Eat Better, NOT LESS
For A Healthier Diet
by Carolyn Hansen
Chapter 1
EATING TO INCREASE HEALTH
⇒ Beyond a diet

Chapter 2
FOOD AFFECTS US RIGHT DOWN AT GENE LEVEL

Chapter 3
SWITCHING TO A HIGHER AND HEALTHIER FAT DIET

Chapter 4
THE CALORIE IS NO LONGER THE KING

Chapter 5
IT’S NOT ABOUT EATING LESS BUT BETTER
⇒ What we need is nutrient-dense foods

Chapter 6
KICK START YOUR NUTRIENT-DENSE EATING PLAN TODAY AND EVERY DAY
⇒ With a special shake

Chapter 7
MEET YOUR TWO NEXT BEST FRIENDS

Chapter 8
YOUR NUTRIENT-DENSE EATING PLAN

Chapter 9
SAMPLE 7 DAY NUTRIENT-DENSE EATING PLAN
FOCUSING SOLELY ON FAT AND CALORIES for the last 20–30 years has gotten us nowhere in terms of improving our nutritional status. We now find ourselves at a crossroads for how to think about healthy eating. For decades nutrition advice has focused on the foods people should NOT eat, but this approach does not seem to be working either.

As many as two thirds of people in the developed world are not only overweight but also undernourished in key nutrients like calcium, fiber, Vitamin E, magnesium, and potassium. It appears that we are consuming more calories than we need, but not enough nutrient-rich foods to help us achieve better health.

Cutting calories is common nutrition advice, but that advice also needs to include information on getting the most nutrients from the remaining calories. To eat the nutrient-rich way, it is important to consider all of the nutrients and minerals in a food or beverage. Look at how many beneficial nutrients it contains, such as quality protein, healthy carbohydrates and fats, vitamins, minerals, and fiber.

The nutrient-rich food approach is a positive, realistic way to think about eating: it shifts the focus from foods to avoid, to foods you can enjoy. These foods are familiar and easy to find so that healthy eating isn’t difficult or stressful. Plus, these are foods that can nourish and detoxify your body, help you lose excess weight naturally and give you pleasure.

What does nutrient-dense mean?

**Nutrient-density (definition):** The ratio of nutrient content to total energy content of a food. Nutrient-dense foods have high amounts of essential fatty acids (fats), essential amino acids (proteins), vitamins, minerals, and trace elements relative to amount of empty calories.

**Nutrient-dense foods:**

- Give your body what it needs to operate efficiently and with vitality
- Make you less hungry, less often
- Are flavorful, fulfilling, and satiating
On the flip side nutrient-poor (processed) foods force the body to prioritize and compromise other functions and tissues in order to obtain the nutrients it is lacking. This throws the delicate appetite regulation hormones “out of whack” increasing food cravings and causing us to eat more than we should and need.

Although there are many causes that can lead to a person becoming overweight; regardless of the initial or on-going reason the solution to combat this condition always begins with the nourishment of the body, its cells and tissues so that metabolic healing can occur.

Instead of focusing on what you should not be eating in order to get healthy or lose weight, we first need to switch the focus on what we need to be eating in order to nourish the body and get it back into a fat burning efficient state. An overweight body is screaming loudly for high quality nutrients.

**Your immediate strategy:** The quality of the food eaten and not just calories is the focus.

For example, when you eat 500 calories of beef steak and spinach, you will increase your metabolism and help burn more excess fat than if you ate 200 calories of ice-cream. When you get started and continue to eat in this healthier way, it will rebalance the hormonal responses to food that may have lead you to becoming unhealthy or overweight.

**For permanent weight loss more healthy fat and protein, fewer carbohydrates**

With the view of rebalancing your body’s chemistry, a switch from a carbohydrate-heavy diet to a protein and fat-based diet that includes healthy nutrient-dense carbohydrates is necessary. When your fat burning/fat storing hormones are rebalanced the natural side effect of this is your excess fat will just melt away. Once you are at your ideal body weight it will be so easy to maintain it without effort or struggle.

Recent studies show that you do not get fat from simply eating too much, nor do we get fat from eating fat as we have believed for so long. What is now known is that you do get fat from eating the wrong types of fat and the wrong types of carbohydrates.

In essence becoming and staying overweight could be viewed as a symptom of eating an improper diet. One that is not natural to our chemistry and biology—one that relies on chemically-laden processed foods.

So to sum up, becoming and staying overweight is not necessarily the result of eating too much food and calories, but rather eating the wrong types of foods and getting your calories from the wrong sources.
THE STUDY OF HOW NUTRIENTS INTERACT with our human genes is called Nutrigenomics and is a blossoming new field. It studies the genes associated with health and disease as well as obesity. We already know that certain foods contain information and instructions for cells and hormones along with nutrients and calories. They are now trying to find out how this information can turn on or off the expression of certain genes.

Studies do show that when we eat sugar (fructose) in any form it turns on a “fat switch” which causes cells to hoard body fat both in humans and animals. When you eat sugary types of foods a cascade of chemical and hormonal reactions are set off in the body.

One of the side effects of this is that it turns up the dial on your hunger thermostat which reprograms your level of hunger upwards. As well as increased hunger you have increased cravings as well.

This is what makes any sort of eating plan that reduces calories more than a hundred or two per day virtually impossible to stick to for long. We know now that fructose (sugar) stimulates and turns on a gene-mediated “fat storing switch” which causes:

- A cascade of chemical reactions that does bad things to our bodies. Decreased HDL (good cholesterol) levels and increased LDL (bad cholesterol) levels, elevated blood fats (triglycerides), higher blood sugar levels, and high blood pressure—all things that lead to the condition known as metabolic syndrome.

- Dietary carbohydrates, especially fructose, are also the primary source of a substance called glycerol-3-phosphate (g-3-p), which causes fat to become fixed in fat tissue. At the same time, high carbohydrates raise insulin levels, which prevent fat from being released from the body’s cells.

- Fructose further tricks your body, turning off your body’s appetite control/regulation system which results in feeling hungry all the time, even though you have eaten. As a result you continue to overeat not only gaining excess body fat and weight but going on to develop insulin resistance which is the precursor not only to diabetes, heart disease and cancer, but a long list of other chronic diseases as well.

- When we eat the wrong foods in particular, the wrong carbohydrates and turn on this “fat storing switch” it leads to weight gain, especially in the abdominal area. It then goes on to affect your health in other negative ways and can lead to serious disease. Furthermore no amount of exercise or physical activity can compensate for this damage to the body cells and systems.
To sum up—fructose and the wrong types of carbohydrates—for example grains which break down into sugar in the body, lead to weight gain, obesity, weight loss resistance and on to other more serious health issues. This makes sense and is a modern problem as the foods which are now making us unhealthy and overweight were NOT found in the diet of our ancient ancestors. They activate and program our bodies to continue to store fat rather than burn it and the only way off the merry-go-round is to get them out of our diets.
THE IDEA IS TO REPLACE THE grains, sugars and lost carbohydrates with healthy fats. When we think of healthy fats we can think of vegetable oil often marketed as being “healthy”. However beware of these man-made, refined and processed vegetable oils. These are loaded with omega6-fats further messing with our fat storing/fat burning hormones.

Healthy fats are coconut oil and other coconut products, olives and olive oil, avocados, free range eggs, butter (preferably from grass-fed cows) and high (good) fat nuts and seeds.

This strategy means you can have as much as 50–70 percent of your diet as healthy fats, which is how you can drastically reduce your refined (grains, sugar) carbohydrate intake.

Healthy fats are far more satiating than refined carbohydrates and most people will notice a massive improvement in their health and the way they look and feel following this approach.

Note: If you do cut down on your carbohydrates and feel really hungry or ravenous, this is a sign that you have not replaced them with sufficient amounts of healthy fat. Sources of healthy fats that you will want to add to your diet include:

- **Olives and olive oil**—for cold dishes only, not for high temperature cooking
- **Coconuts**—in all forms fresh, dried, shredded, flour for all types of cooking or baking and Coconut oil or butter—especially good for high temperature cooking
- **Butter**—from grass fed cows
- **Raw nuts**—(not roasted) of all kinds, almonds, pecans, cashews, macadamia nuts etc
- **Eggs**—free range
- **Meat**—grass fed

- **Avocados**
- **Seeds** – Chia, flax, hemp, pumpkin, sunflower, sesame
- **Palm oil**
- **Nut oils** – unheated organic
WE USED TO THINK THAT THE CALORIE IS KING, and that the only way to lose weight fast (or even at all) is through restricting them. Sure, calories are very important—they are our body's fuel, and there will never be a way to over-consume them and not put more fat into our fat storage tanks.

However when it comes to losing weight successfully (and quickly) it really is about a lot more than the simple calorie restriction of “out of date” diet plans. We know that weight loss programs that work and those that only provide extra frustration and the difference between them always comes down to more than just calories.

The weight loss approach that is properly designed is not just the result of taking calories out of your daily diet, there also needs to be a “cleansing” aspect to it as well.

This extra step supports better overall health in three major ways:

- It helps reduce cellular inflammation
- Reduces glycemic load which keeps blood sugar levels more stable
- Important fat burning/fat storing hormones are better controlled

Losing weight is easier when inflammation is reduced. We all know that having lots of excess body fat is not good for our health but many people do not realize that this fat actually produces a chronic state of low-grade inflammation.

This state of inflammation ends up fighting our natural hormonal responses to hunger and food. When this happens our delicate appetite regulation hormones no longer work properly so we don’t know when we are full and tend to overeat. It also produces intense food cravings which are almost impossible to ignore. To be able to lose weight successfully we need to eliminate this state and the chaos it causes.

Inflammation can also be caused by a diet heavy in refined and processed foods. Many people may not realize it but they can be sensitive to the chemicals and additives used in the processing of these foods. This sensitivity can go undetected for years as it is often not enough to cause debilitating obvious symptoms that an acute allergy would, but they can be like a ticking time bomb quietly undermining your health by causing inflammation to your body’s tissues and cells.
Circulating toxins in your blood are dangerous for your body, so it has to get rid of them somewhere. Fat cells are your body’s storage tanks. That means they are the first place your body looks when it wants to dump those toxins. This is when the vicious cycle of inflammation starts.

Our fat cells are basically always in one of three states. They can be small immature cells, normal medium cells or large inflamed cells. They become large and inflamed cells when exposed to toxic stressors by the food we eat, our environment or even our emotions.

When they are in that inflamed state they cannot release their fatty acids back into the bloodstream so it can be burned up for energy. This is one of the big reasons systemic inflammation is linked to excess body fat. The ONLY way to fix this, and restart your fat loss, is to cleanse your body of its toxic load.

The more toxic your body is, and the more large inflamed fat cells you have, the more likely you will be holding onto your fat stores. The good news is, your body has its own built-in pipes, filters and systems to get rid of toxins. The bad news is, they are probably overloaded and not able to keep up and that is part of the cause of a weight loss resistant body. **Not only can all of these toxins cause you to hold onto stored fat, it can have you storing new fat more easily.**

Once your total “toxic load” is reduced, your skin, liver, lungs and other organs of detoxification will be better able to handle toxin released from your fat cells. You will kick start new and much easier, effortless fat loss that leads to better overall health.

That is what this eBook is all about. We make some changes to what we eat and we introduce whole foods in the right combination, at the right time to clean your body’s own filters. This helps it rid itself naturally of toxins and gets everything working properly again. This is why you absolutely have to get healthy before you can lose weight permanently.

The message is that even a low grade state of inflammation could be unknowingly affecting your weight loss goals as well as your overall health and wellbeing. The truth is, it may have **NOTHING** to do with how MUCH you are actually eating but **WHAT** you are eating.

I hope you can see by now that this situation could well be the missing step between you and your goals and that is what this eBook is going to address in more detail as we work through the chapters.
To eat better we need to look for foods that have a ratio of high nutrient to calorie value. Empty calorie, nutrient-poor foods are common in our modern world. Refining and processing foods removes the nutrients so they end up being nothing more than edible food “look-a-likes”. We need to ditch these low-nutrient non-foods and replace with nutrient-dense foods.

Look for foods that contain lean protein, vitamins, minerals, complex carbohydrates and healthy fats. Sometimes we forget that eating is about more than just enjoyment and fulfils three basic needs:

- To provide energy so we can move around
- Provide our tissues with the materials for growth and repair
- To regulate our metabolism (the rate our body burns fuel)

These three requirements are met by components of foods called “nutrients”, which consist of six classes: proteins, carbohydrates, fats, vitamins, minerals and water.

Foods that are “nutrient-dense” supply a hefty amount of these nutrients for their calorie value. Instead of the empty carbohydrates that make up the majority of modern man-made foods, we can instead choose nutrient-dense carbohydrates to provide muscle glycogen so we have enough fuel to be physically active.

A healthy diet is made up of nutrient-dense foods such as lean grass fed meats, free range poultry and eggs, fish, vegetables, nuts, seeds, coconut, whole-grains, rice, beans and fruits. These foods are considered to be nutrient dense because they are not only high in protein and good carbohydrates but supply other nutrients such as vitamins, minerals, and fiber.

By comparison, processed and refined non-foods such as soda pop, candy bars, cakes, cookies, snack bars, chips and other “junk” type package non-foods are not considered nutrient-dense because they are also high in sugars, unhealthy fats and chemicals. They also contain little to zero protein, good carbohydrates, healthy fats or vitamins and minerals. This is why such foods are often referred to as supplying “empty” calories and thus are nutrient-poor. We need to eliminate these and replace with nutrient-dense foods.

Nutrient-dense foods are critical to combat weight loss resistance, key to obtaining optimal health, and provide many other health benefits such as:

- To rebalance the fat storing/fat burning hormones
- Reduce or eliminate food cravings that lead to overeating
- Make us feel full and satisfied so we eat less
- Keep blood sugar levels stable which is crucial for good health
provide your body with energy so you WANT to be active

provide your body with the nutrients it needs for optimal digestion and metabolism

contain nutrients that support mental and emotional health, including depression

What we are trying to achieve
- health building success results

These are the benefits most of us want to achieve in our lives and by transitioning to a nutrient-dense way of eating we have a much better chance of achieving them:

- Detoxifying your body
- Losing weight naturally
- Improving your health
- Reversing disease and ailments
- Aging slower
- Looking and feeling younger
- Living longer

Remember - nutrients first, calories second
THE THING THAT TRIPS ALMOST EVERYONE UP when they try and get healthy or lose weight is that whenever they reduce the amount of food they are eating the cravings kick in.

They are so intense and persistent that it will send even the most avid dieter to the pantry or fridge in the quest to find something to eat. That something is usually something sweet and processed with no nutritional value whatsoever that will fuel your cravings even further.

This is where most mainstream diet/meal plans fail so miserably. They are still based around processed foods and if you continue to eat these things you are not likely to succeed in your health, fitness or weight loss goals. You are still eating the very things that throw your hormones “out of whack” and while they are all over the place you are going to have a VERY hard time losing weight.

If you do NOTHING ELSE towards getting healthier or losing excess fat weight, adding this shake into your life every single day will get magical results all on its own. This is the most efficient and effective way to immediately get on the nutrient-dense eating track, get yourself healthier, quell the cravings and watch the magic start to happen. Make yourself a Shake every single morning and try and drink some of it within an hour of waking.

If you are leaving home for the day, put the rest of the shake into a cooler bag and take it with you. No matter what you have to do, make it and get it into your tummy and then the rest of the day will be easy.

Creating the perfect Health Shake:

- Select your protein
- Add your fiber
- Add your fruit
- Add water, ice and blend!
Basic Health Shake recipe

- 1 scoop of protein powder (whey or plant based)
- 1 serving frozen fruit (frozen or fresh organic berries is perfect)
- Liquid (water, unsweetened coconut water, almond** or any nut milk)

Add-ins:

- 1 tablespoon of nut butter
- 1 tablespoon chia seeds
- 1 tablespoon freshly ground flaxseed meal
- 1 fresh (or frozen) green leaf of some kind (Swiss chard, kale, spinach) or 1 scoop greens powder
- 2 tablespoons – ¼ cup coconut milk*

*Note: Full fat coconut milk or cream is recommended, not the watered down “lite” kind if you are buying it in a can. The fat in coconut is the healthiest fat in the world so do not be afraid to use it. Remember now we WANT lots of healthy fats so go for the best quality coconut milk or cream you can find.

**Note: You can make your own almond milk by blending 1 cup of raw almonds in 2 cups of water in a high speed blender. Strain the milk and keep in the fridge.

The chia and flax seeds are essential and are the magic ingredients for filling you up and staving off hunger pains for at least four or more hours. Without them it does not work as well so you will need to make an effort to always include them.

This shake is so satisfying, it makes getting that first meal in so easy and you will not need to worry about eating for hours. This then gives you plenty of time to organize your next healthy balanced meal with a portion of quality protein that will get you right through until dinner time. If you need a snack an apple and a handful of nuts or some yoghurt with some protein powder stirred in are enough.

Once you get this ingrained in your life it is very easy to implement. You just need to think ahead and shop ahead so you have the ingredients at your finger-tips. Investing 3–4 minutes each morning is easier than the stress of eating “whatever, whenever” and the resulting weight gain and energy loss from metabolism slow down.

Living this way is punishing to the soul as you may have already discovered. If there is just one thing that you get out of this entire book that will fast track your progress—making this Health Shake each and every day IS IT.

These Health Shakes will truly change your life

Firstly, if you are not yet eating in a nutrient-rich healthy way and need to speed up the detoxification process to lose weight naturally, you need to maximize your micro-nutrient consumption. These health shakes are the ticket to the fastest ride to not only losing weight but feeling fantastic as well.
Do this one thing each day, and you will naturally shift your desire toward eating in the healthiest way, as you experience the health and personal performance results and want more of a good thing. Once you experience how these shakes make you feel you will never go back to your “old ways”.

People typically lose at least 10–20 pounds (or more) of pure fat in the first three months just from adding this Health Shake and then go on to lose more over time. It is a truly life-changing strategy.

You will find making your Health Shake each morning will make you strong and when you are feeling strong it is so much easier to make good decisions both with your eating and exercise time. You are much more motivated to do the things you know you need to do to make it all happen.

After you have had your shake, you will feel so empowered, and regardless of what else happens in your day, you will be better equipped to handle it. Without proper nutrition daily challenges become so much more stressful and this is what can cause you to grab the wrong thing to eat just to cope.

When you have had your shake you will happily find it is so much easier to make better food choices for the rest of the day. You will magically have little desire to shovel the wrong things into your mouth as you have had such a great start to the day.

A great tip

The first tip is the idea of being more positive and focusing on “inclusion” rather than the old way of “exclusion” with your eating. There is a pretty good chance that you already know a lot about what is not good for you. You know the usual suspects, white bread, sugar, junk foods, fried foods, fast foods, candies, sugary drinks etc. So, just ignore them and focus on new positive habits to integrate into your diet and your life.

The real secret here is that by eating more GOOD stuff you will automatically start replacing some of the sub-optimal processed foods that you might have been eating before. What we want to happen is to have our tummy so full of good nourishing stuff that there is absolutely no desire to eat the BAD stuff. This is what your daily Health Shake will do for you.

If you make this Health Shake a priority you are half way there and just need to add a couple of healthy meals in for the rest of your day.

You can get so much quality nutrition in that one shake that it will leave you feeling so full and satisfied that you truly won’t need as much food as you are eating right now. When the quality of the food is increased the quantity can be reduced which really “lightens the load”.

What you will also find is that slowly the bad stuff, cravings and addictions to certain foods are lessened, if not eliminated. You will become more in control of them, rather than them being in control of you.
You suddenly just stop needing them, and that is a bit of a revelation to most people as you start to feel really good about the direction you are heading. You will find yourself saying “Finally, I am on the right track with my eating and therefore my health and weight”.

So, get yourself organized for your Health Shake. If you need a high speed blender to make it, buy one—you can find them for $50–$100. Think of it as a long term investment in your health. The Health Shake will be the cornerstone of your new nutrient-dense eating plan so get the tools you need to make it happen—every single day.

Health Shakes are super nutrient-rich in health-promoting protein, essential fatty acids, real food carbohydrate, water, fiber, vitamins, minerals and phytochemicals including live enzymes, and will be ideally used by the body. You will be getting at least 50 percent of your daily nutrition from this one meal so put some love into it. Within a week or so, wild horses won’t stop you from having it.
MEET YOUR TWO NEXT BEST FRIENDS

TWO LITTLE SEEDS—CHIA AND FLAX. You could call them “Ancient Super Foods Of The Future” and you could replace 50 percent of the processed or refined foods that you are now eating with these two types of foods and experience unbelievable good health, energy and effortless weight loss.

Good for you flaxseeds

Is flaxseed the new wonder food? Preliminary studies show that flaxseed may help fight everything from heart disease and diabetes to breast cancer.

It may be tiny, but it’s mighty: The flaxseed carries one of the biggest nutrient payloads on the planet. While it’s not technically a grain, it has a similar vitamin and mineral profile to grains. However the amount of fiber, antioxidants, and Omega-3 fatty acids in flaxseed leaves grains in the dust.

Some call it one of the most powerful plant foods on the planet. There is some evidence it may help reduce your risk of heart disease, cancer, stroke, and diabetes. That’s quite a tall order for a tiny seed that has been around for centuries.

Flaxseed was cultivated in Babylon as early as 3000 BC. By the 8th century, King Charlemagne believed so strongly in the health benefits of flaxseed that he passed laws requiring his subjects to consume it. Fast-forward 13 centuries and some experts would say we have preliminary research to back up what Charlemagne suspected all those years ago.

Although flaxseed contains all sorts of healthy components, it owes its healthy reputation primarily to three ingredients:

- Flax seed is rich in omega-3 essential fatty acids: the “good” fats that have been shown to have heart-healthy effects. Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s. Omega-3 fatty acids are a key force against inflammation in our bodies.

- Flaxseed is high in phytochemicals including many antioxidants: It is perhaps our best source of lignans, which convert in our intestines to substances that tend to balance female hormones. There is evidence that lignans may promote fertility, reduce menopausal symptoms, have anti-cancer properties and helps prevent diabetes. Flaxseed contains 75–800 times more lignans than other plant foods.
Flaxseed is high in fiber: You would be hard-pressed to find a food higher in fiber—both soluble and insoluble—than flax. This fiber is mainly responsible for the cholesterol-lowering effects of flax. Fiber in the diet also helps stabilize blood sugar, and, of course, promotes proper functioning of the intestines.

Note that:

a) flax seeds need to be ground to make the nutrients available (otherwise they just “pass through”) and

b) flax seed oil alone contains neither the fiber nor the phytochemicals of whole flax seed meal.

Another wonderful benefit of flax seed is that it is very low in carbohydrates, making it ideal for people who wish to limit their intake of starches and sugars. Its combination of healthy fat and high fiber content make it a great food for weight loss and maintenance.

People wishing to lose excess body fat have found flax seed a key to keeping them feeling satisfied which is vital to sticking to a healthy eating plan and not being derailed by hard to ignore food cravings.

The amazing chia seed

Chia seeds are one of the most powerful and ancient nutritious super foods in the world. Very similar to flax, chia seed is packed with protein, an excellent source of fiber, full of antioxidants, loaded with vitamins and minerals, a great source of B vitamins including folic acid and the richest known plant source of omega-3 essential fatty acids. Everyone from children to senior citizens can benefit from the wonderful nutritional qualities of chia seeds.

Chia seeds have more omega-3 than Atlantic salmon

Would you believe that chia has more antioxidants than fresh blueberries, more fiber than bran flakes, five times the calcium of milk, two times the amount of potassium as bananas, three times more iron than spinach and more protein, fiber and calcium than flax seed.

Adding just 1–2 tablespoons of chia seeds to your daily diet will give you approximately 7 grams of fiber, 4 grams of protein, 205 milligrams of calcium, and a whopping 5 grams of omega-3. Chia seeds include phosphorus, magnesium, manganese, copper, niacin and zinc. This makes it energizing, giving a boost of energy that lasts, providing stamina and endurance.

A single tablespoon could sustain Aztec warriors for an entire day.

Chia seeds are easily digestible

Unlike flax seed, chia seeds do not have to be ground up before you ingest them. The human body can easily digest chia seeds, and with about 7 grams of fiber per serving, they actually help digestion. Chia seeds are convenient and versatile.

You can eat chia seeds straight from the bag, mix them with your favorite drink, add them to your cereal or salad, and just about anything else.
Chia seeds do good things for the body, like keeping blood pressure and blood sugar under control and have many anti-aging properties. The seeds fight free radical damage. Aging happens when damaged cells are replicated. Chia antioxidants act to neutralize the free radicals that cause premature aging and flush out age-accelerating toxins.

Chia seeds help a person regain youthful exuberance, skin elasticity, enhances hair, skin, nails, lubricates joints, reduce inflammation and muscle soreness. It also speeds up rejuvenation as well as lowering lactic acid build up in muscles.

They are also excellent for keeping your pets healthy. A half a teaspoon a day for a cat or small dog and a teaspoon for a larger dog mixed into their food will keep them in tip top health. Just make sure to always soak in a little water first for a few minutes before adding to their food. Chia seeds can absorb up to 40 times their weight in water so you would easily dehydrate your pet if you fed them dry chia seeds.

Chia provides 97 percent of its calories from high quality plant protein and lipids with very few calories from carbohydrates. The carbohydrate portion of chia is predominantly insoluble fiber, which is beneficial to digestion in that it passes through the gastrointestinal tract undigested resulting in a non-caloric effect to the body. Gram for gram, chia is the highest source of protein, bar none.

In any recipe that calls for flax seeds, you can substitute chia seeds. The chia flavor is bland, so they work great in or on just about anything. One or two tablespoons a day will improve your nutrition and researchers looking at chia have called it an “almost perfect food”. It’s many benefits include:

- Providing energy, boosting strength, and bolstering endurance
- Improving mental focus and concentration. Chia’s balanced essential fatty acids can significantly boost your brain power...and brighten your mood
- Helps build lean muscle tissue...plus it’s useful for weight loss and weight maintenance
- Gluten-Free. Unlike grain-source proteins, chia seed protein contains no gluten. You can eat chia seeds without worrying about gluten if you are sensitive to it or about developing gluten sensitivity
- Super-hydration and electrolyte balance. Chia’s soluble fiber (hydrophilic colloids) massively retains water—keeps you well-hydrated and maintains your electrolyte balance

In fact, chia is the most nutritious seed available anywhere, and among the best health-building super foods or nutritional supplements around...both because of all its incredible benefits, and because it promotes health in everyone who takes it!

**Great to help with weight loss**

A daily dose of chia seeds is great for weight loss, reducing cravings for sweets and junk type foods, allowing you to be more in control of your food intake. Chia helps to slow digestion, sustain balanced blood sugar levels and being able to absorb so much water they have high soluble fiber content. They release natural, unrefined carbohydrate energy slowly into the bloodstream to keep you feeling “fuller” for a longer period of time.
Add them to your oatmeal or put them in a bowl with unsweetened chocolate almond milk—they will absorb the liquid and gelatinize, similar to the consistency of a rice pudding.

Here is a cool little recipe for a healthy dessert or snack.

**Banana Coconut Chia Pudding - Serves 2**

2 ripe bananas
1 cup coconut water or any nut milk
2 tablespoons chia seeds
1 tablespoon cocoa powder (optional) to vary flavour

**Note:** Could add a few chopped nuts to make even more nutritious.

Place all ingredients in a blender and blend until smooth and creamy. Take the mixture out of the blender and allow it to thicken for a few minutes (if you can wait that long!). Enjoy this anytime as a nutritious, delicious and easy treat.
WHAT WE WANT IS NATURAL EFFORTLESS WEIGHT LOSS and we achieve that with several small to medium sized meals and a complete Health Shake. When we eat these nutritious foods it leads to natural weight loss and stabilization at your healthy weight quite naturally.

Eating 6–8 cups a day of leafy green and other vegetables both in meals and a shake, normalizes the appetite within a few days and several pounds of excess body fat loss is noticeable in a couple of weeks’ time—especially if all sources of wheat and sugar are excluded.

The rest is easy. Our bodies reward us with higher energy and fewer pounds and it becomes an automatic positive feedback loop. Until we give our body the nutrients it needs it will continue to urge us to eat. No amount of empty calories will shut it up. We can be 100 pounds overweight and the body will still clamor for more if its life sustaining needs have not been met. The empty nutrient-poor so called foods do not satisfy the intelligent body.

Here is our new blueprint to change this. This is what you have been waiting for, the exact details about how to eat to combat weight loss resistance. Once you get started you will see how easy it really is to turn this weight gain/inability to lose weight thing on its head. Your only regret will be that you did not know about it sooner.

So let’s get started:

Rules of nutrient-dense meal timing

Eat a substantial breakfast within 1 hour of waking up (your Health Shake is perfect).

Eat every 3–4 hours, which means you will be eating three balanced meals a day plus 1–2 snacks ONLY IF NECESSARY. Eating this way will assist to maintain blood glucose (energy levels).

➢ Aim for at least three colors on your plate.
➢ Add a lean protein to each meal.
➢ Stop eating three hours before bed. (NO, this does not mean going to bed later!)

Here’s how your nutrient-dense plate should look like and is the ideal balance that you are striving for on your plate at each meal.
Optimal Food Choices

Optimal Protein Choices
Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean free range, organic chicken and turkey
- Cold-water wild caught fish/shellfish—wild salmon, Alaskan halibut, sole, scallops, sardines
- Lean grass-fed red meats—2–3 times per week • Game • Lamb
- Pea, rice, hemp, whey or potato protein powders

Optimal Fat Choices

- Cod liver oil
- Fresh ground flaxseed meal
- Olive oil, olives
- Raw nuts and seeds (not peanuts)
- Coconut milk or oil
- Flaxseed oil
- Avocado
- Macadamia nuts
- Olive oil, olives
- Raw nuts and seeds (not peanuts)
- Coconut milk or oil
- Flaxseed oil
- Avocado
- Macadamia nuts

Optimal Non-Starchy Vegetable Choices

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Cucumber
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Celery
- Chicory
- Fennel
- Chives
- Collard greens
- Coriander
- Jalapeno peppers
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Green beans
- Leeks
- Kohlrabi
- Kale
- Onions
- Lettuce
- Mushrooms
- Mustard greens
- Parsley
- Radishes
- Radicchio
- Shallots
- Spinach
- Spaghetti squash
Summer squash  
Swiss chard  
Watercress  
Artichokes  
Zucchini  
Bell peppers (red, yellow, green)

High Fiber Starchy Carbohydrate Choices

Adzuki beans  
Mung beans  
Navy beans  
Pinto beans  
Split peas  
White beans  
Carrots  
Brown rice  
Kidney beans  
Wild rice  
Leeks  
Tomatoes  
Lima beans  
Okra  
Pumpkin  
Turnip  
Legumes  
Black beans  
Jicama (raw)  
Quinoa  
Black beans  
Cowpeas  
French beans  
Great Northern beans  
Brown rice pasta  
Millet  
Chick peas (garbanzo)  
Sweet potato or yam  
Squash (acorn, butternut, winter)  
Lentils Quinoa pasta

Another top tip—Sweet potatoes—try having one of these babies almost every single day. Not only are they delicious but they are a superb source of nutrients. One serving can bring you 700% of your RDA for beta-carotene. They are also rich in potassium, a great source of energy, and pretty much one of the best non-green vegetables and starch you can eat.

Just put some protein (meat or fish) with your sweet potato and maybe a green vegetable or some mushrooms and you have a delicious small meal in just a few minutes of cooking time.

Coconut: Another top food. It is a multitasking master ingredient that can be used in many ways. The coconut palm can produce functional flour (grain free and high fiber!)... a sweet sugar (low glycemic)... and a satiating fat (that trims your tummy.). That makes it the perfect baking staple for delicious detoxification.

Low Glycemic Index Fruit Choices

Low GI

Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

Moderate GI

Cherries  
Pears  
Fresh apricots  
Melons  
Pomegranates  
Oranges  
Peaches  
Apples  
Avocados  
Kiwi fruit  
Lemons  
Limes  
Pitted Prunes  
Pitted Prunes  
Nectarines  
Tangerines  
Passion Fruit  
Persimmons  
Plums
High GI—Think of this as dessert—should be eaten rarely

- Bananas
- Pineapples
- Grapes
- Watermelons
- Mangoes
- Papayas

Staples Shopping List

These are the items I keep on hand so I can assemble healthy, delicious nutrient dense meals in minutes!

For your freezer:

- Grass-fed beef tenderloin
- Pasture-fed pork tenderloin
- Organic chicken and turkey sausages
- Organic free range chicken and turkey breasts
- Frozen shrimp
- Frozen berries (blueberries, strawberries and cherries are wonderful)
- Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)
- Wild fish favorites are sole, salmon
- Scallops
- King crab

For your fridge:

- Free range turkey slices
- Roast beef slices
- Roasted whole chicken
- Nut butters: almond, pecan, walnut, macadamia, cashew etc
- Butter (preferably from the milk of grass fed cows)
- Guacamole
- Fresh salsa
- Dijon mustard (gluten free)
- Salad greens (look for baby spinach and arugula in tubs)
- Flax seed (grind fresh before use)
- Chia seed
- Lemons
- Limes
- Sparkling mineral water
- Hummus
- Iced green tea (make fresh, no sugar added)
- Coconut milk/cream full fat
- Fresh, low glycemic index fruits such as berries and apples
- Asparagus
- Mushrooms
- Broccoli
- Red Onions & Peppers

For your pantry:
- Coconut milk/cream (full fat)
- Coconut flour
- Coconut sugar if you bake
- Organic chicken broth
- Brown rice
- Quinoa
- Brown rice pasta
- Quinoa pasta
- Rice noodles
- Nuts (choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, brazil nuts, pistachios)
- Green teas (to drink both iced and hot)
- Garbanzo beans
- Black Beans
- Lentils
- Artichoke hearts
- Diced green chillies
- Sun dried tomatoes in olive oil
Thai Kitchen Red Curry Coconut Sauce

Vinegar (red, balsamic, rice) for salad dressings

**For your vegetable bin:**
Store these in an open bin in dark spot, not the fridge

- Garlic and onions
- Sweet potatoes
- Tomatoes
- Avocados
- Potatoes
- Butternut squash

**Key oils to have on hand:**
- Coconut oil or Palm Fruit oil (for high temperature cooking)
- Extra virgin olive oil (for cold/ raw use)

**Spices to have on hand:**
- Sea salt
- Black peppercorns
- Red pepper Italian spice blend
- Mexican spice blend Herbes de Provence
- Rosemary
- Oregano
- Basil
- Red Chilli
- Cumin
- Cinnamon
**Day One:**
- **Breakfast:** morning Health Shake
- **Lunch:** chicken breast and salad vegetables
- **Snack:** handful of nuts, 1 apple
- **Dinner:** piece of salmon or steak, 2 cups of vegetables, medium sweet potato

**Day Two:**
- **Breakfast:** morning Health Shake
- **Lunch:** tuna roll (wholegrain) and salad vegetables
- **Snack:** handful of almonds and a low fat yoghurt
- **Dinner:** stir-fry with lean protein, 2 cups of salad or vegetables, ½ cup brown rice

**Day Three:**
- **Breakfast:** morning Health Shake
- **Lunch:** 2 boiled eggs, salad vegetables
- **Snack:** handful of nuts with an orange
- **Dinner:** lean piece of protein, 2 cups of vegetables, small potato

**Day Four:**
- **Breakfast:** morning Health Shake
- **Lunch:** chicken and salad vegetables
- **Snack:** boiled egg or two and an apple
- **Dinner:** white fish with 2 cups vegetables, medium sweet potato
Day Five:

- **Breakfast:** morning Health Shake
- **Lunch:** sushi with brown rice (four to six pieces)
- **Snack:** apple slices spread with almond or cashew butter
- **Dinner:** lean piece protein, 2 cups vegetables, ½ cup brown rice

Day Six:

- **Breakfast:** morning Health Shake
- **Lunch:** turkey slices on small wholegrain roll with salad vegetables
- **Snack:** small low fat yogurt with ½ scoop protein powder mixed in
- **Dinner:** white fish, two cups vegetables or salad, ½ cup brown rice

Day Seven:

- **Breakfast:** 2 egg omelette with bacon and vegetables
- **Snack:** small Health Shake (no fruit)
- **Lunch:** meal of your choice (a protein and vegetables)
- **Snack:** handful of nuts, 1 orange
- **Dinner:** salmon, 2 cups vegetables or salad, small sweet potato

For more tools and resources from Carolyn Hansen to assist you in attaining your goals and achieving the success you desire in life, please visit:

[http://CarolynHansenFitness.com](http://CarolynHansenFitness.com)

Carolyn Hansen - Peak Performance Fitness Consultant

“I help clients take charge of their health before circumstance removes the option. If your quest for peak performance living is a journey I’ll put you in the driver’s seat”