

MINDFUL EATING TIPS & 21 DAY NUTRITION CHALLENGE

Meg Soper

Eating well and moving your body are two of the best defenses towards managing stress. It can take 21 days to form a habit. If you do want to make a change... do it for 21 days consecutively... it will start to feel like a new habit.

Applying ONE good habit such as WALKING regularly or crowding out something in your diet can lessen disease risk and improve our health.

Research indicates after the age of 40 our metabolism rate slows down and we lose ½ pound of muscle a year. Taking 30 minutes a day to move around or better yet...get outside and move around you will notice a difference with how your feel.

When we put ourselves on our 'Priority List' it is amazing to see the changes that might unfold. Take on the challenge and then add in the foods that you want to keep in your life. As a result of taking on this eating challenge I now reduce my dairy and gluten intake. I can notice a difference when I get off track. The food we eat makes a major difference in how we feel!

We get stuck doing the same thing. Be bold and make a change...we can always do it better...

"After taking on the 21 Day Challenge...I changed many of my eating habits and incorporated a greater variety of vegetables like kale and spinach into my diet. It is helpful to keep track of how you feel with regards to the food you eat and be mindful of when you get off track. Often we reach for that extra cookie for a reason other than hunger. Some things I could not give up on a permanent basis were chocolate and wine... life didn't seem as much fun without them."

21 DAY NUTRITION CHALLENGE



The Eating Challenge (follows the Paleo “Caveman Diet”)

- 1. No Dairy.** This includes milk, butter, cream, yogurt, ice cream, and cheese. This is just for 21 days. Slowly bring them back into your diet as your digestive system adjusts. Try Oat Milk or Almond Milk as an alternative.
- 2. No Starches, corn products, white potatoes, rice, breads.** Try cauliflower – Process it and spice it up.
- 3. No Processed Foods.** If it comes in the freezer section or in a box...don't eat it. Whenever a food is refined or processed... the natural fiber is taken out of it. Fiber is a type of carbohydrate that the body can't digest. Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Avoid all nitrates ... especially in bacon and sausage. Grass fed and without nitrates is best.
- 4. No Grains.** Not even corn. Wheat has gluten and all grains have a very high glycemic index – which means that these foods carry sugar too rapidly into the bloodstream, causing a spike and a crash.
- 5. No Alcohol.** Avoid booze completely during the challenge. Beer and wine will taste that much better after 21 days. (Alternatively...have alcohol one night a week only and aim for organic beer or wine if possible)
- 6. Eat Protein.** Try to focus on moderate to high animal protein. Eat a variety of poultry, seafood, red meats and eggs... grass fed if possible. For vegetarians you can substitute beans and legumes, black beans, white beans, lentils, chickpeas, hummus and green peas.
- 7. Eat Vegetables.** Eat as many and as much fresh or frozen vegetables you want. Go organic if you can.
- 8. Eat Fruit and Fruit Juices.** If you are trying to lose weight...limit your intake. Go for organic juices. Non blends with no added sugars. It's better if you juice it yourself.
- 9. Cook With High Quality Oils.** Good oils are coconut and organic olive oil. Avoid corn, cottonseed, peanut, soybean, rice bran, and wheat germ oils. Avoid any foods made with these oils.
- 10. Sea Salt.** Do not use iodized salt. Go for unrefined sea salt. A good sea salt should be coarse and grey in color.

MINDFUL EATING TIPS



Alkaline Versus Acidic

The body tries to maintain a healthy blood pH between 7.35 – 7.45. Stress, toxins and diet can affect that. An acidic pH can occur from an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients.

We are far more susceptible to fatigue and illness in an acidic environment. To maintain health, the diet should consist of 60-70% alkaline forming foods and 30-40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

An example of Foods that are Alkaline:

- Vegetables
- Most Fruits
- Some legumes – peas, beans, lentils
- Herbs and Seasoning
- Almonds
- Sunflower Seeds
- Organic Yogurt (with probiotics)
- Most Herbal Tea

An example of Foods that are Acidic:

- Red Meat
- Fish
- Eggs
- Poultry
- Wheat and Grains
- Milk – Dairy
- Processed Foods
- Black Tea
- Coffee
- Alcohol

Studies show that it takes 3 servings of vegetables and fruit to neutralize one serving of animal food. We can be mindful of balancing our plate with foods from both categories but aim for more alkaline.

MINDFUL EATING TIPS



Tips To Power Up

1. Be mindful of eating 5 different colours of vegetables a day.
2. Aim for 10 hours without food or alcohol between finishing dinner and having breakfast.
3. Be present when you are eating. Pay attention. Chew well. Digestion starts in the mouth and your stomach does not have teeth.
4. If there is something in your diet that you are willing to let go of...consider “crowding” it out with something else. It is small changes ... try one less a day and it will become a habit.
5. It is small steps to sustainable change. Think Big... Start Small and Act Fast.

Healthy Snacks

- Unsalted Nuts
- Raw Veggies (with hummus or nut butters)
- Fresh Fruit
- Kale Chips
- Cheese with Gluten free crackers
- Small Tin of Tuna
- Hummus Devilled Egg
- Almonds
- Sunflower Seeds

Examples of Antioxidant Foods

- Green Tea
- Blueberries
- Cranberries
- Broccoli
- Chia Seeds
- Almonds
- Walnuts
- Kale
- Tomatoes
- Garlic
- Fish

MINDFUL EATING TIPS

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Boost Your Immune System

This drink will give your immune system a kick start!

- Water 6 – 8 oz
- Lemon (1/4 – 1/2 Squeezed)
- Ginger (1 – 2 Tbsp.)
- Cayenne (Sprinkle)
- Agave or Honey (1 Tsp)

Immune Boost Smoothie

To help curb hunger at any time of day

- 1 Cup Almond Milk
- ¼ Cup Water (Add If It Is Too Thick)
- 1 Cup Packed Baby Spinach or Kale
- 1 Tbsp. Hemp Seeds (Energizing Protein, Iron and Magnesium)
- ½ Cup Frozen or Fresh Berries
- ½ Banana
- ¼ Tsp Cinnamon (Antioxidant)
- ¼ Tsp Ginger (Antiviral and Antibacterial)
- ¼ Tsp Turmeric (Inflammation and Disease Fighter)
- 2- 4 Ice Cubes

Method: Add all ingredients in the order they are listed into a high speed blender and blend until smooth.