

# Elite Warrior Tribe

*Monthly*

Volume 2.4 | April 2022

April Showers *p.17*

Eggs vs. Egg Whites  
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Portable Protein  
Ideas  
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And so much more...



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# Letter From the "Editor"

Hi again! Welcome to the April 2022 issue of the Elite Warrior Tribe monthly!

I'm not going to lie. It's the afternoon of March 31, and I am just sitting down to write this "Letter." I can't believe how time continues to fly by. I'm not even sure where the days go, but I know that some days, I feel super productive and other days, I go to bed at night and think "Did I get ANYTHING done today?"

This issue is a bit lean, and I'm sorry for that. It's been a crazy time, and I've allowed my commitment to you, to the Tribe, and to myself go. I'm back, though. My head is on straight, and I am, right now, recommitting to all of it.

April is an interesting month because there are holidays for everyone this month. Whether it's trying to navigate Ramadan with fasting and then fitting in some food when you can, Easter, which is a time for family meals and lots of candy (hello, Peeps!), or Passover, which is basically all about the food, there's a lot going on this month. Hopefully, whichever one you observe, if any, will bring you comfort and continued renewal of spirit and commitment.

Spring has officially sprung, and as crazy as it sounds, it's time to start thinking about summer. We can't prep for summer once summer is here, so let's start now! Let me know how I can help you reach those summer goals and support you in living your healthiest life!

Let's Goal Get 'Em,  
Julie





IF YOU REALLY WANT TO MAKE A FRIEND,  
GO TO SOMEONE'S HOUSE AND EAT WITH HIM.  
THE PEOPLE WHO GIVE YOU THEIR FOOD

**GIVE YOU  
THEIR HEART.**



## WHOLE EGGS

"Whole eggs raise cholesterol & are bad for your heart OR Whole eggs are one of the most nutritious foods on earth.



WHAT  
THEY  
SAY



## EGG WHITES

They're basically pure protein, so it's better to choose egg whites OR With egg whites, you're missing the healthiest part of the egg

### 1 Whole Egg vs. 2 Egg Whites

71.5	Calories	31.6
46.3	Protein (g)	7.2
5	Fat (g)	0.2
0.4	Carbs (g)	0.4
5%	Iron	0%

- Have a distinct flavor & are delicious on their own
- Hard-boiled, they're a great portable snack
- The yolk contains the majority of the most beneficial nutrients

- Lower calorie with lots of protein
- Neutral taste makes them easy to incorporate in many dishes

Won't increase blood cholesterol for most people

Should always be cooked

- Should be eaten sparingly for people with diabetes, heart disease, and/or high cholesterol

A lot of people think they are bland or become rubbery when cooked

Verdict: Egg whites have fewer nutrients than whole eggs, but unless you have certain health conditions, the choice comes down to personal preference.

# What Is Iodine?

and why do I need it?

A lot of times, we hear the names of various vitamins and minerals, but we have no idea what they are, if we need them, and why we need them. Iodine is one of those minerals for me.

Prior to getting my nutrition coach certification, I had no real concept of what iodine was, or if I even needed it. And I certainly had no idea how to get more of it in my diet.

Come to find out, for me, iodine is not only important, but it's a crucial part of my dietary needs. As someone with thyroid issues, getting enough iodine is critical to the proper functioning of my hormones and metabolism.

Additionally, for pregnant women and infants, getting enough iodine aids in bone and brain development. Keep reading for the best and easiest ways to get more iodine in your diet.



# Iodine Rich Foods



**Cod**



**Seaweed**



**Yogurt**



**Seafood**



**Cheese**



**Shrimp**



**Milk**



**Iodized  
Salt**

# GRAB A FRIEND

Exercising with friends is a great way to have fun while training and will also keep you accountable. It's also one of the ways you can balance fitness with a busy lifestyle by combining socializing with exercise. When you know there's someone else **counting on you to show up** for your workout, you are much more likely to go.





# My Accountability

This  
sucks...but I  
gotta keep it  
real!

It's been about 7 weeks since I left California for Arizona. I told myself before I moved that I was going to give myself a couple weeks of grace and then it would be time to get my sh\*t together! Every morning, I wake up and count the weeks until I leave for Cabo in June, and tell myself that I need to "start today." But, it just hasn't happened. Night time seems to be the worst. Pacing around the house, getting my steps, and there, sitting in my "Nosh" bowl on the counter are little pieces of candy that seem to call to me. It's counterproductive. I tell myself I don't want it, I don't need it, and it's not going to get me to my goals, but my hand still reaches for them. It feels similar to when I was a smoker a billion years ago and I would tell myself "if you don't have cigarettes, you won't smoke" and somehow, as if on auto-pilot, my car would end up at the gas station and in I would go to buy a new pack.

I leave for Cabo in 11 weeks. If I'm being honest with myself, that's enough time to lose about 11 pounds. I won't be where I want to be, but I'll be closer than I am now. So, that's the goal. 11 pounds, for now. We'll revisit the rest when I'm back from Mexico! ;)

# Nutrition Guidelines

## April 2022



I get told a lot, and I mean A LOT, that people want long-term sustainable fat loss. Everyone says it. My conversations with clients often go something like this:

**Me:** Do you prefer long-term sustainable fat loss or quick, but less sustainable results?

**Client:** obviously I want something long-term and sustainable. (PAUSE) but I'd like to lose it as fast as possible! (followed by a nervous, embarrassed chuckle)

Don't get me wrong. I totally get it. I always wanted the fastest approach to long-term sustainable results also. Who wouldn't? The problem is, the quick approach is most likely not the longest-lasting. So, what do we do? We end up in a yo-yo cycle, constantly losing and regaining the same 10, 15, 20 pounds.

So, this month, we're going to try something new. Summer is coming...yes, I said Summer is coming. It might not feel like it, but you're not planning to wait til June and then panic that Summer snuck up on you, are you? Over the next 3 months, we're going to implement something a little crazy, but if you're game, keep reading! This is **COMPLETELY OPTIONAL!**

**April** is going to be all about quick results! It's going to suck. I won't lie. This is restrictive, and nothing that I would ordinarily promote for anything longer than this time frame. It'll be a week-by-week process, tailored very specifically to get a jumpstart on your fat loss.

**May** will be a bit less restrictive, but will also come with the understanding that you **WILL** be doing some kind of strength training. The focus will be on muscle gain, gaining strength, and stabilizing your hormones after you've just survived a month of rapid fat loss. (More on this next month, though).

**June** will be your "shred." Back into a little bit steeper calorie deficit to peel off the little layer that's covering up those newly built muscles!

Are you ready? Let's get into what this month will look like...



# Week 1:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	700-900	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	900-1100	BW x 0.9

I warned you this was not for the faint of heart

If you haven't completely lost your mind, you're probably saying something along the lines of "Holy Sh\*t! This is crazy!" right about now! So, let's discuss. First, this is as intense as it gets! Week 2 is still going to be low calories, but it will be more than this week! It's a slow transition from ultra-low to something a bit more sustainable, though not something to do for longer than a week to a month at a time.

For Week 2, you'll increase your calories just slightly above Week 1, so it should be a little bit easier (but still challenging). The goal here is to continue to lose fat while slowly increasing week-to-week. Just remember: as you increase calories, the scale will go up! You're not gaining fat, though. More volume, more carbs, more stomach content, more water. That's your mantra so you don't totally freak out and think this is all for nothing!

## Week 2:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN MINIMUM</u>
1-2	1200-1300	BW x 1.0
3-5	700-900	BW x 0.7
6-7	1100-1200	BW x 1.0

Hopefully you're feeling a modicum of relief at this point. You've gotten to eat a bit more, your body and mind have gotten a bit of a reset, and you're hopefully not suffering too terribly!

**You should be fully primed for another week of intense fat loss!**

Week 3 is almost an exact repeat of Week 1. You have only 2 weeks left of this rapid fat loss phase, so let's crush it! The only way to see results from all of this is to have 100% adherence! Yes, it's HARD. Yes, it SUCKS! But, yes, it's TEMPORARY!

## Week 3:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	700-900	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	1000-1200	BW x 0.9

YOU MADE IT! It's Week 4, and holy hell...this week is going to be SO. MUCH. EASIER. than the last 3! Notice I didn't say "easy" - I said "easier"!

More calories means more food and less hunger! You're still going to be in a calorie deficit, but it's not going to be as harsh as the past 3 weeks, and that means you'll have more energy, sleep better, and will probably be a tad less grumpy! And at the end of it all, you'll be ready (and maybe even excited) to see what you can continue to accomplish in May! Let's dive in!



## Week 4:

<u>DAY</u>	<u>CALORIES</u>	<u>PROTEIN</u> <u>MINIMUM</u>
1-2	1200-1300	BW x 0.7
3-5	800-1000	BW x 0.8
6-7	1200-1300	BW x 0.9

There are a few things I want to be REALLY CLEAR about. 1 - this fat loss system SHOULD NOT be used for more than 4 weeks at a time. Ideally with a few months in between if you plan to repeat it. That said, if you adhered to the entire 4 weeks, you should have pretty impressive results at this point. 2 - In regular, day-to-day life, you DO NOT need to eat 1200 calories to lose fat. If you have questions about what your daily intake should be to lose fat, reach out to me or post in the Facebook group and we'll help you in there!

Next month, we're going to focus on taking this newer, lower body fat for a spin in the gym! Get ready to get strong AF (and eat a bunch more!)!!!!

# Greek Yogurt

I distinctly remember when Greek yogurt became all the rage; a superfood, if you will. People started touting the benefits of this import, and health food nuts went berserk! Here was another food that was going to



cure people of their ails. It was going to take the world by storm. For me, the problem was that I didn't like regular yogurt, so getting me to try this stuff was going to be an exercise in futility. Except then, I tried it! And lo and behold, it was, dare I say, delicious. Although I initially found the texture a bit weird, I was



easily won over once I started playing with different combinations and additions. The positives of Greek yogurt can't be understated either. With a wealth of health benefits, Greek yogurt can be a great addition to your diet.

Higher in protein than regular yogurt, the Greek version is full of probiotics that aid in



digestion and gut health. It's also remarkably low calorie, but incredibly dense, making it highly satiating and palatable at the same time. Lower in sugar than regular yogurt, Greek yogurt also pairs well with both sweet and savory add-ins. My favorite is to mix in some cinnamon and raspberries for a quick, filling snack or even dessert!



# April 2022

## Elite Warrior Tribe

### Challenge

Everyone who participates In this challenge will receive a \$50 gift card!

This month's challenge is a bit different than previous ones, and if you're not comfortable completing it, I totally understand. However, this is a cause that is very dear to me, and I would love to be able to drum up participation. There is critical need for blood nationwide, especially in light of the pandemic. I try to donate every 10 weeks, as allowed, and it's one of the best things that I do to make a difference in the world (IMO).



Your challenge this month is to give blood. So, anyone who sends me proof that they donated blood **through the Red Cross** during the month of April will earn a \$50 gift card of your choice! That's it. You can email confirmation to me ([coachjulievip@gmail.com](mailto:coachjulievip@gmail.com)) once you've donated. If you aren't sure how to go about donating, be in touch and I'll help get you going! You must complete this challenge by April 30!

# April Showers

This month's workout is called "April Showers" (though I'm hoping for sunshine in real life)!

There's a 4 Day split option - 2 lower body and 2 upper body days - and a 3 Day split - Lower, Upper, Full Body.

This entire workout can be done with bodyweight only. You will need resistance loops for some of the exercises, but even those can be modified to do without.

As always, this issue also has a couple circuit workouts, so if you want to add onto what you're already doing, feel free!

These workouts should be pretty tough, so having some rest days will be really important!

Any questions, post them in the FB group!

# 4 Day Split:

Lower Body

Upper Body

Lower Body

Upper Body



# Day 1: Lower Body

SUPER SET:

1A) Tempo Bulgarian Split Squat (3-2-3) - 3 x 8/leg  
**(3 seconds down, 2 second hold at bottom, 3 seconds up)**

1B) Tempo Single-Leg Hip Thrust (3-2-3) - 3 x 8/leg

SUPER SET

2A) SHELC: 3 x 15

**SHELC stands for Supine Hip Extension Leg Curl. It's easier to remember it as HELC - Heels Elevated Leg Curl!**

2B) Lateral Band Walk: 3 x 12/direction

**\*\*You can do these without a band. Just stay in a low squat and move slowly**

GIANT SET:

3A) Bodyweight Reverse Lunge: 3 x 12/leg

3B) Supermans: 3 x 12

3C) Glute Bridge: 3 x 12



# Day 2: Upper Body

## SUPER SET:

1A) Tempo Push Up (3-2-3) - 3 x 8

**Modify on your knees if needed**

1B) Tempo Inverted Row (3-2-3) - 3 x 8

## SUPER SET

2A) Alternating DB Shoulder Press: 3 x 10/arm

2B) Seated Bent Over Rear Delt Raise: 3 x 12

## GIANT SET:

3A) Close Grip Push Up: 3 x 10

**Modify on your knees if needed**

3B) Side Lateral Raise: 3 x 12

3C) Pec Fly: 3 x 20

# Day 3: Lower Body

SUPER SET:

1A) Pulsing Bulgarian Split Squat: 3 x 12/leg

1B) Pulsing Single-Leg Hip Thrust (3-2-3) - 3 x 12/leg

SUPER SET

2A) Deadlift to Reverse Lunge: 3 x 10/leg

2B) Glute Bridge: 3 x 15

SUPER SET:

3A) Banded Fire Hydrants: 3 x 12/leg

3B) Banded Donkey Kicks: 3 x 12/leg

FINISHER:

**Complete as many rounds in 5 minutes as possible.**

Jump Squats x 10

Jump Lunges x 5/leg

Fast Feet Circle x 1/direction

# Day 4: Upper Body

SUPER SET:

1A) Pulsing Push Up: 3 x 12

**Modify on your knees if needed**

1B) Pulsing Inverted Row: 3 x 12

SUPER SET

2A) Seated Arnold Press: 3 x 12

2B) Bent Over Rear Delt Raise: 3 x 15

GIANT SET:

3A) Band Pull Aparts: 3 x 20

3B) Wood Chops: 3 x 10/side

3C) Pec Fly: 3 x 15



# 3 Day Split:

Lower Body

Upper Body

Full Body

# Day 1: Lower Body

SUPER SET:

1A) Tempo Bulgarian Split Squat (3-2-3) - 3 x 8/leg  
**(3 seconds down, 2 second hold at bottom, 3 seconds up)**

1B) Tempo Single-Leg Hip Thrust (3-2-3) - 3 x 8/leg

SUPER SET

2A) SHELC: 3 x 15

**SHELC stands for Supine Hip Extension Leg Curl. It's easier to remember it as HELC - Heels Elevated Leg Curl!**

2B) Lateral Band Walk: 3 x 12/direction

**\*\*You can do these without a band. Just stay in a low squat and move slowly**

GIANT SET:

3A) Bodyweight Reverse Lunge: 3 x 12/leg

3B) Supermans: 3 x 12

3C) Glute Bridge: 3 x 12

# Day 2: Upper Body

## SUPER SET:

1A) Tempo Push Up (3-2-3) - 3 x 8

**Modify on your knees if needed**

1B) Tempo Inverted Row (3-2-3) - 3 x 8

## SUPER SET

2A) Alternating DB Shoulder Press: 3 x 10/arm

2B) Seated Bent Over Rear Delt Raise: 3 x 12

## GIANT SET:

3A) Close Grip Push Up: 3 x 10

**Modify on your knees if needed**

3B) Side Lateral Raise: 3 x 12

3C) Pec Fly: 3 x 20



# Day 3: Full Body

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## SUPER SET:

- 1A) Pulsing Bulgarian Split Squat: 3 x 12/leg
- 1B) Pulsing Push-Up: 3 x 12

## SUPER SET

- 2A) Pulsing Single Leg Hip Thrust: 3 x 12/leg
- 2B) Seated Arnold Press: 3 x 15

## GIANT SET:

- 3A) Glute Bridge: 3 x 15
- 3B) Band Pull Apart: 3 x 20
- 3C) Banded Donkey Kicks: 3 x 12/leg

# 2 Super Fun Circuits

For When You Just Want More

## CRAZY 8s

*The Circuit:*

Sumo Squat x 8

Push-Up x 8

Jump Squat x 8

Mountain Climbers x 8/side

### Instructions:

Do this circuit as quickly as possible 4 total times. Rest 2 min. Repeat, aiming to beat your time from the previous round.

## HOLY HADES!

*The Circuit:*

Paused Sumo Squat x 10, 9, 8, etc

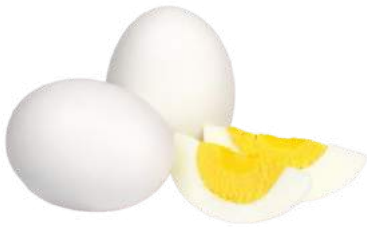
Push-Up x 10, 9, 8, etc

Walkout x 10, 9, 8, etc

### Instructions:

Do each exercise in a descending ladder fashion starting at 10 reps and working your way down to 1 rep. So, you'll do 10 paused sumo squats, 10 push-ups, 10 walkouts. Then 9 paused sumo squats, 9 push-ups, 9 walkouts. Then 8 of each, etc, all the way down to 1 of each.

# PACK YOUR PORTABLE PROTEIN



Boiled eggs



Almonds



Tuna



Jerky



Roasted chickpeas



Bars



Cottage cheese



Greek yogurt



Whey protein



**Show Me**

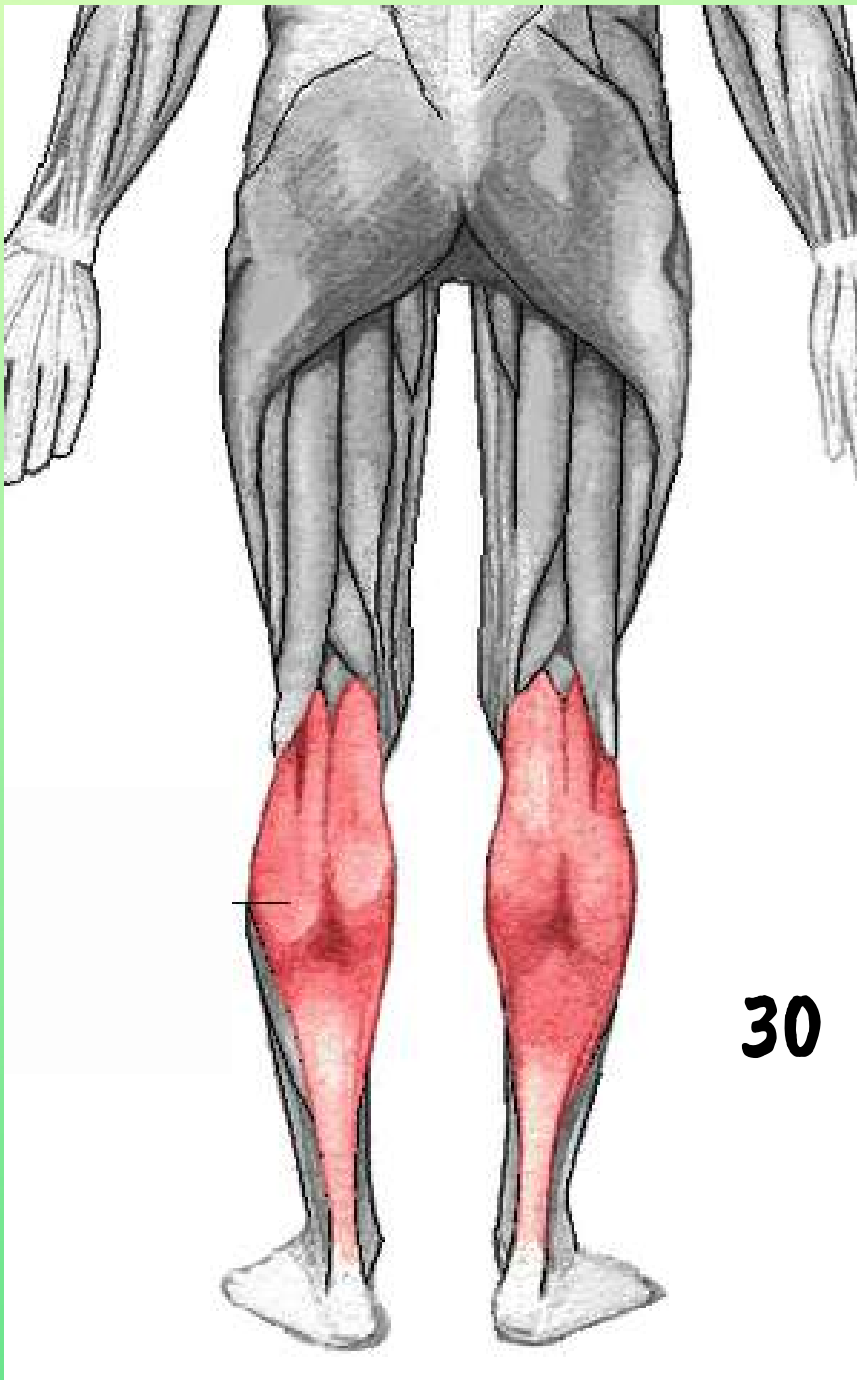
**Where**

**My**

**GASTROCNEMIUS**

**Is**





## ***Gastrocnemius***

the chief muscle of the calf of the leg, which flexes the knee and foot

### ***In Daily Use:***

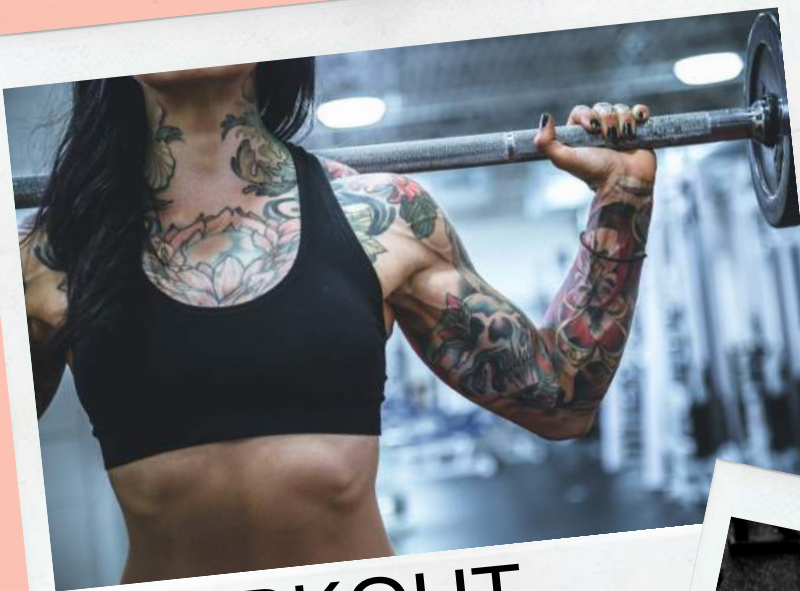
walking, jogging, running, standing, dancing, cycling, extending your foot

**30**

### ***In the Gym:***

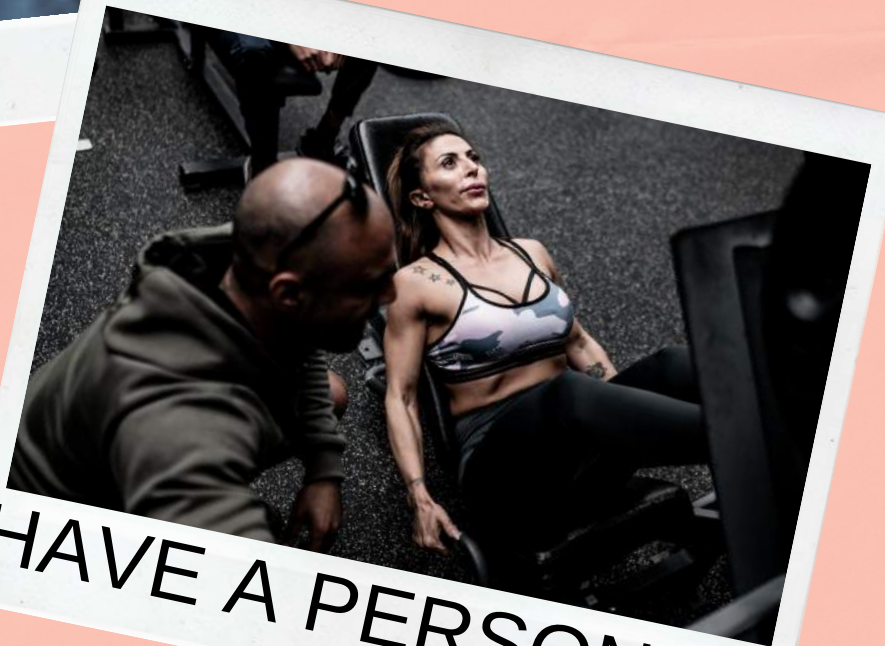
jumping jacks, standing or seated calf raise, isometric calf raises, single-leg calf raise

# WOULD YOU RATHER



WORKOUT  
SOLO

OR



HAVE A PERSONAL  
TRAINER



# THE KEYS TO FAT LOSS



**W**e all try desperately to complicate fat loss for some reason. Now remember when we talk about fat loss, that's different than weight loss. Wait, what? It's easy to lose weight. Amputate a leg, take a big pee, sweat a lot. You'll lose weight. But if you want to lose fat, you're going to have to work for it a bit.

To lose fat, you only really need 4 things. But they're big things! Here they are...with a bit of explanation:

1. Calorie Deficit – You must be in a calorie deficit to lose fat. Plain and simple. There's no other way about it. You have to consume fewer calories than you burn in a day/week/month.
2. Adherence – So you've figured out how many calories you need to eat to stay in a deficit. That's the first step. Step 2, you gotta stick to it! That means not going over your calories (at least not by a ridiculous amount), getting in all of your protein so that you maintain your muscle, and hopefully, lifting some heavy sh\*t a few days a week. There's no point in having a plan if you're not going to stick to it. So, adherence is the second piece of this puzzle.
3. Consistency – Now you have a plan, you're sticking to it...but for how long? And how often? And what if you screw up? What if it's your birthday? What if it's Christmas? What does it mean to be consistent? In short, it means that what you do MOST of the time matters more than what you do SOME of the time. It means that being "perfect" during the week doesn't give you permission to go all out on the weekend and undo your hard work. It means that 80-85% of the time, you're ON plan, and 15-20% of the time, you incorporate the foods you love, maybe even go A LITTLE off plan. But it also means that, if you do this, you don't fall into the mentality of "screwing up" and just throw it all away to "start again on Monday!" It means that you enjoy yourself and you get right back on plan!
4. Patience – Even though this is listed last, it's probably the hardest one to understand. Fat loss takes time. Like, real time. There are ways to do it "fast," but most of those are gimmicks, and are unsustainable in the long-term. So, if you're looking to lose it and keep it off, you'll need more patience than you ever thought possible. It's going to take way longer than you think it will, and exponentially longer than you want it to. It's going to be hard. It's going to suck. It's going to make you want to quit. It's going to make you think it's not working. But if you're patient, it WILL work, and it will be worth it.

# THE 4 KEYS TO FAT LOSS



**CALORIE DEFICIT**



**ADHERENCE**



**CONSISTENCY**



**PATIENCE**

# 2022: SELF-CARE

You're a little over halfway through your shift and it happens, you hit a wall. Suddenly you struggle to keep your eyes open, you feel uninspired, and can't seem to get anything done. What can you do? Well, believe it or not, a nap probably isn't the answer. (If it is think about going to bed a bit earlier.)

The answer is very simple and it's grounded in science. **MOVE!!** Movement engages your muscles, increases oxygen levels, increases your heart rate, and in turn, carries vital nutrients throughout your body. You will feel invigorated and ready to take on the remainder of your day.



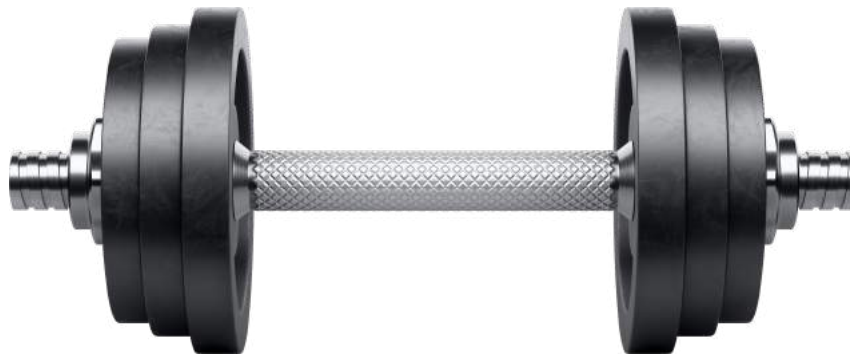
# Try This!

- Walk whenever the opportunity presents itself. Use the stairs, walk to a restroom that is a bit farther than your usual, print to the printer across the building, take a moment to walk around the building.
- Try some stretches. Focus on larger muscle groups:  
Neck, Legs, Arms
- Turn your next meeting into a walking meeting!
- If you have the space, try some more vigorous exercises:  
Jumping Jacks, Squats, Pushups, Jogging in place

The focus here is on getting your blood flowing, and the side benefit is what we call "NEAT" or Non-Exercise Activity Thermogenesis, which is just a fancy way of saying "the movement you do that isn't planned exercise." When my sister and I were out walking in Vegas and there was an option for stairs or escalator, one of us would call out "NEAT UP!" and we'd go to the stairs! If you always concentrate on getting your NEAT UP 24/7, you'll keep your heart pumping and bonus - burn some extra calories!

# *Acknowledgements*

- Lee Gibson
- Conrad Feagin
- Canva
- The Tribe



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

2 New Circuit Workouts  
Building Muscle vs. Building Strength  
My Latest Craze  
New Delicious Recipes



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