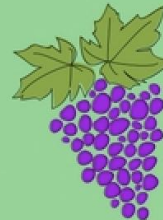
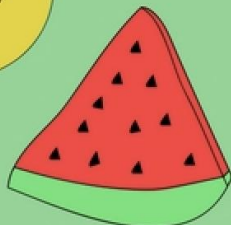
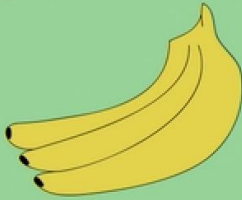
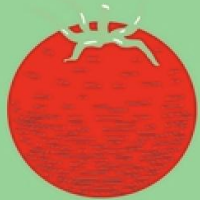


HEALTHY TIP!

IT HELPS TO TOSS IT OR KEEP IT OUT OF SIGHT!

- ANYTHING THAT IS NOT REAL FOOD (E.G. ANYTHING MADE IN A FACTORY THAT COMES IN A CAN, BOX OR PACKAGE) UNLESS IT IS A CANNED WHOLE FOOD SUCH AS SARDINES OR ARTICHOKES WITH ONLY A FEW REAL INGREDIENTS SUCH AS WATER OR SALT
- ANY FOOD OR DRINK THAT CONTAINS ADDED SUGAR (INCLUDING HONEY, MOLASSES, AGAVE, MAPLE SYRUP, ORGANIC CANE JUICE OR ARTIFICIAL SWEETENERS), ESPECIALLY ANY SUGAR-SWEETENED BEVERAGES OR FRUIT JUICES
- ANYTHING THAT CONTAINS HYDROGENATED OILS AND REFINED VEGETABLE OILS (LIKE CORN OR SOYBEAN OIL)
- ANY FOODS WITH ARTIFICIAL SWEETENERS, PRESERVATIVES, ADDITIVES, COLORING, OR DYES – BASICALLY ANYTHING THAT HAS A LABEL OR IS PROCESSED IN ANY WAY
- ANYTHING SUGAR OR FLOUR BASED (COOKIES, CAKES, CANDIES, ETC.)
- ALL FOODS MADE FROM FLOURS (CRACKERS, PASTA, BREAD, PRETZELS, ETC.)
- DAIRY (YOGURT, SOUR CREAM, CHEESE, MILK, ETC.)
- ALCOHOL (WINE, BEER, SPIRITS, ETC.)



EAT CLEAN GROCERY LIST

- The Ultimate Superfoods List -

Leafy Greens	Vegetables	Fruits
Arugula Green Cabbage Purple Cabbage Bok Choy Butter or Boston Red Chard Green Chard Chervil Cilantro Dandelion Green Dill Belgian Endive Red Belgian Endive Escarole Frisee Iceburg Green Kale Dinosaur Kale Red Russian Kale Red Peacock Kale White Peacock Kale White Nagoya Kale Red Nagoya Kale Green Leaf Red Leaf Lollo Rosa Mache Mizuna Red Mustard Red Oak Green Oak Italian Parsley Pea Greens Radicchio Red Romaine Green Romaine Red Tango Tat Soi Watercress	Artichoke Asparagus Broccoli Carrots Cauliflower Celery Cucumbers Bell Peppers Brussel Sprouts Green Beans Eggplant Garlic Ginger Mushrooms Sweet Potatoes Potatoes Okra Green Onions Purple Onions Parsnips Acorn Squash Butternut Squash Peas Snap Peas Pumpkin Radish Rutabaga Turnips Yucca Root Zucchini	Tomato Avocado Rambutan Banana Watermelon Grapes Oranges Kiwi Fruit Pineapple Strawberries Cherries Blueberries Raspberries Melon Mandarin Starfruit Passion Fruit Dragon Fruit Cantaloupe Jalapeno Cranberries Peaches Mangosteen Kumquat Pomegranate Persimmon Prickly Pear Grapefruit Plum Apple Mango Olives Pear Fig Jackfruit Cherimoya Horned Plantain Guava Litchi Durian Ugli Fruit Pomelo Nectarines Lemon Limes Papaya Peppers
Sea Vegetables		
	Sea Lettuce Nori Kelp Dulse Agar-Agar	Spirulina Arame Hijiki Kombu Wakame
Beans and Legumes		
	Peanuts Lentils Lupins Mung Beans Red Beans Navy Beans Split Peas Cowpeas Garbanzo Beans Black Beans White Beans Adzuki Beans Cranberry Beans Anasazi Beans Mothbeans Beans Kidney Beans Great Northern Beans	Red Beans Fava Beans Edamame Pinto Beans Lima Beans
Whole Grains		
Amaranth Barley Rye Buckwheat Bulgur Kamut Kaniwa Millet Red Quinoa Black Quinoa Old Fashioned Oats Steel Cut Oats Basmati Brown Rice Wild Rice Black Rice Himalayan Red Rice Wehani Rice	Whole Wheat Corn Emmer Einkorn Teff Semolina Sorghum Spelt Triticale	
Sweeteners		
	Fresh Fruit Dehydrated Fruit Maple Syrup Maple Sugar Coconut Palm Sugar Whole Stevia Leaves	
Nuts and Seeds		
	Almonds Brazil Nuts Coconut Walnuts Sunflower Seeds Pumpkin Seeds Flax Seeds Sesame Seeds Poppy Seeds Macadamia Hazelnuts Pistachios	Hemp Seeds Cashews Pine Nuts Chia Seeds Pecans
Miscellaneous		
		Fresh Herbs Spices Green Tea Herbal Tea Black Coffee Coconut Flakes Raw Cacao Powder Raw Cacao Nibs Matcha Maca Iodized Salt Nutritional Yeast Balsamic Vinegar Extra Virgin Olive Oil

PORTION CONTROL: A SIMPLE GUIDE

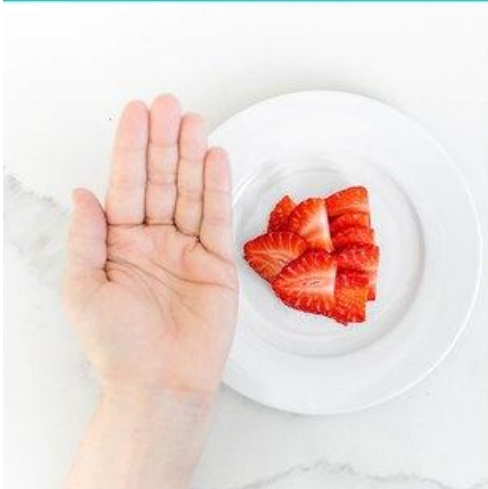
It's easy to estimate portion size using just your hand.
Each time you're preparing to eat,
make sure your plate features:



1 palm of protein-dense
foods with each meal
(2 for men)



1 fist of vegetables
with each meal
(2 for men)



Optional: 1 cupped hand
of carb-dense foods
(2 for men)



Optional: 1 thumb-sized
portion of fat-dense foods
(2 for men)

Created by nutrition coach John Berardi, Ph.D.

LiveFIT Stretches

For a whole body stretch routine

Stretching Exercises



Your food choices depend on a few things, including how healthy you are, how much you exercise and how much weight you have to lose. (Sourced from [healthline.com](https://www.healthline.com)).

Consider this meal plan as a general guideline, not something written in stone.

Foods to Eat: Base your diet on these **real, unprocessed, low carb foods**.

- **Meat:** Beef, lamb, pork, chicken and others; grass-fed is best.
- **Fish:** Salmon, trout, haddock and many others; wild-caught fish is best.
- **Eggs:** Omega-3-enriched or pastured eggs are best.
- **Vegetables:** Spinach, broccoli, cauliflower, carrots and many others.
- **Fruits:** Apples, oranges, pears, blueberries, strawberries and many others.
- **Nuts and seeds:** Almonds, walnuts, sunflower seeds, etc.
- **High-fat dairy:** Butter, plain Greek yogurt.
- **Fats and oils:** Coconut oil, butter, lard, ghee olive oil and fish oil.

If you need to lose weight, be careful with nuts, as it's easy to overeat on them

Foods to Maybe Include

If you're healthy, active and don't need to lose weight, you can afford to eat a few more carbs.

- **Tubers:** Potatoes, sweet potatoes and some others.
- **Unrefined grains:** Brown rice, oats, quinoa and many others.
- **Legumes:** Lentils, black beans, pinto beans, etc. (if you can "tolerate" them).

What's more, you can have the following in moderation, if you want:

- **Dark chocolate:** Choose organic brands with at least 70% of cocoa.
- **Wine:** Choose dry wines with no added sugar or carbs. (LIMIT to 1 glass, although we recommend cutting out alcohol completely!)

Dark chocolate is high in antioxidants and may provide health benefits if you eat it in moderation. However, be aware that both dark chocolate and alcohol **will hinder your progress if you eat/drink too much.**

Foods to TRY to Avoid: You should avoid these six food groups and nutrients, in order of importance. *You must read ingredient lists even on foods labeled as health foods.

- **Sugar:** Soft drinks, fruit juices, agave, candy, ice cream and many other products that contain added sugar.
- **Refined grains:** Wheat, rice, barley and rye, as well as bread, cereal and pasta.
- **Trans fats:** Hydrogenated or partially hydrogenated oils.
- **Diet and low-fat products:** Many dairy products, cereals or crackers are fat-reduced, but contain added sugar.
- **Highly processed foods:** If it looks like it was made in a factory, don't eat it.

- **Starchy vegetables:** It's best to limit starchy vegetables in your diet if you're following a very low-carb diet.

Sample Menu Options:

This is a sample menu for one week on a low-carb diet plan. It provides less than 50 grams of total carbs per day. However, if you're healthy and active you can eat slightly more carbs.

- **Breakfast:**
- Omelet with various vegetables, fried in butter or coconut oil
- Bacon and eggs
- Eggs and vegetables, fried in butter or coconut oil
- Omelet with various vegetables, fried in butter or coconut oil.
- Plain Greek yogurt with berries, coconut flakes and a handful of walnuts and 1 hard-boiled egg.
- Paleo Pancake: One banana, two eggs, one heaping spoonful natural almond butter mixed, then place blueberries on pan until they are juicy and throw batter on top. Cook like a pancake in a pan. You can add cinnamon or pumpkin spice too! Yum!
- **Lunch OR Dinner:**
- Grass-fed plain yogurt with blueberries and a handful of almonds and one hard-boiled egg
- Smoothie with coconut milk, spinach, avocado, berries, almonds and flax or chia seeds
- Bun-less cheeseburger, served with vegetables and salsa sauce
- Salmon with butter and vegetables
- Shrimp salad with some olive oil
- Grilled chicken with vegetables
- Steak and veggies
- Pork chops with vegetables
- Meatballs with vegetables

- Grilled chicken wings with some raw spinach on the side
- Fish with veggies on the side

Include plenty of low-carb veggies in your diet. If your goal is to remain under 50 grams of carbs per day, there is room for plenty of veggies and **ONE** fruit per day.

Again, if you're healthy, lean and active, you can add some tubers like potatoes and sweet potatoes, as well as some healthy grains like oats. There is no health reason to eat more than three meals per day, but if you get hungry between meals, here are some healthy, easy-to-prepare, low-carb snacks that can fill you up:

Healthy, Low-Carb Snacks:

- A piece of fruit
- Full-fat plain Greek yogurt
- One or two hard-boiled eggs
- Baby carrots or celery sticks
- Leftovers from the previous night
- A handful of nuts
- Some meat
- Real fruit smoothie with spinach, plain Greek yogurt, bananas, frozen strawberries, unsweetened almond milk, chia seeds and/or ground flax seed
- "Energy Bites" (there are a million recipes!) I like banana, steel cut oats, coconut flakes and raisins or dried cranberries..sometimes I add pumpkin and cinnamon too!
The possibilities are endless! Kids love these too!!)
- natural hummus, natural peanutbutter (no additives)

Also, I ALWAYS carry an insulated little snack pouch on me and my water bottle! I literally NEVER leave home without a snack! Why not...?? Because if I am on the road and I get hungry, it is EXTREMELY DIFFICULT to find a healthy food option on the go!

LiveFit SMOOTHIE RECIPES!

Beet Blaster: 2 medium-sized beets, w/tops, 3 carrots and 1 apple cored. Even if you don't like beets, you have to give this juice a try! The apple and carrot are sweet and balance the earthy beet flavor. Beets are a super-food that helps detoxify the skin and kidneys, contain important folic acid, and are filled with betacyanin that's known to prevent cancers and increase exercise endurance.

Green Machine: ½ bunch of kale, 1 cucumber, 1 ¼ cup pineapple. So refreshing and delicious you won't believe you're drinking kale! The sweetness of the pineapple makes this drink feel like a treat. The green machine is filled with vitamin B and iron that leaves you energized and ready to take on the world.

The Healthy Mary: 2 large tomatoes, ½ cucumber, 4 stalks celery, ¼ cup cilantro, 1 jalapeno seeded, ¼ lemon, peeled. This is the Bloody Mary's healthy sister! You haven't had real tomato juice until you have made it fresh and add a little kick to spice things up. Tomatoes are rich in beta-carotene and lycopene both known to reduce the risk of heart disease and strokes.

Garden Party: 5 cups spinach, 1 apple, ¼ cup parsley, 1 green pepper, & 3 carrots. Get your garden party on with this veggie-packed glass! The beauty of juicing is that when you use carrot or apple, the other super healthy but strong flavors such as parsley and green pepper aren't as pronounced.

Snake Bite: 3 carrots, 1" ginger, peeled, 1 apple. One of the first juices that Hope ever made and still her kid's favorite. The Snake Bite is sweet but the fresh ginger gives it a healthy bite! Fresh ginger raises immunities and is also known to improve digestion and circulation.

The Grass is Greener: 2 handfuls of snipped wheat grass, 2 carrots, ¼ lime, peeled, 3 stems of fresh mint and 2 apples. Wheat grass is full of vitamins and nutrients that help boost immunity and your energy. The combination of wheat grass and vitamin C-rich lime makes this juice the perfect flu and cold fighting formula to keep you Kleenex free. Mint is also known to clear up congestion and is a natural stimulant so if you feel the sniffles coming on, this is the drink for you! *Note:*** **Pregnant or nursing mothers should not consume wheat grass.***