

All posts use #nutrition #healthy #lifestyle #success #goals #simple

All posts end with: *Develop healthy habits that last a lifetime.*

### 1. ADD NUTRIENTS TO YOUR SHAKE

Adding foods such as kale, spinach, and flax seed to your protein shake is an easy way to add vital micronutrients. Of course, using ice and blending everything together is the way to go!

### 2. AVOID PROCESSED FOODS

Processed foods are foods that have extra salt, sugar, or fat added in. Avoid things that come in a package or have more than three ingredients listed on the nutrition label like chips, microwave meals, or hot dogs. Aim to eat mostly whole foods like fruits and vegetables, or lean meats. *If it had a mother, grew in the ground or on a tree, you can eat it!*

### 3. CHEAT MEAL NOT CHEAT DAY

Let's be real.... there is virtually no way that any of us are going to develop healthy habits, that last a LIFETIME, without allowing ourselves to have a cheat meal from time to time. We typically set this at one meal per week. However, this does not mean an entire DAY of eating poorly.

Here are two examples:

✔ Good option:

Get up Saturday morning and eat your normal breakfast at 6:30am.

Head to the gym at 9:00am for an awesome workout with your friends or hit up a hotel workout if you're out of town.

Eat a protein shake after your workout.

Eat a grilled chicken salad for lunch with a light dressing and limit your carbs because you will be indulging later.

Go for a walk with the kids/dogs/spouse in the afternoon or watch your kids play sports.

Eat a singular Greek yogurt in the afternoon to keep feeding your body protein, but that's it for a snack.

When you go out to eat you order this:

1 light beer or glass of wine

12oz steak

Side salad w/ light dressing

Baked potato

Grilled veggies

OR

Mexican restaurant where you opt for a Corona Light and not a margarita

Chicken fajitas

NO CHIPS and SALSA

Get in a 2-mile run on Sunday.

✘ Bad option:

Sleep in on Saturday morning and miss breakfast.

Watch tv or sit in the car all day with little to no exercise.

Meet up with friends for dinner and drinks at 5:00pm and then stay out for more drinks after.

When you go out to eat here's what you order:

Chips and salsa or other appetizer like cheese sticks

2 beers/drinks prior to dinner arriving

Wings

Pizza

1 more beer during dinner

3-5 more drinks throughout the night

You arrive home and grab whatever junk food you have available in the pantry.

Sunday morning rolls around and you sleep in again.

You don't workout.

You randomly snack on chips and other junk food throughout the day.

Option 1 is the good choice! Option 2 is clearly very bad. You don't workout at all. You throw your meal timing all out of whack and you consume way too many calories. **The weekend is 30-40% of your week.** Don't let it ruin your week. There is a big difference between a cheat MEAL and a cheat DAY!

#### **4. CHOOSE GOOD CARBS**

Carbs tend to be the most difficult macro to figure out. It seems that most delicious things are nothing but low-quality carbs (and fat). There are two very simple rules to remember when it comes to selecting your carbohydrate sources:

1. Low Sugar
2. High Fiber

These two simple rules are what separate oats from Fruity Pebbles. They are the difference between quinoa and honey wheat bread. Don't over complicate it!

#### **5. CRAVINGS**

Cravings are normal and they happen to everyone. Remember your goals and why you are working to create healthy habits. Cravings will only lead to quick satisfaction and not long-term goals. When those cravings hit, try a few of our healthy recipes that will curb that sweet tooth. Frozen Yogurt, Healthy Pudding, Peanut Butter Rice Krispies are all options that will help keep you on track.

#### **6. DEVELOP HABITS THAT LAST A LIFETIME**

Sustainability is the key to developing healthy habits that last a lifetime. Finding new recipes to keep things interesting is a good way to ensure you won't get bored with food. Try to pick one or two new recipes to try each week. After a few months, you will have an arsenal of healthy options at your disposal. Make small changes. Don't try to change everything you do all at once. It takes time to build habits, but once you have them established, they are easy to keep going.

#### **7. DON'T DRINK YOUR CALORIES**

It's easy to overlook calories that come from drinks. Liquid calories add up quickly, so be mindful of the drinks you consume. A medium sized mocha is typically around 400-500 calories! Aim to avoid sweetened iced tea, sugary coffee drinks, soda, and juices. Making small changes by substituting water, or unsweetened iced tea, for high calorie drinks will make a difference in helping you meet your goals! Alcohol.... Don't drink it.

## 8. DRAIN AND RINSE GROUND BEEF

Aim to use 93% lean ground beef. If you're using anything below that, drain the excess grease after cooking. Then, put the beef in a strainer and rinse it with water. Your beef will be less greasy free and approximately 93% lean.

## 9. DRINK MORE WATER

There are many benefits to drinking water:

- ✓ Energizes Muscles
- ✓ Aids in Weight Loss
- ✓ Protects joints and cartilage
- ✓ Maintains the balance of bodily fluids
- ✓ Keeps skin looking good

Water is vital for your brain, joints, muscles, organs, detoxification, weight-loss, and performance.

Aim to drink no less than 60% of your lean body mass in water each day.

Tips:

- ✓ Carry a 24-ounce water jug with you and refill it at least 3 times per day.
- ✓ Drink 12-16 ounces of water first thing in the morning upon waking.
- ✓ Mixing BCAAs/EAA's with your water will add great flavor, and nutrients, without calories

## 10. EARN YOUR CARBS

Carbs are good! Has anyone ever told you carbohydrates are bad, and if you want to lose weight, stay away from them? While the intentions may be good, the information is poor. Carbs are not bad for you, but they do need to be from quality sources and consumed in the correct amounts. The more active you are, the more carbohydrates you need.

Your body is powered by three metabolic pathways:

1. Phosphagen (Creatine)
2. Glycolytic
3. Oxidative

Creatine fuels your body for high-power output in very short bursts (1-10 seconds). It takes 3-5 minutes for those Creatine stores to replenish.

Glucose/glycogen fuels your body for medium length exercise, for a matter of minutes. This is where most people spend their time during exercise.

Oxygen fuels your body for less intense, longer duration, movement. This would include things such as biking, rowing, jogging, or walking for 20-30+ minutes. This is commonly referred to as aerobic exercise.

The key to consuming carbs is eating enough to fuel your body, and to keep you feeling satiated, but not so much that they are stored as fat. Your muscles store carbs in the form of glycogen, but only 1,400-2,000 calories worth. If glycogen stores are full, excess carbohydrate intake will lead to fat build up.

Eat enough carbohydrates to fuel your body for movement. Space out your meals every three hours to help control appetite and blood sugar levels.

Our coaches will help you figure out all this crazy stuff!

### **11. EAT 2.5 CUPS OF VEGETABLES A DAY**

Eating an adequate number of vegetables each day provides many benefits. These include giving you vitamins, minerals, micronutrients, and fiber. They help manage blood glucose levels, and satiety, which makes you feel fuller for longer. Fresh or frozen are better than canned, but if you choose canned, look for those made with low sodium, or rinse them before consuming.

We recommend eating a minimum of 2.5 cups of green, leafy, vegetables each day!

### **12. EAT A VARIETY OF COLORFUL FOODS**



Eating the same foods repeatedly gets boring and you are likely to give up trying to eat healthy. Therefore, eat as many different foods as you can. Aim for whole foods in a variety of colors.

- ✓ Try new foods
- ✓ Variety of flavors
- ✓ Variety of nutrients

Think outside of the box! Mix it up!

### **13. EAT DARK GREEN VEGETABLES**

Dark green vegetables such as broccoli, brussel sprouts, spinach, kale, and asparagus provide the following:

- ✓ Vitamins and Minerals
- ✓ Healthy Fiber
- ✓ Help Balance Cholesterol & Blood Sugar
- ✓ Low-Calorie & Low-Fat
- ✓ Nutritious Convenient
- ✓ Feel "Full" Longer

Aim to eat 2.5 cups of vegetables each day!

### **14. EAT EVERY THREE HOURS**

Eating every 3 hours regulates blood sugar levels and keeps you satiated throughout the day. In addition, this helps control cravings and gives you the ability to fuel your body like an athlete. You will feel consistently energetic without highs and lows that are typically associated with binge eating. Additionally, when combined with quality exercise, your metabolism will function like that of an athlete. You will begin to turn into a fat-burning machine.

## 15. EAT FRUITS, ESPECIALLY BERRIES

Fruits have sugar, so we recommend eating them in the morning or post-workout. However, fruits are also loaded with water, fiber, vitamins, and antioxidants that are great for your health! Since fruits contain fiber and various plant compounds, their natural sugars are generally digested very slowly and don't cause major spikes in blood sugar levels. Make sure you are eating real fruits, not juices or dried options.

When choosing fruits, we suggest berries as they are lower on the glycemic index.

## 16. EAT LESS SALT

Consuming too much salt can lead to coronary heart disease, stroke, or even death. Your body needs some salt to function properly, but very little is necessary. Odds are you will get plenty of salt from the foods you eat, so refrain from adding salt when you cook. Always look at nutrition labels and be sure to pick out foods that are "low sodium" or "no salt added." Eating whole foods is an easy way to ensure you don't consume too much sodium.

## 17. EAT MORE FISH 🐟

Did you know the average American consumes 10-20x more Omega 6 fats than Omega 3s? Studies show an optimal range is 2-4x. What does this mean?

You need both. However, here are some of the benefits of Omega 3s:

- ✅ Lowered risk for heart disease
- ✅ Improved eyesight
- ✅ Reduced inflammation
- ✅ Lower risk for some cancers

Try researching the benefits of Omega 3s and see what you come up with!

These foods are very high in Omega 3s:

Mackerel, salmon, herring, oysters, sardines, anchovies, caviar, flax seeds, chia seeds, walnuts, Brussel sprouts, spinach, and broccoli to name some.

Of course, you can also take a supplement with Omega 3s; Look for the DHA and EPA content. Just remember, real food is always better!

## 18. EAT WHOLE GRAINS

Whole grains are high in nutrients, and fiber, which will help you feel fuller longer. Whole grains provide more grams of protein than refined grains. Additionally, whole grains and fiber, help control blood sugar and lower LDL (bad) cholesterol. Fiber also aides in a healthy digestive system.

Whole grains include brown rice, quinoa, whole-wheat couscous, whole oats, whole-wheat bread & whole grain pasta.

## 19. EAT YOUR VEGGIES FIRST

Let's be honest, nobody really likes veggies more than meat and all those delicious carbs. If you do, you are certainly one of the few. With that in mind, load your plate with veggies and eat them right away. You will still be hungry for the other stuff, but if you leave a little on your plate, it's okay!

Aim for green leafy veggies and don't cook them in a bunch of oil or butter. Fresh is always best, but frozen are better than nothing!

## **20. ELIMINATE SUGAR**

This tip may be the most important one to follow. Doing this singular thing will do more for your health than just about anything. Sugar from low-glycemic fruits, like berries, is just fine. Beyond that, avoid it. Try it for two weeks and document how you feel. The only sugar you can consume is from fruit. If you can manage it, odds are you will feel like an entirely new person.

## **21. ENJOY YOUR MEAL**

Slow down and enjoy your food! It takes about 20 minutes for your brain to receive hormonal signals that you are full. For this reason, eating slower, and chewing food completely, may help you realize you are full and prevent overeating.

## **22. FLAVOR UP WITH BROTH**

Next time you are cooking pasta, rice, boiling potatoes or steaming vegetables, fill your pot with broth instead of water! You can use chicken, beef, or even vegetable broth, but use the low sodium versions. Try bone broth as it has more protein and lower sodium. Flavor Up!

## **23. FOCUS ON FIBER**

Fiber has many benefits, including improving gut health, lowering cholesterol, and controlling blood sugar levels. Eating quality carbohydrate sources becomes easy when you focus on consuming those that are naturally high in fiber. As an example, oats are high in fiber, but Rice Krispies are not. Foods that have fiber added in artificially such as “carb balance” tortillas are not what you are looking for. Instead, aim for foods such as quinoa, brown rice, oats, etc.

## **24. GET MOVING**

While you cannot outwork a poor diet, the benefits of eating healthy are compounded when combined with intense exercise. Our rule is this:

You get 5 points for eating healthy

You get 5 points for working out

$5 + 5 = 10$  when you add them together.... WRONG!

$5 \times 5 = 25$  when you add them together.... RIGHT!

The results you will see when it comes to shedding body fat, and building muscle, come much faster if you exercise with intensity and purpose. Keep in mind that intensity looks different for everyone. Intensity to a 300lb man in his 60s looks much different than for a woman in her 30s looking to lose 10 pounds of fat, who is also currently active. You should be uncomfortable when you exercise. You should sweat. You shouldn't be able to carry on a casual conversation. If you aren't sure what intensity looks like for you, seek out a quality coach/trainer!

## **25. GET SLEEP**

The health benefits associated with getting adequate amounts of sleep are lengthy. Here are just a few:

- Feel better in general
- Improve brain function and memory
- Improve exercise performance
- Control weight and cholesterol
- Improve hormone levels

Don't overcomplicate things. You know what it's like to try and function on little to no sleep. You also know how it feels to wake up feeling refreshed and ready to attack the day. You will be a more productive, healthy, person if you get an adequate amount of quality sleep. Aim for no less than 7-8 hours each night. Also, establish a routine by going to bed, and waking up, at the same times each day.

## **26. GRILL, BAKE, OR FRY**

When preparing things like chicken, it's best to use dry cooking methods like baking or grilling. Avoid frying foods, as there will be added fat when cooking with oil.

Air fryers are a great tool to use when cooking, as well. You will get that fried texture without the added fat from oils. When ordering at restaurants, look for the grilled, or baked, chicken options instead of the fried foods as they will be cooked in oil.

## **27. GROUND BEEF + GROUND TURKEY**

80/20 ground beef is high in fat, and most of us love it, so how do we eat it without wrecking our nutrition? Here are a few options:

- ✓ Buy 93/7 instead
- ✓ Drain and rinse the meat (It will cut the fat down to about 93/7)
- ✓ Mix 99% lean ground turkey with your beef

When making spaghetti, tacos, meatballs, etc., mix beef and turkey. This provides extra protein without adding fat. Little changes will go a long way. Develop healthy habits that last a lifetime!

## **28. HAVE A PLAN**

Planning ahead will keep you on track. If you have meals prepared, you won't need to get fast food, or grab something unhealthy, in a hurry. Schedule time every weekend to meal prep for the week. Additionally, plan an extra couple of hours during the week to prep food for the weekend (we encourage Thursday). Plan your meals. Plan your workouts. Plan your success!

## **29. HEALTHY FATS VS. UNHEALTHY FATS**

Fat contains more calories per gram than protein and carbs (9 vs 4/4). They are easy to overeat, so be careful! Additionally, some fats are healthier than others. Saturated fats are harmful to your body because they are solid at room temperature and can stay in your blood vessels leading to clogged arteries. Unsaturated fats stay liquid at room temperature and are much less likely to clog your arteries.

Consuming more unsaturated fats than saturated fats can help lower cholesterol levels and reduce risk of heart disease. You can find unsaturated fats in olive oil, walnuts, almonds, flax seed, avocados and salmon. Omega 3s are an example of a healthy unsaturated fat. Avoid foods high in saturated fats including bacon, sausage, butter, and most fried foods.

## **30. HIGH VOLUME FOODS**

There are approximately 220 calories in one Snickers Bar. You would need to eat about 25 cups of spinach, or 3 cups of shredded potatoes, to get the same number of calories! Foods that are calorically dense are easy to overeat. Seek out foods that are low in calories in relation to the volume you eat. This will help control hunger by keeping you satiated longer and help you make quality choices. By default, most calorically dense foods are high in fat and sugar, so staying away from them means eating healthier.

## **31. LIMIT ALCOHOL CONSUMPTION**

We all KNOW that alcohol isn't good for us. However, most people still drink far more often than they should. Compounding the negative effects of alcohol are the poor food choices we make when drinking. Let's be real, tilapia and broccoli don't exactly sound delicious when you're six beers deep. However, a juicy burger and fries, or a late-night pizza, tends to hit the spot. Additionally, the next morning egg whites and a bowl of oatmeal won't be at the top of your list.

It becomes clear just how bad alcohol is for your body when you break down the numbers. Protein and carbs each have 4 calories per gram. Fat has 9 calories per gram. Alcohol has 7 calories per gram. That means alcohol is almost as calorically dense as fat! Plus, your body can't use alcohol as a fuel source like it does carbs, protein, and fat. Consuming 6 drinks in a night will add up to 600-1,000 calories (light beers and liquor mixed with water). If you consume sugary drinks, or heavy beers, those calories go way up!

When you log alcohol in your LifeBase app, log it as the equivalent calories of Coca Cola. For example, if you drink a light beer/seltzer with 100 calories, you will log it as 9 ounces of Coke. This is 105 calories and 29g of sugar! Whoa, wait!! That's not fair! There's not sugar in alcohol! That's way different! I'm sorry, but no it's not.

To fully understand the effects of alcohol on the body, it is important to log it this way. As bad as sugar is for your body, alcohol is even worse. It is my job to help you learn about food, lose body fat, and develop healthy habits that last a lifetime. I know you won't like to see all that sugar, and the bad score that comes with it, on your app. THAT'S THE POINT!

I'm not saying you can't ever drink, but here are some tips when doing so:

1. Do it sparingly.
2. Do not overdo it. Limit yourself to 1 or 2 light/small drinks.
3. Stay away from sugary drinks.



4. Workout the day of, and the day after, drinking.
5. Eat healthy other than the few drinks.

Sticking to these rules will help ensure your success and allow you to have a little "fun" along the way! A few drinks won't break your healthy lifestyle. Drinking in excess, multiple times a week, will be detrimental to your success. Develop healthy habits that last a lifetime.

### **32. LIMIT CARBS AT NIGHT**

Carbohydrates are the easiest macronutrient to overeat, sugar being the worst source. By keeping them in check at night, and concentrating on lean meats and vegetables, you are more likely to stay on track with your nutrition.

In the typical American diet, evening/nighttime is when we consume our biggest meals. This is also the time of day when we are the least active. Consume most of your carbohydrates around your workouts as they are needed for recovery and fuel for your body.

### **33. MEAL PREP SUNDAY & THURSDAY**

Most people eat healthier Monday-Friday than they do on the weekends. A big part of the issue is that people are on the go on the weekends. Kids have sports, people travel for various things, or they just want to relax. The week can be a grind, so it's easy to want to kick back and do what's easy. However, that won't lead to fat loss!

A great way to set yourself up for success through the weekends is to treat Thursday like Sunday. By that, we mean meal prep twice a week. Most people will prep meals on Sundays. You will need to do it again on Thursday or Friday to be sure you're set up for success ALL WEEK.

Sounds simple, right?! Then do it! Try prepping food for the weekend and watch how successful you are. This makes all the difference in the world!

### **34. MEASURE YOUR FOOD**

How many grams of fat are in a spoonful of peanut butter? How many carbs are in a handful of cheerios? How much protein is in a 3-ounce hamburger? Typically, people eat more food than they realize. We highly recommend purchasing a food scale, and measuring cups/spoons, to help with serving sizes. Measuring your food will help teach you portion control and allow you to see how many macros are really on your plate.

Once you have a solid grasp on correct serving sizes, you will have a better understanding of how much food you are actually eating. This will help you when you don't have access to a food scale, like at restaurants. For example, a single 3-ounce serving of chicken, beef, or fish is roughly the size of your palm.

Education is key to developing healthy habits that last a lifetime!

### **35. MULTIVITAMINS & FISH OIL**

You should always aim to get all your micronutrients from real food sources, however supplements can come in handy. Two of the things that are great for overall health are multivitamins and omega 3 fish oil. Most people simply aren't good about eating lots of nutrients dense foods like veggies and low-glycemic fruits, so supplementing with a multivitamin is a good way to get things you are missing. Additionally, American diets are very low in omega 3 fatty acids, because we don't consume a lot of fish. Omega 3s are essential to heart health and they act as an anti-inflammatory. Most people should take a quality omega 3 supplement. Remember, whole foods are always best, but supplements can be a great addition.

### **36. NEVER SKIP BREAKFAST**

You've heard it before, breakfast is the most important meal of the day. There is truth to that! Breakfast is the first opportunity to fuel your body after fasting during sleep. With that in mind, start your day right by giving your body the healthy foods it needs. A go to breakfast should look like this:

Eggs

Egg whites (protein without the fat)

Whole Oats

Berries

Waking up and eating sugary things like Pop Tarts, or pancakes, won't set you up for success. Make the first meal you eat each day a healthy one. This will start you off on the right foot before you even walk out the door!

### **37. NUTRITION + WORKOUTS**

Deciding to work on your nutrition alone is a great step to creating a healthier lifestyle that will help reduce your risks of chronic disease. Deciding to start a workout routine is also a great way to work on creating a better version of you. Putting the two together is the best, and most efficient, way to reach your goals of a healthier lifestyle. Fueling your body before, and after, a workout is also super important. Prior to working out intensely, consume some protein and carbohydrates. The amount depends on how much exercise you will be doing. Post workout, be sure to take in some simple carbohydrates and quality protein. Stay away from high fat meals immediately after a workout. A quality post-workout supplement is something that you may want to consider as you become more active.

### **38. ONE INGREDIENT FOODS**

It's that simple. Eat foods with one ingredient in the name. A potato is a potato. A potato chip is not a potato. If you eat only whole foods, you remove the processing and additives. You will also know exactly what is going into your body. These foods will help you achieve your health and wellness goals!

Some examples of one ingredient foods:

Eggs

Leafy Greens

Salmon

Broccoli

Root Vegetables

Beans

Fruits

\*To simplify life, some of these "one-ingredient" foods, may have water or salt added to them (for example canned black beans). Now this may not be the best choice, as sodium will be higher, but it is better than most other options.

### **39. ONE PROTEIN SHAKE/DAY**

Do you best to limit yourself to drinking 1 protein shake a day. There are some exceptions to this, such as a post-workout supplement, but the idea is to eat real protein sources and not artificial ones.

Most of our clients are simply trying to live a healthier lifestyle and lose body fat. Real, quality, whole food sources are important. However, we do have some clients looking to gain muscle, and weight, in general. Many of them are athletes. For these people, we will allow them two protein shakes a day to simply get in extra calories.

Whole foods keep you satiated longer and digest more slowly than protein shakes. This will help stave off hunger and better control blood sugar levels.

Make your protein shake a "snack" and do not replace breakfast, lunch, or dinner with one.

### **40. PROTEINS, CARBS, FATS TOGETHER**

Always consume proteins, carbs, and fats together! This rule cannot be understated. They each play a unique role in the body and therefore should always be eaten together. Protein build muscle. Carbs fuel your body. Fats are good for hormones, nutrient absorption, and cell function. Moreso than that, this will help you stay away from junk food as they contain mostly simple carbs and fat.

### **41. PORTION SIZES**

If you are new to this whole nutrition thing, there is a simple rule that will keep your calories in check. Eat portions that are equivalent to the size of your fist. At each meal, eat a protein, carbohydrate, and vegetable source each about the size of your fist.

#### **42. POST-WORKOUT PROTEIN & CARBS**

Immediately after you work out, your body is in a state of disrepair. Your muscles are broken and fighting to recover. They need protein and carbs to aid in recovery. Therefore, a quality post-workout supplement is a good thing. You need simple carbohydrates (sugar) to create a quick insulin spike. This will drive the sugar to your muscles. If you consume a fast-digesting protein (like whey) at the same time, both the sugar and protein will go to your muscles. These nutrients will help your body jumpstart the recovery process. Within an hour of your workout, be sure to eat a meal, with whole foods, consisting of mostly protein and carbs!

#### **43. PRACTICAL NOT PERFECT**

Strive for practicality and not perfection or you will burn out. Try to make small habit changes, consistently, and you are more likely to reach your goals. It's okay to have a cheat meal from time to time. It's okay to eat low calorie sauces, frozen foods, and some things that come in packages. Just be sure that those things are generally healthy and stay away from junk food high in sugar. You can go out to eat, enjoy birthday cake, and have some fun. If you stick to the plan 95% of the time, you will be successful. This does not mean you ignore your plan on the weekends. It means you have one cheat meal on a Saturday night.

#### **44. PROTEIN AT EVERY MEAL**

Your meals should be well rounded, always consisting of protein, fats and carbs together. For most people, prioritizing protein (and vegetables) is more difficult than prioritizing carbohydrates. Proteins are the essential building blocks for your body! When you consume proteins, they are broken down into amino acids which your body utilizes for everything from muscle growth to hair growth.

#### **45. PROTEIN POWDER OPTIONS**

There are a few protein supplements that can add into your meal plan. First, a meal replacement protein is an awesome way to get your snacks. This means the protein will have some carbs, fiber, and a little fat with it. Second, whey protein is good post-workout. Third, casein protein is good before bed as it is slow-digesting and will "feed" your body throughout the night. Supplements have their roles, but always try to consume real foods!

#### **46. SAUCES ON THE SIDE**

Sauces tend to contain a lot of added fat, sugar, and salt. That adds up to empty calories in your meals. When eating at a restaurant, ask for your sauces on the side. Doing so will allow you to control how much of the sauce you want to use, if any at all. When cooking at home, buy sugar-free sauces. Our favorites are 'G-Hughes' and 'Walden Farms'!

#### **47. SHOP THE OUTSIDE EDGES OF THE GROCERY STORE**

Have you ever noticed that most of the processed foods are in the aisles of the grocery store? Most fresh, healthier, options are on the outer edges of the grocery store, so shop there! Aim for foods with one ingredient like fruits, vegetables, and meats. Almost always, those foods are not found in the aisles!

#### **48. SPRAY BUTTER FOR FLAVOR**

Use spray butter, such as "I Can't Believe It's Not Butter," on your veggies, bread, bagels, pasta, and potatoes instead of regular butter. There are no calories, or sodium, in "I Can't Believe It's Not Butter." Simply spray it on your veggies and then add a little garlic and pepper for a great kick. If you want to crank up the heat a bit, add cayenne pepper, too!

This one little trick will help you avoid extra calories and stay on track to meet your fat loss goals!

#### **49. START WITH SMALL CHANGES**

Trying to change everything all at once will be overwhelming. Making one change at a time, and then build upon that change once it become habit. Studies show it takes a minimum of three weeks for something to become a habit, so commit to something for no less than three weeks. If you are ready for it, add something else to it. Small habits, added together over time, will lead to big changes!

Think about these habits:

No Alcohol.

No Fast Food.

No Fried Foods.

No Processed Sugars.

No Fatty Dressings or Dips.

Workout Every Day.

Only Eat Whole Foods.

#### **50. STAY HYDRATED**

Here are some reasons why water is so important:

- ✔ Improve physical performance
- ✔ Improve brain function
- ✔ Headache prevention
- ✔ Relieve constipation
- ✔ Lose weight - helps keep you satiated and even slightly increase metabolism
- ✔ Sugary drinks are bad

Generally speaking, aim for 80-120oz of water each day.

#### **51. USE NON-STICK COOKING SPRAY**

Yes, you need fat in your diet, but they are calorically dense and easy to overeat. For example, if you eat 3 eggs for breakfast, you will consume 15g of fat. If you cook those eggs in just 1 tablespoon of oil, you will double the fat. This doesn't include any fat from other foods.

Using non-stick spray will help you avoid extra calories and stay on track to meet your fat loss goals!

## **52. USE SUGAR FREE CONDIMENTS**

Brands will vary, but on average, there are 4 grams of sugar in ONE tablespoon of ketchup, 6 grams of sugar in ONE tablespoon of BBQ sauce, and almost 10 grams of sugar in ONE tablespoon of maple syrup. People are more than likely to consume multiple tablespoons of any condiment at a sitting. A healthy meal could turn bad after you add condiments.

We recommend buying sugar-free condiments. Some brands, that taste good, are G-Hughes and Walden Farms. Other condiment options include Light Miracle Whip, buffalo sauce (watch the sodium), and mustard.

There are a ton of condiment options, so check labels for fat and sugar content before purchasing!



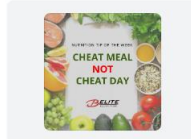
Add Nutrients to Your Shake  
Design



Avoid Ultra Processed Food  
Design



Beef/Turkey  
Design



CHEAT MEAL NOT CHEAT DAY  
Design



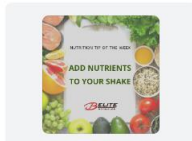
Choose Good Carbs  
Design



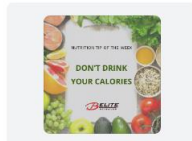
Copy of Beef/Turkey  
Design



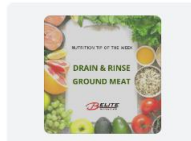
Cravings  
Design



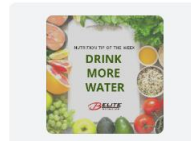
Develop Habits That Last a Lifetime...  
Design



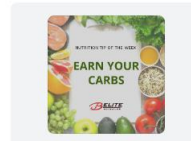
Don't Drink Your Calories  
Design



Drain & Rinse  
Design



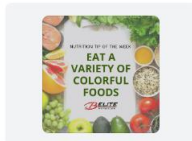
Drink More Water  
Design



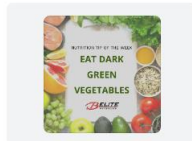
Earn Your Carbs  
Design



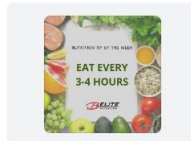
Eat 2.5 Cups Veggies Daily  
Design



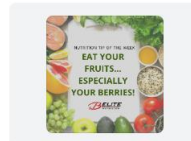
Eat a Variety of Colorful Foods  
Design



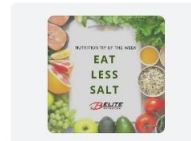
Eat Dark Green Vegetables  
Design



Eat Every 3 Hours  
Design



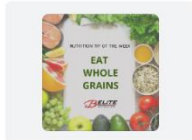
Eat Fruit (Berries)  
Design



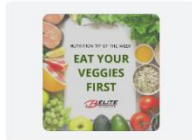
Eat Less Salt  
Design



Eat More Fish  
Design



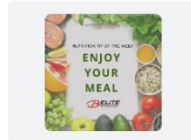
EAT WHOLE GRAINS  
Design



Eat Your Veggies First  
Design



Eliminate Sugar  
Design



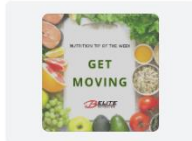
Enjoy Your Meal  
Design



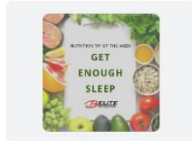
FLAVOR W/ BROTH  
Design



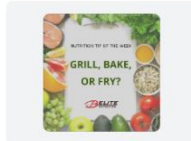
Focus on Fiber  
Instagram Post



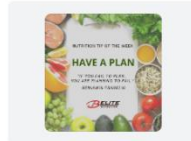
Get Moving!  
Design



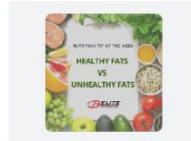
Get Sleep  
Instagram Post



Grill, Bake, Fry  
Instagram Post



Have A Plan  
Design



Healthy Fats vs Unhealthy Fats  
Design



High Volume Foods  
Instagram Post



Ingredient Foods  
Design



Limit Alcohol Consumption  
Design



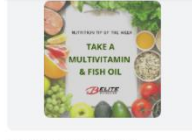
Limit Carbs at Night  
Design



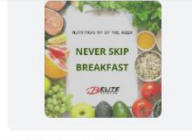
Meal Prep  
Design



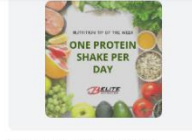
Measure Your Food  
Design



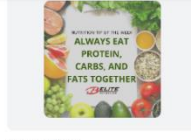
Multi Vitamin & Fish Oil  
Design



Nutrition + Workout  
Design



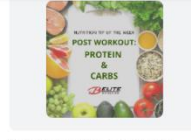
One Protein Shake Per Day  
Design



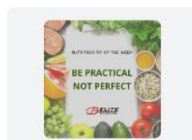
PCF Together  
Design



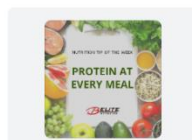
Portion Sizes  
Design



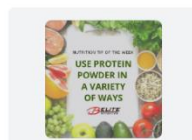
Post Workout: Protein & Carbs  
Design



Practical Not Perfect  
Design



Protein at Every Meal  
Design



Protein Powder Options  
Design



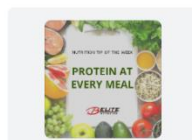
Sauces on the Side  
Design



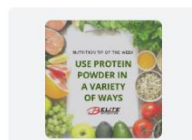
Shop the Outside Edges  
Design



Start w/ Small Changes  
Design



Stay Hydrated  
Design



Use Non-Stick Cooking Spray  
Design



Use Sugar Free Condiments  
Instagram Post