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And so much more...

# Elite Warrior Tribe

Monthly



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# Letter From the "Editor"

Howdy! Welcome to the February 2022 issue of the Elite Warrior Tribe monthly!

January flew by and we are back again for another installment of our monthly magazine!

I hope you found the changes in January's magazine to your liking, and that you are finding the information more digestible (pun intended) and easier to grasp.

I liked the idea of showing you different muscle because we often talk about parts of the body with the assumption that everyone knows what and where they are, when in reality, a lot of people aren't really sure. Now you're able to see exactly where they are and

what you can do to keep them strong and active (and how they'll help you in real life).

This month, I've got an article on how to read food labels. This is something that I always thought was a no-brainer, but soon realized that there are a lot of people who aren't totally sure what to look for. There's so much information on these labels - what do we REALLY need to pay attention to? Dissecting labels really is some kind of weird art form, but once you know what to look at, understanding it and making better choices becomes so much easier!

As always, some of the mainstays are still here - there's a workout and nutrition guidelines and a new challenge for February. This one isn't a fitness or nutrition challenge, it's a habit challenge. So much of health and fitness has to do with creating positive habits, so this should be a good start!

Have a great month!

Let's Goal Get 'Em,  
Julie

# Nutrition Guidelines

## Month Year



**T**he fascinating thing about our culture and fat loss is that we have been fed so much misinformation and have learned to think about things in all the wrong ways. It's led to a lot of frustration, giving up, and frankly an inability for most people to adhere to any kind of fat loss regimen.

This month, I want to show you how to set yourself up for the week, not for the day, when it comes to your calorie tracking. One of the biggest misconceptions about fat loss is that our bodies know when the clock strikes midnight and new day to track calorie intake begins. It's simply not true (obviously). The best way to set yourself up for success is to determine if 7 days at the same number of calories is the right strategy for you. Or, do you eat more on the weekends or certain days of the week? If so, setting up for the week is crucial.

# 7 Days/Week

**Calories:** Multiply your goal BW by 12

**Protein:** Multiply your current BW by 1

For example, if you weigh 150 lbs, your breakdown would look like this:

**Calories:**  $150 \times 12 = 1800$  kcal

**Protein:**  $150 \times 1 = 150$ g

---

## How to Set Up for the Week:

If your daily calorie goal is 1800 calories (like the example above), your weekly goal is 12,600 calories. Divide that up in the best way for you to adhere for the WEEK, not each DAY!

Monday-Thursday -- 1300 calories/day

Friday -- 2500

Saturday -- 3000

Sunday -- 1900

At the end of the week, the TOTAL number of calories you consume will be the same as if you ate 1800 every day. Except you've given yourself some wiggle room for social events! **3**

# February 2022

## Elite Warrior Tribe

### Challenge



Towards the end of last year, I was reading Atomic Habits by James Clear, and was inspired to create a challenge for you!

I've always been a big fan of lists. Sometimes I put things on my list that are no-brainers (like brushing my teeth) just so I can cross them off - this leads to feeling successful first thing in the morning! This month, I want you to create a list with 4-5 goals for the day. Your non-negotiable, must-dos (1 or 2 max) should go at the top. These are your MITs (Most Important Tasks). The rest of the list should be tasks you want to complete that day but aren't on a deadline. See if this system works for you to make you more productive!



## ICEBERG LETTUCE

Lack of nutrients  
makes it a not great choice

# WHAT THEY SAY



## KALE

"Superfood" because  
it's loaded with antioxidants,  
vitamins, & fiber

### Per 1 cup

10.1	Calories	34
0.6	Protein (g)	2.2
0.1	Fat (g)	0.5
2.3	Carbs (g)	6.7
0.9	Fiber (g)	1.3

- Contains an anti-carcinogenic called Apigenin
- Provides more crunch than other greens
- Allows for volume for few calories

- High in antioxidants and can be prepared many different ways
- Good for use in protein shakes
- High in nutrients that may fight some cancers

Virtually tasteless, making it a great base for flavorful veggies

Not everyone can stomach it

- No drawbacks (but not a lot of nutrients either) if you like it and want to make a salad and add lots of colorful veggies

- The flavor isn't for everyone
- Labor intensive to prepare if you buy it on the stems

**Verdict:** Kale is the better choice as far as nutrition goes, but some people may prefer the volume and crunch they get from iceberg.

# The Not-So-Simple Art of Reading Nutrition Labels

Reading a nutrition label is, for a lot of people, like sitting down to read a page of a book in a foreign language. Why does it have to be so confusing? Why are there SO. MANY. NUMBERS? What ACTUALLY matters on a nutrition label? Why do some of the new ones have 2 panels? Once you know what you should be looking for, understanding a nutrition label is pretty easy. Just weed through the stuff that doesn't really matter, and you'll find answers pretty quickly!

So what are the things to look for? For weight loss, there are 4 main sections to pay attention to. They are:

- 1) **Servings Per Container**
- 2) **Serving Size**
- 3) **Calories**
- 4) **Protein**

I'll touch on the other stuff in another issue, so for now, let's focus on these 4 main areas!



**Servings Per Container:** This section tells you, based on the **SUGGESTED SERVING SIZE**, how many servings you should be able to get out of the entire package. If you eat more than the suggested serving size, you'll get fewer servings from the container.

**Serving Size:** This is actually an arbitrary number decided upon by the manufacturer, but it's **HUGELY** important as it pertains to the rest of the nutrition label! Serving size correlates directly with the calorie count, so it's important to pay attention to this number. You don't have to adhere to it, but you have to do some math finagling if you don't. (Which is to say, you should eat however much you want, but know that the more servings you have, the more calories you're taking in).

**Calories:** This number tells how many calories are in **ONE SERVING** of the food (as listed on the package).

**Protein:** Like the calorie number, this number is how many grams of protein are in **ONE SERVING**.

Let's use the label on the next page to make sense of all of this:

<b>Nutrition Facts</b>	
Serving Size 1 cup (240mL)	
Servings Per Container about 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 150 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Potassium</b> 350mg	<b>10%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 30%	• Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

You can see here that there are 8 SERVINGS PER CONTAINER based on the SERVING SIZE of 240mL or 1 cup.

Those 240mL (or 1 cup) of this food have 150 calories

and 8g of protein.

If you ate this entire package of deliciousness, you would consume 1,200 calories and 64g of protein.

That's it. Not too bad when you know how to break it down. For the purpose of WEIGHT LOSS ONLY, these are the parts of a nutrition label you need to understand.

In the case of dual-panel nutrition labels, these are relatively new (2016ish), and were created for packaged foods that have 4 servings or fewer. The FDA concluded that with fewer than 4 servings, there is a likelihood someone might eat the entire package in one sitting, and therefore, it was necessary to also put the nutrition information for the **WHOLE PACKAGE** on the label as well.

Let's take a look at that...shall we?

<b>Nutrition Facts</b>			
3 servings per container			
<b>Serving size</b>		<b>2/3 cup (88g)</b>	
	<b>One serving</b>	<b>Whole container</b>	
<b>Calories</b>	<b>190</b>	<b>570</b>	
	<b>% DV*</b>	<b>% DV*</b>	
<b>Total Fat</b>	10g	13%	37%
Saturated Fat	5g	30%	90%
Trans Fat	0g		
<b>Cholesterol</b>	30mg	10%	30%
<b>Sodium</b>	85mg	3%	9%
<b>Total Carbohydrate</b>	25g	9%	27%
Dietary Fiber	1g	4%	11%
<b>Total Sugars</b>	22g		
Includes Added Sugars	15g	30%	94%
<b>Protein</b>	3g		
<b>Vitamin D</b>	0mcg	0%	6%
<b>Calcium</b>	96mg	8%	20%
<b>Iron</b>	1mg	6%	10%
<b>Potassium</b>	220mg	4%	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 5000 calories a day is used for general nutrition advice.

You can see that the first panel is labeled as ONE SERVING (even though it's blurry), but from the information at the top, we know there are THREE SERVINGS in the whole package.

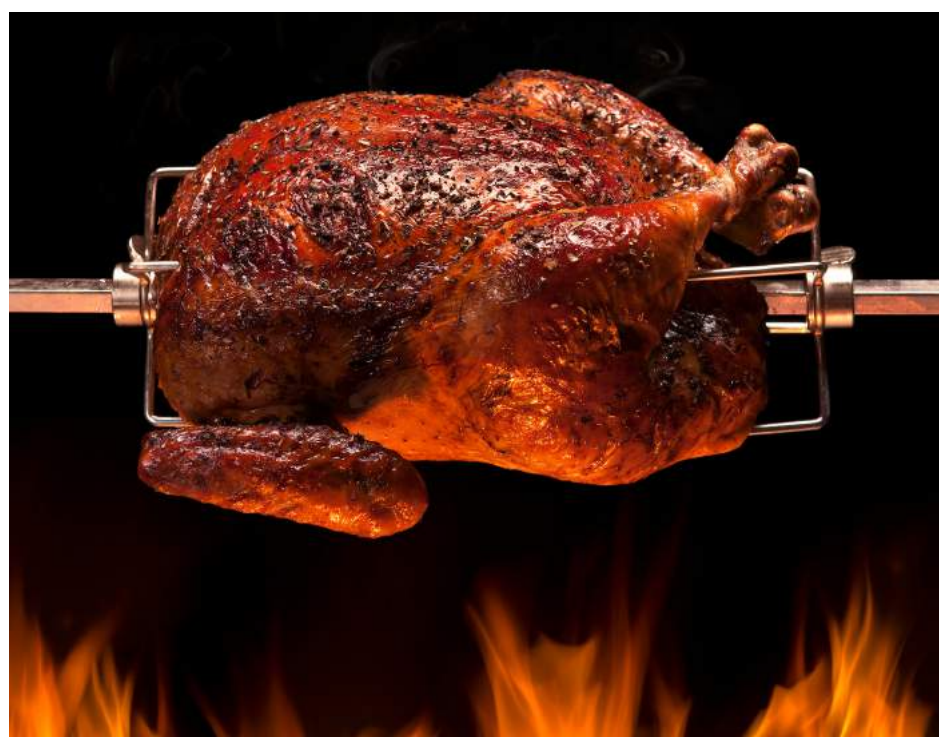
One serving has 190 CALORIES, which means that the whole container has 570 calories (190x3)

Same idea goes for the macronutrients (protein, carbs, and fats), as well as the micronutrients. Some of the math doesn't work out perfectly and that's because the FDA allows manufacturers to round to whole numbers for calories. (Because if this food has 192 calories in one serving, those 2 extra calories aren't going to make or break your goals).

Making sense of nutrition labels is one of the most critical pieces of a weight loss journey. Almost everything you need to know about the food you eat is right there on that little panel. Once you've mastered the not-so-simple art of reading a nutrition label, you're well on your way to weight loss success!

# Rotisserie Chicken

When you walk past the deli section of the grocery store and they have those rotisserie chickens cooking, does your mouth water like mine does? Most of the time, I can't resist grabbing one of those containers and



bringing it home to tear into immediately!

My dogs never love me more than when I walk in the house with a rotisserie chicken! Usually, I debone the whole thing and give the skin to my dogs, putting the delicious, juicy chicken into a new container to add to quesadillas, salads, or to just pick out when

I'm feeling peckish.

The good thing about that is that rotisserie chicken is such a great option, both if you just need something quick and convenient, but also if you're attempting to cut fat. These tasty birds are loaded with quality nutrients and are lower in fat and



high in protein. As most of us know, chicken breasts are the leanest option, so if you're trying to lose fat, that's the best choice, with no skin, of course. If not, go ahead and enjoy a succulent chicken thigh (and go for the skin because skin is always delish!)

# WHAT HAPPENS WHEN YOUR CALORIES ARE TOO LOW



Constant  
hunger



Very low  
energy



You get  
cold



Metabolism  
slows



Loss of  
libido



Loss of  
muscle

# WHAT IS VITAMIN C?

## AND WHY DO I NEED IT?

Vitamin C, also called ascorbic acid, is a nutrient found in food and supplements that your body needs for the production of cartilage, muscle, blood vessels, and collagen.

When most of us think about Vitamin C, the first thing that pops into our heads is our parents telling us to take plenty of it when we were starting to feel sick. (Also, oranges. We all think of oranges). Our parents were onto something. Vitamin C is vital to our body's healing processes and immune system as well. It also aids in the absorption of iron, helping to prevent anemia.

Vitamin C deficiency is far less common now than it used to be, but can still occur. Scurvy, as Vitamin C deficiency is called, causes bruising, dental problems, dry skin and hair, and anemia.

Simply increasing your intake of fruits and veggies should provide adequate amounts of this very important nutrient.



# VITAMIN C RICH FOODS



Oranges



Strawberry



Lemons



Broccoli



Brussels  
Sprouts



Kale



Cherries



Yellow  
Peppers

# HIT THE FLOOR

This month we'll do a full body workout, bodyweight only, all on the floor. You'll see that it's very easy to work your full body even when you're on the ground the whole time.

This is a super effective workout, and also really efficient as far as time goes. You should be finished with each day in about a half hour!

Any questions, post them in the FB group!

# DAY 1: FULL BODY

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- 1) Leg Raises - 3 x 12/side
- 2) Marching Glute Bridge - 3 x 12/leg
- 3) Mountain Climbers - 3 x 20/leg
- 4) Donkey Kicks - 3 x 10/leg
- 5) Wide Grip Push Ups - 3 x 12 (slow)

# DAY 2: FULL BODY

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- 1) Bird Dog - 3 x 8/side
- 2) Single Leg Glute Bridge -  
3 x 10/leg
- 3) Plank Jacks - 3 x 15
- 4) Fire Hydrants - 3 x 10/leg
- 5) Triceps Push Ups - 3 x 8

# DAY 3: FULL BODY

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1) Single Leg Kickbacks - 3 x 10/leg

2) Glute Bridge - 3 x 12

3) Lateral Plank Walks - 3 x 6/direction

4) Fire Hydrants - 3 x 10/leg

5) Plank Shoulder Taps - 3 x 10/side

# DAY 4: FULL BODY

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1) Quadruped Hip Circles - 3 x 5/side

2) Glute Bridge Hold- 3 x 30 seconds

3) Low to High Plank - 3 x 3/starting arm

4) Bear Plank Knee Taps - 3 x 8/leg

5) Decline Push Ups - 3 x 6



WHEN DIET IS WRONG MEDICINE IS  
OF NO USE

WHEN DIET IS CORRECT  
MEDICINE IS OF NO NEED

**Show Me**

**Where**

**My**

**GLUTEUS MAXIMUS**

**Is**







## *Gluteus Maximus*

the outermost muscle of the three glutei found in each of the human buttocks - aka your booty

### *In Daily Use:*

walking, running, climbing, standing, maintaining balance, pretty much one of your most important and most used muscles

### *In the Gym:*

glute bridges, barbell hip thrusts, squats, lunges, deadlifts, donkey kicks, bulgarian split squats

# WOULD YOU RATHER GO



**RUNNING**



**SWIMMING**

**DISCUSS ON THE FACEBOOK PAGE!**

# 2022: SELF-CARE

Habits are beneficial because they allow us to operate on auto-pilot. Once something is a habit we can do it without really thinking about it and this frees up our brains to focus on other concerns. Practicing self-care is easier when we have habits in place that support our physical, emotional, and spiritual health.

Changing habits can be incredibly difficult - research shows that when faced with a difficult choice or decision we tend to stick with the “default” behavior, because this will take the least energy. Luckily, scientific research has also pointed the way to some effective strategies for creating new habits. Habits form when repetition of an activity actually

causes our brain to change – so if we want to create a new habit we need to set the stage to make it as easy as possible to repeat the activity until it becomes a habit.

In this activity we'll discuss two strategies that can help support habit change. The first strategy is to identify your motivation for change. The second is figuring out how to minimize barriers that get in the way of change.

### **Try This:**

Think of one habit you would like to change. Start with something small and well-defined

(for example, I want to stop eating candy after lunch, or I want to start drinking water during the day).

Write down why you want to change the habit. What is your motivation?

If the habit is part of a larger change you want to make (eat better, lose weight), write the motivation for the larger change as well.

Think about what you could do to make it easier to change the habit. For example:

If you want to start exercising in the morning, lay out your exercise clothes the night before.

If you want to stop spending money online, cancel any saved credit cards online and put your credit cards somewhere they are hard to obtain.

This is your strategy for minimizing the barriers to change. Write these down.

If you are trying to stop a behavior, you should decide upon a replacement behavior – something you can do instead of the original behavior.

For example: If you are in the habit of going to buy coffee and a cookie after lunch, replace it with a trip to the coffee bar or lunch room to get ice water or hot tea.

Write down your replacement behavior (if

You should place the paper with your motivation and plan somewhere you will see it every day as you work to change your habit.

Sharing goals with others has also been shown to increase success. If you would like to share your plans with the tribe, please share in the Facebook page! We would love to be able to support you in creating new habits!

Source: Habits: How They Form and How to Break Them

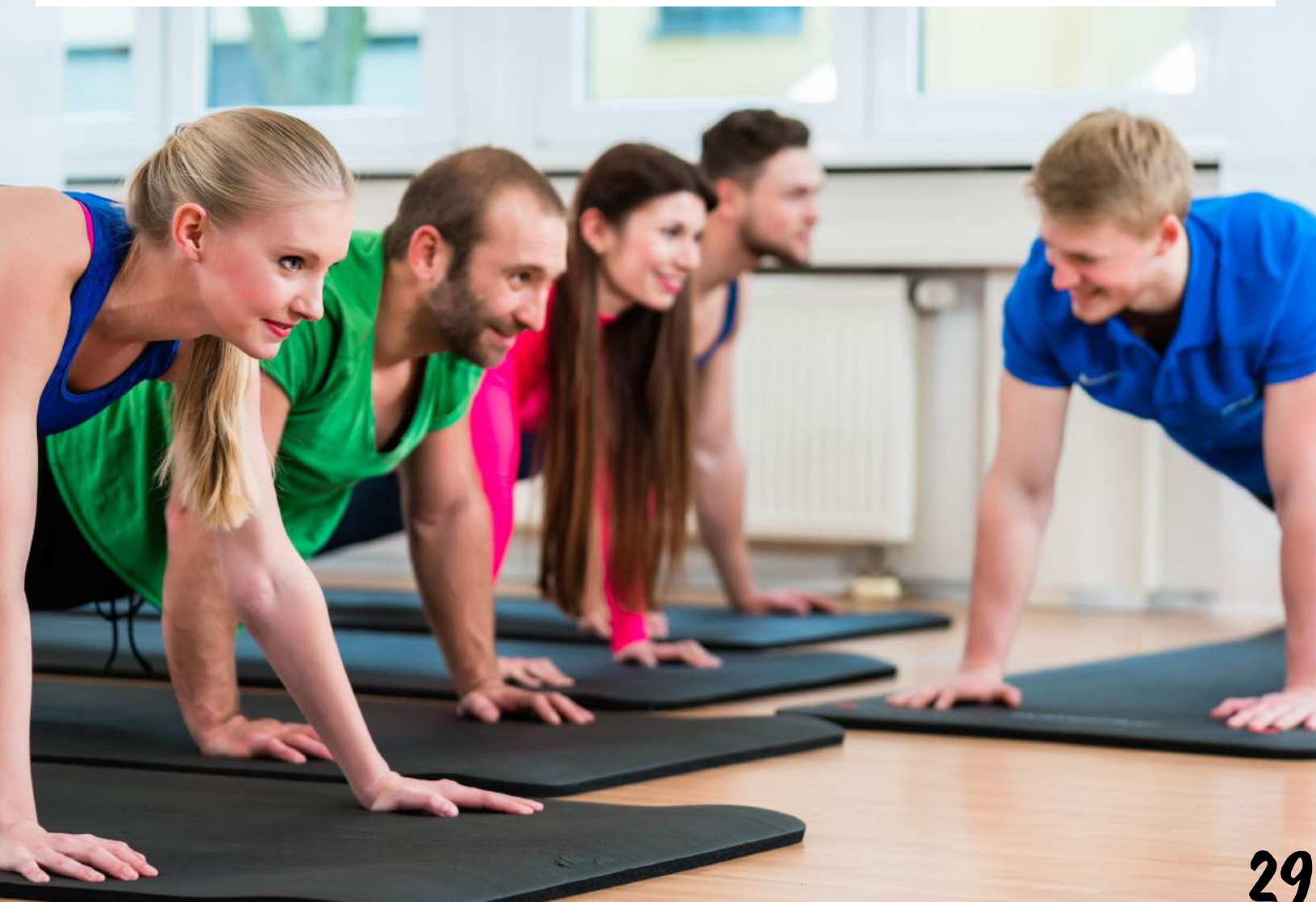
<http://www.npr.org/2012/03/05/147192599/habits-how-they-form-and-how-to-break-them>

# REMEMBER WHY YOU STARTED

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Perhaps one of the most important things, when you start a new habit like exercising regularly, is knowing your reasons for wanting to make a healthy change.

Knowing your “*why*” will provide the motivation that you need to keep going with the program, even when you don’t feel like it. It will help you make time for your health and fitness.



# 2 Super Fun Circuits

For When You Just Want More

## On Repeat

*The Circuit:*

Single Arm Dumbbell Thruster x 3/side

Dumbbell Deadlift x 10

Burpee (no jump) x 3

Push-Up x 8

### Instructions:

Cycle through this circuit as quickly as possible 4 total times. Rest 3 min. Complete 2 rounds. Rest 2 min. Complete 1 round.

## KEEPIN' IT 100

*The Circuit:*

Thruster

Squat Jump

Push Up

### Instructions:

Complete 10 reps of each exercise as quickly as possible - that constitutes 1 round. Complete 10 total rounds for a total of 100 reps per exercise. Rest as much as needed and try to finish in the shortest time you can.



# Slow Cooker BBQ Pork Shoulder

Pair this with the [Creamy Slaw Recipe](#) in [Here](#)



## INGREDIENTS

(Serves 6)

- 3 lb Boneless Pork Shoulder
  - 1 tsp cumin
  - 1 tsp chili powder
  - 1/4 tsp cayenne powder
  - 1/2 tsp salt
  - 1/2 c beef stock
- 3 tbsp apple cider vinegar

# DIRECTIONS

1. Trim excess fat from meat. Cut it up, if necessary, to fit in a 3½-quart or 4-quart slow cooker.
2. Season with chili powder, cumin, salt, and cayenne powder.
3. Pour broth and vinegar over meat.
4. Cover and cook on low-heat setting 8 to 10 hours, or on high-heat setting for 4 to 5 hours.
5. Remove meat from the cooker and shred it using two forks.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>(256g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4.3g	<b>22%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 2810mg	<b>122%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 39g	<b>78%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# Creamy Coleslaw



## INGREDIENTS

(Serves 4)

- 1/2 c mayo
- 2 tbsp heavy cream
- 2 tbsp lemon juice
- 1 tbsp white vinegar
- 1 jalapeño pepper, seeded & minced
- 1 tsp celery seed
- salt & pepper, to taste
- 4 c coleslaw mix

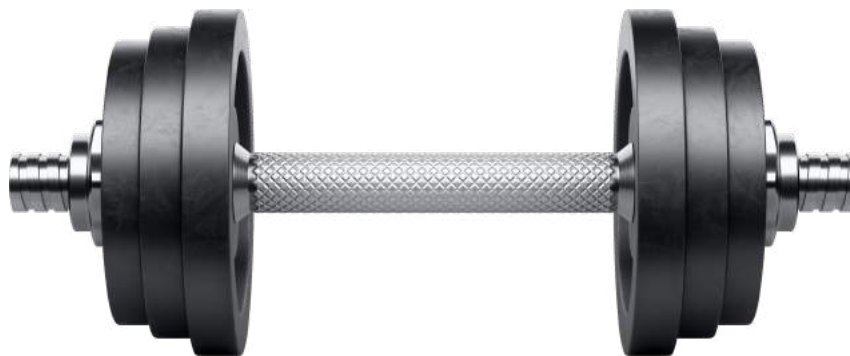
# DIRECTIONS

1. In a medium bowl, whisk together mayo, heavy cream, lemon juice, and vinegar.
2. Add jalapeño, celery seeds, and salt and pepper to taste, and stir.
3. Add coleslaw and toss until coated evenly.
4. Cover and refrigerate at least 1 hour or up to 3 days.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>(212g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.3g	<b>17%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> < 1g	<b>1%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# *Acknowledgements*

- Lee Gibson
- Conrad Feagin
- Canva
- The Tribe



## *A Sneak Peek at Your March Issue...*

- 2 New Circuit Workouts
- Advice for a Gym Newbie
- Where Are My...
- New Delicious Recipes



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