

## Nutrition Therapy for Weight Loss

### “The Power of 3”

Lose “Waist and Waste” with the Power of 3!!! Losing fat has more to do with inches than pounds. Don’t worry so much about the scale, but let your clothes be your biggest guide to losing what I call “Waist” rather than weight. Waist measurements over 35 inches and 40 for a man puts one at increased risk for heart disease and diabetes, and when you work the Power of 3, you’ll not only losing inches in your waist due to lowering stress, proper nutrition, and exercising, but you’ll also lose “waste” or toxins that are keeping the body fat.

#### 3 Things YOU CAN DO NOW to Lose Waist -

**1) Eat Protein and Plants.** To ramp up waist loss by 60% make sure every meal has a complete protein, which is the building blocks of healthy cells in the body. I suggest eating three well-balanced meals and one snack each day. Organic fruits and vegetables are always good choices, but also be sure each meal and snack includes some high-quality protein like greek yogurt, nuts, fish, or lean organic meats. If you are often on the go, a snack shake made of whey protein and unsweetened coconut milk or water is also a great choice.

**2) Get moving with what you love.** Overcoming weight issues and restoring hormonal balance in the body starts with exercise. But find something that you love and do it. If you hate the “dreadmill” don’t do it. If you love swimming, join a local pool, or find a quiet cove nearby and swim from one side to the other. If you love what you’re doing you’ll stick to it!

**3) Address stress and emotional health.** Many of us carry excess fat due to the amount of stress we are under in our daily lives. Addressing stress starts with proper nutrition through foods that boost serotonin (the feel good neurotransmitter that promotes happiness and calm in the body) and also finding some way during each day to de-stress, whether it’s gardening, spending time with your Creator, meditating, yoga, talking on the phone with someone you love who helps you de-stress, reading a calming book (not a romance novel, or thriller), or through exercise. Rest is also important, making sure you are not only getting 7-8 hours of sleep, but also finding 5-10 minutes each day where you do nothing but relax and be still in a quiet area. We sleep, but how often do we stop and really rest?? I’ve seen people lose weight simply by finding a way to relieve stress.

Be aware that no matter how much exercise and daily activity you get, you cannot out move a bad diet. There are certain foods that no matter how much you move, will always keep you from losing fat. Avoiding these as much as possible will guarantee fat loss, and keep you from putting on more fat in the future!

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### 3 Foods to Avoid that cause "Waist and Waste" Gain:

- **Sugar** - even fruit is considered a sugar that when done in excess can cause waist gain!
- **Processed foods with refined flours, chemicals, and starches** - if the package reads words like "partially hydrogenated" "enriched flour" "modified" "Monosodium glutamate" "high fructose corn syrup" "maltodextrin" "fully hydrogenated" "BHT" Fast food - these foods are loaded with sodium, soy by-products, hormones, GMO's, antibiotics, chemicals, and trans fats which not only cause waist gain, but also diabetes, heart disease, and even cancer.
- **Splenda and other artificial sweeteners**...these chemicals are actually inhibiting the thyroid from working and have actually been linked to insulin resistance and MS, lupus and a host of other medical problems.

**When should I eat? How many times a day should I eat? How long should I go in between meals? Think: Power of 3 - 3 meals, 1 snack eaten every 3 hours. No more than 4 hours.**

### 3 types of food at each meal: Think "PCH".

- **Protein** - always going to be #1. Protein is the building blocks of every cell, speeds up metabolism and creates thermogenesis (heat that burns calories). It also keeps you fuller longer, and keeps your blood sugar stable, to avoid sugar cravings.
- **Carbs** - this does not mean grains... fruits and vegetables from the other are better sources not only for fat loss but also for energy! Unless you are training for a marathon, you do not need crackers, cereal and pasta at every sitting. Vegetables make much more nutritious carbs and are unlimited - you can have all you want!
- **Healthy Fats** - needed to help with protein absorption and to heal neurotransmitter receptors to satisfy hunger and keep cravings away. Also healthy fats like coconut oil and avocados help your body burn stored body fat!

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**Below is a Sample Meal Plan of how to include foods and meals for “Waist and Waste” loss!**

### **Sample Meal Plan**

#### **Breakfast 8am –**

Protein: 1 whole eggs and 2 egg whites scrambled with spinach or other vegetable

Carb: ¼ cup of oatmeal with a handful of blueberries... and ...

Healthy fat: 1 tbsp of all natural peanut butter mixed in

20oz of water with lemon

#### **Lunch 11am –**

Protein: 4oz canned tuna, salmon, or chicken tossed on...

Carb: 3 cups of mixed greens or romaine lettuce with a plethora of chopped veggies tossed on (grape tomatoes, cucumber, mushrooms, celery, broccoli – whatever you like) on with...

Healthy fat: 5-6 kalamata olives chopped, and... 2 tbsp of hummus for dressing (or try guacamole and salsa as dressing). Toss on a bit of lowfat feta cheese if you like too! Make it big, make it eye-appealing, and it will satisfy you long into the afternoon.

20oz of Water or Sparkling Mineral Water

#### **Mid-Afternoon Snack 2:30pm -**

Protein and Healthy fat: Handful of almonds or walnuts and...

Carbs: 6 baby carrots

**OR**

Protein and Healthy fat: Organic Beef Jerky Stick, Mini Babybel Light Cheese Wheel and...

Carb: a granny smith apple

20oz of water with fresh squeezed lemon and add stevia for a cool, refreshing sugar-free lemonade

#### **Dinner 6pm –**

Protein: Grilled Lean meat of your choice (fish, chicken, beef, port, but make sure it's wild-caught, or organic grass fed) (the size of your palm only) and...

Carbs: grill mushrooms and onions on skewers and serve along with...

Roasted Asparagus - toss asparagus stalks with 1tbsp of olive oil and a little sea salt and then place on baking sheet and bake on 425 for 15 minutes or until soft and just a touch browned.

(Healthy Fat will come from omega 3's in fish or beef and in olive oil.)

20oz of Water or Sparkling Mineral Water

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### More Recipes to Try for “Waist and Waste” Loss:

**Eggs in a Mug! (For on the go mornings)**– Crack 2 egg whites and 1 whole egg in a coffee mug and whisk it up, cook in microwave for 1 minute, then add feta cheese or other low fat cheese, spinach leaves and anything else you like in an omelet – place back in micro and cook for 1-2 more minutes or until egg soufflés off the top of mug...dump on a plate and enjoy! Or take with you on the go.

#### **Blueberry Frozen Yogurt**

1 container of thick greek plain yogurt

1 packet of stevia or a few drops of stevia

½ cup of **frozen** blueberries

Mix stevia into yogurt and then add frozen blueberries. Mix and enjoy how the the blueberries freeze up the yogurt and make it a frozen yogurt like consistency! Such a treat!

#### **Healthy Peanut Butter Balls (great when you need a sweet treat!)**

**1 cup of the following:** oats, and natural peanut butter

1 scoop of vanilla protein powder

shredded unsweetened coconut

Stevia to taste

Mix oats, peanut butter and protein powder in mixing bowl and shape into big dough ball. Then spoon out little balls, roll them into balls and set them on a plate covered with wax paper to go in freezer for 5-10 minutes.

Meanwhile, pour out some coconut on a plate, and then dip each ball in coconut and chill until ready to eat! High protein and delicious!

More tips, tricks, recipes and help at  
[www.getfitwithjodelle.com](http://www.getfitwithjodelle.com) or sign up with a  
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