# NOW – NUTRITION OF THE WEEK
# WEEK 8

## *HELLO GORGEOUS!*

Has anyone told you that you are beautiful today?

Can you believe you have 7 weeks under your belt? Do you remember how you felt week 1? I want you to go back to your journal and read your reflection work. I'm so proud of you!

## *DEAR DIARY…*

I believe there is no substitution for accountability and taking action. It's too easy to sit around and say "I'm going to do this and that…" Set hard deadlines with dates! Write it down!

I hired a Business Coach to help me improve my business systems because I was drowning and needed help. I joined her 8-week Program and I was getting things done, learning, a little overwhelmed with information being thrown at me but it was amazing and the best money I ever spent.

Sure I could have done a lot of it on my own but not in the same way of having an accountability Coach!

The course ended and she offered us an after program that was 2 times the cost of the original program.

I decided not to continue because I felt guilty about spending the money on me. I completely regret my decision!

I'd like to say I stayed accountable but the truth is I didn't get it all done. I should have ridden the momentum. Since then I have hired people to take action.

Each person is different but for most of us if there is ***no accountability, there are no deadlines.***

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## *ONWARD AND UPWARD!*

This is a journey and it doesn't end here. I hope that you feel motivated to keep the momentum going and to grow on what you have learned to ROCK this out.

Implement something from all of the information I gave that you have not yet tried.

Fitness, Nutrition and Wellness are key for overall health, weight loss and happiness. If you do not eat well, you cannot move well, if you are not moving well, you won't sleep well, if you don't get your mind right, you are doing the same thing over and over. INSANITY!

I'm excited to follow you into the next 8 weeks of your journey. I hope that we can continue together but either way, you have my full support and guidance. I am so proud of you!

Whether you choose to continue to fly with the group or on your own, I want you to carry some very important things forward…

## *TRUST YOUR GUT*

The best advice that I can give you is to pay attention to your gut in every aspect of your life. Trust your decisions, eat good food and pay attention.

Did you know that 60-70% of your immune system lives there? NOW that is crazy right! So many issues in our gut are food related. Pay attention to your bowel movements, bloating and how you feel when you eat certain foods.

If you want glowing skin, healthy insides, a happy gut, then fuel your body right. A good healthy probiotic is always great to support the "good" bacteria.

## *NOW RULES GOING FORWARD*

**HYDRATE DAILY:** Lots of water, warm lemon water in the morning, detox water, healthy Fit4Females homemade juices, lots of veggies and herbal decaf teas. Follow the water chart I gave you - approximately half of your weight in water in ounces (urine should be odourless and pale yellow). Lemon helps make your body alkaline.

**FAIL TO PLAN IS PLANNING TO FAIL:** Write down your weekly meal plan. Include protein, fat and fibre with every meal. Try to limit all foods listed in level 1 and 2 of the chart I gave you. Plan your meals, make them fun, write them down, use cue cards, a white board, an app or whatever is easiest for you.

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***NOW RULES GOING FORWARD cont'd***

**MEATLESS MANIACS:** Eat 2-3 meatless meals/week to give your liver a break and save the animals. Stick with a portion the size of a deck of cards per serving for the protein source.

**GET NUTTY:** Eat nuts and seeds daily (they are best raw and unsalted).

**SMELL YA LATER SUGAR:** Limit sugar, try to stick to fruit and always get it as naturally as possible. Sweeten things with cinnamon *baked pineapple with cinnamon is amazing!

**RISKY BUSINESS:** Think outside of the box, breakfast can be supper, lunch can be breakfast, etc. Just because it's labeled as a breakfast food doesn't mean we have to eat it that way. Experiment and try a new food daily/weekly.

**CHEF TO THE RESCUE:** Get cooking in the kitchen. Keep it simple, don't be afraid to try new things! Limit processed food forever. Meal planning is the key to success. Don't be afraid to collect recipes online, in cookbooks and from the Fit4Females **FIT Blog**!

**MIX IT UP:** Mix Proteins with animal and plant based sources. Eat from the *Smart Your Cart list* – eat more plants!

**FIGHT BACK WITH FIBRE:** Eat chia seeds daily on salads, in smoothies, soups, etc. Eat ridiculous amount of veggies. They help with just about everything.

**DITCH DAIRY:** I gave up cow's milk 5 years ago but you have to start small. Try to limit as much as possible as well as cheese and yogurt. I love cheese so when I eat it, it's rennet free and goats vs. cows. Nobody is perfect! Less dairy means less inflammation and a leaner body.

**EASY TIGER!** I didn't get here over night. This was a journey that took years and I am still learning and making changes.

Go easy on yourself, start with what seems simple and what you feel you can tackle. You can always come back to all of the documents in this Program and make the changes when you are ready.

# *DEFINITION OF INSANITY!*

"Doing the same thing over and over again and expecting different results". Don't repeat your old habits. Start new ones and remember why you decided to ditch your old habits.

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***DREAM BIG***

***WORK HARD***

***EXPECT FAILURE***

***FAILURE IS AN OPPORTUNITY***

***THE OPPORTUNITY IS THE MOUNTAIN***

***TRY AND FIGURE OUT THE BEST WAY UP***

***TRINA MEDVES***

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# TRINA'S BROCCOLI SALAD

## INGREDIENTS:

1 whole head of chopped broccoli

1 tbsp. of extra virgin olive oil
*cold pressed preferably organic

2 tbsp. raw apple cider vinegar

Sprinkle of Herbamare

Palmful of roasted pumpkin seeds

½ garlic clove

Squeeze of a lemon
*you can omit if you don't have it)

## DIRECTIONS:

- ➢ Steam broccoli until desired tenderness
- ➢ Palmful of Roasted Pumpkin seeds (I roast raw pumpkin seeds in a frying pan on medium high until they are browned – no oil needed)
- ➢ Combine EVOO, garlic clove *finely chopped, lemon juice and mix it all together in a mason jar
- ➢ Pour on top of the broccoli and serve!

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