

Clean Eating Basics

WORKBOOK

Shift Your Shape with Ease



MD CONSULTING
Building Better Leaders Worldwide

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Introduction

"Thanks for all that you have done to help me live a healthier life. I had been stuck for quite some time. Now I can successfully balance work and wellness." **Monica (Phoenix, Arizona)**

"I just wanted to say thank you for everything. You have been very informative, and I am really excited for what is to come!!" **Chandra (Phoenix, Arizona)**

This program is designed to help you become more aware of your body and your health habits, and to provide resources for healthy living. It is in no way a substitute for medical care nor is it intended to diagnose or treat an illness, injury, or medical condition.

We do advise that you speak to your physician before making any changes to your exercise or nutritional habits. Please use this information as a guide to general exercise and nutrition practices. Modify the information as needed to suit your body, your philosophy, and your lifestyle.

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We thank you in advance for your interest in this program and are confident that you will receive valuable information to help you accomplish your wellness goals.

Monique Daigneault & Staff
MD Consulting

Author Bio



Monique Daigneault is a seasoned ICF trained executive coach who has over three decades of corporate and entrepreneurial experience. She has combined her corporate knowledge, business best practices, and personal start up experience to develop corporate executives and independent business owners into successful leaders.

Monique incorporates wellness, work life balance, and stress management techniques into her coaching to help business leaders enhance their personal wellness while managing their busy careers. “Most of my clients are busy executives or business owners who are trying to manage work, travel, family, and health issues. My techniques help them avoid or overcome burnout”, says Monique.

Monique has the unique ability to build immediate trust and quickly get leaders into alignment with their true values and desired direction. Monique has developed an enhanced intuition and coupled with her strong listening skills, guides leaders to solve their core pain points, be more influential at work, and have a higher impact on their company’s bottom line. Leaders benefit from practical and behavioral changes that are sustainable and measurable, plus improved health.

She is committed to working with those who have a vision and need help executing it. Monique’s approach helps leaders align first with themselves then with their business and team while also improving soft skills, health, and work life balance.

As a lifelong learner, Monique has achieved seven industry specific certifications, a Bachelor of Science in Management, and a Master of Science in Industrial / Organizational Psychology. She is a graduate of an ICF recognized coach training program and an Accredited Senior Coach.

Monique is originally from Michigan and now resides in sunny Scottsdale, Arizona. She has two adult daughters and four grandchildren. As a former personal trainer and competitive bodybuilder, Monique enjoys weightlifting, hiking, yoga, skydiving, and Pilates. Monique spends 20% of her time each year volunteering.

Module One

Back to Basics: Know Your Body

In this module you will learn:



- How well you are really eating
- The definition of eating 'clean'
- The role of the basic food groups
- The importance of lean muscle
- How to take control of your own process

The Components of a Healthy and Balanced Diet

- A combination of all basic food groups + fresh water
- Nutrition that is free from pesticides and chemicals
- The correct number of calories for your body type and activity level
- Nutrition in its most natural form and minimally processed ('clean')
- Nutrition that supports your fitness goals, medical issues, and philosophy

Using Nutrition to Raise Metabolism

Nutrition is a component of physical wellness that is well within your control. In times of high stress due to life's challenges the body releases hormones that can contribute to increased body fat. That in turn can cause fatigue, a slow metabolism, and an unhealthy digestive system. Your body needs healthy food and plenty of it to reverse the affects of stress.

Typically, eating four to six small meals per day, two to three hours apart, helps fuel the body and increase metabolism.

Eating frequently keeps adequate calories in the body. Most of us really do not eat enough. Focusing on small, frequent meals ensures that we are getting the full number of calories we need. Paradoxically, you must eat more to burn more calories. Now this does not mean four to six "junk" meals each day. It means reasonably sized meals that include a balance of protein, whole grains, vegetables, fruits, and unsaturated fat.

When you restrict calories by not eating, your body refuses to give up the extra body fat. So, you must give your body what it wants, and it will burn calories more efficiently. By eating this way, you will also keep your energy level high all day. No more mid-day fatigue. That is the crash you feel when your blood sugar dips too low.

Avoiding the Plateau

Did you know that you can avoid or overcome the dreaded plateau by adjusting your diet? It is true. Once your body is on a regular regime of exercise and a healthy diet, all it takes is a slight adjustment to 'shock' your body and kick up your metabolism.

Throughout this class you will complete a personalized nutrition and exercise plan for yourself. You will also learn to monitor your body so that you can tell when you plateau. If that happens you can easily increase your metabolism by changing around the foods, the amounts, or the times they are eaten.

Mood and Digestion – Side Benefits

You may not realize it, but food also affects your mood. When you do not eat or when you do not eat healthy foods, your mood changes drastically. That is your body trying desperately to tell you something.

Try an experiment the next time you are in a bad mood. Take notice of your mood and then eat a healthy snack. Check your mood again in about twenty minutes. You will find that it has improved and possibly some of your physical symptoms have disappeared too.

A better mood is not the only side-benefit to healthy eating; the digestive system will work better too. Our digestive systems are not designed to work on overload. As a matter of fact, over-eating or under-eating is unhealthy for all the internal organs. By eating only a few times a day, our natural inclination is to stuff ourselves. However, eat food in small amounts and you will experience less bloating, less water retention and improved overall digestive function.

Eating more often takes time and thought, but it can be done.

As you begin to eat more frequently, your body will respond quickly to the change. Pretty soon you will not be able to go more than three hours without something to eat. This is a good thing.

Eating a Clean Diet

This phrase refers to eating a diet low in processed foods. In an ideal world this would mean home cooked foods that are fresh, organic, and a combination of all the basic food groups. Due to today's fast paced and hectic schedules many people find it too overwhelming to attempt to eat clean. However, it is not impossible and, in fact, with practice it can be incorporated right into your lifestyle. Module two will address this clean eating lifestyle in more detail.

Important Facts about Water

- Follow the formula in your fieldwork to determine your daily water intake
- Water helps flush impurities out of the body
- By the time you get thirsty you are already dehydrating
- Water increases metabolism by forcing the kidneys to work harder
- Water contributes to healthy skin, hair, and nails

Basic Food Groups

(Complete) Protein	Feeds the muscle: egg whites, lean red meat, poultry, fish (contains all nine amino acids)
Complex Carbohydrates	Gives the body sugar to burn during activity: whole grains, oats, rice (the darker the better)
Unsaturated Fats	Supply the body with energy, healthy skin, nails and lubricates joints and ligaments. Olive oil, almond oil, flax oil, sunflower oil, nuts/seeds
Fibrous Carbohydrates (veggies) Simple Carbohydrate (fruit)	Supply the body with vitamins, minerals, and fiber. They burn differently than complex carbohydrates.

Setting Realistic Wellness Goals

When it comes to fitness and wellness many people get hooked on numbers or obsessed with their bodies. There are many ways to measure and assess a person's wellness. These assessments are good tools, but they should be used only as a general guideline. Otherwise they become a hindrance.

Physical wellness is holistic, meaning it has various components. All these components should be considered when setting goals.

When setting your wellness goals keep the following points in mind:

- What medical conditions do you have that need to be improved? (By the way, when was your last physical?)
- What 'mysterious' conditions are you suffering from (insomnia, anger, depression, fatigue, skin rashes, joint problems, digestive, etc.)
- What is your body composition?
- What is your strength level?
- Are you prone to injuries?
- What physical activity would you like to do, that you can't?
- How would you assess your quality of life?

You will have a chance to address these points as you complete the fieldwork throughout this class.

Why Lean Muscle is Crucial

It is extremely important to retain as much muscle mass as possible throughout life. Muscle disappears automatically during the aging process. This causes a loss of strength, wrinkles, and sagging skin. Of course, these can be reversed with a proper nutrition and exercise regimen.

However, the only way to know if you are gaining or losing muscle mass is with a body composition test. It is a measurement that should be taken periodically when you embark on any fitness program. The loss of lean muscle is a red flag that you are dieting or exercising improperly.

Body composition refers to the makeup of the body in terms of lean mass and fat mass. Your scale weight does not matter! That is right, it does not matter. What matters is your ratio of fat to lean muscle mass.

A few of the ways that body composition can be tested are by the skin caliper method, under water hydrostatic weighing, infrared scanner, or bioelectrical impedance. It is important to note that no method is 100% accurate.

Body composition is affected by food and water intake, illness, stress, sodium, medications, menstrual cycle, lack of sleep and many other factors. It is only a guideline and it can vary daily.

The most complicated and costly test is hydrostatic weighing. The other tests are relatively inexpensive and accessible at your local fitness facility or by a qualified fitness professional.

Many of the fad diets today encourage cutting calories, eliminating certain foods from the diet, or excessive exercise. During this process the scale weight drops, and people are very proud of themselves for losing 'weight'.

But they do not know what they have lost!

And most of the time it is muscle mass. So, to use the scale as a reflection of progress is worthless. What good is losing 10 pounds if half of it is lean muscle? The goal is to lose body fat, not muscle, and that can only be determined by semi-regular body composition testing.

Once the results are obtained, exercise and nutrition can be adjusted to ensure the loss of only body fat.

Fitness experts recommend acceptable body fat ranges of 18 to 20 percent for women under age 40, 13 to 16 percent for men under age 40, 23 to 27 percent for women ages 40 to 60+, and 19 to 20 percent for men ages 40 to 60+.

Engaging in Your Process

Your physical wellness is YOUR responsibility. So, get engaged in the process. Start paying attention to everything that goes into your body and how you feel afterwards. Be aware of your activity level, your sleep patterns, and your moods. Be your own advocate.

You have complete control over your physical wellness – it is a matter of using the three ‘P’ methodology.

- Priorities
- Progress
- Patience

Prioritize your life so that your physical wellness is high on the list.

Progress only happens when you have consistency. So that means committing to a well-lifestyle.

Patience is the only way you will keep your sanity when altering a lifetime of poor health habits.

One tool to use when making huge life changes is a journal. By journaling you will come to understand your lifestyle habits, emotional eating issues, and other factors that trigger unhealthy eating. Also, by keeping a journal you can see exactly how much progress you have made, which is very motivating!

A journal can be used to keep track of your:

- Exercise sessions
- Moods
- Sleep
- Eating habits
- Water consumption
- Commitment to your process

Module One Fieldwork

Physical Wellness Assessment

Physical wellness is multidimensional and encompasses exercise, nutrition, and self-care. Many times, these areas are neglected, and this contributes to a cycle of negative and unhealthy patterns. This assessment will help you to identify which areas of physical wellness are strong, and those that could benefit from some attention.

There are three steps to completing the Physical Wellness Assessment:

Step 1

Answer each question. If true, check the box marked True. Be rigorous; be a hard grader. If the statement is sometimes or usually true, please DO NOT check the True box until the statement is virtually always true for you. (No "credit" until it is really true!) If the statement does not apply to you, check the True box. If the statement will never be true for you, check the True box. (You get "credit" for it because it does not apply or will never happen.) And you may change any statement to fit your situation better.

Step 2

Add up the number of True boxes for the section and write that amount where indicated.

Step 3

Refer to your assessment periodically until all boxes are filled in. This process may take 30 or 360 days, but it is very possible to continue increasing your Physical Wellness. Then check back once a year for maintenance.

PHYSICAL WELLNESS

True Statement

- I use caffeine (chocolate, coffee, colas, tea) less than 3 times per week, total.
- I eat processed sugar less than 3 times per week.
- I watch television less than 5 hours per week.
- I drink less than 2 alcoholic drinks per week.
- I have seen a dentist in the last 6 months.
- My cholesterol count is healthful.
- My blood pressure is healthful.
- I have had a complete physical exam in the past year.
- I do not smoke tobacco or other substances.
- I do not use illegal drugs or misuse prescribed medications.
- I have had a complete eye exam within the past two years.
- I maintain a consistent exercise regime consisting of flexibility and muscular strengthening exercises and at least 30 minutes of aerobic exercise daily.
- My body fat is in a healthy range for my age and no more than 20% of my calories are from fat.
- My nutrition is balanced and healthy.
- My hair, skin and nails are healthy and look good.
- I don't rush or use adrenaline to get the job done.
- I manage stress and do some activity that elicits the "relaxation response" for at least 15 min/day.
- I have a rewarding life beyond my work or profession.
- I have something to look forward to virtually every day.
- I have no habits which I find to be unacceptable.
- I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them.
- I consistently take evenings, weekends, and holidays off and take at least two weeks of vacation each year.
- I have been tested for the AIDS antibody.
- I use well-made sunglasses.
- I have a daily self-care regime.

Number of True (25 max)

Where Are You Now: Personal Fitness Assessment

Use this tool to assess specific areas of your physical wellness and to set goals.

Usual Body Weight _____

Present Body Weight _____ Desirable Body Weight _____

Date of last physical: _____

Have you gained/lost 10 lbs over the past 6 mos.? Yes No

If yes, please explain:

PROGRAM-SPECIFIC INFORMATION (please check all that apply)

1. My goal is to: Lose weight/fat _____ Gain weight _____
Improve eating habits _____ Increase muscularity _____
Other _____
2. I would classify my normal ,daily physical activity as:
Very light _____ Light Moderate _____ Hard _____
Very Hard _____ Other _____
3. How many meals do you eat per day? _____
4. Name the meals and list the times they're eaten

5. What is your biggest meal of the day?

6. Do you snack throughout the day? Yes _____ No _____ If yes, what foods do you snack on?

7. Do you skip meals? Yes _____ No _____ If yes, which ones?

8. List foods you don't eat and explain (allergies, etc.)

9. Have you tried other programs/methods in hopes of attaining your goals? Yes _____ No _____ If yes, why did they fail?

10. Do you go on and off diets frequently? Yes _____ No _____

11. How many cups of water do you drink per day? -

12. How many cups of caffeinated beverages do you drink per day, what kind (coffee, soda, etc.)?

13. About how many alcoholic beverages do you drink per week? _____

14. What kind of spread (if any) do you use on food?

Butter _____ Stick margarine _____

Soft margarine _____ Other _____

15. What other kinds of fat do you use most often?

Veg oils _____ Shortening/lard _____

No preference/All about the same _____

Other (list) _____ None _____

16. When salting your foods, do you usually salt it:

Freely _____ Moderately _____ Sparingly _____ Not at all _____

17. The category of foods you enjoy eating the most:

Sweet _____ Hot/spicy _____ Salty _____ High fat _____

All about same _____

18. How many calories do you think you eat each day?

19. How many meals per week do you eat out?

20. Approximately how many hours sleep do you get per night?

21. List medications you currently take and the diagnosis: -

Please indicate in the space provided if you have a history of the following:

1. Heart attack YES NO
2. Bypass or cardiac surgery YES NO
3. Chest discomfort with exertion YES NO
4. High blood pressure YES NO
5. Rapid or run-away heartbeat YES NO
6. Skipped heartbeat YES NO
7. Rheumatic fever YES NO
8. Phlebitis or embolism YES NO
9. Shortness of breath w / or wo / exercise YES NO
10. Fainting or light-headedness YES NO
11. Pulmonary disease or disorder YES NO
12. High blood fat (lipid) level YES NO
13. Stroke YES NO
14. Recent hospitalization for any cause YES NO
List specifics _____
15. Orthopedic problems (including arthritis) YES NO
List specifics _____

For any of the conditions checked above, please list the diagnosis and examining physician:

Please check the appropriate circle below.

1. YES NO Has your doctor ever said your blood pressure was too high?
2. YES NO Has your doctor ever told you that you have a bone or joint problem that has been or could be made worse by exercise?
3. YES NO Are you over age 65?
4. YES NO Are you unaccustomed to vigorous exercise?
5. YES NO Is there any reason not mentioned here why you should not follow a regular exercise program? If so, what is the reason?
6. YES NO Have you recently experienced any chest pain associated with either exercise or stress?

SMOKING

Please check the box that best describes your current habits:

- Q Non-user or former user; date quit: ____
- Cigar and/ or pipe
 - 15 or fewer cigarettes per day
 - 16 to 25 cigarettes per day
 - 26 to 35 cigarettes per day
 - More than 35 cigarettes per day

FAMILY HISTORY OF CARDIOVASCULAR (CV) DISEASE

Please check the box that best describes your personal family history:

- No known history of heart disease
- One relative over age 60 with CV disease
- Two relatives over age 60 with CV disease
- One relative under age 60 with CV disease
- Two relatives under age 60 with CV disease.
- Three relatives under age 60 with CV disease

EXERCISE

Please check the box that best describes your work and exercise habits:

- Intense occupational and recreational exertion
- Moderate occupational and recreational exertion
- Sedentary work and intense recreational exertion
- Sedentary work and moderate recreational exertion
- Sedentary work and light recreational exertion
- Complete lack of all exertion

Food Journal

Create a food journal using the free online tool found at: www.myfitnesspal.com/
(You can also use a small notebook if you prefer.) It is important to track everything you eat, when you eat it, and how you feel after you eat.

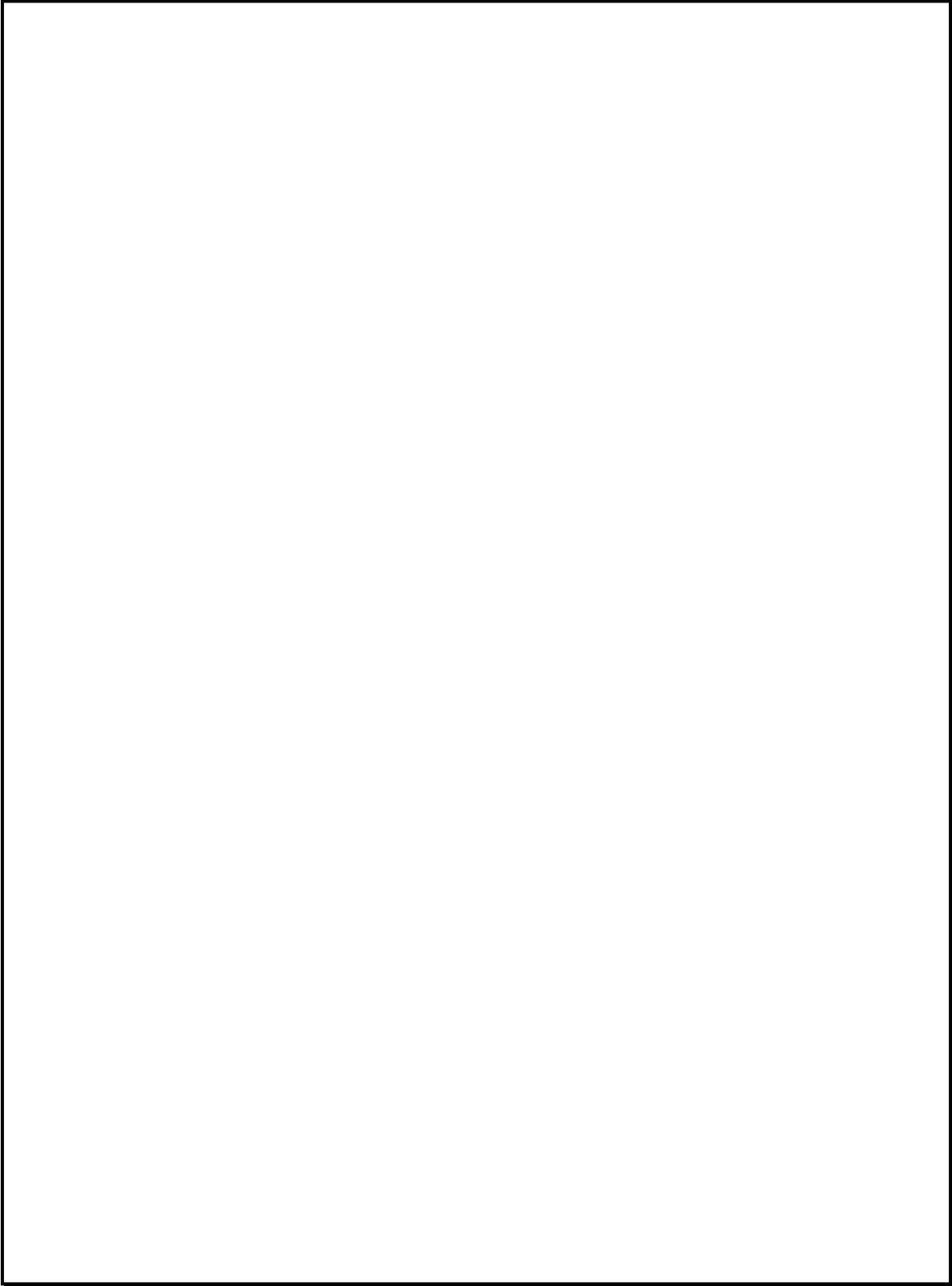
FOOD CHART

PROTEIN SOURCES: Put a check mark in the next column if you like any of these foods.	Check:	List any comments about these foods:
Protein Shakes		
Protein Bars		
Boneless, skinless chicken breast		
Boneless, skinless turkey breast		
Egg Whites		
Lean Red Meats		
Cottage Cheese		
Fish		
Tuna Fish or Albacore		
Beans or lentils		
Soy meats/products		
On the lines below, add other sources of protein that you enjoy eating, that weren't listed:		
COMPLEX CARBOHYDRATES:		
Baked/Boiled Potatoe		
Brown Rice		
Wheat Bread, Pita Bread, Tortilla Shells		
Bagels, English Muffin		
Pasta		
Oatmeal		
Natural Cereals		
Sweet Potatoes		
On the lines below, add other sources of carbohydrates that		

you enjoy eating, that weren't listed:		
FIBROUS CARBOHYDRATES:		
Fresh Fruit		
Fresh Veggies		
Frozen Veggies		
DAIRY:		
Yogurt, milk, cheeses		

Notes

Notes

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Module Two

Integrating the Components: Where Do You Want to Be?

In this module you will learn:



- How exercise and nutrition work together
- Eating to support your exercise regimen
- Menu planning, food purchasing, and food preparation for a busy lifestyle
- Information about the dangerous chemicals in our food supply

Five Physical Fitness Components

Fitness is a condition that helps us look, feel, and do our best in our daily activities. It involves the performance of the heart, lungs, and muscles of the body. There are five components that make up physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition (discussed in Module One). All five are of equal importance and make up a well-rounded fitness program.

Fitness varies from person to person and is influenced by age, sex, heredity, self-care habits, physical fitness and eating practices. You cannot do anything about the first three factors. However, it is within your power (and most definitely your responsibility) to change and improve the others where needed.

Excluding one or more of the components of fitness could hinder your results. That does not mean, though, that you must create stress for yourself by jumping into it all at once. It takes time to learn what works for an individual and even more time to apply it daily. How do you move your body regularly?

Cardiorespiratory Endurance is the ability to burn fat, deliver oxygen and nutrients to tissues, and remove wastes over sustained periods of time. To accomplish this, the heart rate must be elevated within the target zone. Cardiovascular work is recommended a minimum of three times per week for thirty minutes. To determine your target heart rate zone, refer to the example below for a 35 year-old person.

Determining target heart rate zone:

Subtract 220 from your age; multiply the result by 60% and also by 90%. The resulting range is where your pulse should be while performing cardiovascular work. Beginners should stay near the lower end of the range.

Example: The target heart rate is between 111 – 166.5

1)	220	2)	185	3)	185
	- 35 (age)		x 60%		x 90%
	185		111		166.5

Cardiovascular work involves running, walking, hiking, swimming or the use of aerobics videos or indoor cardiovascular equipment. There is also a variety of indoor equipment that can be used. Try to incorporate a variety of activities for your cardiovascular health.

Muscular Strength is the ability of a muscle to exert force for a brief period. This can be combined with **Muscular Endurance**, which is the ability of a muscle or group of muscles to sustain repeated contractions, or to continue applying force against a fixed object. Strength training is recommended a minimum of three times per week. Sets, repetitions, and exercises will vary depending on your goals.

With strength training, you can burn body fat, increase bone mass, and shape, tone or build muscle. You can lower stress levels, improve eating habits and ward off osteoporosis. Best of all, strength training can be done with a buddy or in a group and can be relatively inexpensive. All you need is a set or two of handheld weights or large rubber bands.

Using weights will tone, shape, or build the muscles. For certain exercises, even body weight alone can accomplish this. The muscle will become firmer and the skin around the muscle will tighten. This produces a more sculpted look. You can adjust the amount of weight, sets and repetitions to match your fitness goals.

Typically, heavier weight and fewer repetitions will build muscle. Lighter weight and more repetitions will sculpt and tone. However, the way your body responds to strength training depends on several other factors, such as genetics, nutrition, and supplementation.

During stressful times you may not feel motivated to begin strength training, but after a few weeks of it you will notice the benefits. From then on, your motivation will build, and you will want more of that same result. When performed in a group setting or with a buddy, strength training is even more fun and motivating.

Flexibility is the ability to move joints and use muscles through their full range of motion. Flexibility training is recommended ten to twelve minutes per day and it can be incorporated into strength training workouts by stretching between sets. Yoga and Pilates are examples of structured flexibility movement. Many locations offer classes for beginner through advanced. This type of flexibility training can also relax the mind helping you to become more focused and centered. This is important during adversity or challenging times.

The Well-Rounded Exercise Program

How often, how long, how hard you exercise and what kinds of exercises you do should be determined by what you are trying to accomplish. Among some of the factors to be considered are your goals, your present fitness level, your age, health, skills, interest, and convenience. For example, an athlete training for a high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the five physical fitness components described previously. Each workout should begin with a warm-up and end with a cool-down. As a rule, you should space your workouts throughout the week and avoid consecutive days of hard exercise. The body needs time to recover.

Always consult your physician before beginning any new exercise program. Then start out slow so you do not overdo it. Exercise helps to build a strong foundation for your body and will help you to recover faster from stress, injury, and medical conditions.

Integrating Fitness and Nutrition

The various components of fitness work in conjunction with proper nutrition to ensure that your body receives adequate calories daily. As you burn calories during exercise, it is important to replace those calories in a way that meets your fitness goals. The number of calories you consume daily will vary for each person and it will ALWAYS depend on that person's activity level. Therefore, one eating plan does not work for everyone. There are several ways to judge your calorie intake:

- Go about it mindlessly with no awareness of what goes into your body
- Measure everything that you put into your mouth
- Practice 'intuitive eating'

In this class you will be introduced to the concept of 'intuitive eating' and you will create your personalized nutrition plan accordingly.

Mindless eating has become a national past time. It is obvious that this type of calorie intake does not work and contributes to obesity and numerous medical problems.

Measuring food can be effective but not very realistic. And people on traditional diets get too hung up on numbers – constantly trying to cut more and more calories out of their diets. When you exercise, you will naturally become hungry. People on traditional diets usually do not eat after exercise because they are afraid they will be consuming too many calories. Most people on traditional diets generally cut their calories way too low. If these people were to have a body fat test, they may find that their scale weight has dropped but they have lost lean muscle and are left with flabby fat.

When trying to lose body fat you should:

- ALWAYS feel firm
- Have a reduction of flabby, lose skin
- Have energy
- Be sleeping like a log
- NEVER feel hungry

Intuitive eating is a philosophy of learning to listen to your body as far as the amounts, frequency, and timing of your food intake. In this way there is a mind / body connection and a total awareness of what your body needs. As mentioned in Module 1 this typically means eating about 4 – 6 meals per day, one serving of each food. However, some people might find that one serving is too much or too little – again, depending on that person’s metabolism, activity level, and other factors. Aside from the factors just mentioned, determining your portion sizes depends on only one thing:

- Eating until you are satisfied, not full

This means pay attention to how you feel. It may take a little time, especially for those accustomed to mindless eating. And you very well may have to measure foods for the first week or two just to get a frame of reference for portion sizes. (Unless you are an athlete, you would probably never want to eat more than one serving of a food. Therefore, it is important to understand how big one serving is and to eat accordingly.)

Most people think eating 4 – 6 times a day is way too much food. However, eating whole, low-fat foods will not fill you up for long unlike eating highly processed, fatty foods. So, if you eat until you are satisfied, you will most likely be hungry again in a few hours. If you are extremely active, then you will probably need an extra meal or larger portions.

Meal Planning for Intuitive Eating

Intuitive eating means having a lot of food on hand. How do you plan for that? The fieldwork in this module will guide you in creating a healthy meal plan. Once you choose the foods you will be eating each day, you can easily judge how much you will need in one week. Do you grocery shop once a week? If not, you will need to start. (Another BIG mistake people make is to not schedule a regular shopping day. Without healthy foods on hand most people will opt for eating out).

You will be able to determine how much protein, carbohydrates, fruits, and veggies you need on a weekly basis by just referring to the menu you will create.

One downside to eating so frequently is that it can mean a lot of cooking, which can be time consuming. This is easily resolved by spending one or two hours cooking in advance. Many people tend to do this on a weekend. For instance, they will cook a large pot of rice and oatmeal, several potatoes, and grill a week's worth of meat. This way there is always food on hand for each meal.

The Safety of Our Food Supply

There has been much research about the chemicals in our food supply and how that affects our health. In broad terms, the animals that we eat have been injected with antibiotics and steroids so that they will grow bigger and not get sick while doing so. We eat these animals, so we ingest the antibiotics and steroids. Our vegetables are sprayed with pesticides to keep bugs away and our soil is contaminated from power plants, sewage, and other toxins. As humans – we ingest these toxins. What is the answer?

Some individuals have made the personal choice to eat organically grown or farm fresh fruits, vegetables, and meat. These foods can be about 50% more expensive than traditional foods. And even organic foods may still be somewhat contaminated. You must take responsibility for your health by doing plenty of research before you make these types of choices. If you are interested in learning more about organic eating, the resources at the end of Module Three will help you with this decision.

The Self-Care Affair

Self-care is an important area of physical wellness that is often overlooked. This involves small rituals or personal habits that you create to honor and pay attention to yourself. How do you honor and acknowledge yourself? By pampering yourself regularly, you are declaring your worth to yourself and to the world.

Self-care is a combination of activities that you choose to do, daily if possible, because they are fun and make you feel good about yourself. This can be called a self-care affair. These activities keep you present and, in the moment, because when you perform them you are paying close attention to yourself. You are savoring every moment.

Creating a strong foundation of physical wellness has a ripple effect. Exercise, proper nutrition, and self-care all contribute to wellbeing in many ways. Self-care also includes very practical tasks like staying current on all your doctor appointments, drinking plenty of water and getting a good night's sleep.

Developing self-care habits does not have to be draining. If it is, then it is not about self-care.

Self-care is not only about what you do for yourself, but how you do it. It could be wrapping your hands around a steaming cup of hot tea and inhaling the aroma before taking a tentative sip.

Pampering yourself could include reading your favorite book while curled up next to a fuzzy purring cat. As with romance, a self-care affair is about creating the mood and making the person (yourself) feel extra special. Daily pampering makes all the difference in the world during times of chaos or transition. And it should become just as important as regular exercise and proper nutrition.

Module Two Fieldwork

Create a Nutrition Plan

Using the Food Chart that you completed in Module One, fill in the Meal Plan tool below to create a healthy eating plan that consists of six meals per day. Follow the general guidelines below, but it is okay to be flexible based on individual issues or medical conditions. **Sample meal plan is on page 30.**



- Include one serving of protein with each meal
- Include fibrous carbs (veggies) with three meals
- Include fibrous carbs (fruits) with two meals
- Include one serving of complex carbs with three meals
- Eat every three hours and within a half hour of waking up
- Do not eat a complex carb with meals five and six
- Try to have meal five (and preferably meal six) before 7 pm
- If meal six is after 7 pm then have only a serving of protein
- Schedule in two fat meals per week
- Plan to drink half of your body weight in ounces of water daily

Meal Plan Tool

Meal #1

Time: Foods:

Meal #2

Time: Foods:

Meal #3

Time: Foods:

Meal #4

Time: Foods:

Meal #5

Time: Foods:

Meal #6

Time: Foods:

Fat Meals (only two)

Time: Day: Foods:

Time: Day: Foods:

Water

Body weight _____ divided in half _____ = ounces of water daily _____

Sample Meal Plan

Meal #1

Time: 6:30 am Foods: 1 apple, 1 serving oatmeal, 1 protein shake

Meal #2

Time: 9:30 am Foods: 1 serving salad, 1 serving chicken

Meal #3

Time: 12:30 pm Foods: 1 banana, 1 serving sweet potato, 1 serving fish

Meal #4

Time: 3 pm Foods: 1 serving brown rice, 1 serving scrambled eggs

Meal #5

Time: 6 pm Foods: 1 serving salad, 1 serving chicken

Meal #6 (if needed)

Time: 8 pm Foods: 1 serving salad, 1 serving cottage cheese

Fat Meals (only two)

Time: 6 pm Day: Saturday Foods: Pizza, coke, ice cream

Time: 6 pm Day: Sunday Foods: Nachos, mixed drink

Water

Body weight: 200 lbs., divided in half = 100, ounces of water daily: 100 oz.

Create a Workout Program

Determine the days and times that you can commit to your workout program. Follow the general guidelines listed below.



Strength Training

- Perform strength training a minimum of three times per week
- Perform strength training for 30 – 60 minutes each session
- Be sure to work the following muscle groups each once a week:

Back
Biceps
Chest
Triceps
Shoulders
Hamstrings, Quadriceps, Calves

- Seek formal instruction to perform exercises correctly
- Warm up and stretch for the first 5 – 10 minutes
- Stretch between sets
- Stretch for the last 5 minutes of the workout

Strength training will be performed on:

(what day) _____, (what time) _____

(what day) _____, (what time) _____

(what day) _____, (what time) _____

Cardiovascular Training

- Perform cardiovascular training a minimum of three times per week for maintenance (more often if you have aggressive goals)
- Perform cardiovascular training for at least 30 minutes (longer if you have aggressive goals)
- Stretch before and after the workout

Cardiovascular training will be performed _____ times per week for a duration of _____ minutes.

(what day) _____, (what time) _____

(what day) _____, (what time) _____

(what day) _____, (what time) _____

Target Heart Rate

Use the formula in this module (**page 22**) to calculate where your heart rate needs to be during cardiovascular activity.

Target Heart Rate is: _____

Supplements

List the supplements you are currently taking _____

List the supplements you would like to add _____

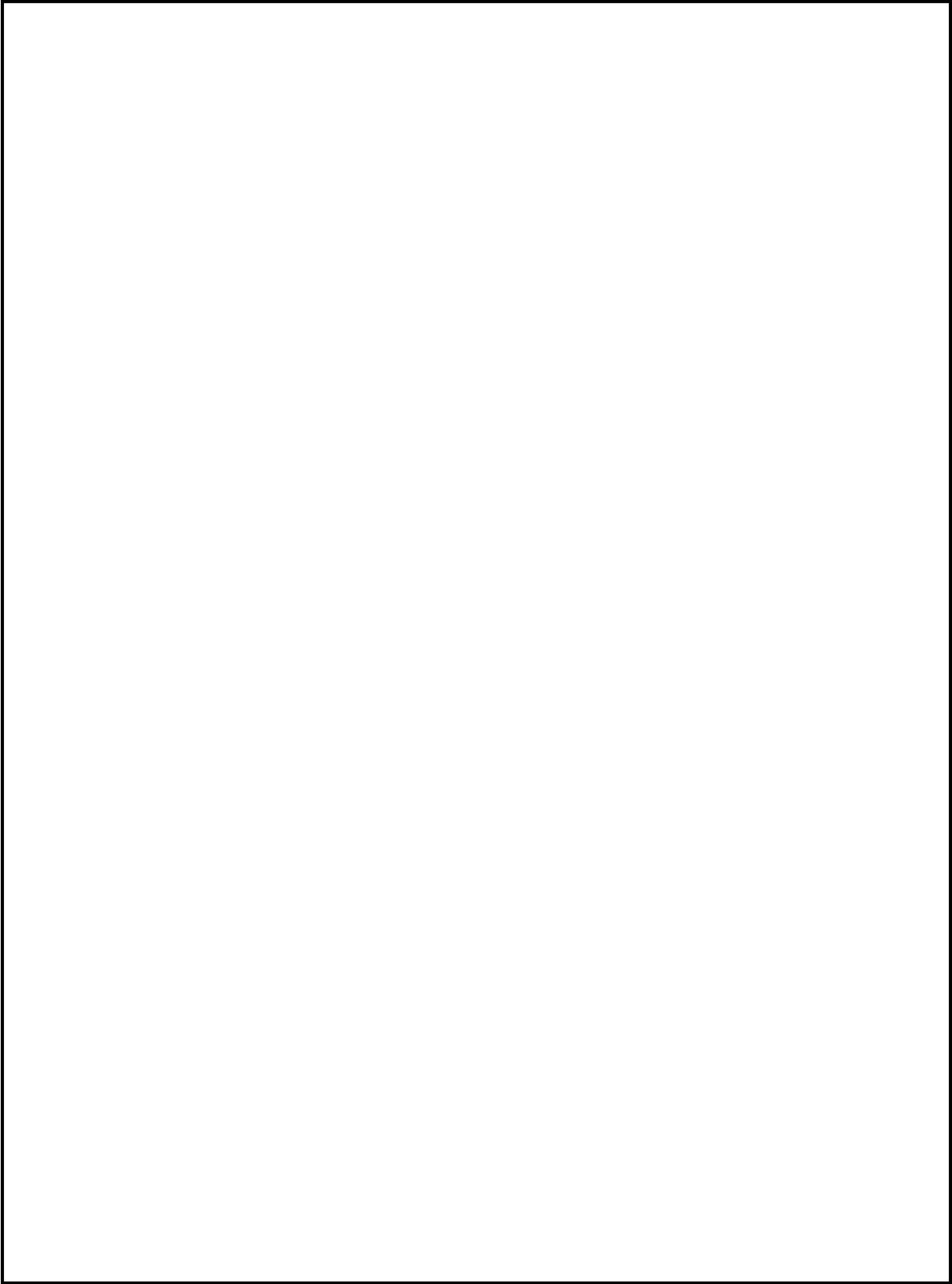
Self-Care Affair

Self-care is a daily or weekly ritual of pampering activities that you can do for yourself to help reduce stress. List three things (or more if you choose) that you will begin doing for yourself daily/weekly.

Self-care item _____

Notes

Notes



Module Three

The Final Touch: Tips to Keep You on Track

In this module you will learn:



- What about supplements?
- How environmental factors affect body fat
- The red flags of improper nutrition
- How to maintain your goals during travel, holidays, and events

Pros and Cons of Nutritional Supplements

The quality of our food is less than desirable. It is heavily processed and is grown with chemicals and toxins. For that reason, many people feel that it is best to supplement their food intake with a lot of vitamins. This logic may be valid to an extent. Consider the following points when deciding to add supplements to your nutrition program:

Pros:

- Vitamins and minerals may help give our body what is missing from our food.
- For certain people with certain disorders or medical histories, nutritional supplements may aid in recovery.
- When combined in the right way, nutritional supplements are known to benefit health.

Supplements are designed to 'supplement' the diet – not replace a food or nutrient. Always do your homework by thoroughly researching the supplement you wish to take. Always check with your doctor or at least tell him or her what you are taking.

Cons:

- When combined incorrectly, supplements may cause adverse affects.
- The current 'fat burners' on the market are very harmful because they contain both natural and artificial caffeine and other appetite suppressants. (Remember, you want to eat more – not less – to lose body fat).
- Individuals can have allergic reactions to supplements.
- Supplements are expensive, so be sure you know what you are doing.
- The scientific findings are always changing, which makes it hard to keep up to date.

You must know your body and your history before taking any type of supplement. Use the Internet or visit a bookstore to thoroughly research the vitamins you wish to take. For example: Flax Seed Oil is a wonderful unsaturated fat that helps bones, joints, energy level, and reduces body fat. However, it also thins the blood. Individuals who take Coumadin or other blood thinning drugs can experience dangerous side effects if they also take Flax Seed Oil.

The best way to avoid the need for a lot of supplements is to be sure to eat fresh organically grown or farm grown foods. It is the pesticides and chemicals that strip our food of important nutrients. Your need for vitamins will be reduced if you improve the quality of your food.

Environmental Factors and Body Fat

Stress, lack of sleep, pollution and hormonal changes all affect body fat. Everything in the environment affects our body. It would be foolish to believe that we are immune to toxins, pollutants, and the many stressors that we subject our bodies to.

The body needs to defend itself when subjected to these things. It does that by hanging on to or accumulating body fat. Body fat is protection. Think about it: it gives us cushion when we fall, it protects a fetus in the uterus, and it supports bones, joints, and blood vessels. This protection occurs in a complex way that involves chemical reactions within the body. But the bottom line is that any type of stress (personal, physical, environmental, etc.) will hinder your wellness goals.

It is impossible to avoid stress and environmental toxins, but you can do your best to educate yourself and be aware of what they are and what they do to you.

You can reduce emotional stress by upgrading your lifestyle, slowing down, and relaxing more. Here are some suggestions:

- Yoga
- Read
- Walk
- Enjoy nature
- Nap
- Get together with family (unless that is too stressful)
- Do whatever is fun for you
- Get more sleep

You can reduce environmental toxins by:

- Being conscious of the environment
- Being sure your lifestyle supports your values regarding the environment.
- Trying to breathe clean or filtered air whenever possible.
- Staying in a smoke-free environment.
- Not directly consume toxins like drugs, caffeine, alcohol, or excess sugar
- Eating toxin-free food
- Helping to control pollution and littering

When your body is 'clean' and toxin free it lets its' guard down – so to speak. There is no need for it to protect itself. It will then function more efficiently and effectively and will let go of excess protective body fat.

Take an assessment of what is around you that is toxic. Try to eliminate those things little by little.

The Red Flags of Improper Nutrition

All nutrients work together to regulate the body's chemical and hormonal levels. It is important to keep your nutrition balanced with a variety of foods. An imbalanced diet can be the underlying cause for several 'mysterious' disorders and illnesses.

Nutrition is very complex, and each body responds differently to various food combinations. You will need to experiment a bit to find what works for you. Remember, do not be fooled by what is happening on the outside. Just because the numbers on the scale are dropping does not necessarily mean you are making healthy food choices.

Whenever you eliminate important nutrients from the diet, you can upset the body's delicate balance. You can easily throw off hormone and other chemical levels that are crucial to the body's functioning.

So be cautious of extreme eating patterns or fad diets. Some red flags to look for when practicing unhealthy eating patterns are:

- Low energy levels
- Loss of strength
- Loss of lean muscle
- Insomnia
- Fluctuating moods
- Lack of focus
- Blood pressure and cholesterol issues
- Frequent illness

If you notice any of the above red flags or other things that seem highly unusual for your body, you should seek advice from your doctor, an experienced fitness trainer, or both.

One tool that will help you notice these red flags is your fitness journal. If you are consistently tracking and documenting your eating, workouts, moods, and other habits, it will not take long to notice when something is out of the ordinary. Looking back at your journal will help you to immediately assess the cause of any problems.

Always be sure to keep up on your routine physical exams because that is another way to track what is happening to your body. Do you request copies of your lab results after an exam? If not, this is a good time to begin. Familiarize yourself with the various lab tests on your paperwork and what they mean. Your doctor can help you with this or you can do your own research on the Internet. Then compare your test results year after year for a snapshot of what your body is doing on the inside and how your changing habits have affected it.

Maintaining Your Goals When Life Happens

There will always be challenges that make it difficult to stick to your eating and workout routine. Travel, holidays, and events will throw you off of your schedule. However, with a little planning and creative thinking, these challenges can be minimal.

Business and personal travel can take its toll physically, mentally, and emotionally. All day meetings, late dinners, lack of sleep, no time to telephone home, and crowded airports all add to the stress factor. Does frequent traveling make it hard for you to take care of yourself? Many frequent travelers find it especially challenging to eat properly while away from home.

When traveling, do you find that the heavy restaurant food sits like a brick in your stomach? Do you come home from your trip feeling fatigued, bloated, and a few pounds heavier? Poor food choices could be the culprit. It can be difficult to make healthy choices while traveling. This difficulty increases with the frequency of your trips. Over time poor food choices can be risky to your health. By making some slight adjustments and putting a little thought into your choices your body will be much happier when you travel.

Whether traveling by car or plane, always keep healthy snacks with you. Healthy snacks include granola bars, homemade trail mix, protein or cereal bars, nuts, yogurt, fruit, or a pre-made salad. Even dry cereal in a baggie is a great snack.

Restaurants are also very accommodating when it comes to special orders. You can ask to have vegetables grilled instead of cooked in butter. Or you can request to have sauces, gravies, or dressings served on the side. When browsing the dessert menu consider sherbet, frozen yogurt, or something lower in fat. Ask for substitutes like salad in place of French Fries, or fruit instead of onion rings. Many restaurants offer a lite menu with tasty low-fat choices. But there is no reason to eliminate the higher calorie foods; just keep moderation in mind.

If you are planning to stay in a hotel while traveling, be sure to request a refrigerator and microwave for your room. That way it is easier to plan healthy meals or snacks.

These are slight adjustments that will allow you to eat healthy, yet still enjoy your meals while traveling. By making this a habit on your trips you will not accumulate the extra pounds or suffer the fatigue that accompanies high fat eating.

Staying Fit While Away from Home

It is difficult to maintain a consistent workout schedule at home, but it can be even more challenging to stay active or exercise while traveling. This is mainly due to tight schedules and other time constraints. However, a business or personal trip can be the ideal time to begin or maintain your exercise program.

Most hotels now offer small fitness centers on site, but make sure of this when you book your hotel. These small workout facilities are much less intimidating than a hard-core gym and are rarely crowded. A hotel fitness center is the perfect place to experiment with equipment or with a new routine. Or, if you have already incorporated exercise into your lifestyle, it is a great place to maintain the regimen. It is possible to spend less than an hour working out, yet you will feel the benefits all day long.

Depending on your travel and work schedule you may be able to squeeze in a workout first thing in the morning. Or you may find time to do a quick, no sweat routine during mid-day. For some, a workout feels best after a long, stressful day. Either way, it just takes some advance planning and prioritizing.

Decide prior to your trip that you will be exercising. Pack the appropriate clothing and decide how you will fit it into your schedule. Will you need to get up a bit earlier? Can you allow a mid-day workout to take priority over socializing with coworkers? Do you know ahead of time what your workout routine is so that you can maximize efficiency in the fitness center? Simple advance planning will help you answer these questions.

The routine you perform will depend on your fitness level, workout experience, available time, and available equipment. Be prepared to modify things if the equipment is less than expected. When entering the hotel, take a peek at the fitness center. That will help you to prepare for your on-the-road workouts.

You can also pack a few light workout tools like a jump rope or resistance bands. These tools make it possible to workout without even leaving your hotel room.

Exercising on the road has many benefits. You will sleep better, feel more relaxed, and be less irritable. Exercise helps reduce fatigue and stiff muscles due to travel. Exercise will also clear your head, allowing you to conduct business much more successfully. An added benefit is that by combining exercise with healthy eating, you will have less chance of gaining weight on the road.

Use travel to your advantage by taking some time for yourself. On your next trip, challenge yourself by consciously deciding to exercise. Then plan for it by making the necessary adjustments to your schedule and using the on-site fitness center or performing an in-room workout.

The Holiday Binge

Do you find it hard to control your eating during the holidays or during events? These tips may help you out:

- If hosting a party be sure to include some healthy choices so that you have options. Better yet, include ONLY healthy foods.
- If you are cooking for your guests use healthy recipes or healthy substitutes in your recipes (see information in appendix).
- Keep moderation in mind.
- Limit or eliminate alcohol and drink water instead. Put fruit in your water for added flavor.
- If you do drink alcohol, then drink plenty of water throughout the night to keep from dehydrating.
- Be sure to eat a full meal BEFORE you attend an event. You will be less hungry and have more will power.
- Do not go hungry all day to save room for party food. This is nutritional suicide and you will eat yourself into oblivion.
- Do not wear extra loose clothing to a party. Wear something form-fitting. You'll be more self-conscious and less likely to overeat.

Using Physical Wellness to Combat Life's Challenges

Physical Wellness can be used as a self-help tool for those experiencing the stress of major life challenges. When we are facing stress, adversity, or huge decisions, we tend to forget about good health. So, the stress gets the best of us and creates a nasty cycle of self-abuse.

However, physical wellness can be a buffer against the stress of life. Below are a few tips (as well as reminders) to help the body recover and build up reserves during stressful times.

- If you have chosen to take vitamins, then remember to do so during stressful times. This will increase your energy and mental alertness.
- The food you eat should be as healthy as possible. That way your body will have plenty of vitamins and minerals.
- Eat from all food groups to give your body variety
- Complex carbohydrates will give you energy
- Protein will help muscles and bones.
- Stay away from high fat food and junk foods. They deplete your body of vitamins, cause headaches and fatigue and cause more stress.
- Avoid alcohol, smoking, and drugs because they deplete your body of vitamins and minerals.
- If you are overeating due to stress - keep plenty of healthy snacks around.

- Reduce the amount of junk food in cupboards.
- Often there is a loss of appetite (and even nausea) during stressful times. Do not become malnourished due to stress. Try to eat small meals every few hours. This will also help any nausea you may feel.
- Drink enough water during the day to clean out your system of impurities and to avoid dehydration.
- Exercise will also help with fatigue, mental alertness, and depression. Walk, run, use videos, or do whatever you can to move your body.
- See your physician if symptoms persist.
- Do not take sleep aids for insomnia – they can be addicting.

These self-help tips can be used to relieve some of the symptoms of stress. You will have more mental clarity, be less fatigued, and some physical problems may subside. An improvement in your mental and physical health will make it easier to deal with your stressful situation.

Changing Your Wellness Habits

Focusing on physical wellness means you must adjust your self-care, exercise, and nutritional habits. How do you build this foundation while you are struggling with one or many life transitions and stressors? How can you fit these changes into your busy schedule without adding even more stress? Just take one action – it is better than no action!

It seems to work best to begin slowly. Realize that it is a process that will improve over time. So be gentle with yourself. You might want to begin by assessing your lifestyle and personal habits in your fitness journal. You know, intuitively, what steps you need to take, and journaling will validate that for you.

When developing an exercise routine ask yourself the following questions: What is the best time of day to exercise? Then make an appointment with yourself. Will you be more committed to your routine if you have a workout buddy? If so, choose someone with like goals and a similar schedule. That way, you can work out together and keep each other motivated.

To improve your nutrition, you can begin by cleaning out your cupboards. Toss foods that are high in sugar or highly processed. Become accustomed to choosing healthier foods at the grocery store. You will need to combine healthy eating practices, as well as exercise, if you want your body to respond properly.

Have a self-care affair with yourself daily. Daily pampering can make all the difference to a body and soul that has been neglected. You may fall off the wagon from time to time, but do not be too hard on yourself and do not give up. Changing lifestyle habits takes patience. Surround yourself with plenty of support

and people who will keep you motivated. If you desire something enough, you will make it a priority.

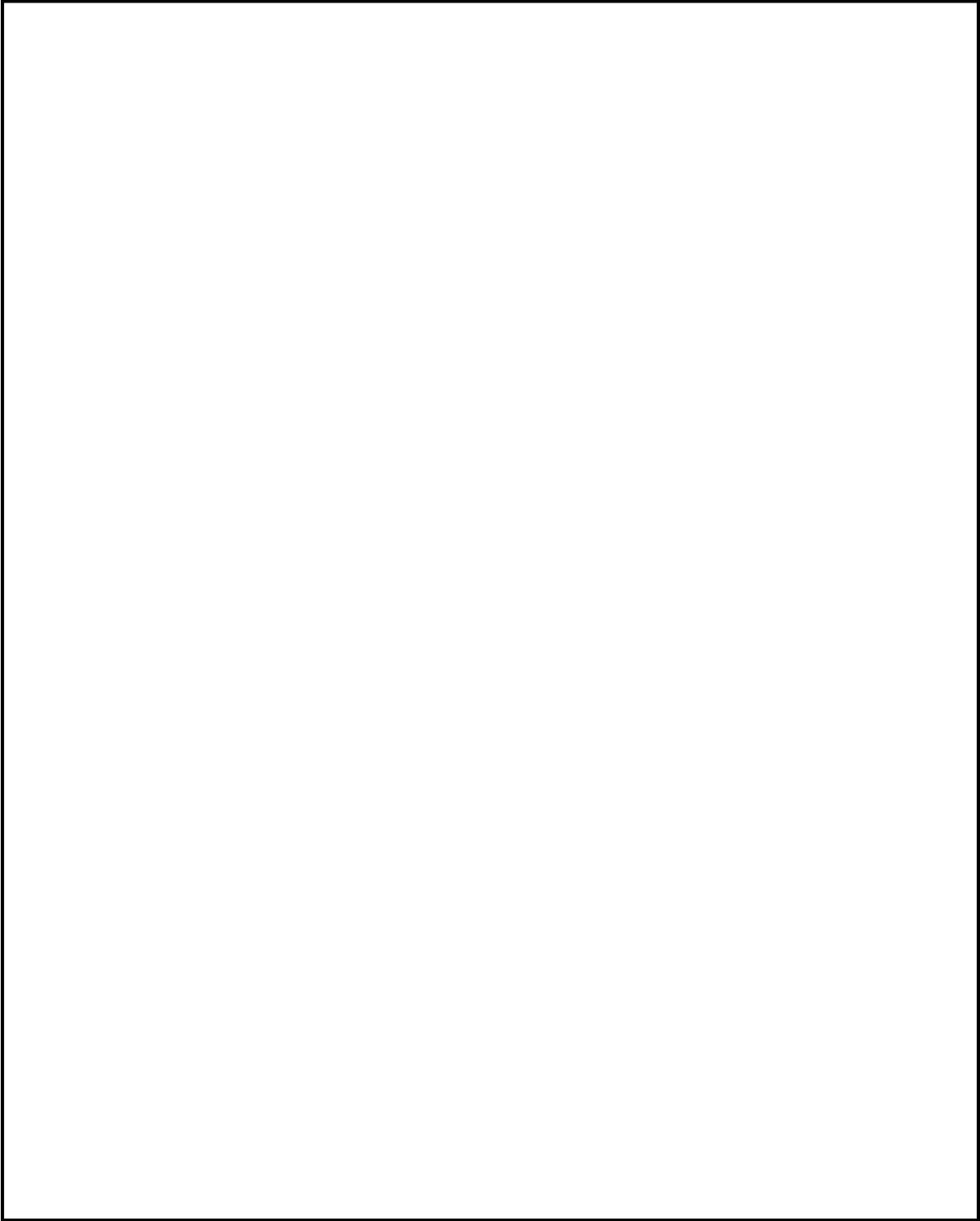
Being consistently dedicated to your physical wellness is a choice. It will allow you to reap several benefits including a lower stress level and a healthier body. Improving physical wellness will help you to focus on yourself, building confidence and self-esteem. Good luck on your journey to wellness!

Module Three Fieldwork

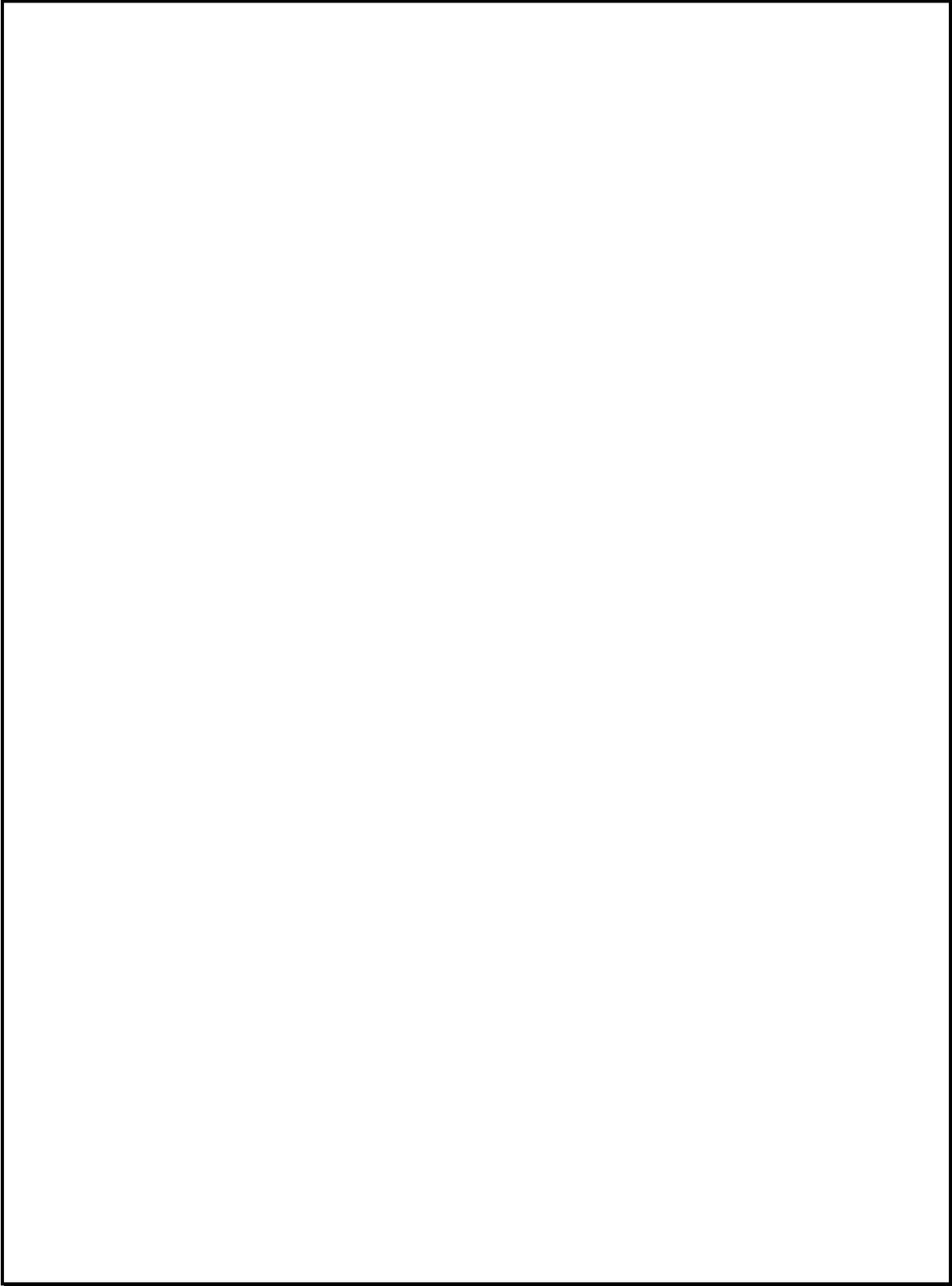
Create a plan to 'stay the course' during the next holiday, event, or trip. What will you eat? What snacks will you bring? How will you work out? What special tools or equipment will you need? What type of advance planning is necessary? What will you do if you are tempted by goodies, laziness, etc.?

Choose a supplement of interest to you. Thoroughly research it and write a one to two-page paper detailing the pros and cons.

Notes

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Notes

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Resources

Exercise:

- Fitness Articles: <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- Body Composition Testing: <https://www.active.com/fitness/articles/5-ways-to-test-your-body-composition>
- Fitness and Nutrition Calculators: <https://www.active.com/fitness/calculators/nutrition>
- Self Magazine: <http://www.self.com/>
- Workouts: www.workout.com
- Flexibility: <http://www.meridianstretching.com/index.html>
- Health and Wellness: <http://www.myfit.ca/exercisedatabase/exercise.asp>
- Measure Body Fat: <http://www.mybodycomp.com/>

Nutrition:

- Calorie Counter: <http://www.healthyweightforum.org/eng/calorie%2Dcounter/>
- Weston Price: <https://www.westonaprice.org/>
- Acidic Food Chart: <http://www.essence-of-life.com/info/foodchart.htm>
- Whole Grain Information: <https://www.cookinglight.com/nutrition-101/essential-whole-grain-foods-you-need-your-diet>

Recipes:



Gluten Free Recipes: <https://www.allrecipes.com/recipes/741/healthy-recipes/gluten-free/>

Quiche Cups

- 1 package (10oz) frozen chopped spinach
- 3/4 cup liquid egg substitute
- 3/4 cup shredded reduced-fat cheese
- 1/4 cup diced green bell peppers
- 1/4 cup diced onions
- 3 drops hot-pepper sauce (optional)

Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid. Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray. Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350 F for 20 minutes, until a knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

Serves 6

Nutrition at a Glance:

Per serving: 77 Calories, 9g protein, 3g carbohydrates, 3g fat, 2g saturated fats, 160mg sodium, 10mg cholesterol, 2g fiber

Chili

One 29 oz. can Contadina tomatoe puree
Two pkts McCormicks mild chili season mix
Two 11 oz. cans Bush's chili beans in mild sauce
4 – 6 stalks celery pureed
4 stalks green onion pureed
Corn to taste
1 – 1 1/2 pounds chicken, turkey, or beef
Green pepper pureed
Black pepper to taste
Onion powder to taste
Chili powder to taste
Garlic powder to taste
2 cups water one hour before eating

Combine all ingredients (except for the water) and slow cook for several hours.

Oatmeal Pancakes

1 cup dry oats
8 egg whites
1 banana
2 – 3 TBS strawberry preserves
1 – 2 TBS whole wheat flour or ground flax seed flour

Blend all ingredients in a blender and pour onto a greased griddle. Makes 8 - 12

Protein Pancake Recipe

1/2 cup Kamut pancake mix
1 TBS honey
1 tsp Olive Oil
1/2 cup + 1 TBS skim milk
1 scoop protein powder
Chopped walnuts to taste

Mix thoroughly and cook on a greased griddle. Makes 8 – 12

Hummus Dip

Combine in a food processor: 1.5 cups garbanzo beans (drained, if using canned), juice of 1 lemon, 6 tablespoons tahini (toasted sesame seed paste), 2 cloves garlic, 2 tablespoons good extra virgin olive oil. Blend until smooth, adding juice from garbanzos or broth as needed to blend well.

Serve topped with chopped cilantro or parsley and a small drizzle of good olive oil.

Use as a dip for veggies, whole grain crackers or bread, or as a spread for sandwiches.

Hummus can be experimented with to change the flavor - if you don't like garlic, leave it out; add roasted peppers or sun-dried tomatoes; use 1/2 black beans.

Spinach, Broccoli Polenta Pie

Dice 1 red onion & cook in 1 Tbsp. olive oil with 2 tsp. fennel seeds over low heat until onions are transparent and tender. Add 1 pound washed & chopped spinach, 1/2 pound chopped broccoli & 3 cups water - cook for about 5-10 minutes or until broccoli is tender. Stir in 1 cup quick cooking polenta (the kind that takes about 5 minutes to cook) with a fork. Return to a boil, add 1 cup water, cover & cook until thickened, stirring frequently.

When polenta is thick, fold in 2/3 cup crumbled feta cheese, 1/2 cup chopped pine nuts, 1 Tbsp. balsamic vinegar, 1/2 tsp. freshly ground nutmeg, salt & pepper to taste. Pour polenta mixture into a lightly oiled pie plate and allow to cool until set. Serve in wedges like pie. Great with a mixed green salad, heirloom tomatoes & freshly homemade pintos.

Recipe Substitutions:

- Start in stages – start by substituting ½ of the high fat or high sugar ingredient. Increase the amount gradually to make sure you don't overdo it. Some recipes work beautifully with a full substitution; others can only use a partial substitution.
- Identify what you are replacing. Is it the texture, moisture, or flavor? Then make an appropriate substitute to mimic that product.
- Use flavor extracts in place of product to duplicate flavor (example: almond extract instead of almonds)
- Use non-fat yogurt, buttermilk, pureed prunes, or applesauce instead of oil to duplicate moisture (1 to 1 exchange)
- Use chopped nuts instead of whole or sliced and cut quantity in half
- Use mini chocolate chips instead of regular and cut quantity in half
- Add ½ to 1 tsp instant coffee granules to a chocolate dessert to intensify the chocolate flavor when decreasing the amount of chocolate
- Add sweet spices such as cinnamon and nutmeg to enhance the perception of sweetness
- Substitute ½ of the nuts in a recipe for crisp rice cereal to give crunchy texture without as many calories
- Use 2 egg whites for one egg and cut fat and cholesterol