**TEXT FOR NEW DRIPS 8/23**

1: **Welcome:** We are eager to help educate and inspire you to make healthy life choices... It all begins today! Remember to reach out to your coach if you have any questions. This first week is important for you to learn our nutrition platform (LifeBase). Start figuring out the foods needed to fuel your body. Go grocery shopping and get ready for the week. Good luck and here we go! P.S. Don't forget to sweat today!!

2: **Core Foods/Supps/Veggies:** Visit the link below for a quick reminder on how to adjust your shortcuts. These include: core foods, veggies and supplements. Doing this will make logging food quicker and easier!

https://vimeo.com/853797811?share=copy

3: **Recipes – Edit & Create:** Make sure to stay on track this week. Prepare meals today, so you have them for the week! 💪 Speaking of meals....do you need new meal ideas?! Make sure to check out the recipes in the app as they are recipes our team has designed for you. They are adjustable to meet your macros. Click the link below for a quick video about the recipe shortcut.

https://vimeo.com/853796726?share=copy

4: **Favorites:** When you log a meal you can save it as a “Favorite” meal which will automatically add it to your “Favorites” shortcut. To do so, simply click the star next to your “Added Food” before you save a meal. Then, you can give the meal a name and choose which meals it will populate in your shortcut!

5: **Water:** Water! H2O! Liquid Gold! Click the link below to see how to log your daily water intake. Just a 10% loss in water can affect your ability to focus and recover. Humans can only survive a few short days without water, but weeks without food. Water is important!

https://vimeo.com/853800161?share=copy

6: **3 Ingredient Meals:** Meal prep doesn't have to be hard! Simply pick 3 ingredients: 1 protein source, 1 carb source, and 1 veggie source. Make a whole bunch of each and then separate into individual meals. Additionally, whole foods (those with 1 ingredient) are healthier than processed foods.

7: **PCF Together:** Proteins, carbs, and fats each play a specific role in your body.
Carbs and fats alone are what wreck most people.View the link below to find out why eating protein, carbs and fats together is important and how it impacts the body! <https://www.youtube.com/watch?v=cBVnhn_UYHc>

8: **20% Sugar:** The 20% Sugar Ratio will ensure you eat quality carbs. What it is, how it is calculated, and why it is important is all in the video below.

<https://www.youtube.com/watch?v=Db6kt8grc8k>

9: **Fiber:** Hello, {{user.first\_name}}! Check out why getting the right amount of fiber is important! <https://www.youtube.com/watch?v=s3773Q6WzXk>

10: **How to Choose Healthy Carbs:** Of the three macronutrients, carbs are the most difficult to figure out. Carbs are your body’s go-to fuel source for almost all exercise as they fuel your glycolytic metabolic pathway. In addition, controlling blood sugar levels is key for a myriad of health reasons. Complex carbohydrates are slower digesting than simple carbohydrates. For that reason, they do not spike blood sugar levels as quickly. Complex carbohydrates are low in sugar and high in fiber, like whole grains. When choosing your carb sources, stay away from sugar first and foremost. From there, aim for sources that are high in fiber.

11: **Recommended Carbs:** Refer to your Healthy Carbohydrate Guide in your Nutrition Playbook for a complete list of carbohydrate sources. Generally speaking, carbs that are highest in fiber and lowest in sugar should be your go-to sources. These are complex carbohydrates. Sugars like sucrose, fructose, and glucose are found in high amounts in processed foods and will spike blood sugar levels quickly. Aim to eat one-ingredient foods and stay away from sugar. Fruit is good to eat early in the day, or around workouts, and look to eat low glycemic ones such as blackberries, blueberries, and strawberries.

12: **Recommended Fiber:** You can find high fiber foods in two places within your Nutrition Playbook. The first is on your Healthy Carbohydrate Guide, as those carb sources are ranked by fiber and sugar content. The other place is on your Healthy Food Choice Guide.

13: **Importance of InBody Scans:** Your InBody Scan gives our coaches the tools they need to do their job. Combined with accurate food logs, your scans paint a clear picture about what's going on with your body. Your coach will make any necessary adjustments to your nutrition plan based on scan results.

14: **5x5=25:** While you can't outwork a bad diet, you can improve your results with exercise. The key is INTENSE exercise. Intensity looks different for everyone. For example, intensity for a college football player will be different than a 60 year old female. Combine interval style conditioning (cardio) with resistance training no less than 3-4 days per week.

Assume you get “5 points” for nutrition and “5 points” for exercise. If you add them together, you now get “10 points.” However, the results from combining proper nutrition with exercise are compounded, so it’s actually more like 5 x 5 = 25 points! 5 is okay, 10 is better, but 25 is life changing!

15: **Eat every 3 to 4 Hours:** Eating every 3-4 hours will: ✔️Eliminate cravings and binge eating., ✔️Help maintain/gain muscle mass., ✔️Improve energy levels., ✔️ Prevent storing of fat., ✔️ Control blood sugar levels., View the link below for more information! <https://www.youtube.com/watch?v=vSqbJEhnQrY>

16: **Miss a Meal:** Eating the right amount of food, at the right time, absolutely matters. However, you are going to miss a snack or a meal at some point. If you do, spread those missed calories out over the course of your remaining meals for the day. The end of the day totals matter, but do not intentionally skip meals to eat extra at night. When getting started, you may not feel hungry enough to eat all of your food at each meal. Even if you cannot finish every snack and every meal, still eat something every 3-4 hours.

17: **No Alcohol:** In a perfect world, you wouldn't drink any alcohol at all. However, for a lot of people that isn't realistic. Remember, a bunch of small changes add up big in the long run. If you do drink, aim for 1 or 2 light beers, seltzers, or liquor with a calorie-free mixer. Also, limit your drinking to one night per week. Alcohol is bad by itself, but the food choices made when drinking are typically not healthy. Very simply, fish, broccoli, and rice don’t sound as delicious as a pizza, or a burger and fries, when consuming alcohol or the morning after a night out.

18: **Veggies:** Logging your vegetable intake directly affects your end-of-the-day star rating. The easiest way to make sure you get credit for eating your veggies is to use the fruit/veggie shortcut when logging meals. Green, leafy, vegetables should be your go-to choices. Things like peppers, onions, mushrooms, tomatoes, and spinach are great add-ins with eggs to make an omelet or scramble. Adding kale, or spinach, to your protein shake is another way to sneak veggies in throughout the day. Of course, be sure to use a blender when doing so! 🤪 <https://www.youtube.com/watch?v=22OP5kG8FZ0>

19: **Recommended Veggies:** Let’s face it, most people don’t love eating veggies. However, we all know how good they are for us, and we need to eat them! Fresh is best. Frozen is okay. Try to stay away from veggies in cans. Another option is to supplement with a greens and/or reds product. These supplements will provide many of the micronutrients and antioxidants that you will find in fruits and vegetables. Aim for green, leafy veggies whenever possible. There is a list on your Healthy Food Choice Guide in your Nutrition Playbook.

20: **Recommended Proteins:** Your go-to protein sources should be the ones that are lowest in fat. In your Nutrition Playbook, the LifeBase Healthy Food Choice Guide provides 13 recommended protein sources. They are ranked by how lean they are. It is really easy to over consume fats if you are not careful about choosing quality proteins. Red meat is definitely okay to eat, just pick the leanest options.

21: **Choosing Healthy Fats:** For the most part, you have no reason to add oil to your meals. However, if you are consuming very lean meats, like white fish or chicken, using olive oil is acceptable. Eggs will be the fat source for most people at breakfast, but you will need to add liquid egg whites for more protein. Avocados and nuts are also quality fat sources. The typically American diet is low in omega-3 fatty acids. For that reason, try to add things like fish into your diet or supplement with a fish oil high in omega-3’s.

22: **Serving Sizes:** Be diligent with your measurements until you are absolutely certain you can eyeball amounts with a high level of accuracy.

23: **Raw vs Cooked:** Carbohydrates double, or triple, in volume when cooked because of the added water. On the contrary, proteins lose about 20-25% of their weight when cooked. We suggest measuring food after cooking as this will make meal prep much easier! Additionally, it is simpler to cook food in bulk and then weigh it afterwards.

24: **Tools for Easy Meal Prep:** Meal prep doesn’t have to be complicated. The right tools will make your job super easy. -TFAL Grill for cooking meats without having to check temperature., -Pressure Cooker for quick bulk meals., -Crockpot for a slow-cooked set it and forget it option., - Steam in a bag veggies cook quickly in the microwave., -Reusable meal prep containers are great on the go!

25: **Sweet Treats:** Okay, it’s almost been a month, and you’ve had no processed sugar, right?!!? ☺ Here are a couple sweet treats to kick that craving!

-Fiber One brownie bars give you 5 grams of fiber and will help curb your cravings. Add to a Greek yogurt for extra protein! They come in brownie, chocolate chip, cinnamon coffee cake, lemon and confetti cake flavors. These are okay one or two times a week, but not something to eat to get your fiber at every meal.

-Trust us on this one! The Healthy Pudding recipe in your app is amazing! In a blender, mix cottage cheese, sugar free pudding mix, and a protein of your choice. You can even add a fiber powder if you want. The consistency is smooth just like pudding!

26: **Supplements:** While whole foods are best, supplements have their place and can come in handy with a busy lifestyle and to provide nutrition you miss at meals. Supplements such as fish oil, greens, collagen, BCAA’s, pre-workouts, and vitamins can all be taken at your discretion. They each play a unique role in health and performance. Our staff is extremely knowledgeable in the supplement field and can answer any of your questions!

27: **Snacks:** Don’t worry about your star rating for snacks, as long as protein, carbs, and fats are on point. The lower number of carbs at your snacks will make it challenging to keep your sugar low and get your fiber. Going a few grams over on sugar won’t wreck your day.

28: **Out of Sight Out of Mind:** Don't put yourself in situations that are going to tempt you to stray from your goals.

If you consistently go to the bar, where there is alcohol and junk food, you are likely to consume those foods. You can still go out with friends, but choose places with at least some healthy options on the menu. Do your research ahead of time to find fun and healthy places to eat.

When shopping, simply don't put junk food in your cart.

Inevitably, you can't avoid all situations that have alcohol and junk food (weddings, birthdays, holidays for example). Special occasions don't come around too often, so it's okay to let loose and have a little fun from time to time. Just be sure to eat healthy the other 98% of the time.

29: **Log Food Accurately:** Tracking your food, along with your InBody Scans, give your coach the data they need to help you. Assessing meal plans, changes to your body, and making adjustments to your plan can only be done with efficacy if you log EVERYTHING you eat accurately. For example:

Hamburger: Log as Hamburger

Or

Five Ounces 93% Lean Ground Beef, Kroger Small Bun (scan from barcode), One Slice American Cheese, Two Tablespoons Ketchup

Both of these are hamburgers, but one is a clear description of what you ate. A hamburger could be any size, any fat content, and made with any number of toppings.

Always aim to use your Core Food shortcut or scan barcodes when tracking food!

30: **Eat Whole Foods:** The healthiest food choices are always going to be those with one ingredient. Processed foods are full of sodium, sugar, artificial ingredients, and lack the nutritional qualities of whole foods. Follow these rules when choosing what to eat: Grew on a tree or in the ground (potatoes, apples, oats, etc.)., Had a mother (chicken, fish, beef, etc.)., Stick to the outside edges of the grocery store (that’s where fresh foods are)., If it comes in a wrapper, don’t eat it., When reading an ingredient label, the highest content ingredients are listed first. If sugar is one of the first three ingredients, stay away from it. Fresh Is Always Best!

31: **One Month:** By now you should have scanned in at least two times. Go back and look at the last 30 days. ✔️Are you on track to get where you want to be?, ✔️Are you getting results? , ✔️Are you following the tips, rules, and advice that we gave you? , ✔️Do you feel better?

32: **Log using Core Foods & Bar Codes:** Don't forget you can add foods to your Core Foods to make logging easier! The importance of logging foods accurately cannot be overstated. Always aim to use your shortcuts or the barcode scanner. Searching for foods manually is your last option.

34: **Condiments:** We recommend some of the following brands, and flavors, for a lower sugar and fat option for condiments. 〰️G-Hughes Sauces (BBQ, Sweet Chili, Honey Mustard, Marinades, Wing Sauces; be careful of the Yum Yum and Famous Cluckin as they are high in fat) 〰️Walden Farms (various syrups, dressings, & sauces) 〰️No Sugar Added Heinz Ketchup (Walden Farms has an option too) 〰️Cookies Wings'n'Things Buffalo Wing Sauce 〰️Kraft Light Miracle Whip 〰️Bolthouse Farms Ranch 〰️Salt Free Seasonings (Dash, Dan-O's, Cavender's)

36: **Chop It Slice It Dice It:** We've heard it before...chicken and veggies are getting old. 🐔🥦 Solution: SHRED, CHOP, SLICE! It really does make a difference on how you prepare your food! Next time you are eating chicken, try different variations of how you cut it. Use it with your veggies too! Instead of eating vegetables whole, finely chop them. Try it with different meats as well!

38: **Good Better Best Proteins:** Fats are super easy to overconsume. Aiming for lean protein choices will help you keep your fats in check. Along with carbohydrates, we have ranked healthy proteins by the amount of fat content. Seek out choices that are the leanest. Refer to your Nutrition Playbook for guides!

40: **Good Better Best Carbs:** If the worst thing you are eating is white rice or instant oats, you are doing just fine. However, once you have the basics down, then we can take things to another level. Understanding food quality will make a difference in your long-term nutrition. To help you with this, we have ranked carbohydrates from good to better to best. Obviously, you should aim for carbs in the best category, but feel free to mix it up from time to time! Refer to your Nutrition Playbook for guides!

42: **Good Better Best Fats:** American diets are typically low in Omega-3s (DHA, EPA, ALA). ALA can be found in many healthy fats, and DHA and EPA are commonly referred to as fish oils. Eat fish or supplement with a quality Omega 3. Supplementing with fish oil will: 1) Improve Cardiovascular Health 2) Enhance Cognition 3) Lower Blood Pressure 4) Reduce Joint Pain 5) Better Digestion & Gut Health. Recommended daily dosage is 2,000-3,000mg in a combination of EPA & DHA. Refer to your Nutrition Playbook for guides!

44: **Prioritize Self:** If this was easy, everyone would do it. It takes time and commitment to manage a healthy lifestyle, but you will look better, feel better, and enjoy life more! You won’t be perfect, and you will have bad days, but be sure to get back on track and keep going. Make yourself a priority. Schedule the time for yourself and continue with the healthy habits you’ve established. You are doing this for you, your kids, and loved ones. Be the best version of yourself!

46: **Holiday & Special Occasions:** Holidays, and special occasions, can make it difficult to stay on track. Candy, snacks, cake, ice cream, and fatty foods tend to be a staple at these events. Try to plan ahead with the idea that you have long term goals to achieve. Eating a piece of cake on your child’s birthday is okay. However, allowing yourself to indulge at every special occasion/holiday, will be detrimental to your success. Here are a few tips: Workout intensely the morning of., Have one item as a cheat item (one slice of cake). Do not eat multiple cheat meals., Do not drink alcohol., Never skip a meal, but reduce the number of calories at other meals to allow yourself a small cheat meal.

48: **Out to Eat Options:** Going out to eat, or a quick fast-food stop, is inevitable. The Restaurant Guide in your Nutrition Playbook has some popular places, and meals, for you to pick from! Choose lean meats and grilled chicken will likely be your best option. Add veggies when you can. For additional carbs, add a side of rice. Be careful of dressings and condiments, use the 'fat free' or 'light' versions. Choose places you know you can get a healthier meal, so you can set yourself up for success!

50: **Spreads:** Make your own healthier version of your favorite sauces or spreads instead of buying high fat, and high sugar, options. Use plain Greek yogurt in lieu of sour cream and combine that with a variety of other seasoning and sauces. Cinnamon with Stevia or “Swerve” sugar makes for a great addition on whole grain toast or in oatmeal.

52: **Subs for your Favorites!** Your favorite condiments are typically high in fat and high in sugar. Here are some great products to sub in instead! In nearly every store they now have healthier versions of traditional sauces. By now, you should understand how to read a nutritional label. Aim for sauces that are fat free and sugar free or at least very low in both. Sodium will likely be an issue, so use in moderation. Of course, the more active you are, and the more you sweat, the more sodium you can handle.

54: **Steak Cuts:** Everyone enjoys a good steak. However, steak is high in cholesterol and saturated fat, so enjoy it in moderation. Also, make sure to choose the lean cuts! For example, ribeyes are higher in fat than sirloins. The more marbling a steak has, the higher the fat content. If you are going to eat a steak, don’t cook it with oil or butter. You may also need to cut back on fat at other meals that day to make up for the added fat in the steak.

56: **Motivation:** You are 7 times more likely to stick with a nutrition program, and get results, if you have a coach to hold you accountable and guide you through the process. 70% of Americans are overweight or obese. Our average client (over 650 clients) loses 21.5% of their body fat in their first couple of months.

Even though 21.5% is a big number, it is not the end goal. Each person's end goal looks different. On average it takes 12 weeks for a behavior to become automatic. Our mission is to help you develop healthy habits that last a lifetime, so 12 weeks is just the beginning. Our coaches are with you until you reach your ultimate goal. This is the beginning, not the end!

58: **Recipe – Adjusting:** Always eating the same foods will work for a while, but at some point, you will get burned out. With over 52 recipes to choose from, there are endless ways for you to keep food fun and delicious!

60: **Scans & Logging: Help us Help You!** It has been proven that people who track their food 90%, or better, will see the best results. Our goal is to develop healthy habits that last a lifetime. With this in mind, we look for linear changes over a period of time with your scans. Nobody is going to be perfect, so you may have a scan that is not as great as you want. However, that one scan does not have to derail you from your long-term goals. A linear change over the course of three months is so much cooler than any change in two weeks.

63: **Meal Prep = Success:**  Meal preparation is not easy. Hopefully, by now, it has become just another weekly task to accomplish.

Eating the same thing over and over again is not fun, and not sustainable. Changing the flavor profiles, and combinations of foods, will help create a sustainable nutrition plan that you will enjoy. We have over 52 recipes in the LifeBase app to help you develop healthy habits that last a lifetime! Put your own spin on recipes and adjust them to fit the flavor profile you (and your family) enjoy!

Make the time to meal prep. The 1-2 hours sacrificed during that time, will make up so much time later in the week!

66: **Metabolism:** If you aren’t seeing or feeling the results you want, it may be due to a slow metabolism from diet and lifestyle. Most people have trained their metabolisms to slow down by eating irregularly, binge eating, and not exercising. Our goal is to ramp your metabolism back up! That’s exactly what we are trying to accomplish by eating every 3-4 hours. By now, you should have a firm grasp on nutrition. It’s more of a matter of you staying the course with tracking your food. What else can you do?

Exercise! If you haven’t begun to exercise yet, do so now. The best time to start was yesterday, but today is the second best time! Be sure to exercise with intensity relative to your fitness level. You need to be uncomfortable or you probably aren’t doing enough.

Sleep! Get 8 hours of sleep each night. Put down the phone and don’t watch tv at night. Read a book instead and head to bed at least 30 minutes before you want to fall asleep. This gives you time to relax and shut down your brain.

Our goal is to get you back to burning calories like an elite athlete, regardless of your age or current fitness level. These things will all help get you there!

69: **Build Muscle:** Having an adequate amount of muscle equates to so many benefits. First, the more muscle you have, the more calories you need to consume to keep it. If you want to eat more food, build muscle. As people age, they tend to become more complacent with their movement and this lack of exercise leads to a significant decline in lean body mass. Resistance training, in some capacity, is better than none at all.

Additional benefits to having an adequate amount of muscle include: bone health, joint mobility, flexibility, and lower levels of body fat. Muscle is a good indicator of health!

72: **Trust the Process:** If you seem to be plateauing, or feel like you’re stuck, here are a few tips to get rolling again:

1. Check your tracking percentage with your coach. It should be 90% or better and you should be getting all “blue” compliance scores. If these two things aren’t happening, that’s likely your answer.
2. Begin to exercise or look back and ask yourself if you have been missing time in the gym. Nobody has a perfect schedule, so there will be times when you can’t be as consistent with workouts. Just dig deep and get back to exercising with intensity and purpose as soon as you can!
3. Try new recipes. Eating the same old food will burn anyone out. Refer to your Meal Prep & Recipe Guide for new ideas!

75: **NEAT:** Non-exercise activity thermogenesis (NEAT) is the energy expended for everything we do that is not sleeping, eating, or sports-like exercise. It includes activities such as standing, fidgeting, walking, typing, yard work, and playing guitar. NEAT varies widely among individuals and depends on environmental and biological factors, such as occupation, leisure-time activities, food intake, and genetics. NEAT may be one factor that separates lean people from the field. People with active jobs like construction or working in a gym will require more calories than those with a desk job. Consider your activity level outside of exercise. If you are looking for simple ways to get started, simply get up and walk for 10 minutes a few times a day.

78: **What You Didn’t Log:** All too often we think that we are eating exactly to our meal plan, yet have slip- ups that we may not log. The little handfuls of chips, couple of candies, or the extra pour of dressing add up! Logging your food provides the accountability most people need. Logging everything is important, but even if you find yourself not logging little things here and there, be aware of them. An easy way to stay away from sneaking food is to only eat whole foods. It’s a lot harder to forget to log an apple than it is a handful of Skittles.

81: **One Day of Whole Foods:** The healthiest food choices are always going to be those with one ingredient. Can you go an entire week eating only whole foods?! Here’s an example for one day:

Breakfast: Eggs, egg whites, oats

Snack: Ground bison, brown rice

Lunch: Salmon, quinoa, asparagus

Snack (post workout): White fish, sweet potato, spinach

Dinner: Chicken, brown rice, broccoli

Give this a shot and see how you feel. In a perfect world, this is how everyone would eat all the time. If it grew in the ground or on a tree, or if it had a mother, you can eat it. Eggs, lean meats, veggies, fruits, oats, etc. Do this and only drink water for one week. Your body will thank you!

84: **Protein + Carbs + Fats:** Don’t forget, each macronutrient fuels your body in a unique way and you need all three! Look at protein, carbs, and fat like the offense, defense, and special teams on a football team. Each one plays a unique role, but you need each one to be successful. For that reason, always eat protein, carbs, and fat together. Additionally, pay extra attention to stay away from foods that are mostly made of carbs and fat. Those tend to be the least healthy!

87: **Practical Not Perfect:** A sustainable, healthy lifestyle is not 100% perfect. Strive to be as close to 100% as possible, but make sure to enjoy the holiday gatherings and the get-togethers with friends and family. Understanding what you need to fuel your body, when to fuel it, and how to adjust when needed are all things you have hopefully learned by now. No one is going to be perfect, and we don’t expect it. You have to live your life and enjoy experiences. Be practical, not perfect. If you do have a cheat meal planned, dial things in extra close leading up to that day and hit the gym for a little longer!

90: **Set a New Goal:** 90 days have passed, new healthy habits have been developed, now what?! Meet with your coach to update, or create a new goal, for the next 30 days. This is only the beginning!

**Thanksgiving (same post but edited to relate to Christmas):** Happy Thanksgiving (a day early) from BELITE Nutrition! We are THANKFUL for YOU trusting us to help you achieve your health and wellness goals!

Here’s how to navigate the holiday meals and make them fit within your nutrition plan.

-Don’t skip your breakfast, eat according to your plan!

-Make sure to get your water in for the day. Water will help keep you satiated.

-It’s okay to skip snacks for the day. More than likely, you will be eating a big lunch or supper, so ‘saving’ those macros for the big meal is perfectly fine!

-Make sure to be active throughout the day, better yet, get a good morning workout in!

-Eat your proteins and vegetables first, so that you are less likely to overeat carbohydrates.

-Two trips through the food line are not bad! Control your portion sizes, you may be surprised that your first plate actually filled you up and you don’t need to go back!

Enjoy the holiday weekend!