



EASY WEIGHT LOSS
THE GUIDE

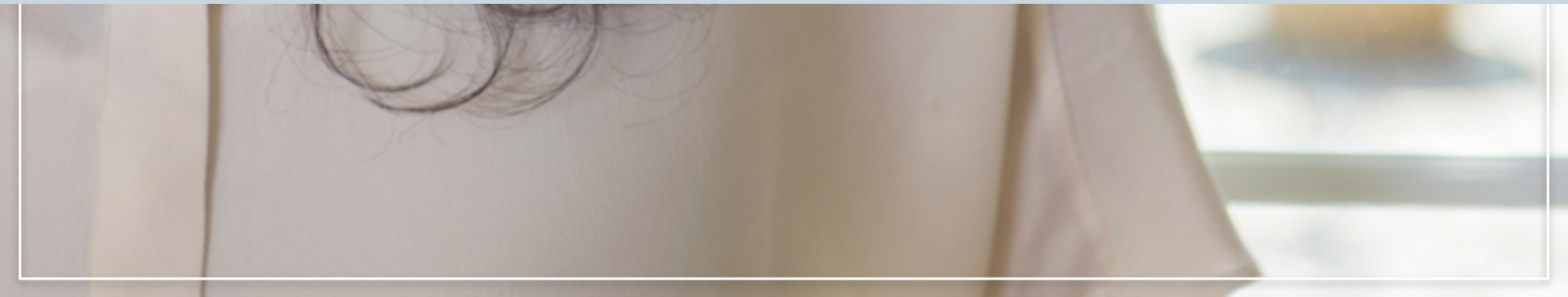


TABLE OF CONTENTS

Welcome!	4
How Easy Weight Loss Works.....	5
Here are some of the things you'll be eating:	5
Getting the Most Out of This Program	6
Reframing Your Mindset.....	7
Kicking Bad Habits	8
Cleaning Out the Pantry and Fridge	9
Understanding Portion Control.....	10
The Program.....	12
Daily Schedule.....	12
Upon rising:	12
Breakfast:	12
Snacks:.....	12
Suggested Meals	13
Shopping List.....	14
Supplemental Information.....	16
Sugar Addiction	16
Gut Health	18
Clean Protein.....	20
Protein Powders.....	20
Carbohydrates	21
Grains.....	21
Fat	23
Snacks.....	24
Tips AND Tricks for Eating On-The-Go	25
Burger Joint.....	25
Italian Fare.....	26

Japanese26
Pizzeria.....26
Dessert.....27
Alcohol.....27
On-The-Road Snacking.....27
 Making Modifications28
Congrats!29
Disclaimer.....30

WELCOME!

Hello and Welcome to the *Easy Weight Loss Program!*

First of all, I want to congratulate you for committing to such a monumental step forward in your life. You're making a large investment in your quality of life, your health, and your happiness. You should be so proud!

With so much chaos and stress in our lives, fast food on every block, and grocery stores full of junk, it's easy for us to gain weight. However, once you gain weight, it's not so easy to lose it. If it were, everyone would do it. However, the fact of the matter is, weight loss can be a demanding and seemingly unmanageable process (particularly if you have no idea what you're doing). That's why 69% of adults over the age of 20 are overweight.¹

I guess that's why you're here – because you gained some weight, whether it's three kilos or 20 kilos and are in desperate need of someone who can help you get back on the healthy train. I created this simple weight loss program just for you, the busy person, and I'll help navigate you to your final destination.

My job is to help you lose weight naturally and feel fabulous in your body without gimmicks, tricks, or diet pills! You'll enjoy real food, real dedication, and real results, and I'll help you ditch dieting for good!

In this program, you'll have a week's worth of easy, fresh, nutrient-dense meals planned out for you – all free of hormones, pesticides, and toxic junk that lead to weight gain and cellulite. You'll eat the recommended meals, drink the recommended drinks, reframe your mindset, get rid of bad habits, integrate positive rituals into your life, and lose weight! The best part is that you can repeat this program until you have achieved your weight loss results, whether it's for one week, two weeks, three weeks, or more.

You may be thinking that this program sounds incredibly simple, and it is. It's that easy. When you put the right foods in your body and stay committed, you will shed kilos. Trust me – I've done it.

However, you *must* commit to making yourself a priority. You must be selfish, put your needs first, and commit to self-care, self-love, and a healthy mindset. If you do those things, you'll experience a momentous shift in your life.

¹ <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

Repeat this to yourself – *“I am worth putting myself first in all areas of my life.”*

In starting this program, know that you made a decision that the majority of people are unable to commit to, so for that I commend you. You are beautiful, you are brave, and I bow down to you.

HOW EASY WEIGHT LOSS WORKS

If you're having trouble losing weight, chances are you're not eating the right foods. When you eat much of the junk that fills our grocery stores, you deprive your body of the right nutrients and fill it up with toxicity. This makes you gain weight because your body cannot carry out its processes as it was designed to. It becomes clogged, stagnant and overburdened.

This is why fresh, seasonal foods are the cornerstone of weight loss. By eating foods that are chock-full of nutrients, you support your body's natural detoxification process and provide it with the energy it needs to cleanse, restore, and flush fat.

This program will teach you how to do just that. You'll crank up your metabolism, lose weight, ditch the sugar cravings, and abandon old habits.

HERE ARE SOME OF THE THINGS YOU'LL BE EATING:

- Green leafy vegetables
- Low-glycemic fruits such as apples, berries, and grapefruit
- Low-glycemic carbohydrates such as quinoa, brown rice, millet, red potatoes, steel-cut oats, and sweet potatoes
- Healthy fats such as avocado, flax, chia seeds, olive oil, and coconut oil

So forget about diets and calorie counting. When you follow the Easy Weight Loss program, you'll start living more and enjoying whole, natural foods instead of counting ridiculous points or obsessing over the number on the scale. As you restore your body, you'll begin to feel beautiful from the inside out!

Get ready to feel your best every second of the day!

GETTING THE MOST OUT OF THIS PROGRAM

Before we start, let's cover some basics about weight loss. Here is a list of things you MUST and MUST NOT do to lose weight.

1. Do not overcomplicate your meals. A healthy meal consists of a protein, green, and healthy fat. That's it – it's that simple. It doesn't need to be complicated.
2. Drink water to flush the fat – 33ml of water per kg of body weight. Without the adequate amount of water, the weight will not fall off.
3. Exercise – move your body four times a week at your local gym or go for runs outside.
4. Do not deprive yourself. It does not work, and you'll starve your body of essential nutrients and end up binging on junk food.
5. Instead of focusing on what you cannot eat, think about how great you're going to feel when you go shopping for a pair of jeans that are smaller!
6. It is important to keep a record of your weight and body measurements in your tracker, and write down your meals in your diary.
7. Be conscious of your weight loss mindset. If you are shaming yourself or constantly telling yourself that you are fat, and weight loss is impossible, you will not find the desired results. Treat your body, mind, and soul with love.
8. Before you begin this program, take a picture of yourself. You can also take daily progress pictures. However, don't not take them because you feel crappy now. They'll allow you to notice massive changes happening in your body that you otherwise might not see.
9. In this program, you have a seven-day suggested meal plan with a shopping list. I encourage you to download and print these and go shopping the weekend before you start the program, so you're ready for the week ahead.
10. Take advantage of batch cooking on the weekends.

REFRAMING YOUR MINDSET

Did you know that weight loss is as much of a mental effort as a physical effort? To find success, you must let go of negative thoughts about your body, worth, food, and life. You must positively reframe your mindset and become at peace with yourself.

During this program, I want you to work on improving your daily thoughts. I do not want you to put yourself down, or doubt yourself or your worth. I want you to work on accepting yourself for who you are and speaking your truth. Too often, when we don't speak our truth, we eat. I know that I push down my emotions with food, and I have to be very cognizant of this.

If you find yourself stressed and eager to grab food, stop and reflect on the situation for five minutes. Then put your hand on your belly and reflect on what you need to do to relinquish the hold that this non-serving emotion has on you.

Write about your emotions in your journal or go to the person you need to speak to and have a clear conversation. You can also grab a friend and share your thoughts. Find what works for you and do whatever you need to do to release the pattern of holding onto your emotions.

Lastly, do not allow a poor relationship with food to sabotage your weight loss efforts! Do not deprive yourself of what your body needs in order to lose weight. And do not overeat to fill other voids in your life. Food should be looked at as what it is – nourishment for your body, mind and soul.

“...compulsive eating is basically a refusal to be fully alive. No matter what we weigh, those of us who are compulsive eaters have anorexia of the soul. We refuse to take in what sustains us. We live lives of deprivation. And when we can't stand it any longer, we binge. The way we are able to accomplish all of this is by the simple act of bolting -- of leaving ourselves -- hundreds of times a day.”

Geneen Roth, *Women, Food and God: An Unexpected Path to Almost Everything*

KICKING BAD HABITS

Now let's talk about your lifestyle. What are some of your daily habits that have a negative impact on your health? Stress at work? Too many cups of coffee per day? A diet coke in the afternoon? Staying up late watching reality TV when you should be sleeping? Putting too much on your plate and not putting your health first? That sugar addiction that makes you reach for candy at bedtime? All of these habits are detrimental to your health and dictate your entire life, including weight, happiness, and sleep patterns.

I know what you're thinking – “let me live a little!” I completely understand because I'm the same way, which is why you're going to love this program and the flexibility it offers. I'm a complete advocate of living life to the fullest and enjoying yourself; however, it's important to learn how to control the desires that don't serve you in the long-term.

Let's do a little exercise. On a piece of notebook paper or in a journal, write down five habits you want to change.

For example:

1. Reduce coffee consumption and switch to green tea
2. Stop using sugar or artificial sweeteners and switch to raw honey or stevia
3. Workout four times a week
4. Meditate and write in a journal

Write down five more if they come to mind and post them on your bathroom mirror. Make a plan to tackle one bad habit daily until you've eliminated all of them from your life and replaced them with better choices.

Another way to kick bad habits is to create healthy rituals. Throughout this program, you will partake in healthy rituals that include journaling, meditating, deep breathing, reflecting, and unplugging. These rituals will slow you down and help you reflect, rebalance, and melt away stress. They will also help you lose weight because you'll crave sugar less often (which throws off hormones, sleep patterns, and metabolism, and can lead to serious health issues like diabetes and insulin resistance).

You can do rituals at any point in the day, but you must follow a morning routine in this program. A positive morning ritual sets the stage for better decisions throughout the day.

Here is your morning ritual: Upon waking, take five minutes to practice deep breathing. Sit quietly in a secluded spot and breathe in through your nose and out through your mouth. Set the day up for success by thinking positive thoughts, reframing any negative emotions, and setting daily goals. If others inspire you, take this time to read a passage or quote from Geneen Roth or Marianna Williamson, or listen to Les Brown, Eric Thomas, or Tony Robbins.

CLEANING OUT THE PANTRY AND FRIDGE

Most grocery stores today are filled with what I like to call “weight loss demons.” Weight loss demons are harmful foods that you should not be eating during this program, or after this program. They include things like:

- Refined flours such as wheat and other processed grains
- Boxed cereals, crackers, cereal bars, and meal replacement bars
- Dairy, such as milk, yogurt, and cottage cheese, unless it’s cultured like yogurt or kefir
- Hydrogenated fats and vegetable oils
- Dirty animal proteins such as commercial-raised beef, fish, and poultry
- Chemicals, stabilizers, food dyes, nitrites, and nitrates that are used to preserve and stabilize processed foods
- Non-organic vegetables loaded with pesticides and herbicides

If any of the above are in your pantry or refrigerator, toss them NOW. Many of these demons are called neurotoxins, and they cause of disease, dysfunctional metabolism, extra body fat, and pesky cellulite! These DEMONS are also responsible for:

- Difficult weight management
- Constipation/diarrhea
- Belly bloat
- Dull skin

- Dimpled thighs
- Auto-immune diseases

I dare you to get rid of the demons and watch the fat loss happen! You'll also alleviate systemic inflammation (the internal fire in your body) which allows you to:

- Lose excess weight
- Get beautiful skin
- Breathe better
- Sleep better
- Think better
- Experience lustrous hair
- Grow stronger nails

Doesn't that sound wonderful? So go ahead and purge your pantry and fridge of the junk and fill it up with the foods that fuel you. If the junk isn't in your kitchen, then you're much less likely to eat it!

UNDERSTANDING PORTION CONTROL

Let's get one thing straight – I do not believe in counting calories. Calorie counting does not help weight loss and only leads to an obsession. Instead, I recommend exercising proper portion control and tracking your meals.

Here are accurate portion sizes for the necessary food groups:

- Protein - the size of your fist
- Fat - the size of your thumb
- Carbohydrates - the size of your fist
- Vegetables - unlimited and enjoy
- Fruits - ½ cup or 1 small fruit

Also, remember that both overeating and undereating prevent weight loss. Therefore, you must make sure you are eating *enough* of the right foods. You should be eating accurate portion sizes and eating every two-three hours (5-6 smaller meals per day) to keep your metabolism in fuel-burning mode.

For food tracking, I recommend myfitnesspal.com, but I also recommend keeping a food diary. Writing in a food diary allows you to keep track of *what* you eat as well as how the food makes you *feel*.

THE PROGRAM

DAILY SCHEDULE

To make your journey as simple and hassle-free as possible, I've put together a daily schedule to guide you.

UPON RISING:

Drink your Daily Metabolism Boosting and Fat Blasting Drink (see Recipe Guide)

BREAKFAST:

Make your favorite smoothie (add pumpkin seeds if you'd like a protein boost)

Choose one lunch and dinner: You can exchange the meals with other recipes from your Recipe Guide. You're allowed to be flexible with these meals.

SNACKS:

Choose 1-2 a day. Listen to your body and eat only if hungry!

***Drink lemon water throughout the day.*

SUGGESTED MEALS

DAY	BREAKFAST	LUNCH	DINNER
1	Scrambled Eggs with Fresh Salsa	Apple Arugula Salad with Tahini Dressing	Roasted Chicken with Sautéed Zucchini
2	Buckwheat Pancakes	Classic Egg Salad	Thai Chicken Salad with Steamed Sweet Potatoes
3	Scrambled Eggs with Fresh Salsa	Spinach Salad with Dressing of Choice	Cauliflower Rice with Garlic Spinach
4	Berry Banana Buckwheat Bowl	Classic Egg Salad	Roasted Chicken with Sautéed Zucchini
5	Beauty Chocolate Smoothie	Massaged Kale Salad	Roasted Tempeh and Vegetables
6	Oatmeal Protein Breakfast Bowl	Apple Arugula Salad with Tahini Dressing	Baked Salmon with Steamed Broccoli
7	Berry Ginger Green Smoothie	Massaged Kale Salad	Shrimp and Green Bean Stir Fry

SHOPPING LIST

FRUITS

Bananas – 1 ½
Mixed berries 2 ½
Lime – 3
Avocado – 5 ½
Grapefruit – 1
Lemons – 5
Apple - 2

VEGETABLES

Onions – 3 small, 1 large
Spinach – 5 ½ cups
Tomatoes – 4 large
Jalapenos (optional) – 2
Bean sprouts – 1 cup
Scallions – 4
Sweet potatoes - 2
Celery ribs – 4
Mixed greens – 4 cups
Carrots – 3
Romaine – 1 head
Baby spinach – 7 cups
Red cabbage – 1 cup
Kale – 2 bunches
Cucumbers – 2
Arugula – 8 cups
Zucchini – 5 large
Broccoli – 1 head
Cauliflower – 2 heads
Green beans – ½ pound
Yellow squash – 1 large

NUTS & SEEDS

Flax seeds

CLEAN PROTEIN

Whole chicken – 3
Choice of protein – 6 servings

Shrimp – ½ kg
Salmon – 2 fillets

CONDIMENTS/ MISCELLANEOUS

Coconut oil
Sesame oil
Baking powder
Baking soda
Sea salt
Vanilla extract
Protein powder
Raw cacao
Sweetener of choice
Almond butter
Apple cider vinegar
Extra-virgin olive oil
Wheat-free tamari – 2 tablespoons
Rolled oats – 1 ½ cup
Greek yogurt – ½ cup
Eggs – 17
Buckwheat flour 1 ½ cup
Olives – ¼ cup
Tahini – 1 cup
Tempeh – ½ pound

BEVERAGES

Dairy-free milk – almond milk or coconut milk, 1 carton

HERBS/SPICES

Sea salt
Black pepper
Basil
Garlic powder
Cinnamon
Cilantro – 2 bunches
Parsley – 2 bunches
Garlic cloves – 14
Ginger – 1-inch piece

SUPPLEMENTAL INFORMATION

SUGAR ADDICTION

Sugar, an addicting drug rather than a "food," is the root of all weight issues. From birth, we eat and drink unnecessary sugar. As we grow, we develop an addiction without even realizing it.

Excess sugar is in nearly every food we buy unless opting for fruits, veggies, meats, and healthy fats (which is the basis of this program). If you don't believe me, take a walk through your grocery store and scan the nutrition labels on your favorite foods and drinks. Most contain excess sugar, even the fat-free and low-fat ones, which are worse for you than full-fat versions.

Most people don't realize just how damaging sugar is. It causes a myriad of health conditions including inflammation, weight gain, hormonal imbalances, chronic fatigue, high cholesterol, candida overgrowth* (a fungal infection), and gut issues. It also leads to accumulation of belly fat.

It also causes high insulin levels. According to Mark Hyman, MD, "Numerous hormones contribute to belly fat, but none proves more powerful than insulin, your fat storage hormone. High levels of insulin tell your body to gain weight around the belly, and you become more apple-shaped over time."

Here are eight simple strategies for getting off the sugar roller coaster:

1. Eat balanced meals. By eating three meals a day with two snacks, you will stabilize your blood sugar and reduce cravings.

2. Add spices to your meals like cardamom, anise, cinnamon, or nutmeg to sweeten any dish. These spices are great with a sweet potato, a bowl of oatmeal, or in a smoothie.
3. Lessen the stress in your life as much as possible. The body craves sugar during stressful times.
4. Make sure to eat healthy fats such as coconut oil. Healthy fats support balanced blood sugar and reduce cravings for sugar.
5. A good substitute for a sugar craving is one teaspoon of almond butter with cinnamon. You can also eat ½ cup berries, a baked apple, a fresh piece of fruit, or a smoothie. Keep it simple and your body will thank you.
6. Take ten deep breaths or go for a walk. These habits will get your mind off your craving.
7. You should use stevia to sweeten drinks because it is natural and will not raise your blood sugar. Forgo the artificial sweeteners such as Splenda and Equal.
8. Exercise! Exercise raises your endorphins (the happy hormone), melts away stress, and reduces sugar cravings.

*If you suspect you suffer from candida because you are unable to lose weight despite healthy lifestyle changes, I recommend taking a probiotic in addition to ditching sugar. Probiotics are a natural way to add healthy bacteria to the gut and combat unwanted yeast issues that lead to weight gain. See more on gut health in the next section.

GUT HEALTH

Did you know that your gut is the key to your health? I always think of a healthy gut as a golden ticket, just like in *Willy Wonka and the Chocolate Factory*. Except instead of gaining exclusive access to a candy factory, you gain exclusive access to optimal health.

Your gut contains seventy percent of your immune system. Therefore, if your gut is overflowing with bad bacteria, viruses, and disease, your overall wellness will be pretty shabby, and your weight loss efforts will fall flat.

What's worse, if you suffer from "leaky gut," all of those bad guys inside of your gut can pass into your bloodstream, which causes an endless array of issues. Leaky gut is just what it sounds like – a condition that occurs when the barrier to your digestive system develops holes due to things like stress, antibiotics, infections, and high intake of GMOs.

Signs of a poorly functioning gut include things like:

- Chronic pain
- Bad breath
- Headaches
- Weight gain
- Exhaustion
- Hormonal imbalances
- Gas
- Poor digestion

Fortunately, you can take action to help heal your gut. The first step is doing what you're doing now – making the choice to eat clean.

The second step is taking a daily probiotic with at least 15-50 billion CFUs (colony-forming units). Probiotic supplements contain strains of live bacteria that will help reestablish the good bacteria in your gut. I recommend the following:

- **Primal Defense Ultra:** I have taken this probiotic for years. It has 15 billion CFU and 13 different probiotic species. You can purchase it online, and it is great for traveling since you do not store it in the refrigerator.

- **RenewLife 50 Billion:** Many of my clients take this probiotic because it is a very reputable company when it comes to digestive wellness. It has 50 billion CFU and 10 different probiotic strains.
- **GUTPRO:** Another favorite, GAPS-approved probiotic (a protocol by Dr. Natasha Campbell-McBride designed to heal the gut lining and restore the gastrointestinal tract) is GUTPRO.² It has 25 billion CFU and eight different strains of live bacteria. You can buy it here: <http://www.corganic.com/gutpro>.
- **In Egypt you can find probiotics here** <http://www.puritan-egypt.com/Products.aspx?cat=4>

The third step you can take to heal your gut is increasing your intake of cultured and fermented foods that are good natural sources of probiotics. My favorites are:

- Cultured veggies
- Coconut yogurt
- Coconut water kefir
- Coconut milk yogurt or kefir
- Kombucha

By taking care of your gut, you'll revitalize your body and experience greater weight loss, more energy, increased happiness, and a strengthened immune system.

² <http://www.gapsdiet.com/gaps-outline.html>

CLEAN PROTEIN

To rebuild your cells and lose weight, getting the adequate amount of protein is key. Too often, the body will hold on to excess weight when there is not enough protein. Also, protein is the building block for collagen, which is vital for fewer wrinkles and balanced blood sugar.

Therefore, be sure to add 4-5 ounces of clean protein to lunch and dinner. Here are your best choices:

- Fish and seafood (look for low-mercury options)
- Lean poultry
- Lean meat: flank steak, bison, ground sirloin
- Eggs: cage-free and organic preferably
- Dairy (only cultured): Greek yogurt, kefir, almond milk yogurt, coconut milk yogurt
- Cheese: goat cheese limited to two tablespoons per day
- Beans and legumes: lentils, black beans, split peas, adzuki beans, garbanzo beans; limited to 1/2 cup per day and considered a carbohydrate

PROTEIN POWDERS

You can also supplement your protein intake with protein powder. There are many options to choose from, but I recommend that you try a few different options and see which gives you the most energy.

Here are some of my favorites:

- Egg white protein by Jay Robb or Julian Bakery*
- Pea protein by Whole Foods or Designs for Health*
- Beef protein by Julian Bakery or Designs for Health*
- Vegetarian protein such as Sunwarrior, Nutiva, or Vega*

For protein shakes, I typically blend water, ice, cinnamon, and a scoop of protein powder. If you are very active and exercise often, you may need two scoops. You can also add protein powder to smoothies.

*NOTE: THESE ARE NOT AVAILABLE IN CAIRO

CARBOHYDRATES

Since each person requires a different amount of carbs and each person breaks them down differently, it can be tricky to find the right amount for your body to maximize weight loss. Your stress, physical activity levels, and metabolism affect how fast your body breaks down carbs. Therefore, it's important to experiment with your body. What will make one person lose weight might make another person gain weight.

In this program, I recommend eating only two carbs per day and consuming them before 4 PM for maximum weight loss. You can experiment with the amount of carbs you eat after this program.

Also, I have so many clients who need to stay on a low-glycemic carbohydrate diet. If this sounds like you, then I suggest low-glycemic fruits such as berries, green apples, and grapefruit, and low-glycemic vegetables such as asparagus, broccoli, and spinach. You can see a complete list here: <http://www.whfoods.com/genpage.php?tname=faq&dbid=32> I also suggest low-glycemic grains such as quinoa, buckwheat, millet, amaranth, brown rice, and steel-cut oats.

GRAINS

Grains are one of the top carbohydrate choices for many people who are trying to live healthier. However, while some people thrive on grains, others end up feeling inflamed, depleted, and drained.

Many people who suffer from digestive issues, inflammation, joint pains, thyroid problems, or auto-immune diseases find that removing grains from their diet is beneficial. Typically, these people either have a grain intolerance or leaky gut. Excessive intake of grains (especially grains with gluten and lectin) can lead to leaky gut.

If you notice any unwanted symptoms after eating grains, you should consider removing grains from your diet for a few days and seeing how you feel. Then, try adding them back in again. If those same symptoms return, you likely have a grain intolerance or possibly, leaky gut. Also, if you find you are hungry within two hours of eating grains, it is a sign that they probably do not agree with your body, and you should avoid them.

If you decide to keep grains in your diet, I have a few suggestions that will help with your weight loss efforts.

1. Be sure to exercise proper portion control. A serving size is about ½ cup cooked, or the size of a tennis ball.
2. They must be 100% grains. You should not eat any refined grains, such as pasta, crackers, cakes, pretzels, bread, or chips.
3. Choose only gluten-free grains. Gluten is a gut irritant that makes tiny lacerations in the intestinal wall. Toxins in your gut then leak out into your bloodstream, which can lead to a host of problems including inflammation, weight gain, joint pain, muscle aches, headaches, acne, and psoriasis. Please note that any pain in the body can be a sign of inflammation.
4. Eat grains at the right times. For quicker weight loss, eat grains first thing in the morning (breakfast) or within one hour of a workout, but not after 4 PM.

As I mentioned in the previous section, your best options for low-glycemic grains are:

- Quinoa
- Buckwheat
- Millet
- Amaranth
- Brown rice
- Steel-cut oats

Also, if you consume grains, be sure to prepare them correctly. Soaking them, as shown below, breaks down the phytic acid, a compound that comes from the phosphorous found in plants. It's not digestible by humans and inhibits the assimilation of nutrients. Especially in people with thyroid or hormonal imbalances, too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body. It can also interfere with metabolism.

Soak grains (as well as beans, seeds, and nuts, which also contain phytic acid) per instructions below:

1. Add the grains (or beans, seeds, nuts) to a bowl of warm or room temperature water.
2. Add 1-2 tablespoons of lemon juice or raw apple cider vinegar.
3. Soak the grains (or beans, seeds, nuts) for 12-24 hours.
4. Leave the bowl sitting on the countertop.
5. Empty the grains (or beans, seeds, nuts) into a colander and rinse six times to remove any remaining phytic acid.

Cook the grains (or beans) as usual, or store the seeds or nuts in your fridge for 1-2 days.

FAT

Fat is essential for weight loss. At each meal, add one serving of fat to help maintain energy and balance blood sugar. If you are hungry after a meal, make sure you have consumed enough fat in your meal. I aim for two tablespoons of coconut oil, 1/4 cups of seeds, or 1/4 avocado. Here are some other healthy fat options:

- Tempeh
- Tofu (limit to twice a week)
- Nutritional yeast
- Sprouts
- Spirulina
- Beans

SNACKS

Snacks of 150-200 calories can be eaten in-between meals if you are hungry. If you're not, then don't eat one. I never count calories, but it can be helpful for beginners to have a sense of how many calories are in particular foods. It can be so easy to eat too much of one snack and use up an entire meal's calories. Use myfitnesspal.com to track portions, calories, and progress.

My favorite snacks are:

- 1/8 cup hummus with chopped vegetables
- One apple with one teaspoon almond butter
- One date stuffed with one teaspoon almond butter
- Protein smoothie (water with one scoop protein powder and cinnamon)
- One egg with two tablespoons hummus
- Homemade chia pudding
- Healthy protein bar (look for a brand with under eight grams of sugar per bar)
- One dairy-free yogurt with two tablespoons seeds or nuts
- 1/4 cup trail mix
- 1/2 avocado with kelp or dulse sprinkles and sea salt
- Three slices nitrate-free turkey with lettuce and tomato
- Green juice
- Kombucha

TIPS AND TRICKS FOR EATING ON-THE-GO

Life is crazy for most people these days, and introducing a new lifestyle can make it more hectic. Most people will start to freak out when they are on-the-go or traveling because they have no idea how to keep their healthy eating in check while away from home. The good news is – it's easy once you understand the basics. Here are my tips for eating healthy on-the-go:

1. Always opt for the grilled, broiled, or baked protein and veggies. Look for wild fish such as salmon or grass-fed beef.
2. Remember this equation: protein + produce + healthy fat = fast fat loss. You may think this sounds boring, but your digestion and waistline won't. Remember, it's the conversation and person you are dining with that's the highlight of the meal, not the food. Also, as you continue through this program, your taste buds will acclimate to simpler, more natural flavors.
3. If you want to add a carbohydrate, then add a high-quality carb such as one of these low-glycemic favorites: 1/2 of sweet potato or red potato, or 1/2 cup brown rice, buckwheat, millet, quinoa, amaranth, quinoa, or brown rice noodles.

However, what if you're going out for a burger with friends, or your spouse is craving Italian food? Let's talk about some choices you can make at some of the most popular types of restaurants:

BURGER JOINT

So you are going out to a burger joint with a few other couples. Well, enjoy the burger with all the toppings, but get rid of that bun. Another option is a grilled portabella mushroom. They are meaty like a steak and very satisfying!

If you're worried about what your friends will say, don't be. If anybody makes a comment, just smile it off. You'll feel great while everyone else is feeling crappy later.

ITALIAN FARE

Going out to enjoy some Italian? Here are some guidelines to dine by:

1. Skip the fried.
2. Skip the cheese.
3. Say no to the bread basket.
4. Skip the big bowl of pasta.

Yes, I know – these are tasty options; however, these options will make you feel bloated and gross, put more junk in the trunk, weigh you down, and aren't worth the digestive aftermath. Instead, opt for the stuff that will make you feel energized such as mussels, shrimp, fish, or chicken with roasted veggies.

JAPANESE

Japanese cuisine offers many options for those who are eating clean. Here are my suggestions:

- Opt for the brown rice with your sushi rolls and skip that tempura.
- Enjoy some miso soup.
- Go for a green or seaweed salad, or some edamame.
- Chicken, fish, or lean beef stir-fry are winners.

PIZZERIA

If you want to treat yourself to a slice of pizza then go for it, but balance it with a salad and make sure you flush your body with a detox drink! I do not want you swearing at yourself the next day.

Also, stay away from big pizza chains such as Pizza Hut and Dominos. They use GMO ingredients and add unhealthy fats and sugar into their dough. Instead, opt for a local shop.

DESSERT

If you have a dying need to order dessert, opt for a fruit-based option, like sorbet or an apple crisp. Always order one for the table and just take 2-3 bites.

ALCOHOL

Alcohol can be a slippery slope. It lowers inhibitions and may cause you to eat more or choose foods that may not serve your body. Remember, all alcohol is toxic, and the liver has to work overtime to metabolize it. If the liver is too busy metabolizing alcohol, it won't be able to burn fat!

If you're going to enjoy some alcohol, your best option is red wine. Opt for one glass, but no more than two. Follow each glass up with eight ounces of water.

ON-THE-ROAD SNACKING

For those who frequently travel, playing the healthy snack guessing game can be a hassle. Here are some of my go-to snacks for when I hit the road which you can find at most gas stations.

- A piece of fruit- banana, grapefruit, apple, 1/2 cup grapes
- Plain Greek yogurt
- Healthy protein bars (bought or homemade)
- Simple protein balls
- Coconut water
- Kombucha
- Hummus and veggie sticks
- Handful of seeds or nuts
- Soup, just make sure it is dairy-free and gluten-free
- A hardboiled egg and some veggie sticks

- Green juice from a juice bar
- A smoothie from a smoothie bar
- A few slices of nitrate-free deli meats (I love Applegate Farms)

MAKING MODIFICATIONS

Lastly, feel free to make healthy adjustments to your recipes as needed. For example, if you are vegan, vegetarian, paleo, or primal, you can modify your recipes to suit your lifestyle.

Also, we all metabolize food differently. So you may discover you thrive on limited carbs and more fat, or vice versa. Alternatively, you may find that when your weight plateaus, you need to stop eating grains for a few days.

Experimentation is key. See what works for your unique body. Do not worry about experimenting because weight loss will happen as long as you eat three portion-controlled meals a day and two snacks, stick to low-glycemic carbohydrates, stay active, and stay away from sugar and processed foods.

Also, you can step up your game by doing exercises such as rebounding, walking, running, Zumba, cycling, elliptical, or Insanity four times per week. Exercise will jumpstart your metabolism and support natural detoxification.

CONGRATS!

Congrats, you have completed your journey and kept your promise to yourself. I hope you feel fabulous in body, mind, and spirit!

If you didn't quite reach your desired results, repeat this program over and over again until it becomes more of a lifestyle. Once it becomes a lifestyle, you'll find that making healthier choices becomes easier every day, and you'll feel better than you ever have before!

To your health!

Dana

DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally, and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational and self-empowerment purposes ONLY.

Please consult your doctor or wellness team if you have any questions regarding this whole foods program and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

As with most digital and print offerings from audio and eBook retailers, there are no refunds on programs or products that can be downloaded, viewed, copied, or stored in an electronic format. This is an industry standard. Therefore, this program is non-refundable, so please read the full program details and FAQs before purchasing any program or product.

If you are an Institute for Integrative Nutrition (IIN) former/current/alumni student or other wellness professional that has purchased this program for your own personal use, and you decide not to use it, you agree that you cannot sell to, share or exchange any of this copyrighted material with any other IIN former/current/alumni student nor any other health and wellness professional, customer or client. This material is strictly for your personal use and benefit; therefore, no part of it can be used in any other business manner including but not limited to reselling of information within your practice. If you would like support in including a signature detox program within your own business practice, please contact me for additional information.

All materials are copyrighted and remain the property of their respective owners. Materials made available to the private group forums by email or any other means may not be distributed in any fashion, print or electronic, without expressed written permission from Empowered Wellness and Living, 2016. Thank you for your professional understanding.

PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.