mixed with mustard and paprika
- 3 oz. ground turkey; sautéed with spices in avocado oil
- 2 tbsp. kimchi
- Optional: ½ cup lentil soup
- Water



MEALS

HOW TO BUILD A STRONG DINNER:

- Choose 3 oz. STRONG protein
- Choose 1 Fat serving
- Optional: 1 Starch/Grain serving
- Add SPICES for flavor and to fight inflammation

Sample Dinner:

- ½ cup roasted broccoli with red pepper flakes
- 3 oz lamb tenderloin grilled with rosemary in olive oil
- 1 charred tomato
- Optional: ½ cup cooked butternut squash
- Water

HOW TO BUILD A STRONG SNACK:

Based on 1-3x per day, depending on energy needs...

- Choose 1 protein
- Choose 1 fat
- Optional: Choose ½ fruit serving; depending on the day's totals and/or ½ to 1 starch serving

Sample Snack:

- 1 Bar (Oatmega or Health Warrior Pumpkin Seed Chia Bar)
- Or
- ½ cup raspberries + 2 tbsp. unsweetened cashew butter + cinnamon
- Optional: add 2-3 GG Scandinavian crackers
- Water
- Or
- ½ apple + 2 tbsp. unsweetened almond butter
- Or
- 1 oz. cheese stick + 1/2 pear

Don't forget: you can always add spices, vanilla or almond extract, Stevia in the Raw / Monk Fruit in the Raw, and peanut butter powder for flavor.

HOW TO DEAL WITH CRAVINGS:

- Figure out if the cause of the craving is PHYSICAL (am I hungry? Do I need to eat a meal?) or PSYCHOLOGICAL.

Identify your FEELINGS during the craving (stress, being manic, depression, anxiety, etc.). Without judging yourself, ACKNOWLEDGE how you feel. Then remember that eating unhealthy foods won't erase those emotions.

One thing that WILL help you get past them is moving your body and sweating for 20 minutes or so.

- Have a spoonful of sauerkraut or kimchi. Seriously, those probiotics in this fermented cabbage will tell your gut hormones to CALM DOWN. Sometimes, our mouth just wants something to do.
- Have a cup of tea. Our favorites: green, or turmeric ginger (Rishi brand does a nice one). If you're craving a sweet, try Harvey & Sons Hot Cinnamon Spice Tea. Teavana even has chocolate teas these days. What a time to be alive!
- Have a piece of fruit. That fiber and good natural sugar may satiate you.
- Don't keep temptation around. Purge your pantry or kitchen of sugar to begin with so it does not tempt you.



STRONG FOODS

These are the all-star healthy foods you should eat.

STARCH/GRAIN

Have a ½ cup (cooked) but as little as possible.

- Three servings a day, max.
- Unflavored oatmeal, teff, rye, buckwheat, soba, quinoa, bran, beans, squash, calabazza, sweet potato, organic edamame, bean pasta, quinoa pasta
- 1 slice of Ezekiel sprouted bread, 1 Ezekiel wrap, 1 slice of KnowFoods bread or 1 KnowFoods wrap
- 3 crackers - GG Scandinavian crackers (any variety)
- 3 cups organic, unflavored popcorn
- ½ cup serving (raw): Nature's Path Psyllium Flakes

DAIRY

You CAN have a serving with each meal.

- 8 oz. unsweetened hemp, cashew, coconut, macadamia, or almond milk; grass-fed 2% milk, organic unsweetened soymilk, organic plain kefir or vegan (plain)
- 6 oz. PLAIN yogurt (Greek, regular, sheep or goat), NOT non-fat; Kite Hill plain almond milk yogurt, unsweetened coconut yogurt
- 4 oz. cottage cheese, NOT non-fat
- 1 oz. organic cheese, any variety, or Kite Hill vegan cheese
- 2 tbsp. organic cream cheese or labneh

Note: You can always add a strong fruit, nuts, seeds, cinnamon, vanilla, or Stevia in the Raw/Monk Fruit in the Raw to dairy products if preferred.

FAT

You CAN have 2 tbsp. with each meal.

- Olive oil, avocado oil, coconut oil
- Unsweetened nut or seed butter (ex: unsweetened sunflower seed butter), raw nuts (~15 almonds, 5 Brazil nuts, 20 cashews) and don't forget tahini!
- Peanut butter powder (Naked PB or SantaCruz are good brands)
- Seeds, including Chia, sunflower, hemp, pumpkin, ground flaxseed, and sesame
- 1 tbsp. Earth Balance spreads
- Avocado or guacamole, ¼ serving

FRUIT

Have 1 serving per day.

- 1 cup of fresh or frozen berries (any kind), apple, pear, peach, cherries



STRONG FOODS

VEGETABLES

Have at LEAST 4 servings per day.

- Fresh or frozen
- 1 cup raw or ½ cup cooked serving
- ANY non-starchy vegetable; ex: kale, spinach, mushrooms, onions, kelp, seaweed, nori, tomato, chard, or radish

PROTEIN

Have 3 oz. (cooked) at each meal.

- Grass-fed beef, lamb, venison, or bison
- Wild fish/seafood
- But DO NOT eat: swordfish, tilefish, bluefin tuna, dolphin (all high in mercury), or tilapia (farmed fish with health risks).
- Canned wild salmon and canned sardines (both in water) are fine
- Poultry (skinless), white OR dark meat
- Organic pork loin or tenderloin
- Epic brand grass-fed meat and fish jerkies
- Organic eggs (omega-3 fortified), 1 yolk per day; unlimited egg whites
- Soy is a good alternative to animal protein: Have a 3 oz. cooked serving of organic tempeh, tofu, Beyond Meat crumbles, or Adashah bean patty.

Also good to know:

- NO breading / frying meats. Cook in avocado or olive oil, using spices (not salt)
- Dairy also can be used as a meal's protein
- Nuts and beans also have protein

DESSERTS

Everything in moderation.

- Make your own smart healthy treat:
Mix 1 tbsp. cacao powder, 1 tbsp. peanut butter powder, 1 tspn. vanilla, and 1/2 cup unsweetened almond milk or plain yogurt thoroughly. Top with 1 teaspoon of cacao nibs. Garnish with mint.
- Dark chocolate, 1 oz., like Hu Kitchen Bars, Theo's Chocolate, Endangered Species

WEAK FOODS

These foods are enemies of health. Avoid them.

STARCH/GRAIN

Stay away from refined grains like these.

Bagels, orzo, pita, pasta, rice, white bread, corn, white potatoes, crackers, wraps, chips, pretzels, hot dog & hamburger buns, hoagie/sub rolls, arepas, plantains, tostones.

FAT

Not all fats are bad. But these are.

Hydrogenated oils, margarines, crisco, lard, tallow, fried foods.

Don't eat sweetened or salted nuts or nut butter – or nut butters that aren't solely the nut with some salt, and some oil.

FRUIT

Some fruits aren't as healthy others. Avoid these.

Banana, mango, pineapple, watermelon, grapes, honeydew, cantaloupe, persimmon, plum, dried fruits.

VEGETABLES

Steer clear of this group.

Corn, peas, white potatoes, carrots, beets.

DAIRY

Leave these options back on the farm.

Flavored yogurts, non-organic milks, fat-free dairy products, non-organic cheeses, soy cheeses, sweetened nut milks.

PROTEIN

Eat like a pro. To these foods, say 'no.'

Non-organic soy, bacon, deli / processed meats, sausages, tofu meats, fried meats, organ meats, salted meats, meat skins, non-organic eggs, chicharrones.

DESSERTS

These treats do NOT treat your body right.

Cake, cookies, pie, ice cream/gelato, milk chocolate, frozen desserts, brownies, candy, fudge, caramel.

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