

EATING GUIDELINES FOR EMOTIONAL FREEDOM

THE ART OF EMOTIONAL FREEDOM LIVING A FAT LOSS LIFESTYLE

No more emotional rollercoasters!

Simply reduce physical stress to
increase health and happiness



MASTER FOOD GUIDE



PROTEINS

1 Serving

Eggs
Bison
Chicken Breast
Lean Ground Beef
Lean Ground Turkey
Lean Ham
Top round Steak
Top Sirloin Steak
Turkey Breast
Wild Game Meats
Crab, Lobster
Shrimp
Haddock
Salmon, Swordfish
Tuna, Krill
Plain Greek Yogurt
Low-fat Cottage Cheese

VEGETARIAN

PROTEIN SOURCES

Tempeh, Seitan, Tofu,
Soy Foods, Vegetable and
Grain Protein, Veggie
Burgers

VEGETABLES

2+ servings

Artichokes
Asparagus
Brussels Sprouts
Beets, Beet Greens
Broccoli, Cauliflower
Cabbage, red and green
Carrots, Turnips, Rutabagas
Celery, Cucumbers
Green Beans, Lettuce, Kohlrabi
Mushrooms, Onions
Peas, frozen and fresh
Peppers, all varieties
Spinach, Kale, Collard Greens
Tomatoes, whole or canned
Zucchini, Squash

LOW SUGAR FRUITS

Apples, pears, all types of
berries,
cherries, and grapefruit
*The above fruits are diabetic
specific

ALL FRUITS are fair game
because they all have
nutritional value, natural sugars
your body knows what to do
with, and good density -- as
long as you promise not to eat a
WHOLE watermelon. (haha)

STARCHES/GRAINS

See #5 Bite Rule

Yams
Corn
Beans
Quinoa
Squash
Popcorn
Wild Rice
Brown Rice
Baked Potato
Sweet Potato
Oatmeal (Steel Cut)
Pasta (processed)
Tortillas (processed)
Rice Cakes (processed)
High-fiber Cereal (processed)
Whole Grain Breads
(processed)

FATS

Nuts: walnuts and almonds

Oils: avocados, coconut and
fish oils cheese, olive – so
manufactured oils

Seeds: sunflower, flax, pumpkin



Here are a few notes to enhance your understanding of the power of food's effect on your metabolism:

- The list of proteins, vegetables, and starches/grains in this document is not a complete list. If you come across a vegetable or protein you want to include in your meal preferences, by all means, add it. These lists are just to reference what nutritiously dense foods grown or butchered look like.
- Don't eat the foods that don't appeal to you. If you're eating foods you don't like, this will not be sustainable. Look up recipes on the internet to incorporate your favorite foods.
- It's no problem if you choose not to consume the starches/grains listed in the third column because you have more energy without them.
- Fruits and vegetables are also carbohydrates, so if you choose not to eat the foods in the starches and grains column, you will still meet your body's carbohydrate needs. The benefit of choosing fruits and vegetables instead of starches and grains is the fat-burning effect. You can't store protein and vegetables as fat.
- Be aware that the foods in the Starches/Grains column marked PROCESSED are foods that are not as nutritiously dense and may become excess glucose. If you don't give your metabolism a reason to store fat, it will have no choice but to draw on stored fats for energy eventually.



HORMONES: Hunger Energy Cravings

1. **Balance your blood sugar.** When choosing foods to eat, the number #1 question to ask yourself is, "Am I stabilizing my blood sugar?" We are not getting overweight by eating fatty foods. But we do spike blood sugars with starches and grains, not just obviously "fluffy" foods like donuts and bread. If our body cannot utilize the amount of starches and carbohydrates that all turn into sugars (glucose), then our metabolism has no other choice than to store unutilized glucose as fat. This is usually a daily occurrence, so gaining 10 lbs. of annual fat is normal unless you begin to think about food differently.

Your goal is to create a nice and easy rise and fall in your glucose levels over the course of a day, which will alleviate the need to store fat and slow down or even reverse bodily fat storage.

NOTE: See those long arrows above. Once your hormones signal you to become aware of one of those three issues, your choices will decide how your hormones respond. So, Ghrelin, a hunger hormone, will signal the need for more food when your blood sugar drops or your stomach is ready for more food.

- **H** = When you are hungry, eat but just a small amount so as not to spike your glucose. There is no fat storage and maybe even a chance of burning stored fat.
- **E** = If your energy drops or you feel like you need a nap around 2p or 3p in the afternoon, eat a snack. Loss of energy can be a hormonal sign that you need more fuel, especially if you keep to the rule of eating small, nutritious, meaningful food. There is no fat storage and maybe even a chance of burning stored fat.



- C = Late at night, when most cravings hit, your hormones try to tell you that your blood sugar is dropping, but it's late, and **YOU ARE TIRED**. The short answer is to go to bed! If you attempt to stay up until you can't take it anymore, there's a high likelihood you'll feed your cravings with something sweet, leading to an elevated blood sugar level that will cause the fat-storing process to begin without any rigorous activity planned for hours ahead. It is difficult to use good judgment late at night when your brain is too tired to care about making "good choices." But now you are aware of what we are doing that is causing our shape to grow in a direction that has us concerned our health might be declining.

2. Eat 4-6 times a day. This will help boost your metabolism and balance your blood sugar. Ignoring your body's hunger causes stress signals to be sent to your adrenal glands, which ultimately creates a fat-storing reaction if there is a perceived "famine" within your body. If you want your body to burn fat, you will need to snack all day long, reminding your metabolism to burn fat effectively. If you are not able to eat frequently at work, drinking a 2oz protein shake during the day will stabilize your blood sugars until you can eat again.

Here's the Hunger Scale: 1 = Starving, 2 = Hungry, 3 = Satisfied, and 4 = Overstuffed.

Always check in with your body and eat when you're at level 2. Stop eating when you reach level 3. When you eat more often, there is less of a chance you'll start at a 1 (starving) and end at a 4 (overstuffed), where fat storage is likely to happen. Besides, if you wait until you're at a 1, it's really hard to know when you hit a 3, and you'll keep going until you can't, which is at a 4.

You should **never** be hungry on a fat loss program. Your goal is to eat, **on a scale of 1 to 4, always staying between 2 and 3**, which is your safe zone and most likely the reason you will burn any excess glucose as energy until the next meal.



3. Eat appropriate portion sizes. When you eat at a 2 and end at a 3, your mindset centers on eating in moderation because you will eat again in just a few short hours. Ensure you have food with you so you can eat again without much hassle.

If you tell yourself you will feed yourself again soon, you must keep your word. Your mind and body need to build trust with one another. That might sound odd, but if you ignore your hunger signals, your metabolism slows down, and you're more likely to store fat rather than burn it because your metabolism perceives there is a famine or a deliberate attempt to withhold nourishment. It won't know when to speed up again until it receives food. Being consistent with your food intake is essential to keep your metabolism burning bright at all times.

Teaching your metabolism, it'll never starve by feeding it often throughout the day and consistently week to week will turn it into a fat-burning machine. However, going too long between meals is stressful for your body. If this happens consistently, your body is an incredible, adaptable machine. It WILL adapt to stressful circumstances, but not in a good way. It will store fat if it senses a need to be in survival mode.

When you starve yourself, your body goes into starvation mode, just like in the caveman survival days. Instead of using glucose as energy, your body senses scarcity slows down your metabolism, and reserves fat. Eating small meals more often throughout the day will help you avoid a ravenous eating frenzy at mealtime.

When your body thrives because you are mindful of its needs and feeding it small, nutritionally dense portions often throughout the day, it loves to burn fat.

FUN FACT: when you were a baby, you had chub rolls. But when you increased your activities, you burned that baby fat and leaned out because your metabolism knew just what to do. Babies cannot starve themselves, so good eating + moderate activity = a youthful fat-burning metabolism. That also means when you pattern your life after this principle, you can teach your metabolism to be a youthful fat-burning machine again!



ONE MORE NOTE: Intermittent fasting is a popular practice, and it does work. However, if you are just starting out, let's get your metabolism up to speed first by using the recommendations in this program to build trust and consistency before we spend 16 hours in fasting mode. Going without food is never the mindset for success. Giving your body a rest (all night and then up to 8 hours during the day) from processing and digesting foods is the right idea.

4. Plan your meals in advance! If you plan which nutritiously dense foods you will be eating to fuel your body correctly throughout the day. (*Nutritiously dense foods have 1 ingredient in them. For example, an egg is an egg, and broccoli is broccoli...one single ingredient. Whether they are cooked or combined with other whole foods is up to your personal preferences, i.e., an egg omelet full of vegetables is made up of many single-ingredient foods.) If your body doesn't have to sift through an ingredient list of science-based products or shelf-life preservatives looking for molecules of nutritional properties, your body will be more apt to settle into a fat-burning state much sooner as you put forth your best effort to eat nutritiously dense foods. Your body LOVES whole foods and can process them faster, so you *WILL* be hungry sooner.

BTW, the most important meal of the day is the one that **preempts overeating**. If you snack at 3p you'll be in a good place to make a conscientious food/portion decision at 6p. That's why breakfast is touted as the most important meal of the day: first, it jumpstarts your metabolism with some fuel, and second, it pre-empts overeating at noon. If you are not accustomed to eating breakfast, start waking up your metabolism with a 12g to 15g protein drink of your choice. The first thing to do is to teach your metabolism to activate early on. If you are in a caloric deficit at the end of the day, your "cravings" will attempt to get your attention so you will head to the freezer and make up that caloric difference with whatever you can get your hands on. Not ideal! The earlier in the day, you add nutritiously dense foods to your eating routine, the less likely you'll have nightly binge sessions.



5. Count your bites. Concerning processed foods with ingredient lists and all starches and grains, 3 to 5 bites of any starch/grain or fluffy-type food will not spike the 16 pints of blood swirling around in your body with excess glucose. Rather than counting calories, since not all calories are created equal (some are nutritionally dense calories and some are fluffier calories), it makes more sense to count your bites, and you will always ensure balanced blood sugar as you begin learning “how much” food to eat using the food scale on Guideline #2.

If you are a young male and trying to put on muscle mass, count 5 to 10 bites per meal. Three to five spoonfuls of baked sweet potato on your plate in addition to your protein and two helpings of veggies will be plenty of food to reach level #3 and feel completely satisfied. You will never go without the foods you love while balancing your blood sugar to ensure sustained energy all day and reduce cravings at night.

6. Drink your water. Unutilized proteins that have been consumed, since you cannot store them as fat, will be expelled through your filters, such as your liver and kidneys. You want to rinse your kidneys and liver well, which will remove the excess amino acids and the toxins released as you lose fat.

Water also helps fiber flush out fat through your intestines. When your urine runs clear, you know you are consuming enough water. If you wait until you're thirsty, you've waited too long. And since we are not camels, you don't do yourself much of a favor trying to consume a day's worth of water in the last 10 minutes before you go to bed. Your body likes a nice, even flow of water throughout the day. Even though we don't recommend tracking how much you drink (which just creates more work), keep it simple and drink 8 oz every time you use the restroom. You'll always be hydrated using this rule of thumb.



7. Live with a fat loss mindset. As soon as you say "I can't have it." What do you want? Whatever it is that you can't have, right? We are like little kids that way. Denying yourself anything is unnecessary resistance against not having what you think you want. That's a lot of extra work! But what if you said, "I don't want it." Doesn't that give YOU the power to decide?

There isn't near the temptation to go against yourself or resist having something when you **decide** you don't want it. That's not to say you won't ever want it, but it definitely puts you in the driver's seat to decide when you'll have a treat and on which occasion you want to participate in the "weekend food". Knowing what you **DON'T WANT** puts you in a position of empowerment to decide what you **DO WANT**. Use that power for your personal improvement.

8. Get your mind right. This is a process, not a protocol. You're not looking for perfection, you're looking for progress. And the progress you're looking for is happening all the time under your skin, even though it can't be detected for a few weeks. Depending on how sluggish your metabolism was, to begin with, you could even expect to feel better early on and see a difference in the way your clothes fit in 2-3 months before the scale ever moves. But your body **WILL** eventually respond. Just stay the course.

When in doubt, listen to your body. Hunger, Energy, and Cravings give you all the clues you need to navigate your needs all day, every day. There is not just one diet for everyone. There is not just one exercise program for everyone. The program, food, and lifestyle you enjoy and have fun with will produce the happy hormones that burn fat. Enjoy your life, and you'll always be on the right track!

DISCLAIMER: This fat loss lifestyle summary is not meant to replace doctor recommendations, medical treatments, or advice from a medical professional. Seek medical advice or attention if you feel you could possibly have a condition that warrants professional attention and follow doctor's orders.



BONUS COACHING POINTS

- A realistic mindset for using this course to your advantage is utilizing ***the power of choice*** so when you want a treat, you can also decide how much of that treat you want. If you choose to have a treat, enjoy it! No harm done. Feeling guilt and shame over having a treat is more detrimental than eating the treat itself.

Any thought you have that derails you to “go off your plan” is no longer serving you. Starting and starting again is just part of life because you can start again every day as the sun rises. It’s not an all-or-nothing mindset. It’s a choice every day to take care of yourself first, and everything else will be taken care of.

If you find yourself thinking undermining thoughts like “I totally ruined all of the effort I’ve made so far.” You must ask yourself, TRUE or NOT TRUE. If the thought makes you feel bad, it is NOT TRUE! What is true is that you can start again **ON THE NEXT MEAL**, not the next Monday. Pick up where you left off and drop the negative thoughts. You have no use for them.

- It’s realistic to expect that you can eat clean 80% of the time, and the other 20% occupies birthdays, holidays, family time, and weekends, so don’t stress about those. It’s not the occasional holiday that has us gaining the annual 10 lbs. The nightly bowl of cereal or ice cream has made us uncomfortable with our health. Keep realistic expectations for yourself so you can let go of extreme ideas that encourage impatience and disempowerment

It’s not hard to gain weight because you enjoy the food and company you are keeping. You’re not tapping your toe, waiting for the scale to move upward. So use the same mindset and enjoy your food (nutritiously dense foods) and the company you keep, and don’t worry about moving the needle on the scale. Just enjoy your life one day at a time.



- What will be different as you practice your new mindset daily is that you may lack emotional drama or self-judgment. Don't worry, you'll get used to it. ☺ It is guaranteed to work if you give it the attention it deserves. Learning to have nutritiously dense foods on hand or order them in restaurants will be as hard as this gets. Shocker, I know! There is no counting calories. There is no need to stand on the scale. No uncomfortable hunger.

There is no added discipline to avoid goodies or treats. Seriously, dialing down the drama will reduce your stress, and the choice to stay focused on your goals will be much easier. You'll discover your confidence growing daily, not an obsession with the scale. If you keep practicing the mindset that your power lies in your choices, it won't be long before you feel more like you than ever before!

- In the meantime, you are growing as a person and becoming a perfect match to that healthy outer shell that strongly resembles the newly confident person you are becoming on the inside. If you want to continue developing your sense of self-worth while your body transforms, you can grab my course called [**RAISING YOUR ENOUGHNESS: A 14-DAY COURSE TO YOUR HIGHER SELF**](#). You have a plan for your physical health, but what is your plan for your emotional and mental health? Wellness happens inside and out, so if we don't correct the self-doubting beliefs with new ones that breed confidence, then the chances of you wanting something different but getting what you've always had are high. Something has to shift to make physical, emotional, and mental health blend in the same vein of wellness called [**RAISING YOUR ENOUGHNESS: A 14-DAY COURSE TO YOUR HIGHER SELF**](#) course is all about challenging the false beliefs that cause you to work against yourself and raising your thoughts to the new and effective ideal that will help you tap into the inherent limitlessness that lies within you. Who you will become on this journey will matter most to you.



MY GIFT TO YOU – A FREE COACHING SESSION

- By purchasing this course you are entitled to a FREE COACHING SESSION with me one-on-one. No sales, no strings attached. I really want you to feel supported, and since you're not like everyone, we need to get specific about you, your goals, what has worked, what hasn't helped, and why. Getting this kind of clarity to set you off on the right foot.
- You can schedule your coaching session any time during the use of this course, but I suggest you talk about your goals and WHY you want to elevate your health at the very beginning. The clarity will keep you on track.
- You can [Schedule your coaching session here.](#)
- Stressful and cyclical life challenges may be one of the talking points. If you are under a lot of stress, getting clear on where that stress is coming from can make all the difference in resetting your hormones and setting you up for consistent fat-burning success. Your struggle with food and stress-induced habits can be reversed. You are NOT broken! You are “good enough” as you are. It's the disconnect between you (mind) and you (body) that you are trying to reconnect. I can give you A TON of clarity on the subject because I have been there and done that!
- During your free coaching session, we can talk about possible limiting beliefs holding you back from optimizing your health. Identifying limiting beliefs can be a powerful turning point to open the floodgates to stress-free. The only way to make that connection is to talk to someone who has been there and knows how to help you align with your goals.



- Having the “answers to the test” makes getting to your goals 100% easier than trying every diet in the book. I’ve talked to so many people who have lost confidence in themselves doing diet after a failed diet. I guarantee that when you follow these guidelines consistently and steadily, you will see long-lasting results that can be practiced for a lifetime. I would be so happy to provide any clarity. Please have your questions ready to go so we can go deep and make the most of our time together.
- I am committed to your success! I want to give you as much support as you will need and set you up for an amazing experience. [SET YOUR COACHING APPOINTMENT NOW](#) so you will have the support you need to be successful as you find your rhythm in health and happiness. I can’t wait to talk with you!

