NOW – NUTRITION OF THE WEEK
WEEK 7

6 WEEKS OF CHANGES BEHIND YOU!

I can't wait for our Alumni Program – more time with me and you expanding on your Journey even more. At this point you should feel accomplished and ready to build on everything you know.

REFLECT & ASSESS NOW MOTIVATION

In order to be successful you have to be motivated and it has to be easy. For me, recipes must be realistic. Go back to the basics.

- *Do you have a set system for meal planning? Writing it out, white board, an app?*
- *Are you meal planning weekly?*
- *When meal planning, ask yourself: Is this realistic? Will it fit in my life? Is it fast and healthy?*
- *Are you food journaling?*
- Are you incorporating all of the items in my *Smart Your Cart List*?
- *Are you "dump listing" and writing down all of your "magic moments" every night?*
- *What needs attention that you have been putting off?*
- *What are your emotional food triggers?*

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PROTEIN, FAT AND FIBRE

3 THINGS AT EVERY MEAL

I like to set my three main meals and ensure I am having:

- 20 grams of protein at every meal 3x/day (combo of animal and plant sources)
  - **Animal sources**: eggs, 4oz chicken, fish, ground turkey, etc.
  - **Non- animal**: toasted pumpkin seeds, nuts, hummus, etc.
- Try hemp protein – it's complete with amino acids that are the building blocks for your muscles
- Healthy fats: avocado, nuts, fish, EVOO
- Fibre: chia seeds, flax, lots of veggies always *cancer fighting and alkaline
- Check NOW #6 for more examples of fat and fibre choices

METABOLISM BOOSTING TIP REMINDERS

- Eat 3 meals and 2 snacks
- Fat, fibre and protein at every meal
- Turmeric daily *said to ignite 2500 genetic hormones in your body
- Cinnamon daily
- Eat chia and ground flax seeds daily with salads, in hamburger recipes, pasta sauce, smoothies, etc.
- Eat lots of sea vegetables such as seaweed (wakame, kelp flakes) on salad, anything green with chlorophyll like broccoli, kale, etc.

HIGH CORTISOL – THE STRESS HORMONE

Some of the symptoms of high cortisol are fatigue, craving coffee and sugar especially first thing in the am, craving carbs, mood swings, difficulty losing body fat even though working out consistently. Recognize your triggers!

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ELIMINATE YOUR THOUGHTS ABOUT FOOD

Stop saying “I ate bad!” I never associate any food with “bad food”. If you say that, you are going to deprive yourself and want it more.

Rather, there are good choices, better choices and best.

Work on your choice of words and see how your relationship with food changes.

MY EATING STYLE – I CHOOSE

- Live without drinking cows milk (when I order a takeout coffee it’s coconut milk)
- Limit cheese, even goat’s cheese
- Limit sugar
- Limit wheat, gluten – I choose to eat less because I feel my best when I’m not eating it
- Eat salad with lunch and dinner – especially lots of raw, steamed and roasted veggies
- Limit meat to mostly fish, chicken and turkey
- Limit beef — must be free from or ideally organic – I love home made hamburgers every now and again
- Lots of herbal teas
- Pumpkin seeds daily
- Dinners out are always a healthy non-dairy soup or salad for a starter and then fish/chicken or vegetarian dish with no added butter on anything
- Salad dressings are always EVOO with apple cider or red wine vinegar with pressed garlic and a bit of Herbamare

“What do you want to accomplish in 6 months? Write it down, seal it in an envelope and mail it to yourself. Open 6 months from today.”

LOVE YOURSELF EVERY DAY

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BREAKFAST AVOCADO BOAT

INGREDIENTS:

½ Onion

2 Eggs

Butter Ghee

Avocado

A slice of Ezekiel bread

DIRECTIONS:

- Chop half an onion add it to a frying pan with water, brown just slightly (I cooked it along with the eggs)
- Add a bit of butter ghee and mix it with the onions
- Add two organic free range eggs in butter ghee
- Cook eggs to your liking
- Cut an avocado in half
- Scoop out the avocado insides and reserve in a bowl to make the guacamole
- Stuff the avocado shell with the eggs and top with ¼ of the guacamole *recipe below
- Serve with a piece of Ezekiel bread or tons of fried/baked leftover veggies

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TRINA'S EASY GUACAMOLE

I love guacamole and this recipe is super easy! I use it on top of eggs, chicken, fish, salads, chili and tacos for a cheese replacement. I usually eat ¼ to ½ an avocado – it's full of healthy fats so those are a good portion size with other foods.

INGREDIENTS:

5 small cherry tomatoes or 1 plum tomato

½ onion

Avocado

1 clove of pressed garlic

Option: juice of a half lemon

DIRECTIONS:

- Chop 5 small cherry tomatoes or 1 plum tomato
- Chop half an onion to bite size pieces *I love onions
- Cut half an avocado
- Scoop half of the avocado into a bowl and smash it up
- Add onions and tomato
- Top with 1 clove of pressed garlic
- Option: half of a lemon juice
- Mix well
- Serve in a bowl, in the avocado skin or top on your eggs with my Avocado boat recipe above

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