



THE ULTIMATE NUTRITION GUIDE

*Nutrition Made Simple: A Guide to
Healthy Eating and Balanced Living*

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Welcome!

We are so incredibly excited you took the chance to challenge, change and improve your overall wellbeing. Over the next eight weeks, we will guide you on how to take the steps necessary to better yourself by holding you accountable to your fitness, nutrition and wellness goals. It will be tough and there will be moments where you don't feel motivated- but do not get discouraged! We have our FIERCE community to help keep you going!

In the following pages, you will find a nutrition guide and a some tips to help you throughout your journey All we ask is that you keep an open mind and just TRY. You never know where it may lead! Now let's get ready for the challenge!.



fiercehealthfit



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INTRODUCTION

Nutrition is essential for our health and well-being. It affects our energy levels, mood, weight, and overall health. A healthy diet can help us prevent diseases, feel our best, and live longer.

But with so much conflicting information out there, it can be hard to know what to eat. That's where this guide comes in.

In this guide, I'll cover everything you need to know about nutrition, fitness, and wellness. We'll discuss the different nutrients your body needs, how to create a healthy diet, and how to get fit and stay healthy.

I'll also provide tips on how to overcome common nutrition challenges, such as eating out, following a diet, and making healthy choices when you're on the go.

Whether you're just starting out on your health journey or you're looking for some new tips, this guide has something for you.

What you'll learn

In this guide, you'll learn:

- The basics of nutrition, including the different nutrients your body needs and how to get them
- How to create a healthy diet that meets your individual needs
- How to get fit and stay healthy
- How to overcome common nutrition challenges
- Tips on how to eat healthy when you're on the go

Who this guide is for

This guide is for anyone who wants to improve their health and well-being through nutrition and fitness. Whether you're a beginner or an experienced health enthusiast, you'll find something valuable in this guide.



How to use this guide

This guide is designed to be used as a resource. You can read it from cover to cover, or you can pick and choose the chapters that are most relevant to you.

If you're new to nutrition and fitness, I recommend starting with the first few chapters. These chapters will give you a basic understanding of the principles of nutrition and fitness.

Once you have a basic understanding, you can move on to the later chapters. These chapters will provide more detailed information on specific topics, such as creating a healthy diet or getting fit.

I hope you find this guide helpful. I've put a lot of work into it, and I am confident that it will help you improve your health and well-being.



IMPORTANCE OF A BALANCED AND HEALTHY DIET

A balanced and healthy diet is essential for good health. It provides your body with the nutrients it needs to function properly and can help you maintain a healthy weight. A healthy diet can also help reduce your risk of developing chronic diseases, such as heart disease, stroke, type 2 diabetes, and some types of cancer.

A balanced diet includes a variety of foods from all food groups:

1

Fruits and Vegetables

These foods are low in calories and high in nutrients. They are a good source of vitamins, minerals, fiber, and antioxidants.

2

Whole-grains

These foods are a good source of fiber, which can help you feel full and satisfied. They also contain B vitamins, which are important for energy metabolism.

3

Lean Protein

This includes foods such as chicken, fish, beans, and lentils. Lean protein is a good source of protein, which is essential for building and maintaining muscle mass.

4

Low-fat Dairy

This includes foods such as milk, yogurt, and cheese. Low-fat dairy is a good source of calcium, which is important for bone health.

5

Healthy Fats

This includes foods such as olive oil, avocados, and nuts. Healthy fats are a good source of essential fatty acids, which are important for brain function and heart health.

How to create a balanced diet

To create a balanced diet, you should include a variety of foods from all food groups daily. It would be best if you also tried to limit your intake of processed foods, sugary drinks, and unhealthy fats.

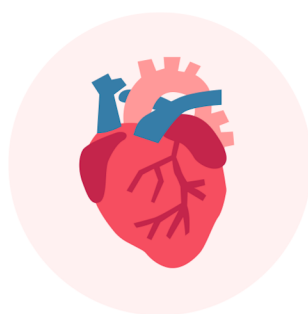
Here are some tips for creating a balanced diet:

- Make sure to include plenty of fruits and vegetables in your diet. Aim for at least five servings of fruits and vegetables per day.
- Choose whole grains over processed grains. Whole grains are a good source of fiber and nutrients.
- Choose lean protein sources. Lean protein sources include chicken, fish, beans, and lentils.
- Choose low-fat dairy. Low-fat dairy is a good source of calcium and other nutrients.
- Limit your intake of unhealthy fats. Unhealthy fats are found in foods such as processed foods, sugary drinks, and fried foods.

Benefits of a balanced diet



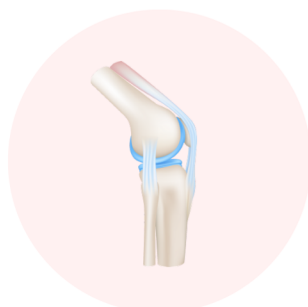
improved
energy levels



reduced risk
of chronic diseases



healthy
and clear skin



stronger bones



better mood

SETTING REALIST GOALS

One of the most important things you can do when it comes to nutrition and fitness is to set realistic goals. If you set your sights too high, you're more likely to get discouraged and give up. But if you set your goals too low, you're not likely to see much progress.

So how do you set realistic goals for your nutrition? Here are a few tips:

Start by assessing your current situation

What are your current eating habits? What are your health goals? Once you have a good understanding of where you are, you can start to set goals that are achievable.

Make sure your goals are specific, measurable, achievable, relevant, and time-bound.

This will help you stay on track and make sure you're making progress. For example, instead of saying, "I want to eat healthier," you could say, "I want to eat five servings of fruits and vegetables per day within the next month."

Be patient, and don't give up

It takes time to make lasting changes to your diet. Don't expect to see results overnight. Just keep working at it, and you'll eventually reach your goals.

Here are some additional tips for setting realistic goals for your nutrition:

- Break down your goals into smaller, more manageable steps. This will make them seem less daunting and more achievable.
- Track your progress. This will help you see how you're doing and stay motivated.
- Reward yourself for your successes. This will help you stay on track and keep up the good work.

HOW TO PROPERLY WEIGH YOURSELF

Weighing yourself can be a helpful tool for tracking your progress towards your weight loss or fitness goals. However, it's important to do it correctly in order to get accurate results. Here are some tips on how to properly weigh yourself:



Weigh yourself at the same time of day every time

This will help you to see the most accurate changes in your weight over time. Most experts recommend weighing yourself first thing in the morning, after using the bathroom, and before eating or drinking anything.



Use a reliable scale

Make sure your scale is in good working order and that it is calibrated properly. You can do this by weighing yourself with a known weight, such as a 10-pound weight.



Weigh yourself naked or in light clothing

Clothing can add a significant amount of weight, so it's best to weigh yourself without any clothes or with as little clothing as possible.

Our bodies are 60% water. Day to day weight variation may be due to fluid fluctuation, this is why results vary. To avoid disappointment in small changes, weigh yourself once every 1-2 weeks.

Day to day weight fluctuations can be due to the following

Water weight

Your weight can fluctuate by several pounds due to changes in water retention. This can be caused by several factors, including your sodium intake, your menstrual cycle, and how much exercise you've been doing.

Food intake

The amount of food you eat can also affect your weight daily. If you eat a large meal, your weight will likely go up temporarily. However, this weight will usually be lost within a few days as your body digests the food and eliminates the waste.

Bowel movements

Your bowel movements can also affect your weight on a day-to-day basis. If you have a bowel movement, you will likely lose a few pounds of waste. However, this weight will usually be regained within a few days as you eat and drink again.

Hormonal changes

Hormonal changes can also affect your weight daily. For example, women's weight can fluctuate during their menstrual cycle.

Stress

Stress can also affect your weight on a day-to-day basis. When stressed, your body releases hormones that can cause you to retain water and gain weight.



How often should you weigh yourself?

How often you weigh yourself is a personal preference. Some people prefer to weigh themselves daily, while others prefer to weigh themselves weekly or even monthly. If you are starting out with a weight loss or fitness program, it may be helpful to weigh yourself daily so that you can track your progress closely. However, if you find that weighing yourself daily is causing you stress or anxiety, you may want to weigh yourself less frequently.

HOW TO PROPERLY MEASURE YOUR PROGRESS

Tracking your progress is an important part of any weight loss or fitness journey. It can help you to stay motivated and on track, and it can also help you to see the results of your hard work.

There are many different ways to track your progress. Some common methods include:



Weighing yourself

This is the most common way to track progress. However, it's important to remember that weight can fluctuate for a number of reasons, so it's not the only measure of your overall health and fitness.



Taking body measurements

This can be a more accurate way to track progress than weighing yourself, as it can help you to see changes in your body composition, such as muscle gain or fat loss.



Taking pictures

This is a great way to track your progress visually. Take pictures of yourself at regular intervals so that you can see how your body is changing over time.



Keeping a journal

This can be a helpful way to track your progress in more detail. Write down what you're eating, how much exercise you're getting, and how you're feeling. This can help you to identify patterns and make changes to your plan as needed.

Beyond the scale: other ways to track progress

In addition to weighing yourself, there are a number of other ways to track your progress. These include:



Your energy levels

If you're feeling more energetic, that's a good sign that you're making progress



Your clothes fitting better

If your clothes are fitting better, that's another good sign that you're losing weight and gaining muscle



Your mood

If you're feeling better about yourself, that's also a sign that you're making progress.



Your health markers

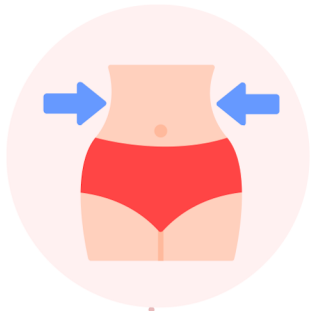
If your blood pressure, cholesterol, and blood sugar levels are improving, that's a good sign

It's important to remember that there is no one-size-fits-all way to track progress. The best way to track your progress is the way that works best for you. Choose a few methods that you think will be helpful and stick with them.

Body Measurements and Body Composition Analysis

In addition to weighing yourself, you can also track your progress by taking body measurements. Body measurements can help you to see changes in your body composition, such as muscle gain or fat loss.

Some common body measurements include:



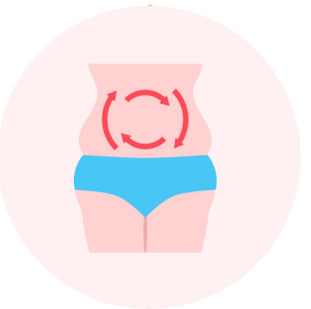
Waist circumference

This is a measure of the circumference of your waist at the natural waistline. A high waist circumference is a risk factor for heart disease, stroke, and type 2 diabetes.



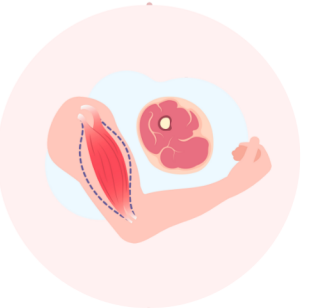
Hip circumference

This is a measure of the circumference of your hips at the widest point. A large hip circumference is also a risk factor for heart disease, stroke, and type 2 diabetes.



Body fat percentage

This is a measure of the percentage of your body weight that is fat. A healthy body fat percentage for women is 21-32% and for men is 8-19%.



Lean body mass

This is a measure of the weight of your muscle, bone, and other tissues. A healthy lean body mass is important for maintaining a healthy metabolism and for preventing injuries.

HYDRATION, THIRST, AND HUNGER

Water is essential for life. It makes up about 60% of our body weight and is involved in many important bodily functions, including:

- 💧 Transporting nutrients and oxygen to cells
- 💧 Removing waste products from the body
- 💧 Regulating body temperature
- 💧 Lubricating joints
- 💧 Protecting organs

When we are dehydrated, our bodies do not function properly. We may experience symptoms such as:

- Thirst
- Dry mouth
- Headache
- Fatigue
- Muscle cramps
- Dark-colored urine

How Much Water Do We Need?

The amount of water we need each day varies depending on a number of factors, including our activity level, the climate we live in, and our overall health. However, the general recommendation is that adults drink about **11.5 cups (2.7 liters)** of fluids per day for women and **15.5 cups (3.7 liters)** per day for men



Differentiating thirst from hunger cues

Thirst and hunger are two of the most basic human sensations, but they can be easily confused. Here are some tips on how to differentiate between thirst and hunger cues:

1 Pay attention to your body's signals
When you feel thirsty, you may experience a dry mouth, a feeling of thirst in your throat, or a general sense of dehydration. When you feel hungry, you may experience a growling stomach, a feeling of emptiness in your stomach, or a general sense of hunger.

2 Think about what you've eaten and drunk recently
If you've recently eaten a meal or snack, it's less likely that you're feeling hungry. If you haven't eaten in a while, it's more likely that you're feeling hungry.

3 Consider your activity level
If you've been exercising or doing other physical activity, you're more likely to be feeling thirsty. If you've been sitting or lying down for a while, you're more likely to be feeling hungry.

4 Drink a glass of water and wait 15 minutes
If you're still feeling thirsty after drinking a glass of water, it's more likely that you're feeling hungry. If you're not feeling thirsty anymore, it's more likely that you were just dehydrated.

It's also important to note that some people may experience both thirst and hunger at the same time. This is especially common if you're dehydrated or if you're not used to listening to your body's signals. If you're not sure whether you're feeling thirsty or hungry, it's always best to err on the side of caution and drink a glass of water.

Strategies for staying hydrated throughout the day



Drink water throughout the day

Don't wait until you're thirsty to drink. Aim to drink 8 glasses of water per day, or more if you're active or live in a hot climate.



Choose water-rich foods

Fruits and vegetables are high in water content. Some good examples include watermelon, cucumbers, oranges, and leafy greens.



Avoid sugary drinks

Sugary drinks can dehydrate you. Instead, choose unsweetened beverages like water, tea, or coffee.



Add flavor to your water

If you don't like the taste of plain water, try adding a slice of lemon, lime, or cucumber. You can also try flavored sparkling water or unsweetened tea.



Carry a water bottle with you

This will help you to stay hydrated throughout the day, even when you're on the go.



Set a reminder to drink water

If you're forgetful, set a reminder on your phone or watch to drink water every hour or so.



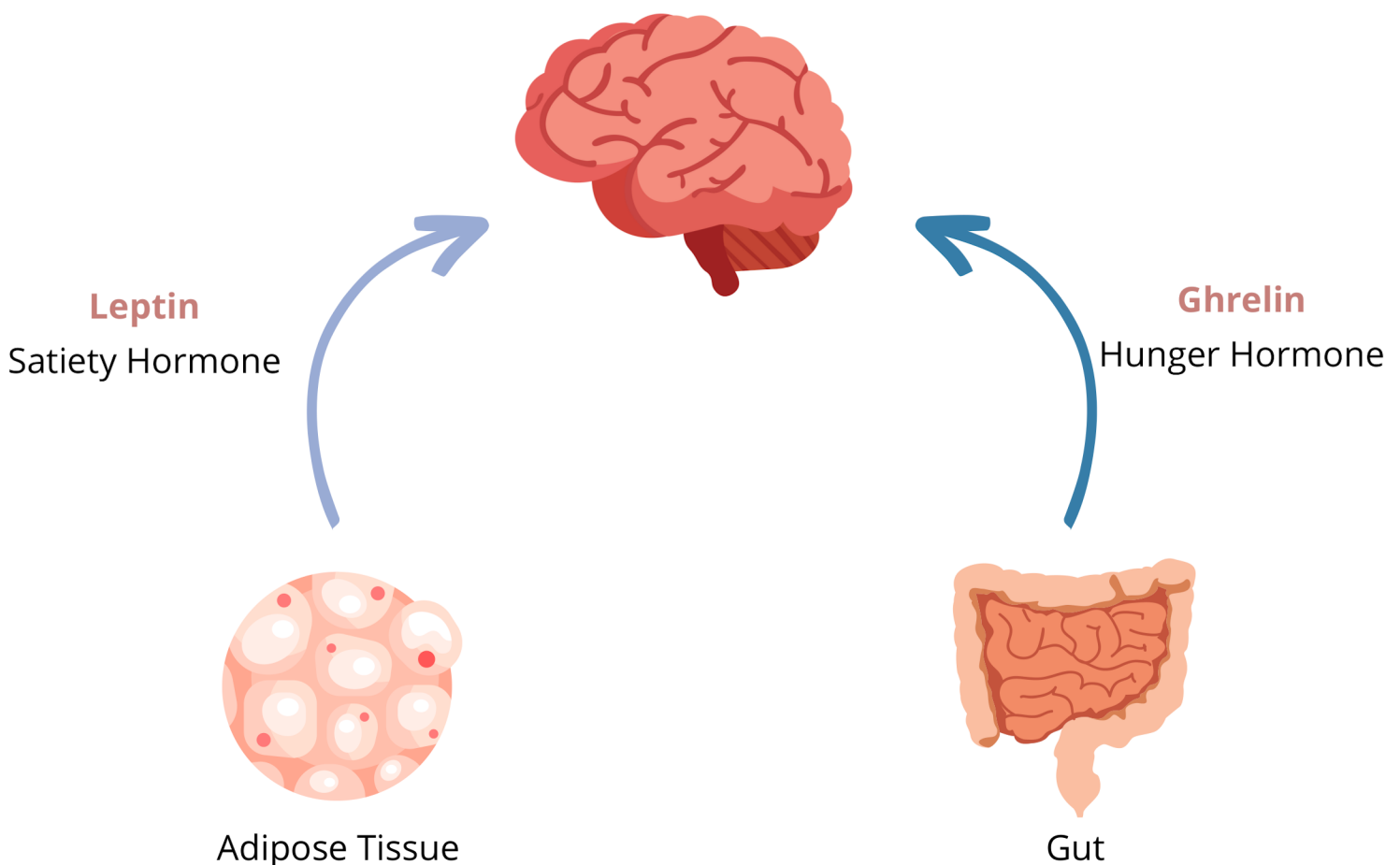
Listen to your body

If you feel thirsty, drink some water.

SLEEP AND WEIGHT LOSS CONNECTION

Sleep is one of the major influencing factors that impact our food choices. It plays a vital role in regulating the two most important hormones that affect our appetite and body weight- leptin and ghrelin.

- **Leptin** is a hormone that suppresses appetite, so when leptin levels are high, we usually feel fuller or less hungry.
- **Ghrelin** is a hormone that is responsible for the feeling of hunger; in other words, high levels of ghrelin stimulate your appetite and make you more hungry.



How Sleep Affects Leptin and Ghrelin

Leptin is a hormone produced by fat cells. It tells the brain that we're full and no longer need to eat. Ghrelin is a hormone produced by the stomach. It tells the brain that we're hungry and that we need to eat.

When we don't get enough sleep, our levels of leptin decrease, and our levels of ghrelin increase. This means that we're more likely to feel hungry and less likely to feel full, which can lead to overeating and weight gain.

Studies on Sleep and Weight Loss

There have been many studies that have shown a link between sleep and weight loss. One study found that people who slept for less than 6 hours per night were more likely to be obese than people who slept for 7-8 hours per night.

Another study found that people who lost weight while they were sleep-deprived were more likely to regain the weight than those who lost weight while getting enough sleep.



The amount of sleep that we need varies from person to person. However, most adults need around 7-8 hours of sleep per night.

Sleep deprivation and its effect on appetite and metabolism

Sleep deprivation is a condition in which people do not get enough sleep. It can be caused by a number of factors, including stress, anxiety, and medical conditions.

Sleep deprivation can have a number of negative effects on appetite and metabolism:



Increased appetite

When we don't get enough sleep, our bodies produce more of the hormone ghrelin, which makes us feel hungry. Ghrelin also decreases levels of the hormone leptin, which tells us when we're full. As a result, we're more likely to overeat and gain weight when we're sleep-deprived.



Altered metabolism

Sleep deprivation can also lead to changes in metabolism. This means that our bodies may not be able to use energy as efficiently, which can lead to weight gain.



Increased cravings for unhealthy foods

Sleep deprivation can also lead to increased cravings for unhealthy foods, such as sugary drinks and processed foods. These foods are high in calories and low in nutrients, which can contribute to weight gain.

Tips for improving sleep quality for better weight management



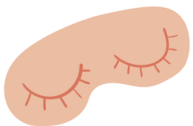
Stick to a regular sleep schedule

Go to bed and wake up at the same time each day, even on weekends. This will help to regulate your body's internal clock and make it easier to fall asleep and wake up naturally.



Create a relaxing bedtime routine

This could include taking a warm bath, reading a book, or listening to calming music. Avoid watching TV or using electronic devices in the hour before bed, as the blue light emitted from these devices can interfere with sleep.



Make sure your bedroom is dark, quiet, and cool

These conditions are ideal for sleep. If your bedroom is too bright, noisy, or warm, it can be difficult to fall asleep and stay asleep.



Avoid caffeine and alcohol before bed

Caffeine and alcohol can both interfere with sleep. Caffeine is a stimulant that can make it difficult to fall asleep, while alcohol can disrupt sleep later in the night.



Get regular exercise

Exercise can help to improve sleep quality. However, avoid exercising too close to bedtime, as this can make it difficult to fall asleep.



See a doctor if you have trouble sleeping

If you have trouble sleeping, talk to your doctor. There may be an underlying medical condition that is interfering with your sleep.

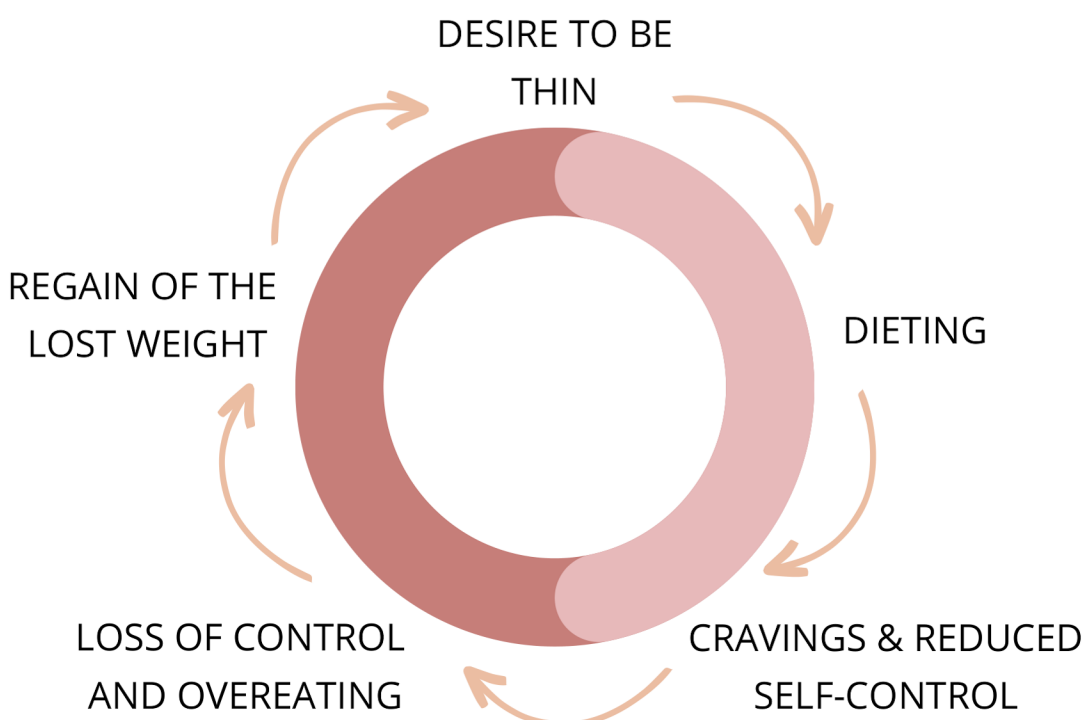
THE YO-YO EFFECT

Understanding the yo-yo effect and weight cycling

Yo-yo dieting, also known as weight cycling, is the repeated loss and gain of weight. It is a common problem, with up to two-thirds of people who lose weight regaining it within five years.

There are several reasons why people yo-yo diet. Some people go on extreme diets that are difficult to maintain. Others may have unrealistic expectations about how quickly they can lose weight. Still, others may struggle with emotional eating or other unhealthy coping mechanisms.

Whatever the reason, yo-yo dieting can have several negative consequences. It can lead to weight regain, increased risk of obesity, and other health problems. It can also be emotionally taxing, causing guilt, frustration, and low self-esteem.



Strategies to break the cycle and maintain long-term weight loss

1

Set realistic goals

Aim to lose 1-2 pounds per week. This is a sustainable rate of weight loss that is less likely to lead to yo-yo dieting.

2

Make gradual changes to your diet and lifestyle

Don't try to overhaul your entire lifestyle overnight. Instead, focus on making small, sustainable changes that you can stick with for the long term.

3

Find a support system

Talk to your doctor, a registered dietitian, or a weight loss support group. Having people to support you can help you stay motivated and on track.

4

Be patient and don't give up

It takes time and effort to lose weight and keep it off. Don't get discouraged if you have setbacks along the way. Just keep moving forward and eventually you will reach your goals.

Breaking the yo-yo dieting cycle and maintaining long-term weight loss is not easy, but it is possible. By following these strategies, you can increase your chances of success.



UNDERSTANDING SUGAR

Types of sugar and their effects on the body



There are many types of sugar, but they can be broadly classified into two categories: simple sugars and complex sugars.

Simple sugars are the simplest form of sugar and are quickly absorbed into the bloodstream. They include glucose, fructose, and sucrose. Glucose is the body's main energy source, and fructose is found in fruits and honey. Sucrose is the type of sugar found in table sugar and many processed foods.

Complex sugars are made up of multiple sugar molecules linked together. They are not as quickly absorbed into the bloodstream as simple sugars, providing a more sustained energy source. Complex sugars include starch, glycogen, and fiber. Starch is found in grains, vegetables, and legumes. Glycogen is the body's stored form of glucose, and fiber is a type of carbohydrate that the body cannot digest.

The effects of sugar on the body vary depending on the type of sugar and the amount consumed. Simple sugars can cause a rapid spike in blood sugar levels, leading to several health problems, including weight gain, obesity, type 2 diabetes, and heart disease. Complex sugars, on the other hand, are not as likely to cause these problems.

However, even complex sugars can have adverse effects on the body if consumed in excess. Too much sugar can lead to weight gain, tooth decay, and other health problems.

It is important to limit your intake of added sugars, which are sugars that are added to foods and drinks during processing or preparation. Added sugars are not essential for the body, and they can have negative health effects if consumed in excess.

The American Heart Association recommends that women consume no more than 6 teaspoons (24 grams) of added sugar per day, and men consume no more than 9 teaspoons (36 grams) per day

Hidden sources of sugar in food



Fruit juice concentrates

These are often added to foods and drinks to enhance their flavor. However, they can also be a major source of added sugar.



Dried fruit

Dried fruit is a good source of fiber and nutrients, but it can also be high in sugar. Be sure to choose dried fruit that is unsweetened or has only a small amount of added sugar.



Salad dressings

Many salad dressings are high in added sugar. Choose dressings that are low in sugar or that are made with healthy oils, such as olive oil or avocado oil.



Yogurt

Yogurt can be a healthy snack or meal, but it is important to choose yogurt that is low in added sugar. Many yogurts are sweetened with fruit juice concentrates or other sweeteners.



Granola bars

Granola bars are often marketed as healthy snacks, but many of them are high in added sugar. Choose granola bars that are low in sugar and that are made with whole grains and nuts.



Energy drinks

Energy drinks are often high in sugar and caffeine. They can also be high in calories. If you are looking for an energy boost, choose a healthier option, such as a piece of fruit or a glass of water with lemon.

Tips for reducing sugar intake and making healthier choices

1 Read food labels carefully. The ingredient list is a good place to start when looking for hidden sources of sugar. If you see any of the following ingredients, it is likely that the food is high in sugar:

- Sugar
- Corn syrup
- High-fructose corn syrup
- Fruit juice concentrate
- Dextrose
- Maltose
- Galactose

2 Choose foods that are naturally sweet Fruits and vegetables are naturally sweet and a good source of nutrients. They are a great way to satisfy your sweet tooth without consuming too much sugar.

3 Limit your intake of processed foods. Processed foods are often high in added sugar. Choose whole, unprocessed foods whenever possible.

4 Make your own snacks and meals This way, you can control the amount of sugar that goes into your food.

LIQUID CALORIES

Awareness of calories in beverages

Being aware of the calorie content in drinks is important for maintaining a healthy weight and overall health. Drinks that are high in calories can contribute to weight gain, and they may also contain other unhealthy ingredients, such as added sugar or artificial sweeteners.

There are a few things you can do to be aware of the calorie content in drinks:

- **Read nutrition labels.** Most drinks have nutrition labels that list the calorie content per serving.
- **Pay attention to portion sizes.** Even healthy drinks can be high in calories if you consume them in large quantities.
- **Choose unsweetened beverages.** Look for beverages that are unsweetened or have a low sugar content.
- **Limit alcoholic beverage consumption.** Alcoholic beverages can be high in calories and can also affect your judgment when it comes to food choices.

Impact of sugary drinks and alcohol on weight management

Sugar



Added sugar is not essential for good health and can contribute to weight gain. When you consume sugary drinks, your body quickly absorbs the sugar, which can lead to spikes in blood sugar levels. This can lead to insulin resistance, which can make it difficult to lose weight.

In addition, sugary drinks are often high in calories but low in nutrients. This means they can add many calories to your diet without providing nutritional benefits.

Alcohol

Alcohol is also high in calories. A standard drink contains about 100 calories, and most people consume more than one daily drink.

Alcohol can also contribute to weight gain in other ways. It can suppress your appetite, making you eat fewer calories daily. However, alcohol can also lead to overeating later on.

In addition, it can disrupt your sleep, making it difficult to lose weight.



Healthier drink alternatives and mindful consumption

Healthier Drink Alternatives



Water

The best beverage for your health is water. It's calorie-free, refreshing, and helps you stay hydrated.



Unsweetened tea or coffee

Tea and coffee are naturally calorie-free, and you can add your own flavor with spices or herbs.



Sparkling water

Sparkling water is a refreshing alternative to sugary soda. It's calorie-free and has no added sugar.



Milk or plant-based milk

Milk and plant-based milk are a good source of protein and calcium. Choose lower-fat or skim milk options to reduce the calorie content.



Fruit-infused water

Fruit-infused water is a delicious and refreshing way to get your daily dose of fruits. Simply add your favorite fruits to a pitcher of water and let it infuse for a few hours.

PSYCHOLOGY BEHIND DIET CULTURE

The world today moves at a very fast pace and, as a result, affects multiple aspects of our lives, including how we eat and the food choices we make. How often do you eat while doing chores or during a 10-minute lunch break? Or choose poor food choices simply because it's convenient at the moment.

Weight management takes more than being able to follow a healthy diet or exercise routine. We put so much pressure on ourselves that we think that we are only fighting against weight gain when, in reality, we are fighting against culture, the food industry, food marketing, misinformed media, sponsored research (yes, this may seem surprising, but the biggest food companies fund much research so they can better promote their products) and the list goes on.

The food industry works against us; their number one goal is to make a maximal profit. Products are carefully made in a way to sell more and override our willpower; they are meant to be addictive.

Here's an example of how the food industry gives us false conceptions about food:



vs.



As a rule of thumb, longer ingredient lists are always worse and unhealthy

Potato chips

Ingredients: Potatoes, Vegetable Oil (Sunflower/Canola Oil), and Salt.




Veggie Chips

Ingredients: (Potato Flour, Potato Starch, Tomato Paste, Spinach Powder, Salt, Sugar, Potassium Chloride, Beetroot Powder [Color], Turmeric), Canola Oil and/or Safflower Oil and/or Sunflower Oil, Sea Salt

When we search for a solution to weight gain, we find ourselves looking at the surface rather than searching for the root of the problem. Food is not the enemy. It's much easier to cut out foods temporarily than to eliminate your addictions and unhealthy habits. Setting yourself free from addictions is challenging, but it's the biggest investment you can make!

One of our major problems is that we need to pay more attention to our satiety and hunger cues. We eat when bored, out with friends, or at social events - we have stopped listening to our body's true signals. Like anything else we stop doing, we've become less skilled at it and need practice to improve.

It's essential to recognize whether it's your appetite speaking or your hunger! Knowing which body signal is talking can help you manage what you're eating. Unfortunately, it's easy to ignore fullness signals because physical signs of hunger are much more powerful. It takes 15-20 minutes from the time you start eating for your brain to send signals of satiety, which explains why we often overeat, and by the time we realize we are full, it's already too late.

	 Head	 Stomach	 Heart
	Cravings triggered by environmental factors	Cravings triggered by emotions	Cravings triggered by emotions
Identify your hunger	<ul style="list-style-type: none"> + Demands instant satisfaction from specific foods + Often triggered by seeing/hearing/smelling foods 	<ul style="list-style-type: none"> + Triggered by emotions such as stress + Eating to comfort as a coping mechanism 	<ul style="list-style-type: none"> + Triggered by emotions such as stress + Eating to comfort as a coping mechanism
Manage your hunger	<ul style="list-style-type: none"> + Remove unwanted ads from your social media + Place more fruits and veggies in your eyesight so the first thing you reach for will always be a healthy snack + Prepare healthy snacks and meals ahead of time 	<ul style="list-style-type: none"> + Take time to pause appreciating the taste and texture of food + Explore new ways to cope with emotions → walking outside, watching a funny movie, self-care, calling a friend 	<ul style="list-style-type: none"> + Take time to pause appreciating the taste and texture of food + Explore new ways to cope with emotions → walking outside, watching a funny movie, self-care, calling a friend

SUPPLEMENTS

Understanding the role of supplements in a healthy diet

While a well-balanced diet should be the foundation of our nutritional intake, supplements can play a valuable role in addressing specific deficiencies, supporting overall health, and enhancing our well-being. Let's explore the benefits, potential risks, and best practices for incorporating supplements wisely into your nutrition plan.

1

Addressing Nutritional Gaps

Supplements can help bridge nutritional gaps when it's challenging to obtain all essential vitamins, minerals, and nutrients solely from food.

2

Supporting Special Needs and Lifestyles

Certain life stages (e.g., pregnancy, aging) and lifestyles (e.g., athletes, vegetarians) may require specific nutrients beyond what a regular diet provides.

3

The Power of Antioxidants:

Antioxidant supplements, such as vitamin C, vitamin E, and selenium, are known for their ability to combat oxidative stress and reduce the risk of chronic diseases.

4

Navigating Herbal and Botanical Supplements

Herbal and botanical supplements have gained popularity for their potential health benefits. However, not all products are created equal, and some may interact with medications or have adverse effects.

5

Caution and Consultation

While supplements can be beneficial, there are potential risks associated with improper use or excessive dosages.

Commonly used supplements and their potential benefits

- **Multivitamins:** Provide a combination of essential vitamins and minerals to support overall health and fill potential nutritional gaps.
- **Omega-3 Fatty Acids (Fish Oil):** May promote heart health, reduce inflammation, and support brain function.
- **Vitamin D:** Supports bone health, immune system function, and may play a role in reducing the risk of certain chronic diseases.
- **Probiotics:** Help maintain a healthy balance of gut bacteria, promoting digestive health and supporting the immune system.
- **Magnesium:** Supports muscle and nerve function, aids in energy production, and can help with relaxation and stress reduction.
- **Calcium:** Essential for bone health and muscle function.
- **Vitamin C:** An antioxidant that supports the immune system and collagen production for healthy skin and tissues.
- **B Vitamins (B-complex):** Play various roles in energy metabolism, nerve function, and red blood cell production.
- **Iron:** Essential for carrying oxygen in the blood and preventing iron-deficiency anemia.
- **Zinc:** Supports immune function, wound healing, and the production of enzymes and proteins.
- **Turmeric/Curcumin:** Known for its anti-inflammatory properties and potential benefits for joint health.
- **Ashwagandha:** An adaptogenic herb that may help reduce stress and support overall well-being.
- **Ginseng:** May enhance mental and physical performance, reduce fatigue, and support immune function.



Potential beneficial supplements

1. **Protein Powders:** Extracted from animal or plant-based sources ranging from cow's milk and eggs to peas, rice, and soy. Commonly used for building muscle, when you're amping your workouts, recovering from an injury, and/or if you're becoming vegan.
2. **Caffeine:** Can temporarily boost metabolism and enhance exercise performance. Commonly found in pre-workout drinks.
3. **BCAAs:** Helps maintain and build muscles.
4. **Creatine:** Helps produce ATP which provides energy for muscles to help increase athletic performance, especially for weight training.
5. **Electrolytes:** Many supplements include this. Important for hydration and the regulation of nerve and muscle function.

Note that anyone considering using any of the above supplements should understand that it is classified as a dietary supplement, which means it is not regulated the same way food or medicine is. Responsibility falls on the manufacturers to ensure their products are safe, though many companies fail to test for safety or efficacy prior to selling to consumers.

Understand individual responses to supplements can vary; not all supplements may work for everyone. Moreover, supplements should always be used in conjunction with a healthy diet, regular physical activity, and under the guidance of a healthcare professional or registered dietitian. However, a healthy diet with adequate amounts of healthy carbs, protein, and water is sufficient to fuel the body for moderate amounts of physical activity.

EATING OUT

Tips for eating out healthily

Eating out can be a delightful experience, but it often comes with temptations of indulgent and less healthy food choices. You can enjoy restaurant meals without compromising your health and nutrition goals by being mindful of your selections and making informed decisions.

1. **Plan Ahead:** Before you head out, you can check the restaurant's menu online if available. Look for healthier options like grilled or baked dishes, salads, and lean protein sources. This way, you can arrive with a plan in mind and avoid impulsive, less nutritious choices.
2. **Control Portions:** Restaurant portions are often larger than what we need. Consider sharing a meal with a dining partner or ask for a to-go container to save half for later. Opt for appetizer-sized portions or lunch-sized options if available.
3. **Choose Wisely:** Look for dishes with plenty of vegetables, lean proteins, and whole grains. Avoid deep-fried or heavily sauced items and opt for steamed, grilled, or baked preparations instead.
4. **Be Mindful of Beverages:** Calories from beverages can add up quickly. Opt for water, unsweetened tea, or sparkling water with a splash of lemon or lime. If you choose alcohol, do so in moderation and avoid sugary cocktails.
5. **Be Mindful of Desserts:** If you want to enjoy dessert, consider sharing with others at the table. Alternatively, look for fruit-based desserts or opt for a smaller portion of your favorite treat.

MINDSET
IS
EVERYTHING

Smart ordering

Making smart choices when dining out is essential for maintaining a balanced and nutritious diet. With tempting menus and indulgent options, it can be challenging to stick to your health goals.

Scan the Menu



Start by scanning the menu to identify healthier options. Look for keywords such as "grilled," "baked," "steamed," and "fresh" that indicate lighter and more nutritious dishes.



Opt for Lean Proteins

Choose lean protein sources like grilled chicken, fish, turkey, or tofu. These options are typically lower in saturated fats and calories compared to fried or heavily processed meats.



Load Up on Vegetables

Emphasize vegetable-based dishes or those with ample vegetable sides. Vegetables are nutrient-dense and provide essential vitamins and minerals, while also adding fiber to help keep you satisfied.



Be Cautious with Appetizers

Appetizers can add extra calories and sodium before your main meal. If you'd like an appetizer, choose a healthier option like a salad, vegetable-based dish, or broth-based soup.



Mindful of Dressings and Sauces

Dressings and sauces can be calorie-dense and high in added sugars and unhealthy fats. Request them on the side and use them sparingly, or opt for lighter options like vinaigrettes or salsas.



Choose Whole Grains

If the menu offers whole-grain options, such as whole-grain bread, brown rice, or quinoa, choose them over refined grains to increase your fiber intake and promote better digestion.

Fast-food alternatives

Fast-food alternatives offer healthier options that can help you maintain a balanced diet even when you're on the go. Here are some fast-food alternatives to consider:



Instead of a burger

Go for a grilled chicken sandwich or a veggie burger on a whole-grain bun with plenty of fresh vegetables and light condiments like mustard or hummus



Instead of Burritos or Tacos with Sour Cream and Cheese

Go for options with grilled or shredded lean meats, plenty of vegetables, and salsa. Choose whole-grain tortillas or lettuce wraps as a healthier alternative



Instead of Pizza with Thick Crust and Extra Cheese

Choose a thin-crust pizza with plenty of vegetable toppings and lean protein like chicken or turkey



Instead of fries

Opt for a side salad, fruit cup, or vegetable sticks like carrot and cucumber with hummus or yogurt dip



Instead of a Big Ice Cream Sundae

Enjoy a small serving of frozen yogurt or a fruit parfait with a mix of fresh fruits and a dollop of Greek yogurt






Instead of Fried Chicken Nugget

Select grilled or baked chicken strips with a side of mixed greens or steamed vegetables

When we search for a solution to weight gain, we find ourselves looking at the surface rather than searching for the root of the problem. Food is not the enemy. It's much easier to cut out foods temporarily than to eliminate your addictions and unhealthy habits. Setting yourself free from addictions is challenging, but it's the biggest investment you can make!

One of our major problems is that we need to pay more attention to our satiety and hunger cues. We eat when bored, out with friends, or at social events - we have stopped listening to our body's true signals. Like anything else we stop doing, we've become less skilled at it and need practice to improve.

It's essential to recognize whether it's your appetite speaking or your hunger! Knowing which body signal is talking can help you manage what you're eating. Unfortunately, it's easy to ignore fullness signals because physical signs of hunger are much more powerful. It takes 15-20 minutes from the time you start eating for your brain to send signals of satiety, which explains why we often overeat, and by the time we realize we are full, it's already too late.

	 Head	 Stomach	 Heart
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Part 2

MEAL PLAN

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 1

Veggie omelet

- 1 whole egg
- 2 egg whites
- ½ cup (15g) spinach
- ½ cup (45g) mushrooms
- 1 tbsp low-fat cheese.

Rice & Grilled Chicken

- ½ cup cooked brown rice (90g)
- 4oz (110g) grilled chicken breast
- 1 cup (90g) broccoli

Grilled Salmon with Zucchini

- 4oz (110g) grilled salmon, skinless
- 1 cup (175g) zucchini

- 1 cup (120g) carrot sticks
- ½ cup (110g) low-fat cottage cheese

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 2

Kale Strawberry Smoothie

- 1 cup (30g) kale
- ½ cup (120ml) unsweetened almond milk
- 1 scoop protein powder
- ½ cup (80g) strawberries
- ½ tbsp chia seeds
- ½ tbsp flaxseeds

Quinoa Greek Salad

- ½ cup cooked quinoa (90g)
- 2oz (55g) feta cheese
- ½ cup (75g) cucumber
- ½ cup (75g) tomatoes

Broccoli Cream Soup (1 serving)
Refer to Page 44

- 1 medium apple
- 1 tbsp nut butter (sugar-free)

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 3

Protein Smoothie

- 1 cup (240ml) unsweetened almond milk
- 1 scoop of protein powder
- ½ cup (15g) spinach
- 1 tbsp nut butter (no added sugar)

Turkey Avocado Wrap

- 1 whole-wheat tortilla
- 3oz (85g) grilled turkey breast
- 1oz (30g) avocado
- ½ cup (17g) lettuce

Broccoli Cream Soup (1 serving)
Refer to Page 44

- ½ cup (120g) Greek yogurt
- ½ cup (60g) blueberries

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 4

Veggie Egg Scramble

- 1 whole egg,
- 2 egg whites
- ¼ cup (45g) bell peppers, chopped
- ¼ cup (22g) mushrooms, sliced
- 1 tbsp onions, chopped

Turkey Pesto Sandwich

- 2 (50g) whole-wheat bread slices
- 4oz (110g) grilled turkey breast
- 1 tsp sun-dried tomatoes
- 1 tsp basil pesto

Grilled Steak with Asparagus

- 3oz (85g) grilled lean steak
- 1 cup (134g) roasted asparagus

- 1 cup (100g) celery sticks
- ½ cup (100g) hummus

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 5

Berry Yogurt Bowl

- ½ cup (120g) Greek yogurt
- 3oz (85g) berries
- 2 tbsp (30g) granola, unsweetened
- 1 tsp slivered almonds

Quinoa Chicken Bowl

- ½ cup (90g) cooked quinoa
- 4oz (110g) grilled chicken
- ¼ cup (35g) cherry tomatoes
- ½ cup (50g) cucumber
- 1 tbsp lime juice
- 1 tsp olive oil

Turkey Meatballs with Zoodles

Refer to Page 45

- 1 cup (120g) carrot sticks
- ½ cup (110g) low-fat cottage cheese

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 6

Mango Smoothie Bowl

- 1 cup (165g) mango
- ½ cup (120ml) unsweetened almond milk
- 1 scoop vanilla protein powder
- ½ tbsp chia seeds
- ½ tbsp flaxseeds
- ¼ cup (60g) low-fat Greek yogurt

Mediterranean Tuna Wrap

Refer to Page 46

Baked Cod with Quinoa and Green Beans

- 4oz (110g) baked cod
- ½ cup (90g) cooked quinoa
- 1 cup (100g) green beans

- 1 medium apple
- 1 tbsp nut butter (sugar-free)

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 7

Protein Pancakes
Refer to Page 47

Halloumi & Roasted Chickpea Bowl

- ½ cup (90g) roasted chickpeas
- 3oz (85g) low-fat halloumi
- ½ cup (17g) lettuce

Stir-Fry Shrimp & Cauliflower Rice
Refer to Page 48

- ½ cup (120g) Greek yogurt
- ½ cup (60g) raspberries

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 8

Eggs & Toast Protein

- 2 boiled eggs
- 2 slices whole-grain toast (50g)
- ½ cup (15g) spinach
- ½ cup (75g) cherry tomatoes

Rice & Chicken

- ½ cup cooked brown rice (90g)
- 4oz (110g) grilled chicken breast
- 1 cup (90g) Brussels sprouts, roasted

Baked Cod with Sweet Potato and Broccoli

- 4oz (110g) baked cod
- 1 small sweet potato, baked
- 1 cup (90g) broccoli

- 1 cup (150g) cucumber sticks
- ½ cup (100g) hummus

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 9

Berry Chia Seed Pudding
Refer to Page 49

Chicken Avocado Lettuce Wraps

- 1 whole-wheat tortilla
- 3oz (85g) grilled chicken breast
- 1oz (30g) avocado
- ½ cup (17g) lettuce

Beef with Grilled Zucchini & Broccoli

- 100g (3.5oz) beef sirloin, sliced
- 1 cup (90g) broccoli florets
- 1 cup (170g) zucchini, grilled

- 1 cup (170g) bell pepper sticks
- ½ cup (110g) low-fat cottage cheese

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 10

Berry Yogurt Bowl

- ½ cup (120g) Greek yogurt
- 3oz (85g) berries
- 2 tbsp (30g) granola, unsweetened
- 1 tsp slivered almonds

Shrimp Cassarece Pasta

- ½ cup dry cassarece pasta (50g)
- 4oz (110g) shrimp
- 1 tbsp marinara sauce

Mexican Bowl

- ½ cup (130g) canned black beans
- ½ cup (75g) cherry tomatoes
- 1 oz (30g) avocado
- 2 tbsp corn
- 1 tbsp cilantro lime vinaigrette (Page x)

- 1 medium apple
- 1 tbsp nut butter (sugar-free)

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 11

Coconut Flaxseed Oatmeal
Refer to Page 50

Quinoa Turkey Bowl

- ½ cup cooked quinoa (90g)
- 4oz (110g) grilled turkey breast
- 1oz (30g) avocado
- 1 tbsp cilantro lime vinaigrette (Refer to page 52)

Chicken-Avocado Caprese Salad

- 4oz (110g) grilled chicken breast
- 1oz (30g) avocado, diced
- 1oz (30g) low-fat mozzarella
- ½ cup (75g) cherry tomatoes

- ½ cup (120g) Greek yogurt
- ½ cup (60g) raspberries

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 12

Green Goodess Smoothie

- 1 cup (30g) spinach
- ½ cucumber
- ½ green apple
- 1 oz (30g) avocado
- ½ lemon, juiced
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 cup (240ml) unsweetened almond milk

Chicken Caesar Pasta Salad

- ½ cup dry whole-wheat pasta (50g)
- 4oz (110g) grilled chicken breast
- 2oz (55g) low-fat mozzarella
- ½ cup (75g) cherry tomatoes
- 1 tsp balsamic vinegar

Chickpea Tuna Bowl

- ½ cup (83g) canned chickpeas
- 4oz (110g) canned tuna
- ½ cup (17g) lettuce
- ½ cup (85g) bell pepper

- 1 cup (120g) carrot sticks
- ½ cup (110g) low-fat cottage cheese

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 13

Feta Cheese & Spinach
Frittata
Refer to Page 51

Turkey Pesto
Sandwich

- 2 (50g) whole-wheat bread slices
- 4oz (110g) grilled turkey breast
- 1 tsp sun-dried tomatoes
- 1 tsp basil pesto

Turkey Meatballs
with Zoodles
Refer to Page 45

- ½ cup (120g) Greek yogurt
 - ½ cup (60g) strawberries
-

BREAKFAST**LUNCH****DINNER****SNACK**

DAY 14

Banana PB Toast

- 2 (50g) whole-wheat bread slices
- 1 small banana (50g), sliced
- 1 tbsp natural peanut butter

Quinoa Greek Salad

- ½ cup cooked quinoa (90g)
- 2oz (55g) feta cheese
- ½ cup (75g) cucumber
- ½ cup (75g) tomatoes

Lemon Garlic
Shrimp with
Cauliflower Mash
Refer to Page 53

- 1 cup (150g) cucumber sticks
 - ½ cup (100g) hummus
-





VEGAN



2 SERVINGS



30 MIN

BROCCOLI CREAM SOUP

INGREDIENTS

- 4 cups (360g) broccoli florets (fresh or frozen)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2 cups (700ml) vegetable broth (low sodium)
- 1 cup (240ml) unsweetened almond milk
- ½ cup (120ml) canned coconut milk
- Salt and pepper to taste

DIRECTIONS

1. In a medium-sized pot, heat the olive oil over medium heat.
2. Add the chopped onion and minced garlic to the pot and sauté until the onion becomes translucent.
3. Add the broccoli florets to the pot and stir to combine with the onions and garlic.
4. Pour in the vegetable broth, and bring the mixture to a simmer. Cover the pot and cook for about 10 minutes or until the broccoli becomes tender.
5. Remove the pot from heat and allow the mixture to cool slightly.
6. Blend the soup until smooth and creamy using a blender or immersion blender.
7. Return the blended soup to the pot and place it back on low heat.
8. Stir in the unsweetened almond milk and canned coconut milk to achieve the desired consistency.
9. Season the soup with salt and pepper to taste.

NUTRITIONAL VALUES (PER SERVING)

Calories: 280

Protein: 14

Fat: 7.7

Carbs: 24



MEAT



1 SERVING



35 MIN

TURKEY MEATBALLS WITH ZOODLES

INGREDIENTS

For Turkey Meatballs:

- ½ lb (227g) ground turkey (lean)
- ¼ cup breadcrumbs (whole wheat or gluten-free)
- ½ cup (60g) grated zucchini
- 2 cloves garlic, minced
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- Salt and pepper to taste
- 1 teaspoon olive oil

For Zoodles (Zucchini Noodles):

- 1 large zucchini
- 1 teaspoon olive oil
- Salt and pepper to taste

For Serving:

- ¼ cup (60g) marinara sauce (no added sugar, low sodium)

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine all the ingredients for turkey meatballs. Mix until well combined.
3. Shape the mixture into small meatballs, about 1 inch in diameter.
4. Heat 1 teaspoon of olive oil in a skillet over medium heat. Add the meatballs and cook for 2-3 minutes on each side until they are browned. Alternatively, you can bake the meatballs in the preheated oven for about 10-12 minutes.
5. Use a spiralizer or a vegetable peeler to create zucchini noodles from the medium zucchini.
6. In a separate skillet, heat 1 teaspoon of olive oil over medium heat. Add the zoodles and sauté for 2-3 minutes until they are just tender. Be careful not to overcook them, as they can become mushy.
7. Season the zoodles with salt and pepper to taste.
8. To serve, place the cooked zoodles on a plate, top with the turkey meatballs, and drizzle with marinara sauce.

NUTRITIONAL VALUES (PER SERVING)

Calories: 350

Protein: 28

Fat: 16

Carbs: 26



FISH



1 SERVING



10 MIN

MEDITERRANEAN TUNA WRAP

INGREDIENTS

- 1 whole wheat tortilla
- 1 can (5oz/140g) tuna in water, drained
- ¼ cup (30g) cucumber, diced
- ¼ cup (37g) cherry tomatoes, halved
- 2 tablespoons red onion, finely chopped
- 1 tablespoon Kalamata olives, pitted and chopped
- 2 tablespoons plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

DIRECTIONS

1. In a mixing bowl, combine the drained tuna, diced cucumber, halved cherry tomatoes, finely chopped red onion, and chopped Kalamata olives.
2. In a separate small bowl, mix the plain Greek yogurt, Dijon mustard, and fresh lemon juice to make the dressing. Season the dressing with salt and pepper to taste.
3. Pour the yogurt and mustard dressing over the tuna mixture and toss until everything is well coated.
4. Lay the whole wheat tortilla on a flat surface and place the Mediterranean tuna mixture in the center of the tortilla.
5. Carefully fold the sides of the tortilla inward, and then roll it up tightly to create the wrap.

NUTRITIONAL VALUES (PER SERVING)

Calories: 365

Protein: 40

Fat: 10

Carbs: 26



VEGETARIAN



1 SERVING



15 MIN

PROTEIN PANCAKES

INGREDIENTS

- ½ cup rolled oats (gluten-free if needed)
- ½ cup low-fat cottage cheese
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ teaspoon baking powder
- Pinch of salt
- Cooking spray or a small amount of oil for greasing the pan
- Mixed berries (such as blueberries, strawberries, raspberries) for topping

DIRECTIONS

1. In a blender or food processor, combine rolled oats, low-fat cottage cheese, eggs, vanilla extract, baking powder, and a pinch of salt. Blend until the mixture becomes smooth and well combined.
2. Preheat a non-stick skillet or griddle over medium heat.
3. Lightly grease the skillet with cooking spray or a small amount of oil.
4. Pour about ¼ cup of the pancake batter onto the skillet to form a round pancake.
5. Cook the pancake for about 2-3 minutes on each side until golden brown and cooked through. You should see bubbles forming on the surface before flipping it.
6. Repeat the process with the remaining batter to make more pancakes.
7. Stack the cooked protein pancakes on a plate, and top them generously with mixed berries.

NUTRITIONAL VALUES (PER SERVING)

Calories: 430

Protein: 32

Fat: 18

Carbs: 32



FISH



1 SERVING



35 MIN

STIR-FRY SHRIMP & CAULIFLOWER RICE

INGREDIENTS

- 5oz (140g) large shrimp, peeled and deveined
- 1 cup (100g) cauliflower, riced
- ½ red bell pepper, thinly sliced
- ½ cup (45g) broccoli florets
- 1 carrot, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon ginger, grated
- 1 tablespoon low-sodium soy sauce (or tamari for gluten-free option)
- 1 tablespoon sesame oil
- 1 teaspoon olive oil
- 1 tablespoon rice vinegar

NUTRITIONAL VALUES (PER SERVING)

Calories: 370
Protein: 26
Fat: 20
Carbs: 22

DIRECTIONS

1. In a small bowl, whisk together the soy sauce, sesame oil, rice vinegar to make the stir-fry sauce. Set aside.
2. In a large skillet or wok, heat 1 tablespoon of olive oil over medium-high heat.
3. Add the minced garlic and grated ginger to the skillet, and sauté for about 30 seconds.
4. Add the shrimp to the skillet and cook for 2-3 minutes per side until they turn pink and opaque. Remove the shrimp from the skillet and set aside.
5. In the same skillet, add another tablespoon of olive oil and sauté the sliced red bell pepper, broccoli florets, and carrot for about 3-4 minutes until slightly tender but still crisp.
6. Push the vegetables to the side of the skillet and add the remaining tablespoon of olive oil to the center. Add the cauliflower rice and stir-fry for 2-3 minutes until it's heated through and slightly softened.
7. Pour the stir-fry sauce over the cauliflower rice and vegetables, and toss to combine.
8. Return the cooked shrimp to the skillet and stir-fry for an additional minute to coat them with the sauce and warm them up.
9. Remove the skillet from heat and enjoy!



VEGAN



1 SERVING



15 MIN

BERRY CHIA SEED PUDDING

INGREDIENTS

- ¼ cup (40g) chia seeds
- 1 cup (240ml) unsweetened almond milk
- 1 scoop protein powder
- ½ teaspoon vanilla extract
- 1 teaspoon honey or maple syrup (optional, for added sweetness)
- ½ cup mixed berries (such as blueberries, strawberries, raspberries)

DIRECTIONS

1. In a small bowl or jar, mix the chia seeds, unsweetened almond milk, protein powder, vanilla extract, and honey or maple syrup (if using). Stir well to combine all the ingredients.
2. Cover the bowl or jar with a lid or plastic wrap and refrigerate the mixture for at least 4 hours or overnight.
3. Once the chia seed pudding has set, give it a good stir to break up any clumps.
4. Wash and prepare the mixed berries. You can leave them whole or chop them if you prefer.
5. In a serving bowl or glass, layer the chia seed pudding and mixed berries, starting with a layer of pudding followed by a layer of berries. Repeat the layers until you've used all the ingredients.
6. Top the pudding with a few berries for garnish.

NUTRITIONAL VALUES (PER SERVING)

Calories: 436

Protein: 35

Fat: 18

Carbs: 37



VEGAN



1 SERVING



15 MIN

COCONUT FLAXSEED OATMEAL

INGREDIENTS

- $\frac{3}{4}$ cup (28g) rolled oats (gluten-free if needed)
- 1 cup (240ml) unsweetened coconut milk
- 1 tablespoon flaxseeds
- 1 tablespoon unsweetened shredded coconut
- $\frac{1}{2}$ scoop protein powder
- $\frac{1}{2}$ teaspoon pure vanilla extract
- Pinch of salt
- $\frac{1}{2}$ cup (95g) blueberries
- 1 tablespoon almonds

DIRECTIONS

1. In a small saucepan, combine the rolled oats, unsweetened coconut milk, flaxseeds, unsweetened shredded coconut, pure vanilla extract, and a pinch of salt.
2. Bring the mixture to a gentle boil over medium heat while stirring occasionally to prevent sticking.
3. Once it starts boiling, reduce the heat to low and simmer for about 5 minutes or until the oatmeal reaches your desired consistency. Stir occasionally during cooking to ensure it doesn't stick to the bottom of the pan.
4. Remove the oatmeal from heat and let it sit for a minute or two to thicken further.
5. Transfer the Coconut Flaxseed Oatmeal to a serving bowl.
6. Top the oatmeal with your favorite fresh fruits and nuts or seeds.

NUTRITIONAL VALUES (PER SERVING)

Calories: 367

Protein: 29

Fat: 19

Carbs: 45



VEGETARIAN



1 SERVING



15 MIN

FETA CHEESE & SPINACH FRITTATA

INGREDIENTS

- 1 large egg
- 2 large egg whites
- 1 cup (30g) fresh spinach, chopped
- ¼ cup (55g) crumbled feta cheese
- 1 tablespoon chopped green onions (scallions)
- ½ tablespoon olive oil
- Salt and pepper to taste
- Fresh herbs (such as parsley or dill) for garnish (optional)

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a small bowl, whisk the eggs until well beaten. Season with a pinch of salt and pepper.
3. Heat the olive oil in an oven-safe skillet over medium heat.
4. Add the chopped spinach to the skillet and sauté for 1-2 minutes until wilted.
5. Pour the beaten eggs over the sautéed spinach.
6. Sprinkle the crumbled feta cheese and chopped green onions on top of the eggs.
7. Cook the frittata on the stovetop for about 2 minutes or until the edges begin to set.
8. Transfer the skillet to the preheated oven and bake for 8-10 minutes or until the frittata is fully set.
9. Remove the skillet from the oven (be cautious as the handle will be hot) and let the frittata cool for a minute.
10. Slide the frittata out of the skillet onto a plate.
11. Garnish with fresh herbs, if desired, for added freshness and flavor.

NUTRITIONAL VALUES (PER SERVING)

Calories: 320

Protein: 22

Fat: 23

Carbs: 4.5



VEGAN



1 SERVING



15 MIN

CILANTRO LIME VINAIGRETTE

INGREDIENTS

- ¼ cup fresh cilantro leaves, chopped
- 1/4 cup fresh lime juice (about 2-3 limes)
- 2 tablespoons olive oil
- 1 tablespoon honey or maple syrup (for sweetness, optional)
- 1 garlic clove, minced
- ½ teaspoon ground cumin
- Salt and pepper to taste

DIRECTIONS

1. In a small bowl, combine the chopped cilantro, fresh lime juice, olive oil, minced garlic, and ground cumin.
2. If you prefer a touch of sweetness, you can add honey or maple syrup to the vinaigrette. Adjust the amount to your taste preference.
3. Season the vinaigrette with salt and pepper to taste. Start with a pinch of salt and a dash of pepper, then adjust as needed.
4. Whisk all the ingredients together until well combined. Alternatively, you can place the ingredients in a sealed container and shake vigorously to mix the vinaigrette.

NUTRITIONAL VALUES (PER SERVING)

Calories: 200

Protein: 14

Fat: 4.4

Carbs: 26



VEGAN



1 SERVING



15 MIN

LEMON GARLIC SHRIMP WITH CAULIFLOWER MASH

INGREDIENTS

For Lemon Garlic Shrimp:

- 5oz (140g) shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon fresh lemon juice
- ½ teaspoon lemon zest
- Salt and pepper to taste
- Fresh parsley for garnish

For Cauliflower Mash:

- 1 cup cauliflower florets
- ½ extra-virgin olive oil
- 1 clove garlic, minced
- 2 tablespoons low-sodium chicken or vegetable broth
- Salt and pepper to taste

NUTRITIONAL VALUES (PER SERVING)

Calories: 330

Protein: 24

Fat: 22

Carbs: 11

DIRECTIONS

Lemon Garlic Shrimp:

1. In a small bowl, combine olive oil, minced garlic, fresh lemon juice, lemon zest, salt, and pepper.
2. Place the shrimp in the marinade and let them sit for 10-15 minutes to absorb the flavors.
3. Heat a non-stick skillet over medium-high heat.
4. Add the marinated shrimp to the skillet and cook for 2-3 minutes on each side until they are pink and opaque.
5. Remove the shrimp from the skillet and set them aside.

Cauliflower Mash:

1. Steam or boil the cauliflower florets until they are tender.
2. In a separate skillet, melt the butter or olive oil over medium heat.
3. Add the minced garlic to the skillet and sauté for about 1 minute until fragrant.
4. Add the cooked cauliflower to the skillet and mash it using a potato masher or a fork.
5. Stir in the low-sodium chicken or vegetable broth to reach your desired consistency. Continue mashing until the mixture is smooth and creamy.
6. Season the cauliflower mash with salt and pepper to taste.

Assembly:

1. Serve the Lemon Garlic Shrimp on top of the Cauliflower Mash.
2. Garnish with fresh parsley, if desired, for added flavor and presentation.



Remember, YOU are the one who signed up to create a change. With any changes comes challenges, especially when setting new routines, following a new lifestyle and staying focus. If it was easy, you already know, everyone would already be doing it! Remember to set small, tangible goals and stay focused.

The most important reminder is WE GOT YOU! No question is a silly question and there is no such thing as too many questions. We are dedicated in helping you be the best version of yourself! We're only a phone call away! Now LET'S DO THIS!

LET'S CONNECT



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