**Healthy Weight Loss Program**

This comprehensive weight loss program was designed to help people lose weight and regain optimal health.

The style of eating promoted in this program is based on optimal blood sugar control. When you eat foods that keep your blood sugar in good range, weight loss becomes much easier. The scientific reason behind this has to do with insulin - a hormone that’s released in response to sugar and carbohydrates. People who eat high amounts of refined carbs and sugar have more insulin released in their body. High amounts of insulin lead to fat storage, increased appetite, and sugar cravings. When insulin levels become normalized, stubborn fat can be burned.

During this program you will be working towards eating a higher protein diet filled with nutrient rich foods such as vegetables, fruits, whole grains, and healthy fats. It is recommended that you follow this program for at least 8 weeks, but I hope you choose to do so longer.

**Diet Guidelines Summary:**

1. Reduce added sugar to less than 10 grams per day.
2. Keep grain servings to 3 or less per day.
3. Eat at least 3 servings of non-starchy vegetables daily.
4. Include high quality protein sources with all meals.
5. Consume healthy fats and do so regularly
6. Aim for 2 servings of fruit daily. Avoid fruit juice.
7. Limit alcohol to less than 3 standard drinks per week.
8. Allow yourself one dessert or splurge meal every week.
9. Don’t stress out about calories, serving sizes and being perfect:)

**Other Program Considerations:**

1. Supplement daily with multivitamin, probiotic, and omega-3 fatty acids
2. Weigh yourself weekly on the same scale at the same time of day
3. Keep a food journal while you are actively trying to lose weight. Hip and waist measurements can be a helpful tool to evaluate progress as well.

**Diet Guidelines In-Depth**

**1** | **Reduce added sugar to less than 10 grams *per day*.**

10 grams of added sugar is equal to 2 teaspoons of maple syrup or white sugar, and 1 ½ teaspoons of honey. Added sugar includes any sugar or sweetener that has been added to foods, either by you or the food manufacturer. Foods that contain sweetness by nature such as fruits, do not count towards your daily sugar allotment. While most foods with added sugar are quite obvious, there are many foods where the sugar is easily undetected. It is essential that you check food packaging for sugar content.

Besides the obvious desserts, and candies, foods with high amounts of added sugar include: fruited yogurt, granola, breakfast cereal, vitamin waters, sports drinks, pop, specialty coffee and tea drinks, condiments such as ketchup and even salsa.

Sugar can appear on the ingredients list as: sucrose, glucose, dextrose, fructose, high fructose corn syrup, maple syrup, sugar, brown sugar, molasses, agave nectar, honey, brown rice syrup, turbinado.

Artificial sweeteners such as stevia, Splenda, Equal, Xylitol, Sweet and Low, etc… should be avoided during the BBN program. Artificial sweeteners can make sugar cravings worse, and may even elicit the same insulin response as regular sugar.

If sweetener is to be used, it’s best to use small doses of raw honey or maple syrup in place of artificial sweeteners.

**2** | **Keep grains to 3 or less servings per day.**

Keep grain servings to 3 or less servings per day. Try to eat more“Intact” grains. This means that you are eating the entire grain in it’s whole and intact form (it has not been turned into bread, crackers, noodles, etc).

When grains are ground or broken into pieces, they are more quickly digested. This increases blood sugar more quickly, causing more insulin to be released.

* **Intact grains:** wheat berries, barley, buckwheat, whole oat groats, quinoa, brown rice, wild rice, millet, popcorn, kamut, farro, freekeh, bulgur.
* **Processed grains:** couscous, pasta, crackers, breads, tortillas, pitas, anything made with flour.

**Great Choices:**

* Ezekiel bread
* 100% whole grain bread
* Mary’s Gone Crackers (GF)
* Lundberg Organic Brown Rice Cakes (GF)
* Food For Life sprouted corn tortillas (GF)

\*(GF) - Gluten free

**Serving sizes:**

* ½ cup cooked grains such as oatmeal or brown rice
* 1 slice Ezekiel bread
* 3 cups stove popped popcorn
* 1 brown rice cake
* 1 sprouted corn tortilla
* 10 Mary’s Gone Crackers.

**Add beans and lentils to your meals where you feel like you may be wanting grains.** For example, try black beans with eggs.

**\*Important** - If you choose to buy canned beans, try your best to find **BPA-free** cans. BPA is a known hormone disruptor and should be avoided. Brands of BPA-free cans include Eden organics. There are also beans being sold in cardboard boxes vs. cans.

**3** | **Eat *at least* 3 servings of non-starchy vegetables daily. More is encouraged!**

Want to improve your health quickly? Eat more non-starchy veggies! Vegetables are the food group that’s most easily ignored, but the most important. They contain no sugar and are very low in carbohydrates, providing excellent nutrition without large spikes in blood sugar.

**Non-Starchy Vegetables Include:**

Artichokes

Asparagus

Bell Peppers

Broccoli

Brussel Sprouts

Cauliflower

Cabbage, sauerkraut

Celery

Chives

Onion and garlic

Leeks

Cucumber

Pickles

Eggplant

Green beans

All leafy greens

Mushrooms

Radishes

Salsa

Sea Vegetables

Snow peas

Tomatoes

Water chestnuts

Zucchini

Yellow, summer, or spaghetti squash

**Serving size: 1 cup leafy, ½ cup other.**

**4** | **Include high quality protein sources with all meals:**

**High quality proteins include:**

* Beef
* Poultry
* Eggs
* Plain yogurt (Greek or Icelandic contain higher protein levels)
* Wild fish
* lentils or beans

\*\*Choose ***organic*** dairy and meat products when possible

Protein is essential for keeping blood sugar stable because it is digested more slowly than carbohydrates. It can also help eliminate cravings and mindless eating because it makes you feel more satisfied throughout the day.

The protein found in animal food is abundant and used very easily in the body, that’s why it’s considered high quality. In the plant kingdom, lentils and beans are the richest source of protein, but they also contain a significant amount of carbohydrate. It’s good to eat both animal and plant proteins.

**Choosing meat from healthy animals is very important.** Organic helps ensure that the animal was not given hormones or antibiotics. Cows and other ruminants were designed by nature to eat grass. Meat from these animals is more lean than grain-fed cows, and contains beneficial fats. Organic, grass-fed beef is the gold standard, but it can be difficult to find meat that meets both of those standards. Eggs from pasture raised hens also include more beneficial nutrients than eggs from factory eggs. These are becoming increasingly easier to find.

By nature, fish is an excellent source of protein. The only problem is that they swim in water contaminated with chemicals and other toxins. Due to this, fish consumption needs to be limited, so that you do not override your body with toxins that may be present in fish. Some types of fish must be avoided completely due to the amount of toxins they are known to carry (shark, swordfish, tilefish, orange roughy, tuna). Predatory fish contain higher levels of toxins.

**Best Fish Choices: Healthy for You and the Planet**

1. Wild caught Alaskan salmon (canned, fresh, frozen)

2. Wild Pacific sardines

3. Arctic Char

3. Barramundi from the US

4. Farmed Bay Scallops

5. Oysters

6. Farmed Rainbow Trout

7. Tilapia from US or Ecuador (not a good source of Omega 3’s)

\*For more info on fish see the Environmental Defense Fund Seafood [Selector](http://seafood.edf.org/guide/best)

**5** | **Consume healthy fats and do so regularly**

**Healthy Fats Include:**

* Nuts and nut butter
* Seeds (chia, hemp, sunflower, pumpkin)
* Avocado
* Unsweetened coconut flakes
* Coconut oil (virgin, unrefined)
* Olive oil (extra virgin, cold pressed)
* Flax oil (must be kept cold)
* Butter or Ghee, organic and grass-fed is an extra plus

**Fats & Oils to Limit:**

* Soybean, Safflower, and Sunflower oils
* Corn oil
* Margarine (avoid)
* Partially Hydrogenated oils (also known as Trans fats)
* Shortening

**Best Oils for Cooking:**

* Extra virgin olive oil
* Unrefined virgin coconut oil (use refined for higher temp cooking)

**Best Oils for Salads:**

* Extra virgin olive oil
* Flax seed oil (store in the fridge)
* Walnut oil

\*For individuals with high cholesterol levels, favor the use of olive oil and avocado oil in cooking.

**6** | **Aim for 2 servings of fruit daily.**

Fruit is healthy to consume on a regular basis. It is full of beneficial vitamins, minerals, and antioxidants. Some fruits are high in sugar and should be eaten less frequently or in smaller amounts. Avoid fruit juice as it contains zero fiber to help slow down the processing of sugar.

**In general, one serving of fruit is 1 cup or the size of a tennis ball**

**Great choices:**

* Berries
* Cherries
* Apples
* Pears
* Grapefruit
* Peaches and apricots
* Oranges

**7** | **Limit alcohol to *less than* 3 standard drinks per week.**

Drinking alcohol disrupts our body’s ability to control blood sugar and may make you eat more if you are drinking and eating at the same time. Alcohol also adds a significant amount of empty calories. For these reasons, alcohol intake should be limited.

One standard drink is: 12 oz beer, 5 oz wine, 1.5 ounces of hard liquor (vodka, gin, etc)

**8** | **Allow yourself one splurge meal or dessert every week.**

Once a week, allow yourself one meal or dessert where you are not thinking about your “diet”. This is not going to hurt your progress; it may actually help keep you on track because you feel like you aren’t depriving yourself so much. Have it. Enjoy it. And get right back on track.

**9** | **Don’t stress out about calories, serving sizes, and being perfect**

There is no such thing as a perfect diet. Work on making your diet better and better each week. If you fall off track, just jump right back on at the next meal.

**Other Things You Should Know**

**Supplements Recommendations**

* Multivitamins I like: Thorne and Mega Food
* Probiotic: Renew Life Adult Formula 15 Billion
* Fish Oil: Nordic Naturals Ultimate Omega

**How to Take Hip and Waist Measurements**

- Hip: wrap tape measure around largest part of your bottom half. Record in inches.

- Waist: wrap tape measure 1 inch below belly button. Record in inches.

**How to keep a food diary**

Write down everything you eat and drink for the day. Electronic food journals are more time consuming and complicated. A pen and paper works just fine! A mini notebook works well.

**Example**

Breakfast 7 am:

Berry smoothie with protein powder

Water

Lunch 12:30: pm

1 cup black bean soup

roasted chicken thigh with broccoli (leftovers)

Coconut La Croix

Snack 3pm:

Apple with almond butter

Ginger tea

Dinner 7pm:

Roasted salmon

Asparagus (cooked in olive oil)

Sweet potato (1 tsp butter)

Water

**Last But Not Least**

Move your body daily

* Walking counts!

Rest your mind daily

* Put down that phone!
* Experiment with meditation and journaling your feelings

Stay Hydrated