

Your Nutrition Guide - Easy and Simple Eating Habits to Start Losing Weight

If you really want to see amazing results from your workout program, you **MUST** start practicing proper nutrition. For, not only will eating healthy improve your ability to workout, but **great nutrition will also melt that “Freshman 15” away about 10 times faster than just through exercise alone!**

But eating healthy can be difficult if you don't have a good nutrition plan to follow. Without a nutrition plan, it becomes all too easy to just eat whatever is available, whenever it's available... and unfortunately the world around us usually doesn't make healthy options readily available (when was the last time you saw fresh apples and bananas on a fast food menu?) You get my point! Plan ahead by bringing healthy snacks with you to class/work/etc... and you'll be much less tempted when junk food crosses your path.

In order to make the transition easy on you, I've created this super simple 2-week quickstart nutrition plan for you!

For the next two weeks, you will start implementing several changes into your current diet. Depending on your current eating habits, these changes may take some getting used to - but the benefits will be huge: a revved up metabolism, increased energy to get through your day, greater clarity of mind, and an already slimming waist-line!

Aside from giving your body and mind a kick-start towards your health and fitness goals, these first two weeks will also help transition you into my full F the Freshman 15 healthy eating program - a customized, full 90-day nutrition program that you can follow ANY where, on ANY budget! It's specially designed to meet the needs of the busy college woman who is sick and tired of counting calories, and wasting her time with painful diets that just don't work.

On this plan, you are not allowed to starve yourself, to skip meals, or to go on strange diets! Why?? Well, because food gives you energy, boosts your metabolism, and actually makes you slimmer. NOT eating enough food does just the opposite.

To get started right now, start following the simple steps below. I know they look simple, but they are designed to **EASE** you into healthy eating habits over the next two weeks, before you start the full 90-day program!

WEEK 1:

1. If you don't already eat breakfast, **START eating breakfast**. You should eat something within 15 -30 minutes of waking up! If you don't do this, your metabolism is slowed significantly for the rest of the day.
2. Start drinking at least **one cold glass of water** and **one piece of whole fruit with each meal** (Breakfast, lunch, and dinner). Water is one of the best things you can put in your body to help boost your metabolism! Aim for 6 - 8 glasses each day.
3. Eat **at least one serving of veggies with each meal** (Breakfast, lunch, and dinner)
4. **Keep a nutrition journal!** It doesn't have to be fancy, either – just a simple little notebook will do... a portable place for you to easily write down **EVERYTHING** that you eat.

It's amazing how much more reluctant we are to eat something unhealthy if we have to write it down and account for it! In fact, many studies have also shown that women (and men) of all ages are extremely dishonest with themselves about the food they eat. Across the board, we eat way more sweets, fats, oils, and grainy treats than we think we do. At the same time, we also tend to be extremely over-optimistic about our fruit and veggie intake.

I'm not saying that we **TRY** to deceive ourselves about our food habits... but this doesn't change the fact that we **DO**. The problem is that people simply are not very good at judging their own dietary intake until they start measuring and keeping accurate records of what they actually eat. (My research has shown that women who write down what they eat consume about 700 calories less than those who don't!) Crazy, right?!

WEEK 2:

Continue making all of the healthy changes you made last week. Now that you have started focusing more on **WHAT** you eat, this week we will also start focusing on **WHEN** you eat.

1. **Pick out a sports drink that you like** (Less than 75 calories per bottle). I particularly like G-2 Gatorade, Powerade Zero (the blue flavor kicks butt), and propel fitness water. But of course, you should pick a brand and flavor that **YOU** enjoy! Start drinking this during your workout, in addition to your 8 glasses of water per day.
2. **Start packing a healthy snack to eat IMMEDIATELY after your workouts**. Your snack should contain some healthy protein. Lowfat yogurt is a great post-workout snack. Pair it with some veggies and you're golden!
3. Over the course of this week, **start working towards an eating schedule that looks like the one below**, and try to eat a serving of veggies every time you eat!

Week 2 Eating Schedule: (print this page multiple times to easily use as your food journal!)

1. Breakfast (within 15 – 30 minutes of waking):

2. Snack #1 (2 – 3 hours after breakfast):

3. Lunch (2 – 3 hours after snack):

4. Snack #2 (2 – 3 hours after lunch):

5. Dinner (2 – 3 hours after Snack):

6. Optional Snack #3 (2 – 3 hours after Dinner):

MY WATER QUOTA (check a box every time you drink a glass of cold water):

/ ...Did you drink 6 - 8 glasses??

7. Breakfast (within 15 – 30 minutes of waking):

8. Snack #1 (2 – 3 hours after breakfast):

9. Lunch (2 – 3 hours after snack):

10. Snack #2 (2 – 3 hours after lunch):

11. Dinner (2 – 3 hours after Snack):

12. Optional Snack #3 (2 – 3 hours after Dinner):

MY WATER QUOTA (check a box every time you drink a glass of cold water):

/ ...Did you drink 6 - 8 glasses??

Not sure what food is “healthy”? Here are a bunch of super healthy, delicious, fun and easy snacks:

- Carrots and celery with 1/4 c. hummus
- Apple slices with 1 Tbs. honey and cinnamon sprinkled on top
- Celery with 1 Tbs. peanut butter
- Apple slices with 2 T Smucker’s all-natural peanut butter (spread on top of each slice, or use the peanut butter as “dip”)
- 8 oz. low fat yogurt (greek style is the best), with fruit such as chopped pineapple or berries mixed in
- 8 oz. 2% Fage Greek yogurt with seedless red grapes (seriously SOOO good)
- 1 banana, sliced long-ways with 1 Tbs. Smucker’s all-natural peanut butter in between the layers. Slice into bite-sized pieces and freeze in a zip-lock bag. This is a great snack between breakfast and lunch, or before your workout!
- 8 oz. skim chocolate milk and raw veggies
- 1 slice wheat bread (toasted is really good) with 1 Tbs. peanut butter on top and 1 Tbs. raisins
- Handful of your favorite nuts sprinkled atop fruit flavored yogurt
- Unsweetened apple sauce (Motts has some really good flavors) and 1 slice of string cheese
- Whole wheat crackers dipped into 1/4 cup of cottage cheese
- 8 oz. low fat cottage cheese mixed with fruit
- 4 oz. low fat cottage cheese mixed with low fruit-flavored Yogurt

****Want more delicious snack ideas and recipes? Become an FtF15 member to get access to exclusive recipes in my complete 14-week nutrition plan!**