



debra@flippingfifty.com
FB/IG/YT: @flipping50tv

MODULE 2: Nutrition Plan for Pleasure and Performance

- Wins and Challenges from last week: Celebrate!
- Changes in checklist: Acknowledge.

1. High-Quality Protein Sources (30 gm/3 times minimum, 4 better, 5 best)

- Bison, venison, elk or other wild meat
- Duck, Cornish Hen, Chicken, Turkey
- Fish and Seafood
- Eggs*** (test first)
- Whey Protein***** (test: dairy is Inflammatory)
- Cottage Cheese (fat-free or low fat)***** (dairy)
- Greek Yogurt (2% or full fat)**** (dairy)

2. Non-Starchy Vegetables (deeper color throughout the better: 6-9 c.)

- Spinach and kale
- Broccoli
- Carrots
- Celery
- Mushrooms
- Squash
- Peppers
- Cucumber
- Onions
- Tomato
- Cauliflower
- Beets

3. Fruit

- Berries and Citrus fruits have lowest sugar highest nutrient density
- Lower on the fruit nutrient chain: bananas(greener), apples, grapes

4. Nuts and Seeds

- Milled flax seeds (ground)
- Almonds, walnuts, pistachios, cashews
- Chia seeds
- Sunflower, pumpkin seeds

5. Beans, Legumes, Starchy Veggies

- Healthy resistant starches provide fiber for elimination, serotonin for mood, energy for exercise, and stable blood sugar
- Sweet potatoes, winter squash, quinoa, brown rice, all beans

6. Avoids:

- Artificial sweeteners and sugar. The sugar>insulin>stop fat metabolism + increase fat storage is BAD, in the presence of stress: Cortisol added to the equation stores as belly fat. Artificial sweeteners have the potential to do the same thing.
- Excess starchy vegetables and processed foods: pasta, rice.
- Optional: you may not have to eliminate grains permanently but try working your diet without them for two weeks and assess how you feel.

7. Hormone Hell or Hormone Heal (the why behind elimination and testing)

- reducing the **insulin** response
- reduces the impact of **cortisol** on our fat stores.
- reduces the **leptin** resistance.
- reduces **ghrelin** affect.

8. Efficient vs. Inefficient Concept

- we want less efficient digestion: more calories burned; slower digestion; less insulin response
- we want less efficient exercise: more positive hormonal impact

9. Focus on everything you CAN have

- Be too full for sweets
- Be too satisfied for cravings
- Prepare food that tastes and looks good so you're not deprived
- Your plate will be MORE full, not less
- Portion control will take care of itself: no one died of excess vegetables

10. Create Your Go-Tos

- A few regular smoothie recipes (protein, fruits, veggies, liquids)
- A few regular protein entrees, soups, salads, sides
- Make ahead and freeze: soups, chicken or ground meat
- Breakfast* you want a high protein low carb meal
- Get snacks on hand (see 11) if you have adrenal fatigue

11. Snack Starters

- Protein + carb or protein + fat to have lowest sugar impact on the body.

- Apple + nut butter
- Pear + nuts
- Yogurt (coconut/cashew or almond) + berries or pineapple
- Smoothie or simply almond milk with protein (plant or Paleo Power)

12. Pre and Post Exercise Energy

- Don't train on empty to avoid Low Energy Availability (LEA)
- The closer to exercise the smaller the pre-ex snack
- Before resistance snack on protein – 20-24gms
- Post exercise within 30 minutes 1:3 or 4 ONLY If you are an athlete training hard daily OTHERWISE wait 60 minutes and have 30+gms protein
- Am options – banana with smear of almond butter
- Avoid a bar code option, especially if you're standing in your kitchen.
- Lower intensity exercise = nothing or higher in fat and protein, Higher intensity = easy to digest carbs + small amount of fat/protein

Homework:

1. Plan recipes and menus: with flexibility. Get comfortable with a few and try ONE new recipe or food a week.
2. If you're not at 8 glasses of water a day yet, add a full cup to your daily quota. Carry a bottle with you and know how many times you need to empty it.
3. Drink a tall glass of water (with lemon) first thing; half hour before each meal; and then ½ to full cup each hour between meals. Minimize drinking *at* meals.
4. Plan ahead to carry food if necessary. Carry a cooler if you need to. Put things in the refrigerator and freezer that are health friendly. Sickness is a hassle and inconvenient. This is just a habit you don't have yet.
5. Continue the elimination diet. Do the pH tracker if you haven't. Keep working on the habits that boost reduce acidity. Begin the 30-day tracker if you haven't – or continue it!!