NOW – NUTRITION OF THE WEEK
WEEK 2

WEEK 1 NOW RECAP

- Are you following Nutrition Plan A or B? I suggested those on Plan A eliminate ALL wheat, corn, soy, dairy *very inflammatory for a **minimum of 3 weeks or longer.**
- The difference between Plan A and B is that Plan A is all in. It cuts out all things for people who want great results - less inflammation, better balance of your hormones and moods and to see if there are any digestive irritations/intolerances. Plan B is for those who can't quite go all in yet but want all of the same results but at a slower and less aggressive pace.
- **PLAN A is STRONGLY recommended**

HERE IS A REMINDER IN CASE YOU NEED IT…..

NOW NUTRITION PLAN A

- Drink the detox water daily (water, a slice or grated fresh ginger and hint of cayenne pepper) *recipe provided in Starter Guide
- One glass of warm water with lemon every morning upon waking and before eating
- You are removing ALL added sugar - nothing with "-ose", replace with natural sugar but keep fruit servings to 3 half cup servings / day (berries and grapes would be measured, 1 serving whole fruit i.e.: whole apple, banana, orange, etc.)
- Continue to eliminate ALL wheat, corn, dairy, soy *very inflammatory
- Remove caffeine OR max one daily *reduce slowly
- Eat mainly LEVEL 4 foods from the Nutrition chart *credit of Goodness Me
- No red meat or pork *chicken, turkey or fresh fish allowed
- Food journal daily for increased success ****increasingly important to identify food sensitivities, mood changes or allergies***
- Lots of herbal and caffeine free teas or lemon water daily

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NEW WEEK 2:

- **Eliminate all cow dairy products** and keep goat products to a minimal (easier to digest) *be aware of serving sizes
- Daily: 10 half-cup servings of vegetables raw, roasted, steamed, etc.
- Daily: Minimum of one serving of homemade juice *2 servings / day is suggested – please try the recipes on the **FIT Blog**
- Make a meal plan and use the one from Week 1 as a guide. Post a photo in our Facebook Group
- If you can afford it, add 3 new organic vegetables to your Smart Your Cart list ***(see the dirty dozen and clean 15 list)***

NOW NUTRITION PLAN B

- Follow ALL items in Nutrition Plan A but instead of removing, decrease as much as tolerable
- Focus on replacing unhealthy carbs with healthy carbs: *Replace all bread, pasta, rice, potatoes etc. with healthy carbs, Quinoa, spelt, Ezekiel bread, sweet potatoes, etc. - Better quality is the goal*
- Keep track of what you decrease and how you feel by eating or drinking less of an item
- Try a minimum of 500ml of the detox water daily *recipe found in Starter Guide

MEAL PLANNING TIPS

I am pretty boring when it comes to meal planning. I have 3 kids so I like to K.I.S.S - Keep It Super Simple. Everything I provided in the Starter Guide and the Smart your Cart list is what I consume on a regular basis.

- Wild fish 1-3x/week - Vegetarian meals 1-4x/week
- Oat jars, home made protein smoothies for breakfast
- Chicken weekly
- Homemade juices daily
- Roasted veggies and salad with almost EVERY lunch and dinner

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DAILY STAPLES

BREAKFAST: Every morning is almost always eggs, my homemade smoothies or a loaded with fat, fibre and protein oat jar

LUNCH: Mostly a salad with protein or soup with protein

SUPPER: I batch make food. For example, day 1 is chili, day 2 is Taco lettuce wraps, and day 3 is Taco salad. Or roasted chicken one day and the next would be a homemade pulled Chicken Kitchen Soup. This way I mix it up but only cook the main once.

SALADS DAILY: The key is not to make them boring. Spruce it up with all of the different colours of veggies, a serving of goat's cheese, nuts and seeds with homemade dressings (balsamic, honey mustard, red wine balsamic).

I make homemade juices for healthy detox DAILY!

Keep it Super Simple!

RECIPE IDEAS

Some of the recipes I am sending you I have come up with myself, others have been adopted from recipes I have found over the years. I don't normally follow recipes, I just cook from scratch and create.

I want to challenge you to not be afraid to try things. I'm a simple person when it comes to cooking. The only rule is that is must come from the earth and NOT a box. There are TONS of chemicals in processed food that affect your hormones and you can't see it but it's happening.

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EXTRAS TO DIVE INTO

Answer YES or NO

- ☐ Did you do your homework from last week?
- ☐ Did you do your gratitude work during your WOW cool down?
- ☐ Have you completed your Gratitude and Accountability Worksheets?
- ☐ What colours are you mainly eating from on your Nutrition chart?
- ☐ Did you purchase items from your Smart Your Cart list?
- ☐ Have you made any new recipes?
- ☐ Have you had any "AHA!" moments?
- ☐ Did you check your Heart Rate 3 days in a row and write the numbers down? *Refer to membership site on how to calculate. DO THIS BEFORE YOU GET OUT OF BED! This is important for finding your resting heart rate.
- ☐ Did you get rid of 10 things that are no longer serving you happiness or love? For example: Food items, household items, clothing etc.
- ☐ Read the **water blog** posted on the FIT Blog?
- ☐ It's not about what you did or did not do, it's about taking **ACTION NOW!**

"It starts with a decision, followed by a plan, followed by action"
Trina Medves

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