

90 DAY CHALLENGE MEAL PLAN

HEALTHY EATING GUIDE



- ✓ START ENJOYING FOOD
- ✓ START LIVING LIFE
- ✓ YOU'RE WORTH IT!

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BY BREE ARGETSINGER

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Welcome!

Welcome to the 90 Day Challenge Meal Plan! I'm so glad you are here, and that you made this awesome investment in yourself!

There's a lot to think about when it comes to getting - and staying - healthy, right? We want to make sure we're:

- ✓ Exercising regularly
- ✓ Getting good quality sleep
- ✓ Drinking lots of water
- ✓ Minimizing stress with activities that are calming (meditation, yoga, focused breathing, Qi gong)
- ✓ And DEFINITELY eating whole foods in balance for our energy needs and goals.

Everything I have ever learned about food, nutrition and the body has shown me that the MOST direct way to affect the long-term outcome of our health, reduce health care costs and live long, healthy lives free of disease comes from what we eat.

And when we combine healthy eating with regular exercise we really are unstoppable.

I want you to be able to say, "My body is the healthiest and fittest it has ever been! I feel confident and happy and strong!"

I want you to be able to walk out of the store and feel great about the food you're eating all week long, knowing your money spent is an investment in yourself.

I want you to feel empowered by the way you're modeling good choices to the people around you about health and fitness. They're always watching, whether it's your kids, your parents, your siblings, roommates, partner or friends - we're so influenced by the choices of those closest to us, and YOUR choices matter!

And most importantly, I want you to be able to take these principles and be able to successfully practice them long after you're finished with this meal plan.

So whether you're here to drop a couple pant sizes or simply get an awesome, done-for-you plan, you're going to add years to your life and create a balanced, healthy lifestyle that you can enjoy for years to come.

In this program I've got some important nutrition highlights for you so you can refresh your memory on any key points that are useful to keep in mind when it comes to healthy, balanced eating - and we'll get right into the meal plans because I've got your grocery lists, daily menus and recipes all ready to go!

What follows is a an easy to apply quick start guide so you can dive right into your meal plans, feel confident using them in a variety of ways, and start making any simple adjustments to your current eating style so you can get the results you're after.

If you find yourself hungry for more information about your body and about nutrition and you don't yet own the [Body Fuel System](#), I highly recommend you get a copy of it so you can enjoy more done-for-you meal plans and get a real foundational knowledge of why this works so well.



NUTRITION
101
GUIDE



Nutrition 101 Guide

When you are eating a balance of nutrients you....

...eat **enough protein** to keep and build lean muscle,

...eat **enough healthy fat** to battle cravings and maintain balanced hormones,

...eat **enough carbs** to fuel performance and fight cravings, and

...eat **enough veggies** and greens for satiety and regular digestion.

There is no one-size fits all diet for everyone. **Different things work for different people at different times.**

So if you've tried a lot of different things in the past, that's a good thing. You've discovered some things that worked well for you, and others that didn't. Maybe you had success with a diet initially and then things just stopped working for you.

The key in my philosophy is making whole foods your base, and cultivating an understanding of the nutrients in the foods you need to thrive so you can combine them daily for long-term health and success.

While I find tracking the macronutrient amounts (the amounts of protein, fat and carbohydrates) in your food very valuable periodically, it is time consuming, and online calculators rely on general calorie recommendations and will often suggest you eat far too little.

On top of that, if you're basing all of your choices on the amount of calories a food contains you miss key nutrients and often under eat. There is less focus on the actual macro nutrients and the best sources of them, and too much emphasis on numbers. Not to mention, this process is time consuming, stressful, and not really that sustainable long-term.



Understanding the composition of different foods is extremely helpful. But don't let calorie counting take over your life and catch yourself limiting your food intake, obsessing over what you eat and skimping on whole foods because they have "too many calories."



A calorie doesn't tell you the nutrient density in a food – it only tells you how many units of energy are in it. If a popsicle had the same calories as a pumpkin protein muffin, would that be a good thing to substitute? You wouldn't give your body nearly as many nutrients, and you'd have to filter and process all the sugar – and lose the fiber, potassium and other awesome nutrients.

Your body knows that it's full because of volume (how much you ate) or nutrient density (the nutrients in the food you ate).

You know how you just can't stop eating certain foods until your stomach literally starts to hurt? This is why. You aren't getting the nutrients you need, so your body just doesn't feel "full" or satisfied until your gut is literally stretching.

Many people shy away from whole foods that contain fat and carbs because they're fearful of gaining weight – opting instead for some processed version of them.

But those processed and pre made foods create all kinds of long-term problems in our bodies – insulin resistance, sugar spikes, fat storage, toxicity and the myriad of precursors to major disease and health problems.

And the whole foods actually satisfy you, provide you with lasting energy, and the building blocks your cells require to give you the physique you're looking for and the drive to go after your workouts, live life to the fullest and be healthy for life.



You've got to adopt a lifestyle and habits that you can stick to for the long term.

Because consistency is the key to success – and to be consistent, you need habits you can sustain. Habits that support your body and its metabolic processes, that keep you on an even keel and constantly moving forward.

Here is a quick look at the habits you can look forward to building with this program:

- Eat real foods.
- Eat a variety of them.
- Include protein with your meals.
- Eat complex carbs in the morning and around your workouts, and eat lots of vegetables, fruit and greens.
- Don't avoid fats.
- Stop eating when you are full.
- Eat when you are hungry.
- Let your food taste good!
- Respect your body, don't starve it, don't beat it up with chemicals and junk food.
- Notice your energy levels, and stay tuned in to how your body feels.
- Enjoy special occasions and don't limit yourself from being present or overdo it with restrictive eating (see the NSA section below for more on this).

Every time we change our eating habits, our body goes through an adjustment.

Give yourself time to adjust to this kind of whole, healthy food and increase or decrease your food quantities as needed to support your activity level.

This guide and what I practice in my own life is about enjoying real food that TASTES GOOD and create lasting, healthy habits that naturally balance our weight, eliminate inflammation and energize us and heal us from within.



To Sum it Up..

Eating balanced meals made from whole foods throughout the day helps you have steady energy all day long, and provide you with the necessary nutrients to fuel workouts and daily activities.

You are not locked into the daily menus, nor are you expected to follow this meal plan perfectly. It's meant to help guide you to making the best choices for the situation you're in, provide you with fast, healthy recipes, and help you think about how the foods you're eating are nourishing and working for you in your body.



Take an “NSA” (No Strings Attached) Approach to Special Foods and Occasions

A lot of people ask me **“Betty Rocker, can I ever have dessert or a cocktail on this plan?”**

Absolutely! And I hope you do. I include these “off-plan” meals as part of my overall healthy eating strategy.

I don’t ever call them “cheat meals” or a “cheat day” because I really don’t think I’m doing anything wrong, and using words like that makes it sound like I should feel bad about eating treats.

I actually call it “NSA eating” or “no strings attached” eating because I want to invite you to suspend judgement of yourself for enjoying special occasions or off-plan foods.

You should never feel bad for treating yourself. Eat the foods you’re taking the time to cook for yourself (or order specifically to match your plan as closely as you can) to nourish your body.



Eat with intention. And when you have a special occasion or a Saturday night out, don't feel bad about enjoying some other things - like drinks or dessert - enjoy them on purpose too.

You're going to come back to your plan the next day, and the only thing that is "bad" is making yourself feel bad or feel guilty for something you enjoy doing.

The dark side of this is when we're overindulging too often. Our system gets imbalanced and isn't getting the right nutrients it needs to thrive. We stop being efficient fat burners, our liver gets clogged up, our hormones get out of balance and things just stop working the way they should.

As you begin adding more whole foods and in the right balance for yourself, you'll really notice the way you feel when you deviate with a treat meal or food. It should be a conscious choice. Enjoy it. And also don't throw the baby out with the bathwater!

What I mean by that is don't feel like you've just "ruined everything" because you ate a less than optimal meal, had some drinks or did something outside of your "healthy eating plan." Get back on track with your next meal, make a smoothie, give your body nourishment and keep right on going.

What I want you to get out of this - and all of my programs - is enjoyment in the process of taking care of yourself with nourishing foods. That's what it's all about.

Once you know why you're eating this way, it's a lot easier to choose to do it over and over. And to not feel like it's a huge deal or something to beat yourself up over when you take a day, or a meal, or a weekend off from it.



Knowing How Much to Eat

With this program, you can easily adjust the portion sizes of your meals to suit your hunger and fullness, which will change based on your daily activities.

I'm going to give you suggested serving sizes (these are suggested for women) as a great starting point, but you can adjust as you go. Don't get too focused on the numbers/calories/amounts. Your body is a great regulator.

For instance, your liver stores fuel for your body to use. When we eat a meal, we give our liver a lot of fuel. It stores some for use later, and uses some for immediate energy. When you're paying attention to your hunger and fullness, which are governed by signals sent by hormones to ask you to eat more (or stop eating), you are actually listening to what your body needs. Give your body fuel from these whole foods, rich in all the nutrients you need to thrive, sculpt a fit body and live a long, healthy life and trust the process.

As long as you're eating QUALITY food, you really can't mess this up. This is way more sustainable than calorie counting.

It is not wrong to count calories or track your macros, different things work for different people at different times, so if this is helpful for you I'm not stopping you. I am just offering an alternative that can help you be more focused on the enjoyment of food and knowing how it's supporting you. **Your energy needs will change daily, and this is the part where you get to start practicing listening to your body's biofeedback.**

Because you're feeding it the right nutrients, your body will let you know when it's hungry, and when it's time to stop eating.



That being said, if you're not hungry for everything on your plate, don't force yourself to eat it all. But if you're still hungry, that's a great time to increase your serving sizes a bit, or include your optional snack.

Rate of Progress and Body Fat Loss

Your goal with this eating program may not be fat loss. But I'm going to address it, since this is a question I get a lot.

What is "very quickly" when it comes to fat loss? An average, and healthy fat loss amount per week is approximately 1-2 lb of body fat. The higher end of that number generally applies to those with more body fat to lose.

Remember that losing body fat isn't always reflected as a "weight loss" number on a scale. This is why your progress pictures are so important to your tracking and measuring process. It's very normal to fluctuate up and down several pounds within the same day depending on hydration levels, food intake, where you are in your hormone cycle for the month (ladies), and several other factors.

As you change your body composition, meaning as you lose body fat and add lean muscle, your weight on the scale may not move as fast as you think it should. This is because muscle is more dense than fat, and takes up less space in your body.

So notice how your clothes fit, how your energy levels are, how your measurements are (if you're taking them), and how your FULL LENGTH progress pictures are looking.

Read [The Truth About Your Weight](#)

Remember it's a process. The more closely you follow these guidelines and eat the foods in this program, combined with the workouts in your 90 day challenge program, the faster you'll see the results you want, and be able to easily maintain them for the rest of your life.



Body fat comes off in the order it went on, and it comes off systemically. It almost NEVER comes off the areas we don't want it first. That's why it's essential to take a look at your full body in progress pictures through time because you'll start to see it coming off other areas, which means what you're doing is working and you shouldn't stop or get discouraged.

Eating Whole Foods will Help You Reach Your Goals

Whether it's losing body fat or adding lean muscle, this is a style of eating that will get your body functioning optimally and support your metabolic functions. It is the perfect base for your 90 day exercise plan.

The nutrients and training style both support muscle growth and will help you drop excess body fat if that's one of your goals.

If fat loss isn't your goal, but you want to stay lean and add some more muscle to your body, this program will do exactly that. Your body is self-regulating. When you feed it the right foods and train consistently with these kind of workouts, you're going to increase lean mass (muscle tissue) and keep body fat at a minimum.

If you have extra fat you want to lose, this is the combination that will do it. You can use this same program to continue to get stronger and build from once you reach your target. We're always a work in progress so enjoy the process and love your body the whole way through!

It isn't a great plan for "bulking up" and putting on a massive amount of muscle - you'd need to eat a LOT more for that to happen. But you will be adding lean muscle - which is the foundation of a healthy, fit physique, will protect your joints and make you stronger.



Remember to take [rest days](#) (muscle grows when you rest it, not when it's working), alternate your muscle groups worked (so don't be adding in tons of extra workouts and skipping your rest days), and pay attention to eating plenty of healthy fuel throughout the day.

With this system, you're in the driver's seat. I'm here and the plan is here to be your coach and guide - treat the challenges that come up as you go as obstacles you can overcome with the information you have here in your hands and the innate wisdom of your awesome body.

This plan will really set you up for a lifetime of success, empowered to make the best choice for yourself in every situation.



Planning for More People

This plan can be very flexible, whether it's just you using it or you're doing it with one or more people. You really don't have to "follow the plan" exactly to see results and improve your health.

When you look at the daily menus, you may feel like you can't imagine getting everyone in your house to eat the same way as you. Don't put that pressure on yourself.

Begin by choosing some of the recipes in the plan that sound like your family will like them. Try making those for everyone, and include the green smoothies for yourself daily as often as possible.

The more aware you are of eating whole foods and the importance of including all the nutrients your body needs, the easier and easier it will be to make your choices closely match the design of this program.

In each week, you'll find shortcut guides for "hybrid" and "minimal" eating styles, which give you a simpler approach than cooking everything that's in the plan. This will give you the perfect way to integrate this style of eating with your family.

If you are doing this plan with someone else and you want to follow "the plan" to a T, I recommend that the first time around, you go through a week in the quantities prescribed and just share the food that the plan makes, rather than doubling everything.

You'll run out of food a little sooner, but because you can't always tell how much each person will eat, it's a good way to gauge how many extra ingredients you'll actually need to buy for the next time around.



Even if you go through your food faster than you would by yourself this first time, it's better than spending double the money only to find out you didn't need all that food (almost never the case anyway!).

Some things you'll know for sure you might want extra of like your proteins and carbs, but just aimlessly buying double of everything will cause a lot of waste especially if it's your first time doing this, so be conservative.

I recommend just starting with a simpler approach, which is to pick some of the recipes from the guide and try them out and use the hybrid or minimal style as you get started to see what works best for you.



Eating Around Workouts

You don't need to change the meal plans to get the right fuel in around your workouts.

Eating Before your Workout

“Pre-workout” supplements are not necessary, though they're fine if you're into them. I focus on eating normally prior to working out and I make sure I included carbs and protein in the meal I had prior to exercise. Your body needs some energy to burn and use during the workout so that you can perform awesomely and have a killer workout!



This is super easy with your plan. Any of your regular meals can be eaten before your workout depending on when you workout.

And if you are simply not hungry early in the AM and that's when you're exercising, don't worry. Just eat again after your workout, and potentially have “second breakfast” in the form of a smoothie a couple hours later, or have your smoothie right after the workout and your normal breakfast a bit later. If you workout on an empty stomach chances are you'll be hungry.

Eating After your Workout

No need to complicate this, just be sure you eat carbs along with protein at your post-exercise meal, for the same reason you want to eat them in the morning. You use your muscle's stored glycogen when you train hard, so be sure to replenish it with carbs after your workout.



Carbs help deliver glucose to the muscle cells, which speeds up the delivery of nutrients (like protein) to the broken down muscle tissue.

Don't skip eating your post-workout carbs if you want to see the results of your workout sessions. If you skip, your body won't recover as quickly, you'll be more sore, and over time you may even lose muscle tissue. Remember, after a hard workout, your body is like a sponge, soaking up the energy those carbs provide!

Keep in mind, it's the muscle tissue we carry that burns more calories at rest keeps our metabolism working optimally, and gives our body both its tone and shape.

The best way to get into optimal "burn fat mode" and have maximum energy is to provide your body with all the nutrients, vitamins, and fiber it needs by eating the right combination of whole food sources of both simple and complex carbohydrates.

Training and Non-Training Days

When you don't work out, your body has less of a need for as much food as opposed to days that you workout and exercise, simply due to your energy needs.

There are very few differences in the way you'll eat on a training day vs a non-training day. I would allow your hunger/fullness to dictate how much you eat primarily on your non-training days. If you're not as hungry, you can leave out the optional snack listed daily for example. I would still stick to your 3 main meals, and try to get your smoothie in too if you're hungry for it.

I like to think about the quantities of nutrients I eat throughout the day like building blocks. I've made it super easy for you to identify these building blocks, by labeling the nutrients in each meal (you'll see this in the daily menus listed as P, C, F and G).



PROTEIN 101



Protein at a Glance

Protein (P): Lean, complete protein sources will be labeled in your daily menus with the “P” so you know when you’re including this important nutrient.

Timing: - EAT Protein in every meal - in roughly the size of your palm

PROTEIN	Servings can be gauged by the size of your palm.
	1-2 palms per serving is a good way to eyeball your portion size appropriateness.
	For me, that’s a 3-4 oz serving of meat or fish.
	For a guy that could be 6 oz.

Amount: 1 serving for women (size of palm); 2 servings for men (size of 2 palms)

Examples: Lean meats (ground beef, chicken, turkey, bison, venison) beans, edamame, tempeh; Seafood (salmon, tuna, cod, roughy, scallops, shrimp); Eggs (egg whites, whole eggs); Full-fat Dairy if you tolerate lactose (Greek yogurt, whole milk); Other: nutritional yeast, hemp seeds, high quality protein powder



Include Protein with All of Your Major Meals

Protein is a major player when it comes to the way your body looks on the outside, AND how it functions on the inside.

Protein Has a Lot of Important Jobs...

It's needed for everything from **hormone regulation, enzyme production, and regulation of body fat.**

For example, did you know that eating protein leads to a release of glucagon, a hormone that helps encourage fat out of your fat cells so it can be used up by your muscles? And it helps your fat cells become less receptive to storing fat.

Additionally, protein is **satiating**, even more satisfying than fats or carbs, so if you're skimping on it, you're missing out on that full, satisfied feeling your body enjoys while the digestive system does its thing.



Protein Structure

Protein is made of 20 amino acids, 9 of which are called “essential” because your body can’t make them on its own.

Eating a wide variety of protein-rich foods (like you’ll find in ALL of my meal plans) helps you get all of these unique amino acids, which in turn supports your enzymes, your ability to metabolize fat, and **supports structural tissue production that sculpts a lean, fit physique.** After a great workout, it’s important to jumpstart the recovery process by getting a good amount of protein (and carbs) in.

Not only that, **your body burns more calories when it breaks protein down** (boosting your metabolic rate) all the while giving shape, structure, and strength to your muscles.

Sometimes we slack on protein because of outdated misconceptions that it will “bulk” us up...

It actually takes months to years of disciplined training, controlled eating, and often hormone supplementing to achieve a muscular, “bulky,” bodybuilder look.

Women and men have a very different hormone makeup, and it’s [even harder for women to put on muscle](#) than men – so don’t worry that eating protein or using a protein supplement is suddenly going to make you bulky.



Protein is how lean physiques are made

If you're not consuming enough of this essential nutrient, your body has no choice but to break down your muscles to get amino acids from their fibers. What this means is **no matter how much time you spend exercising, your muscles will not cooperate unless you feed them properly.**

That's why I include some with every eating opportunity, and always with my first meal of the day – whether it's a shake or a more traditional breakfast. When you sleep, your body uses most of the nutrients from the last meal you ate; replenishing protein right away ensures your muscles and tissues can continue to repair and grow.

Including protein foods throughout the day means your body will burn more calories simply by the work it takes to digest the protein you consume, encourage more fat loss via hormone production, which increases the integrity of your lean muscles, and even reduces cardiovascular risk!

5 Signs You May be Protein Deficient:

1. **You often experience strong CRAVINGS for things like sweets, caffeine, chocolate, candy, chips, pastries, etc.**

Strong cravings are often indicative of unstable blood sugar - your body needs energy and it's looking for a quick fix. Protein not only helps your blood sugar stabilize, it is also very satiating.



2. **You have DIFFICULTY SLEEPING through the night.**

The same blood sugar swings that cause cravings can also mess with your hormone balance, which in turn messes with your sleep. A lack of protein can cause your cortisol (the stress hormone) to rise, while your serotonin (the happy hormone) diminishes, causing insomnia or fitful rest.

When you get a solid, restful night of sleep, you're able to efficiently burn your body's best long-lasting fuel: stored fat. But if you're eating an imbalanced amount of carbs and sugars during the day, your body becomes unaccustomed to using your stored fat for energy, and will instead disrupt your sleep cycle thinking it's time to eat, looking for the next hit of quick energy.



3. You have muscle and/or joint pain:

The body stores much of its protein reserves in the synovial fluid around the joints (which is then used to rebuild the muscles and joints after strenuous exercise). When protein is deficient, the reserve is tapped, resulting in stiffening joints and tightening muscles.



4. You ride a roller coaster of EMOTIONS, FATIGUE, and STRESS.

Protein helps stabilize your blood sugar, whereas sugar and carbs spike it. Without enough protein, you tend to go high and then low and then high and then low, which is taxing on your system - causing erratic mood swings, emotional highs and lows, tiredness and a depletion of your reserves.

5. You are CONSTANTLY HUNGRY with an uncontrollable appetite.

Protein takes more work to metabolize in the body than other nutrients. This means your body is working harder to break down and assimilate protein which improves metabolic function, leads to feelings of fullness, and stabilizes your energy and blood sugar levels.



How Much Protein do you Need?

This is not a “one size fits all” kind of thing.

While the USDA recommends 46g/day/ women and 56g/day/men, these numbers are for non-active individuals and are extremely GENERAL.

You’ll find a wide variety of recommendations and ways to calculate this on various websites and apps.

Truly, the “right” amount of protein for any one person depends on many factors... including activity level, age, muscle mass, physique goals, and current state of health.

In the “at a glance” section above, I noted that 1 serving of protein is approximately the size of your palm. This is a super helpful visual when you’re figuring out how much to cook for dinner. Knowing the grams you need can be helpful when you are adding a scoop or serving of protein powder, as it’s not as simple to measure a serving by the size of your palm.

No matter what your goals are, including enough protein (along with your other nutrients) is an important part of supporting your body, sculpting your physique and creating optimal health.

- **For people whose goal it is to gain lean muscle**, increasing protein intake will help build muscle and strength (in conjunction with a fitness regimen of course). A common recommendation for gaining muscle is 1 gram of protein per pound of body weight, or 2.2 grams of protein per kg. This estimate is a bit high for those in maintenance mode or general fat loss (while active and maintaining muscle).



- **For individuals who want to hold onto the lean muscle they have while losing body fat**, an increased protein intake is also appropriate as this increase spares muscles tissue while losing body fat.

It's safe to say **0.7-1 grams (give or take) per pound of body weight is a reasonable estimate for active individuals** - and you can calculate your needs around this range depending on how active you are.

For individuals who are not active, 0.5-0.6 grams per pound of body weight is sufficient.

For example:

A 150 lb woman would multiply 150 x .005 to get 0.75, and then multiply 150 x .01 to get 1.50, which would make the range of her protein intake between 75g -150g/day.

- If she's **not active**, then the lower end of the range (75g) is appropriate.
- If she's **fairly active**, then mid-range is best (100-125g).
- If she's **extremely active**, then she'll want to aim for the higher end of her range (130-150g).

You can overeat protein, like any nutrient, but your body has a good internal regulation system to help you adjust if you do. Chronically overeating protein can cause health problems, just like chronically overeating fat, carbs or any nutrient can. That's why it's a good idea to calculate your protein intake based on your energy output and goals, and adjust accordingly.



When is the Best Time to Eat Protein?

Short answer - all the time! You can and should have some protein at every meal.

Like we talked about above, protein gets broken down into the amino acids our bodies need to function properly.



Unlike the way our muscle tissue stores carbohydrates as glycogen for energy use later on, and the way our fat cells store fats for energy use later on, our body doesn't have a storage tank for protein.

Since proteins and amino acids are not stored in the body, there is a constant turnover of protein. Some protein is constantly being made while other protein is being broken down.

Because protein is needed for so many body functions all day long, it's vital that we continue to replenish it throughout the day by including it in our meals.



What are Good Sources of Protein?

Like any of the nutrients, eating a range of food sources is a good way to ensure you're getting adequate minerals, vitamins, phytonutrients and everything you need to maintain your lean muscle and decrease fat storage.

As with all foods, **choose as unprocessed as possible, and think about the source of the food** - like grass-fed meats, wild-caught fish, and organic seeds, nuts, and legumes. Below, I'll also go over how to choose the best protein powder so you can have a good option to add to smoothies and some baked goods.



Animal Sources of Protein

MEAT	Beef, bison, pork, wild game
POULTRY	Chicken, turkey
SEAFOOD	Fish (cod, haddock, tuna, flounder, perch, halibut) and shellfish (shrimp, crab, lobster, scallops, oysters)
DAIRY	Greek yogurt, milk, cheeses, fermented dairy products like kefir

Plant Sources of Protein

SEEDS	Chia, sunflower, pumpkin, flax, sesame
NUTS	Almonds, pistachios, walnuts, cashews, brazil nuts, peanuts
LEGUMES	Lupin, Lentils, Green Peas, Soybeans (tempeh/tofu), Red beans, Black beans, Yellow beans, Fava beans, Chickpeas
WHOLE GRAINS	Quinoa, buckwheat, amaranth, wheat, rice, corn, oats (ensure your grains are soaked, sprouted, or fermented to consume, and that you're looking for non-GMO plants)
SOME VEGETABLES	i.e. avocado, broccoli, spinach, kale, sweet potatoes (these all contain some protein, but are not adequate protein sources on their own.)



Protein Supplements Guide

Protein powder is a SUPPLEMENT to a healthy, whole food diet and is not something you have to have to be healthy. That said, it can definitely be a very helpful, efficient, and cost-effective way to get the right amount of protein in your system on a daily basis. You'll find I've included it in your smoothies, and in some of your baked goods as well.

What to Look For:

When it comes to your protein powder, it's more about the ingredients than it is the actual brand. What's in a powder mix (or what's NOT) is what gets my stamp of approval.

It goes deeper than that, though – you also want to look at the source of those ingredients. Is it plant-based, non-GMO, grown in good, healthy soil, and free from potentially harmful chemicals?

It's also about how the protein is actually made. There is an extraction process that takes the raw material into a powdered concentrated protein, so I'll give you some things to look for there in the different kinds.

Added Sugar in Protein Powder

A note on added sugars: the plain version of the protein powders I use generally don't have added sugar (even natural sugars). However, if you're not planning to add any fruit or natural sweetness to your shake, this can be pretty unpalatable! I generally opt for a protein that's been sweetened with **something natural like monk fruit, coconut, or stevia.**



A lot more companies than ever before are opting to use low-calorie, or no-calorie sweeteners in their supplements to meet the growing consciousness about the detriments of overconsumption of sugar. Be on the lookout!

I strongly encourage you to avoid any sucralose (aka Splenda), dextrose, maltodextrin, cane sugar, and all sugar alcohols. Sugar alcohols like erythritol and xylitol are very popular right now in mainstream products because they are a “no calorie” sugar that adds a lot of sweetness.

Neither of these digest in the body, and can cause bloating and irritate the gut in some people. Also, erythritol is made from cornstarch, which is most often GMO cornstarch.

I do pay attention to added sugar in my protein powder – just like I would with any food I’m buying that’s pre-made. Swapping out “natural sugar” for other sugar is still adding sugar to the diet – but as long as you’re being mindful of your daily overall sugar intake, a little natural sweetener in your protein powder from a wholesome source probably won’t send you over the edge...just be sure you know what you’re putting in your body and choose mindfully.

I don’t think there is anything wrong with protein powder that has some natural sweetener added. Just read the label and be sure you know how much sugar is included in a serving (for example if the label is referencing a scoop is 6g of sugar and you need 2 scoops to make 1 serving, that’s actually 12g of sugar – nearly half of the daily recommended limit for women).

Even some sugars that sound healthy can be overused – I’ve seen some “healthy” protein powders just loaded with sugar from rice syrup or another non-threatening sounding sweetener. So just pay attention.

I know that the more accustomed I get to eating sweet things on a daily basis, the more I want them. My goal is to avoid added sugar as often as possible, and enjoy it on purpose when I do eat it. So just be aware and mindful and be sure you’re not nickel and diming your sugar intake away in your supplements.



#1: Plant-Based Multi-Source Protein Powder

Why I recommend this: I like a protein powder sourced with a couple plant sources of protein to get a broader spectrum of amino acids and benefits from plant foods I might not eat daily. I love getting plant protein from a combination of a couple of things, like rice, pea, pumpkin or hemp. Some protein powders also have superfoods added as well, which can be a nice bonus.

I give preference to organic protein in this case, and also am looking for a non-GMO label. 100% Certified Organic means non-GMO, but if you can't find an organic protein (sometimes it's hard to source ALL the ingredients as organic), look for the non-GMO label to ensure you're not putting genetically modified foods in your body inadvertently.

What to Look OUT for:

It's so important to know how the plant protein has been extracted from its source. There are 3 main methods for extraction:

- 1. Hexane based:** hexane is a chemical neurotoxin derived from petroleum that can damage your central nervous system, and is commonly used to remove the plant oils in soy protein as well as some other types. **AVOID.**
- 2. High Heat:** when plants are exposed to high heat in order to remove the natural oils to make the protein powder, other nutrients are damaged and this can make the end result not as absorbable or beneficial to you. **AVOID.**
- 3. Enzyme-based:** natural enzymes are added to the plant seeds to remove the oils. This is the preferred method for making plant proteins. **RECOMMENDED.**

While I'm not eating a plant-based only diet, multi-source plant-based protein is one of my staples. I'll either use this or a collagen protein for my shakes and smoothies.



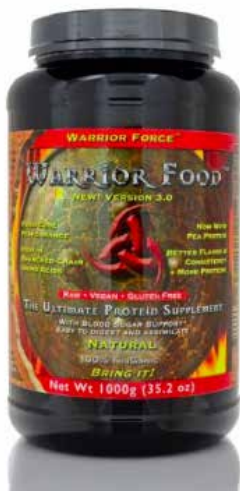
What to Look FOR:

Read your label and make sure you know what everything in those ingredients are, number one. I look for a plant-based protein that includes sprouted or fermented grains when grains are used (rice, for example).

Soaking, sprouting, fermenting or otherwise enzymatically breaking down grains as a form of pre-digestion is the absolute best way to ensure our bodies can absorb their nutrients. You'll see that brands like Warrior Food are amazing at including these kinds of ingredients.

You may see ingredients like superfoods, enzyme blends, probiotics, BCAA's, or other components that may be useful. Be sure to google these if it's your first time seeing them and make sure it's something you want.

RECOMMENDED PLANT-BASED, MULTI-SOURCE PROTEIN POWDERS:



[Warrior Food Natural](#)

Features: 100% plant-based, hypoallergenic, highly-digestible, and complete protein powder made from organically-grown yellow pea protein and organically-grown sprouted brown rice, BCAA's, GMO free, gluten-free, casein free, lactose free, cholesterol free, dairy free; organic, vegan, kosher

Protein: 15g/serving

Price: \$54.95 / 50 servings

NOTES: This one is not flavored so you'll want to be sure you're mixing it into a smoothie or shake or something you're adding a natural flavor or sweetness source to, think smoothie for example with banana, strawberries, greens and nut milk. Consider adding a scoop of cacao powder for chocolate superfood goodness. This company is AMAZING – everything from their containers to the soil they grow the source plants on. Top recommendation for an unflavored, high quality plant protein.

RECOMMENDED PLANT-BASED, MULTI-SOURCE PROTEIN POWDERS:



[Powerrootz™ Protein Powder](#)

(different flavors available)

Features: gluten-free, dairy-free, soy-free, vegan, non-GMO, no added sugar, no chemical fillers, corn-free, additive-free, no artificial flavors or preservatives

Protein: 19g-23g/serving (varies depending on flavor)

Price: \$64.99 / 20 servings

(options available for how much you want to buy at a time)

NOTES: This is a recent discovery and I love the combination of superfoods in Powerrootz blends

#2 Collagen Protein Powder

Why I recommend this: Collagen protein is in my heavy rotation for top choice protein powders. I usually rotate between it and the multi-source plant-based protein (#1). It's really versatile in that the plain ones are *virtually* tasteless, can be mixed in anything, dissolve well, and the benefits of collagen protein are many.

You can find a lot of uses for it outside of adding it to a smoothie, for example, I make a delicious chocolate nut butter spread I call "[healthy Nutella](#)" that I have for breakfast with my [homemade buckwheat bread](#).

Collagen used to make its way into our diets through foods like bone broths, slow-cooked organ meats, kidney pies, baked beef hearts, whole crustaceans, and whole-fish soups and stews. But if you're not regularly eating these types of foods, you may not be getting any of this goodness into your body.





What to Look FOR:

Look for *hydrolyzed collagen* – which just means that the naturally larger molecules of collagen are broken down into smaller molecules called peptides for better absorption in our bodies.

Collagen peptides are well absorbed by the digestive system and make their way to targeted tissues where they act as building blocks and trigger our own internal collagen production.

Scientifically proven benefits of Collagen Protein:

- 1. Improves skin elasticity:** – which can improve the signs of aging and the appearance of cellulite.
- 2. Improves muscle mass and strength** (if you need a refresher on why you want to [help your body develop lean muscle, read this](#)).
- 3. Decreases inflammation** – osteoarthritis sufferers who were given supplements during a 70-day study experienced significantly reduced pain and symptoms compared to those given a placebo.



Collagen protein gets its name from the Greek word “kolla” which means glue. That’s because it’s one of the major building blocks of bones, skin, muscles, tendons and ligaments. Collagen protein accounts for approximately 1/3 of the protein in our body – and we want to preserve it.

Our body makes less and less collagen as we age, which contributes to signs of aging like wrinkles, sagging skin and joint pains (due to weakened or decreased cartilage)

Fun fact #1: you can help your body preserve and protect collagen by avoiding behaviors that damage it. These include eating excessive amounts of processed carbs and sugar (#truth sugar breaks down collagen), smoking (duh, don’t smoke) and getting sunburned.

Fun fact #2: make sure your balanced diet includes optimal amounts of Vitamin C. When we consume collagen, collagen levels naturally increase in our bodies – but collagen can’t form without Vitamin C. Since our body doesn’t produce enough Vitamin C on its own, we need to be mindful of including it in our diet, or in supplement form ([this is the one I use](#), it’s a highly absorbable lipospheric vitamin C).

Good sources of vitamin C from food include citrus fruits, fruits like kiwi, cantaloupe, watermelon, berries (and fresh-picked local produce will ensure you’re getting the maximum concentration), bell peppers, leafy greens, broccoli, Brussels sprouts, parsley and bok choy.



There are 2 types of consumable collagen: Collagen hydrolysate and Gelatin.

- **Collagen hydrolysate** is processed more intensively, breaking down the proteins into smaller pieces so that it can easily mix in liquid.
- **Gelatin** (think bone broth protein) only dissolves in a hot liquid.

When choosing a collagen protein, I look for one made from grass-fed, pasture-raised cows. This means they are less likely to be injected with antibiotics and growth hormones, not to mention I prefer to spend my money supporting responsible farming practices where the animals are fed a more natural diet.

Collagen protein powder can be added to many things you're already eating just like you would a plant-based or whey protein powder – like a shake (just add a spoonful of antioxidant-rich cacao/chocolate powder or vanilla and some fruit and you've got a naturally sweet beverage that's perfect post-workout) or baked in a recipe – the possibilities are endless.

Taste and Texture Notes on Plain Collagen protein: While I find it to be virtually tasteless, I do hear that some people can taste it. Genetically speaking, we do all have a variety of taste receptors (some people can't stand the taste of broccoli for this reason for example).

I'd recommend mixing it into things like you would a normal protein powder. It does a great job of dissolving, but if you're putting it in a clear beverage (or your coffee – which I don't – just use it like a normal protein powder) you may see some small flecks. It is collagen, which is a gelatin based product so that isn't surprising.

I use it in my smoothies, mix it into my nut butters (try my healthy nutella!), add it in my baking, and swirl it into my hot chocolate.

You can also get flavored collagen – and with that I would stress looking for one with the LEAST amount of added ingredients and avoid the sugar alcohols as a sweetener like I mentioned in #1.

Recommended Collagen Protein



Bulletproof Collagen (PLAIN only*)

Features: grass-fed, pasture-raised hydrolyzed collagen protein powder

Protein: 22 grams/serving

Price: \$39.99/19 servings

**I don't use Bulletproof's flavored collagen, as they are using erythritol as their sweetener. I'm not a fan of sugar alcohol as a sweetener.*



Primal Kitchen Vanilla Coconut

Features: grass-fed collagen, sugar-free, dairy-free, gluten-free, soy-free, paleoapproved

Protein: 10g/serving (serving = 1 scoop)

Price: \$39.99/24 servings



#3 Plant-Based Single-Source Protein

Why I recommend this: As an alternative to a multi-source plant-based protein, a single source is also fine as long as the source of the plant used is quality grown and has not been treated with chemicals, and the soil was rich.

It's hard to tell for sure these days if everything has been optimal, so usually, the best we can do is to look for the label to have the certified organic seal and "non-gmo." I also recommend you just look up the company and read about anything you can do with their sourcing practices.

I like using single-sourced plant protein in baking, so when I have it on hand that's what I'll normally use it for. It's also great to use in a smoothie or shake.

There are 20 total amino acids your body needs to function. Eleven of those are made IN your body, but the other 9 need to come from the foods you eat – we call those "essential amino acids."

Many plant-based proteins – like hemp and pea, for example – deliver those 9 essential amino acids, which makes them "complete proteins." It's not necessary to get all 9 in a serving or meal necessarily – as long as you eat them throughout the day. But it is nice and convenient to take care of your needs in one place.

I do not recommend soy protein generally, as 90% of soy today is genetically modified. Organic, fermented soy – which is a staple food in many Asian cultures (think miso, natto, tempeh and certain soy sauces) is a wonderful food. The processed soy we find in protein powders, however, should be avoided – especially soy protein isolates.



What to Look for: Look for the organic and non-GMO labels on your protein. Read the label on the back to see what kind of sugar was used to sweeten the protein.

Try to get a protein powder with less ingredients than more, especially with a single-source protein powder. If it's a flavored one like vanilla, you should recognize the ingredients being used – a protein source, a vanilla flavor and a sweetener.

Recommended Plant-Bases, Single Ingredient Protein Powders:



[Powerrootz™ Pure Raw Pea Protein Isolate](#)

Features: gluten-free, dairy-free, soy-free, vegan, non-GMO, no added sugar, no chemical fillers, corn-free, additive-free, no artificial flavors or preservatives

Protein: 26g/serving

Price: \$32.99 / 20 servings



[Nutivas Naturals Hemp Protein](#)

Features: Made from raw hemp seeds; Certified organic and non-GMO; Vegan; All 20 amino acids, including the 9 essential; Essential fatty acids (omega 3 & 6); Good source of dietary fiber; Gently coldprocessed; Never hexane processed; Always chemical free; Non-irradiated; Non-BPA container

Protein: 15g/serving

Price: \$36.75 / 45 servings



Other natural Protein Sources:

Also of note, **nutritional yeast** and **brewer's yeast** are good sources of protein that also contain selenium, chromium and B-complex vitamins that most people need.

I love sprinkling nutritional yeast on my popcorn (non-GMO popcorn, just look for the label!) with a little extra virgin olive oil, or adding it to a salad for a cheesy flavor.



CARBS 101



Carbs at a Glance

Carbs (C): Properly prepared (soaked, sprouted or fermented) grains, groats, starchy vegetables; Whole fruits, fresh or frozen. Carbohydrates will be labeled in your daily menus with the “C” so you know when you’re including this important nutrient.

Timing: the best time to stabilize your energy with good quality carbs (like the ones in your program) is usually first thing in the morning and after a workout. You may also need an additional serving of carbs at another point in your day, depending on your energy output and fitness goals.

CARB	Servings can be gauged by the size of your cupped hand.
	1-2 cupped hands constitutes the right serving size for you.
	For me that’s 1/2 a cup of cooked quinoa, or 1/2 cup cooked oatmeal for example
	For a 180-lb man, that might be 1 cup, or 1 1/2 cups.

Amount: 1 serving for women (size of palm); 2 servings for men (size of 2 palms). A good baseline to start with is approximately 1/2-3/4 cup (1-1 1/2 cups for men) of a starchy vegetable or grain in your meals where carbs are included.

Serving size for fruit is: 1 medium sized fruit or 1/2 cup chopped fruit/ berries. For fruit 1-2 servings a day is plenty.

EAT Carbohydrates in your meals around your workouts and optimally in the morning - in roughly the size of your cupped hands

The more active you are, and the more muscle you carry, the greater your needs for carbohydrates. As you progress and your body changes, your intake may need to change.

Examples: Sprouted grains and groats (rice, quinoa, oats, sprouted grain bread) Root vegetables (potatoes, sweet potatoes, beets) Squash (pumpkin, butternut squash) Beans* (black beans, white beans, garbanzo beans, kidney beans)

Simple sugars and highly processed starches (minimize intake - soda, fruit juice, ice cream, etc.)

You won't have to avoid carbs with this plan.

Carbs are key in maintaining and building muscle - having enough in your system prevents protein from being broken down and used up for energy, and will give you balanced energy, alertness, and a clear mind throughout the day.

The kind of carbs I'm talking about here are all included in your plan - they're low-glycemic complex and simple carbohydrates - meaning fruits, vegetables, gluten-free and/or soaked, sprouted or fermented whole grains, and organic, whole dairy products (if you tolerate them well).

NOT processed, packaged crackers, breads, cookies, pastas and cereals which will spike your blood sugar and deliver very little nutrient value.



Carbohydrates are organic compounds found in food that break down to the body and brain's preferred energy source, which is a single unit of sugar: glucose.



Simple carbohydrates consist of only one or two sugars and include foods like white flour, boxed cereals, and soda. The simpler a carb is, the faster it will be digested and taken into your bloodstream.

Complex carbohydrates, such as sweet potatoes, apples, lentils, (sometimes called “starches”) are fiber-rich, and consist of three or more sugars. The more complex a carb is, the more slowly it is digested and absorbed by the body, leading to steadier energy and greater fat loss.

This is why your best bet is to go for complex carbs that are higher in fiber – not only will they be more filling, but they’ll also keep you satisfied longer, which means they’re a good option whether you’re focused on fat loss or maintenance.

NOT ALL CARBS ARE CREATED EQUAL: A Word on “Good” and “Bad” Carbs

Carbs can provide you with a stored energy pool AND deliver consistent, lasting energy to your body but not all carbs are created equal, and it’s important to eat the right kinds.

There’s a lot of talk out there labeling carbs as either “good” or “bad,” but I prefer to keep that kind of moral judgment out of my relationship with food.

As long as you’re eating intentionally, you can maintain space for any food you choose for special occasions, a weekend treat, or what I call NSA meals like I was talking about earlier.

That said, there ARE certain kinds of carbs that will serve you and your healthy eating lifestyle better than others. I prefer to think of these distinct groups as “Optimal” and “Suboptimal” carbs.

So, how do you know the difference between Optimal and Suboptimal Carbs?

Simply put, how much has the carbohydrate food been processed? If it’s been altered from its natural, whole-food state in any way, it’s probably a sub-optimal choice (or perhaps just better left to an NSA day).



A lot of “health” food carbs that come in a box or bag - like breakfast cereal, instant oatmeal, white or whole wheat breads/tortillas, most condiments, and many snack foods - are all a processed version of a whole food, and the processing alters the nutritional density of that food.



Nutrition Facts	
Serving Size	1 Cup (53g/1.9 oz.)
Servings Per Container	About 8
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 300mg	9%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Soluble Fiber	
Insoluble Fiber	
Sugars 13g	
Protein 9g	14%
Vitamin A 0%	C 0%

In most cases, the fiber content is lower, the available micro and macronutrients are lower, the sugar content is high, and the potential to irritate your gut is even higher. All of this equates to the carbs’ increased ability to increase fat storage.

Remember - carbs are made up of fiber, starch, and sugar - and the processed carbs contain more sugar than anything else. Dumping excess sugar into our body beyond what we can use or store causes fat storage.

I think about this like “nickel and diming” your daily sugar intake away. The American Heart Association’s recommended daily sugar intake for women is 20 grams, for men 36 grams, and for children, 12 grams.

These numbers might vary depending on your energy output (how active you are) but as a point of reference, a store-bought granola bar has on average 21g of sugar, 20 of which are added. Fruit-flavored yogurt has an average of 15-20 grams of sugar, at least 10 of which are added.

If any of the pre-made foods you buy have any sugar added to them, you could be unintentionally eating sugar all day long - and by the time you get to that evening glass of wine or want a little dessert on purpose, you’re already way over the amount of sugar your body can use for energy.





This is why so many people simply cannot lose the extra body fat, no matter how much they exercise.

My remedy for this starts with AWARENESS. Read food labels, avoid foods with added sugar, buy whole foods, eat and enjoy treats ON PURPOSE, and include carbs at optimal times so you can keep your body running like the efficient machine it was designed to be.

PRO TIPS

Avoid foods with labels that claim “low-fat” or “fat-free,” like peanut butter or yogurt. In both cases, the manufacturer strips out the healthy fat your body would actually be able to use and adds in sugar and/or salt to make the food taste better. As we know, it’s really, really easy to overeat sugar, and as we’ve learned, it goes straight to fat storage when the amount exceeds your ability to store or use it. ***This means that in your efforts to avoid storing fat on your body by buying a fat-free product, you actually *increase* the likelihood of extra flab happening. #knowledgeispower***

This brings us to **optimal carbs**, which come from whole food sources. Eating optimal carbs from whole food sources ensures you’ll have the fuel you need for your workouts, as well as steady energy and a healthy metabolism so you can burn off extra fat while supporting a healthy, fit physique.



When you eat carbs, two things can happen.

The carbs are either:

1. Broken down into glucose and used for energy immediately, or
2. Stored in the muscle tissue and liver as glycogen for energy later.

If you max out your body's capacity for glycogen storage with the wrong carbs – easy to do with today's rampant availability of empty calories from sugar-heavy carb sources like soda, candy, and processed food – then the extra glucose from the carbs is stored as fat instead.



Why Do I Get Cravings?

Cravings (specifically for carbs and sugar), are often caused by a lack of adequate energy stores in the body. Your body needs those nutrients to function, and if your reserves are low you're going to get "hangry."



When we eat those simple, processed carb foods, it causes our blood sugar to spike, and our metabolism eventually gets used to the short bursts of sudden energy those foods deliver.

But just as quickly as that energy arrives, it disappears, and when our blood sugar takes the inevitable crash, our bodies start frantically searching for the next hit. That's when you experience cravings and often times mood swings, too.

If you find that you constantly get cravings, check in with your food intake.

Are you eating enough [protein](#)?

Enough fiber-rich [greens](#)?

How about [healthy fat](#)?

Those nutrients are very satisfying, and deliver a slow, lasting energy to the body just like complex whole-food carbohydrates do. Don't skip those vital nutrients.



What are Healthy Carbohydrate Options?

Grains

Soaking, sprouting, or fermenting grains is always the best preparation method - it breaks down the protective outer coating of the grain as well as the gluten protein, which allows your body to get their full nutritional benefit without potential irritants.

Simply put, how much has the carbohydrate food been processed? If it's been altered from its natural, whole-food state in any way, it's probably a sub-optimal choice (or perhaps just better left to an NSA day).

A lot of "health" food carbs that come in a box or bag - like breakfast cereal, instant oatmeal, white or whole wheat breads/tortillas, most condiments, and many snack foods - are all a processed version of a whole food, and the processing alters the nutritional density of that food.

GLUTEN-FREE GRAINS

Amaranth, buckwheat, millet, montina (*Indian rice grass*), quinoa, rice (*all varieties, but especially wild, longgrain, and brown*), sorghum, teff, oats, corn (*higher in sugar, but fine on occasion*)

GRAINS THAT CONTAIN GLUTEN:

Wheat, barley, rye, spelt, kamut, triticale (*a hybrid grain produced by crossing wheat and rye primarily used as a fodder crop*)



Legumes

Legumes are a great source of both carbs and protein. They're also an excellent source of resistant starch, a form of insoluble fiber that feeds friendly gut bacteria contributing to better gut health.

BEANS	adzuki beans, black beans, white beans, soybeans, anasazi beans, fava beans, garbanzo beans (chickpeas), kidney beans and lima beans, and more
LENTILS	yellow, orange, green, brown or black
PEAS	split peas and black-eyed peas



Vegetables

These fiber-rich, nutrient dense, leafy greens and colorful vegetables contain multiple health benefits, including vitamins, minerals, phytonutrients, and more. You can eat them in abundance on a daily basis.

Kale, celeriac, spinach, endive, fennel, radicchio, chard, watercress, romaine, arugula, carrots, brussel sprouts, cucumbers, tomatoes, cabbage, peppers, onions, artichoke, asparagus, broccoli, cauliflower, celery, collards, eggplant, garlic, leeks, radishes

Starchy Vegetables

Starchier vegetables will simply fill you up more quickly than the vegetables above, so you won't need as much of them. They are also a nutrient-dense carbohydrate source and provide sustainable energy.

As it pertains to blood glucose levels, cooking them changes their starch into sugars that are absorbed by your body faster, raising blood sugar levels faster than they would raw. If you're eating a balanced diet, this won't be a problem it's just good to know.



Sweet potatoes, beets, parsnips, pumpkin, squash, yams



Fruits

All fruits contain fructose, a simple sugar that your body uses for energy. Fructose is slightly different from glucose and is processed in your liver. Eating too much fructose can cause fat storage, spike your insulin, and have similar effects to eating too much of any sugar.

LOW SUGAR FRUITS:	Apples, blueberries, blackberries, raspberries, strawberries, cherries, grapefruit, prunes, plums, peaches, pears, oranges, grapes, apricots
MEDIUM SUGAR FRUITS:	Bananas (higher in sugar when very ripe), kiwi, mango, figs, raisins, cantaloupe, papaya, pineapple
HIGH SUGAR FRUITS:	Dates, watermelon



HEALTHY FAT 101



Fat at a Glance

Fats (F): Healthy fats in your meals will be labeled in your daily menus with a “F” so you know when you’re including this nutrient.

Timing: you’ll see fat included regularly throughout the day, to increase your feeling of fullness at mealtimes, at satisfying flavor and texture to foods, and give you lasting energy.

FAT

Servings can be gauged by the size of your thumb.

In general, we’re looking at 1-2 thumbs per serving. When it comes to fat, I pay much closer attention to the source than just the amount. Eating high quality plant and animal based fats not only increases your uptake of fat-soluble vitamins and nutrients found in greens. It provides you with steady energy, and will help keep you from overeating.

Amount: will vary in fluctuation with other nutrients represented on your plate in this meal plan. Use the meals and recommended foods in your plan as a good indicator of how much fat is appropriate for each full dish.

EAT Healthy Fats in your meals in the size of your thumb, and especially when you’re having greens.

Avoid the fats from processed foods as much as possible. They do not provide you with any of those benefits, and instead create toxic byproducts that get stored in your fat cells and clog up your system promoting inflammation and weight gain.

Fat is more nutrient dense than carbohydrates and protein, supplying 9 calories per gram (as opposed to the 4 for protein and carbs). So a serving of fat will deliver more nutrient density in a smaller serving - something to keep in mind when you're adding fat to your meal or cooking with oils - which is why we use our thumb to measure this nutrient rather than our palm or fist.

Eating good fat contributes to body fat loss because it will help fill you up faster (it's satiating), slow down how quickly your food is absorbed into your blood stream (an important energy- regulating function) that stabilizes your blood sugar, and keep you full longer, preventing snacking.

Examples: All-natural, non-hydrogenated or processed oils, nuts, nut butters, seeds, seed butters and whole dairy products.

- **Saturated fat** - animal fats, grass fed butter, coconut oil)
- **Monounsaturated fat**- olive oil, nuts and nut butters, avocado)
- **Polyunsaturated fat** flax seeds, fish oil, nuts and nut butters

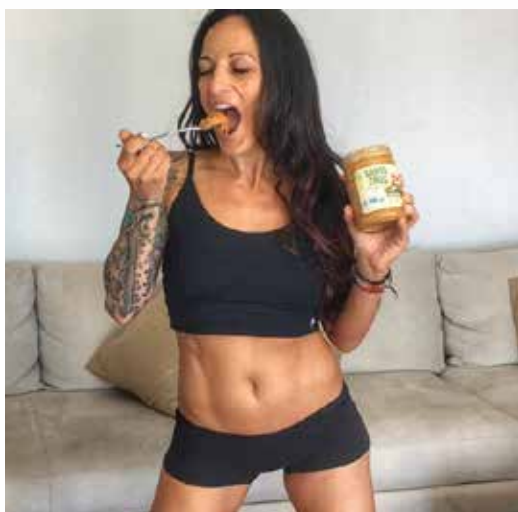
More on Fat: Eating plant-based fat sources increases your uptake of fat-soluble vitamins and nutrients found in greens. It provides you with steady energy, and will help keep you from overeating.

It's very important to include fat in your meals. Fat increases satiety - or that feeling of satisfaction we get after eating. A lot of people craving sugar have been eliminating fat from their diet, and the body is not satisfied.

It's far more likely you'll binge on junk when you haven't eaten a good balance of fat.



Will Eating Fat Make Me Fat?



The truth is, we “get fat” for any number of reasons, including eating too much of the wrong foods, eating too much in general, not getting enough sleep, and living high-stress lives.

But including proper amounts of healthy fat into our diets is not one of those reasons.

In fact, fat as a nutrient is just as important for our body as protein, complex carbs, and greens.

The real story behind the modern epidemic of excess flab on our bodies comes from consuming so many processed and refined foods – they are EVERYWHERE in today’s modern Western diet, and they dull the body’s natural feedback loop that tells us when we’re full.

Without this very important line of communication, we keep eating and eating and eating, while our waistlines keep growing and growing and growing.

How Overeating Processed Foods Affects Our Body Fat

It’s not entirely our fault when we can’t stop eating processed foods.

Flavors are carefully engineered to be more appealing, compelling, and even addictive to consumers, but the nutrient density of foods is clearly weakened by processing.



When foods are stripped of their natural fat, it's almost always replaced with some form of sugar or salt – and it's that excess sugar that overloads your body, and directly translates to excess body fat.

One of the biggest misunderstandings people have is thinking that eating foods that contain fat naturally (think whole eggs, avocado, quality salmon, nuts, olive oil) will make them, fat, but it actually will NOT.

It's the sugar-laden, sodium-laced, highly processed foods that pad our waistline.

If you've ever examined the food label on a fat-free yogurt and compared it to a full-fat yogurt (if you can even find one), you'll usually find that the fat-free yogurt contains more sugar and/or sodium than the full-fat version. That's because the product simply doesn't taste very good without the fat. Same thing with powdered peanut butter – the fat gets stripped out, and sugar gets added in to make it palatable.

This does you NO favors....as I talked about in the in-depth overview of carbs recently – over-consuming added sugar in your food is one of the primary culprits in weight gain.

Your body simply cannot utilize all the excess sugar – it doesn't have the capacity to store it in your muscles or liver, and you don't need it for energy – so it packages it up as body fat.

How Stress Affects Body Fat

Another reason we can't seem to get the excess body fat to come off is stress.

Stress isn't a bad thing when taken in context. We need to have a bodily response to stressful things. Our fight or flight response kicks in, and we can more readily deal with whatever is at hand. That requires energy. So cortisol, a normal hormone that fluctuates throughout the day, makes sure that glucose is free-flowing and available in your bloodstream when something stressful occurs so you can more readily galvanize into action.





The problem is when your cortisol levels are elevated all day, because you're stressed. You have all this free-flowing glucose that doesn't actually get used. When a stressful event or feeling is over and you still have high blood glucose levels, that glucose gets stored as fat. Most notably, BELLY FAT.

To avoid having this affect your waistline, find natural ways to reduce your stress.

Simple breathing techniques, visualizations, gratitudes, mindfulness activities, yoga, and more can all be amazing stress relievers.

Consider your stress levels while you're eating as well. Are you coming to the meal calm and unhurried, or anxious and rushed? It makes a difference. See if you can slow down your bites of food, or count how many times you chew your food. Breathe while you eat, and stop to notice how your food tastes. This can really affect the amount of cortisol that's running through your system.

How Sleep Affects Body Fat

Yet another reason extra fat will cling to our bodies is a lack of proper rest.

When we sleep, our body processes the food we ate during the day, our mind processes events and thoughts, and our body is better able to maintain homeostasis.

Studies show that getting [enough rest](#) allows you to perform better, regulate your hormones so you actually metabolize fats more efficiently, reduce stress (helpful!), improve focus, creativity and memory, and regulates and reduces inflammation.





Just 3-4 nights of limited sleep (approximately 4-5 hours of sleep is considered sleep deprivation for most of us) can cause insulin resistance comparable to a Type 2 diabetic – which is a science-y way of saying that **with inadequate sleep, your body has a really hard time digesting carbs and sugars effectively leading to... you guessed it, fat gain.**

It can also throw off a number of other hormones like leptin and ghrelin, which help regulate appetite control. So you won't be as able to navigate the signals your body is sending you on when to stop eating, and you may overeat or eat things that you wouldn't normally eat.

So do your best to get enough rest – if you have trouble falling asleep, try using some of the suggestions that help lower stress levels from above. Try turning off your phone and electronics an hour or two before bedtime, and get deeper sleep by limiting all non-natural light sources in your sleep environment.

Can I Exercise my Fat off with Targeted Workouts?

Unfortunately, just doing ab or butt or arm workouts won't magically melt the fat off those areas. The truth is, we can't "spot reduce" fat – and I would caution you against supplements, cleanses or other quick fixes like body wraps that promise to do so.

Those are short-term strategies that carry the risk of long-term hormone imbalance, and they are incapable of providing real, sustainable results.

Good news though, you CAN get the fat off – and keep it off.

Fat comes off our body systemically (all over) in the order it went on – which is primarily governed by our DNA. We have different kinds of receptors in our fat tissues, essentially called *alpha receptors* and *beta receptors*.



The alpha receptors slow fat loss release, and beta receptors speed fat release. The stubborn fat areas have more alpha receptors, and simply will take a bit longer to come off than other areas of the body.

A training program that contains a combination of resistance and high intensity interval training (exactly like the 90 Day Challenge) with a balanced whole food diet (exactly like what you have here) including all the nutrients (like healthy fat) – is your ticket to getting and keeping your body in its optimal state.

Keep in mind that all human beings need some fat on their frames - it's essential to our survival. Too little body fat is just as problematic as too much.

Here are the top 5 ways body fat is our friend:

1. Fat is literally stored energy.

Although the main source of energy for our bodies is [carbohydrates](#), fat is used as a source of backup energy in cases when carbs are not available.

Fat, therefore, helps you stabilize your energy, providing both immediate bursts when necessary, and slow-release through extended periods of rest.

2. Your brain uses fat to function.

Structurally, 60% of our brain is composed of fat, which forms the structure of our cell membranes, so a steady, daily stream of fatty acids is required for your brain to properly develop and function.

Additionally, fat creates the structural components for myelin, a fatty insulating sheath that surrounds various nerve fibers, helping them carry messages more quickly.



3. Fat helps us regulate our body temperature.

There is a thin fat layer located right underneath the skin designed to insulate the body, helping us maintain the proper body temperature.

In addition to insulating, this layer of fat can also protect the inner core from extreme temperature changes by generating and then releasing heat when our skin temperature significantly drops.



4. Fat protects our internal organs.

The body also has a layer of fat surrounding major organs like the brain and heart, as well as nerves, tissues, and bones.

This layer is designed to act as a protective cushion in the event that you suddenly experience impact or even trauma, providing shock absorption around your essential organs, thereby decreasing the chance for significant damage.



5. Fat produces and regulates specifically helpful hormones.

Hormones are chemical messengers that regulate processes in our body. In response to signals from other organs, your body fat produces hormones that help with a variety of important functions, from blood clotting to sex hormone metabolism.

Too little (or too much) body fat and our hormones can get all out of whack, creating a whole host of unwanted issues.



5 Ways Eating Fat Keeps Us Lean:

Now that we've established why we need body fat, let's look at how dietary fats play into the equation. **There are actually some very compelling reasons to regularly include healthy fats into your diet.**

In fact, here's how eating the right amounts of the healthy fats will help you slim down.

1. Some Vitamins your body loves and needs - like A, D, E, and K - need Fat in order to be useful.

If you don't put enough fat in your diet, it's not difficult to become deficient in one or more of these vitamins, and you don't want that because they do some pretty important stuff!



Vitamin A is responsible for promoting good vision and keeping our eyes healthy; vitamin D helps us absorb calcium; vitamin E neutralizes free radicals, protecting cells in the process; and vitamin K is essential for blood clotting.

These are known as fat-soluble vitamins, which means fat must be present in order for them to be absorbed and processed by the body. Wholesome, healthy fats provide your body with the ability to do this by first shuttling and then dissolving the vitamins, micronutrients, and phytochemicals they supply into your body.

2. Eating fat promotes weight loss by curbing the tendency to overeat.

Healthy fat is very satiating, especially when paired with foods that don't irritate your digestive system. This means you feel fuller faster, which means you are less likely to overeat! Combining a delicious [grass-fed burger](#) topped with avocado and a side of quinoa or baked sweet potato is far more satisfying and filling than some bread and jam.

You could eat an entire loaf of bread and not feel as satisfied as you would from the burger meal. Eating the balance of [protein](#), [carbohydrates](#), AND fat ensures you'll be full enough to stop eating when you're full.

3. Eating fat prevents weight gain by stabilizing blood sugar levels.

The consumption of fat before or with any carbohydrate meal slows the rate at which food exits your stomach. This stabilizes blood sugar levels, preventing harmful insulin spikes that trigger fat storage and lead to weight gain.

(This is one of the reasons you want to avoid fat consumption immediately post-workout - more on that below!)

4. Eating regular amounts of fat gives you consistent energy for your workouts.

Along with glycogen (your body's glucose stores), fat is burned during exercise to spare precious protein in your muscles.

It is also the primary fuel for the body at rest. When dietary fat levels drop too low, your body may actually start trying to hold onto body fat to protect you from starving. Don't trigger that switch!



5. Eating the right kind of fat reduces inflammation in the body.

Inflammation caused by eating foods that irritate our systems or cause an allergic reaction will expedite weight gain, and lessen the effectiveness of *leptin*, the hormone that helps regulate food intake, maintain a healthy body weight, and ensure your metabolism is in top working order.

Healthy fats like [Omega-3s](#) help stimulates the production and secretion of leptin. They also reduce inflammation throughout the body, help prevent cancer cell growth, prevent excessive blood clotting, and inhibit thickening of the arteries.



By mindfully including more Omega-3 foods in our diet, we can trigger the body to lose unnecessary weight and keep it off, while benefitting from all the other nutrients in those foods as well. Focus on the foods from the lists below and you'll support all of your body's natural fat regulation processes!

Good sources of Omega-3:

- flaxseed
- cod liver oil
- walnuts
- soybeans

- sardines
- oysters
- salmon
- mackerel



What Kind of Fat Should I Limit or Avoid in my Diet?

On the other end of the dietary fat spectrum are saturated and trans fats.

Saturated Fats

Saturated fat occurs naturally in many foods such as meat, dairy products, palm and coconut oils, and cocoa butter. Despite its reputation, including naturally-occurring saturated fat in moderation into our diet **is not bad for us**.

This does not mean that you should just start eating saturated fat with abandon, especially if you're trying to lose a significant amount of weight. Again, moderation is key.

Get most of your dietary fat from the Omegas we talked about above, a minimal amount from Saturated Fats, and steer as clear as possible from Trans Fats (below), and you'll be right on track.

Trans Fats

Trans-fatty acids also subject us to inflammation and contribute to free radical formation. You've heard of free radicals before I'm sure, and how **eating antioxidant-rich foods like leafy greens, berries, beans, and spices** protects you from their potentially harmful effects.

A diet that contains a lot of trans fats is very unlikely to contain many of those antioxidant-rich foods, and will raise your bad (LDL) cholesterol levels while lowering your good (HDL) cholesterol levels. This can raise blood pressure and harden the arteries, increasing the risk of stroke and heart attack.





Trans-fatty acids are in so many commercially sold products, like margarine, vegetable shortening, pre-made baked goods like sweet rolls, cookies, and pre-made cakes and frostings. They are also present in things like frozen drinks, fried chicken, French fries, breakfast sandwiches, meat sticks, crackers, packaged pudding, canned chili, frozen dinners, and ice cream.

An easy way to find out if the food you're eating has trans-fat is to simply check the ingredients label for the word *hydrogenated* or *partially hydrogenated oil*.

#themoreyouknow

How Much Healthy Fat do I Need to Eat?

As we've seen, eating healthy fat in your food boosts your brain power, enhances your body's ability to lose stubborn body fat, and provides you with lasting energy that can eliminate cravings, mood swings, and poor sleep.



The **amount** of fat you need each day depends on your daily nutritional needs, which are of course based on your size and activity level. As a general rule of thumb, aim for 20-35% of your total daily intake to come from fat.

I measure my fat in meals by eyeballing the portion of fat to the size of my thumb. I go for the smaller side if the food is in a liquid form (oil) and a little larger when it's in solid form (peanut butter, nuts, avocado).

Balance is key in fat consumption; eating enough of the good stuff (nuts, avocados, flax, salmon, etc.) promotes weight loss and weight maintenance. Eating too much of the bad stuff (ice cream, cake, pastries, pizza, etc.) promotes weight gain. Focus on emphasizing whole food fat sources.



Betty Rocker's Favorites: **Healthy Fat Sources**

NUTS AND SEEDS	Walnuts, almonds , Brazil nuts, pecans, cashews, flax seeds, sesame seeds, hemp seeds , chia seeds , pine nuts, <i>filberts</i>
DAIRY	Butter, Greek yogurt, ghee
FROM THE FARM	Eggs, grass-fed meats , organic and farm-raised poultry, liver
PLANTS	Avocado, olives, coconut , peanuts, peanut butter, soybeans
FISH	Salmon, mackerel, albacore tuna, herring, lake trout, cod liver oil, sardines, bluefish
OILS*	Olive oil, walnut oil, sesame oil, avocado oil , peanut oil, grapeseed oil, sunflower oil

**A note on buying oils: I recommend buying them in containers that are made of colored glass or non-see-through to prevent the oxidative effects of light exposure. Look for things on the label that tell you about the processing, like unrefined, unfiltered, cold pressed and organic - and avoid labels with hydrogenated, partially hydrogenated, and refined as much as possible.*



The Bottom Line: Eating Good Fat Keeps You Healthy and Lean

Eating a variety of dietary fat with an emphasis on the Omega-3s will not only regulate all your essential cellular functions, it will keep you lean as well.

There is nothing to fear about fat. In fact, we've discovered quite the opposite is true - adding steady doses of healthy fats to your diet will help you be stronger, leaner, healthier and more confident than ever that the food choices you're making are promoting a long, rich life in your best body - which of course is what being a Betty Rocker is all about!



GREENS 101



Greens at a Glance

Greens (G): greens and non-starchy vegetables. All of your greens will be labeled with the (G) so you can identify them in your meals.

Timing: eaten with every meal opportunity

Amount: aim for 5-10 servings per day, emphasis on veggies

One serving size of vegetables is equivalent to:

1 cup of leafy veggies

1/2 cup chopped fruit/veggies

Greens can be eaten by the fistful (just kidding, but not really)! You can use your fist as a good measure for a portion of greens with meals.

They are included daily and are an important part of getting daily vitamins, fiber, and other nutrients vital to a healthy immune system, organ and digestive function, alertness and a long, healthy life into your body.

When you put it all together, the amount of carbs, fat and protein will vary at meals throughout the day.

Examples: When I say “greens,” I’m referring to a long list of green vegetables, ranging from dark leaf lettuce and spinach to Brussels sprouts and peas, that specifically supply our bodies with certain nutrients to support all those cleansing and detoxifying benefits they provide.

You can read the entire list of my favorites healthy greens down below, but first, why bother eating greens in the first place?



Why Eat Greens?

1. Greens Have Micronutrients. You Need Micronutrients.

I mentioned the *macronutrients* earlier in this guide – the nutrients our bodies need lots of in order to function. [Protein](#), [carbohydrates](#), and [healthy fats](#) are all macronutrients.



On the flip side of that are the *micronutrients* we need in smaller amounts in order to grow, metabolize properly, and enjoy an overall sense of well-being. Even though we only need a comparatively smaller amount of micronutrients than macronutrients, they are equally as important to our health and wellness.

In fact, micronutrient deficiencies can lead to serious health concerns like fatigue, hair loss, muscle cramping, and migraines, and quite frankly, ain't nobody got time for all that.

2. Micronutrients give you Vitamins and Minerals. You Need Vitamins and Minerals.

Vitamins are essential organic nutrients that are not made in the body, at least not in sufficient amounts, so we need to get them other ways. The best, healthiest choice is through whole, unprocessed foods, like the ones found on the list down below.



Vitamins are either fat-soluble (A, D, E, K) or water-soluble (B-complex, C), just meaning they require either healthy fat or water in order to be absorbed by the body.

ALL vitamins play super important roles in your overall health.

VITAMIN Ais essential for eye and brain health; it regulates growth and keeps your immune system healthy
VITAMIN Dis a special vitamin that's actually made in your body when your skin is exposed to sunlight. While it's available in some foods and as a supplement, it's most bioavailable when we get regular sun exposure and our body makes it the natural way. It functions to preserves and promotes bone health, and helps to keep your respiratory system healthy. It also enhances your mental and emotional well-being and keeps your immune system functioning in top form.
VITAMIN Eprotects not only the building blocks of your cells (lipids), but also your DNA by stopping free radicals from damaging the fragile structure of chromosomes.
VITAMIN Kactivates the proteins in blood that are responsible for clotting. It's also essential for protecting your heart and building strong bones.
THE B-COMPLEX VITAMINS(which include thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), folate (B9), and cobalamin (B-12)) are important to brain health, necessary for regulating metabolism, influential in affecting mood, and preserves memory and cognitive function as you age
VITAMIN Cis an antioxidant; it's important for growth and healing, promotes skin elasticity and strength of connective tissue and bones, and enhances absorption of iron in the small intestine

Minerals are inorganic nutrients that also play a key role in keeping us healthy and properly functioning. As with vitamins, minerals are found in small quantities within the body and they are obtained from a wide variety of foods.

Trace elements (we need tiny amounts):

COPPER	...allows your body to absorb iron; helps your body make the hemoglobin in your red blood cells; helps protect your body from free radicals; allows blood to clot properly; keeps your immune system strong.
IODINE	...allows your thyroid to make the hormones that help regulate metabolic rate and keep your heart, lungs and intestines healthy; helps prevent goiter, a condition characterized by an enlarged thyroid gland.
IRONapproximately, two-thirds of the iron in your body is found in hemoglobin – the protein in your red blood cells. The iron in hemoglobin binds to oxygen from your lungs and delivers it to the rest of the tissues in your body. Iron also transports oxygen to your muscles and aids in the synthesis of neurotransmitters – the chemical messengers in your brain.
MANGANESE	...helps your body metabolize carbohydrates, protein and fat; also aids in bone formation.
SELENIUM	...helps regulate the thyroid hormones in your body and also functions as an antioxidant, protecting your body from free radicals – unstable substances that may contribute to the development of chronic diseases.
ZINC	...necessary for DNA and RNA synthesis; allows your body to produce white blood cells, which keep your immune system strong; plays a role in wound healing.

Macro elements (we need in larger amounts):

CALCIUM	...crucial for bone strength; responsible for muscle and blood vessel relaxation and contraction, nerve firing, and communication between cells
MAGNESIUM	...essential to many vital processes, like metabolism; vital to bone formation and synthesis of genetic material
POTASSIUM	...responsible for muscle and nerve function, a steady heartbeat, and cell detoxification; acts as the inverse of sodium
SODIUM	...helps muscles and nerves work properly by assisting muscular contraction and transmission of nerve signals; regulates blood pressure and volume

Ok, so Greens provide Micronutrients

...which provide Vitamins and Minerals...

...which keep your body healthy and thriving.

As if all that wasn't reason enough to start chomping away, there's actually another important piece to the cleansing and detoxifying benefits of greens – **the fiber**.



3. Greens Have Fiber. You Need Fiber.

Fiber plays a key role in helping you maintain or achieve your optimal weight.

High-fiber foods generally require more chewing time, which gives your body more time to register when it's full, helping you to avoid overeating.

Additionally, high-fiber foods have fewer calories for the same volume of food, making them more “energy dense,” which keeps you feeling fuller, longer, while triggering your mental “stop eating” shutoff valve.

High-fiber is the ideal complement to healthy fat, which is also very energy dense. Read [Healthy Fat 101](#) for your refresher on the best fats to include in your diet.

Combining high-fiber green foods with healthy fats helps you boost the nutrients found in the greens and maximize the utility of the energy provided from the fat.

There are two kinds of fiber, and your diet should include both of them.

Soluble fiber (which your body can break down) helps slow the absorption of sugar, an important factor in weight regulation. Since soluble fiber takes longer to digest, it also means that more time can elapse before you feel hungry again.

Soluble fiber also promotes a healthy immune system by providing your “friendly flora” (or beneficial intestinal bacteria) with important nutrients it uses to fuel its own growth. This is actually really cool, and it makes a huge difference to your overall health.

As they metabolize some of the fiber you eat, these friendly microbes produce molecules called “short- chain fatty acids,” which have been associated with a decrease in cancerous colonic cells, reduction of serum cholesterol, and maintenance of both healthy blood sugar levels and healthy intestinal tract cell walls.

Insoluble fiber is not digested by the body, which makes it extremely important to consume on a regular, consistent basis. As it goes through the digestive tract, insoluble fiber binds to toxins and carries them out of our body.

Without a diet that contains adequate fiber, food particles and waste byproducts can get stuck or build up in the looping, folding twists of the intestines over time and cause inflammation, increased blood pressure, and toxicity in the body. We definitely can do without all that, so start looking for ways to increase your Greens!

When, and Which Greens Should I Eat?

Let's be clear: there's no wrong time for greens.

You can eat them morning, noon, and night, for breakfast, lunch, and dinner. They make a wonderful snack, and Greens are even my **#1 go to secret weapon against late night sugar cravings!**

It's a good idea to regularly rotate which greens you're eating, because **no single food contains all of the vitamins and minerals we need – therefore, a balanced and varied diet is necessary to hit all the bases on a regular basis.**

Recommended Dietary Allowances, or RDAs, represent the average daily dietary intake of each vitamin and mineral a person needs to stay healthy and steer clear of deficiencies.

[Click here](#) to see Consumer Lab's RDA values, which are all backed by scientific data, broken down by age, or [click here](#) to see the FDA's Vitamin and Mineral Chart.



Betty Rocker's Favorite Healthy Greens

Dark green, leafy vegetables high in both micronutrients and fiber:

- spinach
- kale
- Swiss chard
- romaine lettuce
- broccoli
- Brussels sprouts
- bok choy
- mustard greens
- turnip greens
- collards
- cauliflower
- cabbage

Additional healthy green options:

- avocado
- lima beans
- artichoke
- peas
- edamame





How to Prepare Your Greens

Even with so many great Green options, it can still be tough to find enough creative ways to include them each and every day. In closing, here are some of the best ways I know to incorporate them on a daily basis...

Green Smoothies: This is my favorite way to ensure I get enough Greens each day in my diet. You'll have 2 green smoothie recipes every week in your plan (and can access them all in your bonus Recipe Guide). You can also find more [Green Smoothie recipes on the blog](#).

Make a salad: Keep salads interesting by varying their colors, textures, and varieties. Perk them up with small tender leafy greens such as romaine lettuce, spinach, and arugula mixed with different kinds of accompaniments such as tomatoes, cucumbers, and carrots.

Wrap it up: Make a wrap with tuna, chicken or turkey and add romaine lettuce, spinach, arugula, and other veggies for some extra flavor.

Add to soup: Add greens with larger, tougher leaves such as collard greens, kale or mustard greens into your favorite soup.

Sautee or Stir-fry: Add chopped spinach, bok choy, or broccoli to chicken or tofu stir-fried with olive or canola oil with some garlic, onion or ginger.

Greens Supplements: [Organifi](#) is a portable green juice that comes in handy when I'm [traveling](#), or when I run out of fresh greens at home. It's got a great minty taste and will leave you feeling refreshed and energized – and it's PACKED with [nutritional awesomeness](#)



Steamed: Steaming collard greens, mustard greens, kale, Swiss chard or spinach until they are slightly soft is a great option.

In an omelet: Add steamed broccoli and/or spinach to an egg-white omelet for a vitamin and iron rich meal.



Ok Rockstar, it's seriously awesome that you've made it through all of this info - it's going to serve you well for years to come - and you can reference it anytime while you're using your plan! So now....



Getting Started Checklist

1. **Browse through the Recipe Guide to see what recipes sound good to you, and what you might like to try.**

Remember it's ok to make substitutions for ingredients you don't like. You're not locked in! Just swap proteins for proteins, carbs for carbs etc (for example: duck for chicken, potatoes for sweet potatoes, cauliflower for broccoli, etc).

2. **Take a look at the Week 1 Meal Plan to see if you might like to try doing the Minimal, Hybrid or Batch style of eating.**

Each style is mapped out for you in every week to create lots of flexibility for you.

3. **Be sure you have the necessary kitchen tools** for the recipes you'll be making, plus whatever to- go containers you need to pack your daily food when you're not at home.
4. **Pre-make a smoothie and/or breakfast if you're taking it with you. Your smoothies will keep well for several hours.**
5. **You can ALWAYS mix up the order of the meals any day you like** to accommodate your workout schedule, your work schedule, and anything else you have going on. I have been known to eat dinner for breakfast and a green smoothie for dinner many times.
6. **Even more important than exact portions and meal times is including nutrient-dense, whole foods in your life consistently and listening to your body** - when you're full, when you're hungry and responding to those signals.



7. **Don't get stressed about calories or having perfect portion sizes or amounts** – pay attention to how hungry you are, and how full you get from each meal, and keep track of what you experience. Every time we change our eating habits, our body goes through an adjustment.

8. **Give yourself time to adjust** to this kind of whole, healthy food and increase or decrease your food quantities as needed to support your activity level.



Complete Betty Rucker MEAL PLAN SET



Step 1: [7 Day Meal Plan:](#) the perfect place to start, complete beginner's guide to nutrition and 7 day meal plan!



Step 2: [The Body Fuel System:](#) Take your nutrition and body knowledge to the next level with the BODY FUEL SYSTEM - eating made easy with this customizable guide that will give you the perfect solution to eating healthy, burning fat and having a system to use for life! Comes with a 6-week done for you meal plan, amazing recipes, daily menus and more!



Step 3: [The 30-Day Challenge Meal Plan:](#) continue to progress and master healthy nutrient-dense cooking and healthy eating with this 30-day done for you Meal Plan and 4 additional cookbooks!

YOU ARE HERE



Step 4: [The 90 Day Challenge:](#) Add workouts! This program is a perfect compliment to either of the 30 day guides, as it comes with an 8-week done for you meal plan (meal plans are different in each program) and a 12-Week Home Workout Program!

[Shop All Betty Rucker Nutrition and Fitness Programs Here](#)

About Betty Rucker

Bree Argetsinger, aka The Betty Rucker is an internationally known health and fitness coach, innovative entrepreneur and motivator of self growth.

She began her education in nutrition at Tufts University, received her structural alignment certification in 2007, and is a C.H.E.K. (Corrective Exercise and High-performance Kinesiology), certified exercise coach and ISSA certified Fitness Nutrition Expert.



With a background in structural alignment and manual therapy, she incorporates a strong, holistic focus on body balancing and alignment into her fitness programs.

She worked with motorcycle racers and extreme sports athletes for 7 years as a Structural Integrationist before transitioning to nutrition and fitness full time.

A regular guest chef at Whole Foods for 2 years, she received early acclaim for her ability to teach simple, delicious, nutrition based cooking that made it easy for people to put great meals together and see a better result in their energy, physique and overall health.

Exercise, nutrition, mindset and lifestyle are all gateways to self growth. They all work together to serve you in the quality of life you live. Betty Rucker's mission is to empower people to live a healthy, happy and balanced life and achieve their dreams and goals by teaching them about food and their bodies - and how to consciously integrate this information into their lives in a meaningful way.

She is the host of the now world-famous [30 day fitness challenge](#), taken by over 2 million people, and has been the catalyst for transformation for hundreds of thousands of people's lives and bodies, with her [nutrition-based meal plans and workout guides](#).

You can connect with her on her blog, www.TheBettyRocker.com for recipes, home workouts and motivation!

Connect with her on [Facebook](#), [Instagram](#), [Youtube](#)