



## 5 Keys To Make Nutrition EASY!

### 1. Eat Your Veggies First!

This is your “vitamins and minerals” course! Do NOT skip this course and having it first will make sure you eat it. Then, have your filler foods like sweet potatoes, brown rice, meats. Lastly, have your craving foods like breads, dessert.

**2. Focus On A Healthy Digestive System:** Eat foods that help you eliminate waste from your body (25 grams of fiber a day is optimal). It's best to eat your starchy carbs **BEFORE** 4pm or before or after a workout. Keep processed foods to a minimum if you eat them at all. Eat no more than ½-1 cup of starchy carbs after 4pm.

Eat your fibrous carbs (leafy greens) **AFTER** 4pm **and** throughout your day.

**Taking a probiotic and digestive enzymes REALLY support your digestion!**

**3. Drink Water Throughout Your Day:** You should have 1 ounce per body weight. If this is too much to start with, begin with a few glasses a day. You can add lemon, lime or mint to flavor your water. If you are thirsty, you're already dehydrated. If you're not drinking enough water during your day, you're setting yourself up to store fat! Keep a fun water bottle with and do your best! ☺

**4. Keep Blood Sugar Leveled:** This means notice when you are hungry and need to eat and stop what you are doing and get a snack or have a meal. This is CRUCIAL! You can keep it simple by keeping protein and green shakes handy and keeping healthy snacks or quick meals in a container with you. Keep your sugar consumption under 30-45 grams a day. This includes fruit!

**5. Plan and Prepare:** At the beginning of each week prepare your meals and snacks. Be sure to prepare for the vital snack or small meal around 4pm so you don't overeat your dinner. If you don't have time for a full breakfast, have a protein and green shake. I mix them together and they taste great!

Preparing and Planning can be easy and fun! Light a candle while you do it and put on your favorite music! ☺



## Are You Allergic to Food?

There are four food types that your body can be allergic to. Read your food labels!

The four most common food allergies are:

1. **Eggs:** You may experience bloating, heart burn for up to two days after eating them and you could also experience eczema and psoriasis.
2. **Gluten:** You'll experience the same symptoms as with eggs above and also could also suffer from celiac disease. Gluten is everywhere! Check your labels.
3. **Soy:** Soy is new to our food menu. It's only been in our diets for less than 1000 years. If allergic, you could experience thyroid problems, reproductive problems cognitive decline, digestive problems and men could experience low sperm count.
4. **Peanuts:** Peanuts are actually a legume and not a nut at all. Their fatty acid make up isn't as good as our normal nuts. Some people are highly allergic.

Check your labels and notice if you are allegoric to any of these foods! Then get them OUT of your diet or keep at a minimum.

### The TOP 4 Things to **Avoid** like the Plague:

1. High Fructose Corn Syrup at all costs! Check your sauces.
  - This sugar substitute actually turns OFF your body's signal that it's no longer hungry. It will cause your insulin levels to spike and have the body go into fat storage.
  - This sugar substitute also affects your body's ability to create energy. If you are fatigued a lot, check to see how much fructose you are eating.
  - Fructose in fruit also affects your body similarly. However, the fiber, vitamins and minerals can be beneficial to your body. When your goal is to release weight, keep fruit at a minimum. No more than 1-2 pieces a day.
2. Fruit juices and diet sodas:
  - Fruit juices are loaded with sugar and unless you're doing a very high endurance sport like running a marathon, that sugar will be stored as fat.
  - Diet sodas are loaded with artificial sweeteners, colors, flavors and other preservatives that the body doesn't recognize as food. There is also no nutritional value in diet soda. They are a waste of calories for you.
3. Artificial sweeteners, colors and flavors
  - Artificial sweeteners, colors and flavors are not recognized by the body and do not allow the body to run optimally and some can have long-term harmful effects such as being linked to heart disease and prostate and breast cancer.
4. Partially Hydrogenated Oils-This is your saturated fat!
  - This is saturated fat and has been linked to heart disease and cancer and does nothing to benefit your body!



## Foods That Will Leave Your Body Feeling GREAT!

<b>Protein</b> (Have with each or most meal)	<b>Starchy Carbs</b> (Have BEFORE 4pm Keep at a minimum)	<b>Simple Carbs</b> (Have BEFORE 4pm Keep at a minimum)	<b>Fibrous Carbs</b> (Have AFTER 4pm & throughout your day)	<b>Healthy Fat</b> (Have with each meal)
Cold-Water Fish and Shell fish (wild preferred)	Lentils (30% protein)	All fruit Note: Remember fruit has sugar and your goal is to keep your sugar low. Don't allow for too much fruit in your day.	All veggies and Greens like Kale, Spinach, Cabbage etc.	Avocado
Lean Chicken (If possible choose Organic Free Range)	Beans (20-30% protein)	Berries are great for circulation & lowest in sugar & have 8g of fiber	Sauerkraut (Wonderful for digestion)	Sesame Oil
Buffalo	Black eyed peas (20% protein)	Pears have 4.5 grams of fiber	Kimchi (Wonderful for digestion)	Coconut Milk or Oil (best to cook with: extra virgin, unprocessed)
Beef (If possible choose Grass Fed Organic)	Brown rice	<b>Highest Sugar is in:</b> Bananas, Mango, Pineapple, papaya, grapes, watermelon	Lentils	Olive oil (better to use cold than to cook with)
Pea, Hemp or Rice Protein Shakes	Spelt bread		Artichoke	Olives
Frozen Protein Shake	Wild Basmati Rice		Black Beans	Seeds: (sunflower, pumpkin, flax, Chia)
Greek yogurt (Yes it's dairy and GREAT for digestion! Be sure it's low in sugar!)	Sweet potato		Progresso's high fiber vegetable soup (watch the sodium)	Nut butter (peanut, almond, cashew)
Lean Turkey	Yam		Edamame	Sunflower oil



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Eggs (If possible choose Organic free range)	Edamame		Garlic	Nuts
	Couscous		Perfect Food (Green Shake): <a href="http://www.gardenoflife.com/ProductsforLife/SUPPLEMENTS/FoundationNutrition/PerfectFood/tabid/654/Default.aspx">http://www.gardenoflife.com/ProductsforLife/SUPPLEMENTS/FoundationNutrition/PerfectFood/tabid/654/Default.aspx</a>	
Ostrich	Millet		<b>Acceptable &amp; Keep to a cup or less:</b>	
Tempeh	Chia Porridge		Quinoa 1 cup cooked = 4g fiber	
Tofu	Squash		½ cup Sweet potato =4g fiber	
Veggie Burgers	Ezequiel Bread or other multi-grain bread		Brown rice 1 cup =3.5g fiber	
Lentils	Fibrous Cereal			
Beans	Sauerkraut			
Black Eyed Peas	Cream of Wheat			
Quinoa (I <b>LOVE</b> this food! Great as cold or hot cereal or as a side for lunch or dinner)	Kimchi			



## Example of Live Food Meals

**Goal:** 80% of what you eat for the day should be live foods. Live foods feed your body the best! Do your best not to eat dead food like the following: processed, canned, in a box and will last through a nuclear war, etc.

**NOTE:** Be more concerned with high-carbohydrate choices than eating fat. Your body needs fat for hormone synthesis, brain function and other chemical reactions in the body.

### Meal Examples:

#### Breakfast:

- 2-Eggs (organic preferred) with spinach or kale (organic and washed) and 1-2 small red potatoes or use quinoa as your base instead of the potatoes. Top it with hot sauce, pepper and a touch of salt. (no ketchup)
- Chia porridge: <http://vivapura.wordpress.com/2011/07/15/the-best-chia-porridge-ever/>
- Protein mixed with Super Greens for a breakfast shake blended or stirred. Add berries if you want to add fruit.
- Quinoa with almond milk, and almonds or other nuts or seeds. Sprinkle with cinnamon. Heat it up for a warm meal. Optional: Add a bit of raw honey. (Cinnamon is a great supplement that helps stabilize your blood sugar. If you are addicted to sugar, have cinnamon at least once a day.)
- Plain Greek yogurt, blue berries and nuts. This dairy is actually really good for you. It has a ton of good bacteria your body will love!

#### Lunch:

- Salmon salad with low fat dressing or 2 tbs sesame oil. Have it with 1/3-cup quinoa, couscous, or brown rice or by itself. Add lemon on top of the brown rice for added flavor. Options: add garlic, mushrooms and onions. Yummy!
- Cut a red bell pepper in half and use it as bread for a sandwich. Add sprouts, humus, and organic free-range diced chicken. Have it with a salad or sauerkraut (sauerkraut and Kiamichi are GREAT foods to get into your diet to support your digestion). You can also have 10 flax tortilla chips with guacamole dip.
- Soup and salad. Think of any bean soup or butternut squash soups. You can also pour your soup over 1/2 cup cooked quinoa for added protein. Use 1/2 or 1/3 of the soup if you pour it on top of something to keep from over doing it on your calories. Try butternut squash soup with quinoa and add a sliced tomato on top with pepper and a few drops of chili sauce. Add 1/2 an avocado for good fat and you're set! Yummy! (You can have this for dinner too.)
- Fry shitake mushrooms and 1-2 cloves of garlic (I use 3) and a palm size amount of wild salmon in coconut oil. Add lemon as you cook. Have it with a salad and add chili sauce and sesame oil on top with a touch of lemon. Have it with 1/2 cup cooked quinoa or brown rice (optional). You can put the mushrooms and garlic on top of the quinoa or salad.
- Taco salad: use your favorite lettuce, chop up a handful of flax seed corn tortillas add 2 tbs. of your favorite salsa making sure the sugar is under 3 grams. Add 1/3 cup of black beans, black-eyed peas for protein, a few olives and 1-2 tbs. sesame oil for good fat and you're set!



### **Dinner:**

- Stir-Fry: Choose 3-4 veggies and stir-fry them with sesame oil adding chili sauce for some spice. Add your favorite lean meat like wild salmon or organic free-range skinless chicken or grass fed organic beef. Option: Use other low fat low sugar (no more than 3 grams) sauce. Red curry is a good one. Have your stir-fry with brown rice, couscous or quinoa on the side or as a base putting your stir-fry on top.

**NOTE:** Stir-Fry's are easy and quick to make and you have it all the time. Just though in different veggies and sauces. Keep your sauces as low in sugar as possible. I usually use sesame oil and chili sauce or red curry sauce or other low sugar Indian sauce. You can any lean meat and have it over brown rice, couscous or quinoa. I also will add kale at the very end and cook it on top of everything. This is a GREAT way to get your greens in for the day and cooking it makes it easier to digest.

- Baked wild salmon or organic free-range skinless chicken, garlic, onions, and mushrooms with asparagus and brown rice, couscous or quinoa. I stir-fry them with lemon. I add a bit of pepper and touch of salt at the end.
- Stuffed bell pepper: Stuff a red, yellow, or orange bell pepper with your favorite lean meat and brown rice, couscous or quinoa. Use your favorite sauce just keep the sugar content under 3grams a serving or less. A great sauce is spaghetti sauce or red curry. Cook everything up then mix them together and stuff your pepper. This is fun if you have kids who would like to stuff a pepper. Have it with a salad like your "Quick Fat Burning Salad".
- Black eyed peas with quinoa, asparagus, ½ an avocado for good fat and a small salad.
- Grilled chicken with sweet potato, a few olives for good fat and broccoli or other veggie. Add a touch of real butter on your potato and you're set!
- Wrap: use a rice wrap and add your protein, fibrous veggies like arugula, salsa, avocado, or nuts, tomato and small salad or brown rice with garlic and butter!

### **Snacks:**

- Make a protein shake and freeze it in a muffin- baking pan. Take them out and put them in freezer bags to keep them handy. You can eat them as a snack or add them to your quinoa hot morning breakfast. You can also freeze your protein shake in a popsicle container and have it a desert.
- Hard-boiled deviled eggs with humus: Take out the yolk and add in the humus and pepper.
- You can also eat cucumbers or any veggie with humus for a refreshing snack or dip your hard-boiled egg into the humus keeping the yolk for good fat.
- An easy snack is to mix your protein powder with your Super Greens shake and blend or stir or have them alone. Yummy!

### **Optional Deserts or Late Night Snack (Only have if you are hungry and not out of habit!):**

- 1 small sliced baked apple or pear with cinnamon only. Again, cinnamon helps stabilize your blood sugar. ☺
- ½ cup Greek yogurt with your favorite nuts, cinnamon and a touch of raw honey (optional)
- A few small pieces of dark organic chocolate, or whey bites
- Quick fat burn salad without the chili pepper sauce YUMMY!



- A great desert is always a protein shake. They come in all flavors like chocolate, chocolate mouse, vanilla, etc. Make sure your protein shake doesn't have more than 3 grams of sugar and preferably no artificial flavors or sweeteners. Believe me they still taste AMAZING!
- Take a frozen protein shake that you froze in a muffin pan. Add a touch of raw honey and some chopped nuts on top and enjoy a great low fat yummy desert!

### **Yummy Salad**

- 4-5 leaves of Red leaf lettuce
- Choose from a palm size amount of lean meat: wild salmon, grass fed organic skinless chicken, quinoa, black beans (rinsed), kidney beans (rinsed), garbanzo beans (rinsed), other bean
- 1 red bell pepper (sliced)
- 1/2 package broccoli slaw or 1/2 cup of spouts
- 2 tbsp. Sesame oil
- 2 tbsp. Rice vinegar
- 1 tsp. Chili pepper sauce

Wash and cut up the red leaf lettuce and place on a large plate. Mix lean meat or beans with the red bell pepper and broccoli slaw or spouts. Mix the Sesame oil, rice vinegar and chili pepper sauce together and pour on top. Add optional 1/4 avocado on the top. Enjoy!

This salad gives you good fat from the sesame oil and the spice from the chili pepper helps to slightly increase your metabolism.

This is a GREAT after dinner snack that is sweet when you cut out the chili pepper sauce and makes you feel wonderful! Feel free to skip the chili sauce on occasion.

You can use the dressing in a stir-fry, as well and it taste amazing!

### **Yummy Detox Kale Salad**

- 1 bundle or Kale
- 1/2-1 Lemon
- 1-2 tbsp. Bragg's Liquid Aminos
- 1/4 cup chopped Onion (optional)
- 1/4 cup sunflower seeds or other seed
- 2tbsp olive oil

Wash and cut up Kale leaves and squeeze lemon over it until it's saturated. Add onion and sunflower seeds, chia seeds or any other seeds you like. Add Bragg's Liquid Aminos and olive oil. Let it set in the fridge over night. The lemon will cook the kale and make it softer and easier to digest. It taste GREAT and sooo great for you! The lemon is a natural detoxifier and kale is amazing to help cleanse your digestive system.