

The 21 Day Challenge.

This is not an ordinary diet.

LES MILLS
ONDEMAND



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**Developed especially for Les Mills On Demand,
by the Les Mills 21 Day Challenge team.**

**Before taking part in this challenge, please seek
medical advice if any of the following conditions
apply to you:**

- Pregnancy
- Heart disease
- Diabetes
- Hypertension
- Obesity
- Musculo skeletal disorders that reduce
your ability to perform exercise

Like with any new diet or exercise routine,
you should be cleared by a medical professional
before taking part. The 21 Day Challenge is not
recommended for anyone under the age of
18 years.

This will change your life.

THIS IS NOT AN ORDINARY DIET.

Welcome to the LES MILLS 21 Day Challenge! Think of it as a quick way to reset your body to healthier eating patterns and exercise habits, using a combination of nutrition plans and regular workouts from LES MILLS On Demand.

It's work, but it's worth it

So many diets promise to be easy, you're assured that "you won't even notice you're dieting." With the 21 Day Challenge, that's not the case. It will take some work, and there will be times you wish you hadn't signed up for it... But you're worth the effort!

The exercise part will take some work too. But our awesome instructors and fresh music help make that part fun. You'll be doing a healthy amount of exercise, with plenty of variety so you don't get bored. And it's all LES MILLS On Demand workouts, which are easy to follow and designed for real results.

There are two levels you can choose from.

The Moderate level includes 150 minutes of cardio exercise per week. You can still eat high-starch carbs, but only before and after your workouts.

The Advanced level is a full training program including 165 minutes of cardio weekly, and you can only have low-starch carbs in your diet.

To help you keep track of what workouts you are doing and what you eat over the 21 days, we have developed helpful tools for you to do this. Our Meal and Workout Trackers are specifically designed for you to check off your meal consumption and exercise each day. Print these out and pin to the fridge or keep on your desk at work, so you can easily check off each day.

Our promise

Our experience shows that if you choose to put your body through this program, you are going to lose weight and fat, become healthier and you are going to teach your body to desire what it needs. You'll create long-lasting, easy to maintain lifestyle habits that will not interfere with your family or social life. The best thing is, it only takes three weeks.

That's less time than it took for THAT at-home haircut to grow out. But unlike the haircut, we promise you will not regret doing this. You'll only regret not trying it sooner.

Get prepared and ready for your 21 Day Challenge - we start soon!

"This isn't a diet. It's about shifting your nutrition habits and setting up positive patterns in your life. Your body will change for the better and you'll establish a new, healthier lifestyle.

**Corey Baird, Group Fitness Technical Consultant
Les Mills International**

"Combining better nutrition with a regular mix of exercise, including cardio, strength and flexibility training, is the key to building a healthier lifestyle. Good food is your fuel for exercise."

**Bryce Hastings, Head of Research
Les Mills International**

The week before.

1. TRACKING

Prior to commencing a purposeful change to your diet, you should first understand your regular eating routine by tracking everything you eat and drink for a week.

You can track your usual percentages of carbohydrates, proteins and fats with an online food diary – we suggest using one of the following:

- [Myfitnesspal.com](https://myfitnesspal.com)
- [Fitday.com](https://fitday.com)
- [My-calorie-counter.com](https://my-calorie-counter.com)
- [Choosemyplate.org](https://choosemyplate.org)
- [Livestrong.com/thedailyplate/](https://livestrong.com/thedailyplate/)
- [Myfooddiary.com](https://myfooddiary.com)

2. CHANGE

Once you've determined your daily percentage of carbohydrates, you now need to make some changes to your diet, as outlined below:

- If your daily carbohydrate intake is equal to or greater than 55% of your total calories, reduce your carbohydrates to 35% for one week and to 20% for a second week. Then begin the 21 Day Challenge in the third week.
- If your regular carbohydrate intake is less than 55% of your total calories, reduce your carbohydrates to 20% for one week and then begin the 21 Day Challenge the following week.
- Sugar is a major contributor to carbohydrate intake as well. Ensure that you are cutting out sugary foods and drinks during this time also, as they'll be completely cut out during the 21 days.

3. RECORD

In addition to providing you with an honest assessment of your daily caloric intake (and where these calories are coming from), keeping a food diary can also help prevent mindless eating. If you record when you eat and how you're feeling at the time, the diary will help you to recognize and correct negative eating patterns, such as a tendency to eat for emotional reasons rather than hunger.

If you see a pattern of late night snacks, eating out of boredom or sadness, or recognize that celebratory meals are a bit out of hand, you can correct these behaviors and keep your new healthy eating plan on track.

Tips from Corey.

Clear your cupboard of any junk food to avoid any temptation through the challenge.

The Les Mills Food Pyramid.

The LES MILLS Food Pyramid is made up of healthy, clean, nutrient-rich foods. This includes:



Tips from Corey.

To help with digestion of all these wonderful whole foods, make sure you eat slowly and chew your food until its a liquid form. Remember it takes around 15 minutes for your digestive system to tell your brain you are full.

The LES MILLS™ Food Pyramid is made up of healthy, whole, clean, nutrient-rich foods. This includes:

Fats

Essential fatty acids that support the cardiovascular, reproductive, immune and central nervous systems.

Proteins

Proteins, which are the building blocks for our bodies. These are essential for the growth and the formation of hormones.

Carbs

Carbohydrates, which are broken down in the body to give us energy.

Use the 21 Day Challenge Recipe Book to help keep meals interesting and varied.

What you'll eat.

Each day we recommend the following intake:

For women have 4 meals per day plus 1 post-workout protein shake on days when you are exercising.

For men have 5 meals per day plus 1 post-workout shake on days when you are exercising.

It's important you are eating these meals at regular intervals throughout the day. This will help reduce sugar cravings and increase your success.

For the Moderate option, make sure that you include a fist portion of high starch carbs and 1-2 handfuls of low starch carbs in your pre-and post-work out meals. You will need to take out the thumb of fats for these meals too and choose lean animal protein for your meat.

White fish, turkey or chicken breast and turkey mince are good choices as they are lower in fat. Your starchy carbs may include: brown rice, quinoa, baked potato, baked sweet potato, pumpkin, banana, oats, yam, parsnip.

Each meal needs to include:



1 palm full (size and thickness of the palm of your hand) of lean beef, lamb, chicken, duck, turkey, fish, shellfish, pork or eggs.



A thumb size of nuts and seeds, avocado, olive oil, fish oil, flaxseed oil or coconut oil.



1-2 handfuls of broccoli, lettuce, cabbage, cauliflower, green beans, asparagus, mushrooms, brussels sprouts, cucumber, spinach, watercress, onions, all forms of capsicums or peppers, raw carrots, tomatoes, zucchini, eggplant.

Recommendations:

- Never skip a meal. The planning will probably be the toughest part of these three weeks, but it's worth it. When you skip a meal, you will be way more likely to over-eat later on.
- Always eat breakfast.
- If you are famished, have some nuts (6-8 nuts = 1 serve).
- Aim to eat your last meal at least two hours before bed, so that your digestion process does not affect your sleep and recovery (another common reason for overeating is tiredness).
- Eat different types of protein to get all the amino acids and avoid food sensitivities.

What you'll drink.

Protein Shake

Drinking shakes is a must! They will help you recover faster, keep your energy levels up and help you feel ready to work out again the next day.

You'll need to have it within 10 minutes of working out (you need 0.3 grams of protein per kg of body weight). You'll need to source a 100% whey protein, or if you have a sensitivity to whey protein try rice or pea protein.

Hydration

Water will not only hydrate you but also make you feel fuller and detox your body, flushing away any nasty toxins and leaving you with that gorgeous glow.

Each day, take your body weight in kilograms and multiple by 0.033; this is how many liters of water you'll need to consume each day, plus one extra glass of water for every hour of exercise. For example, if you're 61kg and did 90 minutes of exercise in a day you would need 2 liters + 1½ glasses of water.

These requirements are purely for your water intake only.

What you can drink

Herbal tea, black tea, black coffee are okay to drink but this is not included in your daily water recommendations. Sweeteners (including artificial ones) are a big no-no! That's right, there's no alcohol on this list. Think of it as 21 days of bliss for your liver.

Tips from Corey.

- To get some extra trace minerals, add a small pinch of unrefined sea salt to every liter of water – this will help maintain your hydration levels.
- Fill up your water bottle at the start of the day, and don't fill up again until empty - this is how you can track accurately your water intake.

How to shop.

Foods to avoid:

- Dairy products (except for 100% whey protein for your daily shake).
- Roasted or salted nuts – eat unsalted raw nuts as the fats in roasted nuts are really bad for you.
- Grains – wheat, cereals, oats, rice etc. Basically anything that comes in a cardboard box. A good idea is to go through your pantry and get rid of everything! Otherwise, store it where your family or room mates can easily access it, but it's out of sight for you.
- Fruit. It's only three weeks, you can live without apples for three weeks, right?
- Legumes. That's chickpeas, lentils, beans etc.
- Starchy vegetables – such as potato, sweet potato, parsnip, yams and pumpkin. You're replacing these carbs with other vegetables.
- Soy products. Did you know they are actually carbs, not protein? Don't be fooled by marketing. The only acceptable soy product is tamari soy sauce, as it doesn't contain wheat.
- Salt, dressings and fats in excess. You'll see that some of the delicious recipes in your recipe booklet suggest small amounts of ingredients such as salt and mayonnaise. Don't go overboard, these condiments and flavors should be enjoyed in small amounts only. Don't forget that natural herbs and spices are a great way to add flavor and variety to your food.

To get you ready for the challenge, we've put together shopping list ideas to get you started...

<input type="checkbox"/>	Coconut oil, olive oil for cooking
<input type="checkbox"/>	Eggs and egg whites
<input type="checkbox"/>	Frozen seafood: Prawns/shrimp, fish fillets (not crumbed), shellfish, calamari rings
<input type="checkbox"/>	Fresh salmon
<input type="checkbox"/>	Whole chicken, leg of lamb, pork tenderloins... (whatever you can buy to make multiple meals)
<input type="checkbox"/>	Fish sauce for flavor in some dishes
<input type="checkbox"/>	Kelp noodles
<input type="checkbox"/>	Bagged salads: Slaw, spinach, lettuce mixes
<input type="checkbox"/>	Cauliflower for mash, or for "rice"
<input type="checkbox"/>	Fresh herbs to flavor food: try basil, mint, cilantro/coriander, rosemary
<input type="checkbox"/>	Capsicum or peppers, sweet for snacks and spicy for seasoning
<input type="checkbox"/>	Dried herbs and spices: red pepper flakes, black pepper, thyme, spice mixes
<input type="checkbox"/>	Garlic, onions, celery, ginger for tasty stir-fry bases.
<input type="checkbox"/>	Avocado

<input type="checkbox"/>	Nuts
<input type="checkbox"/>	Lots of green vegetables (e.g broccoli, silverbeet)
<input type="checkbox"/>	Tamari sauce for stir-fry

Helpful kitchen tools:

- Food processor
- Slow cooker
- Lots of reusable airtight containers
- Mandoline food slicers (for veggie spaghetti)
- Stick blender (soups, cauliflower rice)

Suggested 7 Day Eating Plan for Women.

Here is a week of 21 Day Challenge meal ideas to get you started!

All the recipes with an * are available in your recipe book.

Day 1

- Meal 1** – Vegetable Frittata*
- Meal 2** – Steak and stir fried veges
- Meal 3** – Prawn Kebabs
- Meal 4** – Mediterranean Chicken Stack*
+ Protein shake post-workout

Day 2

- Meal 1** – Omelette with tomato, spinach, onion, garlic and capsicum
- Meal 2** – Steak and salad
- Meal 3** – Chicken patties with guacamole and salsa*
- Meal 4** – Prawns and cabbage*
+ Protein shake post-workout

Day 3

- Meal 1** – Naked Huevos Rancheros with salsa, avocado and capsicum*
- Meal 2** – Spiced Mince*
- Meal 3** – Chicken patties with kale salad*
- Meal 4** – Steak fajitas with lettuce tortillas
+ Protein shake post-workout

Day 4

- Meal 1** – Chilli Scrambled Eggs on roast tomatoes and baby spinach
- Meal 2** – Lamb and egg stack with tomatoes and avocado*
- Meal 3** – Chicken lettuce cups
- Meal 4** – Meatballs on grated carrot and celery
+ Protein shake post-workout

Day 5

- Meal 1** – Silverbeet fritters with mayonnaise*
- Meal 2** – Sashimi and salad
- Meal 3** – Salmon with broccoli salad
- Meal 4** – Lamb rack with cauliflower mash*
+ Protein shake post-workout

Day 6

- Meal 1** – Poached eggs on grilled eggplant and mushrooms
- Meal 2** – Fish hash with carrot salad and red onion
- Meal 3** – Chicken sausages with crudités
- Meal 4** – Silverbeet mince wraps
+ Protein shake post-workout

Day 7

- Meal 1** – Minced beef with onions, zucchini and mushrooms
- Meal 2** – Pork lettuce cups
- Meal 3** – Chicken salad
- Meal 4** – Fish and cucumber salad
+ Protein shake post-workout

Moderate Option

- 1 Day Meal Plan:**
- Meal 1** – Chicken breast, baby spinach and sweet potato (pre workout)
- Meal 2** – Protein shake post-workout
- Meal 3** – Turkey mince patties with veggies and potato.
- Meal 4** – Prawn Kebabs
- Meal 5** – Mediterranean Chicken Stack

Suggested 7 Day Eating Plan for Men.

Here is a week of 21 Day Challenge meal ideas to get you started!

All the recipes with an * are available in your recipe book.

Day 1

- Meal 1** – Vegetable Frittata*
- Meal 2** – Steak and stir fried veges
- Meal 3** – Prawn Kebabs
- Meal 4** – Mediterranean Chicken Stack*
- Meal 5** – Turkey patties with stir fry vegetables.

+ Protein shake post-workout

Day 2

- Meal 1** – Omelette with tomato, spinach, onion, garlic and capsicum
- Meal 2** – Steak and salad
- Meal 3** – Chicken patties with guacamole and salsa*
- Meal 4** – Prawns and cabbage*
- Meal 5** – Salmon and veggies

+ Protein shake post-workout

Day 3

- Meal 1** – Naked Huevos Rancheros with salsa, avocado and capsicum*
- Meal 2** – Spiced Mince*
- Meal 3** – Chicken patties with kale salad*
- Meal 4** – Steak fajitas with lettuce tortillas
- Meal 5** – Chicken breast with roasted green veggies

+ Protein shake post-workout

Day 4

- Meal 1** – Chilli Scrambled Eggs on roast tomatoes and baby spinach
- Meal 2** – Lamb and egg stack with tomatoes and avocado*
- Meal 3** – Chicken lettuce cups
- Meal 4** – Meatballs on grated carrot and celery
- Meal 5** – Baked chicken thighs with lemon and olive oil

+ Protein shake post-workout

Day 5

- Meal 1** – Silverbeet fritters with mayonnaise*
- Meal 2** – Sashimi and salad
- Meal 3** – Salmon with broccoli salad
- Meal 4** – Lamb rack with cauliflower mash*
- Meal 5** – Grilled chicken skewers with red peppers + protein shake post workout

Day 6

- Meal 1** – Poached eggs on grilled eggplant and mushrooms
- Meal 2** – Fish hash with carrot salad and red onion
- Meal 3** – Chicken sausages with crudités
- Meal 4** – Silverbeet mince wraps
- Meal 5** – Seared lamb with mint on cauliflower rice + protein shake post-workout

Day 7

- Meal 1** – Minced beef with onions, zucchini and mushrooms
- Meal 2** – Pork lettuce cups
- Meal 3** – Chicken salad
- Meal 4** – Fish and cucumber salad
- Meal 5** – Mediterranean Chicken Stack*

+ Protein shake post-workout


Moderate Option

- 1 Day Meal Plan:**
- Meal 1** – Chicken breast, baby spinach and sweet potato (pre workout)
 - Meal 2** – Protein shake post-workout
 - Meal 3** – Turkey mince patties with veggies and potato.
 - Meal 4** – Prawn Kebabs
 - Meal 5** – Mediterranean Chicken Stack
 - Meal 6** – Salmon and salad

Workout Tracker

	CARDIO	MODERATE OPTION 2.5 hours of cardio workouts per week (includes ½ hour of LES MILLS GRIT Cardio)	ADVANCED OPTION 3.5 hours of cardio workouts per week (includes ½ hour of LES MILLS GRIT Cardio)	STRENGTH	2 hours of strength training per week	CORE / FLEXIBILITY	1 hour of core / flexibility workouts per week
	CLASS OPTIONS 1 hour of cardio	PICK AND MIX Choose either of these options below to fulfill your cardio goal	PICK AND MIX Choose either of these options below to fulfill your cardio goal	CLASS OPTIONS 1 hour of strength	PICK AND MIX Choose either of these options below to fulfill your strength goal	CLASS OPTIONS 1 hour of core/flexibility	PICK AND MIX Choose either of these options below to fulfill your core/flexibility goal
	1 x 55 min classes OR 2 x 30 min classes back-to-back	BODYCOMBAT / BODYATTACK / RPM / SH'BAM	BODYCOMBAT / BODYATTACK / RPM / SH'BAM	1 x 55 min classes OR 2 x 30 min classes back-to-back	BODYPUMP / LES MILLS GRIT Strength You can include 1 x 30 min GRIT Strength workout combined with 1 x 55min BODYPUMP OR 2 x 55 min BODYPUMP	1 x 55 min classes OR 2 x 30 min classes back-to-back	BODYBALANCE / BODYFLOW / CXWORX
EXAMPLE	Moderate <input checked="" type="checkbox"/> 1 hour cardio <input checked="" type="checkbox"/> 1 hour cardio <input checked="" type="checkbox"/> ½ hour GRIT cardio	BC66 55mins BC63 30mins + BA92 30mins GRIT16 30mins		<input checked="" type="checkbox"/> 1 hour strength <input checked="" type="checkbox"/> 1 hour strength	BP100 55mins GRIT14 30mins	<input checked="" type="checkbox"/> 1 hour core / flexibility	BF72 55mins
Week-01	OPTIONS Moderate <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio Advanced <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio	Which releases did you do?		<input type="checkbox"/> 1 hour strength <input type="checkbox"/> 1 hour strength	Which releases did you do?	<input type="checkbox"/> 1 hour core / flexibility	Which releases did you do?
Week-02	OPTIONS Moderate <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio Advanced <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio	Which releases did you do?		<input type="checkbox"/> 1 hour strength <input type="checkbox"/> 1 hour strength	Which releases did you do?	<input type="checkbox"/> 1 hour core / flexibility	Which releases did you do?
Week-03	OPTIONS Moderate <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio Advanced <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> 1 hour cardio <input type="checkbox"/> ½ hour GRIT cardio	Which releases did you do?		<input type="checkbox"/> 1 hour strength <input type="checkbox"/> 1 hour strength	Which releases did you do?	<input type="checkbox"/> 1 hour core / flexibility	Which releases did you do?

Meal Tracker

HYDRATION	WOMEN	MEN
 <p>WATER</p>	<p>4 MEALS PER DAY</p> <p>Each meal must include: 1 x palm portion of lean animal proteins, 2 x handful portions of low-starch carbs, and 1 x thumb portion of essential fats</p> <p>On workout days also have: 1 x post-workout protein shake (within 10 mins after workout)</p>	<p>5 MEALS PER DAY</p> <p>Each meal must include: 1 x palm portion of lean animal proteins, 2 x handful portions of low-starch carbs, and 1 x thumb portion of essential fats</p> <p>On workout days also have: 1 x post-workout protein shake (within 10 mins after workout)</p>

Body weight kgs multiplied by 0.033 PLUS

1 x glass for every hour of exercise

MODERATE OPTION ONLY - ON WORKOUT DAYS

Have one meal 2-3 hours before and another within 2 hours after exercise.

Include: 1 x fist portion of high starch carbs + 1-2 x handfuls of low starch carbs (as you still need lots of fiber)

Take out: 1 x thumb of fats

Track your daily meals by ticking the boxes below

Water Intake	Meal 1	Meal 2	Meal 3	Meal 4	SHAKE	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	SHAKE
Day 01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week-01

Week-02

Week-03

HOW DO YOU FEEL?	TRACK YOUR PROGRESS
<p>Sugars and high-starch carbs can have an impact on the way your body is feeling.</p> <p>What changes have you noticed mentally, physically and emotionally?</p>	<p>Waist Measurement</p>

This week I felt... tired, sluggish, energetic, agitated... I noticed that my... energy levels / stamina / weight...

cms / inches

Week-01

Week-02

Week-03

Measure your success.

Aside from looking and feeling great, waist measurement is a great indicator of how you're getting on.

Why measure waist circumference?

It's a simple check to tell how much body fat you have and where it is placed around your body. Where fat is located is an important indication of your risk of developing ongoing health problems.

No matter what your height or build, an increased waistline is a sign that you could be at greater risk of developing serious health problems including type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.

Measuring your waistline is a simple check. For an accurate measurement:

- Measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, without compressing the skin
- The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button.

What does your waist measurement mean?

The waist measurements below (no matter what your height is) suggests you have an increased risk of developing a chronic disease:

Increased risk:

- Men: more than 94 centimeters
- Women: more than 80 centimeters

Greatly increased risk:

- Men: more than 102 centimeters
- Women: more than 88 centimeters

Check out more info [here](#)



Trust us, this
plan really
does work!

Day 22: You made it.

You've completed the challenge and you're looking and feeling incredible!

Welcome back to the real world of food choices. That croissant is no longer off-limits, you can finally curb your sushi craving, the milk can go back in your coffee... so how do we live with the food we love, while maintaining the great results? Here are some suggestions:

- Use the hand eyeball method (that is 1 palm full of protein, 1-2 handfuls vegetables and a thumb size of fat) to monitor your portion sizes so that you can eat some of the foods you love and have missed.
- Still stay away from processed foods as much as possible, as this is better for long-term health. By doing this, you're eliminating food colorings, preservatives and sweeteners which are all harmful to your health.
- Eat like you're still on the challenge 80% of the time, and then eat what you want for the other 20%.
- Stay with a palm of protein each time you sit down to eat a meal, as well as the thumb of good fats.

- Keep refined carbs and starchy vegetables low – as this is where the main physical changes are made.
- If you're wanting carbs, stick with the low G.I. kind as they enter the blood slowly giving you a much more sustained energy response and mean you'll take in less carbohydrates in total.
- If you want to add some starchy carbs back into your diet put them in before and after training. Your body is more likely to use them as an energy source during training and afterwards to help you recover.
- When adding fruits back in, choose those with dark skins as they have higher antioxidant levels and lower Glycemic load. Berries are better choices than bananas and pineapple. When fruits are dried, the Glycemic index goes up because of the dehydration of the fruit... so easy on these!
Check out the website www.glycemicindex.com for more information on the G.I. of foods.
- Unsweetened plain yogurt, nuts and seeds are great for a snack.

These are some great articles to help you stay on track and keep you focused on healthy living choices!

[Six Healthy Habits](#)

[Carbs 101](#)

[The Good the Fat and The Ugly](#)

[Your Metabolism](#)

[10 of the Best: Healthy recipes](#)

Want more info?

We have loads of helpful articles on nutrition, fitness research, and healthy recipes [here](#).

FAQS.

I train early in the mornings. Do I eat breakfast before the workout or after?

Eat breakfast 1½ to 2 hours before the class as long as it does not disrupt your sleep. For example, if the class is at 6 a.m. and you have to get up at 4 a.m. to eat breakfast, then you are disrupting your sleep.

If that is the case, it is probably best to skip breakfast and have your post-workout shake immediately after finishing the class, then eat breakfast within an hour of finishing the workout.

I've started drinking the suggested amount of water and I have to go to the toilet a lot. How can I prevent this?

As your body begins to hydrate itself, you may indeed experience frequent trips to the toilet.

To help with this you can add a pinch of unrefined sea salt to each liter of water. This also increases the mineral content of the water to help you stay hydrated.

It is best to sip water throughout the day rather than drinking a whole glass at a time. This helps to keep you constantly hydrated.

I normally eat cereal or toast for breakfast. What can I eat for breakfast on this plan?

Try an omelet filled with vegetables or grilled chicken with salad.

This may not seem ideal or what you are used to but this type of breakfast will set you up for better energy levels through the day.

What if I can't live without yogurt/chocolate, or coffee with milk?

If you have a 'non-negotiable' that you cannot live without then you are welcome to keep it in your diet, but it will slow down your progress and in some cases, depending on how much of the 'non-negotiable' you have, it will stop your progress altogether.

What exactly can I have in terms of condiments, sauces etc?

All herbs and spices are allowed. Tomato-based sauces are best but look for ones without sugar.

You can also have mustards and balsamic vinegar. So, look for condiments and sauces that have no sugar or grain-based products in them. And look for gluten free on the label. Tamari soy sauce is OK in small amounts - but use just enough to lightly flavor the food. Use salt and natural mayonnaise in small amounts.

What is a grain?

Grains are a carbohydrate. They include:

- Wheat – all types including spelt and bulgur
- Rice – wild, brown, white and colored
- Oats including oatmeal
- Corn including popcorn and cornmeal
- Millet
- Quinoa
- Rye
- Teff
- Sorghum (also called Milo)
- Triticale
- All cereals

What if I fall off the plan?

Simply get back on it as quickly as you can. Progress and overall results will be limited if you don't stick with the plan for the full 21 days.

If I'm not eating grains, where do I get my fiber from?

There is eight times more fiber in non-starchy vegetables, such as leafy greens, than in grains.

This means that by eating 1 to 2 handfuls of vegetables at each meal you'll be getting plenty of fiber.

This also means that eating these vegetables at each meal is extremely important to keep your digestive system moving.

What do I do when I feel tired?

In the first 7 to 14 days you may feel tired as your body adjusts to the change in macronutrient composition.

This is a good time to make sure you have your food organized, ready to eat in the correct portions of protein, carbohydrates and good fats.

When feeling extra tired, we suggest workouts that are low intensity cardio, such as SH'BAM, low intensity options in RPM or BODYBALANCE.

Make sure you're having all of your meals at regular intervals each day and before you know it, your energy levels will be better than ever!

If I'm not eating milk products how will I get the right amount calcium?

All green vegetables contain calcium as well as most nuts and seeds, especially sesame seeds, almonds and Brazil nuts.

Good choices of green vegetables that are high in calcium are spinach, kelp, collard greens, kale, broccoli and celery.

Many green vegetables have a better calcium-absorption rate compared with milk products.

Eating lots of vegetables in your diet will help prevent bone deterioration.

When should I have my last meal for the day?

Try to stop eating 2 hours before bedtime so the digestion process does not affect your sleep and recovery.

I'm a vegetarian and would like to do the 21 Day Challenge. Is this possible?

Unfortunately, if you eat a diet which does not include animal protein, we do not recommend you attempt the 21 Day Challenge. Les Mills advocates eating a variety of meat, chicken and fish in your diet as a great source of protein.

