



# Ditch the Restriction!

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with Jordan Vinck

Your health is a journey, not  
a destination!

*balance*   
WELLNESS

# Ditch the Restriction

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Hi my friend!

***I'm so excited you are here!** Making the investment in your health is the biggest step on your health journey & I'm so grateful and honored you have decided to trust me as your coach. Together we will dive into a lot from deconstructing diet culture to making peace with food, honoring your hunger, to gentle nutrition and tools for meal planning & eating out.*

## **Topics we'll Cover**

*Your Why*

*Deconstructing Diet Culture*

*Honoring your Hunger & Fullness*

*Respecting your Body*

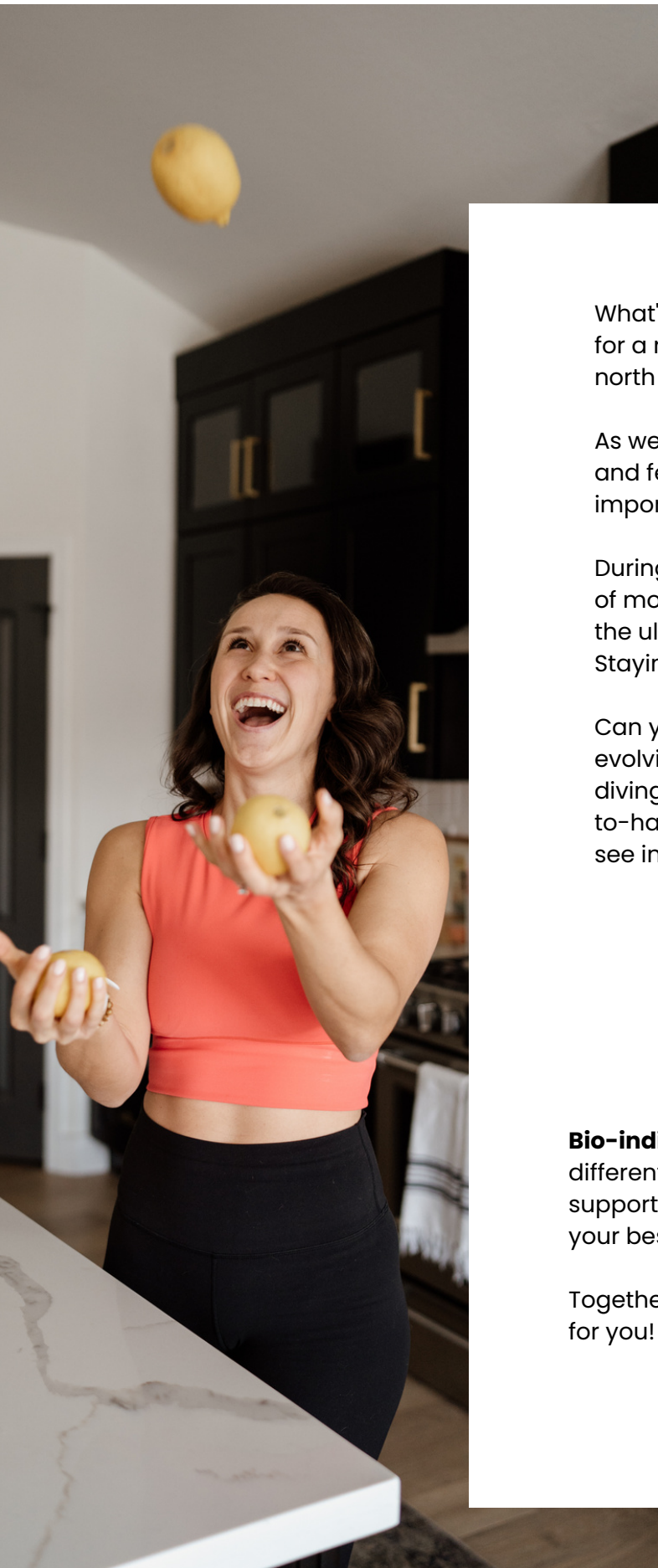
*Key parts of a Healthy Relationship with Food*

*Gentle Nutrition / Nutrition Basics*

*Food planning & Eating out*



by Jordan Vinck



# So why are you here?

What's your why? You felt called to connect with me for a reason and it's important to highlight your true north at the start of this program.

As we work together, there will be ah-ha moments and feelings of setback, doubt, or regressing. It's important to remember that change isn't linear.

During those moments of doubt, struggle, and lack of motivation, this is where your *why* comes in. It's the ultimate driver to what you are doing here. Staying put is often easier. Making change is hard!

Can your *why* change? Sure! You are constantly evolving so what you want can change too! But by diving deeper than the high-level wants and nice-to-haves, you connect with what you truly desire to see in your life!

“What works for one person, may or may not work for another.”

**Bio-individuality** is the concept that everyone is different so what you need to feel your best and support your health may look different than me or your best friend.

Together, we will work on finding what this looks like for you! AH GET READY MY FRIEND, here we go!



# Deconstructing 'Diet Culture'

**In this session we will cover:**

- **What is food to you?**
- **Defining '*diet culture*'**
- **2000 calories isn't enough, here's why!**
- **Why Diets Don't Work**
- **Food Rules vs Food Freedom**
- **Ditching Clean Eating**
- **Combating the food police**

# What is food to you?



So now that you have your WHY clearly defined, lets dive into what we often think of first when it comes to health... Food.

Food serves a lot of purposes in your life. Often its fuel you're eating for energy. Sometimes it's a part of a social experience you share with friends and loved ones. Maybe it's how you show love, by cooking, baking, or giving of food to those you value.

The not-so-loved role that food can play is when it turns into a reward or punishment. When you feel like you did something monumental, do you reward yourself with your favorite treat?

When you skip a workout or feel you were overly indulgent this weekend, do you punish yourself by restricting certain foods?

## What is food to you?

what are some of your thoughts and feelings around food?

### **Some questions to think about:**

- How do I feel around food?
- When it comes to meals, do I feel the expectation to clean my plate?
- Is food a point of stress or anxiety for me?



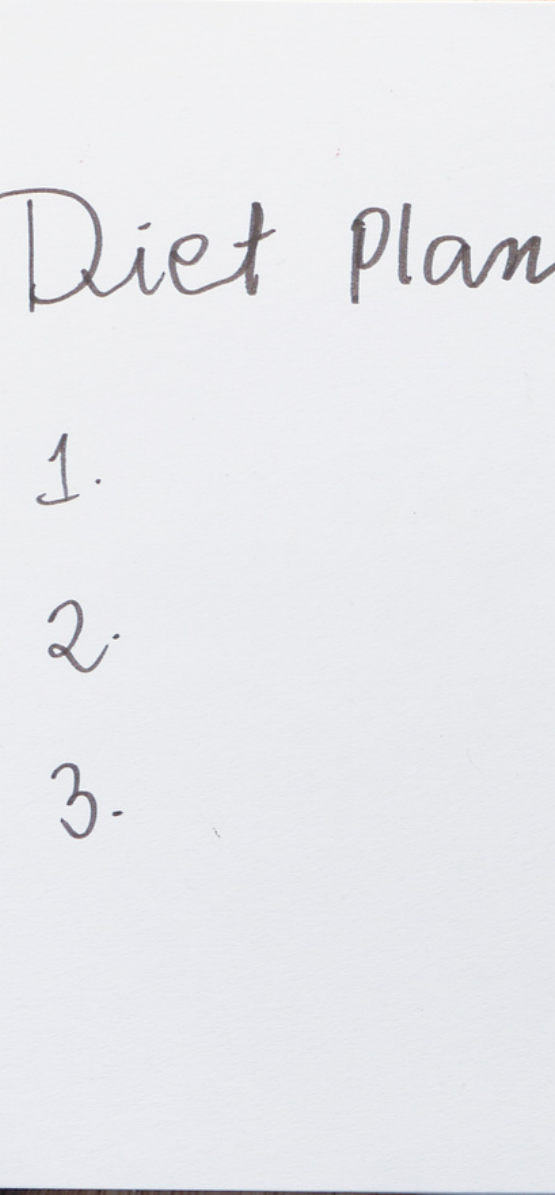
# Defining Diet Culture



*What is it?* **Diet culture** is the unhealthy objective of non-health-first weight loss. Aka when weight loss or focus on size is prioritized over health.

Diet Culture has been shown to fuel issues surrounding body image, mental health, physical health, eating disorders and so many more.

And even now we are starting to see Wellness Culture take on a toxic influence when taken to extremes.



What are some examples of Diet Culture you have seen/heard?



# Defining Diet Culture

Diet Plan

1.

2.

3.

## Some examples!

### *Examples of Diet Culture Thoughts:*

- "A salad is healthier than a burger"
- "I should eat whatever has the lowest calories"
- "Having carbs for breakfast will only make me fat"
- "There is no room for dessert when I'm eating healthy"
- "If I eat good this week, I can indulge this weekend and have earned it."

### *Examples of Toxic Wellness Culture thoughts:*

- "Eating clean everything is the best thing for me"
- "I don't allow any of these ingredients in my house"
- "All processed foods are unhealthy"

A lot of our thoughts around food, what is healthy, and what we "should" be doing often stem from diet culture mentality or even toxic wellness to a degree.

*Take the salad is healthier than a burger example.* You could have a salad with lettuce, tomatoes, cucumbers and dressing. But a burger could also be healthier because it has a protein source of ground beef and some dietary fats that will keep you fuller, longer, and less likely to need more snacks throughout the day.

The first step in making lasting changes in your relationship with food is healing it by changing the thoughts around it.

So let's start by debunking so myths and thoughts around food!

# Why you need more than 2000 calories!

I should really call this why you should disregard calories in general. But I'll get to that in a second.

One of the most common concepts of dieting we are been conditioned to believe is around "calories in - calories out". That if you burn more calories than you eat, you will lose weight. Sounds simple right?

But it gets complicated pretty quickly. First, not all calories are created equally. Just looking from a high level at the different types of macronutrients (*we will dive into this more later*) the calories are going to vary.

Carbs: 4 calories/gram  
Protein: 4 calories/gram  
Fats: 9 calories/gram

If you were just looking at calories, you miss out on a lot of other benefits that come from different kinds of food.

Calories in their simplest form are *energy from food*. So the more calories, the more energy we get. If you look at it that way, it almost seems silly when we limit our calories right? Less calories = less energy.

This is why I was saying you could disregard them (because we have learned to be obsessed with them for the wrong reasons).

While working together, I will not ask you to track your calories! Instead of calories, focus on getting enough protein, fat, and carbohydrates to keep your body fueled and getting those from a variety of sources (diversity in the diet!).



# Diets Don't Work

To combat diet culture, it's important to shift the focus away from just how we look, how to drop weight quickly for a trip, or obsessing over how many calories we eat.

Instead, focus on your health first! How you want to feel, how can you use food as a tool, and what can you sustain and make last!

Did you know?!

83% of Dieters end up gaining more weight than they've lost within 2 years

[Cleveland Clinic Study](#)

Why is that?! Because diets don't work! They are often restrictive. And our bodies have a natural set point that its programmed to be at. Forcing yourself to restrict calories or sometimes whole food groups and some of your favorite meals causes food to become something stressful and triggering.

This isn't a game of who has more willpower either. Willpower has nothing to do with it. Your body ultimately will find a way to get what it needs (even if that means binging when you have a stressful day or a 'cheat' day.)

Remember bio-individuality? All bodies are different. So of course a one-size fits all diet plan isn't going to work for everyone.

This is where I LOVE to talk about **Food Freedom & Intuitive Eating!**



# Food Rules vs Food Freedom



First, let's define a food rule.

A **food rule** or restriction is any decision about food (what to eat, when to eat, etc) that is based on outside sources or what you think is "right" or "good", not your own knowledge of what feels good to you and what your body is needing.

Sometimes these rules have been so normalized into your day to day that you don't even think of them as restrictions. But when you take time to really think about the why behind decisions around food, it starts to shed some light.

If you were out for dinner and wanted a burger, would you go with the lettuce wrap or the bread bun? Now, why did you choose your answer?

- *Is it because you feel better when you eat a certain one after?*
- *Is it because one is healthier than the other and that's what you should choose?*
- *Or is it because that is what you want to feel satisfied with at with meal?*

## Now let's not get confused.

Food preferences can sometimes be a gray area when it comes to uncovering food rules. It comes back to the why! If you noticed you feel better, less uncomfortable, more satisfied, whatever it is after choosing a particular option, that is most often a food preference. Because its what you choose to have!

Take dairy-free options. If you choose a dairy-free dinner option because your stomach has fewer digestive issues when you limit dairy that's a *preference*.

If you choose the dairy-free option because you think it's the healthier option, that's a *food rule*.

# Breaking a Food Rule



In order to move from foodom rules to food freedom, we need to break down those food rules. Let's break down an example of breaking a food rule together.

**Food Rule:** I can only eat every 4-5 hours because I only want to eat 3 meals a day.

*Sounds pretty innocent, right?*

**Circumstance:** On a day when I was rushed out the door and only had time to grab a bagel and coffee for breakfast as I was running out the door, I find myself hungry just 2 hours later.

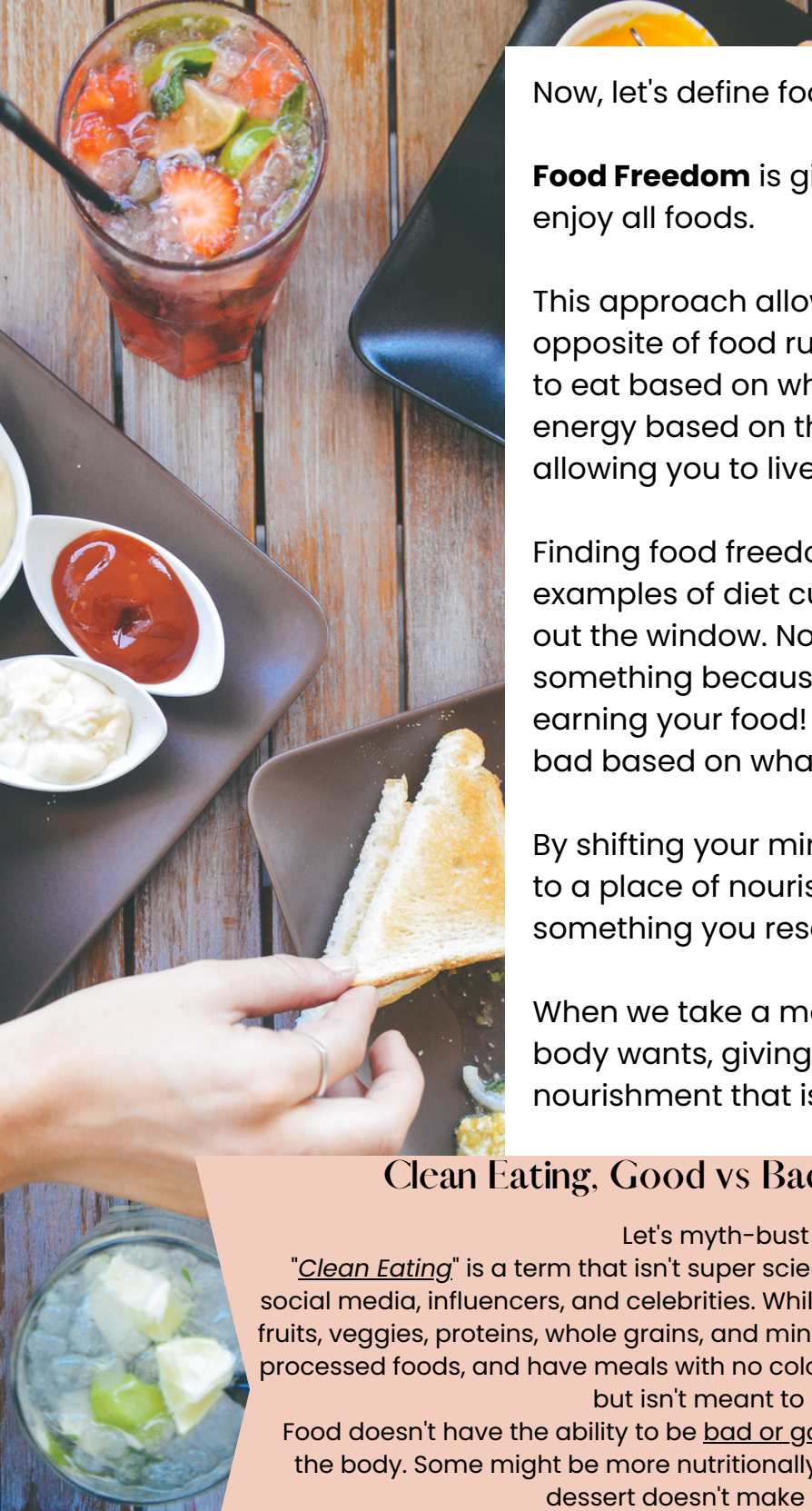
**To break this rule:** I would allow myself to have a snack to hold me over until I could eat my full lunch OR to eat my lunch a little early that day.

**Freedom looks like:** Allowing myself to eat when I am hungry instead of based on self-determined timeline rules.

## Your Turn!

Once you have identified your food rules vs food preferences. Pick one food rule (I recommend starting with the least scary rule) and commit to breaking it consistently. Before tackling another one, make sure you aren't feeling guilty and falling back on the first rule.

# Food Freedom



Now, let's define food freedom.

**Food Freedom** is giving yourself space and permission to enjoy all foods.

This approach allows for flexibility in your diet (which is the opposite of food rules and diets!) Flexibility to try new foods, to eat based on what you are drawn to, to see what gives you energy based on the season of life you are in. But also by allowing you to live in the moment!

Finding food freedom starts with a *mindset* shift. All those examples of diet culture you mentioned above, throw those out the window. No more telling yourself that you can't eat something because it doesn't fit into your diet. No more earning your food! No more telling yourself you were good or bad based on what you ate. How freeing is that?!

By shifting your mindset from a place of restrictions and guilt to a place of nourishment and gratitude, food no longer is something you resent or fear. It loses its power over you.

When we take a moment to pause and listen to what our body wants, giving it what it needs, there is a level of nourishment that is met but also satiety.

## Clean Eating, Good vs Bad Foods, and the Food Police

Let's myth-bust a little bit here too!

"Clean Eating" is a term that isn't super scientifically backed because it has been floated by social media, influencers, and celebrities. While it may be well-intentioned on focusing more on fruits, veggies, proteins, whole grains, and minimally processed foods, you can still eat out, have processed foods, and have meals with no color in a balanced healthy diet. Clean eating is okay but isn't meant to be rigid or restrictive.

Food doesn't have the ability to be bad or good. Food provides us joy but also calories to fuel the body. Some might be more nutritionally dense or nourishing for the body, but having dessert doesn't make you or your choices "*bad*"

Food police are those thoughts that creep in about food being good or bad. They criticize your choices inviting that feeling of guilt in. Instead, challenge those thoughts and instead offer yourself nurturing messages about what your body needs and its okay!

# Notes

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**Space for any notes from this week's session!**





# Making Peace with Food & Respecting your Body

**In this session we will cover:**

- **Mindset around food**
- **Set Point Theory**
- **Food that loves you back**
- **Satisfaction Factor**
- **Respecting your body**
- **Rest**

# Food Mindset

Going back to how we started, when asking yourself what food is to you -- notice what your mindset is around it. When thinking about your health goals, the "way" you think about eating is as important as the "what" you eat.

There is so much joy, experience, and exploration that comes with food. You miss out on so many benefits when your mindset around food is solely based on calories in/calories out or "food = energy & fuel" (which is definitely part of it).

“The Psychology of Eating believes that nourishment goes beyond just the nutritional content of the food you eat. But also the heart, mind, and soul of the eater.”

*Psychology of Eating*

Think about it this way - if you are so stressed about eating a bowl of pasta at dinner, are you going to enjoy it? Are you going to enjoy the company you are eating the meal with? Will your stomach feel happy after the meal?  
*Probably not.*

Stress triggers an inhibitory response within your digestive system, initiated within the hypothalamus. This is the part of your brain that controls your hormone system.

So any negative thoughts going on in your mind, any guilt or stress around the caloric intake/amount of carbs, etc. will slow down digestion. This further impacts your gut bacteria, and any excess cortisol from the stress increases insulin production.

Thus, your thoughts impact how you metabolize the pasta! *Picking up what I'm putting down?!*

**It's all connected** - the endocrine system and vagus nerve connect the thoughts you have and impact your digestive track & your immune system.

So instead, try allowing yourself to enjoy the pasta! See how you feel then!



# Set Point Theory

As you might have picked up already, there are lots of reasons why diets don't work long term. And here is another one. **Set Point Theory!** This is a theory that your body has a weight range of what feels safe and comfortable for your body. This is where your body can function and feels its best.

According to neuroscientist Sarah Aamodt in her 2013 TedTalk, your brain plays a huge role in your hunger and energy uses. The example she uses helps clearly set the stage. If you set thermostat in your home to 75 degrees, the thermostat is going to continue to regulate the internal temperature at 75 degree regardless if its a cold winter day and you opened the window to cool it down. The thermostat doesn't know the window is open, but its going to work harder to fight against the cooler air coming in as it get back to 75 degrees inside.

Your body is the same way. Everyone has their own ideal range (*which can range about 10-20 pounds depending on the person*) that is easy and effortless to maintain. Its also important to note that as you change and grow through life, your set point range can change too. I mean if you think about it, the ideal weight range for you at 16 years old isn't going to be the same when you are 25 or 40. Your body has different needs at each point.

There is a lot that goes into in, some of which you can influence, others which you cannot. Genetics are predetermined and play an influential role but aren't the only factor. Lifestyle factors such as movement, sleep, food, and stress (and therefore your hormones) are somewhat within your control that can help support you in your ideal weight range.





# Set Point Theory

Dieting throws a wrench into your body finding its ideal weight because you are constantly making your internal thermostat work harder to regulate itself and therefore sometimes your set point range can change.

As Colleen Christensen, RD explains, when you restrict the amount of food and/or calories your body can consume, your body thinks it's going into starvation mode. It doesn't know you are intentionally depriving it. So to get back to where your body feels safe, it sometimes packs on some extra padding as a form of preservation. This is why the majority of dieters gain the weight back and maybe a little more. Your body is ultimately just trying to protect you!

But this doesn't mean it's a lost cause - that if you have been dieting your entire life that it's hopeless to fix now because the damage is done. Not true!

Remember, those lifestyle factors I mentioned earlier, are what you can have influence over! Supporting your body through freedom around foods (aka ditching the restriction), listening to your body, and showing yourself some love and compassion, can help *your body heal itself by itself.*

When you free yourself from the obsession over what your weight is, let your body do its job, and support it with gentle nutrition, that's when you find it.

## Satiety Factor

Health is more than just the nutrition of the food. It's also the enjoyment and satisfaction from the food. The satiety factor is that "hit the spot" feeling after you eat. If you find yourself still missing or craving *something* after you eat, you often don't feel satisfied. This is just another reason why eating what you want to eat is best in the long run.

If you force yourself to eat what you think is "healthier", you often find yourself snacking or eating more later to fill that satisfaction.

# Respecting Your Body



Respecting your body sounds simple but can be hard to implement when coming off of the diet cycle. Its hard to release the sense of control that comes with a diet when there are rules and restrictions about what you can and cannot do.

But **respecting your body** can be as simple as it sounds - its treating your body with *kindness* and *care* regardless of how you feel about it. You can still have those where you don't necessarily love the way your body looks and respect your body. You do so by making decisions that support your body. This goes beyond just what we eat, but in all aspects. Its all connected remember :)

Respecting your body can look like:

- Removing rigid rules and restrictions from how and what you eat.
- Eating foods that love you back
- Limiting foods that leave you feeling extreme discomfort or pain
- Saying no to plans when you are tired and need to spend time alone or at home
- Signing up for the workout class that leaves you energized
- but also skipping the class and going for a walk on days you need lower impact movement
- Making dinner at home

How do you respect your body?

# Mindful Movement

**Mindful Movement** is movement that you are bringing awareness to in that moment & that feels good for your body.

When you take a second and ask yourself what your body needs, you often will find that the movement your body needs sounds more enticing than what is forced upon it. Less of that dread of doing a workout you don't enjoy!

*To put it simply -- **If you dread doing it, it isn't going to last! Prioritize movement that you enjoy, that you look forward to, and that brings up those energy vibes.***

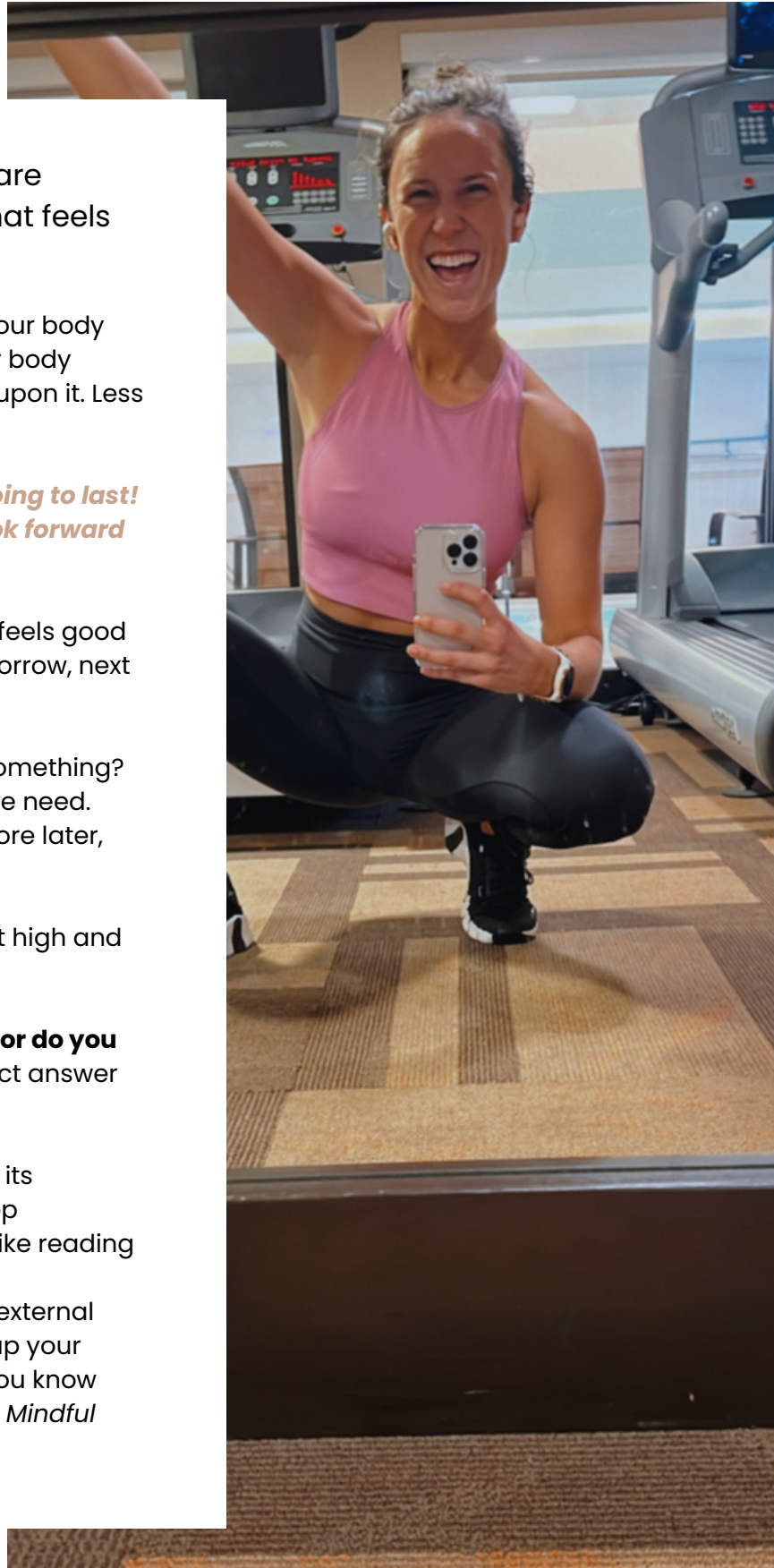
Like everything in life, this will ebb and flow. What feels good and brings you energy now may be different tomorrow, next month, or next year.

Now does this mean you will always want to do something? No. Even the stuff we love, sometimes isn't what we need. Rest is important too (we'll get deeper into this more later, don't worry!).

Life gets crazy, and stress at work or in life can get high and take over your brain and energy.

What is better for you? **Do you rest and recharge or do you move and exercise?** The truth is there is no perfect answer for this. It can be **both!** It depends.

1. When stress is chronic from other areas in life, it's important to give your body the chance to stop producing cortisol and to rest. That may look like reading a book or spending time with friends/family.
2. Movement can help you disconnect from the external stress, producing endorphins that help bring up your energy vibes. This is where tuning in to what you know feels good for you is helpful. *This is where that Mindful movement list comes in. Keep this handy!*



# Mindful Movement



Let's start with a **brain dump**. Start by writing down all the different forms of workout/exercise you do.

**Sometimes, all the time, a few times.. whatever kind.**

A large brown rectangular area with a white torn-paper edge at the top, representing a space for a brain dump.

Now, circle or bold all the ones that you do because you feel you *need to* or *should do* to get in shape, burn calories, or because they are how someone you know lost weight?

**Ask yourself these questions & jot down in the second box:**

- **What brings me joy when I move?**
- **What boosts my energy?**
- **What feels good for my body?**
- **What movement do I look forward to?**

A large brown rectangular area with a white torn-paper edge at the top, representing a space for jotting down answers to the questions.

This is the start to your mindful movement list!



# REST

**Rest** is an essential piece of our health. Our Parasympathetic Nervous System (PNS) is also known as our Rest & Digest system. The PNS supports the body to do just that; rest, digest, and regulate the body!

Rest can look like many things:

- *Sleep* is one most often thought of. Sleep is critical to our bodily functions. When we have quality sleep, our body processes new information turning into memories, our body repairs cells, supports healthy hormones and so much more!
- Unplugging and taking *a moment for yourself* is also a form of rest. Pausing from the busyness of life and the commitments we make to others helps the body and mind recharge, supporting better attention, energy levels, but also stress levels. This impacts your mental health just as much as your physical health. Having a night in with yourself, time meditating, a quiet morning reading.. it can look like a whole host of things.

Not taking enough rest can lead to **burnout** on the mind, body, even your spirit. Prioritizing rest is critical to your overall health.

**Filling Up Your Cup** is a piece of rest I think is important to highlight! Making time for things that fill you up and recharge you are just as important as sleep and unplugging. Filling up your cup could be alone or it could be spending time with those that lift you up!

You can't pour from an empty cup, so be sure to fill yourself up first!!

**What's one area you could improve on?**

**What practice might you try?**

## Ways to Practice/Prioritize Rest

Good Sleep Hygiene  
Taking vacations  
Setting Boundaries  
Saying no more often  
Deep Belly Breathing

# Fill Up Your Cup



**Self Care & Self Love** are both often thought of when it comes to taking care of yourself. But what's the difference?

Self Love is

- a practice - it is constant, ever-evolving.
- the relationship with yourself, that has ups and down
- accepting & forgiving yourself, despite imperfections
- more often thoughts & feelings

Self Care is

- taking care of yourself, physically, mentally, & emotionally.
- going to look different for everyone
- more often actions

They are BOTH important when it comes to **Filling up your cup!**

**You can't pour from an empty cup!**

Taking care of yourself is not a luxury. It's essential to you showing up every day. When others' needs come before your own, those are the days you find yourself feeling things of resentment, fatigue, frustration, and burnout... just to name a few.

When you prioritize doing something for you, that brings you **joy**, that brings your **energy**, or that makes you **feel good** - that is filling up your cup!

**Filling Up your Cup Can Look Like:**

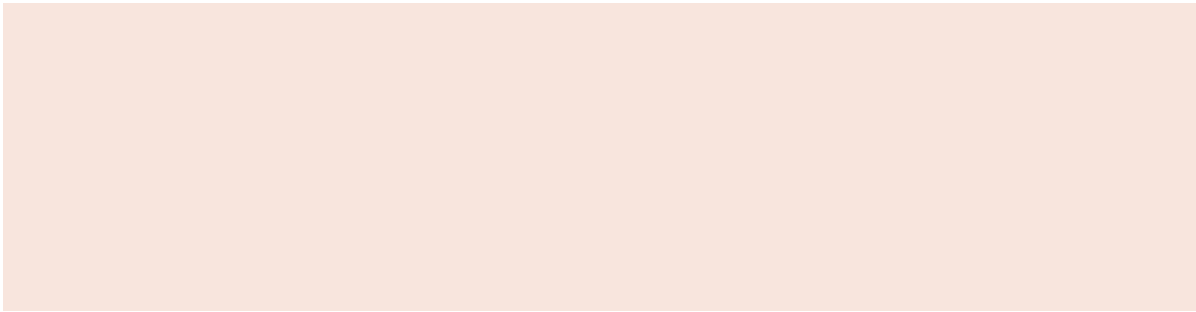
- Meditating
- Going for a walk / run
- Getting your nails done
- Getting lost in a book
- Seeing a therapist / working with a health coach
- Setting boundaries
- Calling a friend

# Filling Up Your Cup

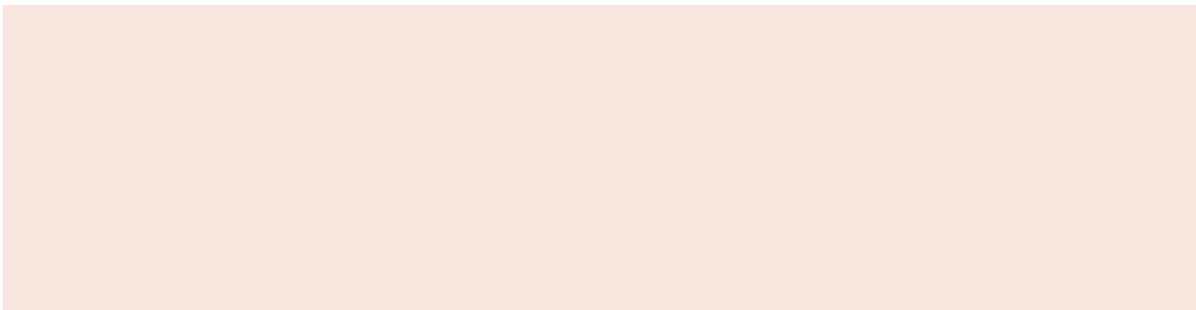
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In order to fill up your cup, it's important to know what exactly your forms of self care and self love work for you. Take some time to jot down what your different practices are for each. These can overlap between the different sections!

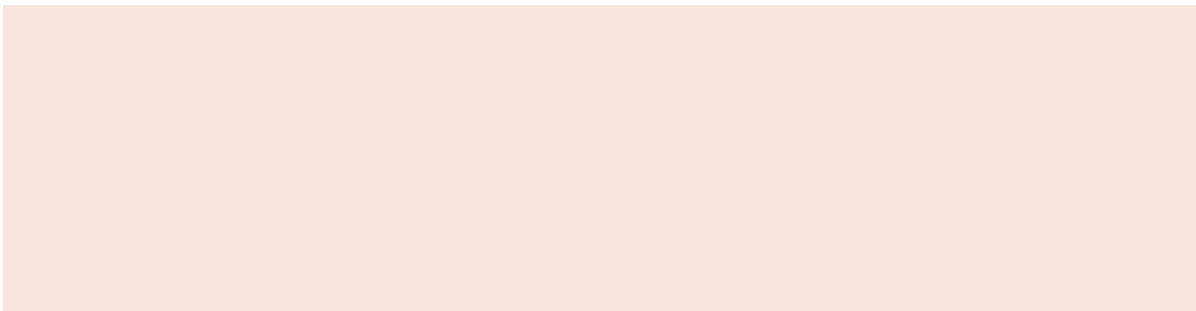
**What Forms of Self Care cause you to feel energized?**



**What Forms of Self Care bring you joy or make you feel good?**



**What are your favorite self love thoughts or feelings about yourself?**



# Small Changes

When it comes to creating lasting change, that life long sustainable difference that sounds too good to be true comes with keeping it simple. Dieting and leaning into a health overall can feel overwhelming like you have to do all these things at one time, and when you drop one ball (because you are human, remember. Perfection just isn't realistic) it feels like you failed.

The key to creating lasting change is by keeping it small and simple. I like to tell clients it's the 1% change. Those tiny changes you make that feel so simple in the moment, how could it really make a difference? *But the simpler it is, the more you do it, and the more consistent and habitual it becomes.*

So when a goal or change feels daunting, like cooking more meals at home. **Make it simpler.**



Instead of feeling, you have to cook every dinner at home give yourself something smaller. Try for 2 dinners at home a week that you make. Then the others could be take out of frozen meals. 2 doesn't seem as overwhelming does it?



If you want to add in 30 minutes of movement a day. 30 minute blocks every day might seem unreasonable. So instead break it up into 3 different ten-minute walks or dance parties in between calls / after meals.

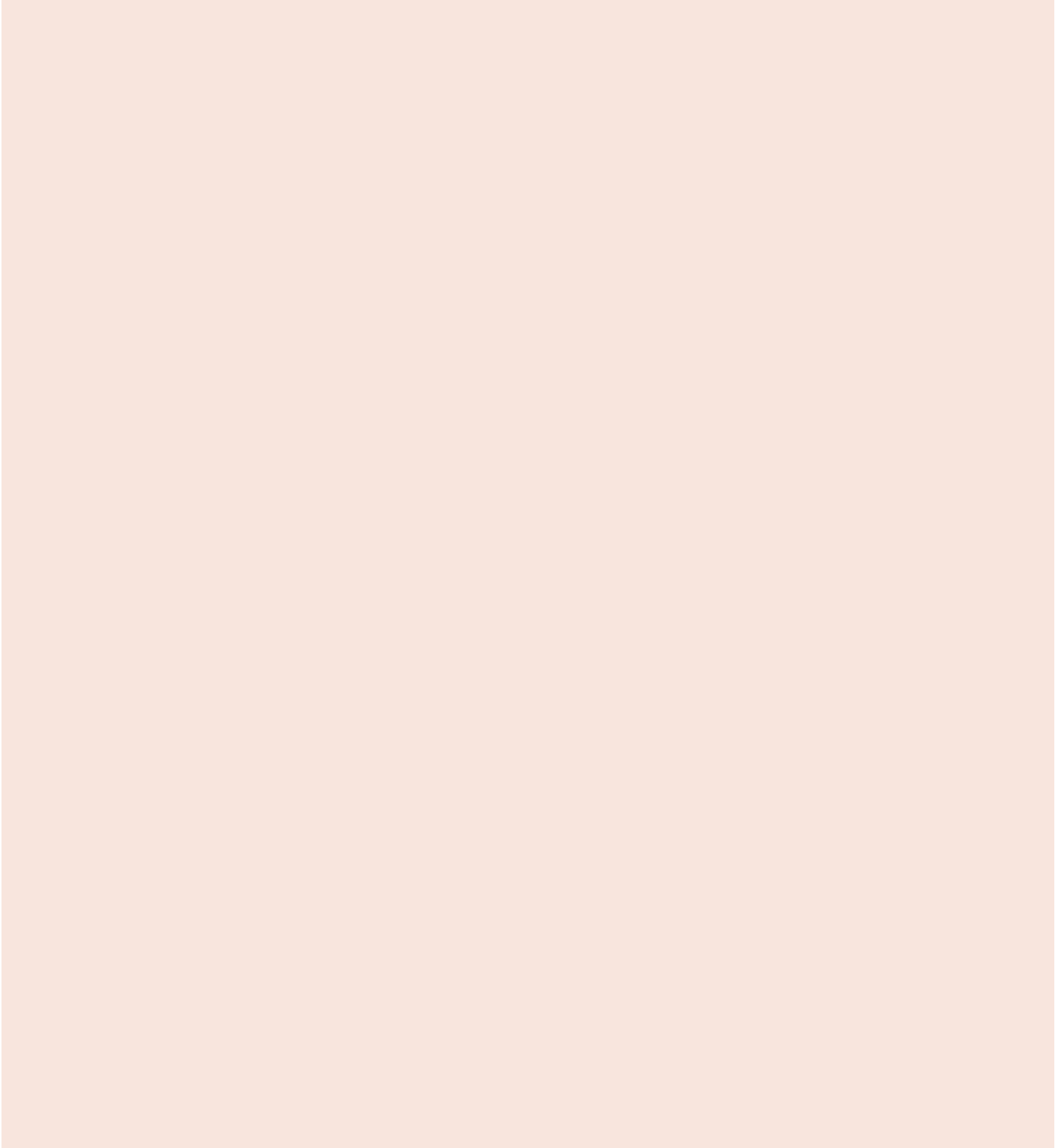




# Notes

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**Space for any notes from this week's session!**





# Honoring your Hunger & Fullness

**In this session we will cover:**

- **Types of Hunger**
- **Intuitive Eating**
- **Hunger & Fullness Scale**
- **Metabolism & hunger Hormones**
- **Food Cravings**



# Types of Hunger

Intuitive Eating encompasses **4 different types** of hunger. You're probably like what?! How is that possible?

Well, when you connect to your body and start listening you can notice the different types of hunger cues your body sends.

## 4 Different Types of Hunger

### **Physical Hunger**

This one you are probably familiar with. When you need energy, your body sends signals to start producing ghrelin, which makes you hungry! It can present itself as that stomach-grumbling sensation but it also can start to appear as fatigue, shakes, headaches, and low energy.

### **Taste Hunger**

You know how when someone mentions a certain food, your mouth starts to water? You would love to eat a few bites, even though you aren't really that physically hungry? That taste hunger is simply the sound of something sounding good. Rachel Hartley, RD uses a great example -- dessert! After dinner, you might no longer be physically hungry but the special dessert item still makes your mouth water.

### **Practical Hunger**

Practical hunger is often one that presents itself when there is more planning involved. Let's say you are about to go into your afternoon of back-to-back meetings and won't have time to stop and eat until dinner. Even if you aren't physically hungry before, you might plan to eat something that will keep you energized, clear-headed, and your blood sugar balanced.

### **Emotional Hunger**

Let's start off by stating this is normal! Everyone experiences emotional eating at some point so you are not alone not should you feel bad about this! This is a hard one to distinguish sometimes but it is experienced when you have an emotional need that increases your desire to eat. Emotional hunger often comes on suddenly and swiftly and can be accompanied by an intense or uncomfortable emotion. Physical hunger typically is slower to onset and typically manifests in the need for energy instead of comfort.



# Types of Hunger

Let's practice identifying your different types of hunger! I'll share another example & tool of how to support and respond for me!

\*\*Remember this is unique to you so you do not have to do the exact same thing!

*Which hunger (or hungers) am I experiencing?*

Lets say after a busy work week, I ended my Friday evening having the desire to grab tacos for dinner (*taste hunger*). By the time I arrived at dinner, my stomach was grumbling (*physical hunger*)! While at dinner, I got a text from a friend that really bummed me out so I decided I wanted a cocktail because that is what would make me feel better in the moment (*emotional hunger*).

*Your turn!*

Think about an example or two from this week. Without any guilt or judgement, identify what types of hunger you experienced.

# Self Care Tool Box

## *Building your self-care tool box*

When it comes to emotional eating, eating the foods is still a valid way to support yourself. Sometimes eating the food is what is going to make you feel better. But there are also so many other tools that in different circumstances might make you feel better, and help you move through the emotional challenge coming up.

This can run the gammit of different options and outlets. It should be something that you can turn to when you are experiencing those hard emotions and pick what is going to help you the most.

### **Start by asking yourself these questions?**

*What are some things that help you feel more grounded?  
What are some ways you can connect with other people?  
What is something or an activity that brings you joy or comfort?  
What brings you energy?  
What tools help you process?*

Now some of these might overlap with the previous activity around filling up your cup! These tools are meant to support you so YES they probably will overlap some and that's okay!

Create your Self-Care tool box

### Some examples from my toolbox

- \*talking about it with my husband*
- \*going for a walk*
- \*cuddling with Bubba*
- \*meditating & journaling*
- \*baking something sweet*
- \*ordering take out*
- \*lighting a candle & watching One Tree Hill*
- \*calling a girlfriend to chat*



# Intuitive Eating

So how do you know what you want to eat? **Intuitive Eating** is when you tune into your body and eat what sounds good. It is a self-care way of eating and a mind-body approach focusing on body awareness, honoring, listening, and responding to your body.

*You know that feeling when you are craving pizza or your favorite comfort food? Or when you aren't really feeling a full-sized lunch but more of grazing or snacking?*

Acknowledging that is the first step! When you ignore what you are craving, you often find yourself reaching for random foods in the pantry later trying to fill the void. So why not just give your body what it's asking for?!

Intuitive Eating allows you to get back in touch with your *internal body cues* while finding the food pattern that works for YOU! This is just another reason why diets don't work. But everyone has a pattern that works for their lifestyle!

Does this mean you throw all nutritional knowledge out the window? No! We will dive more into this later but using Gentle Nutrition will help support you in your body's needs/wants & nutritional support.

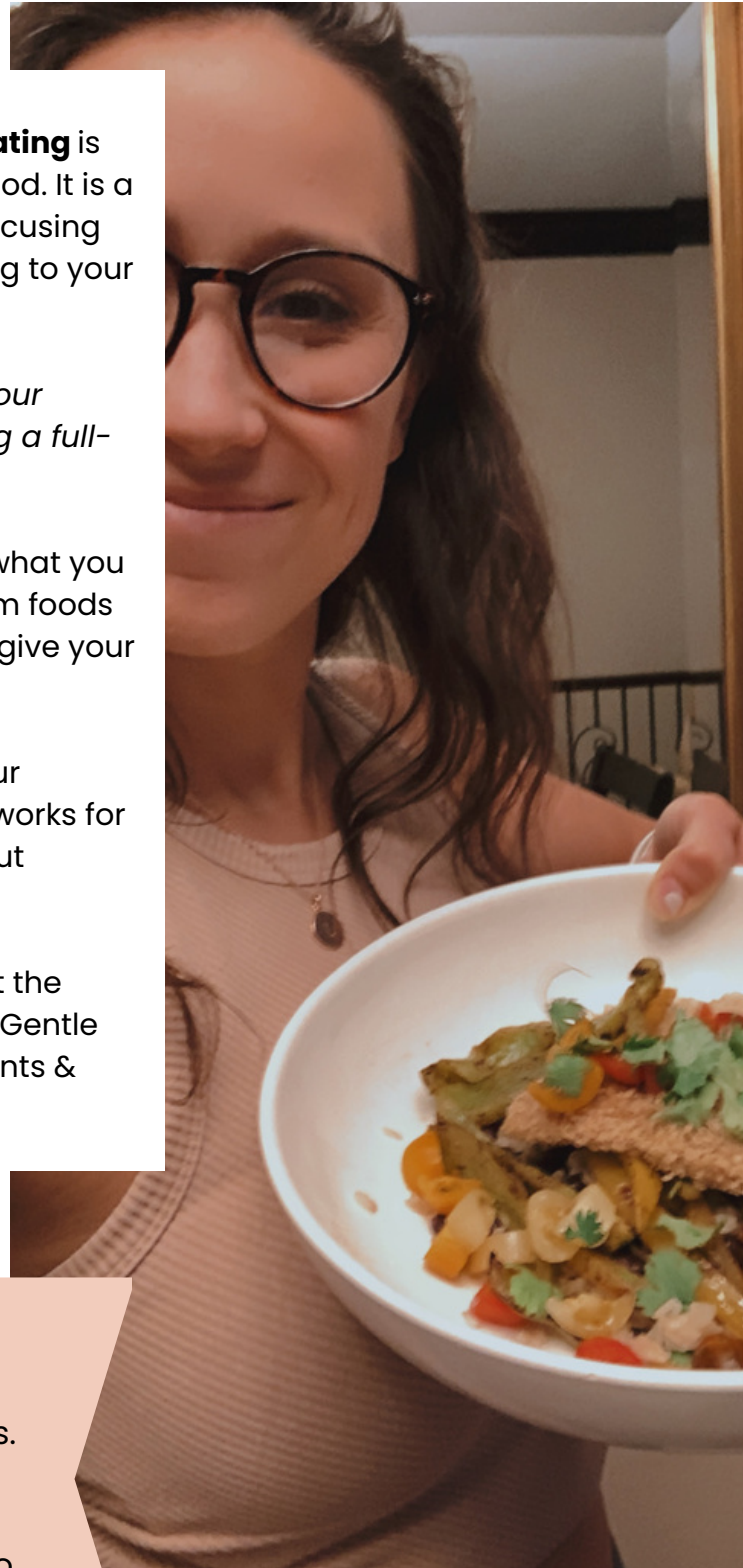
## Let's break it down

Intuitive Eating IS NOT

\*Micromanaging your meals, calories, or macros.

Intuitive Eating IS

\*Letting go of food rules and allowing yourself to eat with complete freedom



# Hunger & Fullness Scale

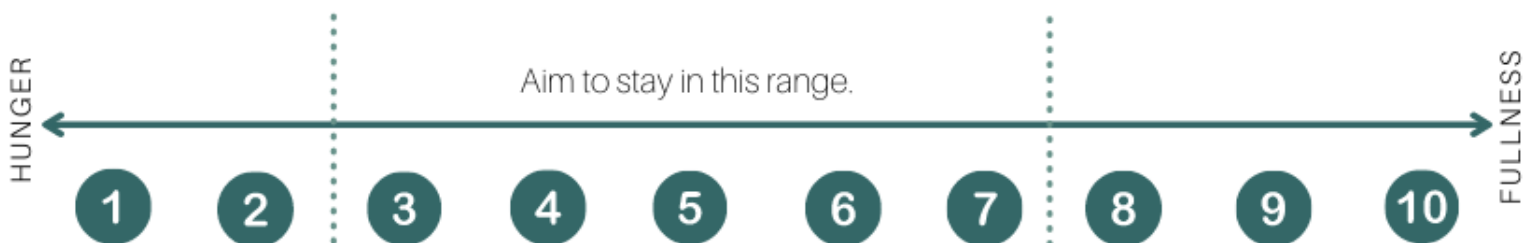
The Hunger-Fullness Scale is a tool used in Intuitive eating that helps you listen to your body and relearn your hunger signs. Even if you have only ever tried one diet in your entire life, I can guarantee that diet has told you to ignore or overrule those hunger cues...by following its rules. This scale is to help you tune back into what your body already knows how to do!!

The scale has some general cues that almost everyone may feel. But the nuances and more subtle cues can vary from person to person. This is why learning them and paying attention takes awareness & practice.

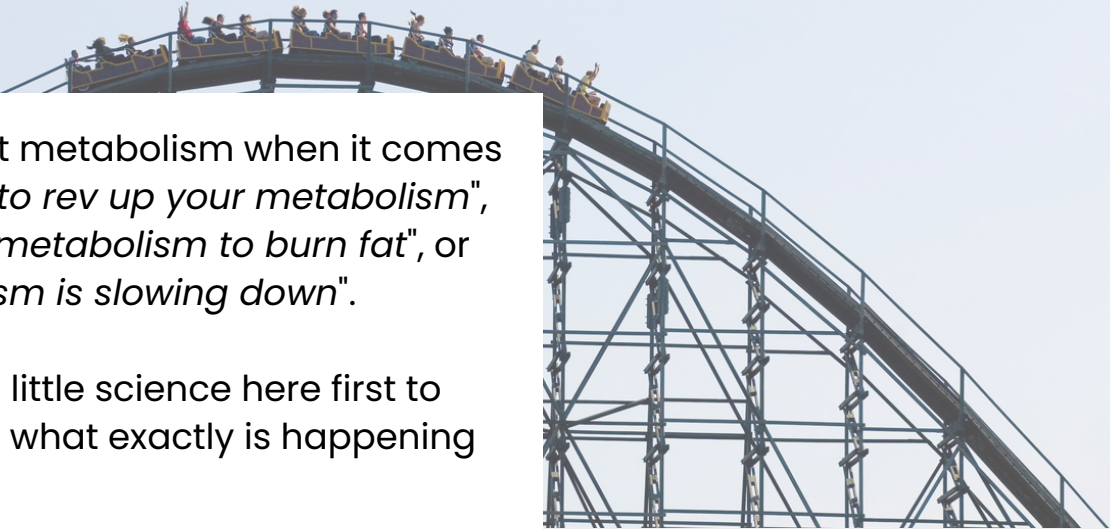
It's best if you can stay somewhere in the middle of the scale throughout the day. When you get all the way to number 1, the tendency is to eat so quickly because you are ravenous, ignoring or not even giving your body time to tell you it's starting to slow down. This often leaves you at a 9 or 10 which is when you are uncomfortably stuffed. This can lead you to not eating for extended hours of time! Starting to see the vicious cycle?

Are you going to get it right every single time...NO! You are human, you can misread signals sometimes. So give yourself some grace.

## The Hunger-Fullness Scale



- |  |  |
|--|--|
| <b>1</b> Painfully hungry, may feel sick.              | <b>6</b> Satisfied, slightly full stomach.                 |
| <b>2</b> Ravenous, very, very distracting.             | <b>7</b> Totally satisfied, hunger is gone for a while.    |
| <b>3</b> Very hungry, eager to eat something.          | <b>8</b> Little too full, don't want anything else to eat. |
| <b>4</b> Slightly empty stomach, could wait if needed. | <b>9</b> Uncomfortably full, very stuffed.                 |
| <b>5</b> Neutral, not hungry or full.                  | <b>10</b> Painfully full, may feel sick.                   |



You hear a lot about metabolism when it comes to how to eat. "*How to rev up your metabolism*", "*How to boost your metabolism to burn fat*", or "*why your metabolism is slowing down*".

It's helpful to have a little science here first to educate you on just what exactly is happening in the body.

The body produces hormones that signal different things, internal communication.

- **Ghrelin** is a hunger hormone that tells you when to eat.
- **Leptin** is what tells you when to stop aka when you are full
- **Insulin** is the hormone that transports blood sugar/glucose (same/same) in the body

Each of these plays an important role in relation to food. And these hunger hormones influence your hunger & fullness cues we chatted about already. This is where some nutritional knowledge can help support (not restrict) you.

Your body is like a supercomputer! These hormones are hard-coded into you. So they aren't something that you are going to outlast just by trying really hard to play a game of chicken (aka *willpower!*) This is often WHY diets don't work! They tell you to use willpower and wait until you eat your meals, or to control yourself around certain foods.

## Where to start

*Once you know what the hormones DO in the body, how to support them is the next step!*

Ghrelin ➡ Eat protein at every meal to promote satiety. Having fiber-filled carbs to stretch the stomach lining (*triggering physical fullness*).

Leptin ➡ Get enough rest (*leptin is lower when sleep deprived*) & swapping inflammatory oils to omega 3 fatty acids.

Insulin ➡ Swap simple carbs for complex carbs paired with protein and fat Also add in movement to increase insulin sensitivity.





## Balancing Blood Sugar

Balancing blood sugar is often thought of only for those with diabetes. But it's actually important for everyone! Blood Sugar directly impacts your hormones and can throw them out of sync with your lifestyle. *(This sounds bad BUT in actuality, it's a good thing. This means you can change it!)*

Change doesn't happen by willpower. It happens by working with/supporting your hormones. And is a key piece to supporting your metabolism to work for you!

Let's talk about what can happen in your body with unbalanced blood sugar:

### example:

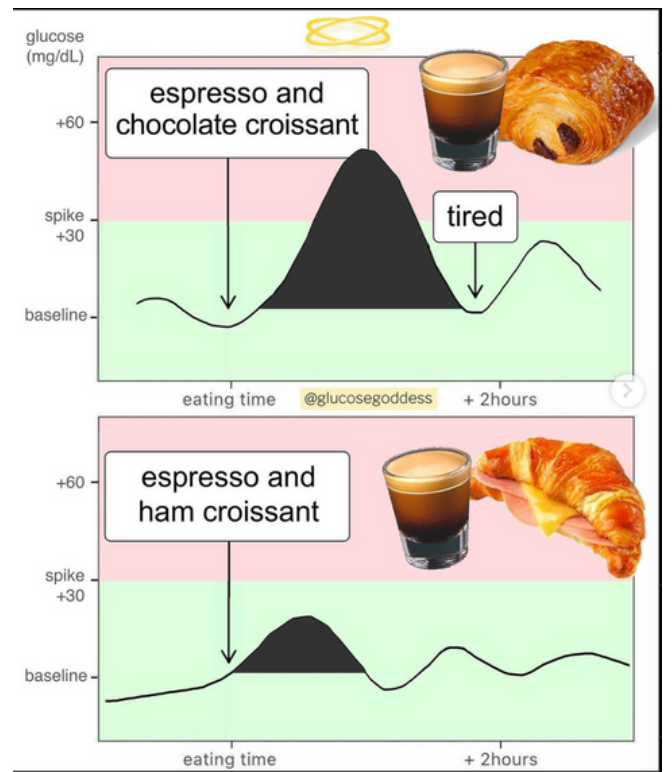
You wake up in the morning, not getting the greatest night sleep. You grab a pastry and coffee for breakfast before heading to work. After just an hour and a half at work you are starving and starting to feel your hands get shaky and the wave of exhaustion hits you like a truck.

### What's happening?

When you wake up, your body already has a high amount of cortisol lingering. When you don't have a super restful sleep, your body is often extra sensitive to stressors. Coffee can increase the stress hormones in your body. And the pastry is a simple carbohydrate, causing it to be broken down really quickly in the body spiking your blood sugar and giving you a quick hit of energy.

But what goes up, must come down. You know that feeling when you hit a brick wall at 10am even though you ate that pastry for breakfast? That can be associated with your blood sugar.

When all that glucose is sent from your bloodstream to be stored, you're left feeling hungry, fatigued, and/or shaky. This becomes a cycle when you find yourself reaching for those quick snacks, carbs, or more coffee to fuel you back up (aka the blood sugar roller coaster!)





## Balancing Blood Sugar

### **Why this impacts metabolism?**

When you have too much glucose in your system insulin is produced, which helps deliver glucose in the body to where it can be used as energy. And when we have excess glucose in the bloodstream, it triggers the body to stop burning fat since there is energy to be used. That energy is then stored in the body for later (those energy reserve tanks).

**So how do you avoid that rollercoaster of ups and downs throughout the day?** Maintaining a balanced blood sugar keeps your body from having to work extra hard. You can balance your blood sugar by eating a combination of protein, fat, and fiber with carbohydrates. This helps support lower insulin surges and glucose spikes.

When your blood sugar has less spikes and drops, and more steady waves this allows for your hormones to stay regular, and leaves you feeling:

more energized  
clearer headed, less brain fog  
less hangry  
less inflammation

Think addition mindset here. Adding in more protein, fat, and fiber into your meals supports those simple or complex carbs to have a slower absorption in the body. Breakfast especially as its the first meal & can set the tone for the day!

## Tips to remember for balancing blood sugar

Start with a savory breakfast – this helps minimize that spike at the start of the day!

Eat a balanced breakfast before coffee

Reach for more complex carbs – they take longer to break down

Walk or move after meals – this helps give the glucose somewhere to go putting it to use!

Snack when needed on protein, fat, and fiber-filled options to help get you through to the next meal.



# Addition Mindset

You may have noticed but at this point that a lot of what we have covered is about what can you add in or tweak into your diet and lifestyle to improve your health and happiness.

This is what I like to call an **addition mindset!**

An addition mindset is when you **stop** thinking things like:

- What do I need to cut out of my diet?
- What can't or shouldn't I eat?
- How many calories can I have today?
- I need to spend less time doing x.

Instead, you **start** thinking things like:

- What else can I add to my meal/plate/smoothie?
- Am I eating enough nutrients?
- Is this enough food to keep me satisfied and full for several hours?
- How can I fill up my cup today?

**Which questions would you prefer to ask yourself every day?!**

Adopting an Addition Mindset helps you **fill up on the good stuff** (of both things on and off your plate). Naturally, when you fill up on the good stuff, there is less room for the rest. When you prioritize differently, there is less room for what doesn't serve you.

# Addition Mindset

**Flip the script!** What have you found yourself saying around food, time, relationships etc that has a restrictive tone?

**ex: I need to eat less junk food and chips between meals.**

**ex: I need to stop complaining about exercise and just do it.**



Now, adopt the addition mindset. Instead of thinking what you need to stop doing, cut out, or restrict - what can you add in?

Remember, you want to fill up on the good stuff (good energy, nourishment etc.)

**ex: I'm going to add more protein to my breakfast & pack a filling snack incase I need it.**

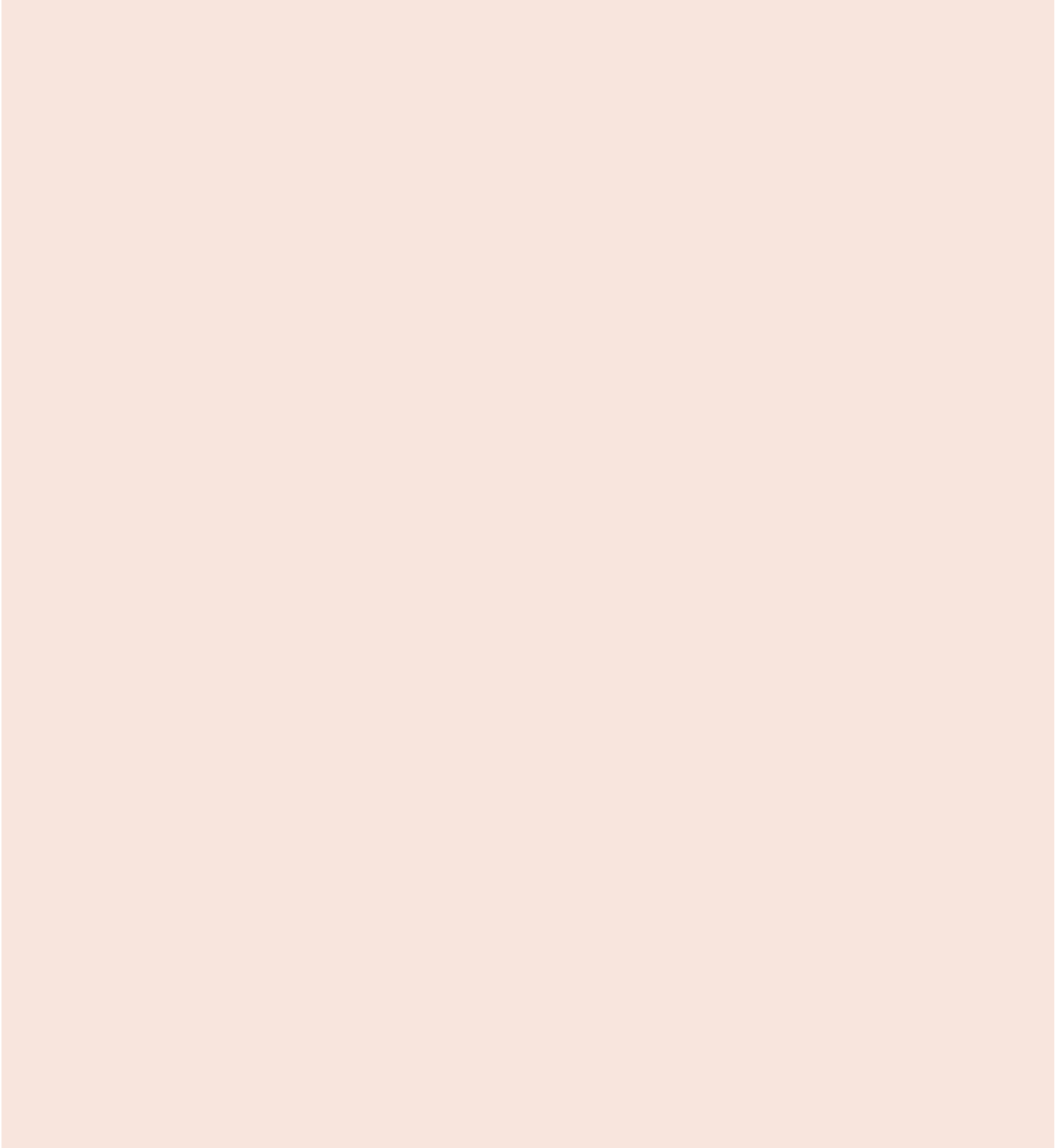
**ex: I'm going to explore different workouts to see what I enjoy.**



# Notes

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**Space for any notes from this week's session!**





## 4 Parts to a Healthy Relationship with Food

**In this session we will cover:**

- **Freedom**
- **Flexibility**
- **Knowledge**
- **Self-care & Compassion**

# Freedom

**Freedom** is one of the foundational pieces to a healthy relationship with food. Its why we start with ditching diet mentality first because it flows into everything else!

*What is it?*

- **Choosing foods you ENJOY**
- **Choosing foods that make you feel good**
- **Honoring your hunger and fullness**
- **Eating without guilt, shame, and judgement**
- **Eating amounts that leave you satisfied**
- **Eating for health & performance, as well as enjoyment**

This isn't when you allow yourself to eat the cake with the justification you will go on a walk later to burn it off or to avoid sweets the rest of the week to balance it out.

Freedom allows you to enjoy a food without fear, guilt, shame, judgement, or any thoughts that what you are eating is bad or good.

*Activity: What makes you feel good?*

*Think about what you ate this week and how you felt after?  
List out some of those foods / individual ingredients*



# Flexibility

Having **flexibility** is important to support your ever-changing lifestyle. You are busy living and working and your food should ebb and flow with you.

## *What is it?*

- **Changing your food plans due to circumstances without stress**
- **Enjoying yourself without guilt on birthdays, celebrations or eating out**
- **Being okay with not having full control over when other people prepare your food (knowing each ingredients, macro, or calorie count)**

Part of the joy of going out is getting to enjoy not cookings or cleaning, meeting up with company you enjoy, or trying something new! If you stress about what to eat, whats in it, how exactly its prepared, whats the point?! Do you even enjoy it?

Having flexibility in your relationship with food allows you to have a foundation of what works for you without it becoming a hard and fast rule!

*Activity: Ask yourself these questions to see where you are flexible vs rigid*





# Self-Care & Compassion

Yes, this applies to your relationship with food. **Self-care & compassion** is multi-facet when it comes to your overall health. Food is more than just fuel for the body.

*What is it?*

- **Nourishing your body so it can do everything you want to each day**
- **Incorporating nutritional elements that serve you (& leaving what doesn't work for you)**
- **Honor your nutrition without obsessing over it**
- **Being kind when things aren't "ideal"**

Eating has an emotional and physical element to it. Yes, you need food for fuel and energy. Eating foods that love you back is a form of self-care by giving your body what it needs to energize you and to operate at its best.

But it also should be enjoyed. Allowing yourself to have those moments when you indulge in foods for the pure sake of pleasure or convenience is okay!

*Food that fuels your soul!*

*Write down some of your favorite soul/comfort foods. Plan to have one this week! Notice how you feel after!*



# Knowledge

**Knowledge** is the piece that often gets overlooked by those when they first hear about intuitive eating. Nutritional information doesn't get thrown out the window but instead used in addition to listening to your body and learning what works best for you to make decisions.

*What is it?*

- **Acknowledging a healthy diet can still include a variety of foods**
- **Its about what you do most of the not, not just some of the time**
- **You deserve to eat, regardless of what you did or didn't do that day**
- **Your nutritional needs will vary day to day**

Nutritional needs will change day to day based on your activity, stress levels, body's phase, sleep, and so much more. This is why there is no one size fits all. Paying attention to how you feel when you eat, how much and of what will help you learn what serves your body. And it isn't always going to be perfect. Thats okay!

*Activity: Challenge your thoughts.*

*Write down any foods that you deem to be "unhealthy" or "bad". Flip the script and argue how they can be healthy.*





# Nutrition Basics

**In this session we will cover:**

- **Building Blocks for a balanced diet**
- **Whole Foods v Processed Foods**
- **What is Gentle Nutrition**
- **Food Labels**



# Biological Needs

You need to give your body what it needs in order to function -- enough energy, consistently, and containing all 3 macronutrients (*protein, fats, and carbohydrates*).

Without this, saying "stop restricting" just oversimplifies it. So let's dive into what your body needs on a deeper level!

## Eating Nutrient-Dense Foods

**Nutrient Density** is defined by the amount of beneficial nutrients in food in proportion to its energy content. What are those nutrients?

**Macronutrients** include protein, dietary fats, and carbohydrates. These are nutrients your body needs in relatively large amounts. The amount everyone needs is different and is based on your lifestyle and personal health.

Protein provides your body with essential amino acids which support your muscles and tissues. The body only produces 13 of the 22 amino acids, so the remaining 9 are considered *essential amino acids* as you need to get them from our food sources. Complete animal protein sources include chicken, beef, fish, pork, and eggs. Complete plant-based sources include quinoa, buckwheat, and chickpeas. Having variety in your diet is important because this helps your body get the various proteins it needs. Protein is what triggers your "full" hormone, so when you feel you are still hungry after meals, you may need to adjust how much protein you have in your meals.

Dietary Fats are a great source of calories (calories = energy) for your body and support hormone production, regulation of body temperature/mood/digestion, and cell signaling such as insulin in the body. Within the diet, fats help increase satiety and slow digestion (*remember the blood sugar rollercoaster we talked about!*). Some great sources of fats are avocados, fatty fish, olive oil, coconut oil, nuts, seeds, and dark chocolate.

Carbohydrates are the body's primary energy source, which break down in the body as glucose. Carbs are either simple (*easy for the body to break down*) or complex (*difficult to break down*). Simple carbs are often found in things you think of as sugar (sugar, honey, candy, some fruit etc) but are also in some ultra-processed foods. Complex carbs are more difficult to break down as they are wrapped in fiber. Think along the lines of fruits, vegetables, quinoa, whole-grain bread, seeds, nuts, etc. All carbs are broken down into glucose which is what your body uses for energy via blood sugar. Fiber helps to slow the absorption of glucose which is why adding fiber-filled foods into your diet can support a healthy blood sugar balance.





# Whole Foods & Processed Foods

## **Almost all foods go through some sort of processing.**

Processing is when there is a mechanical or chemical change to the food. So yes, even cooking a meal at home counts as processing your food! This is why you don't want to fear processed foods.

Instead, learn about what choices are going to be more supportive of your health and incorporate them into your diet and lifestyle.

## **Balancing Processed Foods / Ingredients**

3 additives in Highly Processed/Ultra-Processed foods that are important to be aware of

- **Sugar** → often sneaks into sauces, dressings, and pre-made meals.
  - Too much sugar can impact your body's metabolism and blood sugar.
- **Salt** → added to prevent bacteria from growing in foods
  - Too much can impact your blood pressure
- **Certain fats** → improve the texture and taste of the food and help with satiety.
  - Too much of certain types of fat can be harmful to the body.

Now using your flexibility and knowledge around your healthy relationship with food, there are simple swaps and additions that you can make when you need.

Example: Instant oatmeal → is more processed than steel-cut oats (less fiber & protein due to processing) and has some added sugar for the flavoring.

**What can you do / add / swap to make this work for you?**





# Nutrient Dense Meals

## Eating Nutrient-Dense Foods

**So how do you make your meals more nutrient-dense?** Here are some easy tips to try that will help you get more out of your food!

- Adding 1 piece of produce to each meal
- Increasing grain, protein, produce consumption at each meal
  - Grains: minimally processed variety (ones that are packed with fiber and b vitamins)
    - Foods like Oats, bulgar, quinoa, brown rice, whole-grain breads, etc
    - Check labels when shopping at the store to find brands with the most fiber
  - Protein: in its whole form is best but some again minimal processing to preserve the nutrients is okay
    - Foods like meat, eggs, chicken, fish, dairy, seeds, nuts, soy products like tofu, and legumes (chickpeas, beans, lentils, edamame)
  - Fruits & veggies: having a goal of 1 fruit of veggie on your plate can help with this!
    - Air fryer or roasted is a great way to incorporate

**REMEMBER: Combination of protein, fat, and fiber-filled carbs are what support keeping you full and satisfied in between meals!**

### Write it out

What are 1 or 2 ways you can increase the nutrient density to your daily meals?

# Macronutrient Sources

Variety in the diet supports a healthy balance of our macronutrients and micronutrients. **Food is complex** and has different ratios and amounts of various macro and micronutrients. Some sources are richer in one than the others.

Here are some great sources of macronutrients if you are looking to add more into your diet.

## PROTEIN

### Meat / Seafood

Animal protein consists of all the essential amino acids we need (which are the building blocks for muscles). What makes them essential is that they are those that we need to get from food!

Chicken: 3-4 oz = 25 grams of protein  
Grass-Fed beef: 4-6 oz = 22-32 grams of protein  
Ground Turkey: 5 oz = 21 grams of protein  
Salmon: 3-4oz = 19-22 grams of protein  
Shrimp: 3-4oz = 21-27 grams of protein  
Mahi: 6oz = 31 grams of protein  
Grouper: 4oz = 28 grams  
Chicken Sausage: 13 grams of protein  
Bacon: 4g of protein, 5 grams of fat  
Pork Tenderloin: 3-4 oz = 22-25 grams of protein

#### How to buy:

- Organic when you can
- Grass-fed beef
- Wild seafood

### Plant based

Variety in your protein is always good because it one - gets you all different sources of nutrients. It also keeps you interested & excited about what you're eating.

But if you are a vegetarian or are avoiding meat for personal reasons, there are still great sources of protein to incorporate into your diet.

Quantities may vary based on how much you need.

Chickpeas (½ cup) : 7 grams of protein  
Black beans (½ cup) : 6 grams of protein  
Hemp Seeds (3 tablespoons) 10 grams of protein  
Pumpkin seeds (¼ cup) 9 grams of protein  
Banza pasta (2 oz) : 13 grams of protein  
Lentils (¼ cup) : 6 grams of protein  
Baruka nuts (¼ cup) : 7 grams of protein  
Quinoa (¼ cup) : 6 grams of protein  
Spelt (1 cup, cooked): 10 grams of protein  
Buckwheat groats (¼ cup) : 6 grams of protein  
Brami beans: 9 grams of protein  
Tofu (1/2 cup): 10 grams of protein

### Other Sources

There are other sources of quality protein that can be found outside of animals and plants.

3-4 eggs = 18-24 grams of protein  
1 cup of bone broth = 10 grams of protein  
Protein powder: 20-25grams of protein  
Greek Yogurt: 16-18 grams of protein  
Cottage Cheese: 19 grams of protein

#### Things to note:

- Organic & pasture-raised eggs are best. The treatment of the chicken impacts the quality of the egg! Whole Foods does a good way of breaking it down
- Quality protein powder! Check the ingredients for excess sugar & fillers. (Be Well By Kelly, Truvani, Arbonne are some good ones!)



# Macronutrient Sources

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## DIETARY FATS

### Different Kinds of Fats

It's important to remember that all fats are not created equally.

Our bodies need fat to help support cardiovascular health, brain health, and absorption of vitamins, just to name a few. They also support satiety when you eat!

There are 3 different kinds of Fats.

- **Transfats:** are associated with heart disease. These are often found in ultra-processed foods & promote inflammation.
- **Saturated Fats:** should be about 10% of our diet
- **Unsaturated Fats:** are heart-healthy fats, support the immune system, reduce inflammation, and support brain function.
  - These are further broken down in 2 categories (monounsaturated & polyunsaturated)

### Dietary Fat Sources

#### Unsaturated Fats:

- Nuts (Almonds/Cashews/Peanuts)
  - Almond: 1 oz = 14 grams
  - Peanuts: 1 oz = 14 grams
  - Cashews: 1 oz = 12 grams
- Nut Butters:
  - Almond: 1 tbsp = 9 grams
  - Peanut: 1 tbsp = 8 grams
  - Cashew: 1 tbsp = 8 grams
- Avocados: serving of 1 = 29 grams
- Salmon: 8 oz = 29 grams
- Sardines: serving of 4 = 5 grams
- Walnuts: 1 oz = 18 grams
- Flaxseed: 1 tbsp = 4.3 grams
- Chia Seeds: 1 oz. = 9 grams
- Pumpkin Seeds: 1 oz = 5 grams
- Sesame Seeds: 1 tbsp = 4.5 grams
- Olive Oil: 1 tbsp = 14 grams

#### Saturated Fat:

- Coconut oil: 1 tbsp = 14 grams
- Grass-fed butter: 1 tbsp = 12 grams
- Whole Dairy: 1 cup = 8 grams
- Cheese: varies
  - Cheddar: 1 oz. = 9 grams
  - Mozzarella: 1 oz. = ~5 grams
  - Feta: 1 oz. = 6 grams
- Red Meat: 8 oz. = 10-16 grams
- Dark Chocolate: 1 oz. = 12 grams (when 70-85% cacao)

### Other Sources

Transfats even though they have been banned by the FDA still may be in some foods on the market based on the processing. Foods in the US that have less than 0.5 grams of trans fats in a serving can say 0 grams of trans fat on the label.

It's helpful to be aware of what they may look like:

- Hydrogenated or Partially-hydrogenated oils
- Some Vegetable shortenings & vegetable oils
- Some microwaveable popcorns
- Fried Fast Foods
- Bakery Products

This isn't to say never eat these foods. Life happens -- celebrations, you enjoy a pastry out, we go to the movies & want popcorn.

You don't have to restrict! Knowing where they hid, learning these habits, & having the information can help make informed decisions about how you want your body to feel. \*\*

# Macronutrient Sources

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## CARBOHYDRATES

### Grains & Beans

Adding in more complex carbs can support fullness and adequate energy from your food. Complex carbs have longer chains of sugar molecules which is why they take longer to breakdown (keeping you fuller, longer).

Barley (1 cup): 44 grams  
Brown Rice (1/2 cup): 28 grams  
Buckwheat (1 cup): 33.5 grams  
Bulgur (1 cup cooked): 34 grams  
Oatmeal: (1 cup): 27 grams  
Quinoa (1 cup): 39 grams  
Corn (1/2 cup cooked): 16.3 grams  
Popcorn (1 cup): 13-20 grams  
Bread (1 slice): 10-15 grams  
Banza Pasta (1 serving): 32 grams  
Lentils (1 cup): 40 grams  
Black Beans (1/2 cup): 20 grams  
Chickpeas (1/2 cup): 34 grams  
Kidney Beans (1/2 cup): 20 grams  
White potatoes: 1 potato = 21 grams  
Sweet potatoes: 1 potato = 26 grams

### Fruits & Vegetables

Fruits & vegetables are also great sources of carbohydrates known as fiber. These help keep you fuller longer because it can't be digested by the body. But they are packed with vitamins and nutrients that our body needs.

Pears: 1 Medium pear = 5.5 gram fiber / 27 gram carbs  
Apples: 1 medium apple = 4.4 grams fiber / 25 grams carbs  
Strawberries: 1 cup = 3 grams fiber / 12 gram carbs  
Blueberries: 1 cup = 3.6 grams fiber / 21 grams carbs  
Oranges: 1 small orange = 2.3 grams fiber / 11 grams carb  
Raspberries: 1 cup = 8 grams fiber / 15 grams carbs  
Bananas: 1 medium banana = 3 grams fiber / 27 grams carbs  
Carrots (raw): 1 cup = 3.6 grams fiber / 11 grams carbs  
Broccoli (raw): 1 cup = 2.4 grams fiber / 6 grams carbs  
Kale (raw): 1 cup = 3.6 grams fiber / 6 grams carbs  
Spinach (raw): 1 cup = 2.2 grams / 1 gram carb  
Artichokes (raw): 1 globe = 7 grams fiber / 17 grams carbs  
Brussel Sprouts (raw): 1 cup = 3.3 grams fiber / 8 grams carbs

### Fiber Health Benefits

- Lowers the risk of heart disease and blood pressure
- Can aid in Blood Sugar balance
- Supports digestion
- Often lower in gluten supporting your gut

# Gentle Nutrition

## What is Gentle Nutrition?

Gentle Nutrition is making food choices that honor your health and taste buds WHILE also making you feel good.

This is where we get to bring everything together. We have focused a lot on your relationship with food and then covered the macronutrients that the body needs to function optimally.

Let's talk about some guidelines when it comes to Gentle Nutrition.

*There are no hard & fast rules*

Bring together your *body knowledge* and *food knowledge*! It's important to take your hunger and fullness cues, your preferences for foods, and your understanding of sleep, stress, and other body cues into consideration along with nutritional information when making decisions.

### *Guidelines:*

- Eat fruits & veggies
- Reach for more complex & fiber rich carbohydrates
- Don't fear fats
- Minimize sugar
- Fixing fresh food when you can



# Simple Swaps

Its what you do *MAJORITY* of the time, not just *some* of the time. Here is a list of swaps for some common ingredients to have in your back pocket. Choosing ingredients that support you the majority of the time so you are eating food that love you back! Honoring your gentle nutrition! now this IS NOT a list of what to restrict and cut out completely! Instead, use it as a guideline for making informed choices when shopping.

*Instead of this*

Canola / Safflower / Sunflower oils

Conventional butter

Conventional Eggs

Flour crackers

White Enriched Bread

Cane Sugar

Milk Chocolate

*Try this!*

Olive or Avocado oil

Grass Fed Butter

Organic Pasture raised eggs

Seed Crackers

Sprouted / Sourdough / Rye Bread

Natural sugars (honey, maple  
syrup, coconut sugar)

Dark Chocolate

You can even do this with brands that you find have more nutrient rich and nourishing ingredients. Start creating that go to list of brands that you love that support your healthy lifestyle! Here are just a few examples of some awesome brands that are putting your health first!

Brami  
Elmhurst  
Food for Life  
Hu's Chocolate  
Kettle & Fire  
LesserEvil  
Malk  
Nuttzo

Primal Kitchen  
Purely Elizabeth  
Raos  
Siete  
Simple Mills  
Three Tree  
Vital Farms

*\*\*this is just a small compilation of brand to look for. There are a ton more!*

# Food Labels



**Reading food labels** is a source of information. Not an obsession. It tells you what you are feeding your body so you can make an informed decision with freedom, flexibility, compassion, and knowledge!

A common tip from others is often "avoid what you can't pronounce". This isn't completely true! There are some natural components to food that are hard to pronounce but that doesn't mean you shouldn't eat them.

➔ *Take bananas.* They contain phenolics, carotenoids, biogenic amines, and phytosterols. These are natural elements that have bioactive properties that benefit your health. But would you have recognized them on a food label? Probably not.

Instead, here are some general guidelines when it comes to food labels that can help make informed decisions.

Lean toward more whole foods, and minimally processed foods when you can

Shorter ingredient lists are generally preferred (but still take note of what those ingredients are)

The first 3 ingredients are often the highest amounts

# Food Labels



Be mindful of hidden sugars or sugar substitutes. There are several names. Here are some of the most common ones

Agave nectar, Apple juice concentrate, Barbados sugar, Barley malt, Barley malt syrup, Beet sugar, Blackstrap molasses, Brown rice syrup, Brown sugar, Buttered syrup, Cane juice, Cane juice crystals, Cane sugar, Cane syrup, Caramel, Carob syrup, Caster sugar, Coconut nectar, Coconut sugar, Confectioners' sugar, Corn sugar, Corn sweetener, Corn syrup, Corn syrup solids, Crystalline fructose, Date sugar, Dehydrated cane juice, Demerara sugar, Dextran, Dextrose, Evaporated cane juice, Fructose, Fruit juice, Fruit juice concentrate, Galactose, Glucose, Glucose solids, Golden sugar, Golden syrup, Grape sugar, High-fructose corn syrup, Honey, Icing sugar, Invert sugar, Jaggery, Lactose, Malt syrup, Maltodextrin, Maltol, Maltose, Malt sugar, Mannose, Maple syrup, Molasses, Muscovado, Organic agave nectar, Organic brown rice syrup, Organic cane sugar, Organic invert sugar, Palm sugar, Panela, Panocha, Pear juice concentrate, Piloncillo, Powdered sugar, Raw sugar, Refiner's syrup, Rice sugar, Rice syrup, Saccharose, Sorghum syrup, Sucanat, Sucrose, Sweet sorghum, Syrup, Treacle, Trehalose, Turbinado sugar, Wheat sugar

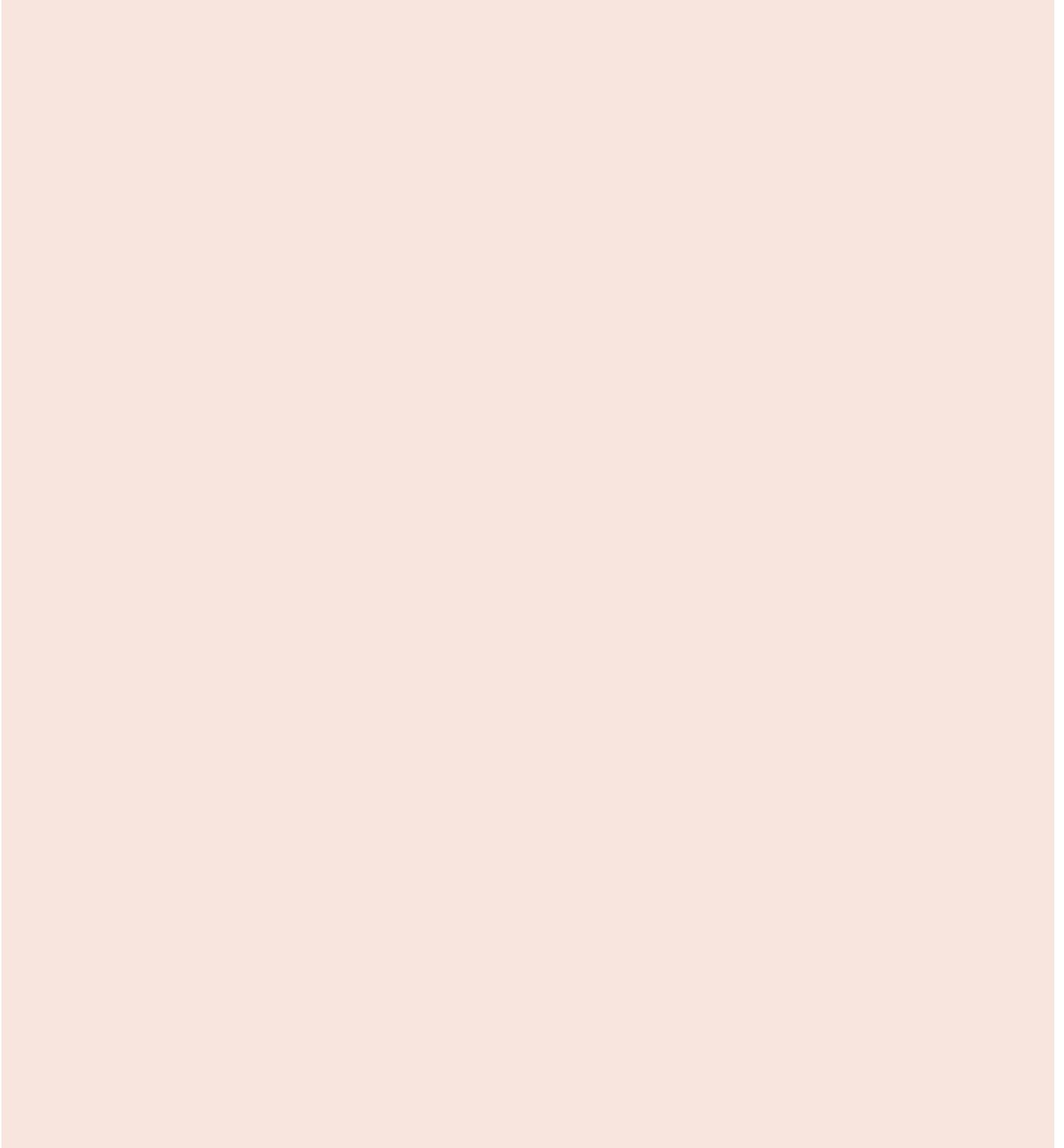
Prioritize avocado oil or olive oil over industrial seed oils (sunflower/safflower/canola/rapeseed) when you can

Reading food labels is a practice to **inform** you, to help you find brands that have quality ingredients, and become aware of options that are more on the indulgent side. Remember you don't have to avoid these, but be mindful when you can make choices.

# Notes

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**Space for any notes from this week's session!**





# Food Planning, Prepping, & Eating Out!

**In this session we will cover:**

- **Grocery Shopping**
- **Meal Prep**
- **Eating out & traveling with ease**



# Grocery Shopping

Grocery shopping can be super stressful OR really painless. You can't control the other crazy people you might run into at the store but you can control how you prepare and experience your shopping trip based on how you plan!

I'm a big advocate for creating a pantry essentials list that you can always go to when you are building your grocery list.

## *The Essentials*

These are the things that you want to always have on hand in the pantry because they are the building blocks for pretty much any meal! Stocking up on these wholesome ingredients so you can cook and plan meals with confidence is the easiest and most efficient way to incorporate them into your lifestyle. The essentials are items you find yourself needing on a daily basis (sometimes multiple meals throughout the day).

**Start by making a list.** I know, I know this sounds so basic but its one of the simplest ways and is so effective. Your list can be done with pen and paper or on your phone. Honestly, whichever is going to be the most accessible to you & easiest to stick to.

Over the next few days, or when you are in your kitchen wishing you had "x" at home, jot it down! You will start to build the foundation to your grocery list for all the things that are a part of your staples.





# Grocery Shopping

If you are like me and find guides helpful to refer to, here is my Pantry Staples 101 list that can help be a foundation for your own list. Don't feel like this is set in stone! Make it your own!! These are just some good options you can use to get your started based on what fits into your lifestyle.

## Sample List!

### Meal Foundations

- Eggs (I recommend Pasture-Raised Organic when you can! Brighter yolks are more nutrient-rich.)
- Organic Proteins (grass-fed beef, organic chicken, wild salmon, etc.)
- Organic Leafy Greens (like Spinach, Kale, Swiss Chard)
- Cruciferous Veggies (Brussels, Broccoli, Cauliflower to name a few)
- Whole grains & complex carbs (think quinoa, brown rice, lentils, bulgar, beans, sweet potatoes, oats. These will keep you fuller, longer)
- Avocados (dietary fats, packed with vitamins & minerals, help stabilize blood sugar)
- Organic Berries & fresh fruit (lemons, limes, apples, bananas, seasonal fruit)

### Snacks

- Clean Jerky (Chomps & Epic are great!)
- Nuts / Nut Butter (Almonds, Cashews, Macadamia, Pistachios - raw or lightly salted)
- Bars (with real food ingredients like Bombbars, Over Easy, Fast bar, The Only Bar)
- Seed Crackers (like Mary's Gone Crackers or Flackers)
- Veggies & Hummus (Cava or Roots Oil-free hummus!)
- Dark Chocolate (This is something I always keep in the house. Sometimes you just want it, and that's OKAY!)

### Other essentials

- Onion, garlic, & spices to flavor with
- Primal Kitchen Sauces (simple sauces and dressings)
- Bone broth (very satiating & packed with nutrients)
- Oils (EVOO, Avocado, Coconut, Sesame)
- Vinegars (Apple Cider, Balsamic, Red wine)
- Herbs (like cilantro, parsley, and rosemary)
- Dairy products (or alternatives); milk, yogurt, cheeses

# Meal Prep

Once you have your essential list, you have a foundation. But you can always add to it and tweak based on what sounds good! Meal prepping allows you to feel supported when it comes to what you will be eating for the week. Some weeks might be a little crazier than others, so on those days or night that you have little time or brain space, the prep work comes in clutch!

## *Break down the week*

Whether you plan to meal prep for the whole week, a few days, or just have items chopped and ready to cook, its helpful to break down either meals or items you need to have on hand. On the next page is a guide that you can use to help get the feel for planning ahead.

I find having a planning day to be really helpful, whether that is the beginning or end of your week, and then prepping no more than 2-3 days if you are doing full meals. What sounds good on Sunday might not on Friday so give yourself room to connect with the satisfaction still!

A few ways to approach meal prepping

- ☺ Pick a day to prep, fully cooking meals for a few days
- ☺ Prep just the basics for meals like chopping veggies, cooking protein or making a bunch of rice/sweet potatoes or other grains.
- ☺ Prep easy-to-grab items like egg bites/protein balls/ or pre-made smoothie bags

You can also just have a day to plan out your meals and grocery list if that's what is the biggest hurdle for you.



# Meal Prep

## SUN

### (PLANNING DAY)

What sounds good this week?

Look on Pinterest, Instagram, or blogs recipes for inspiration. Or pick a base and build on it.

## GROCERIES

Some things you might find you get at a particular store.

Where do you need most of your groceries from for this week (Trader Joes, Whole Foods, Sprouts, local farmers market?)

Tip: see if you can use ingredients for more than 1 recipe. Get more out it!

MON

Start by planning 3 days at a time.

TUES

WED

THURS

FRI

SAT

What other items do you currently have in your house you can make something yummy?

What few things do you need at the store to make it through the week?

# Meal Prep

SUN  
(PLANNING DAY)

MON

TUES

GROCERIES

WED

THURS

FRI

SAT

# Eating Out & Travel with Ease

When it comes to eating out, lean into all of what we have talked about already.

What is going to make you feel good?

What foods love you back?

What can best help support balancing your blood sugar?

What is going to leave me satisfied after this meal?!

It comes down to CONSISTENCY. What you do the majority of the time consistently is going to make the biggest difference in your health and how you feel. If eating out is far and few between or something you do quite often, here are 3 tips to lean on.

## **Prioritize the FabFour**

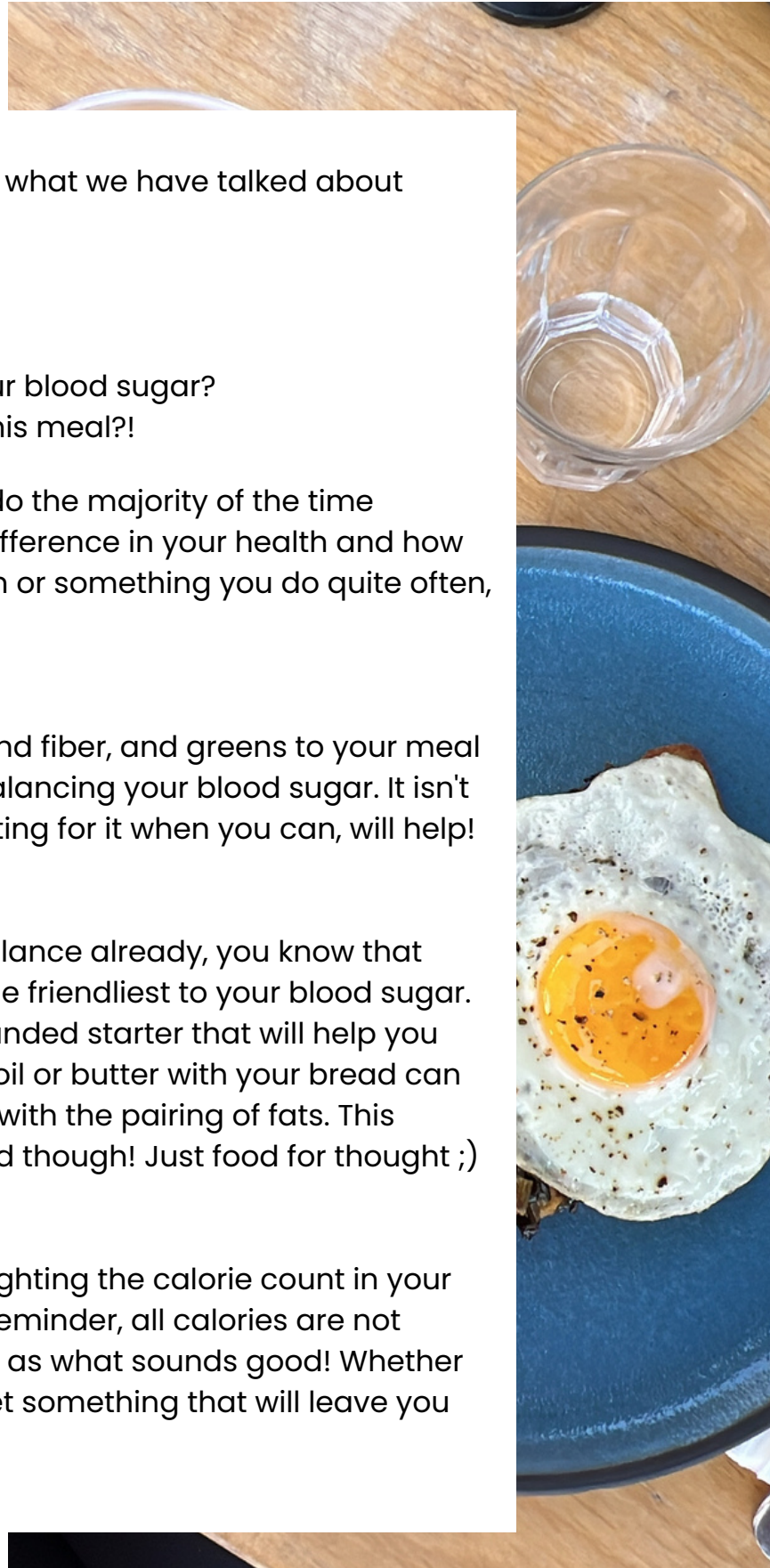
See where you can add more protein, fat, and fiber, and greens to your meal to support feeling full and satisfied, while balancing your blood sugar. It isn't going to happen 100% of the time, but shooting for it when you can, will help!

## **Be mindful of the bread**

Since we have talked about blood sugar balance already, you know that simple naked carbs by themselves aren't the friendliest to your blood sugar. See if you can reach for or order a more rounded starter that will help you hold over until the main meal. Pairing olive oil or butter with your bread can be a great way to also help lower the spike with the pairing of fats. This doesn't mean you can never have the bread though! Just food for thought ;)

## **Forget the calorie count**

There are more menus now out there highlighting the calorie count in your meals. You already know this but just as a reminder, all calories are not equal! Instead, focus on the fab four as well as what sounds good! Whether its a new restaurant or your regular spot, get something that will leave you feeling satisfied and full.



# Eating Out & Travel with Ease

If travel for you is something you do every once in a while,

*do the best you can!*

## **Work with what you have**

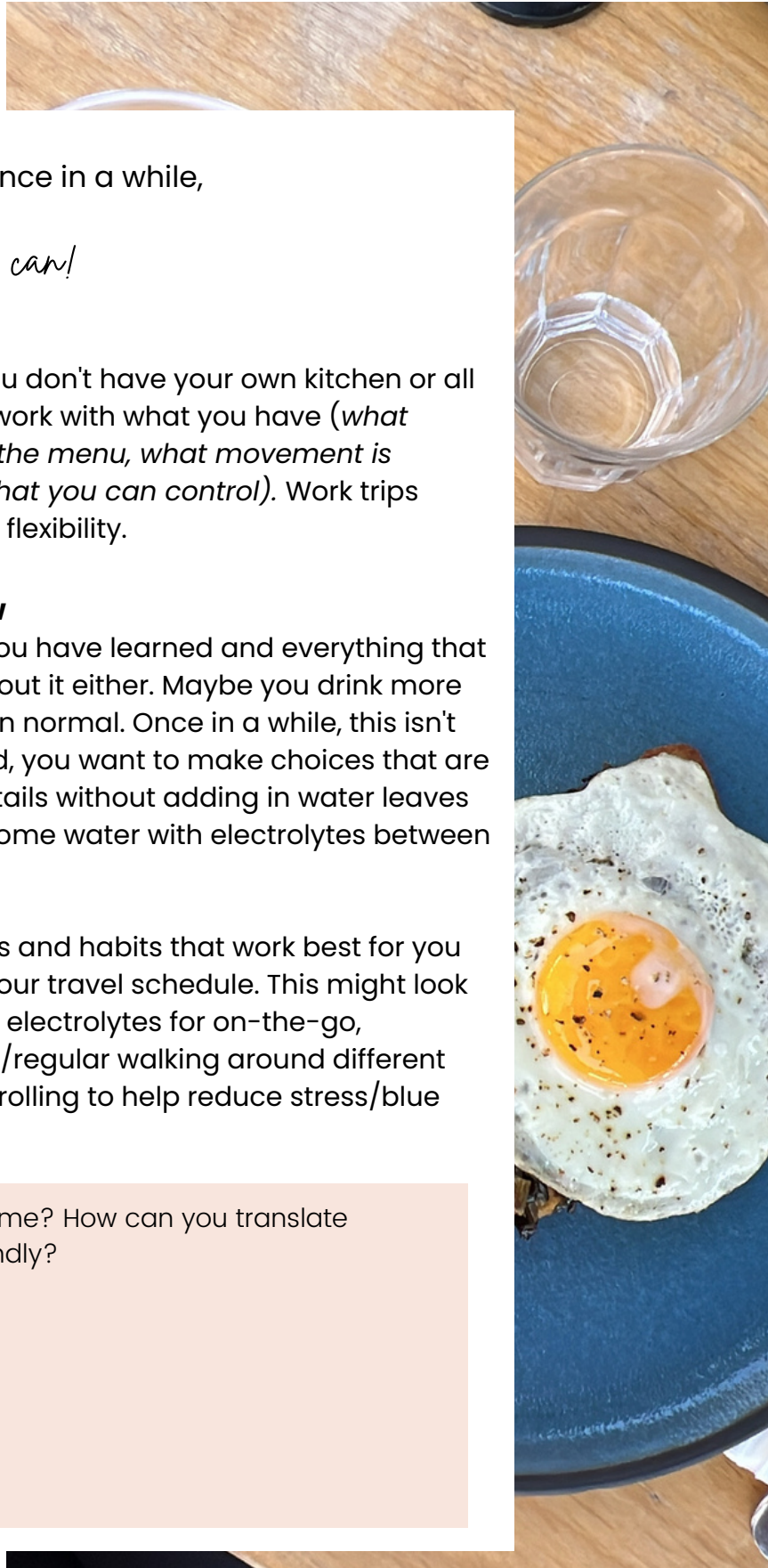
Flexibility is key here. When you are traveling, you don't have your own kitchen or all the normal routines or items on hand. Instead, work with what you have (*what restaurants are near you, what choices are on the menu, what movement is available if any, and work within the structure that you can control*). Work trips often look different than personal trips as far as flexibility.

## **Don't throw what you know out the window**

Vacation doesn't mean you forget everything you have learned and everything that supports you. But it doesn't mean you stress about it either. Maybe you drink more alcohol on vacation or eat more fried foods than normal. Once in a while, this isn't going to "ruin your health". But also keep in mind, you want to make choices that are going to serve you. If downing bottomless cocktails without adding in water leaves you feeling like *sh!t*, well maybe try rotating in some water with electrolytes between each round to help support you!

**If travel is regular for you** then take the routines and habits that work best for you when you're at home and recreate them to fit your travel schedule. This might look like blood sugar balancing travel food, packs of electrolytes for on-the-go, streaming workouts you can do from anywhere/regular walking around different cities, prioritizing screen-free time instead of scrolling to help reduce stress/blue light exposure etc.,

What routines/ rituals do you have at home? How can you translate them to travel friendly?



A woman with long dark hair, wearing sunglasses, a white spaghetti-strap dress, and white sandals, stands on a stone garden path. She is smiling and looking towards the camera. The path is bordered by lush green plants and trees, with a clear blue sky in the background. The overall scene is bright and sunny.

Create & Support the life  
you want!

*balance*   
WELLNESS





# Routines & Rituals

Your morning & evening time is the most sacred time of your day. This is often the only time of your day that you have control over -- before anyone else needs your attention (kids, work, parents, partners.. you get the picture)! Now maybe for you its not, maybe your most sacred time is when the kids are napping or in school. Pinpoint the time of your day that you have or could have some sacred time.

The beauty of a routine & having rituals are they help reduce stress! So don't STRESS about what it looks like!

First, let's start with **what is a ritual?** *It is any practice or pattern of habits you perform in a set manner.* There is no set length, structure, or outline for what this looks like. Which means you can make it work for you!

**Start by asking yourself:**

What does your ideal morning look like?

What does your ideal evening look like?

# Morning Rituals

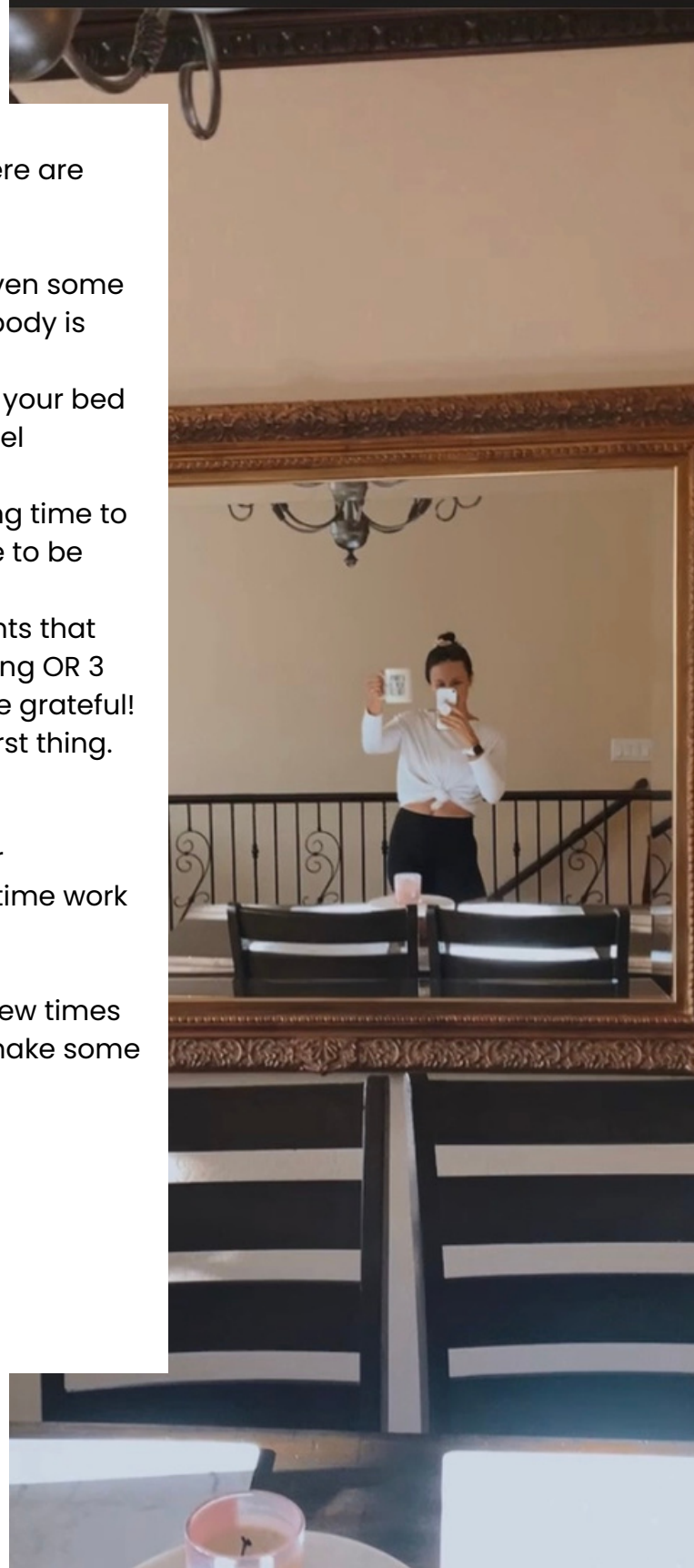
Not sure how to start your day or morning routine? Here are some of my favorites!

- **Hydrate** – start with water, water with lemon, or even some electrolytes to start your day. After sleeping your body is needing that hydration flush to kick start the day.
- **Make your bed!** There is something about having your bed made that pulls the whole room together & you feel accomplished right away!
- **Meditation** – this can be for 1, 2, 5, 10 mins. By taking time to focus on your breath, you allow yourself the space to be mindful as you start your day.
- **Journal** – whether its to brain dump all the thoughts that are in your head that are stressing you our first thing OR 3 things you are grateful for. Connect to why you are grateful!
- **Moving your body!** Get those endorphins going first thing. Boost that energy & your vibes for the day

Now if you are like, I dont have time in the morning for something elaborate, that's okay. You can make this time work for you. A morning routine can be one thing!

But if its because you wake up after hitting snooze a few times and rush right out the door, there might be room to make some changes to prioritize the time in the morning!

Remember:  
You don't need them all at once. Start with the **one** that speaks to you! That you think will feel the best for you!



# Evening Rituals

Your evening routine is also your *pre-morning routine*. It is what sets you up for a successful morning. So if you are struggling to wake up in the morning, it might go back to the night before.

Your evening routine & rituals are what SET YOU UP for those morning routines!

- **Power Down** - the blue light we are surrounded by all day can actually inhibit the body's natural triggers to get ready for bed. Put away the phones, tv, and tablets at least 60 mins before bed.
- **Wash away the day!** There is nothing like washing away the day and going to bed feeling fresh. One more way you can sleep soundly. This could be a shower or just washing your face.
- **Journaling** - yup, this can be both a morning and/or an evening routine. Clearing whatever is still in your head, get it out on paper so you can truly rest for the night. Or this is a great time to reflect on what you are grateful for from the day.
- **Read** - a great way to help your brain shift from your day to something else. I mean how often do you not get sleepy while reading in bed? Its a great way to trigger the heavy eyelids.

Work backward from when you want to be in bed. You don't want to rush through your routine, so give yourself enough time to truly wind down.

Again, don't stress about not having a long bedtime routine. If you have kids to put to bed and your routine is washing your face and reading 1 page of a book before bed, that counts! It's about what works for you in the current season of life. And it can iterate as you see fit.



# Habit Stacking



When it comes to health and improving your overall wellbeing, diet culture has proven to be ineffective long term. Cutting out, restricting food and calories, and NOT doing/eating or participating in things that bring us joy because it doesn't follow a diet is not a habit -- it's a form of in-action!

James Clear wrote the book Atomic Habits where he introduces the concept of tiny changes as a proven way to build good habits. Habits (*or rituals*) describe something that you do, requiring some form of *action*.

So to **take action** and create healthier habits there are 2 pieces you need.

1. The action (what specifically you want to do)
2. The trigger (the prompt for the action)

Putting these two together makes the habit stacking formula:  
*"After/before the trigger, I will the action."*

Take an action you already currently do, a habit that you already have, and pair it with a new habit you want to implement. The trigger of your existing habit will help you build consistency with a new habit.


It's important that this be specific and actionable. When its too vague (drink more water, walk more, eat better) its less effective.

Ex: Before I make a cup of coffee, I will drink 1 glass of water

Ex: After I eat lunch, I will walk outside for 10 minutes.

Ex: Before going up to bed, I'll pack my gym bag for the morning.

Now you try!



Now write down what your current routines or rituals/habits look like. It doesn't have to be perfect, but what are you doing most of the time?

What would you like to start adding in?

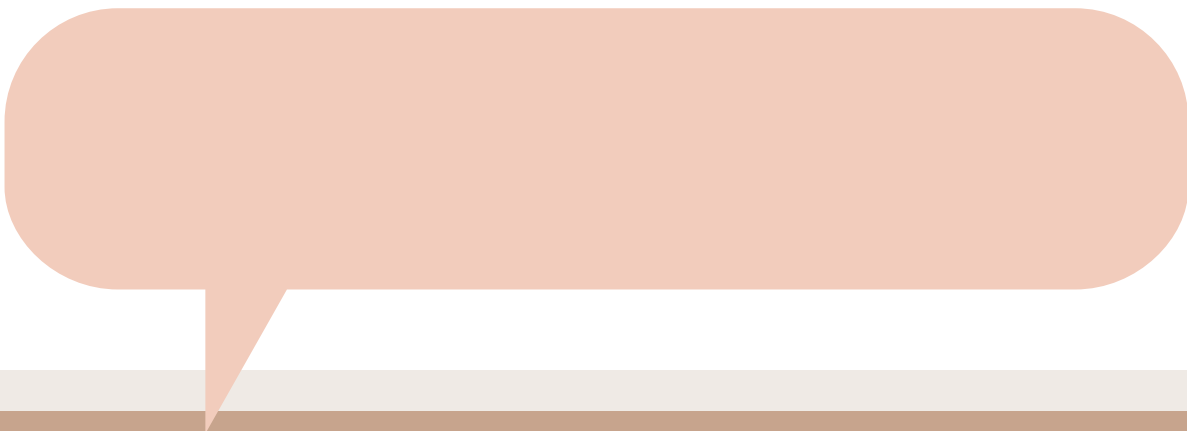
What does your current morning routine look like?

What routine or ritual do you want to adopt?

What does your current evening routine look like?

What routine or ritual do you want to adopt?

**Pick One:** Start with one morning and one evening ritual you are going to commit to adding in. Write it down using the habit stacking formula and commit for the next 2 weeks. It won't be perfect but keep showing up and see how it works for you!



# Resources

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Specific articles cited in this workbook. More resources always live in the resource vault!

1. [Why People Diet, Lose Weight, and gain it all back](#)
2. [Mind Over Food, Psychology of Eating](#)
3. [2013 Ted Talk - Sarah Aamodt](#)
4. [What is Set Point Weight Theory](#)
5. [Types of Hunger](#)
6. [Hunger and Fullness cues](#)
7. [Glucose Goddess](#)
8. [Gentle Nutrition book by Rachel Hartley, RD](#)

# Ditch the Restriction!

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## You did it!

You made it through 3 months of investing in yourself & learning and applying sustainable changes to your health! You might feel and see some changes now but don't stop there. Keep it up and continue tuning into your body as you progress further and grow on your health journey.

I'm so proud of you and grateful for the opportunity to see you step into your power and take control of your health, one step at a time.



*Jordan*