



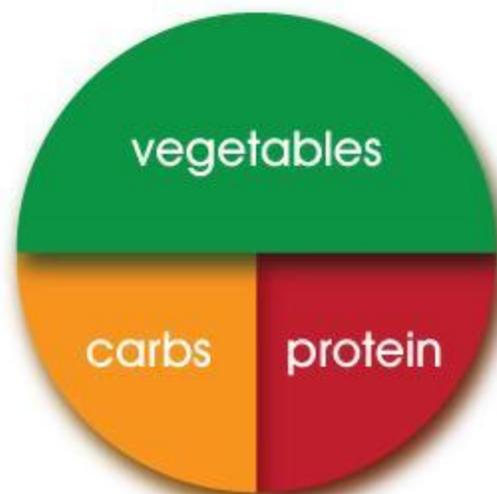
## **THE TOTAL FITNESS & SELF LOVE PROGRAM**

### **Week 6**

#### **Food Plan Ideas**

This is what your plate, ideally, will look like at every meal, heaviest on the veggies, and same amount of protein as carbs. This is, unless you are going for a minimal to no carb diet (like ketogenic), then substitute the carbs with fat (you will then get your energy from fat versus carbs).

\*\*Eventually best is ½ veggies, and ¼ protein, ¼ fat but let's start with this as you transition toward a fat as fuel; veggies, protein, fat based lifestyle.



- Try to have this at least at lunch and dinner, try for breakfast too but if you can't quite get used to eating meat for breakfast, that's ok – a smoothie of veggies and fruit is ideal, and/or chia seed pudding (see below for details).
- Continue drinking lots of water, and herbal tea throughout the day to stay hydrated and to curb cortisol and carb-laden/sugary food cravings.
- Veggies are the MOST important part of our daily meals. They give us a range of nutrients (the more colours you can incorporate the better), and help remove toxins with their fibre.
- Remember we literally ARE what we EAT, so choose well. 😊
- Also, remember to ADD in foods, instead of DEPRIVING yourself of others.
- Know that you may feel a bit tired the first few days into a new meal plan, the more fat you can eat the better (you need energy and fuel, and the less carbs you have, the more fat you need).

### **Vegetables:**

- Any – assess for any intolerances.
- Greens – spinach, and field greens are usually easiest to digest.
- Get diverse with salads: add kale. (see below for more suggestions)
- Try steaming veggies for easier digestion (removes hard exterior on some veggies.)

### **Protein**

#### Meat

- try to get grass fed, pastured/free range, hormone and antibiotic free as much as possible

#### Poultry:

- Turkey
- Chicken
- Eggs
  - Any way is good. Try adding hard boiled to salads or on the go.

#### Red Meat:

- Beef
- Venison
- Lamb
- Jerky – great for on the go – look for gluten free.

#### Pork:

- Any cut of pork
- bacon

#### Fish:

- Any – wild is better than farmed.
- Don't forget about shrimp and sushi.
- Try canned tuna and salmon for on the go options.

## Protein powders

- Occasionally, as you want to eat natural foods as much as possible. Also, assess how you feel after eating these – they can bother some people's digestion.

## Fats:

- Avocado
- Flax seeds/flax meal
- Extra-virgin olive oil
- Coconut
  - flour/shredded/milk/butter
- Nuts:
  - Almonds
  - Walnuts
  - Macadamia nuts
  - Pistachios
  - Hazelnuts (many people are intolerant or allergy, be cautious)
  - These also come as nut butters (to add a new take on nuts, and also to replace peanut butter)

## Flours instead of wheat flour

- Coconut
- Almond
- Flax meal/flour

## Chocolate:

- Dark – 70% and above

## Carbohydrates:

- Squash
  - butternut, acorn, spaghetti squash
- Pumpkin
- Carrots
- Turnips
- Beets
- Plantains
- White potatoes (ensure you aren't sensitive to white potatoes/night shade vegetables)
- Sweet potatoes

## Fruit:

- Any. Organic is best.
  - Try to limit fruit (and other sweeteners/treats) to a minimum throughout the day. They are great fibre, however have lots of sugar. Please, do not be afraid of fruit though, they

also help the body remove toxins as they have a great combination of sugar and fibre to keep your blood sugar level.

Natural sweeteners:

- Try to limit natural sweeteners throughout the day as they increase the blood sugar levels. Try to eat fibre, a fat and/or protein source with these as well to decrease the blood sugar spike.
- Honey
- Maple syrup
- Molasses
- Coconut sugar
- Medjool dates

### **Hydration**

#### **Water:**

Is superior to all drinks, as mentioned in Week 3. It is the mecca of all hydrating drinks, gives more energy and detoxifies. Filtered is always best, especially if the filter removes fluoride. Try [gtawater.com](http://gtawater.com) for a portable or under sink filtration system. I love ours and would never go back to just a Brita filter.

Ideas to flavour up your water:

Cold: add lemon &/ lime; cucumber, & mint leaves; berries like strawberries, blackberries, blueberries and raspberries,

Warm: lemon & honey; lemon, ginger, cinnamon, turmeric, cayenne, & maple syrup – for a metabolism booster/detoxifier.

Carbonated water: add your own flavouring – (same as above cold-water ideas), sometimes I will add a splash of orange juice for a mini mimosa (minus the champagne). You can even add kombucha to carbonated water, since kombucha is fizzy (due to the fermentation).

**Herbal tea** – have as much as possible (within the daily amount of water intake). Be aware of the ingredient “natural flavours.” This is a blend of chemicals to create an “artificial” type flavour and sometimes these create gut inflammation/bloating/gas, etc.

**Salads** – experiment with adding nuts, seeds and dried or fresh fruit to your salad for a pizzazz.

**Steamed veggies** – these are great for a quick, easy to prepare side dish. Season them how you’d like. Just watch for the veggie blends with corn – try to stay away from this one as much as possible if you are avoiding corn (corn is a grain and therefore not on the Paleo lifestyle plan).

**Smoothies** - these are great for quick, on the go mornings. Google for so many wonderful recipes.

**Chia pudding** – put some chia seeds in a bowl and add a small amount of hot water until the seeds turn into a jelly-type consistency. Add almond or coconut milk and there’s a pseudo-cereal. Add berries and maple syrup/honey for some flavour.

Again, I HIGHLY recommend getting the Practical Paleo Updated and Expanded Second Edition book by Diane Sanfilippo for so much more information on food plans, how to plan for travelling, specific, individualized meal plans, recipes and a whole lot more!! (See photo below.)

