

HEALTHY NUTRITION PLAN

We know for many of you “Eating Healthy” is a gray area. Everyone always talks about this idea and everyone wants you to do what they do. There are 1000’s of diets and fads that believe they are the answer. However, most of these people are just trying to make a buck by recreating the same basic formula of this so called “Eating Healthy.” The truth is you if you want to eat healthy then you need to change your lifestyle. You can not do a diet and think you’ll loose weight. Rather, as you discover what “Eating Healthy” means, you will actively change your eating habits and your life.

We’ve come up with some basic guidelines to help you down your own path to discovering a healthier lifestyle. When you put bad things in your body, you are going to feel bad. It’s as simple as that. So take a few moments, check out what we’ve put together for you and take the first step in starting your new healthier lifestyle.

BASIC NUTRITION GUIDELINES

FOODS TO EAT

Carbs

- Green leafy veggies: broccoli, spinach, asparagus, celery, arugula, radicchio, water cress, kale, Swiss chard, lettuce, collard greens, artichoke, bok choy, etc
- Veggies: cauliflower, pepper, zucchini, tomato (beef stake or plum), avocado, mushroom, squash, radish, cabbage, cucumber, onion

Dairy

- Rice milk (SMALL amount b/c of sugar / use for herbal teas or shakes)
- Almond milk (SMALL amount b/c of sugar / use for herbal teas or shakes)
- Non-fat Greek Yogurt

Protein

- Eggs
- Beef
- Lamb
- Buffalo
- Chicken
- Pork
- Turkey
- Fish
- Crustacean (lobster, crab, shrimp)
- Shell Fish (clam, oyster, mussels)
- Squid, Octopus

- NUTS = almond, cashew, walnut, peanut (RAW not Roasted)
- SEEDS = pumpkin, sunflower (RAW not Roasted)

BEVERAGES TO DRINK

- WATER!!! (bottled or purified)
- Meal Replacement (e.g., Super Berry, Super Greens, Perfect Food, Magma Plus)
- Black coffee (can sweeten with almond milk, coconut milk, cinnamon)
- Caffeinated Teas (like black teas e.g., English Breakfast, Earl Grey)
- Herbal Teas (hot or iced)
- Club Soda (with lemon or lime squeeze in)
- Flavored Club Soda (natural flavors, NOT artificial)
- Vegetable Juice (NOT carrot, apple or beet)

WATER

- Upon rising in the morning drink 16 oz. of water with squeezed lemon.
- 2 hours after breakfast and lunch drink 24 oz. of water.
- 2 hours after dinner drink 8 oz. of water or herbal tea.

BEVERAGES TO AVOID

- All Alcohol
- Soda & Diet Soda
- Milk
- Fruit Juice (unless it is unsweetened & pure)
- Carrot, Apple or Beet juice

CONDIMENTS TO USE

- Tabasco Sauce (better choice than ketchup)
- Cinnamon
- Vanilla Extract
- Unsweetened Cocoa
- Unsweetened B-B-Q Sauce
- Extra Virgin Olive Oil
- Balsamic Vinegar

CONDIMENTS TO AVOID

- Ketchup
- Salt
- Soy Sauce
- Honey

- Syrup
- Regular Soy Sauce
- B-B-Q Sauce (unless unsweetened/read label for “grams of sugar”)
- Any Sweetened Glaze
- Any Sweetened Sauce
- Most Salad Dressing (read label for “grams of sugar”) - use olive oil and vinegar separately

COOKING PREPARATION

- Steam or broil
- Grill: Grilling is the fastest cooking method, best suited to thicker cuts. Begin with a preheated grill or broiler, turning when the grilled side is done. (fish should flake. meat should brown) Flip and cook the other side. Depending on thickness, grill 5-7 minutes
- Bake: Baking is a slower cooking method. Bake most cuts 20-30 minutes at 350 degrees per side. The second side will take less time.
- For added moisture, brush seafood, meat or poultry with fresh citrus juice, mustard, Worcestershire sauce, low salt soy sauce, or fresh herbs before grilling or roasting

COOKING PREPARATIONS TO AVOID

- Deep Fried or Fried
- Breaded
- Glazed
- Keep sautéing to a minimum

DEVELOPING A GAME PLAN FOR BETTER EATING HABITS

- **Step #1:** Eat regularly. Do not skip meals. Most people skip meals because they think this is the way to lose weight. Actually the opposite happens. Instead of losing weight, your body goes into starvation mode and hands onto every calorie, especially the fat calories, because it doesn't know when it will be nourished again. As a result you slow down your metabolism. Then, of course, you become so hungry the tendency is eat the first thing that is handy and to eat too much of it.

Benefit: By eating regularly you will help to speed up your metabolism, feel more energetic, and reduce your appetite.

- **Step #2:** Eat slowly and allow at least 20 minutes for each meal or 10 minutes for snacks. Keep in mind that it takes the brain a good 20 minutes to sense that your stomach is full. That's why you often feel very full after eating a very large meal quickly- the brain didn't have ample time to sense that the stomach was full and you ate beyond what your body needed.

Benefit: You will feel more satisfied with smaller food quantities and eat less than those who eat fast.

- **Step #3:** Plan ahead. Start thinking of what you will be eating the next day or even the next week. Plan each of your meals.

Benefit: You will stay on your program and then turn it into a real lifestyle change. Without a true lifestyle change it is very hard to maintain this program for the rest of your life which is the real key to keeping your weight and healthy where you want it.

- **Step #4:** Keep problem foods out of the house. Chocolate, Candy, Soda etc. The old saying "out of sight, out of mind" is the key to a successful healthy eating plan. If you know the tub of ice cream will keep calling your name from the freezer then simply don't keep it in the house.

Benefit: If it is not in the house then you won't eat it. Simple as that.

- **Step #5:** Do not allow social situations to dictate what and how much you eat. Additionally, Don't let yourself be around people who will pull you down. You need all the support you can get. Negative people do not take what you are doing seriously and this will affect your results. A true friend will be supportive and stand by your efforts to succeed.

Benefit: By taking back control of how you react in social circumstances you will also be empowering yourself in other areas as well which will contribute to better self-esteem.

CARBOHYDRATES, PROTEINS AND FATS

Carbohydrates, Protein and fats are essential nutrients that your body needs. The mix of these nutrients in your diet has a powerful impact on how long you feel satisfied after eating and your ability to lose weight.

Carbohydrates

It's important to understand that the amount of carbohydrates in your diet may make the difference between gaining and losing weight. Although carbs are essential and most of your calories during the day will come from this nutrient, we'll be balancing the amount of starchy carbs with protein, fruits, and vegetables. To help you focus on this, you will enjoy a wide variety of carbs, but probably more modest amounts than you are used to. Specifically, it's the starchy carbs that we are limiting. Your prominent source of carbs- fruits and vegetables- will be a staple in your meals. This, plus maintaining the proper balance of the other nutrients, will enable all the carbohydrates in your diet to be more effectively burned as fuel.

Protein

To ensure that you feel satisfied, you will be eating a good source of lean protein with every meal. You can get your protein from many different sources, including meats, fish, legumes and soy based proteins (tofu). Most animal based proteins have a reasonable mix of unsaturated and saturated fats, so you can choose lean cuts of beef, poultry (chicken and turkey), fish, pork, or lamb to enjoy on a regular basis.

Fats

Like proteins, it's very important to get enough good fat in your diet so you feel satisfied after you eat. It's important to add the right kind of fats. Stick with unsaturated fats such as from olive oil, nuts, avocados and olives. Use saturated fats cautiously!

QUICK PORTION CONTROL GUIDE:

Look at your hand to gauge correct portion size!

- Protein Portion: size and thickness of your palm – not your entire hand
- Carbohydrate portion: vegetables can cover the surface area of your entire hand flat with fingers spread
- Fat Portion: size and thickness of your thumb (use when adding dressings, olive cream or sugar. Make an effort to eliminate caffeine and limit these drinks!

HOW TO HELP PREVENT CRAVINGS

- Food quality: This is the most important factor you can change in the area of negative food cycles. Avoid all junk food. Avoid all foods that trigger cravings. Avoid all highly processed foods.
- Avoid all added fats. Added fats and oils can (a) make you fatter faster than anything else you can do or eat, (b) increase your risk of health disease and cancer, and (c) can cause you to crave sweets.
- Avoid sugar: Refined white sugar (table sugar) is damaging to your health in many ways, and can (a) directly cause weight gain and (b) cause cravings for fats that will further cause weight gain.

- Drink plenty of water: This is an easy way to help avoid cravings. Often, a perceived craving for food, particularly fatty food, may be satisfied with a cup or two of water. Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water, avoid tap water with chlorine and other chemicals. A
- Try brush your teeth instead of eating! Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth.
- Food timing: Do not skip breakfast. This can lead to hypoglycemia and severe cravings sometime around mid-morning, which may, in turn, cause you to eat junk food or add sugar to your coffee, which in turn, can set you up for a roller-coaster blood sugar ride for the rest of the day
- Avoid eating within three hours of bedtime. Not eating near bedtime can help lower your fat levels and can change your eating patterns so that you are hungrier in the morning, leading you to eat a small-to-moderate breakfast. This in turn helps to control your mid-morning cravings.
- Have small snacks between meals. Fresh vegetables, fruit, sliced deli turkey meat, or a whole grain (not white flour) product are always a good choice.
- Avoid overly salted foods, if they lead to sugar cravings or if you suffer from high blood pressure.
- Eat slowly: This will help minimize the effect of cravings, because you will find that you are satisfied sooner than you would be if you were wolfing your food down.
- Try carrying a small pad of paper or use your notepad in your SmartPhone. Write down everything you decide to eat, or take pictures of your meals. Reading or looking at a photo of what you eat may lead to you make a healthier decision next time.

HEALTHY EATING TIPS

- Eat every 2-3 hours to avoid blood sugar from dropping and energy lows
- Get your sleep and rest – being tired from poor sleep will make it harder – you may crave caffeine or sugar to wake you up
- Drink 1/2 your bodyweight in ounces of water every day e.g., if you weigh 140 lbs – drink 70 oz of water per day
- Make sure you are getting enough “good fat” from your fish oils and monounsaturated fats like olive oil to help with energy and mood
- Eat plenty of green leafy veggies (broccoli, spinach, kale, Swiss chard etc.) to get fiber
- Having enough water, fiber and fat in your diet will prevent constipation during this process

MEAL PLANNING TIPS

- Shop once a week or once a month Costco is an inexpensive way to get a lot of healthy food. Freeze what you are not using for the week, or frozen.
- Purchase healthy foods you know you will eat

- Tupperware can be your best friend. Bake or grill an entire value pack of chicken, pound of ground turkey/beef or a large steak. That way when hungry all you have to do is open the Tupperware, not the chips!
- Egg whites in the pour able carton are quick and easy to use
- Being a creature of habit with food is a good thing not a boring one

WHEN TO EAT

It's important to follow a regular eating schedule. First, it keeps our blood sugar stable, instead of peaking and crashing which can lead to overeating and a general poor feeling. Second, eating often speeds up your metabolism by challenging it repeatedly. The concept of time is crucial to everything in life; it keeps us on track especially when it comes to eating. Success follows those who can eat often and early. It's recommended you eat 5 times per day, 3 meals and 2 snacks.

CALENDAR

Get a calendar for your refrigerator. Here you will put one slash for a workout and another if you ate well that day. There are 2 reasons for this. First the fridge is almost always in your sight line in the kitchen and great place to remind you to have good eating habits. Secondly it will allow you to track your success at the end of the month.

EATING OUT

Eat as much salad as you would like with a moderate amount of dressing with plenty of fresh vegetables. Always choose a lean protein (chicken, fish, beef, veal, lamb or low fat tofu). Just because it is not on the menu, don't be afraid to ask for it! Make your own meal, you can ask for a grilled lean protein source and steamed vegetables everywhere you go. If you are offered a breadbasket, is always great to ask the wait staff to remove it. Out of sight out of mind! Raw or steamed vegetables are the best and stay away from sauces. Watch out for condiments as well as they contain high levels of sodium. Order fresh fruit for dessert. And remember your effort at nutrition directly contributes to you maximizing your results. Lastly, you are out, enjoy your time, eat slowly, chew and savor your food and time with the company you are with. Stay away from fried, crispy, sautéed cream sauces and soups. They all are high in fat and sodium.

CHEATING (Indulging)

Yes, you are going to slip once in a while, it's OK as long as you don't use it as an excuse to revert back to your old eating habits. Just get on track with your next meal. Don't feel guilty, just remind yourself how well you've been doing and give yourself a pat on the back for coming so far. Learn to reject your old, bad ways - to renew your dedication to yourself and to the new body and health you are determined to achieve.