



10 Steps to Female Fat Loss, Hormonal Balance & Healing

*HOW TO EAT BEAUTIFUL FOOD , LOSE YOUR EXCESS & IMPROVE YOUR ENERGY
FOR LIFE!*

Step 1: Lose the coffee and start your day with.....

Hot Water & Lemon



Ginger & Apple Zinger



Why?

- ▶ When we drink coffee, our bodies produce the hormone **CORTISOL** — the same chemical that we produce when we're stressed or scared. Permanently elevated cortisol then leads to increased blood sugar levels which in turns lead to a propensity to store fat especially around your belly.
- ▶ Plus, most of us load our drinks with sugar and milk, adding to the calorie count. Not to mention the 'little treats' we have with coffee such as biscuits or a sugary breakfast.

Try these two great alternatives:

- ▶ 1. Hot water and lemon (adding ginger is great too) – liver cleansing and the ginger is anti-inflammatory.
- ▶ 2. Ginger, Apple, Lemon Zinger – if you're still hankering after an eye-opening KICK, this is a perfect coffee substitute, just juice all of the ingredient and wait for the ZING!

Step 2: Ditch the cereal & eat protein for breakfast

Ranch Eggs With Kale & Avocado



Banana, Ground Almonds and Red Berries Omelette



Step 2: Eat protein for breakfast

Protein Powder, Banana, Almond Milk & Blueberry Smoothie



Eggs, Salmon & Broccoli



Why?

- ▶ This has been the smartest move in the world of fitness and fatloss this decade....basically, if you start your day with protein and include protein in all your meals, your appetite and your levels of satisfaction and hugely improved – ALL DAY LONG. No 3pm sugar dips and a rush to the biscuit tin anymore!
- ▶ Keeping your blood sugar as constant as possible is KING when aiming to lose fat and create a positive eating plan FOR LIFE!
- ▶ This is a HUGE DEAL! Cereals, toast, orange juice are all taking you in the wrong direction!

Step 4: Ditch processed sugar

Prune & Nut Amazeballs!



Date, Nut & Coconut Amazeballs!



Why? Sugar is inflammatory to your system!

- ▶ Sugar will also make you store fat and this is probably our number one issue to conquer if we seek to move towards true health and fat loss.
- ▶ Chronic Inflammation is seen as the forerunner of all dis-ease and cutting our processed sugar intake is actually not that hard if you are well prepared.
- ▶ Ultimately, just start with replacing processed sugar for natural fruit sugar and that's a step in the right direction. Buying as little processed/packaged food will help massively.
- ▶ These home made AMAZEBALLS are made in minutes and contain nothing more than nuts, seeds, coconut, dates, prunes, ground almonds.....whatever you fancy, just pop in a food processor and blend together then roll into bite-size balls, ready for when you fancy something sweet. They are amazingly filling too so don't worry you won't eat too many of them either.

Step 4: Eat EXCITING salad all year round

Mackerel, Sprouts and Avocado Salad



Tuna, Watercress & Avocado Salad



Why?

Gone are the days of 'salad' being the torture food of female dieters.

- ▶ MAKE EXCITING, SATISFYING SALAD! You are only limited by your imagination.
- ▶ Peppers, sweetcorn, nuts and seeds, watercress, radishes, spring onions, tomatoes, avocados.....
- ▶ Just add some protein and away you go!
- ▶ & Massive burst of nutrition ALL YEAR ROUND!

Also, make your own salad dressing – here are my two faves...

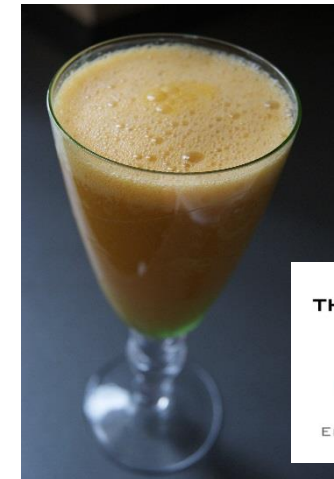
- ▶ 1. Extra virgin olive oil, lemon juice, sea salt, fresh ground pepper, 1 crushed clove of garlic.
- ▶ 2. Blend half an avocado, chilli flakes, lemon juice, sea salt, 1 clove of garlic, fresh coriander and water.

Step 5: Start juicing daily

Orange Delight & Green Goodness



Pink Power & Morning Meal



Why?

- ▶ There simply isn't a faster, easier, cheaper, more natural way to get the vitamins and minerals of fruit and vegetables into your daily diet than juicing.
- ▶ Many of the cravings we experience (for unhealthy foods) are created by a deficit in vital minerals and vitamins.

Get the good stuff in and watch your cravings decline!

- ▶ Orange Delight – Cantaloupe, Orange, Orange Pepper, Carrot, Kiwi Fruit.
- ▶ Green Goddess – Kale, Avocado, Apple, Spinach, Kiwi Fruit.
- ▶ Pink Power – Beetroot, Avocado, Carrot, Apple, Ginger.
- ▶ Morning Meal - Avocado, Carrot, Apple, Ginger, Ground Flaxseed.

Step 6: Change the look of your plate

Chicken Drumsticks In Tomato Sauce & Broccoli



Pan Fried Seabass & Broccoli



Why?

- ▶ Big news! Vegetables are carbohydrates too and do pretty well at sustaining us all at the level of activity that most of us manage to achieve.
- ▶ Most of our excess weight issues, comes from the consumption of sugar, excess starchy carbs and processed foods that are high in unmentionables that toxify the system.
- ▶ So, make friends with and get creative with veggies and make them the stars of your dinner plate with some lovely clean protein.
- ▶ Eating like this is just a better way to manage your blood sugar levels and reduce the potential for ultimately storing fat.

Step 7: Get smarter with your carbs

Roasted Carrots & Sweet Potatoes



Cauliflower & Coconut Milk Puree



Why?

- ▶ Again, most of us grew up thinking that our plates had to be dominated by starch carbs, second protein and third a few soggy vegetables.
- ▶ As it is plain to see, that idea isn't working too well for modern man. So.....why not make your vegetables the ROCKSTARS of your meal and get creative with them. The 'carby' part of your meal can easily become delicious roasted carrots or pureed cauliflower....which are both kinder to your bloody sugar levels and ultimately prevent the huge spikes which lead to fat storage.

Step 8: Keep your bowels moving

Prune, Pear and Ground Flaxseed Juice



Ground Flaxseed, Carrot, Pear Avocado and Ginger



Why?

- ▶ When we're aiming for optimal health, a better looking belly and fat loss, poor bowel function will hold us back every time.
- ▶ Increasing your general intake of vegetables will help A LOT, so will juicing with 'fibre in mind'.
- ▶ These two juices are great:
 - ▶ 1. Prune, Pear, Spinach & Flaxseed – Juice 2 pears and 2 handfuls of spinach, then add the juice to a blender containing 5 prunes and the 2 tablespoons of ground flaxseed.
 - ▶ 2. Juice 3 carrots, half an avocado, ginger, a pear and add 2 tablespoons of ground flaxseed.
- ▶ Both taste delicious and DO THE TRICK!

Step 9: Keep hydrated

Clean filtered water!



Herbal Teas



Why?

- ▶ Your body is 70-80% water!
- ▶ Without sufficient water, all your major functions are impaired such as cognition, strength/stamina and
- ▶ Healing your tissues, requires water. The collagen that needs to heal to repair your tissues post birth, especially Diastasis are 70-80 water!
- ▶ Drink up!

Step 10: Move more, move less!

Decrease the time, increase the intensity.



Prioritize RESTORATIVE ACTIVITY!



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Why?

- ▶ Forget about hours on the Cross-Trainer or running for miles. Think sustainable exercise that DOES NOT EXHAUST YOU. Something you can do daily, fit in easily and most of all, is totally EFFECTIVE!
- ▶ Finally, we now know that fat loss can be achieved and sustained by a daily 10-20 minute interval workout where all the big rocks of fat loss are covered....you raise your body temperature, you get sweaty, you get the burn, you get out of breath. DONE. Big moves that involve your whole body are the best way to move too.
- ▶ Add to this a DAILY general increase in activity (walking 30-60 mins is great) and VOILA! You have a system that can last you a lifetime.
- ▶ Conversely – YOU ALSO NEED TO UP YOUR RESTORATIVE ACTIVITIES TOO! This will reduce CORTISOL, your FAT AROUND THE MIDDLE hormone and bring a little calm to our busy daily life – AS ESSENTIAL AS THE MOVEMENT!

Any Questions?