

Amber EATS

BTGA WITH AMBER GOPPERT

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Do you know you have around 300 toxic chemicals flowing through your blood right now? They originate from the air we breathe to the products we apply on our skin, hair, nails, the fillings in our teeth, the foods we eat and the water we drink.

The liver removes impurities from the blood and then processes toxins for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised (or over taxed with chemical build-up) impurities aren't properly filtered and every cell in the body is adversely affected. Heavy metals are released through urine and sweat, the more solid toxins are released through our feces and toxic gases are freed by the lungs. We cannot live in a bubble and avoid all toxins but we can do is give our organs and our body a break by pressing the RESET button and nourishing our-self through a purification process. It's a life changing journey as you will realize what your body is asking for its perfect functioning, so congratulations you are on a life-changing journey! On the next 30 days we will embark on a process in which we will be eliminating processed, refined foods, hydrogenated fats and everything that may cause inflammation, chronic illness, colitis, headaches and overall lack of energy. As you clean your body from toxins, replenishing it with live , fresh food, rich in fibers, enzymes and Superfoods (high nutritional content), your body will find its balance, homeostasis and its capacity to function at its fullest potential.

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HEALTHY HABITS FOR BETTER DIGESTION AND MORE ENERGY

1. **Drink a large glass (or two) of lemon water with a pinch of cayenne pepper first thing when you wake up.** While you sleep your body slowly falls into a state of dehydration. The first thing you should do when you wake up is hydrate with 16 ounces of warm lemon water. This combination will hydrate your body, stimulate your metabolism and digestion, alkalize your body, and flush out toxins. Drinking sufficient water throughout the day will also help your skin to look clear and youthful. Lemon is a nutrient powerhouse, don't underestimate its ability to improve your health.
2. **Everyday Green Juice:** 1 green apple, 2 stalks of celery, ½ cucumber, knob of ginger, 1 lemon, peeled, A bunch of greens: kale, spinach, Swiss chard, beet greens, parsley are all good options.
3. **Think of each meal as a pie chart:** 1 portion protein, 1 portion carbs, 1 portion veggies, 1 portion fruits. Your fats are typically what you cook your food in.
4. **Drink water in between meals and limit it while you are eating.** Drinking plenty of water during the day is crucial to your health. There are, however, rules to follow in order for your body to reap the most benefit from quenching your thirst. You should avoid drinking water 30 minutes before eating and a full hour after a meal. Are you wondering why? Your body releases hydrochloric acid in order to break down food in the stomach. Each time you consume more liquid, the acid is diluted and your body needs to release more. This puts a lot of strain on the body and renders the digestive process inefficient. Drink at least 32 ounces of purified spring water a day from a glass (not plastic) bottle. Keep a glass water bottle with you at all times: In the car, at work and always while exercising. Make a conscious effort to drink from your bottle every 10-15 minutes, even if you're not thirsty. Some experts believe that when you experience thirst, you're already dehydrated. So, keep chugging that water throughout the day, except while eating.
5. **Chew your food thoroughly.** With the pace that life is thrown at us, it is easy to scarf a meal down without chewing thoroughly so we can get back to whatever we need to do. The mouth plays an important role in digestion, beginning with masticating food and the release of enzymes. Failure to properly begin the digestive process in your mouth puts stress on the digestive system and often results in starches and carbohydrates not being fully digested. If you are seeing particles of food in your poop, slow down and chew your food.

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6. Try a **tongue scraper** twice a day: tongue brushing moves food particles and bacteria around and can be helpful, but a tongue cleaner is far more efficient, since it removes deep bacteria deposits and thoroughly stimulates the area. Cleaning the tongue of leftover food and bacteria reduces cravings greatly. When the taste of food is still in your mouth, you're more likely to crave foods from the opposite extreme of what you last ate. For example, if you had an intensely savory meal, you're more likely to crave strong sweets. Tongue cleaners re-sensitize your taste buds, allowing you to experience subtle flavors more fully. This makes basic foods like whole grains, fruits, and vegetables taste more delicious than ever. These simple foods will begin to bring you greater satisfaction, leading you to eat less.
7. Try a **hot towel scrub**. Turn on the hot water and fill the sink. Hold the towel at both ends and place in the hot water. Wring out the towel. While the towel is still hot and steamy, begin to scrub the skin gently. Do one section of the body at a time: for example, begin with the hands and fingers and work your way up the arms to the shoulders, neck and face, then down to the chest, upper back, abdomen, lower back, buttocks, legs, feet, and toes. Scrub until the skin becomes slightly pink or until each part becomes warm. Reheat the towel often by dipping it in the sink of hot water after scrubbing each body section, or as soon as the towel starts to cool. It's a natural and simple way to eliminate toxins accumulated in your skin, to relax before bedtime or to fill yourself with energy in the morning.

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WHY SMOOTHIES?

Smoothies are chopped and blended fruit and vegetable mixtures that retain their fiber. They allow the organs and digestive system to rest because they are not laborious to digest and deliver a hefty dose of vitamins, minerals and other essential nutrients to our cells. Naturally occurring nutrients and enzymes in fruits and vegetables help digestion, stimulate the liver to drive toxins from the body; promote elimination through the intestines, kidneys and skin; improve circulation of the blood; and reset the body by nourishing every cell. Feel free to have 1 smoothie in the morning, make more to keep drinking it during your day and make a new one in the afternoon when you feel hungry. Add your favorite Superfoods and create your favorite flavors. Be creative.

GREEN SUPERWOMAN:

- 1 cup unsweetened almond milk
- 1 cup spinach
- 1 tablespoon cacao powder
- 1 tablespoon almond butter
- 1 tablespoon coconut oil
- stevia to taste
- 1 teaspoon spirulina or chlorella
- 1 cup frozen mixed berries
- 3-6 ice cubes

Clean additions:

optional: 1 tablespoon ground flaxseed or 1 tablespoon of hemp powder

Directions: Blend for 30 seconds or until creamy.

Adding avocado to smoothies gives them an almost gelato-like texture.... YUM!

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ASIAN TURKEY BURGERS WITH PICKLED VEGETABLES

Adapted from Daily Bites

Serves 4

For the vegetables:

½ cup red wine vinegar

2 tablespoons coconut nectar

1/2 teaspoon salt

1 cup shredded carrots

1 cup seedless cucumber, cut into matchsticks

½ cup scallions (whites and greens parts), thinly sliced on an angle

For the burgers:

1 pound ground organic turkey (turkey breast, thigh, or a combination will work)

4 cloves garlic, minced or finely grated

2 tablespoons fresh ginger root, grated

½ teaspoon salt

1 teaspoon ground coriander

½ cup parsley, finely chopped

romaine lettuce, for serving

Directions: Make the pickled vegetables: in a small pot bring the vinegar, coconut nectar, and salt to a boil. While that's coming to a boil, combine the carrots, cucumber, and scallions in a heat-safe bowl. Pour the hot vinegar mixture over the vegetables and toss to coat. Allow to marinate at room temperature while you proceed with the recipe.

Make the burgers: combine turkey, garlic, ginger, salt, coriander, and parsley in a mixing bowl and use your hands to mix it all up. Form the mixture into four patties of equal size about 1/2 inch thick. Cook in a skillet or grill pan (with a splash of olive oil if the pan is not nonstick) until cooked through, about 4-5 minutes per side. Arrange lettuce on plates. Top with burgers. Spoon some of the pickled vegetables on top of each burger and serve.

SWEET VEGGIES

½ pumpkin

5 carrots

2 sweet potatoes

½ butternut squash, peeled, deseeded

1 red onion

Olive oil

Dry Rosemary

Salt & pepper to taste

Directions: Cut the root vegetables and onion in cubes and cover with olive oil, salt, pepper, rosemary. Cover with aluminum foil and bake at 250 for 30 min. then remove foil and bake for another 25 min or until tender and a bit crispy outside.

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AMBER GOPPERT FITNESS

WARM-UP: (click for video instruction)

3 Rounds, 30 seconds per movement.

Jumping Jacks

Air Squats

Mountain Climbers

ACTIVATION: (click for video instruction)

3 Rounds, 5-8 repetitions per movement.

Squat from Bottom Rotations to Bootstrapper

Loaded Beast

Bridges

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STRENGTH AND CORE WORKOUT

Perform 8-15 repetitions of each movement for 3-5 rounds.

PART 1:

Single Leg Deadlifts
Modified Push-Ups

PART 2:

Cossack Squat
Loaded Beast

PART 3:

Split Squats
Side Plank Pull Throughs

PART 4:

Single Leg Bridges
Half Seated Flies

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CONDITIONING AND CORE WORKOUT

3-5 rounds per part.

Perform each movement for 30 seconds, recover for 30 seconds.

PART 1:

Rolls

Burpees

PART 2:

Lateral Switches

Broad Jump to Crawl

PART 3:

Running on the Spot

Kick Sits

PART 4:

Skaters

Plank

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BOXING AND CORE WORKOUT

3-5 rounds per part.

Perform each movement for 30 seconds, recover for 30 seconds.

PART 1:

Jab Cross

Lateral Boxer Shuffle

V-Ups

PART 2:

Hooks

Forward Boxer Shuffle (right leg forward)

Crawling

PART 3:

Uppercuts

Forward Boxer Shuffle (left leg forward)

Crab Reach