



## Stress Less Through Food and Fitness!

1. Most important meal of the day? (Analogy of a fireplace and your metabolism)  
Breakfast: Make it a complete meal with complex carbs, protein, healthy fat and vitamins.  
  
Ideas: soaked oats (steel cut is best), raw nuts or nut butter with fruit, green smoothie, organic eggs (pasture raised is best) with avocado, sprouted toast or tortillas with nut butter or avocado
2. Take a multi-vitamin and a probiotic at least once per day. Probiotic on an empty stomach first thing in the morning and the vitamin with food at LUNCH!  
  
Recommended brands: Garden of Life RAW 85 billion CFU's (keep refrigerated), Bio-Kult (for traveling, unrefrigerated), Garden of Life Vitamin code- Multivitamin
3. Why am I always hungry? How can I finish a bag of chips or cookies and still want more?! (Analogy of ingredients and the football field race). Nutritionally void foods vs nutritionally rich foods:  
  
Void: packaged and processed foods like cookies, chips, candy, white grains, soda, pizza, etc.  
  
Rich: all fresh produce, nuts & seeds, beans, legumes and whole grains (naturally gluten free – quinoa, oats, millet, rice, amaranth, buckwheat, etc.)
4. Snack attack! Eat two snacks each day (mid-morning/midafternoon) Think complex carbohydrates, along with a small amount of protein and/or healthy fat:  
  
Bars: Lara, GoMacro, Vega, Garden of Life Sport, R Bar  
Hummus & raw veggies or sprouted crackers (ex: Way Better)  
Raw mixed nuts (except peanuts) or nut butter squeeze packs (ex: Artisana or Maranatha)  
Whole fruit (organic): apples, bananas, oranges, pears, grapes, berries, etc.
5. Hydrate UP! Aim for half your body weight in ounces per day. Side effects from dehydration: Headache or body aches, nausea, increased blood pressure, fatigue, bloating, lack of energy, etc.
6. Caffeine: Your body can't absorb a lot of caffeine all at once, so you end up crashing, your insulin levels plummet and you feel exhausted! Your body starts to metabolize the caffeine, so it's best to get active – go workout after or get going in your day.
  - Energy drinks: give you a false energy boost, making you feel wired and jittery



- Tea and coffee: these give you a natural caffeine high, but make sure to use it. It can definitely stimulate you mentally and physically so don't sit around or go back to sleep.

Ideas: bulletproof coffee – add ½ tbsp of coconut oil to your morning cup for sustained energy and digestion, black with coconut or almond milk and sweetened with stevia, matcha green tea with coconut milk and honey, loose leaf teas (chai, green, herbal) with steamed non-dairy milk and honey or stevia

Reduce or eliminate: Processed sugars (high fructose corn syrup, fake sugars), excess caffeine (energy drinks), hydrogenated oils and all chemically derived oils (margarine, vegetable oils like canola, etc.) alcohol, soda, excess animal fats (chicken, beef, eggs, processed meats, bacon), fried foods, and dairy!

What do you eat regularly on this list that could be robbing your body of energy?

7. So...what CAN I eat?

- Eat more raw fruits and vegetables. Enzymes contained in uncooked fruits and vegetables help us convert food to usable energy. The darker the vegetable, the higher the nutrient content. Remember – half your plate should be produce!
- Eat mindfully! Do you want to add this food to your body? What will it do for you? How will it make you feel? (physically and emotionally).
- Superfoods: maca (hormone regulating and energy), flax seeds (digestion and BP), chia (energy and digestion), apple cider vinegar (weight maintenance, detox and digestion), hemp seeds (protein, essential fatty acids – omegas), etc.

8. Digestion stretches