

FAQ And Challenge Information!

Headaches, Milk Supply, and CLC Information:

What do I do if my milk supply is dropping?

- Milk supply fluctuation is NORMAL. You will more than likely notice a change in supply- whether it be a drop or increase. Prior to the challenge starting, if you are a “just enough-r”, power pump twice a day to prepare for the few days of a slight drop. 3-5 days is typical. If you need to start storing milk now, do so! It also helps to pump for 5 minutes after each feeding- although this is tedious it is SO good for your supply! You will ALL be placed on meal plans that are appropriate for your caloric needs, the odds of it dropping are more than likely due to a lifestyle adjustment and stress verses calories. Once you get the hang of things, you will notice your milk supply returning. Some women even claim they see an increase after the fluctuation period. If after 5-7 days you are STILL experiencing a significant drop, REACH OUT. Message one of us and ask for help! We will help you! Do not quit! We are here for you!

Jordan Weber is our group Certified Lactation Consultant- message her if you need help! Something else to consider is your baby’s age. Milk supply regulation is around 12 weeks. Leap 4 is also around 16 weeks. This aligns with a HUGE developmental leap that cause baby to be extra fussy, on the breast more, very “needy”, and acting hungry. Monitor diaper output, as long as baby still has wet diapers, keep latching, and RELAX. This is NORMAL!

Oversupplies:

Having an oversupply is technically considered “out of the norm” for a breastfeeding mother. Pumping 1-1.5 oz combined per hour since baby last ate or milk was last expressed is normal. The added 500 calories recommended to keep up with supply is for a normal output. As much as an over supply would be amazing to maintain, because it is out of the norm, the body is not made to keep up with it when dieting unless we offer a slight buffer, and even then- it is not guaranteed. We will do our best to keep up with your oversupply, but we also recommend pumping extra to keep it. We cannot promise to keep your oversupply. We will help you keep your supply for a normal output, but we cannot promise that your oversupply will remain. Many of our over-suppliers have reported keeping their over-supplies.

I have a headache and I’m a little queasy after starting the meal plan, is this normal?

- Yes, this is normal. Your body is not getting as much sugar as it’s use to. Take 1/2 teaspoon of Redmond Real Salt or Pink Himalayan Salt and add it to 16oz of water. You can also try Excedrin Tension Headache (it is aspirin free!).

“Free” Food, How to “plan” your meals, When to eat, Moving Items around

Can we swap certain foods out?

- Yes, BUT - *we will not be helping or allowing swapping foods until the end of week 2. You need to focus on how to meal prep and falling into a groove before swapping can be successful.* When you start swapping foods, you risk altering your calories/macros and potentially slowing down your progress. It is harder to help when we don't know what exactly you're eating. We also do not assist with swapping for preferences- this is at your risk/discretion. There is a chart on the bottom of your plan that helps with this.

For example: if your plan reads, “4 oz chicken breast/lean protein” You can look at the chart on the bottom of your plan and see that 1 oz is roughly 47 calories. SO you would do $47 \times 4\text{oz} = 188$ total meat calories. THEN take 188 and divide it by the calories per oz of the other lean protein you want to use, I'll pick cod. $188 \text{ total meat cal} / 34 \text{ cod per oz cal} = 5.5 \text{ oz cod}$ for that meal in place of the 4 oz chicken!

“Free” Items

You may add Pico de Gallo or homemade salsa, onions, lettuce, bell peppers, cucumbers, pickles, spinach, etc, freely! This means you can make lettuce wraps, salads- etc. This does NOT mean make every single meal into a huge salad- but, if it helps curb hunger, you may use them. Nothing is truly “free”. These items are intended to enhance a meal or curb hunger.

Do we have to log our calories?

- No, you really shouldn't need to. In fact, we prefer if you don't mess with MyFitnessPal at all- this is what you are paying us for. If you stick to the plan and just eat what it tells you, there's no reason to log in and calculate- we already did that hard work for you! IF you are swapping a protein out with something else, you will need to compare those calories in MyFitnessPal. That should be the only reason you're calculating. We also have a fairly extensive key on the bottom of the plan to help with common swaps!

Can I move around my meal plan?

- Yes, you can. Example: eat your day's breakfast for lunch if you want lunch for breakfast. This also includes combining meals within your day so you are eating “less” meals. As long as all calories within the day are consumed, you are okay! You can also move components of some meals to other meals. For example: If you have a meal that lists peanut butter and an apple but you want to move the peanut butter to your protein shake later- you may!

***do not swap Tuesday's breakfast for Monday's breakfast or similar. You may repeat weeks if you favor a certain set. If you prefer a certain day over others, you may move the days around*

but you must swap the entire day.

Does it matter when I eat what meals?

-It does not matter what order or what time you eat any meals- just as long as you get them all in in one day. This also applies to intermittent fasting! Eating after 8pm being bad, is a myth! IF you need a middle of the night snack for when you are nursing etc, save one of your meals for the middle of the night!

What do I do if I miss a meal?

- Make it up later in the day! Your body needs these calories - make sure to get them all in! It will be difficult at first, but it gets easier- food is FUEL! IF you fall asleep and miss it- just move on with the next day and keep it as a loss. Just move forward!

How do I measure my food?

- You're going to measure with a food scale - this is how you'll properly measure foods — Everything is measured COOKED except for spinach and the overnight oat recipes OR if "raw veggies" are specifically listed (typically potato!).

Do NOT convert your measurements. If your plan says 4oz, that is how it was calculated calorically, do NOT use ½ cup- it must be weighed!

For proteins: Always measure cooked. When you cook proteins, they lose water (aka weight). You need to make sure you're buying a bit more than what the meal plan calls for. If your plan says 4oz and you only cook 4oz, you will end up with ~3oz.

I like the food for weeks 1&3 - can I eat that during week 2&4 too?

- Yes, you can. The difference is only so you wouldn't be stuck eating the same foods for 4 weeks straight, but if you want to eat week 1 for all 4 weeks, have at it!

I don't have time to meal prep each meal separately, what can I do?

- You can bulk cook foods and store in large containers and scoop out your required amounts of food and then add your seasonings, etc. You don't need to prep each individual meal if you don't have the time. See the "All Prep Tips" file for more tricks and assistance!

Dividing Recipes and portions:

IF your plan says "1 serving" or "1.5 servings" etc, take the entire recipe and weigh it and then divide by the number of servings on the recipe on your plan. For example- if the Minestrone weighs 20oz total (Im guessing), the recipe says 4 servings, and your plan says 1 serving, your 1 serving is 5 oz. ($20/4 = 5$)

I don't like a certain food, what if it's on my meal plan?

- The meal plans come with a little list of interchangeable items. This includes lean proteins, fatty proteins, veggies, and carbs. It is located at the bottom of your meal plan! If you choose to swap, you will need to compare calories for these items. At the end of week 2, I will show you step by step how to do this. Please try your best to stick to the plan verbatim until then. Please do not ask for assistance with swapping for preferences, we do not assist with that!

Can we use seasonings?

- Yes. Flavor gods, Mrs Dash, Lawry's marinade (*with no high fructose corn syrup*) Some flavors do have HFCS-*this is okay*, pink Himalayan sea salt, Redmonds Salt, Pepper, Garlic, Pico De Gallo, low sodium, sugar free. Flavor God is also a popular choice among our challengers! Please try to avoid ketchup and heavy sauces. You can use any spices and seasonings so long as they're not adding calories! We also have a "All Prep Tips" file that gives lots of pointers for cooking and seasoning- you can find it under our "files" tab!

Beverage/Shakes, and Hydration information!

What can I drink?

- Realistically - you should try and strive for a full gallon of water a day! 128 oz. of water per day. An oz of water per lb of body weight is a good goal! AND, the sea salt in a glass once a day- this will help with electrolytes and headaches. You may use MIO type products to enhance your water!

You may also drink Bubble water or sodas like "Zevia" etc. IF you must drink a coke zero for example, this can be done SPARINGLY.

What do I mix my protein powder with?

- You ONLY mix with water UNLESS your plan says coconut milk or almond milk. Otherwise, *water only*. You may also use oat milk or other milk substitutes, so long as they calorically match the milk allotted.

Can I have coffee or tea?

- Yes you can! Pay attention to your plan for what calories you're allotted for creamer. IF you do not drink coffee, you will use the protein shake option instead. You may use skinny syrup or stevia to sweeten coffee/tea. Another option is if you have a protein shake for that day- make the shake with water or milk (will be specified on your individual plans), THEN keep it in a shaker cup in the fridge and pour your shake into your coffee throughout the day as you make your cups of coffee. By the end of the day- make sure you finish that shaker bottle so you are getting that meal in. Make sure if you drink coffee/tea all day- you're also drinking water- A

FULL GALLON. You cannot add sugar or honey to your tea unless its allotted for. IF you are adding lots of coffee and tea to your day- please make sure you are adding in some extra water as those are diuretics!

Workout and Workout Plans Info!

What about working out?

Please be honest with yourselves IF you cannot workout or are not working out, you need to tell us - your plan is based on the number of days you gave us in regards to working out. Your workouts are a weekly average on our documents! Not doing them and continuing on your plan can hinder progress because your calories will be too high. You are allotted one caloric adjustment based on workout needs changing. If you commit to too many days and need to lower- we need to know asap. If you committed too low and want to add days- we need to know asap! Your success in this challenge relies on open and transparent communication.

Is there a certain number of calories I am supposed to burn in a workout?

-No. There's no set caloric requirements for a workout because everyone is different. If you are fatigued, sweaty, sore, etc- you likely are JUST FINE! If the workout is "leisurely" and not that difficult for you, you likely need to up your intensity. Every person's weight dictates how many calories you burn as well as with muscle mass. This is why it is best to gauge it off of the number of days with the 45 minute intensity. Your fitness watches are NOT accurate at your calorie burn!

I'm so sore, do I have to keep doing the workouts?

- Please try to! Your calories are based on the amount of time you have committed to working out. Rolling out your muscles after your workouts will help. There is a difference between being sore and being in PAIN. If you are in pain, give your body a rest. If you are just sore, go slow. Make sure your hydration is UP! Baths with epsom salt and foam rollers also help. Stretch!

When will I get my meal or workout plan?

- Meal plans and grocery lists will be distributed 5 days before the start of the challenge so you have time to shop and prepare. They are messaged to you privately from the same page you sent your stats to. If Friday evening rolls around and you still do not have your plan, PLEASE reach out!

-Workout plans will be posted no later than the night before the first day of your

challenge- typically Sunday evenings!

Spouse Add Ons!

What is the Spouse Add on?

Spouse Add On \$40 Option:

This does NOT grant the spouse purchaser access to the challenge group- this only allows for the corresponding month to be sent to the spouse (challenge participant) so they are also able to better support you at home. This is 100% calculated to THEIR needs specifically. This is an add-on product. The spouse must be participating in the actual challenge for the spouse to have access to utilize this option. No additional one on one individual correspondence or adjustments will be offered. One spouse add-on per participant. You can use this for ONE immediate family member per challenger, if you wish!

Spouse Add on \$60 Option:

This will be a men's group- just like the women's group for \$60. If your spouse is a woman, they will be added to the women's group. This is for spouses ONLY- not parents or other immediate family members. They will get the same plan as you so you can prep together BUT, they will get one adjustment as needed, and additional correspondence coached by Master Trainer Paul Harris. He will help them fine tune their goals in a male aspect. Paul will use the group to educate and guide by means of "weight loss and gain muscle" etc, as this is widely misconstrued! It will mimic the women's side of the program, but 100% tailored to man talk and man goals and man supplements!

Archived Meal Plans!

What are archived meal plans?

These are 1/2 Priced Archived Meal Plans (\$50) - meaning from previous challenge groups for returners only that missed the upcoming groups! You must message Habitual Fitness LLC with your order number for archived plans after you purchase. This plan can be any month of your choice that you have not yet done- all previous menus are listed on our site under the archived plans product option. You will simply choose the month that appeals to you from the items listed on the product description and put it on your intake form when you purchase the product. This product does not come with any additional guidance or correspondence coaching- it is the plan only. You need to make sure your accurate email is attached to your order to receive. You will put in all of your stats when you purchase- they are on the product itself! Please make sure you are accurate with your activity level, and nursing calories as this will be the only plan you will

receive- no adjustments will be available. Once purchased- your plan will be emailed to you at the email listed while checking out from Milkyfitnessllc@gmail.com. You will receive your plan within 10 days of purchase. Do not purchase your plan until you are 10 days out from needing it. <https://www.thehabitualfitness.com/product-page/archived-meal-plan-one-month>

This challenge is NON REFUNDABLE. Upon purchasing- you agreed to not distribute, share, or publicly display the plans provided to you- doing so will result in a removal from the challenge group as well as Milky Fitness. IF you have ANY concerns about the plan and how it is affecting you or your supply, REACH OUT to one of us! We will help you!