

60 DAY

*Weight Loss Journey*

GUIDE - WEEKS 1 & 2



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# INTRODUCTION TO YOUR WEIGHT LOSS JOURNEY

I have always been a dieter. I am not saying that I live and breathe being on the scale but dieting is just a part of life – or at least it was until I stopped the madness. I stopped saying no to deprivation. I stopped saying no to pleasure. I stopped saying no to love. Self-love and self-care have everything to do with weight loss. Are you surprised to hear this? Weight loss is not just about the food you eat – it is a mindset. Weight loss is about how you feel about life. When I started to let go of dieting, I needed to let go of old stories that did not serve me.

These were stories of not being loved or cared for or the stories about feeling dumb or left out. These may not be your stories but I have found after many years of coaching, we all have our own stories. I had to let go and feel. The more I exercised my feeling muscle, the easier it was to speak up when I felt scared or upset. I stopped over eating. I stopped feeding my hungry soul. I started to nourish and heal from within.

I wrote this program to empower you to do the same. Weight loss is a physical exercise and I will teach you about eating clean and improving your metabolism but I will also push you to tap into your wildest dreams and let go of the demons.

I will ask you to move your body and free your soul. I will ask you to stop eating foods that don't require you to operate at the highest vibrational level. Are you ready for this type of life?

In this eBook, you will find everything important about eating right and losing weight.

Let's journey together. The time is now.

# GETTING STARTED IS EASY...HERE'S YOUR PROGRAM

Getting started is one of the biggest struggles for those who want to lose weight. With so much information available about diet and losing weight, people can quickly become overwhelmed and lose interest. Most people lead busy lifestyles and getting started on a weight loss plan means they need to make several extreme changes.

Lifestyle changes need to happen if you want to lose weight and although it is scary, you need to make it happen, even by using baby steps. On that note, here are some changes you can try so getting started on your weight loss goal becomes a bit easier and manageable for you.

## GET ON THE SCALE

First, get on the scale and take measurements. It is scary but you need to know your actual weight to get started. For measurements, get a tape measure and measure around the largest part of your chest or bust, around your natural waist (above your belly button but below your rib cage), and around your hips (at the widest part of your hipbone). Without these beginning stats, you will not be able to set goals, identify certain issues, and measure your progress. You are so much more than a number on a scale but everyone needs a baseline number to see improvements.

## USE YOUR MEAL PLAN

I have made this simple for you because I know how busy life can be, which is why you have 8 weeks of suggested meals and shopping lists.

1. Review the meal recipes and shopping lists.
2. Make sure you have the ingredients and BPA-free containers for batch cooking or taking your food to work. While starting your weight loss regimen, remind yourself that there's no need to be stressed or worried.

This is only the first step and the whole point is to simply identify and create a plan and strategy to make your lifestyle healthier.

3. Examine your home for foods that are NOT on the program.

## DO EAT LIST

- Low glycemic fruit, such as berries, apples, grapefruit, lemons, kiwi, and dates for snacks when you have cravings.
- All vegetables.
- Clean proteins, such as organic eggs, organic chicken, grass-fed beef, turkey or vegetarian proteins, such as hemp seeds, tofu (limit to twice a week), sprouted grains, seeds, nuts, nutritional yeast, protein powder, coconut meat, and peas.
- Seafood, such as shrimp, sardines, tuna, and salmon.
- Healthy fats, such as almond butter, tahini, hemp seeds, avocados, olive oil for salad dressings and coconut oil for sauté.
- Beans and legumes, such as black beans, white beans, chickpeas, and lentils.
- Sprouted grains or other whole grains, such as quinoa, millet, or brown rice, brown rice tortilla, or paleo coconut flour wraps.
- Extras, like almond milk, coconut milk, raw cacao, raw apple cider vinegar, honey mustard, coconut amino, and salsa.
- Healthy carbs such as sweet potatoes.
- Healthy dairy, such as Kefir or organic dairy; or go dairy-free and have coconut milk yogurt or almond milk yogurt.

## DO NOT EAT LIST

- Artificial sweeteners
- Sugar alcohols (often found in chewing gum or protein bars, like xylitol)
- Gluten
- Processed foods
- Soft drinks
- Nitrates, often found in lunch meats
- Processed foods (any food that comes in a box or bag with ingredients you cannot pronounce)
- Refined grains: white rice, white bread, all-purpose white flour

- Refined sugar (white sugar, brown sugar)
- Sugar substitutes (artificial sweeteners)
- Low-fat/Fat-free dairy and butter substitutes
- Conventional/Non-organic animal products (dairy, eggs, turkey, chicken, red meat, farmed salmon, canned meats)
- Soy (including soy milk, cheese, etc.)
- Canola oil (and other refined vegetable oils)
- Corn
- Salted peanuts and candied nuts
- Refined table salt
- Alcohol

# A DAY IN YOUR LIFE

Upon rising	Take a probiotic with lemon water (optional) or see the recipe guide for the lemon water drink.
Breakfast	Drink 1 cup of organic coffee, coffee substitute, or a cup of non-caffeinated tea (optional) with coconut milk or unsweetened almond milk  Breakfast – see suggested meals
Mid-morning	Snack if you are hungry
Lunch	See suggested meals
Afternoon	Snack if you are hungry
Dinner	See suggested meals
Bedtime	Write in your journal and your food diary

# THE RULES OF CLEAN EATING

In short, cleaning eating is about eating real foods; that is, foods that are in fresh, unprocessed, or whole form. In clean eating, you should think about meat, fruits, vegetables, nuts, seafood, whole grains, and plain dairy. You can sum up clean eating by the following simple rules:

- Eat foods raised on farms or grown out of the ground.
- Eat foods that do not come from packages.
- Eat foods that only have a single ingredient, like milk, beans, or raw chicken.
- Eat the foods you cook at home instead of going to restaurants or takeout joints.
- Prioritize eating plants, as they are rich in fiber, vitamins, minerals, and antioxidants.
- Eat organic foods, as these are cleanest foods in the world, without any chemicals, insecticides, hormones, steroids, or anything added to it.

These are the most important rules to eating clean. If you eat foods that you recognize, you cooked or have grown yourself, you can be sure that such food items are safe and healthy for you and your whole family.

## HOW TO EAT CLEAN AND LOSE WEIGHT

Several diet experts recommend clean eating as one of the best ways to lose weight. The way to lose weight does start in the kitchen, as weight loss is about 70% of the food you eat and 30% exercise. If you are taking care of the exercise but still not losing weight, probably the food you eat is at fault. How do you fix it? Start by eating clean and then lose weight.



# TAKE OUT PROCESSED FOODS AND ARTIFICIAL SWEETENERS

The first step in losing weight by eating clean is removing all the processed foods and artificial sweeteners from your diet. Eating clean is all about eating raw, unprocessed, organic foods so those processed foods and artificial sweeteners you so love don't have a place here.

## EAT THE RIGHT KINDS OF FOOD

A successful eating clean weight loss stems from eating the right kind of foods; that is, fat-burning foods. You need to plan your meals so they include natural fat burners while also cutting calories. Some of the top foods that naturally burn fats include green tea, coffee, oats, whole grains, hot peppers, berries, beans and lentils, and more.

## REGULAR EXERCISE

I cannot stress enough how important physical activity is in weight loss. A lot of times people disregard exercise in their bid to lose weight but then wonder why they don't lose weight. Though you cut your calorie intake and are eating many fat-burning foods, exercise is what helps speed up the process and tones your body.

## DRINK PLENTY OF WATER EVERYDAY

The key to losing weight by eating clean is to drink gallons of water every day. Drinking water can naturally boost your metabolism and offers your body additional health benefits. Water helps fill you and flush your system of all impurities.

# CLEANING OUT YOUR PANTRY & SETTING THE STAGE FOR WEIGHT LOSS SUCCESS

## HOW TO STAGE YOUR KITCHEN FOR WEIGHT LOSS SUCCESS

Most individuals probably know the common scenario when it comes to losing weight and this is to eat less and move more. They need to repeat the cycle over again to obtain results. Some find this situation miserable. Though dieting and being active are already known ways to lose pounds, what if you discover that you can also do so by making minor changes at home, like the kitchen? It seems that most dieters try to be slim through will power. They tend to resist each and every single thing. There is no problem with that, however, becoming slim through will power is some kind of a 24/7 job and it's never ending. The good thing is that there are other ways you can contribute to your weight loss success and one of these is to stage your kitchen right.

How will you do this in a manner that will ensure ultimate weight loss success?

Follow these steps:

### BREAK YOUR SUGAR HABIT BY PLACING UNHEALTHY SNACKS AND SWEETS IN THE MOST CONCEALED PART OF THE KITCHEN

The rule here is to make healthy foods visible and unhealthy ones hard to find. Experts suggest keeping unhealthy snacks out of sight to avoid temptations and studies also revealed that individuals tend to eat twice as much food when

these are exposed right in front of them than when these are kept far and covered. Individuals who resist the temptation to eat more of these unhealthy foods and snacks are more likely to lose weight more effectively. So, install some cabinets or storage and tuck chocolates away in opaque containers. But still, the best way is not to bring these unhealthy foods home.

## CREATE A CENTER STAGE FOR HEALTHY FOODS AND PRODUCE

Visibility of foods increases the possibility of eating them so visibility factor is extremely imperative. If you wanted to ensure success in your weight loss pursuit, make low-calorie and healthy foods the first thing you see in the kitchen. As much as possible, fill your fridge's center shelf with lots of fresh vegetables. These need to be prewashed and cut to avoid time consuming "digging in". Another way to help you focus on your weight loss is to stock fruit bowls on your counter.

## DOWNSIZE YOUR GLASSES, PLATES AND UTENSILS

It's sometimes difficult to decide on the right amount of food that you can serve yourself so you tend to just fill up your plate. If the utensils present in your kitchen are also bigger in size, you tend to add even more food to your already large plate. Can you see how easy it is to overeat, just using your plate size as a gauge? If your target is to achieve successful weight loss results, start downsizing the size of your plates and utensils. This will truly create a big difference.

## USE SKINNY AND TALL GLASSWARE

Your preference for wide and short tumblers might also be sabotaging your weight loss routine or your diet. Some studies relate the concept of pouring more

drinks into wide and short glasses and this is not really a good idea, especially if you are pouring unhealthy drinks, such as soda or alcohol.

## MAKE YOUR KITCHEN A LESS-APPEALING HANGOUT

The more time individuals spend on the kitchen, the more they eat. Therefore, instead of creating your kitchen to be one of the greatest and most favorite destination spots at home, make it less “lounge-able”. Try to get rid of comfy chairs, TV sets, or do things that may somehow send individuals away than inviting them to come and stay for long. Some individuals may not agree with this, but as far as achieving success in weight loss is concerned, this works.

These are just few of the many suggested ways on how to stage your kitchen for weight loss success. Take time to follow these tips because it's true that things present in your kitchen and how you organize it can make or break your weight loss journey. You therefore need to set your kitchen up in ways that can support your weight loss goals and can encourage discipline and determination on your part. You can adapt these ways so that you won't also lose track and remain committed to the weight loss goals that you are targeting.

## PROBIOTICS AND WEIGHT LOSS

Probiotics are essential not only to remain healthy but also to help you in losing weight. Probiotics are essential organisms also known as healthy or friendly bacteria. These help in balancing the intestinal tract by killing those unhealthy bacteria in the body. Taking probiotics also helps to maintain weight loss and prevent diseases and illness from occurring.

Probiotics intended for your weight loss can be found mostly in yogurts as well as yogurt-based drinks. They are even found in some other types of foods sold in the market. One of the most essential parts of losing weight is to make sure that the digestive system is working well and this can only be done with the help of

probiotics. Having an unhealthy gut that produces too much yeast is one of the major factors in gaining weight. Taking probiotics combined with eating a clean diet heals the gut and improves your weight loss success. If you intend to use probiotics for losing weight, be sure that you're going to choose the safest and most effective type of probiotics that will never allow yeast to survive.

I cannot stress enough the importance of a healthy digestive system for thyroid, hormonal health, weight loss/gain, immune health, sleep, energy and focus, just to name a few. I take a probiotic daily.

**There are so many probiotics on the market but here are my favorites:**

1. **Prescript Assist:** a soil-based organism and contains many bacteria strains, including Lactobacillus Plantarum, which has been shown to reduce wall permeability in patients with leaky gut syndrome.
2. **Renew Life Ultimate Flora Extra Care Probiotic 50 Billion:** a great probiotic, which can be found at Vitamin Shoppe or on Amazon.com.

I have many clients who have found taking a probiotic has been the missing link for long term weight loss.

***Always consult your doctor before taking a supplement.***



# THE SIMPLE BREAKDOWN OF YOUR PROGRAM

You have 4 amazing eBooks packed with information to guide you step by step to weight loss recovery. Remember this is NOT about deprivation and this is NOT about weighing yourself day after day. This is about renewing a great relationship with food.

- Think before you eat.
- Ask yourself if you are hungry.
- Check into your soul.
- Tap into what feeds your passions.
- Be honest about areas of your life which you feel are lacking.
- Take time every night to write in your food diary and document how food affects your body and your mood.
- Food will affect how you sleep and, of course, your weight loss.

## MAKE WEIGHT LOSS SIMPLE

1. Look at the portions on your plate.
2. Drink water with lemon or buy La Croix seltzer water here <http://www.lacroixwater.com> and enjoy as it is sugar-free.
3. Say no to the processed foods or the fake foods.
4. Give up the diet soda or any fake sugars as these can lead to blood sugar imbalances.
5. Get 7-8 hours of rest as a tired body will lead to eating junk.
6. Chew 30 times as this will liquefy your food, resulting in better digestion and better assimilation of nutrients.

# HOW OUR GRANDPARENTS USED TO EAT

In terms of health and losing weight, it is highly likely you've wondered what your grandparents used to eat. How did they managed to stay fit and healthy into their 80s when so many of us remove fat, cut carbs, and eat more while spending most of our time sitting, making us so much fatter than ever before?

## EAT SMALLER MEALS

It is not like our grandparents did not put butter on their fried scones like the rest of us but still, even at 80, they remain skinnier than most of us. What can you learn from your grandparents' diet? The secret to them staying so healthy and living heartily starts with eating less. Not that you would eat a single meal a day but simply don't overeat. Eat healthy and unprocessed foods. Eat foods in their most natural state. Eat foods that are alive and beautiful and not packaged in a box or come in a can.

***“Don't eat anything your great-grandmother wouldn't recognize as food.”***

***— Michael Pollan***

## EAT HEALTHFULLY

In addition to our grandparents eating less back in the day, the food they used to eat was fresh. This is because they mostly grew their own food in huge vegetable gardens, primarily to save money, but the added benefit was reaping safe and organic foods. They also only eat actual foods, like boiled potatoes and a lot of bananas; not the kind of foods that most people eat today which are full of chemicals and preservatives. How do you eat healthy in this busy world?

1. Batch cook.
2. Make Sunday a fun day and make this your meal prep day.
3. Join a local CSA and meet other amazing people like yourself who want to eat clean and unprocessed foods.
4. Grow your own herbs and freshen your meals with mint, parsley and basil.
5. Look for amazing deals at Trader Joes, Amazon Fresh or Whole Foods or make sure to get up and get dressed for the farmer's market on the weekends.

## RULES FOR EATING HEALTHY AND NOT COUNTING CALORIES

Some say that counting calories is vital in losing weight; however, some people become obsessed with calorie counts or get discouraged the moment they eat more than their plan says they should eat. You can lose weight without strictly counting your calories simply by following some simple rules for eating healthy. The first step is learning the fundamentals of losing weight.

First, you need to understand why the body burns fat and how your body does that. Once you get a good grasp of the relationship of calorie and fat to your weight, then you can proceed to the rules for eating healthy and not counting calories.

**Eat More Protein** – If losing weight is your primary goal to getting healthy, protein is really your best friend. Many studies concluded that high protein diets end in more loss of fat even if you eat until you are full.

**Reduce Carbs Intake** – There is nothing essentially fattening with carbohydrates but by reducing your carbs, you can also reduce your daily intake of calories quite significantly.

**Eat Lots of Low-Calorie Fibrous Foods** – Fibrous foods have higher water content and are great for weight loss because they are filling but without calories.

# WHAT YOU NEED TO KNOW ABOUT FOOD AND NOT EATING PROCESSED FOODS

A lot of us like to eat processed foods because they taste good and are convenient but these boxed or canned foods are also bad for our health. When you do not have time to cook a meal from scratch, it really is tempting to just eat processed foods instead.

Most of the foods that people eat today are processed foods to some degree. Processes that lead to getting foods to the stores' shelves more quickly are not entirely bad. However, other forms of processing – the making of boxed foods or 'fake' foods – are not beneficial at all. While some processed foods can be fortified with vitamins and minerals, this process can also destroy other important nutrients.

Many important foods and minerals your body needs are destroyed after so much processing and even though marketing and advertising campaigns will lead you to believe that processed products can give you the nutrients your body needs, they really can't. The only real way to get the nutrients your body needs is by eating plenty of fruits, vegetables, and actual foods.

# MACRONUTRIENTS: PROTEINS, FATS AND CARBS

There are different kinds of nutrients your body needs and some of them are called macronutrients, specifically proteins, fats, and carbohydrates. Carbs, proteins, and fats are called macronutrients because the body needs a substantial amount of the three to keep functioning smoothly throughout the day.

## CARBOHYDRATES

Carbohydrates are the primary source of energy our bodies need for most activities. You can find them in fruit or table sugar, potatoes, rice, and wheat breads, among others. Carbs are also the body's source of energy for carrying out cell functions, especially in the brain and muscles.

## PROTEINS

Proteins are nutrients made up thousands of smaller units known as amino acids. The body creates some amino acids while others come from the foods you consume. Proteins are important to make enzymes, structural fibers, antibodies, and hormones in the blood.

## FATS

Fats, or lipids, are the source of energy while the body is at rest. Most fats have three fatty acids, which are called triglycerides. The primary function of fats in the body is to help form the membrane of each cell along with many other functions, like shock absorption and shock insulation.



# MICRONUTRIENTS: VITAMINS, MINERALS AND PHYTONUTRIENTS

Micronutrients are tiny nutrients that can have huge effects on the body. The micronutrients consist of vitamins, minerals, and phytonutrients. Micronutrients are essential for protecting the body from disease, slowing the aging process, and helping every system in the body to function properly.

## VITAMINS

Vitamins are organic compounds that help sustain life. Taking vitamins is important as sometimes the body does not produce enough of them or does not produce them at all. Vitamins are present in small amounts in natural food items. Eating enough vitamins is essential to ensure your normal metabolism and not taking enough vitamins usually results in certain medical conditions or vitamin deficiencies.

## MINERALS

These are substances found in food that the body needs for normal growth and health. There are two kinds of minerals available – trace minerals and macro minerals. The latter is a type of mineral the body requires in large amounts, such as calcium, potassium, and sodium. On the other hand, trace minerals are the minerals the body needs in smaller amounts, like iron, iodine, and copper.

## PHYTONUTRIENTS

Phytonutrients are natural chemicals that can also prevent disease and ensure your body functions properly. There are over 25,000 phytonutrients that are

found in plant-based foods and of that large number, the six vital phytonutrients are: ellagic acid, carotenoids, phytoestrogens, resveratrol, flavonoids, and glucosinolates.

# HOMework:

- Read through this guide again and really let the information sink in.
- Find a notebook or journal to use as a food diary. Or use a phone app to track the foods you eat on a daily basis. Also track how you feel each day, especially after you eat.
- Plan where you can buy fresh, organic produce and grass-fed meats.
- Think about what types of proteins, fruits, and vegetables you already like.
- Review the Day in the Life plan. Wrap your head around eating on a schedule and think of some easy-to-make snacks so you're not tempted to go off plan.
- Review the DO EAT list. Start planning your shopping around this list and what you already like.
- Look through your pantry and refrigerator. Do you have processed foods? Throw them out or donate them to a food pantry.
- Purchase a probiotic or eat foods that contain probiotics.