

SBF Food Guide

Eating Made Simple

sbf SuzanneBowenfitness



by Meg Chaffin, MA, RD, LD
with Suzanne Bowen, founder of SBF & creator of BarreAmped

Forward by Suzanne Bowen

Food seems to be so complicated. We can all get pretty overwhelmed by the amount of information available. My love for food and health propels me to research the latest plans, science and findings. Even though I am pretty savvy in the are of nutrition, I wanted work with a credentialed professional, someone who knows the science of food better than I do, to develop a plan that would be easy too understand and implement. I chose to work with Registered Dietician, Meg Chaffin, and I think you will find an easy to follow plan that is based on increasing nutrition, rather than eliminating food groups (unless you consider puffed up grains, sugary sweets, boxed foods and trans fats a food group).

I want you to know that we are all on a journey toward health and wellness. No one is perfect. Realizing that your journey is about being your best rather than seeking perfection enables you to find purpose and self respect, which are so important to living an enjoyable life. Believe me, I am not perfect. My body is not perfect. My choices are not perfect. As someone who spent years on the treadmill of perfection, it is my mission to help you stop believing the lies that perfection exists or is attainable. I want to help you make great choices, exercise smartly, and eat intentionally so that you can live a life full of purpose and be free from the chains that you feel hold you back from being your best.



Introduction by Meg Chaffin

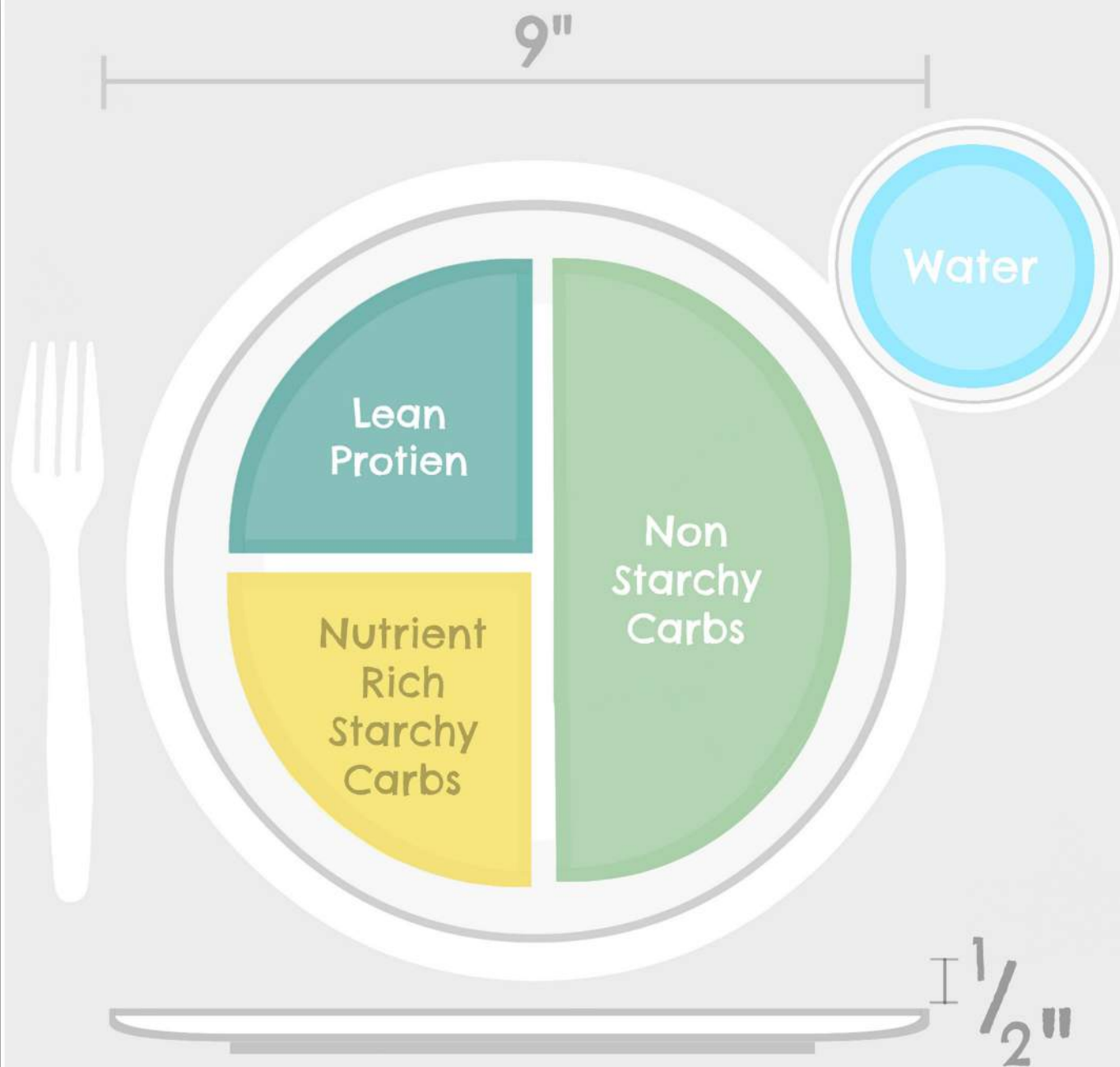
Because of my profession, I'm often asked which diet I follow. I'm quick to answer that most dietitians don't diet and the reason why is simpler than you might think. When I hear the word diet, thoughts of deprivation and guilt flood my mind. I envision a pattern of behavior where a host of fad diets and phony weight loss products marketing forbidden foods and magic potions cause you to lose and gain the same pounds over and over again. Unfortunately, this kind of behavior not only comes at the expense of harmful feelings, but also of lost muscle, bone, and water.

So how do I eat? I eat mindfully and with purpose, to live a longer and healthier life. Mindful eating involves a healthy plate where portions are practical and meals are planned based on what you should be adding to your diet rather than taking away. It's a diet rich in lean protein, colorful fruits and vegetables, healthy fats, and other high omega 3 foods that protect our hearts and our minds. We choose them, not only because they're tasty, but also because they boost our immune systems, reduce inflammation, and provide a hearty source of antioxidants so that we can age ideally.

Enjoy the food guide that's been provided for you and know that whether your purpose is to lose weight or just to live a healthier life, this is a guide where achieving those goals have been taken to heart. Here are just a few simple tips to get you started:

1. Always eat breakfast. Set the tone for the rest of your day by starting off smart with a breakfast that's rich in protein. A high protein breakfast gives you energy to start your day and leaves you feeling full and satisfied for hours. This controls your appetite, and you're less likely to overeat later. The breakfast selections have been carefully planned to help you meet the mark on protein, but don't feel like breakfast has to be a formal eating event. You can choose a healthy high protein shake from the shake list that can be used as a meal replacement for anytime, not just at breakfast, especially for those busy days on the go.

2. Choose a healthy plate. Even the most skilled dietitians don't keep all measurements memorized. Serving sizes can be kept simple by following one easy strategy, a well portioned plate. Take a standard plate, which would be about 9 inches, and fill half the plate with fruits and vegetables, making them the focus of your meal. Reserve a quarter of your plate for lean protein and the remaining quarter of your plate for grains, starchy vegetables, or more non-starchy vegetables. This requires no measuring cups, utensils, or calorie counting. Be mindful and avoid piling food onto your plate as that can lead to overeating. A good rule of thumb is that food should be no more than ½ inch high on your plate or about the thickness of your index finger. Also, know that all food choices will not always divide perfectly. Relax and mentally divide foods as best you can. If you do not have a grain or starchy vegetable fill the extra quarter of your plate with more hearty fruits or non-starchy vegetables.



Protein: lean chicken, fish, lean steak, eggs, tofu

Nutrient Rich Starchy Carbs: sweet potatoes, carrots, beetroot, legumes (beans and peas), quinoa, brown rice, sprouted grain bread or high sugar fruit like banana or pineapple.

Non-Starchy Carbs: any leafy green*, broccoli*, cauliflower, squash, green beans, salad

3. Plan ahead. Meal planning and preparation come at the expense of time. Nothing good in life comes free and healthy eating is no exception. Choose one day at the beginning of the week and take the time to plan your weekly breakfast, lunch, dinner, and snacks for you and your family. As often as possible cook double servings of foods like meats and vegetables to incorporate into salads, omelets, or other leftovers. These make for quick meals throughout the hectic week. In the end you'll save money and lower stress, as well as be a proactive contributor to the health of you and your family.

4. Snack smart. Snacking shouldn't be a behavior that's laden with guilt. Consider a snack when you know 4 or more hours will pass between any two meals or simply when your body tells you it's hungry. Portion controlled snack recommendations have been carefully selected with health in mind. Shakes can also be used, just remember to cut the recommended mealtime portion in half.

5. Drink water. Don't drink your calories. Water should always be your beverage of choice. Because our bodies don't store water like other nutrients, drinking plenty of fluid throughout the day is beneficial. Aim for drinking at least 64 ounces or 8 cups of water daily.

In the end the key to a healthy diet approach is sustainability. Whatever direction you choose, always ask yourself one question. "Can I eat this way for the rest of my life?". If the answer is no, it isn't a plan worth adopting.



SuzanneBowenfitness 7 Day Jumpstart

This 7 Day Jumpstart guide is intended to be used alongside the 7 Day Jumpstart workout plan designed by Suzanne Bowen. For these first 7 days try to avoid alcohol, sugar, and refined grains. Also include at least 1/2 your body weight in ounces of water daily.

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	SBF Superfood Smoothie	Hummus & Veggies	Simple Salad w/ Citrus Chia Dressing	Apple w/ Nut Butter	Grilled Halibut w/ Roasted Veggies
2	Veggie & Egg White Omelet	1/2 Matcha Latte Shake	Blueberry Chicken Walnut Salad	1/2 Matcha Latte Shake	Ginger Beef Kabobs
3	Superfood Salad	1/2 Green Machine Shake	Carrot Curry Soup	1/2 Green Machine shake	Grilled Chicken & Squash
4	Breakfast Boost Shake	Kale Chips	Avocado & Tomato Sandwich	Soaked Almonds	Parsley Lentil Meatballs w/ Spaghetti Squash
5	Matcha Latte Shake	Kale Chips	Strawberry & Orange Spinach Salad	Apple w/ Nut Butter	Grilled Salmon w/ Cucumber Radish Slaw
6	Greek Yogurt with Blueberries & Walnuts	1/2 SBF Superfood Smoothie	Massaged Sesame Kale Salad	1/2 SBF Superfood Smoothie	Grilled Chicken w/ Roasted Vegetables
7	Superfood Salad	1/2 Almond Banana Shake	Simple Salad w/ Citrus Chia Dressing	Hummus & Veggies	Grilled Steak w/ Balsamic Sweet Potatoes



**Always best to buy organic & local*

Proteins:

- o Pastured Eggs
- o Free Range Chicken Breast
- o Wild Caught Salmon
- o Wild Caught Halibut
- o Grass Fed Beef Sirloin Steaks
- o Lentils



Vegetables:

- | | | |
|---------------------|--------------------|------------------|
| o Zucchini | o Butternut Squash | o Sweet Potatoes |
| o Asparagas | o Summer Squash | o Raw Beet Root |
| o Mushrooms | o Spaghetti Squash | o Large carrots |
| o Mixed Baby Greens | o Radishes | |
| o Baby Spinach | o Sweet Peppers | |
| o Kale | o Red Onion | |
| o Chickpeas | o Baby Carrots | |

Fruits:

- | | |
|----------------|-------------|
| o Blueberries | o Avocados |
| o Strawberries | o Tomatoes |
| o Lemons | o Cucumbers |
| o Limes | |
| o Kiwifruit | |
| o Oranges | |
| o Bananas | |

Nuts & Seeds:

- | | | |
|---------------|-----------------|---------------------|
| o Raw Almonds | o Sesame Seeds | o Flax Seeds |
| o Walnuts | o Hemp Seeds | o Nutritional Yeast |
| o Pistachios | o Chia Seeds | |
| o Pecans | o Pumpkin Seeds | |

Oils, Herbs, Seasonings & Condiments:

- | | | |
|--------------------|--------------------------|------------------------------|
| o Olive Oil | o Organic Marinara Sauce | o Rosemary |
| o Coconut Oil | o Bragg's Liquid Aminos | o Garlic |
| o Sesame Oil | o Fresh Parsley | o Ginger |
| o Wine Vinegar | o Thyme | o Red Pepper Flakes |
| o Balsamic Vinegar | o Cilantro | o Black Pepper / Kosher Salt |



**Always best to buy organic & local*

Dairy:

- Unsweetened Almond Milk
- Coconut Milk
- Plain Greek Yogurt
- Kefir
- Goat Cheese
- Feta Cheese
- Whipped Cream (optional)



DIY: Make Your Own Almond Milk

- 1 cup raw almonds
- Water
- Blender
- Strainer
- Cheesecloth

Instructions: Place the almonds in a bowl and cover with water. Let soak, uncovered, overnight or up to 2 days. The longer you soak the almonds, the creamier the milk will be. Drain the almonds and run cool water over them to rinse. Almonds should be squishy. Place the almonds in blender and cover with 2 cups of water. Pulse the blender a few times, then blend continuously for 2 minutes. Line the strainer with cheesecloth and place over a measuring cup. Pour almond mixture into the strainer. Gather the cheesecloth around the nut mixture and squeeze. You should get about 2 cups of almond milk. Sweeten with Stevia if desired and refrigerate for up to two days.

Suzanne Says:

It is always best to buy local and organic. If you can find a Farmers Market near you, that is the best option because you can typically talk directly to the farmers and get details about their specific practices. Another great way to buy local and organic is by joining a CSA. This can be very cost effective and ensure you are getting fresh seasonal produce.

When shopping at the grocery store, try to stay on the perimeter. When you start to venture into the middle of the store you will find the processed and refined foods that we want to stay away from.



Matcha Latte Shake

- 1 tsp matcha
- 1/2 cup ice
- 1 cup almond milk
- stevia to taste

Blend together until smooth.

Breakfast Boost

- 3/4 cup frozen blueberries
- 1/2 frozen banana
- 1/4 cup of baby spinach
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 tbsp hemp seeds
- 1 tsp ground flax seeds
- stevia to taste

Blend together until smooth.

The Green Machine

- 1/4 frozen banana
- 2 stalks chard
- 1/2 cup sliced Kiwifruit
- 1/2 cup blueberries
- 1-2 tbsp hemp seeds
- 1/2 cup unsweetened almond milk
- stevia to taste

Blend together until smooth. May add water if too thick.

Almond Banana Shake

- 1/2 frozen banana
- 1 cup unsweetened almond milk or coconut milk
- 2 tbsp almond butter
- 4 tbsp plain kefir

Blend together until smooth.

Helpful tips to get you started:

- Whenever possible choose organically grown produce.
- Wash Ingredients thoroughly before blending.
- Add healthy fat to help you absorb fat-soluble vitamins like vitamins A, D, E & K.
- Healthy fats may include: coconut milk, almond butter, greek yogurt, nuts and avocados.
- Drink shakes the day you make them to get maximum nutritional value.
- Leave a single serving blender at work and keep fresh ingredients in the refrigerator for a quick meal or snack.



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Suzanne Says:

If your fruits and vegetables are organic you can add some of the skin as well, excluding melons and citrus as they can cause it to be too bitter. The skin to most fruits and veggies offers immense health benefits that we shouldn't miss out on! In the recipe below I use all of the kiwifruit, even the skin.

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SBF Superfood Smoothie

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- 1 cup blueberries
- 1/2 lemon
- 4 kale leaves removed of center ribs
- 1 banana (can be frozen)
- 1 raw beet root
- 1 kiwifruit
- stevia to taste

Blend together until smooth. Add 1-2 tsp of ground flax seed or a quality protein powder if desired.





Veggie & Egg White Omelet

1 cup zucchini, asparagus, or other green vegetable of choice, sliced
5 mushrooms, sliced
1 clove garlic, sliced
4 large egg whites or 2 large eggs with yolk
kosher salt & organic black pepper to taste

Instructions: *Over medium heat, cook garlic and vegetables until tender. If steaming is desired, add a little water, cover, and cook over medium heat for about 5 minutes. Remove vegetables from pan. Return pan to medium heat and cook egg whites until they begin to set, about 1-2 minutes. Fill with vegetable mixture and fold egg whites over the filling. Sprinkle with salt and pepper to taste.*

Greek Yogurt with Blueberries and Walnuts

6 oz. plain, nonfat greek yogurt
1/2 cup blueberries
1/4 cup walnuts or 14 halves
stevia, sweeten to taste

Instructions: *Combine all ingredients and enjoy. If desired, blueberries and yogurt can be blended in a food processor before topping with walnuts.*

Suzanne's Breakout Breakfast-> Superfood Salad

mixed greens
2 pastured eggs
1/2 tsp turmeric
1/2 tsp organic black pepper
1/4 avocado
1 tsp evo
nutritional yeast (optional)

Instructions: *Toss all ingredients in a bowl and top with 2 pastured eggs over medium.*

Suzanne Says:

If I don't have a shake in the morning my, "go to" is this superfood salad to start my day off right. Adding spices and herbs to your meals is a great way to enhance flavor without adding sugar and fat. These spices and herbs are packed with antioxidants and are considered by many in the health field as "superfoods".

Simple Salad with Citrus-Chia Dressing

- 1 cup base of favorite greens such as: mixed baby greens, baby spinach, romaine, kale etc.
- 3-4 oz protein of choice
- 1/2 cup brightly colored vegetables
- 1/2 cup bite size fruit of choice
- handful of nuts, your choice

Dressing:

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tbsp soaked chia
- juice from 1 orange or lemon to taste



Instructions: Assemble salad and toss with 1 Tbsp dressing. May add up to 1 extra Tbsp if needed.

Blueberry Chicken Walnut Salad

- 1 1/2 cups mixed baby greens
- 3-4 oz grilled chicken
- 1/2 cup fresh blueberries
- 1 handful walnut halves

Dressing:

- 1/4 cup fresh lime or lemon juice
- 1/4 cup plain, greek yogurt
- 1/2 cup blueberries
- 1 tbsp raw honey
- 2 tbsp olive oil

Instructions: Blend all dressing ingredients in a food processor. Assemble salad and toss with 1 Tbsp dressing. Add more dressing if desired.



Carrot Curry Soup

- 1/2 yellow onion diced
- 4 cups of carrots peeled & chopped
- 4 cups chicken or vegetable stock
- 1 can coconut milk
- 2 tbsp curry powder
- 2 tsp cumin
- kosher salt & black pepper to taste



Instructions: *In a large pot saute the onion until translucent and soft. You may use coconut oil or organic butter to sauté in. Stir in the carrots. Add the coconut milk, broth, curry powder, and cumin and bring to a simmer. Cover and simmer about 20 minutes or until carrots are tender. Purée in a blender until smooth. Serve with chopped green onions or parsley sprinkled on top.*

Avocado Hummus & Tomato Sandwich

- 15 oz can chickpeas, drained
- 1 medium, ripe avocado
- 1 clove garlic
- 2 tbsp lemon juice
- 2 tbsp cilantro
- 2 tbsp water
- 1 tbsp olive oil
- 1 tbsp tahini
- 1/4 tsp kosher salt

Instructions: *Cut avocado in half and remove & discard seed and peel. Blend all ingredients in food processor or blender. Add 2 Tbsp hummus to sprouted or gluten free bread, add sliced tomato, and enjoy!*

Suzanne Says:

Avocados are a rich source of good fat called MUFA (monounsaturated fatty acids), shown to increase your good (HDL) cholesterol and lower your bad (LDL) cholesterol. They're full of antioxidants, fiber, vitamins, and minerals to protect against a host of diseases like cancer and heart disease. Once more, versatility is a key characteristic of this yummy fruit. Try adding avocado to salads, sandwiches, shakes and salad dressings.

Strawberry and Orange Spinach Salad

- 1-1/2 cups baby spinach
- 1/2 cup bite sized pieces of strawberries and mandarin oranges
- handful slivered almonds
- 3-4 oz protein of choice

Dressing:

- 1/4 cup rawa honey
- 1/2 cup olive oil
- 1/3 cup white wine vinegar

Instructions: Assemble salad. Toss with 1 Tbsp dressing and taste. Add more dressing if needed.

Massaged Sesame Kale Salad

- 2 bunches kale
- 2 Tbsp toasted sesame oil
- 1/4 cup rice wine vinegar
- 1 tsp raw honey
- 2 Tbsp toasted sesame seeds
- 1/4 tsp kosher salt
- 1/4 tsp lemon juice



Instructions: Remove kale leaves from the stems and discard the stems. Fine chop leaves and place in a large bowl. Add remainder of ingredients and, with clean hands, firmly massage the leaves until the volume of the greens is reduced by about half. Taste and adjust seasoning as desired. This is delicious topped with chicken.

Suzanne Says:

Lunch and Dinner Choices can always consist of salads using the plate method. Just fill up half your plate with salad / leafy greens, 1/4 protein, and 1/4 colorful fruits or veggies. Add 1-2 Tbsp homemade dressing or store bought preservative free dressing to taste. Sometimes I use 1 Tbsp extra virgin olive oil and 1 Tbsp lemon with a dash of sea salt to really taste the greens.

Chicken with Butternut Squash in Pumpkin Seed Vinaigrette

- 4 boneless chicken breasts
- 2 tbsp shelled pumpkin seeds
- 3 lbs butternut squash, halved, seeded, & cut into 1 inch chunks or cubes
- 5 tbsp olive oil
- 1/2 garlic clove, grated
- 3 tbsp fresh cilantro, coarsely chopped
- 2 tbsp fresh lime juice
- kosher salt & black pepper to taste

Instructions: Preheat oven to 425 degrees F. On a baking sheet spread pumpkin seeds in a single layer and toast until they begin to darken. After seeds cool, coarsely chop seeds in a food processor. Toss squash with 1 Tbsp oil and salt and pepper to taste. Roast in the same preheated oven at 425 degrees F for 30 min until golden brown and tender, stirring once. Mix together vinaigrette with garlic, cilantro, lime juice, pumpkin seeds, and 3 Tbsp oil in a small bowl. Season with salt and pepper to taste. Set aside. Heat oil in a skillet over medium-high heat. Season chicken breasts with salt and pepper to taste and brown in skillet for 6-7 minutes. Using metal spatula or tongs flip chicken and cook other side for 6-7 minutes. Spoon vinaigrette over both squash and chicken if desired.

Grilled Halibut with Vegetables

- 4 Halibut Fillets

Roasted Vegetables:

- 2 sweet potatoes, cubed
- 1 red onion, quartered
- 2 zucchini, cut into 1 inch slices
- 2 summer squash, cut into 1 inch slices
- 1 cup baby carrots
- 1 cup mushrooms
- 1 tbsp fresh thyme
- 2 tbsp fresh rosemary
- 3 tsp minced garlic
- 1/4 cup balsamic vinegar
- kosher salt & black pepper to taste



Instructions: Preheat oven to 400 degrees F. Mix together herbs, garlic, oil, and vinegar. Toss vegetables in herb mixture and salt and pepper to taste. Spread vegetable mixture in a single layer and roast for about 40 minutes, stirring every 15-20 minutes until tender. Preheat grill to medium-high heat. Salt and pepper fish to taste. Grill until cooked through, about 2-3 minutes per side.

Ginger Beef Kabobs

- 1 lb beef sirloin steak cut into 1/8-1/4 inch thick slices

Ginger-Sesame Marinade:

- 1/2 cup olive oil
- 1/4 cup balsamic vinaigrette
- 2 tbsp Bragg's Liquid Aminos
- 2 cloves garlic, coarsley chopped
- 2 tbsp honey
- 2 tbsp peeled & minced ginger
- 1 tsp toasted sesame oil
- 1 tsp sesame seeds
- 2 tbsp water

Instructions: Mix and blend all marinade ingredients in blender. Place steak in marinade and refrigerate for 1-4 hours. Thread steak onto 8 inch skewers. Grill 3-5 minutes or until steak is slightly pink in the center, turning once.

Parsley Lentil Meatballs with Spaghetti Squash

- 1 cup sliced mushrooms
- 2 cups baby spinach
- 1/2 cup organic rolled oats
- 15 oz can lentils, drained and rinsed
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 tsp crushed red pepper flakes
- 2 tbsp chopped parsley
- kosher salt & pepper to taste
- 1 jar organic marinara sauce
- 1 spaghetti squash



Instructions: Preheat oven to 400 degrees F. Sauté garlic, mushrooms, and spinach in oil over medium heat. Add a dash of salt and pepper. With a paper towel, blot dry the spinach mixture. Pulse oats in a food processor into a fine powder and set aside. Pulse spinach mixture and 1/2 can of lentils in the food processor. Do not purée smooth. This mixture needs to have texture. Stir in flax, oats, red pepper flakes and parsley. Roll the mixture into small balls. Place the balls on a baking sheet and bake for 15-20 minutes until they are brown. Serve tossed in warm marinara over spaghetti squash.

Cucumber Radish Slaw

- 1 tbsp cider vinegar
- 1-2 tsp olive oil
- stevia equivalent to 1/4 tsp sugar
- cucumber, thinly sliced
- radish, trimmed and thinly sliced
- red sweet pepper, seeded and thinly sliced
- 2 tbsp minced red onion
- kosher salt & black pepper to taste

Instructions: *In a bowl mix together oil, vinegar, salt and pepper. Add vegetables and toss to coat.*

Balsamic Sweet Potatoes

- 4 sweet potatoes
- 1 tbsp coconut oil
- balsamic vinegar
- kosher salt & pepper to taste
- goat cheese (optional)

Instructions: *Preheat oven to 425 degrees F. Roast sweet potatoes until tender then move to the top rack of oven and broil until the tops are golden brown. Season with salt and pepper to taste. Drizzle balsamic vinegar over sweet potatoes. Sprinkle goat cheese on top if desired.*



Kale Chips

- 4 cups kale or 1 bunch with stems removed and torn into chip size pieces
- 1 tbsp olive oil
- 1/4 tsp sea salt

Instructions: Preheat oven to 350 degrees F. Toss kale with olive oil in a large bowl until each piece is thoroughly coated. Toss with salt. Spread kale onto a baking sheet lined with parchment paper. Bake until crispy, about 15 minutes.

Suzanne Says:

Have your kids help with these. They just might eat them!

Snacks On The Go

- 1/2 cup mixed nuts & seeds
 - 4 tbsp favorite hummus with 1 cup carrots, celery, & cherry tomatoes
 - 1 oz raw almonds & 1/4 cup dried plums
 - granny smith apple with 1 tbsp natural nut butter
 - 1/2 choice of any shake in the #shaketochange section of food guide
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Mixed Berries with Whipped Cream

- 1 cup fresh organic mixed berries
- 1 tbsp organic whipped cream
- stevia to taste

Instructions: *Combine berries and Stevia in a bowl and top with whipped cream.*

Greek Yogurt with Bananas

- 1 cup plain greek yogurt
- 1/2 banana sliced
- Stevia to taste

Instructions: *Combine all ingredients in a bowl and enjoy!*

Latte

- 2 shots espresso
- 1 cup steamed almond or coconut milk
- stevia or honey to sweeten

Instructions: *Combine ingredients in your favorite 12 ounce mug. Sweeten to taste. This can be enjoyed hot, iced or blended for frozen.*





It's not unusual to crave unhealthy snacks if you are used to eating them to satisfy your appetite. As you start to enjoy a more healthy diet, you will start to crave "junk food" less and natural foods more because your body gets a lot more benefit out of these types of foods.

Suzanne Says:

When cravings hit you, I want you to first try stretching or planking then go make a cup of your favorite tea.

Replacement Foods

If You're Craving....

Sugar

Try This Food Instead

Stevia (I recommend NuNaturals), natural honey

Soda

Iced green tea, soda water wth lemon or lime

Ice Cream

6 oz Greek yogurt topped with berries and shaved dark chocolate.

Candy Bar

1 oz of rich dark chocolate
Suzanne's favorite: Green & Black's 85%

Potato Chips

Kale chips with sea salt

French Fries

Roast sweet potatoes with skin, add garlic

Salty Foods

Nuts, seeds, kale chips with sea salt

Spread Protein Throughout Day: Protein naturally triggers a feeling of fullness that fights off hunger longer than carbohydrates.

Keep Meals Evenly Portioned: A solid, well-balanced breakfast and lunch will keep you from feeling starved later in the day and overeating at dinner.

Stay Active: If your body and mind are active, you are less likely to eat out of boredom.

Shop Smart: Don't buy junk food. If it's not around the house, you won't be tempted to eat it.

Chocolate: You can enjoy a square of dark chocolate a day. It's full of antioxidants and feels like a splurge. Make sure it is 70% or more and if you are sensitive to caffeine, don't eat it close to bed.

Salt: Added salt can cause you to hold onto water as well as elevate blood pressure. Most packaged foods are loaded with sodium. This plan is made up of whole foods which eliminates much of the salt. You can absolutely use salt to taste, but in moderation. Get into the habit of using less salt every day and using herbs, spices, and citrus to flavor your meals.

Sweeteners: Avoid using processed sugar substitutes such as Nutrasweet or Splenda. We like stevia, a natural sweetener which comes from the licorice root. You can also use a small portion of raw honey as shown in some of the recipes. Get into the habit of enjoying "less sweet" or naturally sweetened foods.

Organic: If your budget allows, try choosing organic foods when available. However, if this is not possible, you will be improving your health just by removing processed foods, sugar, and starchy carbs. To be certified organic, foods must pass strenuous testing to remain free of chemicals, hormones, or antibiotics which could harm you. Look for local farmer's markets, as local seasonal foods will pack the greatest nutrient punch and have the least environmental impact. Ask the farmer what his farming practices are. He may not be certified organic, but may be free of pesticides, herbicides, hormones, or antibiotics.



The Power Of Fermented Foods: Fermented foods are a probiotic powerhouse, and they are an absolute staple in our home. These foods multiply the good probiotics in your digestive tract aiding in weight loss, increasing immunity, improving skin health and much more. Two of my favorite fermented foods are Sauerkraut and kimchi. Below are two of my favorite brands that you can find at the grocery store.

Suzanne Says:

If you suffer from any thyroid disorder it is best to avoid raw cruciferous vegetables. Consuming fermented nutrient powerhouses is a better option since the raw version will inhibit the thyroid's function.

See section on Tackling Thyroid.



Soaking & Dehydrating Nuts: Soaking and dehydrating almonds or cashews (or any nut for that matter) can aid in digestion, allowing your body to absorb the full nutrients. Soaking also begins the sprouting process in nuts which actually increases their nutritional content.

Instructions: Soak your nuts in water anywhere from 20 minutes to 2-3 hours. Harder nuts will take longer to soften. You can even leave them in your refrigerator to soak overnight.

The Battle of the Oils: What one to use when: Coconut Oil is best to use for high heat situations as it does not become damaged under high temperature. Grapeseed Oil is a good alternative for medium-high heat situations if you don't like the flavor of Coconut Oil. Olive oil is best suited for cooking at low temperatures or using in salad dressings. Do not use Olive Oil at high temperatures.



Date: _____

Today's Workout:



Hydrate: cross off glass of water when consumed



Try to drink 1/2 of your body weight in ounces per day

What inspired me today? _____

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

How did I feel today? _____
