

Week 4 Break the Sugar Addiction plus BONUS

So this week I'll be doing my final preparation for the 13th Annual KARM Dragon Boat Festival. I have put together a team the last two years under the ThatOrganicMom Banner. I'm especially fond of this year's team as we are all moms! This is the first year the race will have a women's division. It takes 22 people to paddle a Dragon Boat including the drummer and steersman. I love the camaraderie of this many women, and in this case moms, working together to benefit the community!

In honor of my powerful ALL female team I have put together a pre-race 7 day menu plan to really improve performance, hydrate and energize you! This week I'm really focusing on hydration, flushing fat, building up my energy and fueling my body for this race. I'm also going to be getting lots of sleep so my muscles can repair overnight and be in peak condition for my daily workouts.

In addition to the hydrating, fueling and resting my body, I will also be using a vibration plate 5 days this week. I have access to two different ones. My chiropractor has one and it is part of my daily visits to maintain a healthy body and there is also one at the gym I'm a member of. (Yes, I overcame my aversion to germmy gyms once I saw how well maintained this one was) Accelerated training on a vibration plate has many different benefits, some of which include: improving circulation, increasing range of motion, improving balance, decreasing pain, and speeding recovery from injuries. (2) You can purchase your own vibration plates ranging from five hundred to several thousand dollars, here's a [middle of the line one](#) that looks decent. However, since I have access to two, so I have no intention on buying one. **BONUS** reason to use a vibration plate? They say it banishes cellulite...

I will also be foam rolling this week. I try use a foam roller daily, even if it's for just a few minutes. By using [this foam roller](#), I can help prevent trouble spots in my muscles from occurring. If you go to a gym, a trainer there should be able to show you how to use one, or you can watch [this video](#). The actual foam rolling should feel mildly uncomfortable but not painful. If you use too much pressure, you can cause your muscles to tense up instead of relax.

So it's important start out gradually and lightly. After you get used to it then increase the pressure slowly until you experience only a tolerable level of discomfort.

Here are some of the snacks I'll be nom nomming on to help hydrate my body this week:

1. Watermelon, not only does it hydrate, but it has anti-inflammatory properties as well
2. [Watermelon Fat Flush Water](#)
3. Celery
4. Cucumbers

5. Lettuce and other greens
6. Green Smoothies
7. Coconut Water
8. Maple Water
9. Citrus Fruits
10. [Fat Flush Water](#)
11. Kombucha, a fermented beverage which not only brings the body back into balance, but also floods it with energy and aids in cell regeneration (you can buy it, but it's fun [to make](#) and lots cheaper)
12. [Homemade electrolyte drinks](#)

I will also be getting in a good bit of protein before and after my workouts to supply my muscles with the right fuel at the right time. Here's how I plan to get in my protein:

1. Whey Protein Powder
2. Wild Caught Salmon
3. Cottage Cheese
4. Tuna
5. Beans
6. Wild Caught Fish
7. Zero Fat Greek Yogurt (no sugar added)

Some things I will not be doing this week:

- I will be avoiding alcohol all week. Honestly, I rarely drink anyways, unless socially. I never have enjoyed the taste of alcohol and as silly as it might sound, I think I could be allergic to it! I have the strangest reaction every time I drink wine; after two or three sips my muscles start to ache all over. It's weird. I think I've only ever told this to my husband, because no matter what I tell him, he still likes me! Go figure.
- Drinking a lot of coffee. I have read so many articles on BOTH sides of the coffee debate. I could write all day about the pros and cons of coffee. I really do find comfort in having one cup in the morning while I read my Bible, so I will be limiting myself to one cup. Just in case it's true that you hydrate better without it.
- Eating processed food, fast food, etc. Only REAL FOOD this week. No, only high quality organic meats, vegetables and fruits for me this week! How do you know if you are eating real food? Read [this article](#) by Dr. Joseph Mercola.

Week Four Menu Plan

**note: on any of the green smoothie recipes if it does not include protein powder, I add grass fed [collagen protein powder](#) or [unflavored whey protein powder](#)*

Day One

[Spinach Orange Smoothie](#)

Greek Tuna Salad

[Slow Cooker Chicken Provencal](#)

Day Two

[Kale Pina-covado Smoothie](#)

Avocado Tomato and Egg White Omelet

Cajun Snapper w/ Brown Rice and Veggies

Day Three

[Glowing Green Smoothie](#) ([this link](#) takes you to a video)

[Chicken Salad Tomato Cups](#)

[Skinny Taco Salad](#)

Day Four

[Celery Pineapple Smoothie](#)

Roast Beef and Swiss wrapped around asparagus, cold plate

[Black Beans and Rice Chicken Salad](#)

Day Five

Quinoa and Yogurt Parfait

Black Bean and Mango Tostada (just open a can of beans and add mango on top of a tostada and bake for a few minutes... YUM)

[Caprese Chicken](#)

Day Six

Repeat Glowing Green Smoothie (above)

Tuna and Cottage Cheese bowl with chopped tomato and cucumbers (this is high protein, low fat, low carb)

[Rx Salad](#) + beans or chicken (or any left over meat)

Day Seven

[Runners Smoothie](#)

[No Noodle Chicken Soup](#)

Homemade Chefs Salad (I like to grab everything I have left from the week and throw it in a bowl)

BONUS

Race Morning: Since I will need extra energy but don't want to feel sluggish, I will be eating a

higher carb breakfast. I am going to try this [Vanilla Yogurt Berry Smoothie](#) minus the vanilla yogurt. I'm planning to substitute plain yogurt and stevia plus a scoop of whey protein powder.

My supplement list for this week:

- MSM capsules
- Krill Oil
- Greens Powder
- Vitamin D

If you are wondering when you should eat whey protein, "Ideally you'll want to consume the whey about 30 minutes before your workout to help increase both fat burning and muscle building. The whey meal will stop the catabolic process in your muscle and promote protein synthesis towards recovery and growth. If you have done a strength training workout you can repeat the dose about one hour later. Be aware that there's only a two hour window after exercise that allows your body to fully use the proteins you ingest for optimizing muscle repair and growth, so it is important to get the timing right here." ~ Dr. Joseph Mercola ([1](#))

This is a pretty intense meal plan, if you don't have the time for some of these meals, simply leave it out. It is easy to substitute a protein shake or your favorite high protein meal in place of some of these meals. Really trying to focus on staying hydrated before any competition or event is of utmost importance, especially when you will be outside.

Grocery List by Recipe

Spinach Orange Smoothie

1 navel orange, peeled
1/2 banana, peeled
1 cup tightly packed organic spinach
1/4 cup coconut water, adjusted as desired
1 tablespoon hemp seeds, optional
Ice

Kale Pina-covado Smoothie

2/3 c unsweetened vanilla almond milk
2 large hand-fulls kale ~the leaves of about 8 stalks
1/3 c pineapple chunks
1/2 ripe avocado
1 scoop vanilla protein powder (or flavor of your choice)
1 c ice cubes

Fat Flush Water

1 grapefruit sliced

3 tangerines sectioned
1 cucumber sliced
1 small bunch (a few sprigs) of mint leaves
1 tray of ice
1/2 gal water to 1 gal water (you may also use unflavored mineral water as well)

Greek Tuna Salad w/ Zesty Greek Dressing

9 cups Romaine lettuce
18 oz chunk light tuna packed in water
1 cup of cherry tomatoes, halved
6 oz pepperoncini, drained + sliced
2 cups cucumber, diced with peel on
3/4 cup red onion, ringed
3/4 cup reduced-fat Feta cheese crumbles
18 black olives, sliced

Zesty Greek Dressing

1/2 tsp salt
1/2 tsp black pepper
1 1/2 tsp oregano
2 Tbsp red wine vinegar
1/4 cup extra virgin olive oil

Slow Cooker Provencal

1 1/2 lbs boneless, skinless chicken breasts
1 yellow bell pepper, diced
1 red bell pepper, diced
16 oz can cannellini beans, drained + rinsed
14.5 oz can diced tomatoes
1/4 tsp salt
1/4 tsp black pepper
2 tsp dried basil
1 tsp dried thyme

Caprese Salad

1 tbs olive oil
1 1/2 lbs boneless, skinless chicken thighs (about 5 or 6 thighs)
Salt and pepper
6 ounces fresh mozzarella, sliced into 5 or 6 slices
1 medium tomato, sliced into 5 or 6 slices (as many as you have thighs)
1/4 cup fresh basil, chopped

Skinny Taco Salad

12 oz shredded lettuce
1 tomato, diced
1 onion, diced
4 oz can diced green chillies
1 lb lean ground beef (93% lean)

¼ cup sliced black olives
¼ cup jalapeño peppers
¼ cup reduced-fat, shredded Mexican cheese
1¼ oz reduced-sodium taco seasoning packet

Optional*:

reduced-fat sour cream
diced avocado

Glowing Green Smoothie

1 1/2-2 cups water
¾ pound organic romaine lettuce, rough chopped, about 1 head
1/2 head large bunch or ¾ small bunch organic spinach
3-4 organic celery stalks, halved
1 organic apple, cored, seeded, quartered
1 organic pear, cored, seeded, quartered
1 organic banana, peeled
1/2 fresh organic lemon, peeled, seeded
1/3 bunch organic cilantro with stems (optional)
1/3 bunch organic parsley with stems (optional)

Celery Pineapple Smoothie

4 celery stalks
1 apple, quartered
1/2 cup sliced pineapple
1 banana

Chicken Salad Tomato Cups

4 large tomatoes
2 cups finely chopped cooked chicken
½ cup paleo mayo
½ cup chopped pecans
¼ cup chopped celery
1 tbsp lime juice
salt and pepper

Quinoa and Yogurt Parfait

1 cup Quinoa, cooked according to package directions
1 large firm Apple, such as Cortland or Fuji
1 large ripe Bartlett or Anjou Pear
1 cup Vanilla Greek Yogurt
2 tsp Stevia
1 tsp Cinnamon

RX Salad

1 cup spinach, torn into bite size pieces
1 cup romaine
1/4 cup shredded red cabbage
1/2 cup sliced red bell pepper

1/2 tomato, chopped
1/4 cup garbanzo beans (chickpeas) rinsed well
1/2 cup grated carrot
1/4 avocado, cubed
2 TBSP extra virgin olive oil
1 tsp your favorite vinegar (I like balsamic, apple cider, and Vanilla-Fig Balsamic, play with different varieties)
S&P
FlavorGod Seasonings, optional

Runners Smoothie

1 cup unsweetened vanilla almond milk (no carrageenan)
1 cup blueberries or mixed berries (strawberries, blueberries)
2 tsp chia seeds + a sprinkle for top
handful of spinach
1/2 cup shredded carrots
knob of ginger (or just ginger juice)
2 TBSP collagen protein powder
doonk of stevia, optional
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Black Beans and Rice Chicken Salad

Salt and Pepper
2 cans of black beans, rinsed and drained
1 Tablespoon olive oil
1 Tablespoon water
2 Tablespoons red wine vinegar
1/2 cup chopped fresh green onions
1 cup chopped fresh cilantro
About 2 heaping cups of cooked, chopped or cubed chicken breasts
juice of 1 lime
1 Tablespoon dried basil

Bonus Vanilla Berry Yogurt

1 cup French vanilla low-fat yogurt
1/2 cup cubed pineapple
1/4 cup blueberries
1/4 cup blackberries
1/2 cup raspberries
Calcium fortified orange juice to the fill line

Some articles of interest:

[Staying Hydrated Without Water](#)