



*week 2*

# FOOD FOCUS

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*transformation  
guide*

# REVITALIZE YOUR BODY TRANSFORMATION

## FOOD FOCUS: YOU ARE WHAT YOU EAT

This program is not a diet, a quick fix, or a gimmick. My goal is to arm you with a set of tools that will allow you to make better food choices for the rest of your life. With these tools, you will no longer feel overwhelmed in the kitchen, the market, or eating out. You will be able to ditch the yo-yo dieting and stop counting calories or dwelling on fats and carbs, because you will know intuitively which foods are right for your body.

Nothing happens overnight, but overnight you can make the decision to put yourself first, which is exactly what you are doing by committing to these 28 days.

Food is meant to nourish and serve us, not deplete and deteriorate us. Getting the body you want begins with putting in the right fuel. The food you eat can either make you feel alive or feel tired.

Knowingly or unknowingly, we are CONSTANTLY bombarded with a variety of foods and toxins that deplete and break down our bodies. As a result, our bodies aren't functioning optimally, and are unable to perform the daily fat blasting, detoxification and rejuvenation jobs they are designed to do.

When we eat foods that are loaded with junk or are difficult to digest, our bodies get crusty and rusty, just like an old Chevrolet sitting in a junkyard, oxidizing from being exposed to the elements. But when we eat foods that support our health, our bodies can run like lean, mean racing machines!

**FOOD HAS SUCH AMAZING POWERS WHEN YOU ACCESS  
WHAT WORKS FOR YOUR OWN BODY.**

**FOOD FOCUS | WEEK 2 | 2016**

# DAY ONE

## WHY EAT THIS WAY?

Let's first discuss the reasons for embarking on this 28-day program that will transform your eating habits for good.

Consuming foods that are toxic to the body causes you to hold onto excess weight and body fat!

These bad guys have many different faces, so keep a watchful eye and become a label-reading sleuth. Here are some of the most common perpetrators:

- Hidden and refined sugars, such as high fructose corn syrup
- Refined flours such as wheat and other processed grains
- Boxed cereals, crackers, cereal bars, meal replacement bars
- Dairy products, including milk, yogurt and cottage cheese
- Hydrogenated fats and vegetable oils
- Dirty animal proteins such as [commercial / factory farm raised](#) beef, fish and poultry
- Chemicals, stabilizers, food dyes, nitrites and nitrates that are used to preserve and stabilize processed foods

These products often contain what are called [neurotoxins](#) - the root cause of disease, weight gain, food allergies, and even cellulite!

By inflaming your body, neurotoxins are responsible for:

- Difficult weight management
- Constipation/diarrhea
- Belly bloat
- Dull skin
- Auto immune diseases
- A dysfunctional metabolism

Now that we've covered this important information about how food impacts the way our bodies function, let's get excited. You are about to experience the magic of how amazing you can feel when you are eating all the right foods!

## **SIMPLY BY MAKING THE RIGHT FOOD CHOICES, YOU CAN:**

- Lose excess weight
- Breathe better
- Sleep better
- Think better
- Be calmer
- Have beautiful, clear skin, lessen the appearance of wrinkles, and build collagen
- Have lustrous hair and stronger nails
- Increase your sex drive
- Feel free
- Dream bigger and better

Take some time today to assess what your motivations are for changing your eating habits. Write them in your journal. In the rush of life, it is easy to forget why it's worth taking the time to make healthy choices rather than just grabbing the easy option. Be armed for these moments of doubt with your list of big reasons for change. Tomorrow, we will discuss ways to prepare yourself for success when it comes to choosing your foods.

# DAY TWO

## CHOOSING THE BEST FOODS FOR YOUR BODY

### WHAT IS CLEAN EATING?

Last week, we discussed setting goals. Next week, we will address emotional balance and focusing the attention on you, followed by a week on how to incorporate simple exercise into your life. This week, our focus is on clean eating.

Clean eating is based on a holistic approach to eating. This means that we are focusing not on what foods are good or bad, but what foods work for your unique body.

Often, people ask me if they have to give up their favorite foods, and the answer is “no”. However, if you are eating foods that are hampering weight-loss efforts, making you feel tired, and contributing to other health issues, then why not try a different approach?

If a food is processed, artificial, or has ingredients that you cannot pronounce, then there is a good chance it will cause digestive upset, deplete your adrenal glands, and create imbalances in your body that can lead to mood swings and weight gain.

Did you know that 95% of serotonin is manufactured in the digestive system? Serotonin plays an important part in the regulation of mood, sleep, learning, and the constriction of blood vessels. So taking care of our digestive systems can positively impact so much of our lives!



## WHAT WOULD YOU GIVE TO FEEL HEALTHY EVERY DAY? WOULD YOU GIVE UP THOSE FOODS THAT DID NOT WORK FOR YOUR AMAZING BODY?

Over the course of the program, you are being provided with meal plans created by my chef, who knows exactly how to prepare your body for ultimate success. By the end of the 28 days, chances are you'll feel so great you won't want to go back to eating how you were before!

Let's start by ditching the foods that are not going to keep you healthy for a lifetime. Many processed foods contain fat, sugar, and salt for the very purpose of keeping you coming back for more. By laying off these foods for a while, you can break the addiction pattern and no longer crave them.

### FOODS TO AVOID:

- Frozen meals high in salt
- Preserved and processed meats
- Foods that contain artificial sweeteners
- Foods with dyes and colorings
- Foods containing high fructose corn syrup
- Hydrogenated oils, such as margarine and Crisco
- Foods that you are sensitive to (possibly wheat, dairy, corn, and/or eggs)
- Sugar, which leads to inflammation

We are setting the stage for success by understanding how to honor your liver, as good liver function is vital to your health and well-being. The liver's job is to distinguish between dangerous and healthy nutrients, and filter the dangerous ones out of the bloodstream. Most often, the liver gets clogged and cannot perform its 500 different metabolic processes. So, our goal together is to de-clog the liver by making sure you are eating foods that make its job easier.

# THE REVITALIZE METHOD FOR EATING AND CHANGING YOUR RELATIONSHIP WITH FOOD

It is important to reframe when you eat and how you eat. Part of this week's work is to get clear on how to listen to your body to know when and how much to eat.

## CHECK IN ON YOUR HUNGER SCALE

1. I am starving
2. I am really hungry
3. I am hungry
4. I feel good but could eat something
5. I am not hungry
6. I am totally satisfied
7. I know I ate too much
8. I feel like I need to unbutton my pants
9. I went way overboard
10. The thought of eating makes me shiver

IT IS BEST TO SIT DOWN TO EAT WHEN WE  
ARE AT LEVEL 3, HUNGRY BUT NOT  
STARVING.

When we do not listen to the body and ignore its simple cues for nourishment, blood sugar drops, the body begins to feel out of balance, and this can lead to our moods being unbalanced as well.

It is important to eat slowly and chew well – aiding the digestive process – and best to put down our forks when we feel our stomachs are at level 5, before reaching full satiety.

In Dan Buettner's book on longevity, Blue Zones, one of the populations he identified as living the longest was the Okinawans. Buettner believes that one of the contributing factors is that the Okinawans respect the 80% Rule, reminding themselves before every meal to stop eating when their stomachs are 80% full.

Stopping when you're no longer hungry rather than when you feel totally full can mean the difference between losing and gaining weight. Properly chewing your food and putting your utensils down between bites will help with this, as the signal of satiety takes a few minutes to travel to the brain. It is also preferable to have your smallest meal for dinner and not eat too late, leaving your body ample time to digest before going to bed.



# THE 411 ON PORTIONS

I promised you we would not count calories or dwell on fats or carbs, but in order to break free from the merry-go-round of dieting you should know what a healthy portion looks like.

Please note that these recommended portions are for someone who is hardcore into fitness, and should be adjusted downward for someone who is sedentary or less active. Appropriate portion sizes will vary depending on gender, physical activity, and stress levels. Remember the concept of bio-individuality: each of our unique bodies is different from the next.

## SAMPLE PROTEIN:

- 6 ounces grilled chicken
- 6 ounces nitrate-free deli meat (chicken, turkey, roast beef)
- 4-5 ounces turkey, beef, or chicken burger
- 2 turkey sausages (nitrate-free)
- 4 (1-ounce) meatballs, made only with meat, egg, and basil or parsley
- 5 ounces of tuna, salmon or sardines (packed in water)
- 5 ounces of tilapia, cod, halibut, salmon, shrimp or scallops
- 5 large egg whites or 2-3 eggs
- 1 container or 1 cup Greek yogurt, or sheep's or goat's yogurt
- ½ cup cottage cheese
- 1 scoop egg white powder or whey protein powder in 1 cup unsweetened almond milk

## SAMPLE CARBOHYDRATES:

- 1/2 medium sweet potato
- 1/4 cup oats
- 1/2 cup brown rice, buckwheat, millet, quinoa, amaranth, or brown rice noodles
- 1/2 cup black beans

## SAMPLE FATS:

- 2 tablespoons hummus
- 1 hard-boiled egg
- 2 tablespoons avocado or guacamole
- 1 tablespoon feta or goat cheese

- 1 teaspoon olive oil
- 1 teaspoon coconut oil
- 10 almonds
- 1 tablespoon sliced almonds
- 7 walnut halves
- 10 pistachios
- 5 cashews
- 20 pine nuts
- 1 tablespoon cashew, hemp, or almond butter

We do not want to have to go around weighing food or start counting nuts and seeds, but it is important to think about our tendency to **super-size** our food portions.

Check into your body and your hunger scale before you decide to eat. As you begin to balance your blood sugar by eating foods that fuel your body rather than inflaming it, you will feel alive and freer in every step, and you will reach for food when you're hungry rather than bored or tired.

Part of reframing how we eat involves checking in with our bodies over the course of the day. A great tool to support this is by keeping a food diary and noting how food affects your body and mood.

Your exercise for today is to set up a food diary, either as part of your journal, another dedicated notebook, or in a computer file. Keeping track of what and when you eat as well as when you're hungry gives you objective feedback on your habits and where you can make improvements.

# DAY THREE

## HOW TO PREP FOR SUCCESS AND COOK SIMPLE, HEALTHY MEALS, EVEN IF YOU'RE AN "I DON'T COOK" KIND OF PERSON

### PREPARING FOOD AT HOME CAN BE SIMPLE

1. Steaming, sautéing, roasting, and baking are healthy, easy, and quick ways to cook food.
2. Keep it simple! Don't allow what you don't know make you feel overwhelmed. Combine a healthy protein, vegetables, and a healthy source of fat to create a balanced meal.
3. Eat foods that are easy to digest. My rule of thumb is to keep it to 5 ingredients or less. Simple ingredients mean more energy, less bloating, and more nourishment.
4. Try a few of the wonderful recipes in your meal plan. Remember, if you do not like a recipe then get creative and modify any recipe to your liking.
5. Adding salsa, hot sauce, wheat-free tamari, tahini, garlic, or other healthy condiments can make any food taste fabulous.
6. Prepare your meals in quantities so you can have leftovers and freeze portions for an easy grab and reheat option later.
  - You can prepare soups and freeze them.
  - Make a large batch of vegetables, protein and brown rice for the week.
  - Put together simple salads and have them ready to go in BPA-free plastic containers or glass Mason jars, with the dressing stored separately.

## HOW TO MAKE A FOOLPROOF FUSS-FREE NUTRITIOUS MEAL

Start with a stainless steel pan (I like All-Clad, but any real stainless steel or non-stick pan is fine).

Take 1 tablespoon of olive oil or coconut oil and allow it to sit in the pan for a minute over a high heat to warm up or, in the case of coconut oil, while it melts.

Add your preferred vegetables first, allowing them time to soften (one to two minutes), then add some garlic and ginger until softened (about one minute), watching carefully so that the garlic doesn't burn. Once the veggies, garlic, and ginger are soft and stirred together, remove them to a plate to keep warm.

Then add a protein to your pan and a little more oil if you need it. Once your protein is in the pan, add a pinch of sea salt and pepper to taste. Protein generally cooks in about 6-8 minutes. Try not to overcook it but always follow the proper temperature guidelines for meat and poultry.

Add your veggies back in to warm and voila, you have a fabulous, healthy meal!

### BUILDING A SIMPLE SALAD

- 2 cups mixed greens
- Choice of protein or 1/2 cup beans
- 1/2 cup choice of a low-GI grain such as brown rice, buckwheat, millet, quinoa, or amaranth
- Shredded raw or cooked vegetables
- Choice of non-creamy dressing or the juice of one lemon
- 2 tablespoons healthy fat, such as sunflower seeds

Put your salad in the refrigerator for the next day and then you'll have it ready to go to take to work or for dinner when you get home and are short on time to prepare your meal.

## HAVE AN ARSENAL OF GO-TO FAVES

Today's exercise is to make a list of 5-10 healthy recipes that you think you will enjoy and realistically have the time to prepare on a regular basis.

Look through your meal plan and/or any cookbooks or cooking websites you like for inspiration.

Often we slip not out of lack of willpower but because we have yet to build up new positive habits to replace the old ones, so commit consciously to mastering a few go-to recipes.

If you are struggling in the kitchen, let me remind you that you will get better at pulling together quick and easy meals for you and your loved ones. Like anything else, it takes practice, but you may surprise yourself and not only get good but start to really enjoy preparing nourishing, tasty meals. Remember to keep it simple and prepare your food with love!

Later this week we will be covering tips and guidelines for eating out. But next up is learning to choose the best food.

# DAY FOUR

## CHOICES, CHOICES!

I have supplied 4 weeks of meal plans for you. I encourage you to stick to the meal plan to the best of your ability but also look at each of the meals to learn how to eat cleanly. The aim of this program is to teach you how to ditch the meal plans and learn how to shop for yourself, prepare simple meals, choose wisely from a menu, and never dwell on calories again!

HERE ARE LISTS UNDER SEVERAL  
DIFFERENT CATEGORIES SO YOU CAN  
BEGIN TO LEARN WHAT THE BEST  
CHOICES ARE FOR YOU

### HEALTHY CARBOHYDRATE LIST

Many people are confused about good carbs and bad carbs. Let's make this really easy. Carbohydrates can affect your digestion, metabolism, or cause mood swings if you are intolerant.

Good carbs lead to more energy, better skin, and are easy to digest. These foods are found in 100% whole or sprouted form. Most often they are not found in crackers, breads, or chips.

Choose your carbohydrates wisely, as only 4 tablespoons of a bad carbohydrate delivers sixty calories of carbohydrates to your body in a bad form, leading to sugar imbalances. Even whole-wheat or multigrain breads aren't as healthy as you might think. As David Perlmutter points out in his book [Grain Brain](#), a slice of whole-wheat bread has a higher glycemic index than a tablespoon of refined white sugar or a Snickers bar!



## CHOOSE ONLY GLUTEN-FREE GRAINS.

“Gluten-free” has become the new catchphrase to sell food. But what exactly is gluten? Latin for “glue”, gluten is a protein composite that gives elasticity to dough. Gluten is a gut irritant that makes tiny lacerations in the intestinal wall. These partially undigested food particles leak into the system and cause inflammation. Inflammation can cause a host of health problems including weight-gain, joint pain, acne, muscle aches, headaches, and psoriasis. Please note that any pain in the body can be a sign of inflammation.

Remember this 28-day transformation is about giving your body the right fuel, balancing your blood sugar, and discovering which foods work for your unique body.

# HEALTHY SHOPPING LIST

## LOW GLYCEMIC INDEX (GI) GRAINS, PASTAS

- Quinoa, buckwheat, millet and amaranth
- Whole rolled or steel cut oats
- Brown rice (not quick cooking)
- 100% whole grain pasta, look for quinoa and brown rice pasta
- 100% gluten-free tortillas, such as Food For Life
- 100% sprouted grain breads (if you can tolerate sprouted wheat)  
\*Ezekiel bread is the preferred brand

## LEGUMES

- Dried beans
- Black beans
- Kidney beans
- White beans
- Lentils

## CANNED GOODS (LOOK FOR BPA-FREE CANS),

preferably organic and no salt added

- Diced tomatoes
- Artichokes
- Salsa
- Canned soups (gluten-free) or canned broth ideal for making soups on the quick

## NUTS & SEEDS

- Raw almonds and walnuts (for snacking)
- Raw, hulled sunflower seeds
- Raw, sliced almonds (for salads)
- Raw pumpkin seeds
- Organic, ground flax seeds

- Chia seeds (a little harder to find, but incredibly nutritious and great to add to shakes)
- Nut & seed butters: almond, cashew, sunflower seed butter, tahini

**PRODUCE** (preferably organic, but OK if not; check your local farmers' market or CSA)

- Yellow and red onions
- Garlic
- Lemons
- Red bell peppers
- Zucchini
- Any GREEN vegetables (broccoli, Brussels sprouts, asparagus, cucumbers, green beans, etc.)
- Leafy greens – organic mixed greens, kale, and any other type of leafy greens
- Carrots
- Apples, grapes, or your favorite snacking fruit
- Berries
- Herbs, like basil and chives – a great way to add taste to food without relying on sauces

Tip: Only buy what you know you'll eat that week.

## **FREEZER**

- Organic edamame (shelled or not, your preference)
- Your preferred frozen veggies for sautéing (frozen organic vegetables can be more affordable than fresh)
- Frozen berries for smoothies
- Frozen salmon fillets, shrimp, scallops (Note: if you have a Whole Foods, Trader Joe's, or a farmers' market, often you can find these items frozen and still tasting good)

## MEATS AND EGGS (organic is ideal if you can afford it)

Try to look for a local farm, as they often have meats that are grass-fed and may not be certified organic, but are treated humanely

- Organic eggs
- Organic chicken and turkey breast
- Nitrate-free bacon, turkey bacon
- Nitrate-free deli meats for making easy salads or gluten-free sandwiches
- Organic pork
- Organic lamb
- Organic grass-fed beef or bison

## DRINKS

- Unsweetened or original almond milk
- Coconut milk
- Hemp milk
- Coconut water
- Your favorite green tea or herbal tea such as chamomile, rooibos, peppermint

## OILS (preferably organic and cold-pressed)

- Extra virgin olive oil
- Cold-pressed flax seed oil
- Coconut oil
- Toasted sesame oil
- Macadamia nut oil (pricey, but delicious if you want to give it a try)

## FLOURS

- Almond flour
- Coconut flour
- Gluten-free flour (Bob's Red Mill)

## VINEGARS

- Aged balsamic vinegar (a few extra dollars are worth the good one)
- Red wine vinegar
- Rice vinegar
- Raw Bragg's apple cider vinegar

## CONDIMENTS AND SAUCES

- Vegenaïse (vegan, soy-free mayonnaïse)
- Hot sauce
- Dijon mustard
- Wheat-free tamari
- Sea salt
- Organic ketchup (look for a sugar-free variety)
- Maine Coast Sea Veggies (to add sea vegetables to your diet for extra alkalinity)

## SWEETENERS

- 100% real stevia (I prefer the Sweet Leaf brand)
- Grade B maple syrup
- Agave nectar syrup
- Your favorite real fruit jam
- No artificial sweeteners, ever

## SPICE CABINET

- Black pepper grinder
- Sea salt (I like the Real Salt brand)
- Ground cumin
- Cinnamon
- Garlic salt
- Crushed red pepper flakes

I hope you find this list helpful. It is by no means an exhaustive list of every food that is good for you, but just a guide to get you started on your way to revitalizing your body. Remember, we have a Facebook support group, and we can discuss more of the options that work for you together there!

Today's homework is to take stock of your pantry and use the above suggestions to make a shopping list of the ingredients you'd like to have on hand. Have a look at the recipes you selected yesterday and see what you'll need to make those as well. Start to feel joyous and expansive about the tasty healthy alternatives available!



# WHEN TO BUY ORGANIC

If buying all organic produce is a stretch, I cannot urge you more to opt for local produce.

It is cheaper and may actually even be produced organically but just not have the certification. This is where it pays to be able to ask. The best choice is for you to search for your local farmers' market or your local CSA. Ask how it was grown. Many supermarkets may say they have the USDA organic certification, but it may not be the freshest or most affordable.

The advantages of local produce are:

1. It's the freshest produce possible;
2. You are helping to support your local economy and your local farmer;
3. Buying local produce means you're eating "in season";
4. You are reducing the pollution in the environment, as the produce hasn't had to travel as far.

Organic is, in fact, *second best* to non-synthetic pesticide grown local produce. Make sure you see the USDA Certified Organic or the USDA Organic green label.

If money is no object, then by all means purchase all of your produce in the organic section. However, if you want the *healthiest options available on a budget*, pay special attention to the following.

Eating non-organic vegetables is better, of course, than not eating vegetables at all. Conventional produce does contain synthetic pesticides; however, not all conventional produce contain the same level of pesticides.

You can save money and reduce your exposure to pesticides by choosing organic for those fruits and vegetables highest in pesticides

in conventional farming. The link below lists the "dirty dozen" – 12 types of produce with very high pesticide levels. It's important that you buy these fruits and vegetables organic. The "cleanest" produce list shows the 12 types of produce with the lowest levels of pesticides, so you can buy this produce conventionally.



<http://www.ewg.org/foodnews/summary.php>

# DAY FIVE

## EATING OUT 101

You may be the type of person who simply doesn't enjoy cooking. Or, maybe you eat out a lot and you don't know how to order in a way that leaves you feeling nourished, living in balance, losing weight, and thriving. Even if you have not yet succeeded in eating out healthily, it is possible to learn how!

Eating out can be difficult when trying to eat cleanly, so I want you to refer to this guide I have prepared for you when you are planning to dine out or attend a business function. It can be a little challenging to navigate menus, parties, or those days where you are stuck out on the road without a healthy snack. With a little mindfulness, preparation, and forward thinking, however, it is possible to succeed!

### YES, YOU CAN EAT CLEAN NO MATTER WHERE YOU ARE IN THIS WORLD.

Keep in mind that the same rules apply to eating out as they do when eating at home - always combine a good carbohydrate, healthy protein, and healthy fat. Maintaining your healthy Goal Weight will happen when you balance your blood sugar; balancing your blood sugar is possible when you are eating the right combinations of food.

#### GENERAL RESTAURANT IDEAS

1. Ask for any combination of vegetables and protein.
2. Request for your vegetables to be steamed, roasted, or sautéed in garlic and olive oil.
3. Ask for a dairy-free soup and salad.
4. If you are craving carbs, then enjoy a sweet potato, brown rice, or red potatoes and say goodbye to foods containing gluten (meaning bread and pasta) and foods that are high in glycemic index.

## BREAKFAST AT A RESTAURANT

Post detox; enjoy scrambled eggs (or egg whites), an omelet with spinach and salsa, or a soft-boiled egg. Say NO CHEESE please. Cheese clogs digestion.

Oatmeal is an option if it's not instant; ask for rolled oats or steel-cut oats prepared with water rather than milk. Dried fruit is a great topper in place of nuts. Bring your own hemp seeds if you like. Use raw honey, 100% maple syrup, agave or stevia to sweeten if you don't like the taste plain.

Coffee should always be consumed in moderation if at all. I know it's addictive, but coffee taps your kidney of its energy bank. You only have a finite amount of energy in your kidneys, so think twice before you exhaust your resource. If you choose to drink coffee, stick to drip coffee or yerba mate with a natural sweetener and almond milk, if the restaurant has it.

Fruit bowls are a great way to get a large quantity of fruit with a bowl of oatmeal or an omelet.

## FOODS TO AVOID

- Processed breakfast meats; they wreak havoc on your body and skin.
- Breads and potatoes.
- Creamy sauces and dishes.
- Pancakes, French toast, and pastries. If you really want some, order a side to split with the table and call it a treat day. Over time, you won't crave it anymore as you notice the crash effect after eating high GI foods.

## LUNCH AND DINNER AT A RESTAURANT

Choose the grilled, steamed, broiled or baked salmon, chicken, fish, or meat, or all vegetables. Request extra veggies instead of any high-glycemic carbs. Imagine your plate as ½ vegetable, ¼ good protein, ¼ good carb (or more veggies and skip the carbs), plus a healthy source of fat.

If you want to add a carb, then add a good quality carb such as our low-glycemic favorites:

- Half of a sweet potato or ½ cup of butternut squash.
- ½ cup brown rice, buckwheat, millet, quinoa, amaranth or brown rice noodles.

**Protein + produce + healthy fats** = fast fat loss (simple, low-glycemic carbs, protein, and vegetables).

Skip the extra sauces and keep your meals as simple and fresh and true to their nature as possible. You may be thinking this sounds boring, but your digestion and your waistline will thank you for it! Sauces, though tasty, contain ingredients and extra sugars that our bodies do not need. Your taste buds will eventually adapt to prefer the taste of fresh ingredients rather than heavy sauces.

IT'S THE CONVERSATION AND THE  
PERSON YOU ARE DINING WITH THAT'S  
THE HIGHLIGHT, NOT THE FOOD.

### VISITING A DELI

Most of the breads are high glycemic, so choose a broth-based soup and a salad with protein when possible.

If you are craving sweets, then it's an indication your body needs fuel. Rather than loading up on sugar, enjoy slices of deli meat on a small salad with lemon, olive oil, and balsamic vinegar or any vinegar of your liking. A small salad with turkey, avocado and vegetables, or even a cup of good old-fashioned chicken soup without the noodles, is a great choice as well. Or ask for a salad with chickpeas or avocado.

Remember, simpler foods yield optimal digestion. Which means, happy belly... happy you.

## SIMPLE SUGGESTIONS WHEN EATING OUT FOR DINNER:

### APPETIZERS

Just say no to the bread basket!

Try not to arrive at a restaurant starving so fattening or fried appetizers don't tempt you. If you can't wait until the main course, opt for a salad, olives, ceviche, or another healthy choice.

### 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 for some people. 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!

Your best option is RED WINE. Opt for one glass, but no more than 2 and follow with 8 ounces of water after each glass.

### ITALIAN FARE

Skip the fried.

Skip the cheese.

Skip the big bowl of pasta.

These foods may taste good, but they will all make you feel tired and bloated, and it's not worth the digestive aftermath. We want you to feel good – so, instead, opt for the foods that will make you feel energized, such as mussels, shrimp, fish, or chicken, with roasted vegetables. You can still eat delicious foods; just skip the menu items that are going to weigh you down and put more junk in the trunk.



## JAPANESE – GREAT, ENJOY IT!

Opt for the brown rice with your rolls and skip that tempura.

Choose green or seaweed salad or some edamame (if you don't have a soy sensitivity).

Chicken, fish or lean beef stir-fry are winners. Just be mindful of your portion size.

## YOUR FAVORITE BURGER PLACE

So, you are going out to eat and everyone is eating a burger. You can enjoy the burger with all the toppings, but **ditch that bun**. Who cares if someone makes a comment? You will feel great while everyone else is feeling blah.

Another option is a grilled portabella mushroom. They are meaty like a steak and very satisfying!

## MAMMA MIA PIZZERIA

If you are dying for a piece of pizza, then go for it, but balance it with a salad and make sure you flush your body with one of our detoxing and flushing drinks!

Also stay away from big chain pizza establishments, such as Pizza Hut and Dominos; they use GMO ingredients and add in unhealthy fats and sugar in their dough.

Instead, opt for a local "mom and pop" pizza joint that specializes in brick oven, thin crust pizza and look for places that serve gluten-free crusts, if possible!

Remember **BALANCE** is key.

# SIMPLE TRICKS FOR WHEN YOU ARE BUSY AND ON THE GO

- Grab a piece of fruit – banana, grapefruit, apple, ½ cup grapes – you can usually find some kind of fruit even at your local gas station
- Healthy, on-the-go protein bars (read labels carefully!) or make your own simple protein balls
- Coconut water for a quick pick-me-up
- Kombucha for a great pick me up (get this at any Whole Foods market or natural food store)
- Hummus and veggie sticks (run into any supermarket)
- A handful of seeds (you can usually find seeds even at convenience stores)
- Soup is always great for a quick snack – just make sure it is dairy- and gluten-free
- A green juice from a juice bar
- A smoothie from a smoothie bar
- A few slices of nitrate-free deli meats, such as Applegate Farms
- A handful of nuts
- Some edamame
- A hard-boiled egg and some veggie sticks

Your homework today is to write about your biggest eating out or on-the-go food challenges.

Note which healthier choices you could make from the menu options, or decide to skip a venue that's too tempting until you get your new nutritious habits in place.

# DAY SIX

## ON THE ROAD AGAIN

### TRAVELING

No matter where you are in this world, you can eat clean.

Any hotel, train station, or airport has fresh fruit salad or fruit in its natural state. You can opt for a yogurt (if you tolerate dairy) with a banana, a handful of trail mix, and coconut water, or a glass of water with lemon. Or grab hummus and veggies, or almond butter and an apple.

Prepare for your trip by packing nuts, seeds, or even trail mix. Stock up on healthy protein bars from Whole Foods.

**Remember: The goal is to avoid a sugar crash by balancing your blood sugar, as this is the key to healthy weight-loss and stabilized moods.**

Most restaurants have fresh salads, and you can ask them to modify the entrees to fit your dietary needs. Always look for grilled, steamed, broiled, or baked proteins. You can opt for avocado or tofu as a non-animal based protein source.

Remember to eat breakfast. Even if you are not hungry, try to have at least a green juice, a piece of fruit with 10 nuts or seeds, or a small amount of trail mix to stabilize your blood sugar for a successful day.

A lot of the eating out tips will serve you well while traveling but the best advice is to plan ahead. If you are prepared, you won't be tempted to hit the first drive-thru you pass. Having some healthy snacks in the car allows you to be a bit picky about what you put in your body.

Your homework today is to make a list of healthy snacks you enjoy that you can take with you the next time you travel. Be creative!

# DAY SEVEN

## RELAX AND TREAT YOURSELF

Treating yourself isn't always about food! I didn't always know this. Growing up, having a treat meant eating some sugar-laden dessert or candy. How is having something that depletes you a treat? Learn to indulge without overindulging and give yourself permission to treat yourself in other ways. Start today by saying no to the oversize sugary treat and have a small guiltless one if you must, like this one.

### YOUR CHOCOLATE MOMENT

2 bars organic dark chocolate (I like 85% cacao)  
 1 cup raw almonds, chopped  
 1 cup unsweetened, shredded coconut  
 2 tablespoons extra-virgin coconut oil  
 Dash of sea salt  
 Colorful berries for garnish, (optional)

Break the chocolate into pieces and melt over a double boiler. I like to use a small saucepan placed over a larger saucepan filled with boiling water. Remember, melting chocolate over steam prevents burning. Add the chopped almonds, shredded coconut, coconut oil and salt. Stir well. Line a baking sheet with parchment paper or wax paper and drop spoonfuls of the chocolate mixture about an inch apart on the sheet. Place in the refrigerator until chilled. (10 – 12 servings) These may be kept in the freezer for up to three months as well.

Or choose today to give yourself a non-food treat, like a massage or a visit to a spa!

Next week, we are focusing on putting YOU *first*, so start a day early and do something fabulous for yourself!