



WHAT TO EAT FOR THE FAT LOSS CATEGORY

Wondering what to eat on the JuuvaFIT Challenge for the Fat Loss Category?

This will give you some guidelines to follow for meals and snacks during your next 12 weeks. Best of all, with JuuvaFIT you get to indulge in many delicious foods that have a lot of flavor.

The JuuvaFIT Fat loss system is a hybrid system that uses powerful principles from Keto, intermittent fasting, and clean eating.

High, Medium, Low

JuuvaFIT follows a high fat (75%), medium proteins (20%), and low carbohydrate (5%) eating plan. The benefits of this eating plan is that you feel full and have energy as your body switches itself into a natural fat burning state called Ketosis. There are 2 signs to watch for to tell when you're in ketosis, you will have great energy and have fewer food cravings (less hungry).

The go-to Juuva products for this eating plan will be JuuvaFIT ReFuel, M-PHYT, and ALLWATER Drops.

JuuvaFIT Refuel: a perfect product with a macro breakdown that works beautifully for the keto lifestyle with healthy fats. We suggest you replace at least one meal every day with JuuvaFIT Refuel. If you'd like more convenience (and to potentially lose more weight), replace two meals with it.

M-PHYT: 100% pure muscadine seed oil to help your body process your food better. Take a dropperful before you eat.

ALLWATER Drops: you will need to increase your salt consumption so we highly recommend Juuva ALLWATER drops to get electrolytes into the body. Add these to your water from the Juuva C⁷ Energy pitcher or Energy Stick for the added benefits of alkaline, ionized water.

What to Eat for Meals

Outside of using JuuvaFIT Refuel, you will need to eat Keto friendly meals. Use this handy chart as you make your food choices for your meals. Remember, even from the EAT THESE list you still need to keep your carbs low, protein moderate, and add a good amount of healthy fat everyday! You can also find recipes online for keto versions of you favorite meals. Just be sure to look through the ingredient list. Some recipes and products are sold as keto, but are really just high protein or full of unhealthy ingredients in disguise. Remember, high fat is where it's at!

Overdoing it on carbs, protein, or eating far too many calories may slow your progress. When in doubt, leave it out (if it's carbs) or just swap the meal for a JuuvaFIT Refuel Shake. We encourage you to build your meals with a plate that has 2 good fats, 1 protein (about 3 ounces), and 1 veggie (serving size 1-2 cups).

Snacks

When you're in-between meals and feeling snacky, nuts can be an excellent source of healthy fats to choose from (excluding pistachios and cashews due to carbs). Almonds, macadamia nuts, and walnuts are great options. For an energy boost we highly encourage Juuva Zing. Not only will you be successfully hydrating your body, it will amp up your energy while providing your body with great nutrients.

Your snacks should contain 1 good fat and 1 veggie (1-2 cups). That's right—veggies are a real thing on Keto, just make sure to eat the correct ones.

Intermittent Fasting

This could help achieve quicker results. Intermittent fasting is waiting 14 – 16 hours between your last bit of the day until your first bite of the following day. It allows your body a state of fast in which your body doesn't release insulin and allows your body to work off of stored fat. While not required, it can be used and has been helpful to participants in past challenges.

Remember: track all of your food each day to be sure you are staying in the correct macro range. Carb manager or myfitnesspal are great free apps.

JuuvaFIT Challenge Disclaimer

Always consult your physician before beginning any weight loss or exercise program. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness, chest pain or pressure, nausea, or shortness of breath, seek medical help. Mild soreness after exercise may be experienced after beginning a new exercise regimen. Contact your physician if the soreness does not improve after 2-3 days. Juuva cannot be held responsible for medical conditions, injuries, sickness, or any other health problem incurred during the JuuvaFIT Challenge.

KETO FOODS

EAT THESE

FATS

Avocado, Butter, Coconut Oil, Cream, Egg Yolk, Extra Virgin Olive Oil, Ghee, Macadamia Nuts, Mayonnaise (no sugar/soybean oil), Raw Almonds, Sesame Oil, JuuvaFIT Refuel, Juuva M-PHYT

PROTEINS

Beef, Buffalo, Chicken (dark meat is better), Duck, Eggs, Goose, Lamb, Lobster, Mackerel, Pork, Quail, Salmon, Sardines, Shrimp, Trout, Venison, Tempeh, Tofu, Turkey (dark meat is better)

VEGETABLES

Arugula, Asparagus, Beet Greens, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Celery, Chayote, Chinese Grape Leaves, Collards, Cucumber, Dandelion Greens, Endive, Epazote, Fennel, Garlic, Ginger Root, Green Bell Peppers, Green Chili Peppers, Green Onion, Green Snap Peas, Hearts Of Palm, Jalapeno, Jicama, Leek, Lettuce, Mustard Green, Nopales, Okra, Portabella Mushrooms, Radicchio, Radishes, Red Bell Peppers, Seaweed, Shallots, Shiitake Mushrooms, Spaghetti Squash, Spinach, Swiss Chard, Tomatoes, Tomatillos, Turnips, Turnip Greens, Watercress, Yellow Onions, Zucchini

DAIRY

Butter, Cheese, Cottage Cheese, Cream Cheese, Creme Fraiche, Heavy Cream, Fromage Blanc, Heavy Whipping Cream, Plain Greek or Icelandic Yogurt, Quark, Sour Cream, Tub Cheeses
*all unflavored/unsweetened

FRUITS

Asia Pear, Blackberries, Blueberries, Clementines, Cranberries, Lemons, Limes, Raspberries, Rhubarb, Strawberries

AVOID THESE

Canola Oil, Fried Foods, Hydrogenated Fats, Margarine, Processed Vegetable Oils, Trans Fats, Soybean Oil

Any Meat With Added Sugar and/or Nitrates, Cured Meats, Deli Meats

Acorn Squash, Beets, Butternut Squash, Carrots, Corn, Peas, Potatoes, Pumpkin, Plantains, Rutabaga, Sweet Potatoes

Flavored Yogurts, Frozen Yogurt, Ice Cream, Milk

Apples, Apricots, Bananas, Dates, Freeze Dried/ Dehydrated Fruits, Grapefruit, Grapes, Kiwi, Mango, Melons, Nectarines, Oranges, Peaches, Pineapple

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KETO FOODS

EAT THESE

AVOID THESE

SEEDS & NUTS

Almonds, Brazil Nuts, Chia, Flax, Hazelnuts, Hemp, Macadamia, Peanuts, Pecans, Pine Nuts, Pumpkin, Sesame, Sunflower, Walnuts

Cashews, Energy Mixes, Nut Mixes, Pistachios, Trail Mixes

DRINKS

Almond Milk, Coconut Milk, Coffee, Flax Milk, Hazelnut Milk, Hemp Milk, JuuvaFIT Refuel, Tea, Water, Zero Calorie Drinks, Juuva Zing
*all unsweetened

All Drinks With Sugar and/or Carbs

Sugar causes inflammation within the body and can pull you out of ketosis. Here are all the names for Sugar:

Agave Nectar, Agave Syrup, Barley Malt, Barbados Sugar, Beet Sugar, Brown Sugar, Buttered Syrup, Cane Juice, Cane Sugar, Caramel, Coconut Sugar, Corn Syrup, Corn Syrup Solids, Confectioners' Sugar, Carob Syrup, Date Sugar, Dehydrated Cane Juice, Demerara Sugar, Dextran, Dextrose, Diastatic Malt, Diastase, Ethyl Maltol, Evaporated Cane Juice, Flo Malt, Fructose, Free-Flowing Brown Sugars, Fruit Juice, Fruit Juice Concentrate, Galactose, Glucose, Glucose Solids, Golden Sugar, Golden Syrup, Granulated Sugar, Grape Sugar, High-fructose Corn Syrup, Honey, Icing Sugar, Invert Sugar, Lactose, Malt, Maltodextrin, Maltose, Malt Syrup, Molasses, Muscovado Sugar, Panocha, Powdered Sugar, Raw Sugar, Refiners Syrup, Rice Syrup, Sorghum, Sucanat, Sucrose, Treacle, Turbinado Sugar, Versatose, Yellow Sugar

Gioffre, D., 2021. *Get off your sugar*. New York: Grand Central Publishing

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