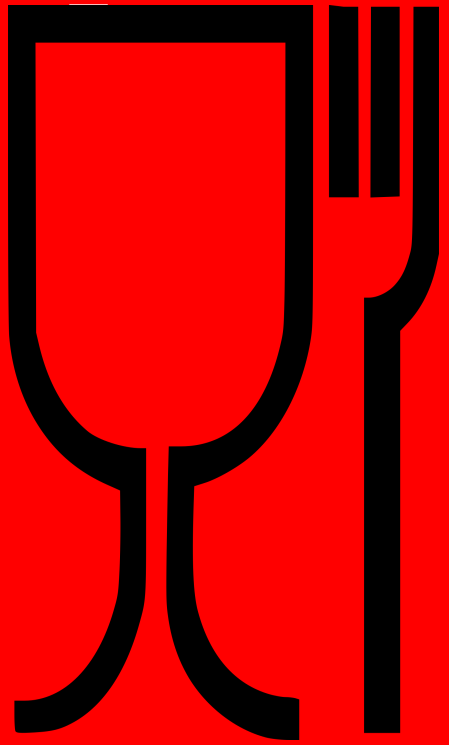


Ins & Outs To Flexible Dieting

Making the Sustainable Switch

What is Healthy Food?

*Healthy foods are those that **provide you with the nutrients you need to sustain your body's well-being and retain energy**.*

Water, carbohydrates, fat, protein, vitamins, and minerals are the key nutrients that make up a healthy, balanced diet.

OBJECTIVE VS SUBJECTIVE

Calories & Grams

The Calorie Conversion

- **Protein**
  4 calories per 1 gram
- **Carbohydrates**
  4 calories per 1 gram
- **Fats**
  9 calories per 1 gram

Macronutrient Breakdown

Protein - Builds/Recovers

Carbs - Energy

Fats - Hormonal Balance

Meal Building Made Simple

Consider these 2 VERY IMPORTANT Questions...

1. **Where's My Protein?**
2. **Where's My Fiber?**

(Reference "What Foods Should I Eat" pdf)

Meal Design Options...

-> Less Active

Lean Protein
Fibrous Carbs

-> More Active

Lean Protein
Fibrous Carbs
Starchy Carbs

Defining Your Plate

- **Lean Proteins**
  Low fat servings - 3 to 5x protein to fat
- **Fibrous Carbs**
  Generally 50 calories or LESS per cup
- **Starchy Carbs**
  Generally 150 calories or MORE per cup
- **Fruit**
  Generally 70-120 calories per cup

General Portion Sizes

Women

3-4 oz Protein ~100-150 calories

2-4c Fibrous Carbs ~100-150 calories

1/4-1/2c Starchy Carbs ~100 calories

Men

5-6 oz Protein ~150-200 calories

3-5c Fibrous Carbs ~150-200 calories

3/4-1c Starchy Carbs ~100-150 calories

General Macro Ranges

Women

-Calories 1300-1500 depending on daily activity

-Protein 100-130g

-Fat 30-50g

-Carbs 80-140g (depending on activity in daily)

-Fiber 20g<

-Sugar 30-50g

(this should allow for 1-2 servings of fruit in a day)

Men

-Calories 1600-1800 depending on daily activity

-Protein 150-170g

-Fat 60-70g

-Carbs 150-200g (depending on activity in daily)

-Fiber 30g<

-Sugar 50-75g>

(this should allow for 1-2 servings of fruit in a day)

The Simple Six

Order of Priority

#1 Hit Your Calorie Goals

#2 Eat Enough Protein

#3 Fill Up On Fiber

#4 Limit Your Fat

#5 Conscious Of Your Carbs

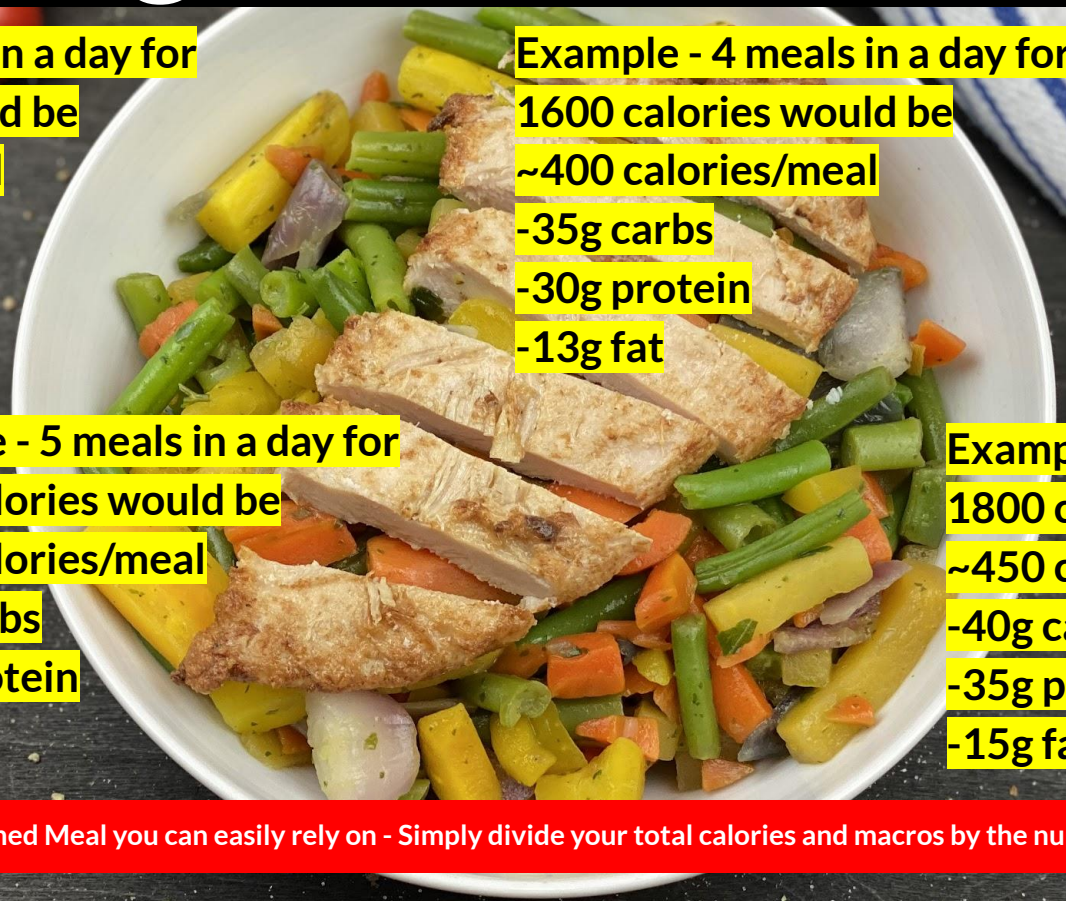
#6 Eliminate Simple Sugar

The Borrowing Hack

Trade
-carbs for Fats
and
-fats for carbs

100 calories equals...
-25g Carbs
-11g Fat

Building Your Ideal Meal



Example - 3 meals in a day for
1200 calories would be
~400 calories/meal
-30g carbs
-35g protein
-13g fat

Example - 4 meals in a day for
1600 calories would be
~400 calories/meal
-35g carbs
-30g protein
-13g fat

Example - 5 meals in a day for
1400 calories would be
~280 calories/meal
-25g carbs
-20g protein
-10g fat

Example - 4 meals in a day for
1800 calories would be
~450 calories/meal
-40g carbs
-35g protein
-15g fat

For a Simple Properly Portioned Meal you can easily rely on - Simply divide your total calories and macros by the number of meals you eat in a day.

Closing the Macro Gap

-**PPA** - Plan out your day, Prepare your food, Act at appropriate times

-Track first, Act/Eat second!

-Always look at the Nutrition/Nutrients before the last meal to properly pick & portion your food selections.

-Learn what the foods you eat are comprised of.

For The Sake Of Convenience...

Fresh is better than...

Frozen is better than...

Canned is better than...

NONE

Nutrition Label Hacks

Portion Sizes

Ingredients

Rule on Sugar

->Sugar should be 50% or less of the total carbs

Fat to Protein Ratio

->Protein should be 3-5x the amount of fat in a food product

Nutrition Facts

3 servings per container

Serving size (75g)

Amount Per Serving

Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 140mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container

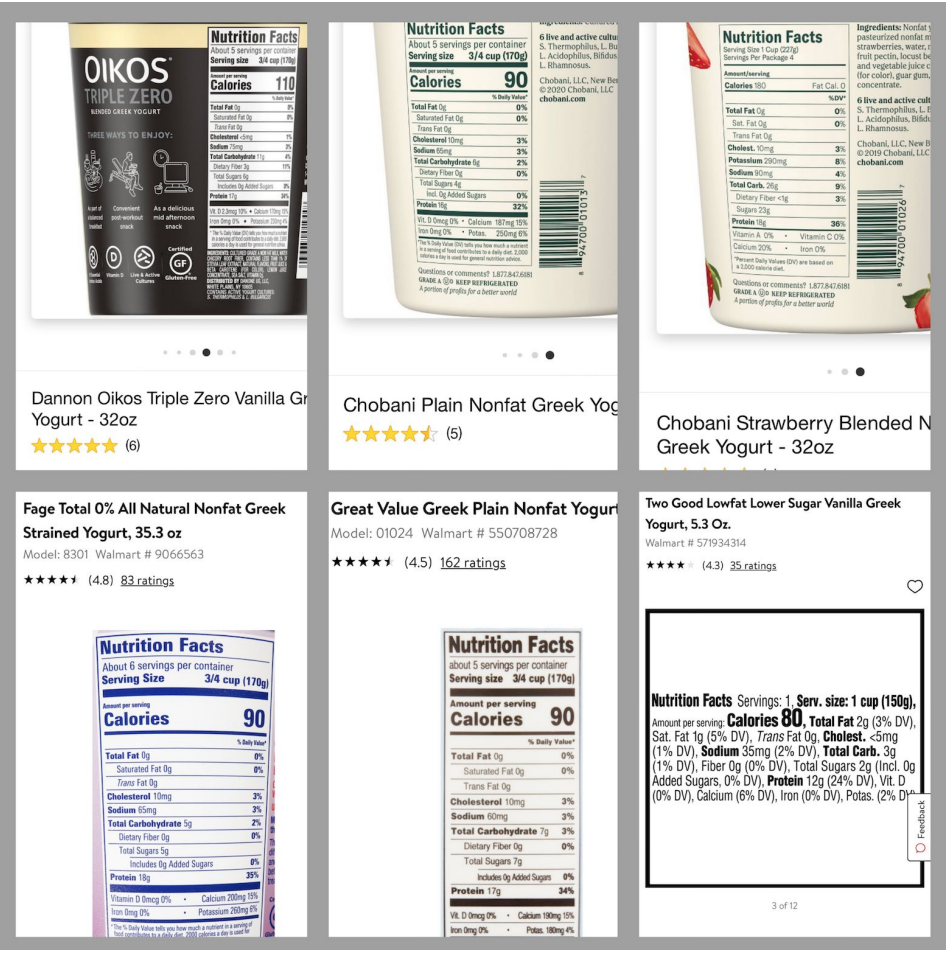
Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Maola's Whole Milk

Nutrition Facts

Serving Size	**1 cup (240mL)**
Amounts per serving	
Calories	**150**
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg 15% • Calcium 300mg 25%	

Maola's 2% Reduced Fat Milk

Nutrition Facts

Serving Size	**1 cup (240mL)**
Amounts per serving	
Calories	**130**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg 15% • Calcium 300mg 25%	

Maola's 1% Lowfat Milk

Nutrition Facts

Serving Size	**1 cup (240mL)**
Amounts per serving	
Calories	**100**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%

Maola's Fat Free Milk

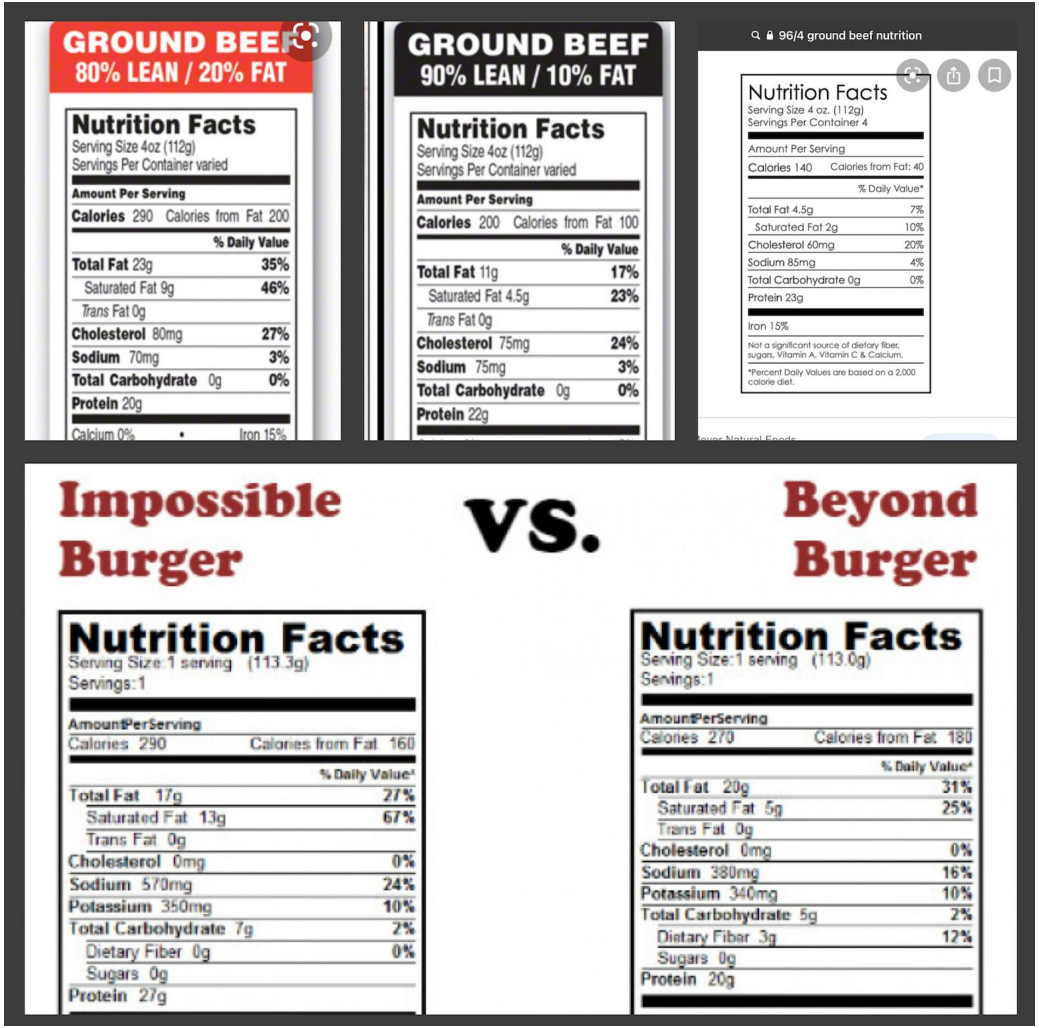
Nutrition Facts

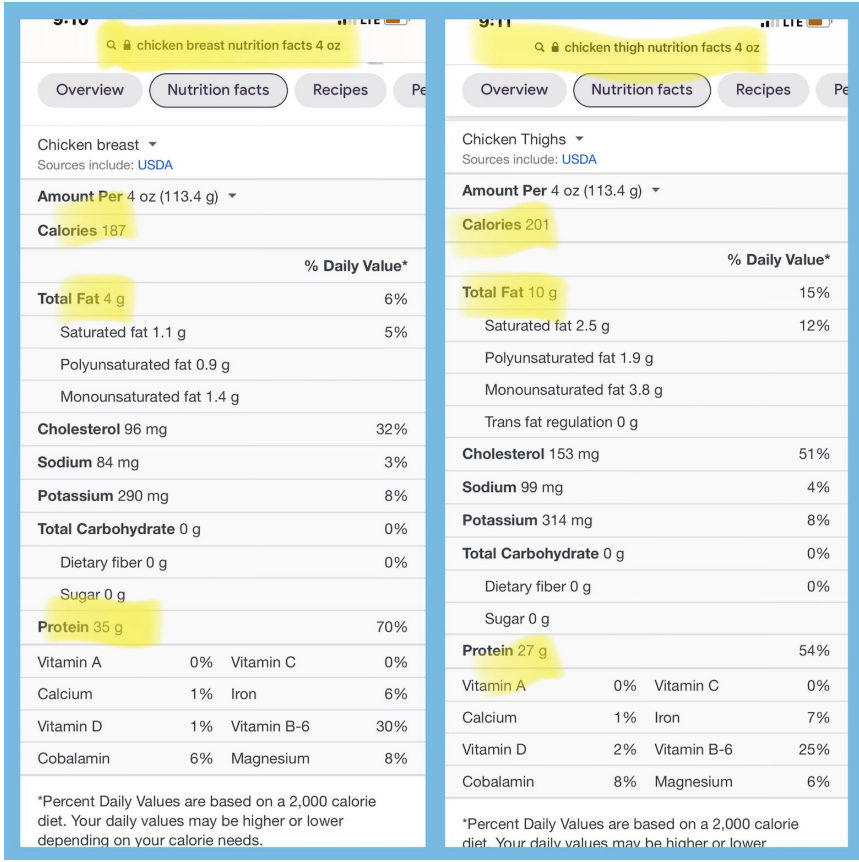
Serving Size	**1 cup (240mL)**
Amounts per serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg 15% • Calcium 300mg 25%	
Iron 0mg 0% • Potassium 400mg 8%	
Vitamin A 150mcg 15%	

Oat-Based Milk Nutrition Facts

8 servings per container

Serving size	**1 cup (8 fl oz) 240mL**
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 3g	


GROUND BEEF
80% LEAN / 20% FAT
Nutrition Facts
Serving Size 4oz (112g)
Servings Per Container varied
Amount Per Serving
Calories 290 Calories from Fat 200
% Daily Value
Total Fat 23g 35%
Saturated Fat 9g 46%
Trans Fat 0g
Cholesterol 80mg 27%
Sodium 70mg 3%
Total Carbohydrate 0g 0%
Protein 20g
Calcium 0% • Iron 15%
GROUND BEEF
90% LEAN / 10% FAT
Nutrition Facts
Serving Size 4oz (112g)
Servings Per Container varied
Amount Per Serving
Calories 200 Calories from Fat 100
% Daily Value
Total Fat 11g 17%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 75mg 24%
Sodium 75mg 3%
Total Carbohydrate 0g 0%
Protein 22g
96/4 ground beef nutrition
Nutrition Facts
Serving Size 4 oz. (112g)
Servings Per Container 4
Amount Per Serving
Calories 140 Calories from Fat: 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 2g 10%
Cholesterol 60mg 20%
Sodium 85mg 4%
Total Carbohydrate 0g 0%
Protein 23g
Iron 15%
Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C & Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.
Impossible Burger
VS.
Beyond Burger
Nutrition Facts
Serving Size:1 serving (113.3g)
Servings:1
Amount Per Serving
Calories 290 Calories from Fat 160
% Daily Value*
Total Fat 17g 27%
Saturated Fat 13g 67%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 570mg 24%
Potassium 350mg 10%
Total Carbohydrate 7g 2%
Dietary Fiber 0g 0%
Sugars 0g
Protein 27g
Nutrition Facts
Serving Size:1 serving (113.0g)
Servings:1
Amount Per Serving
Calories 270 Calories from Fat 180
% Daily Value*
Total Fat 20g 31%
Saturated Fat 5g 25%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 380mg 16%
Potassium 340mg 10%
Total Carbohydrate 5g 2%
Dietary Fiber 3g 12%
Sugars 0g
Protein 20g


chicken breast nutrition facts 4 oz
Overview
Nutrition facts
Recipes
Chicken breast
Sources include: USDA
Amount Per 4 oz (113.4 g)
Calories 187
% Daily Value*
Total Fat 4 g 6%
Saturated fat 1.1 g 5%
Polyunsaturated fat 0.9 g
Monounsaturated fat 1.4 g
Cholesterol 96 mg 32%
Sodium 84 mg 3%
Potassium 290 mg 8%
Total Carbohydrate 0 g 0%
Dietary fiber 0 g 0%
Sugar 0 g
Protein 35 g 70%
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 6%
Vitamin D 1% Vitamin B-6 30%
Cobalamin 6% Magnesium 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
chicken thigh nutrition facts 4 oz
Overview
Nutrition facts
Recipes
Chicken Thighs
Sources include: USDA
Amount Per 4 oz (113.4 g)
Calories 201
% Daily Value*
Total Fat 10 g 15%
Saturated fat 2.5 g 12%
Polyunsaturated fat 1.9 g
Monounsaturated fat 3.8 g
Trans fat regulation 0 g
Cholesterol 153 mg 51%
Sodium 99 mg 4%
Potassium 314 mg 8%
Total Carbohydrate 0 g 0%
Dietary fiber 0 g 0%
Sugar 0 g
Protein 27 g 54%
Vitamin A 0% Vitamin C 0%
Calcium 1% Iron 7%
Vitamin D 2% Vitamin B-6 25%
Cobalamin 8% Magnesium 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

Bacon

Overview | Nutrition facts

Bacon, pan-fried
Sources include: USDA

Amount Per 1 slice cooked (8 g)	
Calories 43	
Total Fat 3.3 g	
Saturated fat 1.1 g	
Polyunsaturated fat 0.4 g	
Monounsaturated fat 1.5 g	
Trans fat regulation 0 g	
Cholesterol 9 mg	
Sodium 137 mg	
Potassium 45 mg	
Total Carbohydrate 0.1 g	
Dietary fiber 0 g	
Sugar 0 g	
Protein 3 g	

Turkey Bacon

Nutrition Facts
About 8 servings per container
Serving size 1 pan fried slice (15g)
Calories per serving 30

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	**2%**	**Total Carbohydrate** 0g	**0%**
Saturated Fat 0g	**0%**	Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 0g	
Cholesterol 20mg	**7%**	Includes 0g Added Sugars	**0%**
Sodium 150mg	**7%**	**Protein** 5g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 40mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
COOK THOROUGHLY.
KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

Pork tenderloin

Overview | Nutrition facts | Brands | Pe

Pork tenderloin
Sources include: USDA

Amount Per 100 grams			
Calories 143			
			% Daily Value*
Total Fat 3.5 g			5%
Saturated fat 1.2 g			6%
Polyunsaturated fat 0.5 g			
Monounsaturated fat 1.3 g			
Trans fat regulation 0 g			
Cholesterol 73 mg			24%
Sodium 57 mg			2%
Potassium 421 mg			12%
Total Carbohydrate 0 g			0%
Dietary fiber 0 g			0%
Sugar 0 g			
Protein 26 g			52%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

Pork chop

Overview | Nutrition facts | Recipes | Pe

Pork, chops, blade, with bone, broiled
Sources include: USDA

Amount Per 100 grams			
Calories 231			
			% Daily Value*
Total Fat 14 g			21%
Saturated fat 4.3 g			21%
Polyunsaturated fat 1.9 g			
Monounsaturated fat 4.9 g			
Trans fat regulation 0.1 g			
Cholesterol 78 mg			26%
Sodium 74 mg			3%
Potassium 315 mg			9%
Total Carbohydrate 0 g			0%
Dietary fiber 0 g			0%
Sugar 0 g			
Protein 24 g			48%
Vitamin A	0%	Vitamin C	0%
Calcium	5%	Iron	4%

Ham

Pork

Overview | Nutrition facts | Brands | Typ

Ham, boneless, extra lean, 5% fat, roasted
Sources include: USDA

Amount Per 100 grams			
Calories 145			
			% Daily Value*
Total Fat 6 g			9%
Saturated fat 1.8 g			9%
Polyunsaturated fat 0.5 g			
Monounsaturated fat 2.6 g			
Cholesterol 53 mg			17%
Sodium 1,203 mg			50%
Potassium 287 mg			8%
Total Carbohydrate 1.5 g			0%
Dietary fiber 0 g			0%
Sugar 0 g			
Protein 21 g			42%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%
Vitamin D	8%	Vitamin B-6	20%
Cobalamin	11%	Magnesium	3%

Deli Ham

Nutrition Facts
Serv. Size 2 oz (56g)
Servings Per Container 4.5

Calories 70
Fat Cal 15

*Percent Daily Values (DV) are

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 1.5g	**2%**	**Total Carb** 2g	**1%**
Sat Fat 0.5g	**3%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Sugars 2g	
Cholest 30mg	**10%**	**Protein** 12g	
Sodium 460mg	**19%**		

White Potatoes

Nutrition F

Serving Size: 1 cup (1

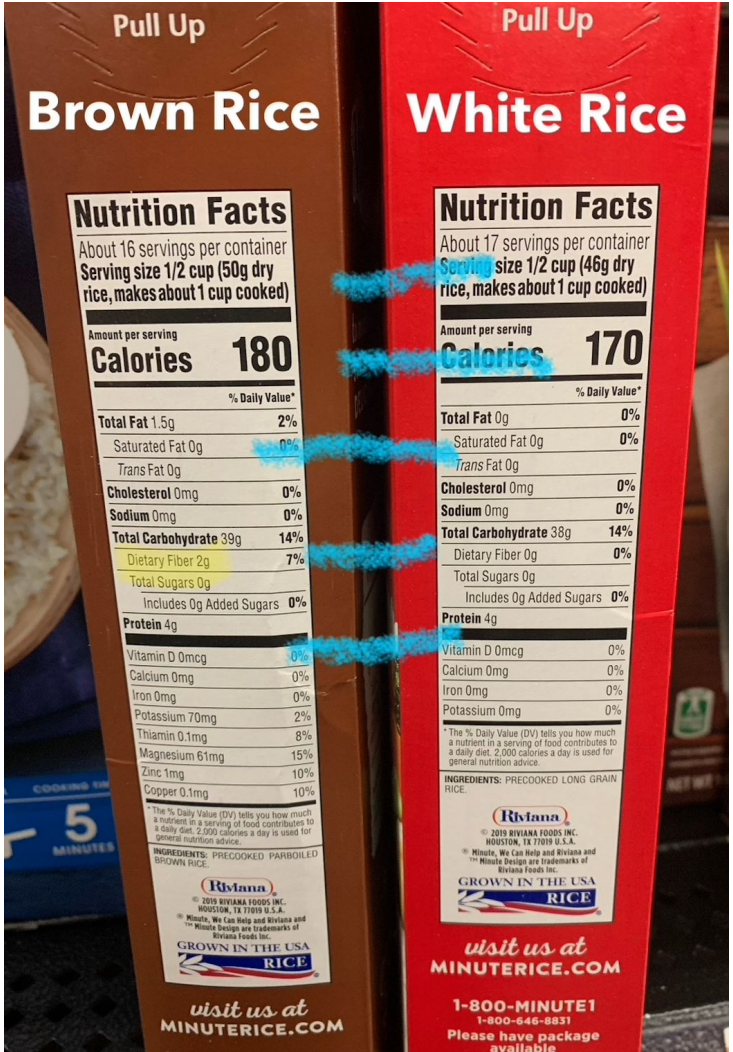
Amount Per Serving	
Calories 113	
Total Fat 0.2g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 12mg	
Potassium 653mg	
Total Carbohydrates 26g	
Dietary Fiber 2.7g	
Sugars 1.4g	
Protein 3.1g	

Sweet Potatoes

Nutrition F

Serving Size: 1 cup,

Amount Per Serving	
Calories 114	
Total Fat 0.1g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 73mg	
Potassium 448mg	
Total Carbohydrates 27g	
Dietary Fiber 4g	
Sugars 5.6g	
Protein 2.1g	



Visit the Tolerant Store ★★★★½ 130

Tolerant Organic Gluten Free Penne Pasta Variety Pack (Green Lentil, Red Lentil, Chickpea), 8oz - Case of 3, Plant Based Protein, Vegan Pasta, Single Ingredient Protein Pasta, Whole Food, Clean Pasta

Amazon's Choice for "tolerant foods"

NUTRITION FACTS

Serving Size 3oz (85g)
Servings Per Container about 2.5

Amount / Serving	CHICKPEA Per 3oz (85g)		GREEN LENTIL Per 3oz (85g)		RED LENTIL Per 3oz (85g)	
Calories	320		310		300	
Fat Cal	45		15		20	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	5g	8%	2g	3%	2g	3%
Sat Fat	1g	5%	0g	0%	0g	0%
Trans Fat	0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%	0mg	0%
Total Carb	51g	17%	53g	18%	50g	17%
Dietary Fiber	9g	36%	9g	36%	9g	36%
Sugars	3g		1g		2g	
Protein	17g	18%	21g	26%	21g	23%
Vitamin A		0%		0%		0%

Visit the EXPLORE CUISINE Store ★★★★½ 1,750

Explore Cuisine Organic Edamame Spaghetti - 8 oz - High in Plant Based Protein, Gluten Free Pasta, Easy to Make - USDA Certified Organic, Vegan, Kosher, Non GMO - 4 Servings

Nutrition Facts

4 servings per container
Serving size 2oz (56g)

Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 13g	46%
Total Sugars 3g	
Added Sugars 0g	0%
Protein 24g	48%

NON GMO Project VERIFIED · USDA ORGANIC · Certified GF Gluten-Free · Vegan · PARVE

Barilla® Protein+ Grain & Legume Spaghetti Pasta, 14.5 oz

NUTRITION FACTS

NON GMO Project VERIFIED

Serving size: 2oz. (56g)
Servings per container: about 7

Amount / Serving	(% Daily Value*)
Calories	190
Total Fat	1g (1%)
Saturated Fat	0g (0%)
Trans fat	0g
Cholesterol	0mg (0%)
Sodium	0mg (0%)
Total Carb.	39g (14%)
Dietary Fiber	4g (17%)
Soluble Fiber	2g
Insoluble Fiber	2g
Total Sugars	2g
Protein	10g
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 245mg	6%
Thiamin 0.5mg	40%
Riboflavin 0.2mg	15%
Niacin 5mg	30%
Folate 199mcg DFE (112mcg folic acid)	50%

Not a significant source of added sugars.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Nutrition Facts

Serving Size about 2oz (56g)
Servings Per Container: 8

Amount Per Serving	
Calories	200
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 1g	
Protein 7g	

Ingredients: Semolina (wheat), durum wheat flour.

Vitamins/Minerals: Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

This product is manufactured on equipment that processes products containing eggs.

Vitamin D	0mcg	0%	Thiamin	0.5mg	40%
Calcium	12mg	0%	Riboflavin	0.2mg	15%
Iron	2mg	10%	Niacin	5mg	30%
Potassium	118mg	2%	Folate	199mcg DFE (112mcg folic acid)	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Banza

Nutrition Facts

4 servings per container
Serving Size 2oz (56g) dry

	Per 2oz Serving		Per 1.5oz Serving	
Calories	190		340	
		% DV*		% DV*
Total Fat	3.5g	4%	6g	8%
Saturated Fat	0g	0%	1g	4%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0g	0%
Sodium	35mg	2%	70mg	3%
Total Carb.	32g	12%	56g	20%
Dietary Fiber	5g	17%	8g	30%
Total Sugars	2g		4g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	12g	24%	22g	44%

Water

Women

70-100 oz

Men

100-128 oz

Caffeine

->Include low/no calorie coffee/tea in your total liquid consumption

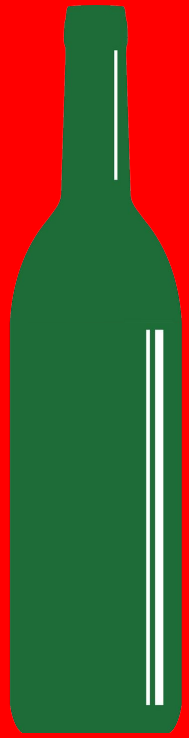
->Up to 400mg/day

->Energy drinks are ok - watch total caffeine/calories

Alcohol

-Alcohol is 7 calories/gram.
-Intuitively replaces a starchy carb in meals

-Tracking Hack - convert the alcohol calories into carbs/fats grams inside your food tracker



Protein Supplementation

Dairy/Plant-Based

1-2 Servings/day

-Powder

-Bar

Bars:
-Quest
-One
-Kirkland
-No Cow (PB)

Powders
-Dymatize ISO
-Driven
-Garden of Life (PB)
-Ka'Chava (PB)

Premade Shakes:
-Quest
-Muscle Milk (PB)
-Premier Protein
-Core Power

Supplementation

For any other supplement such as vitamins, pre-workout, or other products you need to know what's the **Minimum Viable Dosage** for effectiveness and have a good reason for taking them beyond the marketing of the product.

->Normal "One A Day" Multivitamin
->Fish Oil 2000mg of EPA/DHA combined
(www.sfh.com)
->Creatine Monohydrate
->BCAA
->Pre-Workout vs Caffeine

Recipe Hacks

->Use Google - Search better **Keywords.**
->Look in better places - Country Living vs Fit Mom Blog
->Complete control over what's going into recipes.
->Generally aiming for a **Higher Protein, Moderate Carb, Low Fat** approach.

->Places to look: *Shredded Chef, Skinny Taste, Hungry Girl, Jamie Oliver*

->Keywords to search: *"low calorie macro friendly...", "high protein low calorie snack", "high protein low carb dessert"*

Still Not Losing Weight

->Still Eating Too Many Calories
->Not Tracking Precisely Enough
->Not Eating Enough Fiber or Protein
->Not Consistent Enough With Calories
->Dieting For Too Long
->You're Making Non-Scale Progress
->You're Only Doing Cardio For Exercise
->Not Enough Water or Too Much Alcohol
->Stress is High or Sleep Is Low
->Unrealistic Expectations

Other Hacks

->Cooking Methods: Cooking Spray, Water Saute, Air Fry without oil, Instant Pot

->Intuitive Eating - Labeling food items as Protein/Vegetables/Starch/Fruit/Fat

->Google Restaurant Menus

->Google “X nutrition label”

->Holiday/Event Strategy

GET RESOURCEFUL