



SIMPLE GUIDELINES FOR
EATING HEALTHIER THAN EVER
plus four sample meal plans



dear friends and fit family,

I wanted to extend a token of thanks for the
chance you all have taken with me as your coach!

I absolutely, 100% love what I do and
love the relationships I have with my clients.

**PLEASE ACCEPT THIS E-BOOK
AS A THANK YOU GIFT FROM ME!**

In it you will find healthy tips and some sample meal plan
ideas to help you start your journey or to stay on track!

Remember, I am always here to provide support,
encouragement and answer any questions.

I feel immensely blessed by each and every one
of you, and feel a great calling and passion in helping
women become healthy - mind and body - and couldn't
be happier to have you on this journey with me.

☆☆ YOU'VE ALWAYS BEEN ☆☆

BEAUTIFUL

NOW YOU'RE JUST DECIDING TO BE

HEALTHIER, FITTER,
FASTER AND STRONGER.

REMEMBER THAT.



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SIMPLE
GUIDELINES
FOR

healthy eating



DO YOU EAT TO LIVE, OR LIVE TO EAT?

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PLEASE TAKE A MOMENT TO
CONSIDER THIS IMPORTANT QUESTION

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With our stressed-out, crazy fast, and technology-driven modern lifestyles, it's really easy to rely on food as an emotional crutch, a best friend, or an outlet for our fears and hostilities. If you're living to eat, it may be time to reconsider your relationship with food.

food is fuel for your body. simple as that.

Here are a few simple food rules to live by --
not for a day, or a month, but for LIFE.



choose whole foods

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This one should come as a no surprise. It's listed first because if you were to throw out every other message you've heard about healthy food and retain only the three words "eat whole foods," you would dramatically improve the way you eat if you're not currently doing so.

But this single guideline flies in the face of the way people eat in the Western world today, so you'll have to reject the shiny refined and processed food that food manufacturers want you to buy.

Some specific examples of what this rule implies:

- Brown rice instead of white
- Fruits instead of fruit juice
- Whole wheat instead of white
- Real foods instead of boxed



choose more plants

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There is A LOT of research out there that is showing a diet loaded with fruits and veggies can lower blood pressure, improve heart health, boost weight loss, ward off disease and help prevent type 2 diabetes.

Why? Because plants are loaded with vitamins, minerals, fiber, and antioxidants. They're low in calories and high in fiber. AND they have absolutely no cholesterol. There is no doubt that most of our plate should consist of plants.

The BEST and #1 way to eat your fruits and vegetables is from whole foods. Popping a pill does NOT do the trick. Fresh and frozen vegetables offer a combination of many health benefits. So remember to chew!

Some of the popular fruits and veggies to have as a snack are carrots, celery, berries, bananas and apples. It's also good to sneak a lot of spinach into smoothies, soups, salads and dinner dishes. AND go organic when you can!



choose more raw



The goal of adding more raw foods into your diet is to obtain plenty of nutrients in an easy-to-digest manner, one that our bodies are naturally suited for. While there's no need to go completely raw, it's important to make sure to consume at least some raw vegetables and fruits every day!

Raw foods have been shown to provide the following benefits:

- Lowling inflammation - Improving digestion
- Provides more fiber - Improves heart health
- Helps liver function - Prevents cancer
- Prevents and treats constipation - Gives more energy
- Clears up your skin - Prevents nutrient deficiencies
- Helps maintain healthy body weight - Healing properties

Raw foods also help alkalize the body, reduce acidity and have less of a chance of fermenting in the gut causing inflammation/autoimmune reactions. Some favorite raw foods to eat regularly are leafy greens, citrus fruits, seeds, avocados, carrots, celery, tomatoes and melons.



choose to cook more



To follow the first guideline of eating whole foods nearly dictates that you must prepare your own food. Nonetheless, we've included it because it runs counter to the way so many people now obtain their meals.

It is commonly held that people who cook at home tend to save money, consume fewer calories, fewer carbohydrates, less sugar, and less fat than those who cook less, or don't cook at all.

Cooking at home will help you prepare more nutritious meals than you can find at a restaurant and definitely healthier than the frozen or boxed meals at the grocery store. You'll also know how the food is prepared in the safety and cleanliness of your own home. You're in control of the food you cook and the food you consume.

Cooking at home also builds healthy lifestyle habits, you'll discover new recipes, learn about food, create and stick to meal plans, PLUS it encourages family bonding time. Make your way into the kitchen and start cooking!



choose simplicity

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Sometimes we tend to overcomplicate things in life. Food shouldn't be one of them. You don't need to be a fancy chef making complex masterpieces with foreign foods. Remember to try and keep it simple. Eat less of the bad and more of the good. Choose foods that will fuel and nourish your body.

For example, I usually have a smoothie or salad each day. It's easy, it's quick, it keeps me on track and reminds me to put real, fresh fruits and vegetables in my body. For me, starting the day with a simple and healthy breakfast makes me more mindful of the day's food choices.

Other simple ideas:

- Hot oatmeal with fresh fruit and nuts
- Cut up a variety of fruits for a fruit salad
- Sliced veggies with a healthy hummus dip
- Brown rice with beans and steamed veggies



choose variety

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Eat different things and don't be afraid to try something new! Be more mindful of adding a variety of foods to your meal plan each day or each week instead of reaching for the same thing over and over again.

Eating a variety of foods makes it easier to get a balanced diet. Not all foods are equally nutritious, and even foods that are good for you are probably missing a few nutrients, so when you eat a variety of foods you're more likely to get all of the essential nutrients you need every day.

Take a look at all those fruits and vegetables next time you go to the grocery store. See all the different colors? That's important because the compounds that give fruits and vegetables their color also contain beneficial antioxidants that may have health benefits. So if you eat lots of different colors, you'll get lots of various antioxidants.

So remember variety, variety, variety!
This is an amazing thing to do for your health!



choose more water

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Oh how we could go on and on about the benefits of drinking more water!! It should probably be #1 on this list! A good rule of thumb to follow - if you haven't heard it before - is to drink at least half of your body weight in ounces. For example, if you weight 150 then make sure to drink 75oz of water daily!

If it seems a like a lot and hard to do, try flavoring it with fruit or herbs. Keep your bottle near you at all times and remember to take sips throughout the day.

Just a handful of the amazing benefits of water are:

- Increases energy & relieves fatigue
- Helps maintain the balance of bodily fluids
- Helps your kidneys rid your body of toxins
- Helps maintain normal bowel function
- Helps improve skin complexion
- Boost immune system
- Helps relieve headaches



choose proper portions

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Portion control is one of the most important steps in the right direction to reach success in your healthy lifestyle. Sure, all natural peanut butter is healthy, but in moderation! Limiting portions can help you lose weight and prevent further health complications.

Also important? Eating several small meals throughout the day, rather than 3 large meals with huge portions. Eating smaller meals throughout the day will help you stay satisfied longer, without becoming famished and overeating.

Here are some great tips to help you practice portion control:

- Don't skip meals
- Use a system of portion control containers to help you learn proper portions
- Use smaller plates
- Develop good 'eating out' habits
- Drink water with each meal or snack



choose to plan

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Make a plan! SCHEDULE your time. If you schedule, it must exist, right?? Block out a time to exercise, and stick to it. Plan a menu in advance, make your grocery list, so you have no excuses! Spend money on good food, take time to prepare it and you will more than likely be motivated to eat it quickly before it spoils and not sabotage your food plan by eating junk food.

Save time and money! Buy food on sale in bulk, prepare that food ahead of time and you will likely save money in the long run. Especially compared to when you have no idea what to eat so you order pizza or go out to eat instead. In the end, you will save money and time during the week.

Losing weight as we age is difficult, and it becomes more difficult after you get into your 30-40's. When you start making good choices, they soon become habits. This daily persistence will soon become discipline, and that is the secret tool to any fitness or food plan.



choose to begin

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"Every woman that finally figured out her worth, has picked up her suitcases of pride and boarded a flight to freedom, which landed in the valley of change."
- Shannon L. Alder -

Before you begin your weight loss journey, you must FIRST decide to commit to do it. No excuses. No letting yourself down, again. You can. I can help. We can do it together. You are worthy of self love, worthy of feeling healthy, and worthy of setting an example to those around you.

It's time to dig deep, time to set goals. Goals give our lives direction. Give us something to look forward to, to work towards, and to give us a feeling of fulfillment. This is your time, friends.



4

SAMPLE
meal plan
IDEAS



STOP DIETING... JUST EAT HEALTHY.

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A major benefit to creating a meal plan, is the ability and freedom to build a healthy menu customized to your tastes.

HERE ARE 4 SAMPLE MENUS THAT CATER TO
COMMON DIETARY PREFERENCES:
OMNIVORE, VEGETARIAN, VEGAN AND GRAIN-FREE

Within each menu, you'll find options for breakfast, snacks, lunch and dinner. Simply select an option for each meal to personalize your menu for the day. Each menu contains several options, so you can use them to create multiple variations.

Following the meal plan ideas, I have provided a sample blank meal planner and shopping list sheet. You may use these to help plan your weekly meals along with writing down the groceries you'll need. We hope you find them helpful!

OMNIVORE MENU

BREAKFAST

OPTION 1:

Poached eggs with grilled asparagus spears served with cooked oatmeal (sprinkled with cinnamon) and apple slices.

OPTION 2:

Greek yogurt with blueberries. Whole-grain crackers topped with cucumber and tomato slices.

OPTION 3:

Smoked salmon and poached egg on top of an english muffin served with sliced red bell peppers and strawberries.

LUNCH

OPTION 1:

Tuna salad with artichokes and olives along with wild rice.

OPTION 2:

Grilled salmon sprinkled with fresh herbs and paprika served with roasted asparagus and carrots. Cooked lentils with oregano.

OPTION 3:

Grilled chicken breast with steamed snow peas and broccoli. Cooked quinoa topped with sunflower seeds and fresh parsley.

SNACKS

OPTION 1:

2 large hard-boiled eggs drizzled with olive oil and sprinkled with smoked paprika or chili powder. 1 cup of blueberries.

OPTION 2:

Shakeology or protein shake with water, banana and nut butter.

OPTION 3:

Shakeology or protein shake with water, raspberries and spinach.

OPTION 4:

1/3 cup of raw pecans, walnuts OR almonds.

OPTION 5:

Lettuce leaf OR celery sticks with hummus.

DINNER

OPTION 1:

Grilled flank steak sprinkled with chili powder and oregano. Cooked string beans drizzled with lemon juice.

OPTION 2:

Grilled chicken breast sprinkled with cumin and himalayan salt. Steamed kale drizzled with lemon juice.

OPTION 3:

Grilled tilapia sprinkled with dried dill and himalayan salt served with steamed bok choy or brussel sprouts.

OPTION 4:

Grilled turkey lettuce wrap with tomato and cucumber slices, drizzled with balsamic vinegar and 1 tsp olive oil.

VEGETARIAN MENU

BREAKFAST

OPTION 1:

Hard-boiled eggs, cooked steel-cut oatmeal (sprinkled with cinnamon) and pear slices.

OPTION 2:

Cooked quinoa parfait, layered with greek yogurt, berries and nuts.

OPTION 3:

Cooked tempeh, seasoned with cumin and himalayan salt, wrapped in a whole-grain tortilla. 1 cup of blueberries.

SNACKS

OPTION 1:

Tempeh cooked with olive oil and sprinkled with cumin or chili powder. 1 cup of raspberries.

OPTION 2:

Shakeology or protein shake with water, banana and nut butter.

OPTION 3:

Shakeology or protein shake with water, raspberries and spinach.

OPTION 4:

1/3 cup of raw pecans, walnuts OR almonds.

OPTION 5:

Lettuce leaf with hummus OR with mozzarella cheese.

LUNCH

OPTION 1:

Mixed veggie salad with sunflower seeds, olive oil and vinegar, served with veggie burger and cooked yams.

OPTION 2:

Egg white omelet cooked in olive oil, sprinkled with fresh herbs, paprika, and asparagus spears topped with sesame seeds.

OPTION 3:

Cottage cheese topped with sliced tomatoes, drizzled with balsamic vinegar & olive oil topped with chopped olives and english muffin.

DINNER

OPTION 1:

Grilled veggie burger, sprinkled with chili powder, oregano and hot sauce topped with sprouts wrapped in lettuce leaves.

OPTION 2:

Green yogurt mixed with chopped mint, himalayan salt and chopped cucumber and tomatoes.

OPTION 3:

Grilled tempeh, sprinkled with smoked paprika and himalayan salt. Served with a mixed vegetable minestrone soup.

OPTION 4:

Chopped baby kale & cucumber topped with 1 cup cooked tempeh (seasoned with cumin) and tossed with vinegar and olive oil.

VEGAN MENU

BREAKFAST

OPTION 1:

Tofu scramble with spinach, onion, mushroom, tomato and black beans seasoned with cumin & chili powder. 1 cup raspberries.

OPTION 2:

Black bean breakfast burrito with brown rice, spinach and salsa. Served with green apple slices and nut butter.

OPTION 3:

Cooked oatmeal topped with mixed berries, banana slices and sprinkled with cinnamon. 1/2 cup of walnuts.

LUNCH

OPTION 1:

Brown rice, beans and steamed mixed veggies drizzled with aminos and seasoned with garlic and red pepper flakes.

OPTION 2:

Mixed greens salad with quinoa, cucumbers, tomatoes, chickpeas, drizzled with balsamic vinegar and topped with sliced avocado.

OPTION 3:

Marinated and baked tofu on a bed of brown rice. Served with roasted garlic brussel sprouts and sweet potato.

SNACKS

OPTION 1:

Overnight oats with chia & hemp seeds, topped with warm blueberries. Sprinkled with coconut sugar and cinnamon.

OPTION 2:

Vegan Shakeology or protein shake with water, banana and nut butter.

OPTION 3:

Vegan Shakeology or protein shake with water and berries.

OPTION 4:

1/3 cup of raw pecans, walnuts OR almonds.

OPTION 5:

Baby carrots OR celery sticks with hummus.

DINNER

OPTION 1:

Red lentil linguine noodles topped with sauteed tomatoes, onion, garlic, artichoke, mushrooms and basil.

OPTION 2:

Chickpea pasta spirals mixed with chopped broccoli, tomatoes, chickpeas, red onion and cucumber. Drizzled with lemon juice and red wine vinegar.

OPTION 3:

Vegan taco salad with toppings of your choice.

OPTION 4:

Vegan sweet potato chili OR sweet potato soup served with roasted asparagus spears drizzled with lemon juice.

GRAIN-FREE MENU

BREAKFAST

OPTION 1:

Egg vegetable frittata with cooked sweet potatoes sprinkled with himalayan salt and pepper. 1 cup strawberries.

OPTION 2:

Scrambled eggs with spinach, himalayan salt & black pepper. Steamed plantains and a cup of raspberries.

OPTION 3:

Turkey bacon, grilled asparagus and baked red potatoes sprinkled with himalayan salt and chili powder. 1 cup raspberries.

LUNCH

OPTION 1:

Grilled chicken salad with olive oil and lemon juice topped with pumpkin seeds and served with cooked yams.

OPTION 2:

Grilled salmon sprinkled with fresh herbs and paprika served with roasted asparagus and carrots. Cooked red potatoes with oregano.

OPTION 3:

Turkey breast, steamed snow peas and cauliflower drizzled with vinegar or hot sauce. Cooked plantains with sunflower seeds.

SNACKS

OPTION 1:

Turkey slices with honey mustard dip (yellow mustard mixed with a drizzle of honey).

OPTION 2:

Grain-free protein shake with water, banana and nut butter.

OPTION 3:

Grain-free protein shake with water, raspberries and spinach.

OPTION 4:

1/3 cup of raw pecans and green apple.

OPTION 5:

1/3 cup raw pistachios and blackberries.

DINNER

OPTION 1:

Grilled flank steak sprinkled with chili powder and oregano. 1 cup cooked cauliflower drizzled with lemon juice and coconut oil.

OPTION 2:

Grilled chicken breast sprinkled with cumin and himalayan salt. 1 cup steamed broccoli drizzled with lemon juice and olive oil.

OPTION 3:

Grilled tilapia sprinkled with dried dill and himalayan salt served with 1 cup steamed snap peas drizzled with coconut oil.

OPTION 4:

Chopped bison seasoned with cayenne, garlic and sauteed in coconut oil with 1 cup steamed broccoli.

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I hope you've enjoyed reading through this small e-book
I've put together and that it provided some helpful tips!

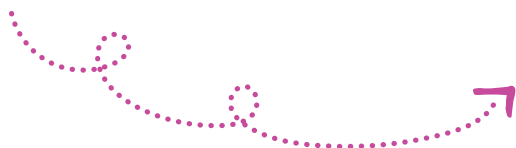
I will also be hosting a 21-28 Day Health & Fitness
Challenge soon and would love to have you join me!

I have found (along with my challengers) that
accountability is one of the MOST important components
to finding success and long lasting results. Please reach
out if you're interested or have any questions at all.

I am always here for you!

I'm so delighted to be on this journey with you,
never hesitate to reach out for guidance or
just to simply chat about your goals and life.

LOVE,



A TINY CHANGE

≡ TODAY ≡

BRINGS A DRAMATICALLY
DIFFERENT TOMORROW.



Lisa Mohager

