

THE
**FOOD
BABE**
WAY



8 Tips for New Year's Resolution Success

1. Don't let the past get you down! If you have broken resolutions in previous years, try to learn from those experiences and readjust your goals this year.
2. Be realistic. Choose goals that are reasonable, and ones that you can take small steps to achieve.
3. Try not to overdo it. Too many resolutions will be overwhelming! Pick just a few that mean the most to you.
4. Stay in control. This means setting goals that will not be affected by external factors, and are completely up to you to achieve.
5. Remain true to yourself and set goals based on what you want, instead of what society or other people tell you. You are more likely to be successful when it comes from the heart.
6. Make intermediate goals. Designate check-in time at 3 or 6 months to see where you are and keep things more manageable.
7. Lean on a friend for support! Having a social network of support will motivate you more.
8. Be sure to reward yourself when you reach goals or keep your resolution!

Food Cravings (www.herbs-info.com)

Your Craving	What you Need	What to Eat Instead
Chocolate →	Magnesium →	Raw cacao, nuts, seeds, veggies & fruits.
Sugary Foods	Chromium Carbon Phosphorus Sulphur Tryptophan	Broccoli, grapes, cheese, chicken Fresh Fruits Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains Cranberries, horseradish, cabbage, cauliflower Choose, Raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS	Nitrogen	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS	Calcium	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE SILICON	Fatty fish, goat milk, cashews, nuts, seeds



THREE DAY FAT FLUSH- Dr.Mark Hyman

3 or 4 cups per day for three days- **FAT BURNER INGREDIENTS**

Preparation:

Boil veggies 60 minutes, drain off, and drink hot

Blend together and drain off into big ½ gallon jars

Ingredients:

Kale

Carrots

Mushrooms

Garlic

Celery

Ginger roots

Onions

White Radish Roots

Squash

Seaweed (Trader Joe's)

Cabbage

BREAKFAST: Fatty Acid Smoothie (example 3 table spoons nuts)

Almond milk (unsweetened), Pumpkin Seeds, Strawberries, Flax Seed Oil, Almonds (other nuts), and Almond Butter (Trader Joe's) Blend for two minutes.

LUNCH & DINNER: Fish or Chicken but swap for Dinner.

(4 oz. Protein & 2 cups fiber) and a green vegetable.

EXAMPLES: FISH, CHEESE, CHICKEN, GREEN VEGTABLES, BROWN RICE

REPEAT EVERY THREE MONTHS TO DETOX YOUR BODY AS THE SEASONS CHANGE

NOTE- IF YOU GET CONSTIPATED MIX ONE TABLESPOON OF COCONUT OIL IN HOT WATER AND DRINK. WHEN HUNGRY EAT UNSALTED NUTS, NO MORE THAN THREE TABLESPOONS.



Tips for Enjoying the Holidays (FOOBABE.COM)

The holidays are here just once a year, and while we gather with friends and family, it's almost inevitable we won't stick to our typical eating routine. Instead of worrying about the few pounds you might gain, simply try to make the smartest options about what you're eating. Below are a few tips for doing just that.

Start the Day off Right

Try to do something active to jump-start your metabolism. Go to the gym or enjoy a long walk with a family member you haven't seen in a while. Better yet, go to a class, many gyms and yoga studios are open on major holidays. I always love classes on holidays because it can be hard to motivate myself, so it helps to have an instructor or trainer cheering me on.

Drink Your Greens

The last party I went to had nothing green on the menu! Instead of fasting until a holiday meal, begin the day by drinking a green juice or smoothie. To set yourself up for success, have frozen, cut vegetables and fruits readily available so you are prepared to start your day off with a healthy and energizing drink. This will keep you full and get some serious nutrition into your body.

Remember to Chew Your Food

In order to effectively digest your meal, it is essential to take the time to chew and break down the food you are eating. Take your time and enjoy what you are consuming instead of wolfing it down.

Limit Your Alcohol Intake

Because you'll already be consuming more calories than usual with your meal, it's important not to go overboard with alcoholic beverages. Doing so will cause you to feel even more inflamed and bloated the next day. Alcohol will be digested by the liver first (your main fat burning organ)- you don't want to overtax it.

Drink Ginger Tea After Your Meal

Ginger is proven to be effective in calming the stomach and aiding in digestion. It's the perfect post-holiday meal drink.

Sip Dandelion Tea

Before a holiday meal, to remove excess water weight, you can also sip on dandelion tea. This herbal liquid is great for detoxifying the body and cleansing the liver after a large or salty meal. I mix dandelion tea, lemon juice and cranberry juice and call it "Tighten It up Tea"- it will keep you from carrying extra water weight.

Check the Ingredients

At the table- choose foods as close to Mother Nature as possible- crudité's, salads, lean fish, nuts, etc.- skip the baked, heavily sauced dishes. If you have the option, always check the ingredient list. If you can't pronounce the ingredient, put it back on the shelf.

Eat Foods at Home

During the holidays, try to eat as many foods as possible at home, prepared by you. One of the biggest causes of weight gain and disease in America is that we have outsourced our food to the food industry and restaurants. We need to take back control.

Consider a Fast

Consider doing a 12-hour fast after a big meal. Intermittent fasting can help get your body back on track and help you digest everything you have eaten more efficiently.

Always Bring a Healthy Dish

Always bring a healthy dish or something you know you can eat to a dinner party. This will help you stay on track and will be major insurance to keep you from overreaching or eating ingredients you would otherwise be avoiding.

Exercise the day after

Remember to exercise the day after. Sweat out the excess, instead of loafing around the day after a holiday eating leftovers, get out of the house and get active. Sweating it out the next day will improve your mood, boost your metabolism and keep you from snacking on leftovers all day. At the very least, go for a long walk with family or friends.

Respectfully Decline

Don't ever feel that you have to eat a piece of dessert or other rich food because you are celebrating a holiday. It's okay to pass on the pumpkin pie and sweet potato casserole.

Look at the Big Picture

If you have a goal to get in shape in the New Year, start right now. You don't have to wait until January 1st to start implementing smart eating, habits. Think about what you want to accomplish in the long run instead of focusing on the dessert you're passing on.

No Excuse to Eat Poorly

Whether you're dieting or not, it's important to remember that conscious eating is a lifestyle. That means that whether it's a holiday or not, you're remaining conscious about what you're putting into your body.