

PEERtrainer 2009 Coaching Intensive- MODULE 5 The Eating Strategy for Permanent Weight Loss, Part 2

I. Mindset Check-in

- a. What is your level of belief now, on a scale of 1-10 (10 being highest) that permanent weight loss is possible?
- b. We've heard from a number of you, and we know the weight is coming off now
- c. For some of you it may not be coming off as quickly as you'd like, and that's okay.
- d. Be patient
- e. It's important that you acknowledge your progress- meaning just the fact that you're here in this program, listening to these calls
- f. You need to allow yourself to feel positively about this.
- g. A lot of people talk about taking action, but all they do is talk
- h. You're taking action by being here
- i. That's the most important habit you can build- period.
- j. If you're patient and persistent the weight will come off.
- k. Not always on your time schedule, but if you keep practicing the tools in this program, it is going to come off.
- l. Can't beat yourself up...in fact that's the worst thing you can do, because every time you beat yourself up, you give yourself a reason to quit
- m. This is not a sprint, it's a marathon...or at least a 10K
- n. Persistence...keep doing all the little things you need to be doing, week in and week out.
- o. Remember, your weight loss is going to be the result of one little good decision after another...it isn't something that happens over night or in an instant.
- p. We want to make sure you stay focused on your goal.
- q. Remind yourself every day about the goal you're in the midst of working towards

II. Expanding on what we talked about last week in terms of diet fusion

- a. We want to fill in the picture a bit and give you some more info about how all these components of Diet Fusion come together, and how you make them practical in your life.

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- b. This is what we currently do in our lives, HOWEVER, we did not get there overnight. It's really important that you understand that.
- c. We want you to see what it looks like when it's fully formed, but you're going to have to figure out your exact pathway to get there.
- d. If you've just been waiting for this information and you can easily plug it into your current lifestyle, then great.
- e. But many people need to start integrating one thing at a time.
- f. If you recall in the bootcamps, we talked about knowing your pitfalls, and going after just one thing at a time.
- g. We said how if you try to go after too much, what can too easily happen is that you do great for a few days, but you're putting yourself through deprivation.
- h. A person can only tolerate deprivation so long and then the pendulum swings back hard the other direction and you end up falling off track and eating too much
- i. We really want you to avoid that, because it doesn't help your confidence when you ricochet back in the other direction.
- j. This can't be torture
- k. If you're torturing yourself it's not going to work
- l. You've got to be integrating this lifestyle with some balance.
- m. If you're starting from scratch- if you're most used to a fast or processed food type diet, then you may have to work up to this, and THAT'S FINE.
- n. The stuff we're going to be sharing with you are the STAPLES of diet fusion that you want to start having around the house.
- o. Having more and more of these foods around the house does a couple of things for you right off the bat
- p. First, it's allows you to start integrating these strategies and eating habits into your life.
- q. Second, if you're famished, or if you just worked out, or just walked in the door, you will turn towards a healthier food choice.
- r. If you're famished and you need to eat in a hurry, then you're going to turn towards something that's convenient and tastes good, and that may not be your best option.

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- s. We also want to stress eliminating the things you have around the house that are your pitfalls
- t. Again, you have to be realistic and start where you're at. If you're just not ready to absolutely give up potato chips or chocolate chip cookies, then that's okay.
- u. You may need to work up to it.
- v. But you also have to be realistic here...
- w. It's really hard to eat just a single handful of potato chips, or one chocolate chip cookie, and so having those things around can put you on a slippery slope
- x. Ideally, you go through and clean EVERYTHING out of your house that is a potential downfall to you.
- y. But it's not just about eliminating foods that are bad for you, but also recognizing foods you do enjoy that are good for you, and starting to make some replacements.

III. A "tour" of the Diet fusion kitchen.

- a. This conversation is going to begin at the grocery store. The best way to make this work is to do it from home where you really have control over what you eat.
- b. But we understand that may not work for everybody. If you put in long hours in at the office, or you're very involved in your community then you probably don't have the luxury of making 3 meals for yourself at home every day. Maybe you're lucky if you get in 1.
- c. If that's the case, then after we do our tour of the Diet Fusion Kitchen, we'll give you suggestions on how to make this work when you're eating out or ordering in.

IV. Staples of the diet fusion kitchen: The Grocery Guide

- a. Produce first
- b. Always get lemons and garlic (peeled already so then you don't have to deal), best in a pinch when you need some seasoning.
- c. Berries are great, if you're saving money, keep it for the frozen section
- d. Spinach leaves for a smoothie
- e. More fruit, depending on what you like, but start out just one or two you like, like pears or apples or berries, or bananas but if you're the type to eat out a lot, and it goes bad (this is why frozen works)

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- f. Couple of avocados (great snack to take the hunger edge off, just be careful b/c they're high in fat)
- g. Try long romaine lettuce leaves. Dr. Fuhrman introduced us to lettuce as substitutes for bread for everything. Try a peanut butter/banana on romaine (sounds weird, but it's great)
- h. Get one or two vegetables: yams, broccoli, whatever is on sale, brussels sprouts (or save this for the frozen section)

V. Beans and Rice

- a. Canned beans are fine, just rinse them in a colander to remove sale.
- b. Try different varieties: small red beans, garbanzo beans, black beans, white beans, etc.
- c. About a dollar a can, 2 cans are great for a family of 4 in a dish.
- d. Grains: Brown rice is a great staple
- e. Try Quinoa- gluten free, easy to digest, high in protein, satisfying, interesting texture. Can find it at Whole Foods or Trader Joe's for sure.
- f. If you like whole wheat pasta, that might be a good option for you as a starch/grain...it's higher in fiber than regular pasta.

VI. Peanut butter, if you don't like it, get cashew butter.

- a. Other good quick snacks: hummus, tabouli, baba gahnoush, artichoke dip

VII. A great bread option: sprouted grain bread (Ezekiel bread)

- a. High in protein and fiber, tastes great. Will definitely find it at Whole Foods or Trader Joes.

VIII. Condiments- great way to make your foods appetizing

- a. Great on vegetables, beans, grains...just about anything
- b. Dijon mustard
- c. Salsa (just beware of potential high sodium levels)
- d. Tomato sauce (again, watch sodium)
- e. Red pepper flakes
- f. Olive oil
- g. Salt/pepper
- h. Low sodium soy sauce
- i. Braggs liquid aminos

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- j. Apple cider vinegar
- k. Muchi curry spice.
- l. Quick dressing: lemon/mustard/garlic dressing
- m. Hot sauce (be careful of sodium and sugar).
- n. Sri Racha is a very tasty Thai hot sauce.

IX. Eggs/Dairy

- a. Unsweetened yoghurt
- b. Low fat cottage chees
- c. Low far mozzarella
- d. Eggs: a great thing to be in the habit of doing is hard boiling eggs
- e. You can do a dozen at a time, and grab them on the way out the door with a bar (which we'll cover in a second) or a piece of fruit
- f. Leave the hardboiled eggs in the refrigerator
- g. A great way to do this is to take a few with you, and just eat the yolk on one, plus two egg whites
- h. Buy cage free or organic eggs...a lot of antibiotics and stuff you don't want in your body wind up in conventionally produced eggs
- i. To do a "perfect" hard boiled egg, put the eggs in a pot, cover with water, cook for 12 minutes. Not boil for 12 minutes, just put it on high and cover for 12 minutes. The middle will be a little bit soft, but very tasty. You can of course cook them longer if you like.

X. Nuts

- a. Be very careful: You can add a 1000 calories very quickly

XI. Frozen aisle: Berries, Frozen Spinach, Frozen Broccoli

XII. Meat/fish

- a. Cook one dish at the beginning of the week
- b. Making a roast is very easy.
- c. Can use pork, lamb, beef, a whole chicken or chicken breasts. Just put it in a baking dish, cut some onions and garlic into it, cover with foil, and bake at 300 for 60-90 minutes.
- d. Research on the internet about time/temperature variations to get it the way you like it.

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- e. With fish, just get fresh or frozen fish, same baking pan, add some lemon and garlic and put it under the broiler for 10-15 minutes.
- f. If you just don't have time or don't want to cook, then get a rotisserie chicken from the supermarket. That will last you for several days.

XIII. Nutritional Bars- some brands we like

- a. Be cognizant of the fat/protein/carbohydrate ratios
- b. This will also give you some ideas of what to eat with your bar if you're having that for breakfast
- c. Lara bars
- d. Kind bars
- e. Greens+
- f. Clif bars (and Clif Builders Bars if you're working out a lot)

XIV. Snacks

- a. Pear and mozzarella stick
- b. Apple with a tablespoon of cashew butter.
- c. Romaine lettuce, peanut butter and a banana
- d. Tabouli, baba ghanouj, brazil nuts
- e. Hugely hungry and need something that will give you energy and is satisfying? Can of beans heated up slightly with salsa and avocado. Throw some frozen spinach in the beans. You won't even taste them.

XV. Importance of breakfast

- a. Skipping breakfast and saving calories/points for later in the day frequently leads to lots of night snacking/eating
- b. You need your fuel during the day, not at night.
- c. Just sits in your stomach all night long...don't sleep well, b/c your body is digesting
- d. On the go in the morning: a bar. Maybe you're really hungry and you can add a hard boiled egg or a pear.
- e. Have more time? Maybe an extra three minutes? Make a smoothie with your frozen berries, a little juice and fresh spinach leaves. Want extra energy? Have it with a hard boiled egg or a spoonful of cashew butter
- f. Want a big "egg" breakfast? Make an egg/egg white omelet with mushrooms spinach, onions, garlic and a huge helping of salsa. Sprinkle a little avocado on top. If you don't like avocado, hummus is a great substitute.

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XVI. Lunch

- a. Going to assume you're on the go for lunch, if not- great
- b. Lunch is a great place to have consistency and manage your calories/points
- c. Easy to be a creature of habit with lunch
- d. Restaurants cater to the lunch crowd, and you can pretty much always find what you're looking for
- e. Dinners you may be alone, may be out, maybe you had a couple drinks, and it's a harder meal to control, so really make lunch a good meal.
- f. If you can, pack a lunch some days
- g. Leftovers are great
- h. Lentil soup and a bag of salad greens
- i. Assuming you're out, or on the go, your best option is to get a salad
- j. Many places have salad bars where you can really control what goes into it
- k. Just make sure you get dressing on the side, b/c they usually use WAY more than necessary.
- l. If you have to look for fast food- look for Subway
- m. They have whole grain breads and can load it up with veggies
- n. Healthy Mexican fast foods (Moe's, Baja Fresh, Chipotle)
- o. Tastes great, but be careful b/c the calories add up
- p. Can be 15 points before you know it (when you add rice, meat, guacamole, cheese, etc)
- q. Better off getting without rice
- r. Side of black beans, w/ guac and salsa is another good way to go.
- s. If chips are your weakness, then maybe you need to avoid these places altogether.
- t. If you do Chinese food, be careful of the oil and high fat meats. Make sure you ask for lite oil, and order from a place you know will prepare it the way you like it.

XVII. Pre-dinner/Snacks: Maybe starving after a workout and need to take the edge off

- a. Carrot chips and guacamole, hummus
- b. Have a ½ an avocado squeezed with lemon and a little salt before you do anything.
- c. Good to combine protein, carb and fat to satisfy
- d. Banana & peanut butter

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- e. Tabouli, baba ganouj, hummus.
- f. Pear and mozzarella
- g. Apple and Cashew butter

XVIII. Dinner

- a. Often family or social occasion and many people are accustomed to big dinners.
- b. Look to always include a salad...you can add to it, but try to make sure you always include one.
- c. Try just a bowl of lettuce
- d. Can add some meat or fish to the meal
- e. Big bean dishes
- f. Add grains
- g. Also look making nice one pot soups
- h. Focus on the company more than the food

XIX. Dessert ideas

- a. Frozen grapes
- b. Fruit
- c. Apples and honey
- d. Baked apple

XX. Handling after dinner snacking

- a. Big pitfall for many people
- b. Eat veggies/fruit with condiments
- c. Eating healthy things: fruit and yoghurt
- d. Find strategies to avoid this because it just sits in your body and it's also distracting your body from rest b/c it's busy digesting.