



Your New Lifestyle!

[Below are General Weight Loss and Overall Healthy Clean-Eating Tips that we found very helpful. For something more specifically tailored or if you have more in depth questions and need personal guidance, please check out our services at huelife.net/services. Follow us via Facebook, Twitter, Youtube and Instagram for regular Tumblr articles and images on interesting, inspirational health & fitness related topics.]

The suggestions contained within are not for quick "fad diet" weight loss (depending on your level of adopting the suggestions below - meaning how strict you are to following them you could lose a considerable amount of weight. I like to think of it as - 4 weeks for you to notice a change - 8 weeks for your friends to notice a change and 12 weeks for the rest of the world to notice a change. - commit to being very disciplined for 12 weeks) It ultimately depends on how willing you are to make a plan and COMMIT to it til you accomplish your goal. I lost 75 pounds in college because I was determined - so that made me very disciplined. I dedicated a very short time to being very "by the book" to lose the weight. That's first and foremost. Get that mind right.

Disclaimer: This document is designed to provide a basis for someone wanting to get on a healthier eating path and lose some pounds along the way. It is meant to be a starting point for your own education and research and should not serve as the last word on the subjects therein; However these are taken from things learned along the way that helped in my personal health and fitness journey. This is intended for healthy individuals. As with all things please consult your physician if you are on medication or have special needs.

Whole Food Benefits:

Ground Zero - Let's start here. With so many of the foods available out there today that are processed, there are many huge benefits from adopting a strictly whole food diet. Shopping only on the perimeter of the grocery store has its long time benefits for sure!

Here's a great article that explains a lot about switching from processed foods to eating whole [foods](#).

General Helpful Eating Practices:

- Eat like a King for breakfast and a pauper for dinner. Eat 4-6 small-med meals per day (a portion is the size of your palm or a clenched fist). Try to eat big breakfast, medium lunch & small dinner.
- no food less than two hours prior to sleeping - If you must have something two hours before bed, drink a protein shake with casein
- Try to cut simple carbs (breads, pastas, rice) at 4:00 everyday and consume only complex carbs (fruits, vegetables) and meats after that time.
- always balance carbohydrates with proteins
- eat one gram of protein per pound of body weight
- If losing weight is the main objective, consider going paleo the healthy way (no simple carbs – a meat and veggie only diet).
- READ the labels!!! There are hidden sugars in everything!!

Food Tips:

- Eat as much whole foods (simple wholesome foods without other added ingredients - the less ingredients in an item, the better) as possible. This means foods like veggies, fruits, meats and whole grains), cooked with olive oil - No margarine or conventional butter (see more on oils below).
- shop the perimeter of the grocery store instead of the aisles (meats, veggies, dairy, grains)
- no white: bread, pasta or rice
- no flour or battered fried foods (pan fried only, with one of the oils on this list
- limit pork or beef to lean cuts (90% and above lean). Omit when cleansing.
- limit chicken intake to lean white cuts (mainly breasts)
- avoid sauces, breading, on your meat, bread crumbs or flour as a thickener
- avoid “diet” or “low fat” claims – check the label these usually have more sugar than the other brands
- no processed lunch meats (only real meats)
- no imitation fish
- sweet tooth idea: include sugar free jell-o or sugar free pudding with whipped cream

Liquids:

Water helps flush fat and other body functions. Drinking a gallon of water a day is only three liters (33oz each). A good idea would be to buy a liter bottle and drinking it throughout the day (filling it three times). Try to start the day with at least 16oz before consuming anything else. Its also good to start the day with a protein shake of some sort. Whey is good. Both of these are sure fire ways of starting the metabolism process in your body. The later you start to eat, the worse it is. I try to get that furnace going as EARLY as possible - 7am or so...a protein shake is a good way to start.

- at minimal - 8 glasses of water (32 oz.) is essential per day
 - to flush fat a gallon a day would be ideal but it's all relative based on your weight
- no alcoholic beverages except on cheat day (alcohol is empty calories and contains 100 calories per 1oz. of 80-proof liquor).
- limit fruit juice to unsweetened fruit juice (only once or less per week)

Salt, Sugars and Sweeteners:

- watch salt intake as salt retains water in the body (read labels and keep it as low as possible and never add additional salt to cooked food)
- no refined sugars
- no artificial sweeteners or foods or foods with ingredients ending in – “ose”
 - (stevia is the only sweetener allowed)
- limit fruit to 3-5 times per week

Dairy:

- try to eliminate dairy as much as possible
 - no processed cheese
 - try to stick to low fat and cottage cheeses (note watch sodium content)
 - no cows milk (drink unsweetened almond milk)
 - no soy milk or soy products

Oils [see flavor basix pdf for a more detailed description of oils]:

- consume monounsaturated oils such as:
 - olive
 - coconut
 - avocado
 - macadamia
 - hand-pressed canola oils are valuable
- all vegetable oils are allowed - the best are:
 - canola
 - walnut
 - sesame
 - sunflower
 - safflower

NOTE: These oils are especially good if they are labeled “cold pressed.” Look for oils that have phospholipids or linoleic acid.

Consume little to no solid fats (i.e. shortening, margarine and butter or things that are cooked with these ingredients). Also never eat hydrogenated fats.

Supplements to consider daily :

These are the basics. If you want to take your training to another level, please consult with trusted health & fitness professionals and web resources.

- a broad multi-vitamin (at least one with 40 different nutrients, and considerably more than the RDA of B complex factors and of vitamin C)
- a mineral vitamin (if not included in the multi-vitamin)
- EFAs
- protein powder (whey, casein, combination of both)

Metabolism...

Foods that help to increase metabolism are avocados, green tea, beans, lean protein (fish, chicken breast, lean beef, turkey) Greek yogurt (I like 2% Fage mixed with blueberries). I even mix that with my protein shakes in the mornings. It has 20 grams of protein.

Cheat Days (do this at your discretion):

- allow yourself to have one cheat day or cheat meal per week (based on your progress and necessary macros, you can decide whether to take a cheat day or cheat meal)
 - **NOTE:** the importance here is to take a break from the discipline of sticking to your eating plan and to insure that you are likely to stay disciplined 6 out of 7 days a week, knowing that you have a day to look forward to eating what you want.
 - **Cheat sensibly:** While it's important to take this day, its also important to not undo the hard work you've done.
- eat one large or two small salads per day a form of roughage to keep you bowels eliminating waste

For a custom program or specific questions to suit your individual needs as well as rates, [please email us](#) and someone will get back to you in a timely manner.