



LOOK & FEEL
BETTER USING
MY 30 DAY
KICKSTART
PROGRAM!!!

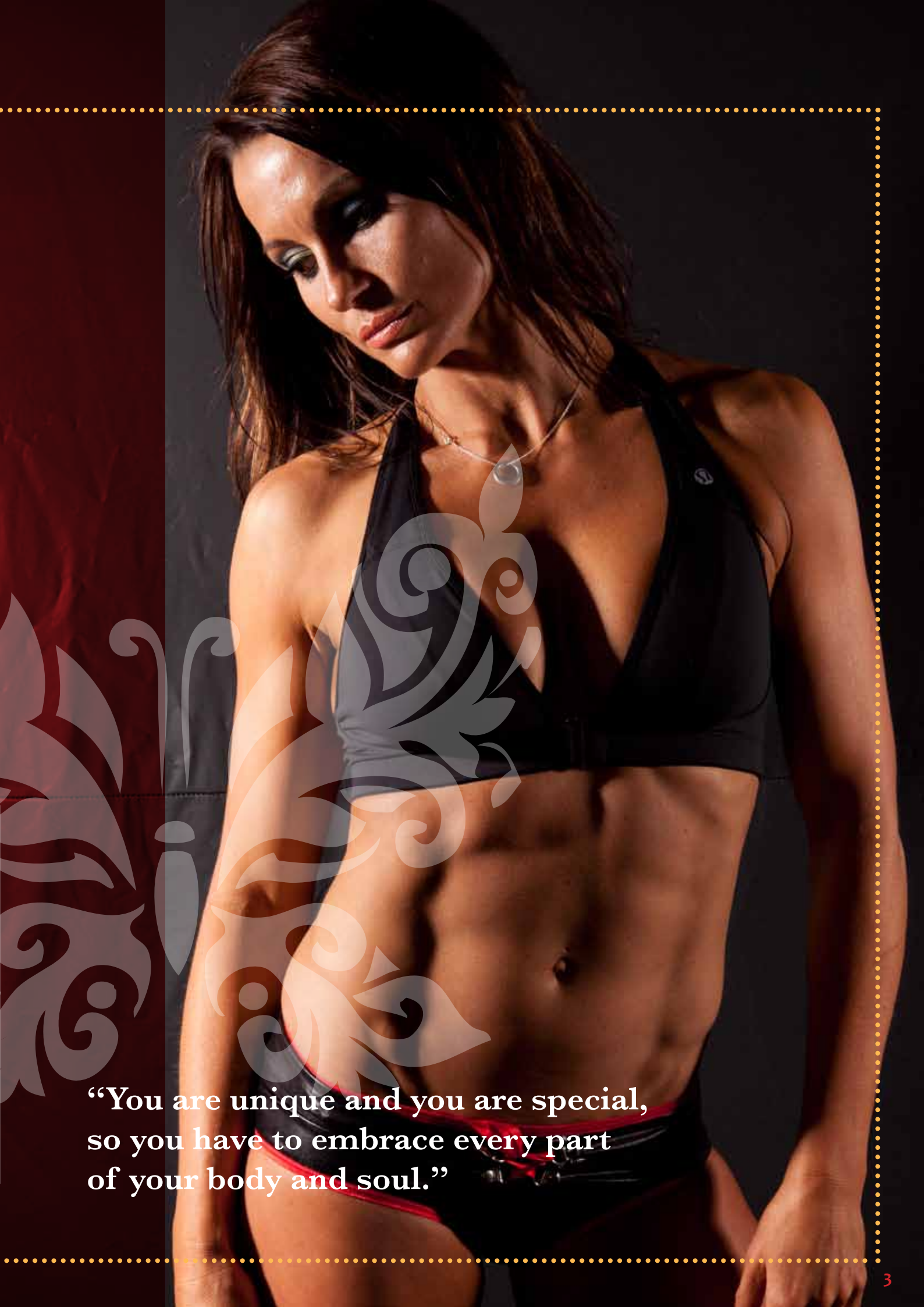
IT'S TIME TO
JUZZ
DO IT!

JS
JUSTINE SWITALLA

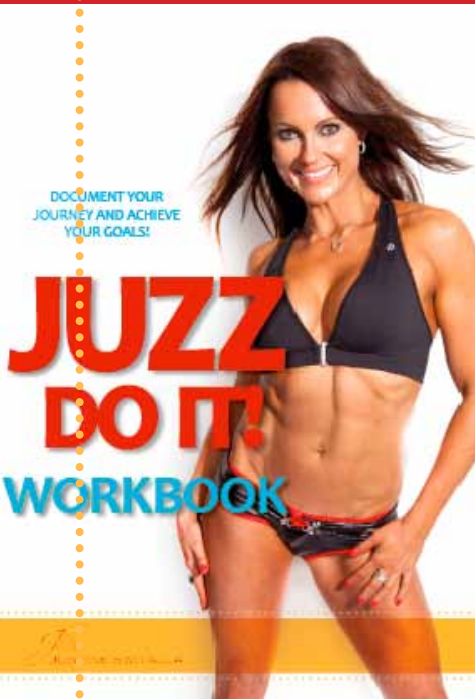
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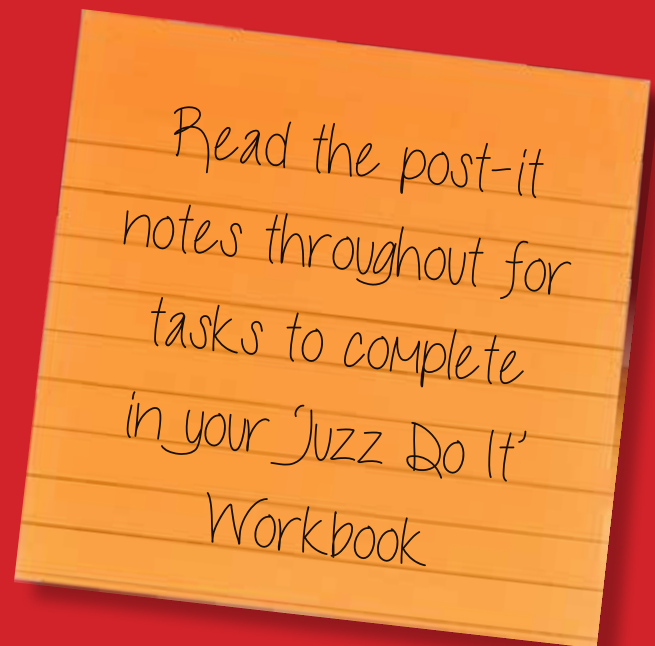
**“You are unique and you are special,
so you have to embrace every part
of your body and soul.”**



Welcome to my Juzz Do It program!

Before you start you need to be aware that you have to document your journey in the workbook provided. I want you to keep track of what you are eating and what exercise you are doing on a daily basis. It is also a good idea to write about all the emotions you experience daily whether they be good or bad it is important to keep a record, this also helps clear out your mind of all the 'negative' stuff that could very well stop you from achieving your goal.

I need you to also measure your waist at the belly button, your hips and your chest. Also note what your starting weight is. I am not that big on scales so taking before pics is also crucial. Do them front and side on and wear as little as possible. I will get you to check your weight and measurements at the 15 day mark then again after 30 days. Good luck!!!





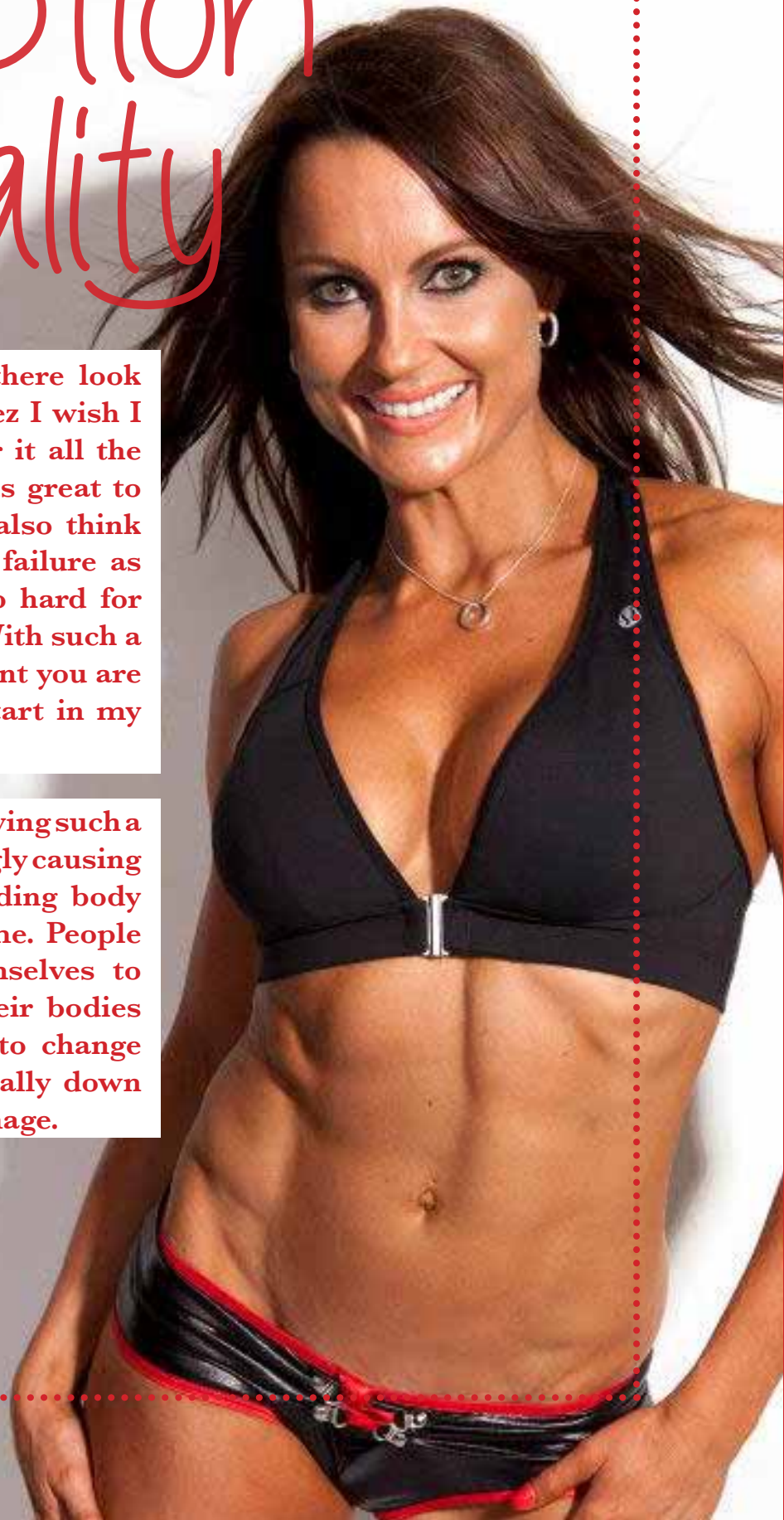
Make sure that you are cleared to exercise if you have any medical issues. You need Dr's clearance before starting my program.

Be sure to follow me on IG @justine_switalla and tag me in any of your fitspo pics. Hashtag #JuzzDoIt and #JustineSwitalla on all of your training and food pics so I can see them!

Perception vs Reality

I know how many people out there look at Fitness Model's and think 'Jeez I wish I looked like that'. I see and hear it all the time and as much as I think it is great to aspire to look a certain way, I also think that it sets most people up for failure as the task at hand just seems too hard for them and totally unachievable. With such a mindset as an initial starting point you are most likely doomed from the start in my opinion.

These days, with social media playing such a huge role in society, it is increasingly causing issues and insecurities surrounding body image and this really saddens me. People are constantly comparing themselves to others, scrutinizing areas of their bodies that they dislike or endeavour to change and for the most part feeling really down about themselves or their self-image.



Unfortunately you cannot 'spot reduce' meaning you cannot pick an area of your body and specifically drop bodyfat from there. It will all just come off in its own merry time and from all sorts of different areas. Eventually however, you will drop the weight from that problem area; you just have to be **PATIENT** and **PERSISTENT**!

In my eyes if you start looking at others and wishing to look like them, you are simply setting yourself up for an unachievable goal. It may be impossible for your body type to look that particular way. Sure I think looking at photos as motivation or inspiration is great but you have to be **REALISTIC**!

When you start comparing you will never be good enough and you will always be wishing rather than being positive, moving forwards towards your goal. You will find yourself 'dragging your feet' so to speak and feeling low.

You have to **REMEMBER** that your best is as good as it gets and no one else is like **YOU**! You are unique and you are special, so you have to embrace every part of your body and soul. Once you do this, your body will respond in a positive way... you just wait and see! Be thankful for what you have; you'll end up having more. Sure... strive for **BIGGER** but if you continuously concentrate on what you don't have, you will never, ever have enough.



What people don't know about me is I carry body fat on my lower and upper back, also my upper thighs so even when I am lean and have abs I am still carrying body fat. Everyone is **DIFFERENT** and has certain areas where they carry more body fat, some carry on their tummies, some on their butts.



I 'NEED' you to understand what the reality is like for a Fitness Model and stress to you that I do NOT look super ripped all year round. YES I always watch what I eat and YES I love training to keep myself in great shape all year round, however for me to look ripped for a photo shoot I need to diet for 2-4 weeks prior depending on the particular look I am after. I also have to dehydrate for 24 hours leading up to a shoot. This involves cutting my water intake out for that long in order to look dry, hence withdrawing all of the water from my body so that my muscles pop in time for the shoot.

'PERCEPTION is EVERYTHING' so for someone who carries body fat on their tummy, when they look at my ripped pics they may:

PERCEPTION [think...]

- 'It is TOO hard'
- 'She is really lean'
- 'She has no body fat'
- 'She has good genes'

REALITY [truth is...]

- I am STILL carrying body fat just in different areas of my body'
- 'I worked really hard for this body'

"I don't have a 6-pack all year round nor do I want one. I would much rather have a balanced lifestyle where I can enjoy life and have the odd treat."





In this photo:

- I didn't diet down or dehydrate beforehand.
- I look look and healthy here but my muscles arn't popping.
- I am carrying water.
- This has not been airbrushed.

In this photo:

- I am dehydrated.
- I was on a strict diet for 6 weeks as I had competed the week beforehand.
- My muscles are popping and I look very ripped.
- This photo has been airbrushed slightly.



**JUZZ DO IT!
JUSTINE SWITALLA**

Transformation

I know that most of you reading this will start by thinking ‘why on earth would Justine need to set herself a goal to lose body fat’? I will start by telling you that I am a normal girl who, like all of you out there works darn hard to look the way I do. I am not genetically gifted like some and pride myself on my hard work and commitment to good nutrition to look the way I do. I am the first admit that I don’t have abs all year round, I do however like to keep myself in great shape and not far off from photo shoot ready all the time. I like to live more as a fitness ‘role’ model, someone who is passionate about overall health and wellbeing.

Towards the end of 2011 I needed a break both mentally and physically so I decided to have 6 weeks off over Christmas to indulge and relax. I wanted to be able to enjoy time with my family in New Zealand and just let myself just be for a change.

Was it hard- yes, but was it worth it- YES! I came into 2012 fresh and ready to tackle what I knew was going to be a very successful and exciting year. You can see by my before pic’s that I was out of my ‘usual’ shape, I was still looking healthy but no where near where I needed to be for fitness shoots etc.



The first thing I needed to do was set myself a goal to get me back on track, so I booked in for a photo shoot with the very talented Nicole Miller one day before my 32nd birthday on Sat 25th February I gave myself 7 weeks to get my bod back into what I call 'bikini' shape and to be feeling awesome by my birthday.

This was so exciting for me as normally for shoots I have to look a certain way for jobs but this goal was all about me and how I wanted my body to look.

So on Monday 9th January I started my depletion diet and hypertrophy training program that was calculated and designed by my coach at the time. He put me on a hypertrophy training program so I was lifting heavy 5 days a week breaking up all my muscle groups and making sure I hit all of them well while giving them adequate rest.

I went on a high protein/high fat diet and was allowed one treat meal per week. The biggest changes I made were I cut out all alcohol, dairy, Soy lattes and sugars. I didn't find the diet that hard as I already ate much of the foods that were prescribed to me anyway. It was more about making sure I got the right amount of macronutrients into me at the right time, especially around my training as we all know that nutrient timing around training is crucial.

My coach wanted me to focus heavily on hypertrophy training so I could gain some lean mass rather than doing so much cardio. I am a group ex instructor and I love RPM and Body Attack so during this time I had a break from teaching Body Attack but I kept up my RPM as I couldn't give them both up. High intensity cardio is great don't get me wrong but in the scheme of things it can work against you when you are trying to put lean muscle on.

Starting stats:

Body Fat % = 14.50

Lean body mass = 48kg

Total body mass: 57kgs

Stats on Sat 25th February:

Body Fat % = 6.71

Lean body mass = 52.24kg

Total body mass = 56kg

Results:

Total BF lost in 7 weeks = 7.79%

Total lean muscle gained in 7 weeks = 4.2kg

There are pages in
your 'Juzz Do It'
workbook on days 1, 15
and 30 to record
your own measurements.



If i can do it I know you can too,
you just have to want it and believe!



“I was amazed at the results after the 7 weeks was up and I am so happy to be able to share this mini goal with you all. My main aim was to show you that it isn’t easy for any of us, we all have to work hard to achieve our goals.”

Goal Setting

GOAL SETTING is crucial, to create a path you first need a map of where you are going. Goals can seem overwhelming depending on where you are starting from so my suggestion is to start with a small goal. Start by saying... 'This week I am going to cut out sugar', then the next week make your goal to cut out sugar and alcohol and so on.

Of course you have to know what the BIG picture is and visualise the end result but if you simply focus too much on the big picture, you will put too much pressure on yourself resulting in feeling like it is all too hard and get depressed. Sure enough I have no doubt then that you will fall off the wagon and you will try to start again once you have eaten yourself into an oblivion and are feeling really guilty. This is an extremely dangerous and vicious cycle that can be avoided if you do what I suggest and take it; one step at a time!

Goals just lead to more goals and before you know it you will be addicted, loving life and achieving everything you set your mind to. Your mind works like a clog inside your head and every time you get one step closer to your goal/s the clog ticks over, moving forward and making you feel good. If this clog inside your head can keep moving forward, imagine how good you can feel EVERYDAY!



I believe the best way to visualise your goals is to create a **VISION BOARD**. Not only is this a fun and motivating task in itself for you it will act as a constant visual reminder of why you want to achieve your goal and the purpose driving you to succeed.

Think of all the positive things that you want to bring into your life on it and create this vision before your eyes. Make it as **BIG** as you like and be **CREATIVE**, the sky is the limit. It is important to have a visual guide of who you are and what you stand for, this also creates a path for all the amazing goals and adventures that you want to bring into your life. Why can't you have it all?


Below is an example of my vision board:



Go to page 4 of your 'Juzz Do It' workbook for further prompts to help you complete your vision board.

On your vision board, make sure to include tonnes of INSPIRATIONAL:

- Quotes
- Pictures
- Words
- Articles
- Body Image
- Photographs

A full-page photograph of a woman with long brown hair, smiling, standing in a gym. She is wearing a bright pink sports bra, black capri leggings, and light blue sneakers with yellow laces. Her hands are on her hips. The background shows gym equipment and a blurred interior. A decorative orange vertical bar with a floral pattern is on the right side of the page.

*“I’m not telling you
it is going to be easy,
I’m telling you it’s
going to be worth it!”*

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Did you know that your sub conscious mind doesn't know the difference between what you want and what you don't want? So if you walk around saying 'I don't want to get fat' then guess what? You will get fat. You need to think things that are in the now and think about them in the context of 'I do' and 'I am'. This immediately puts your goals into a positive framework for your mind.

You **MUST** keep yourself accountable for your goals. How do you do this? Tell people, get a trainer, talk about it with your partner and get your family onboard. You need as much support around you as possible. The more people you have around you pushing you in the right direction, the more likely that you are going to achieve your goal.

The most important piece of the puzzle is to make sure that you are kind to yourself and if you slip up (which we all do, yes even me) you have to forgive yourself and move on. You have to let it go and just put your focus back into clean eating and smashing your training. Use your little slip up as motivation to go into the gym and go that little bit harder than you did last time.

Writing your goals down is key to achieving success. There is space on page 6 in your 'Juzz Do It' Workbook!



Self Belief

To put it bluntly: Self Belief is VITAL.

You must start to face self-doubts and question why you have them in the first place. These doubts are simply 'false fears' or 'emotions' that you have created in your mind as you replay experiences from past events or situations. If you look carefully at times when you have allowed these doubts to take over you will see that you have also continued to get the same outcome. These doubts or fears are what stops you because your mind is a powerful machine. Your mind is so powerful... your thoughts really do create exactly what you believe.

The exciting thing is once you take ownership over these doubts and notice what is causing them, you are able to create POSITIVE CHANGE.

Recognise this, use it as motivation and begin changing your thoughts one by one. Self-Belief and the knowledge that you can create your own future as you want to create it, is so self-fulfilling.

“I will be who I am by CHOICE and not by circumstance or situation!”

A few steps to help create strong self-belief.

1) Remember self-belief can be learnt

Your level of self-belief isn't irrevocable. It can be altered. We can all be flexible and change. Remember you were born into this world with no sense of what you could or couldn't do. Then, bit by bit, life started to teach you to limit yourself. Tell yourself: 'Your only limits are self-imposed!'

2) Deal with your inner negative voice

When you start to doubt yourself, listen for a moment to that little negative inner voice.

Whose voice is it really?

A parent's... and old school bully... a collection of many different voices from different times and people?

One thing's for sure; that little inner self-critical voice wasn't yours originally. It may masquerade as belonging to you now, but it doesn't really. We are not born with critical or negative thoughts. They are planted somewhere along life's road as we experience it.

Be sure to tell yourself: "This is not my true voice!" Then start to challenge it!

3) Flip a weakness into a strength

If you just focus on what is not right about yourself rather than what is, then you miss opportunities for self-belief. You should NEVER assume there's nothing to improve about yourself, but simply focus on perceived weaknesses without either:-

- a) Taking steps to improve them or
- b) Also giving fair focus toward your strengths

will get YOU NOWHERE! Use your weaknesses as fuel to make you stronger.

4) Be your own motivational coach

If you notice doubts rearing their ugly heads, imagine you (the clear-headed part of you) are the coach and the anxious part of you is the person you need to talk to. Think what you'd say to someone you really believe in if they started showing doubts.

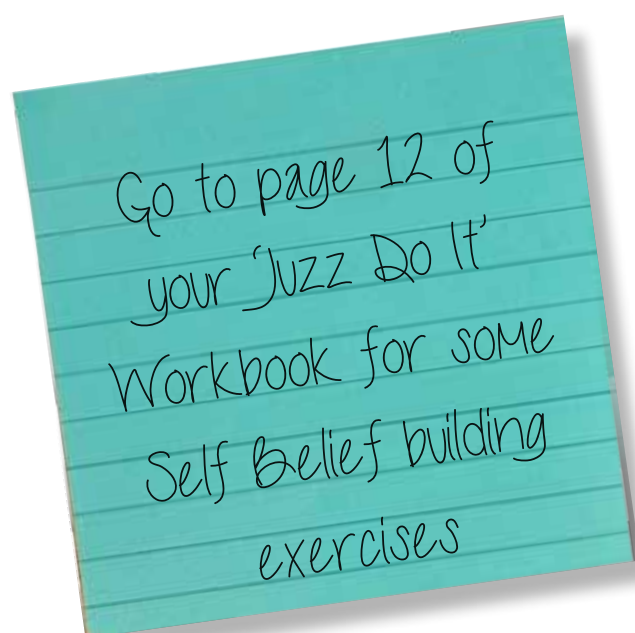
Sit down and say those same things to yourself. So if you are about to go for a job interview and you 'hear yourself' starting to express doubts, take a few moments to sit down, close your eyes, and coach yourself.

Self-belief doesn't mean arrogance or blindness to one's own shortcomings. Then again, it doesn't mean believing that you are perfect as you are, either.

Your self-belief really needs to be focused on what you will become. An important part of self-belief comes from knowing your weaknesses and being relaxed about them.

Self-belief gives you the freedom to make mistakes and cope with setbacks by seeing them for what they are: temporary setbacks, not the end of the world.

Something else you'll notice: As your self-belief grows, people around you start to believe in you more too. Because it really isn't the feather – it's YOU!



Get Moving

So, it's time to get moving but you are probably wondering - Where do I start?

Here is a guide as to what you need to do to get started on your weight loss journey.



I have personally structured two programs. One can be done in a gym and the other one you don't need gym access to complete.

Firstly, I want you to make a promise not to me but to **YOURSELF...**

'I will follow this program for 1 month to the tee'

If you can do this, you will start to see results dramatically, along with healthy eating that I will go into a little later on.

PLEASE NOTE:

It is most important that you consult a Doctor before you start any form of exercise, so please if you need to get the all clear, then do that first.

Before you start your program be sure to:

- 1) Take measurements of your bust, waist and butt
- 2) Take some before photos [front on and side on are best]

Record your training daily using the exercise journal in the back of your 'Juzz Do It' Workbook

Program 1: No gym required

MON	TUE	WED	THUR	FRI	SAT	SUN
am	am	am	am	am	am	am
6	1	2 & 4	1	6 & 4	3 & 5	REST
pm	pm	pm	pm	pm	pm	pm
REST	3 & 5	REST	REST	REST	REST	REST

Session 1:

One hour Power walk - to be done pre – breakie on an empty stomach

Session 2:

45 min jog with power walk-2min jog: 1 min power walk (go at your own pace in the jog, you can go as fast or as slow as your fitness level allows you to go)

Session 3:

Legs Circuit
 Body weight Squats
 Body weight lunges
 Jump jacks
 High knee runs
 Side lunges
 Single leg Hip Raises
 Skipping

(Exercises are to be done sequentially. 60 sec on each exercise no more than 10 sec between exercises. Minimum 5 x rounds of the circuit to be completed in a session. Have a 2 min rest between each round.)



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No food before cardio but you may want to have a banana or a shake before the circuit sessions that are programmed in the morning. Everyone is different, some like to eat before and some don't, so I will leave that up to you to decide.

Session 4:

Flexibility Stretch Session

Lunge Stretch (glute & Hip flexer)

Kneeling Hamstring Stretch

Kneeling Adductor Stretch

Seated Groin Stretch

Arm across Body Shoulder Stretch

Hand against wall Chest Stretch

Arm behind Neck Tricep Stretch

Hands Pronated Bicep Stretch

Lying Core Rotational Stretch

(Each Stretch to be held for 90-120 sec and repeated twice each.)

Session 5:

Core Conditioning:

Bent knee crunches

5 x 20 reps slow and holding contraction for 5 secs each rep.

Feet on Swiss Ball Hip Raises

5 x max reps Holding at top of each rep for 5 secs.

Prone Holds Frontal > sides

3 x 60 secs on each

Swiss Ball Leg Raises

3 x 20 reps Slow

Session 6:

Total Body Circuit

Squat Jumps

Push ups

Crunches

Sprint starts (or back stepping lunges)

Hover (prone hold)

High knee runs

Skipping

Alternate wrist to knee crunches

Burpees

(Exercises are to be done sequentially. 60 sec on each exercise no more than 10 sec between exercises. Minimum 3 x laps of the circuit to be completed in a session.)



Program 2: Gym required

MON	TUE	WED	THUR	FRI	SAT	SUN
am	am	am	am	am	am	am
3 & 5	4 & 6	REST	3 & 6	4 & 5	7 & 6	REST
pm	pm	pm	pm	pm	pm	pm
REST	1	2	REST	REST	REST	REST

Session 1:

Upper Body Strength/Endurance (agonist > antagonist super setting)

Horizontal Pull ups (chest to bar) > Push Ups

5 x 12-15 reps

Swiss Ball DB Pull Overs > Straight Arm Push Downs

5 x 12-15 reps of each

Rope Hammer Curls > Rope Push downs

4 x 12-15 reps of each

DB Lat Raise > Rear flys

3 x 15 each

Bent Knee Crunches > Vertical Leg Hip Raises

5 x 15 reps of each

Supported Knee Raises

3 x 20 reps slow

Session 2:

Lower Body Strength/Endurance

Sumo Smith Squats

5 x 15 reps

Back stepping alternating DB lunge

3 x 10 each side

Single Leg Step Ups

3 x 10 reps each leg

Hamstring Curls

4 x 12-15

Leg Extension

4 x 12-15.

Session 3:

RPM class or 45min Intervals on Spin bike

Go to page 14 of
your 'Juzz Do It'
Workbook for your
easy-to-print version
of each workout!

Session 4:

Run (interval)
45 min run: 1 min fast: 2 min slower pace

Session 5:

Flexibility Stretch Session
Lunge Stretch (glute & Hip flexer)
Kneeling Hamstring Stretch
Kneeling Adductor Stretch
Seated Groin Stretch
Arm across Body Shoulder Stretch
Hand against wall Chest Stretch
Arm behind Neck Tricep Stretch
Hands Pronated Bicep Stretch
Lying Core Rotational Stretch
(Each Stretch to be held for 90-120 sec and repeated twice each.)

Session 6:

Core Conditioning
Bent knee crunches
5 x 20 reps slow and holding contraction for 5 secs each rep.
Feet on Swiss Ball Hip Raises
5 x max reps holding at top of each rep for 5 secs.
Prone Holds Frontal > sides
3 x 60 secs on each
Swiss Ball Leg Raises
3 x 20 reps slow

Session 7:

Total Body Circuit
1. Squat Jumps
2. Push ups
3. Crunches
4. Sprint starts
5. Bent over rows
6. Leg raises
7. Skipping
8. Horizontal pull ups
9. Alternate wrist to knee crunches
10. Burpees
(Exercises are to be done sequentially, 60 sec on each exercise no more than 10 sec between exercises. Minimum 3 laps of the circuit to be completed in a session.)



Nutrition

Our eating habits are as important as the food choices we make in achieving and maintaining health. An old saying ‘Worry and hurry are the enemies of digestive health’ is truer today more than ever before. To truly benefit from dietary changes we make, it is important to adopt healthy eating habits.

My Top 10 Tips For Healthy Eating

1. Chew: Digestion begins in the mouth and the secretion of enzymes. Eating quickly increases the amount of air and the size of the food swallowed. This will lead to inadequate digestion and an increase in gas production.

2. Eat regularly: Eat at least every 2-3 hrs. Our bodies need regular food to maintain blood sugar levels and metabolism, but also enough time to complete digestion before more food is eaten. Avoid skipping meals by having healthy, balanced snacks on hand for busy times. Hunger is a sign of low blood sugar levels and will lead to poor food choices and overeating if ignored.

3. Avoid overeating: Overeating occurs when we skip meals, eat too quickly or don't satisfy our taste buds. Overeating is a major cause of obesity and stresses the liver and digestive tract. To reduce the risk of overeating, spread your meals throughout the day and don't leave your largest meal until the end of the evening. Our digestive fire is at its peak around noon, a time that it is most efficient for converting food into energy rather than storing it as fat.

4. Eat with awareness: Awareness eating has been proven to cause a rise in metabolism. Ask yourself how hungry you feel before and after each meal. Take 5 minutes to relax before a meal if you feel stressed. Prepare as many meals yourself as possible – touching, tasting, smelling food before you eat it will prepare the body for digestion, prevent overeating and improve your psychological relationship with food. A microwave meal is more likely to result in overeating compared to a home cooked meal. Stop eating when you are almost full; to gauge whether you need anymore. Did you know? It takes approximately 20 minutes for our brains to receive the signal of satisfaction during a meal.

5. Achieve fluid balance: Avoid drinking excessively during a meal as this can reduce enzyme activity. One glass of fluid is adequate. Drink at least 2 litres (8 glasses) of water between meals per day. This can include herbal teas and diluted fruit juice.

6. Prepare: Shop for fresh food regularly and keep your pantry stocked with good staples to make it easier to eat a healthier diet. Whenever you cook or prepare food, make double and freeze in small containers for future meals. When preparing dinner, make lunch at the same time. The best preparation is knowledge about healthy food options – a well informed choice will always be the healthiest choice!

7. Go 50% raw: Have half of your fruit and vegetable intake raw (eg salads) unless otherwise advised by your healthcare practitioner. Fruit and vegetables contain enzymes, which aid digestion, so aim to eat some with every meal.

8. Exercise: Aim for at least 3-4 times per week. Exercise works the diaphragm, which massages the intestines and thereby improves digestion. It also regulates appetite, blood sugar control and your metabolism.

9. 90% for the body 10% for the soul: Ensure the majority of the food consumed is within the healthy range (90% of the time) and allow the odd treat to satisfy your mind, soul and social life (10% of the time).

10. Eat positively: Good habits can easily be established with a little effort and a positive frame of mind. A balanced healthy diet doesn't have to be boring, bland, time consuming or expensive. Take back the 'control of you' diet and health by making your own choices, and stop allowing industry to dictate what you eat.

My Nutrition Plan

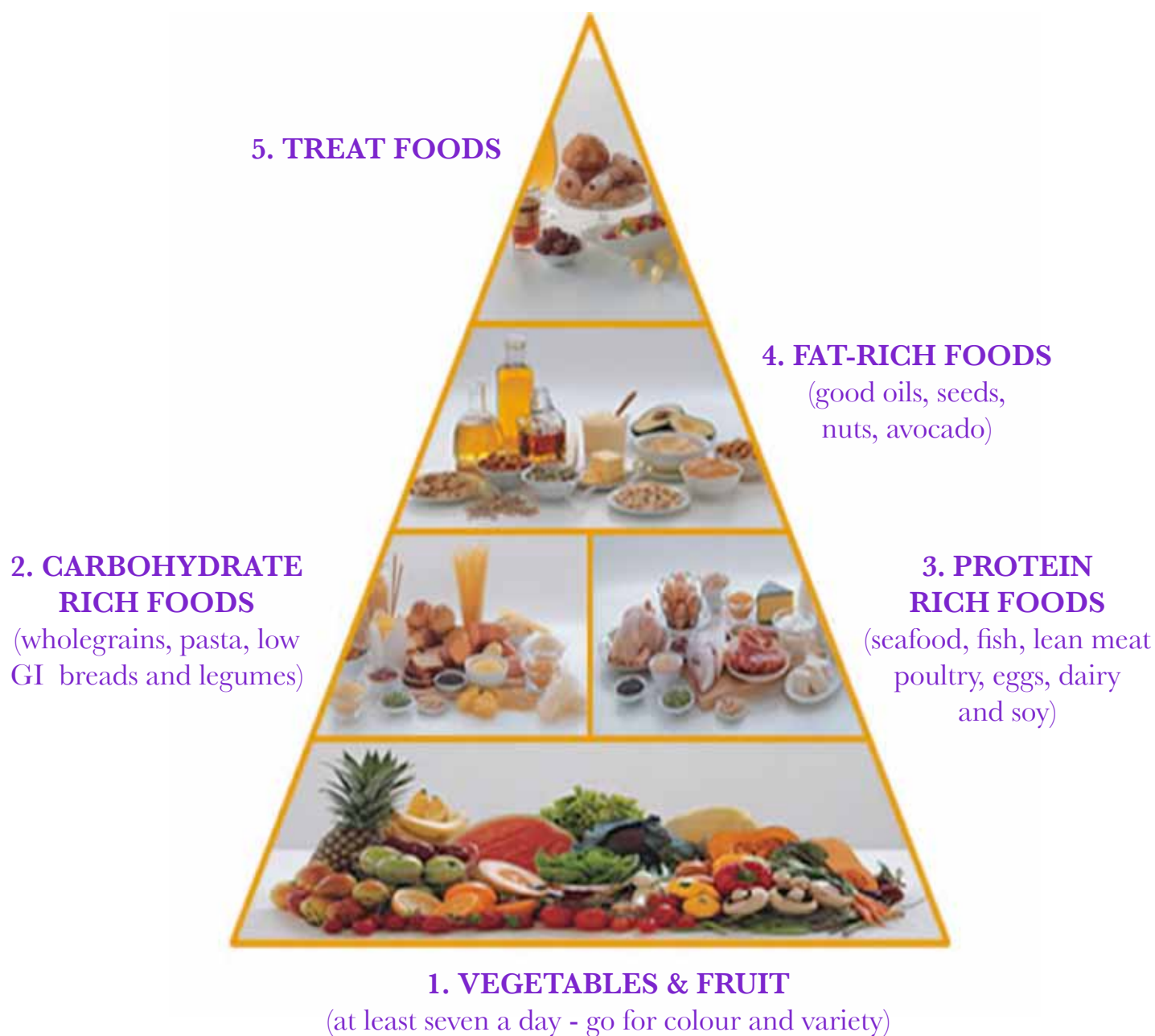
To stay on top of your nutrition while you are following my guidelines the biggest things that you need to be is **ORGANISED** and **CONSISTENT**. If you are organised then eating isn't hard work and being consistent means that you will get into a routine that is easy for you to follow. Keep your food as close to my suggestions as possible as I eat this way and follow certain Paleo principles and I know that it works. Always ensure that you drink at least 3 litres of water a day.

Eating high good fat/protein and limiting your carbs to 60grams per day with one high carb treat meal will turn your body into a fat burning furnace. The treat meal will only work if you follow my guidelines properly otherwise there is no point.

Do your morning workouts fasted (having a shake before is ok) and be sure to not eat too early before your evening workouts so give yourself about 4 hours before you train. Lift heavy in the gym, don't be shy to get in there and work at your highest intensity every time!

If your overall goal is fat loss then I would suggest that you take all the fruit out of the suggested recipes and guidelines. For optimal fat loss results it is best to not have fructose in your diet at all as it is just like table sugar. If you are doing the program for overall health and well being then by all means keep the fruit in there as it is important to have fruit in a balanced diet. Replace the fruit with some form of protein.

Tip: A great supplement to take if you are suffering from cravings is Glutamine, take around 20grams when you feel the need for a sugar hit. Also taking green tea extract throughout the day will help you burn fat.



This is one of the best food pyramids I have seen out there today with what I believe to be: The RIGHT FOODS in the RIGHT PECKING ORDER!

Have a careful look and notice where you are sitting?

I've provided you with a 30 day nutrition journal in the back of your 'Juzz Do It' workbook

Meal Suggestions

I am going to give you suggestions as to what you can eat for each meal of the day. Remember that this is a guide and generic so it is not specified to you but it will work to get weight off you initially and help you install some great eating habits that you can create a healthy living lifestyle with. Special thanks to my business partner Kat Loterzo for letting me use some of the recipes from her 'Lean Chef Look Great Naked' cookbook. [Click here](#) to find out more about her book!



Breakfast

Option 1: Omelette Chicken, ham and vegetable omelette

Ingredients

3 organic (whole) eggs
10 grams full-fat cream, organic
¼ cup diced ham off the bone (you may use bacon if you don't have ham)
¼ cup chopped leftover chicken
¼ cup chopped mix vegetables. Mushrooms, tomato, capsicum and green beans all work well.
Organic butter
Cup of rocket
Rocket or baby spinach to serve
Sea salt
Pepper

Method

Whip eggs and cream with a fork. Season lightly.
Heat a good dollop butter in a pan until it is very hot.
Pour in egg mix, wait about 30 seconds, then sprinkle vegetables, ham and chicken on one half.
Cook on a moderate heat for 60-90 seconds, until the bottom seems quite well cooked.
Use a spatula to fold omelette and continue cooking for 30-60 seconds. carefully lift and flip your omelette.
Serve on fresh rocket or baby spinach.



Option 2: Smoothie Protein Greens Smoothie

Ingredients

Scoop Protein
TBS of Chia Bran
Tsp greens supplement
raw spinach
Handful of frozen berries
Dash of cinnamon and water.

Plases note: You may want to add other supplements to this smoothie or other ingredients that tickle your fancy as long as they are fresh and sugar free.

Method

Simple really. Mix it all in a blender and serve

Option 3: Porridge Quinoa porridge

Ingredients

1 cup quinoa
(rinse the quiona really well first using a sieve)
1/2 tsp sea salt
1 tsp cinnamon
8 drops stevia liquid concentrate
1 TBS coconut oil or coconut butter
Almond Milk (to serve)
Mixed Berries (to serve)

Method

Bring 2 cups of water to boil in a wide saucepan
Add the quiona, sea salt, cinnamon, stevia and coconut butter/coconut oil
Cover and reduce the heat and simmer for 12 minutes
Remove from heat and scoop into a bowl with almond milk and scatter berries (can add roasted nuts or coconut flakes too)
Store it in a tightly covered container and it will keep in the fridge for up to 4 days



Mid Morning Snack Ideas:

Option 1:

Low Carb Protein Bar

Option 2:

Handfull of raw almonds. A protein shake.

Option 3:

Yoghurt. A handfull of raw almonds

Lunch

Option 1: Wrap

Chicken/Tuna Mountain Bread Wrap

Ingredients

100 grams cooked Chicken or 95 grams canned Tuna
2 x Mountain bread wrap
Mixed Green Salad 1 TBS cottage cheese
1/4 Avocado.

Note

Be sure NOT to use any mayonnaise and sugary dressings. Keep everything low fat and low sugar.

Option 2: Salad

Sweet Chilli, Calamari and Rocket Salad

Ingredients

2 tubes of calamari - fresh if possible
1-2 cups of wild rocket
1 punnet of blanched green beans
1 fresh chopped red chilli, or chilli flakes
1 teaspoon of raw organic honey (leave out if you prefer being 100% sugar free, or substitute rice syrup, which has no fructose)
1/2 teaspoon of crushed ginger
1/2 an orange, sliced thinly
1/2 a lemon
Olive oil, about 2-3 tablespoons

Method

Clean calamari and chop into small pieces or rings
Mix the honey, ginger, olive oil and chili Place in a covered bowl with some above mix, plus a squeeze of lemon Marinate for 10 minutes then cook on a very hot grill for just 1-2 minutes each side Serve on a bed of rocket with chopped blanched green beans, and thin slices of orange on the side You could add some chopped fresh chilli if you like

Option 3: Burger

Kangaroo Burgers with Beetroot and Feta

Ingredients

500 grams of kangaroo mince
 50 grams of sun-dried tomatoes
 1 brown onion
 A few chopped sprigs of fresh basil
 50 grams of organic tomato paste
 1 egg
 30 grams of gluten-free meal, such as ground millet.
 Quinoa would also be fine, or nut meal
 Coconut oil
 Sea salt
 Pepper

Extras

Sliced beetroot
 Organic cheddar cheese
 Another brown onion
 Some chopped up roma tomatoes
 Some butter lettuce, washed
 Coconut oil
 Extra egg and/or bacon if you choose

Method

Peel and chop first onion into squares. Chop the second onion into rings, and set it aside in a bowl. Chop your basil and sun-dried tomatoes into small pieces. Using your hands, mix all of the first batch of ingredients except the coconut oil. Form the mixture into patties, and fry for a good 3-4 minutes each side (in hot coconut oil), over a medium to hot heat.

While they are cooking, fry up your onion rings in a separate pan. Add some sea salt to taste. If you are having eggs and bacon on the burger, cook these in the same pan as the onion rings. Serve your bunless burger on egg/bacon and top with additional ingredients as mentioned above.



Mid Afternoon Snack Ideas:

Option 1:

Banana

Option 2:

A protein shake.

Option 3:

An Apple



Dinner

Option 1: Paleo Beef Schnitzel

Serves 2

Ingredients

4 pieces of rump beef,
(organic, bashed out for schnitzels. The butcher can
do this for you if you request it.)
1/2 a cup of ground flaxseed meal
1/4 cup of rice flour or coconut flour
1/4 cup shredded coconut
Sea salt, and pepper
Dried herbs of your choice i.e. oregano and rosemary
2 eggs

Method

Beat eggs for a few seconds in a bowl, using a fork.
Place all meat in the egg 'wash', and work the
meat until each piece is well covered. Mix all other
ingredients in a separate bowl. Dip each egg piece of
steak into the dry mix. Set aside on a plate.

Fry over a moderate-high temperature, in coconut oil.
A few minutes each side, and you can put them in a
baking dish in a moderate oven afterwards if you'd
like to crunch them up a little. For 5-10 minutes.
Serve with a salad of rocket and cucumber.

Option 2: Portuguese Open Omelette

Serves 1

Ingredients

1/3 cup chopped mushroom pieces
1/3 cup chopped artichoke hearts (3-4)
Organic butter for cooking
30 grams of feta
2 eggs, beaten
Fresh parsley, chopped

Method

Gently warm butter in a medium pan. Add chopped
vegetables and saute lightly. Add feta and immediately
pour the eggs over the top followed by chopped
parsley. Place a lid on the pan and leave on low heat
for about 5 minutes. Yum!

Option 3: Coffee, Lamb & Brazil Nut Salad With Yoghurt Mint Dressing - Serves 2-3

Ingredients

Olive oil
Oregano
½ a lemon
1 large lamb backstrap
2 teaspoons of coffee grounds, ideally organic
Coconut oil
1-2 cups baby spinach
¼ cup of brazil nuts
1 red capsicum, cut into wide strips, placed in a bowl with a little olive oil
¼ of a red onion
Red wine vinegar
1 cup of full-fat Greek or organic yoghurt
¼ cup chopped mint

Method

Marinate lamb in oil, oregano, coffee and lemon for at least 3 hours. Do this in a covered container in the fridge. You can add chilli if you like. Cook lamb in coconut oil (1-2 teaspoons) over a moderate flame. Medium is best for lamb. After you turn the lamb, add the capsicum strips to the pan. You want them to be half-cooked.

While lamb is cooking, mix in a salad bowl baby spinach, chopped macadamias and chopped red onion. Add cooked lamb and capsicum, and toss Dress with red wine vinegar. You won't need additional oil. Enjoy on it's own, or with some gluten-free bread or sweet potato.

Yoghurt Mint Dressing

To make the yoghurt mint dressing, simply mix yoghurt and mint in a bowl.





Yummy Guilt Free Treat Ideas

To make my famous guilt free, sugar free protein balls, mix 1-2 tubs of tofutti (imitation cream cheese), half a cup of crushed almonds and sunflower seeds, 2 scoops chocolate protein powder and 1 tablespoon Coconut oil. Add sugar free drinking chocolate to taste. I put around 2 tablespoons in. Then, lastly, roll them into balls and in the coconut. Easy peasy! These are great to have when you need something sweet :)

Clean Coconut/Banana and Walnut Muffins Makes about 12

Ingredients

5-6 eggs (if 6 use 4 with yolk, 2 without)
 1/2 cup organic 100% coconut oil/butter
 Pinch sea salt
 1-2 mashed bananas (alter this for handful of berries)
 3/4 cup organic gluten free coconut flour
 Dash of organic unsweetened almond milk
 1/2 tsp gluten free baking soda
 1 tsp of cinnamon powder
 1 tablespoon organic pure honey or argave nectar or
 could use a pinch of natvia

Optional:

Use chopped walnuts to garnish or sprinkle with organic shredded coconut. Serve warm with almond butter. So many variations. Have a play, beautiful with blueberries instead of banana also ;-)
 Serve warm or cold.

Method

Blend eggs, banana and melted coconut oil together. Make sure coconut oil not too hot or will cook eggs. Mix dry ingredients separately followed by whisking slowly into wet ingredients. Spray muffin tin with organic coconut spray and bake in oven for approximately 30 minutes.



There is a printable version of the shopping list on page 18 in your 'Juzz Do It' Workbook

Here is a suggested shopping list that will assist you in ensuring that your fridge and pantry are filled with healthy, clean and nutritious whole foods.

A Weekly Shopping List:

Vegetables

Broccoli
Cabbage
Lettuce
Asparagus
Tomatoes
Sweet Potatoes
Carrots
Cucumbers
Cauliflowers
Zucchini
Spinach
Capsicum
Mushrooms

Lean Meats/Proteins

Beef
Chicken
Fish
Tuna
Eggs
Quinoa
Protein Bars

(See Body Science info in supplement section on page 42)

Fruit

Apples
Bananas
Frozen Berries

Herbs/Spices/Oils

Salt
Pepper
Chilli flakes
Garlic
Coconut Oil
Olive Oil
Coconut/Extra Virgin Olive Oil Spray



What I Eat In A Day...



Tips for when travelling & dining away from home:

I know that many of you out there really struggle with food choices when you have weekends away and are out of your 'usual' everyday routine.

That being the case, I thought I would give you a few suggestions on how you can make better choices and not come home from your trip feeling like you've gone back to square one. As you all know I travel interstate loads with work and usually have no choice but to eat out for every meal.

Here are a few handy tips to keep in mind:

- * **For breakfast** I always opt for an omelet with mushroom and spinach or something similar that is available on the menu.
- * **For snacks** I always carry low carb protein bars with me for emergencies. I also always carry some roasted almonds on me. It is crucial to have these snacks on you so that when you feel pucky or have a craving, and it has been a few hours since your last meal that you have them there to tide you over rather than heading into a 7/11 for a sugar hit. We all know that it is important to eat every 2-3 hours to keep the metabolism in check, so keep your snacks as high protein and or good fats as you can.
- * **Lunches and dinners** I will always order a chicken salad or something along those lines that is low carb and high protein. If I need to I'll ask them to make adjustments to it EG: dressing on the side, no croutons etc. Please note I have to be carb sensible if I don't train in the time that I am away. If you are exercising I would suggest ingesting complex carbs either before or after your session.
- * Be sure to buy a 2 ltr of water and drink that throughout the day. Stay hydrated, even if it means you need a 'wee' stop every half hour.

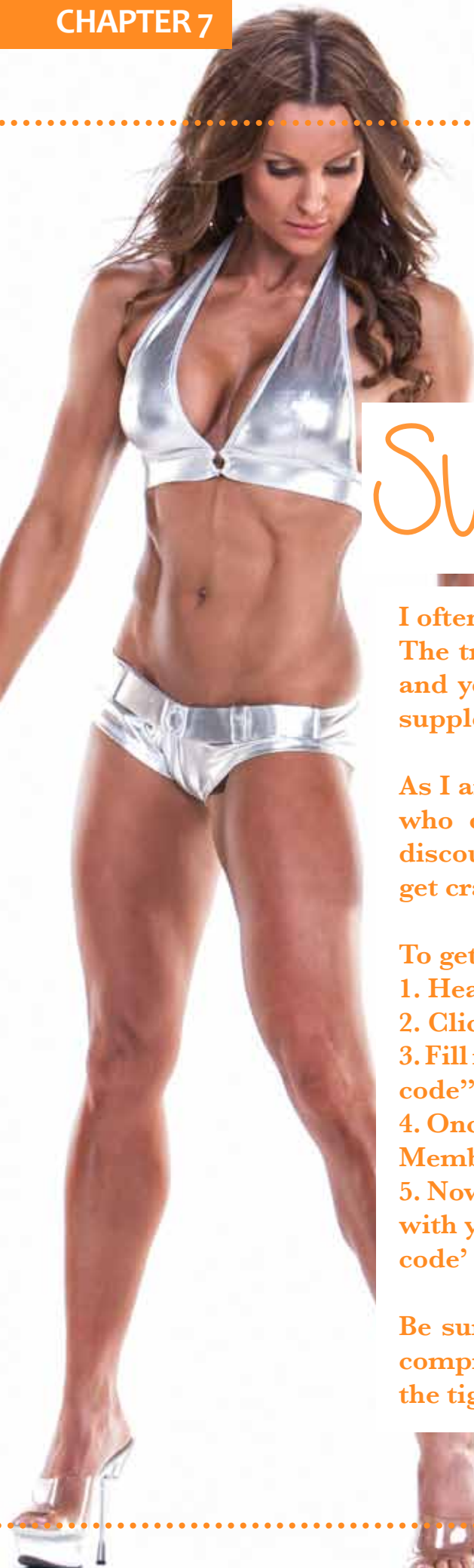


Sticking to a strict eating regime can be tough when travelling, but only if you aren't organised and mentally strong to be able to say 'NO' to the foods that are only going to:

- a) Make you feel guilty and
- b) Take you 2 steps backwards

The biggest thing is to watch your alcohol intake as alcohol really does set you back.

I still manage to really enjoy my weekends and I don't once feel like I am missing out on anything.



Supplementation

I often get asked ‘What supplements should I take?’ The truth is there is so much out there on the market and you must consider where and when to spend your supplement dollars.

As I am a sponsored athlete with Body Science anyone who orders through them using my code gets 30% discount which is such a great deal as supplements can get crazy expensive.

To get your discount follow these steps:

1. Head to bodyscience.com.au
2. Click on Register at the top right.
3. Fill in your details but don't forget to enter my “friends code” which is “juzzswit”
4. Once filled in hit Submit and you are now a registered Member on BodyScience.com.au
5. Now you're registered you can shop, once your happy with your selection please press checkout. My ‘friends’ code’ discount will show up in this window.

Be sure to have a good look around their site as their compression garments are also awesome, I love wearing the tights and compression bra's.



JUZZ DO IT!
JUSTINE SWITALLA

Supplements I Suggest For Weight Loss

A good protein powder for pre and/or post training - there are so many out there, so find one that will work for you. I use BSC Hydroxy Burn Pro clinical and it tastes awesome and does the job well.

Fish oil- Make sure it is good quality and take daily

A good multi vitamin

Zinc and Magnesium- Bsc have a good blend called ZMA

BCAA's- great for intra workout, helps with recovery and repair

Glutamine- great for recovery, take at night before bed

Pre workouts are good every now and then. BSC have a few to choose from on their website.

L-Carnitine for fat burning, take it in the morning and before training.

I love the Body Science low carb protein balls for snacks and emergencies when I don't have any 'real food' on me. These are good to carry on you in your gym bag or in your hand bag in case of emergencies

Body Science do a range of packs where you buy in bulk and get all you need at a discounted rate. The lean pack, ripped pack and the women's toned pack are all great value so be sure to check them out.





JUZZ DO IT!!!

Justine
XXX

I can guarantee if you follow this guide for at least 30 days you will start to feel and look better. You have to remember it takes 21 days to form a habit and only a few to break one so KEEP GOING. Even when you are having days where you think nothing is happening and you are feeling low you have to trust the process and let it happen. Don't jump on the scales everyday to see changes in your weight, to be honest I hate the scales and never use them as a guide.

Make sure you take note of how your clothes feel and what other people around you are saying. People will start to see the changes in you and they will let you know. Remember this is a 30 day kick start program but it is something that you can keep on doing, once the 30 days is over you will have the lifestyle you want and from there if you continue on the same path you will get the body that you deserve.

Consistency is the key and you have to be committed, if you are committed to YOU then you are capable of achieving anything!

This is your life and your body so go out there and make your dreams come true!!!

My final message to you?

JUZZ DO IT!!!



JUSTINE SWITALLA

For more info go to my website:
www.justineswitalla.com

Also check out my youtube channel:
www.youtube.com/user/juzzyswit

Design: FitDesigns

Cover Photography: Dallas Olsen

Inside Photography: Dallas Olsen,
Emily Skye, Mariya Mova & Gary Phillips.