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*Zen*

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**Lose it for LIFE**

# Eat to LOSE !

To help keep you moving toward *your* weight loss goals -“Lose it for life’s” offer these additional tips and tricks

- **"Eat often – snack often,"** While this may seem contrary to traditional dieting advice, as long as you keep an eye on calories and portions, eating often will stave off hunger attacks that ultimately sabotage your diet.

"When you're starving, you grab whatever is available -- and that's the quickest way to get off your eating plan"



# 60/40split

**STRENGTH**  
**DOESN'T COME**  
FROM WHAT YOU CAN DO.  
**IT COMES FROM**  
**OVERCOMING**  
THE THINGS YOU ONCE THOUGHT  
**YOU COULDN'T.**  
*Rikki Rogers*



- **60 %** of success comes from eating right ,  
and having a positive mental attitude  
towards the foods you eat.
- 40%** of success comes from exercising often  
, you must make the commitment to yourself

**Commit- Achieve – Receive!!**

# Stop the “BUT....”

“WOW, I REALLY  
REGRET THAT  
WORKOUT.”  
-NO ONE.  
EVER.

## **Don't blame your genes!**

Yes, everyone is built differently, and some of us gain weight more easily than others. But to say, “I can't make any improvement because I have fat genes” is B.S !!

It's not true, and it's disempowering. No matter what your genes are, you have the ability to make the right choices about eating and exercise."

# It's all in the fist

## PORTIONS:



When we talk about portions , it's as easy as looking at your fist.

One plate consists of a fist size of meat and 2 palms of vegetables. AND 1 small fist size of whole grains.

You should be able to see your plate!!





# How many meals a day ??



I'm talking 6 small meals a day – if this doesn't fit your work schedule then minimum to 5 .

By eating more often your body knows when it's next meal is going to be so it will go ahead and use the energy from the food you ate.

If you yo-yo and don't eat 4 to 5 hours your body says hold on we need to store fat because we don't know when our next meal is...

# Eat what is made “ on a plant ” not what is made in plant !

Lets talk about processed foods and  
what I like to call  
**“white Death!”**

how to satisfy taste buds with real  
food.

This after all is what our body is  
craving.

FOOD IS MEDICINE



# Carbs , Protein , Fats

- **45% carbs**  
**30 % protein**  
**25% fats**

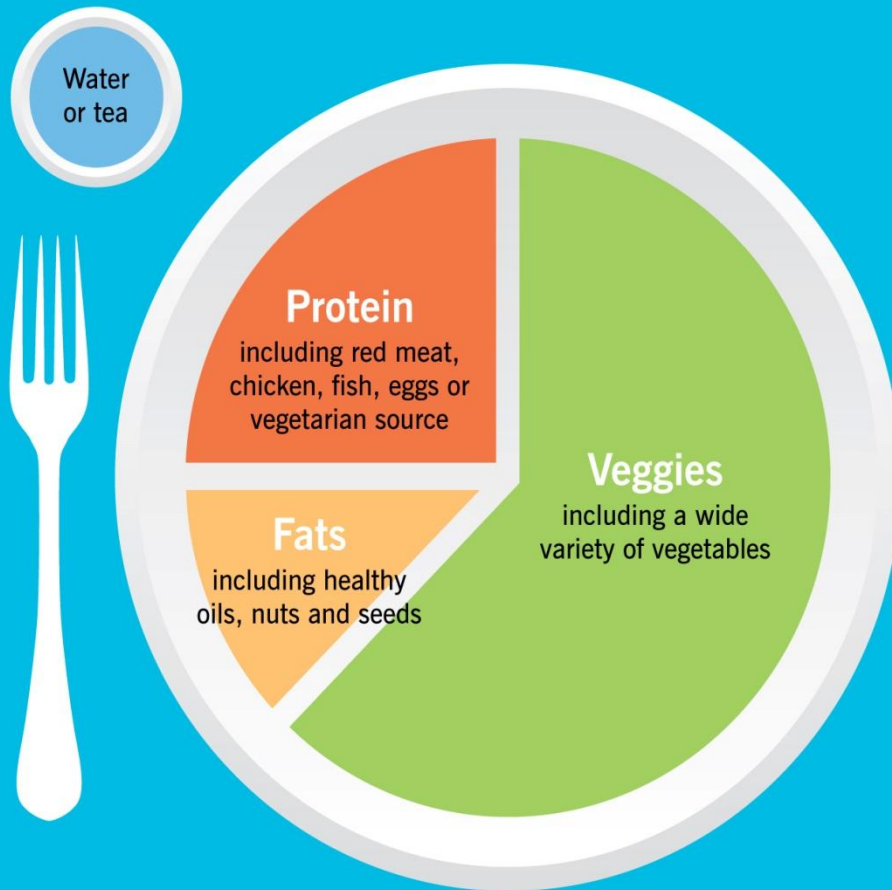
You'll eat small, frequent meals. Most of your food is lean protein, low-fat dairy or soy, fruits, vegetables, whole grains, beans, and nuts.

- It's based on **4-3-2-1 Reverse Pyramid**: **four servings of fruits and vegetables**, **three servings of lean protein**, **two servings of whole grains**, and 200 calories of "extras."
- Most foods are low in calories but high in fiber, to help you feel fuller longer. By eating five to six small meals and snacks, you'll keep your blood sugar and hunger in check



# Anytime Meal

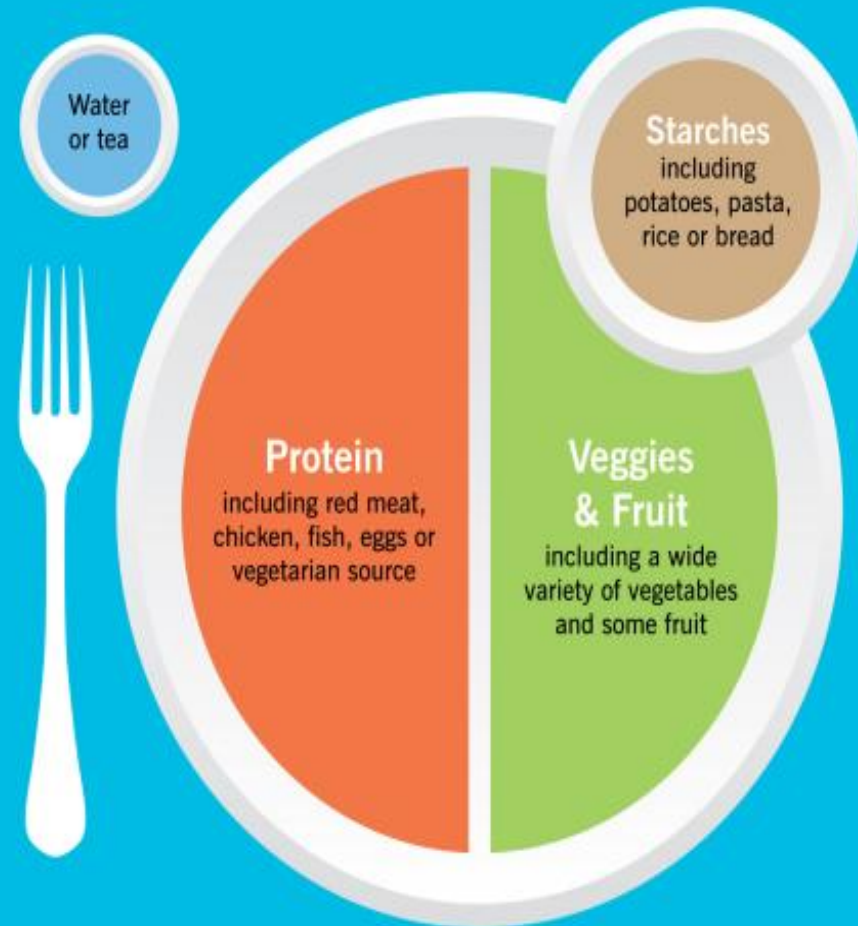
All your meals not directly after a workout



- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.



## THIS IS WHAT YOUR GRANDMA NEVER TAUGHT YOU

The vibrant colors of fruits & veggies aren't only nice to look at. They also tell us which special disease-fighting phytonutrients are inside. **Learn what the phytonutrients do. And how much of each you need to fight disease and stay stronger for longer.**

### MOST PEOPLE DON'T GET ENOUGH PHYTONUTRIENTS.

These "color deficiencies" increase our risk of heart disease, osteoporosis, cancer, diabetes, and more.





# Vegetables

- . spinach
- . kale
- . Brussels sprout
- . broccoli
- . Asparagus
- . Squash (season)
- . String beans
- . Cauliflower
- . Cucumbers
- . Lettuce
- . Collard greens
- . Beets
- . Tomatoes
- . Chiles
- . Jalapeños
- . Artichokes
- . Carrots
- . Peppers
- . Eggplant
- . Okra
- . Jicama
- . peas
- . Cabbage
- . Celery
- . Mushrooms
- . Radishes
- . Onions
- . Sprouts and shoots



# Fruit

- . **Blueberries**
- . **Blackberries**
- . **Raspberries**
- . **Strawberries**
- . **Pomegranate**
- . **Apples**
- . **Oranges**
- . **Grapefruit**
- . **Cherries**
- . **Kiwifruit**
- . **Mangoes**
- . **Nectarines**
- . **Pears**
- . **Pineapple**
- . **Figs**
- . **Green bananas**
- . **Peaches**
- . **Grapes**
- . **Papaya**
- . **Melons**
- . **Tomato sauces**
- . **Tangerines**
- . **Guava**
- . **Star fruit**
- . **Passion fruit**
- . **Cantaloupe**
- . **Watermelon**
- . **Honeydew melon**
- . **Apricots**





# Protein

- . **Fish– fresh water**
  - Catfish**
  - Tilapia**
  - Bassa**
  - Trout**
- . **Fish– wild**
  - Salmon**
  - Tuna**
  - Cod**
  - Halibut**
  - Mahi mahi**
  - Swordfish**
- . **Eggs**
- . **Eggwhites**
- . **Greek yogurt**
- . **Turkey** ( *white* )
- . **Chicken** ( *white* )
- . **Pork tenderloin**
- . **Squid**
- . **Extra lean beef**
- . **Low sodium meats**
- . **Goat**
- . **Goat cheese**
- . **Ricotta cheese**
- . **Cottage cheese**
- . **Paneer**
- . **Tofu**
- . **Shellfish**
- . **Protein powders**
  - Whey, hemp, rice , pea**





# Carbs (complex)

- . Sweet potatoes
- . Yams
- . Plantains
- . Quinoa
- . Beans
- . Lentils
- . Edamame
- . Yucca
- . Peas
- . Brown rice
- . Wild rice
- . Corn
- . Amaranth
- . Millet
- . buckwheat
- . Barley
- . Bulgur
- . Oatmeal
- . Wholegrain pasta
- . Couscous
- . Whole wheat's
- . Breads
- . Bagels
- . Pitas
- . Tortillas
- . Cereal



# Fats (oils, nuts & seeds)

- **Avocadoes**

- **Nuts**

  - Almonds**

  - Cashews**

  - Pecans**

  - Walnuts**

  - Pistachios**

- **Peanuts (legumes)**

- **Chick peas**

- **Coconut**

- **Cheeses**

  - Goat**

  - Feta**

  - Swiss**

  - Parmesan**

- **Seeds**

  - Pumpkin**

  - Sunflower**

  - Sesame**

  - Flax**

  - Chia**

  - Hemp**

  - Olives**

  - Grapeseed**





# **Extras (free foods)**

**Water**

**Lemon and lime juices**

**Vinegars**

**Kombuchas**

**Mustards**

**Herbs**

**Spices**

**Garlic**

**Ginger**

**Green onion**

**Hot sauce**

**Chiles**

**Extracts**

**Stevia**



# Beverages

**Almond milk**  
**Coconut water**  
**Cow's milk, skim**  
**Soy milk**

**Sparkling Water**  
**lemon & lime wedges**  
**fruit infusions**  
**mint, basil or rosemary**  
**Ginger or extracts**

**Coffee & Tea**  
**cinnamon**  
**nutmeg**  
**stevia**  
**ghee**





The background of the image shows several clear plastic meal prep containers. Each container is filled with a variety of healthy foods: sliced grilled chicken, cherry tomatoes, spinach leaves, blueberries, raspberries, orange slices, broccoli, and sweet potato cubes. The containers are arranged in a grid-like pattern, suggesting a consistent meal plan.

"Perfection isn't necessary."

"Consistency IS!"







**To win ~ just add WATER**

**Water is essential to rehydrate the body, but it also helps you feel full. It replenishes tired skin, and boosts your metabolism!**

**At first you may be hitting the bathroom more than usual , but hey its worth it , if it is going to make you look and feel better !!**

# You snooze, you lose

After crunching the numbers on more than 1,000 participants in a study, researchers found that roughly eight hours of sleep correlates with a lower body mass index, lower levels of ghrelin (a hormone that triggers appetite) and higher levels of leptin (a hormone that signals that the body is full).

HOURS OF SLEEP	BODY MASS INDEX	LEPTIN	GHRELIN
 8			
 5			
	increases 3.6 %	decreases 15.5 %	increases 14.9 %

# Food Intolerances



Wheat belly



Anti-acids, allergens, and MSG





**What C.A.R. are  
YOU ?**



**Commit . Achieve. Receive ...**

Think of your self at the finish line..

If you want to run like a race car , you must treat your “vehicle like a race car.

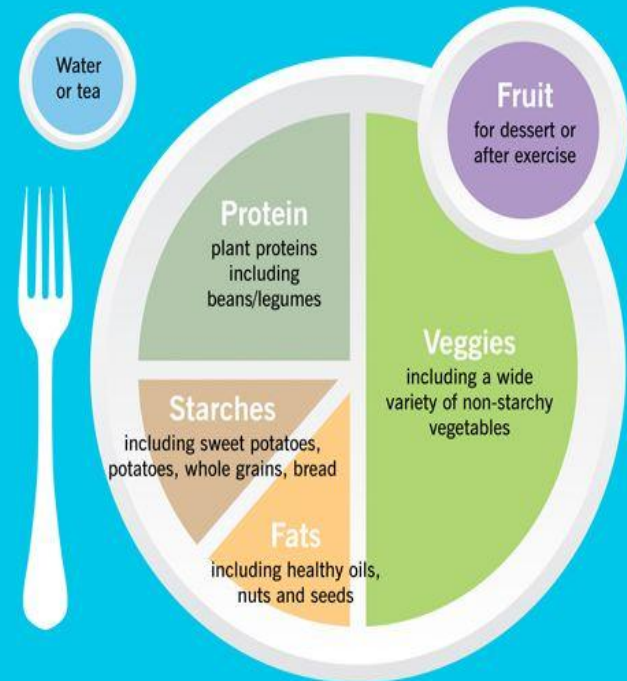
# Vegans

**Vegetarians have plenty of choices. I was a vegan for 13 years , it's a very healthy way to live and great for the digestive tract.**

**Please be reminded that you really need to keep your vitamin B's in check .as well as iron and sodium levels.**



## Plant-Based Eating



- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Take your plate outside and eat in the sun for extra vitamin D.
- After the meal, freshen breath with a piece of vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.





**--Danger --**  
**Do NOT eat after**  
**8pm !**



# Questions and Concerns

