Chandra Riley 8 Weeks to Wellness Trainer

**Eating Habits, Nutrition and Lifestyle**

* YOU MUST plan to be successful every day with clean eating habits. Start using your Lifestyle University sheet provided weekly.
* Five meals total daily. Each meal should have one protein, one carb, and one healthy fat source.
* Two of those meals should ideally be a meal replacement shake.
* It does not take very long to plan a week’s menu. Some of staples that you need to always have on hand include the following.
* To go tuna packs – albacore
* Kroger brand low carb yogurts’ higher in protein
* Greek yogurt either added to Kroger yogurts or with some added honey or agave
* Fiber one cereal added to my yogurt or with skim milk at home in the morning
* Low fat cheese sticks (weight watchers, or Sorrento’s brand) pair two of these with an apple, grapes, red pears or any other fruit of your choice.
* Meal replacement bars found in the health food section such as Luna bars, are good paired with low fat cottage cheese. Look at labels, they are not all created equal and some are high in sugar. I don’t advise using them daily. Rivertown chiropractic has a great meal replacement bar called ultra meal in several flavors.
* Ultrameal replacements shakes available at Rivertown Chiropractic or Labrada lean body meal replacement shakes for men, Lean Body for her for the ladies can be purchased at www.bodybuilding.com . Drink two shakes per day. EAS brand premade are available at Kroger and Wal-Mart.
* Laughing Cow Light cheese wedges paired with mini carrots, celery, apples
* Walnuts, almonds, peanuts ECT. Preferably not heavily salted versions these are healthy fat sources. Learn what a true portion size is. I suggest getting snack baggies a portion them out so you don’t over eat them.
* Chicken and turkey breast are easy to cook ahead for making sandwiches and wraps, tossing on a salad or even reheating with some sautéed veggies in the morning.
* Do not use frozen meals daily, use sparingly if at all. Kashi frozen meals are the best frozen dinners as far as healthier ingredients. Healthy Choice, Weight Watchers, Lean Cuisine are okay but still are usually high in processed ingredients and sodium. Stay away from the frozen dinners with white rice or mashed potatoes. These are high glycemic Carbs. I am not against them in general however if you are attempting to lose weight then it is best to totally avoid them. Choose varieties with vegetable sides instead.
* Purchase plenty of small containers so you can pre prep your food, especially if you are on the go a lot. Purchase containers that are leak proof, Ball plastic storage containers are great. You can find them with the canning supplies. I also like Rubbermaid’s take along’s these are the ones with the red lids. Several sizes of sandwich and snack baggies for portioning out items such as nuts, crackers, fruit and veggies.
* You must wash and pre prep all your vegetables, fruits and meats ahead of time. Utilize this as family time, working together. I have found that one to two hours in the kitchen on a Saturday or Sunday afternoon prepping and planning saves me hours of time later on in the week. I never fail to eat healthy and cook good meals when prepped ahead of time.
* Purchase a small cooler and two ice blocks (you will find these in the sporting goods departments with the coolers) Even if I am going to town for just a few hours I bring along a snack and water in my bag. Never and I repeat never leave home without a plan as to when your next meal is going to be.
* Carry along plastic silver ware. I carry my home and wash.
* Travel size handy wipes are also great to carry along.
* Learn to eat everywhere, at work, in the parking lot before grocery shopping , doesn’t matter keep the furnace burning.
* If you know you are attending an event where there are going to be all kinds of junk foods, eat something healthy before you go with plenty of water and enjoy whatever you want while there. Make adjustments to eat clean the rest of the week. Basically plan a cheat meal or two once a week. Cheating does not mean over eating☺.
* Have a great attitude!!! Smile because you are taking care of your body. I enjoy putting together the meals. I am in an attitude of gratitude.
* Canned veggies and fruit are not healthy choices, fresh and frozen please

 **My favorite kitchen gadgets**

Magic Bullet Blender

Invest in two different sizes of really good skillets

Apple slicer (bed bath and beyond and some great kitchen widgets)

Ball plastic storage containers I bought mine at Kroger in the bakery isle great for taking protein shakes along.

Pizza Stone

**Must Have Books**

Eating for Life by Bill Phillips

The Eat Clean Cookbook by Tosca Reno

Clean Eating Magazine

Change Your Brain, Change Your Body Cookbook

The Master Your Metabolism Cookbook

The South Beach Diet Cookbooks

The Zone Cookbooks

Sugar Busters! Quick &Easy Cookbook

List of Acceptable Foods

Carbohydrates- Gyclemic index is listed first followed by glycemic load number.

Carbs with a glycemic index of 55 or below and a 10 or less on the glycemic load are the best choices.

Glycemic Index: low 55 or below, Moderate 56-69, High 70 and above

Glycemic Load: low 10 or less , Moderate 11-19, High 20 and above

Proteins- The best choices are listed. If it not listed then it’s probably not a healthy choice Check the labels for the Wild caught, Organic grass fed, and free range. These are the best choices for your health. You want to stay away from farm raised fish which are raised in terrible conditions and grain feed and then injected with dye to add color. Hoofed animals should be grass feed in a natural environment as well. Laura’s Lean beef is a good choice.

**Breads**100 % whole wheat bread items only.Whole wheat English muffins and bagels

**Tortillas :**La Tortilla Factory in whole wheat and low carb varieties **.**Roll Up brand wraps

**Proteins :**Chicken breast , Turkey Breast , Lean Ground Turkey, Sword fish , Orange Roughly ,Haddock , Salmon , Tuna , Crab, Lobster, Shrimp ,Top Round Steak, Top Sirloin Steak, Lean Ground Beef , Buffalo, Venison Ostrich Egg Whites or substitutes , Low-fat Cottage Cheese

**Fats:**Olive Oil, Flaxseed Oil, Avocado, Nuts, Seeds, flax, pumpkin, sunflower, organic butter

**Breads**

100 % whole wheat bread items only

Whole wheat English muffins and bagels

**Tortillas**

La Tortilla Factory in whole wheat and low carb varieties

Roll Up brand wraps

**Carbohydrates**

Apples 38-6

Artichoke

Arugula 0-0

Asparagus

Baked beans 48-7

Baked potatoes 86-26

Bananas 52-12

Barley 25-11

Basmati 58-24

Beets 64-5

Bell Peppers all colors 0-0

Black beans 30-7

Black berries

Black-eyed peas 42-9

Blue Berries

Bok Choy

Broccoli 0-0

Brown Steamed rice50-16

Brussels sprouts

Buckwheat 25-11

Cabbage 0-0

Cantaloupe 65-5

Capers

Carrots cooked 49-2

Carrots raw 47-3

Cauliflower

Celery

Cherries

Chickpeas 42-9

Corn fresh 60 -11

Cornmeal 68-9

Couscous 65-23

Cream of wheat 66-20

Dark green salad mix baby greens

Dates103-20

Dried Beans

Eggplant

Figs, dried

Graham Crackers 74-18

Grapefruit 25-3

Grapenuts cereal 75-16

Greek yogurt 12-1

Green Beans 46-8

Green Grapes

Green Peas 48-3

Honey 55-10

Kale

Kidney Beans canned 52-9

Kidney beans cooked 23-6

Kiwi53-7

Leeks

Lentils 29-6

Lima Beans frozen 32-6

Mango 57-8

Melba toast 70-16

Muesli 43-7

Mushrooms 0-0

New Potatoes 62-13

Oatmeal 49-17

Oatmeal 49-17

Okra

Onion

Oranges 48-5

Papaya 59-5

Peach 42-5

Pineapple 66-6

Prunes 29-10

Pumpkin

Pumpernickel bread 41-5

Quinoa 53-13

Radish

Raisins 64-28

Raspberries

Red pear

Rice Cakes 82-17

Rye bread 58-8

Saltines 74-16

Sauerkraut

Skim Milk 32-4

Snow peas

Soda Crackers 74-12

Spaghetti Squash

Spinach

Sprouts

Stoned Wheat Thins 67-12

Strawberries

Strawberries 40-1

Sugar snap peas

Sweet potatoes

Sweet Potatoes 44-11

Swiss chard

Tomato juice 38-4

Tomatoes

Water Chestnut

Watermelon 72-4

Whole wheat pasta

Whole wheat pita 57-10

Whole wheat spaghetti 37-16

Yam

Yam 37-13

Yogurt artificially sweetened 14-2

Yogurt with fruit and sugar 33-12

Zucchini

 Chandra Riley 8 Weeks to Wellness Clinic Coordinator

 **General**

Tea ,Green Tea ,Chai Tea

Instant pudding sugar free flavors only, chocolate, vanilla other flavors you like

Peanut Butter natural Smuckers Brand

Can’t Believe it’s not Butter liquid Spray bottle this one is 0 calories

Walnuts, almonds, in baking isle these versions are usually salt free

Cashews lightly salted

Light or fat free salad dressing of your choice

Stevia comes in a box with small packets Only Sweet Brand top shelf above the sugar

Non stick Kroger brand cooking spray

Extra virgin olive oil

Light mayo or miracle whip

Mustard

Extracts- next to spices and seasonings: mint, almond, banana 2 or 3 of the flavors that you know you would like

Mrs. Dash Seasonings table blend and whatever else you might like.

Turkey Bacon precooked same isle as salad dressing above croutons use once a week only

**Dairy**

Skim milk

Low fat cheese stick, slices and shredded cheese only ( Wal-Mart has a better variety)

Low carb yogurts

Greek yogurt to mix in shakes or add to regular yogurt to add more protein

Low fat cottage cheese Kroger brand is great, Breakstone’s brand is for using in recipes for cooking, can be used as a replacement for ricotta.

Low –fat ricotta

**Freezer**

Strawberries, blackberries, blueberries and any other of your choice

Orange juice concentrate

Choose a variety of frozen veggies

Fat Free cool whip or Redi whip fat free

Whole wheat waffles