

Karen Martel Nutrition
Official Guide to Healthy Eating



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Getting started

When you begin your program, I want you to forget all previous ideas about what your diet “should” look like and approach this program with a completely open mind and heart. When you do this, you’re much more likely to succeed!

Creating transformation in your life will require you to make some changes. The main change you should begin to make this week is to cut out as many processed foods as possible. This means anything that is pre-packaged or made with artificial ingredients. These have NO place in your body! These types of foods are filled with chemicals that work against your body’s best interest. They can actually harm your immune system and create inflammation, pain, and cause you to gain weight!

So, take some time and work through your kitchen. Throw out anything that has artificial ingredients and sweeteners. Refer to **your food guidelines for either Paleo, Autoimmune or Basic Healthy Eating**. Next I am going to go over three of the best and proven ways to lose weight.

Top three things that will help you shed the weight!

1. Eat less Carbs

I know you have heard this before, but really it is proven to be one of the best ways to lose weight! Too many carbs will make you fat, plain and simple.

2. Get rid of the foods you are most likely sensitive to

When you eat certain foods you’re sensitive to, your body gives an immune response, which can cause weight gain, inflammation, skin problems, headaches, fatigue, water retention, PMS, autoimmune disease and a lot of other side effects. The top food sensitivities are:

- Grains (wheat, oats, quinoa)
- Gluten
- Dairy
- Corn
- Soy
- Sugar
- Vegetable Oils
- Legumes



*If you are not sure about what foods you are sensitive to I recommend trying a paleo based diet for 30 days then inviting foods back in one at a time.

3. Portion control

One of the biggest reasons that people have difficulty losing weight and staying healthy is that they lose track of what they're eating. Serving sizes have expanded ridiculously over the past 100 years and most people don't even know what an appropriate serving size is anymore! **Let's take a closer look at this:**

It's time to get familiar with what an average serving size looks like. One of the easiest ways to do this is to understand the measurements and how they relate to your body.

For example...

- The size of your palm is about three ounces, which is the serving size for one portion of meat, such as chicken or fish
- A one-ounce serving size would fit in the palm of your hand, which is a great measure for things like nuts
- A handful is more likely to be two to three ounces
- A balled up fist is about the size of one cup
- Half a cup is about the size of the bottom of that fist - or the bottom two fingers
- The tip of your thumb is the approximate size of one tablespoon, while the tip of your index finger is about the size of a teaspoon

Vegetables Unlimited quantities

Fruit 1 individual piece for fruits like apples, pears, bananas, and oranges; 1 cup for small fruits like berries or grapes; 1 cup for chopped or cubed fruit like melons. *Enjoy up to 1 serving per day.*

Protein 1 palm-sized portion of high quality, lean animal protein; 1-2 eggs, one small handful of nuts or seeds; 1-2 tablespoons of protein powder. *Enjoy 2-3 servings per day.*

Healthy Fats 1 tablespoon. *Enjoy up to three servings per day.*

Meal Planning

Meal planning is often overlooked; however, it is a very powerful and necessary tool when transforming your diet. Use the following guidelines, weekly meal plan, or blank template to set yourself up for success!

The Meal Planning Process

Choose Recipes:

Take into consideration your eating habits and patterns, goals, and schedule. For example, if you eat 3 meals a day, that's 21, meals a week that you need to plan for.

- Choose 10-15 new recipes that you want to try over the month. Don't be afraid to repeat! When choosing recipes, look for ones that have similar ingredients so that you don't have to spend too much on specialty ingredients.
- Ask your family, friends, roommates or partner what kind of things they would like to eat for inspiration while recipe hunting
- Use the meal plan and recipes as a guide to help you create a meal plan that fits your lifestyle and food preferences.



Be Flexible:

- Things happen! Sometimes the ingredients aren't available, or schedules get in the way. Have quick and easy go-to recipes to fall back on in a pinch.
- Cooking all the time can be overwhelming. Especially when you're just starting out! Stick to 3-4 new recipes a week and fill the rest of the schedule up with leftovers, smoothies, simple snacks, and the occasional dining out. o Have theme nights instead of set recipes. This keeps things interesting and allows a little creativity, which helps to break up the rigid schedule. Get the whole family involved for things like "Appy Night".

Create a Schedule and a Shopping List:

- Use the meal planning shopping list provided or create your own.
- Create a shopping list that can be used over and over. Break it up into sections. For example:
 - Staples like spices, condiments, oils, etc.
 - Perishable items like milks, butters, frozen fruits and veggies, etc.
 - Regular snacks and produce like nuts, seeds, fruit, veggies, etc.
 - New recipe ingredients
 - As you need ingredients you can check existing items or add new ones to the list.

Plan a Shopping and Prep Day:

- Planning shopping trips makes them less stressful and rushed
- Washing, cutting, and prepping produce and portioning out food when returning from the market sets you up for success throughout the week.
- Always bring a list to the store and make sure to eat before you shop. This helps to cut back on impulse buys.

Create a Meal Planning Pattern

Day	Tips	Examples
Breakfast	Rotate between a few simple, yet nutrient dense meals	Smoothie Turkey Sausage Breakfast Patties Egg and veggie omelet
Lunch	Rotate between a few simple, yet nutrient packed meals.	Smoothie Left overs Salad Soup
Dinner	Follow a pattern for the week to get into a good rhythm. Make choices that work for your schedule.	Sunday- Soup/stew (left overs for lunches) Monday – New recipe Tuesday- International night (keep it simple like: Tacos) Wednesday - New recipe Thursday- Leftovers Friday- Appy Night Saturday- Eat out or order in

Meal Planning Tips

- Write down or bookmark favorite recipes to have for reference
- Regular staples like smoothies, salads, soups, lettuce wraps, and trail mix can easily be changed by simply swapping out a few ingredients
- Have a list or stack of take-out menus for places to eat that are known to have healthy choices
- Keeping the kitchen and pantry neat and organized makes cooking more likely
- Always make left overs so on the nights your too tired to cook you can always pull something out
- Always have your freezer stocked full of good quality meats for easy access

Grocery Shopping Tips and Strategies

- Avoid aisles, displays, and sale signs. Whole foods tend to be located on the perimeter of grocery stores.
- Be cautious of items on the shelf placed at eye level. This is intended to get the shoppers attention.
- Shop alone to avoid influence and stick to your plan and list
- Pick food from the back of shelves, which tend to be fresher
- Never shop while hungry
- Don't feel obligated to fill your cart
- Get familiar with the “**Dirty Dozen and the Clean Fifteen**” List to find out which foods have the most pesticides

Become Your Own Diet Detective

We are all so DIFFERENT and we will all need to eat our own unique diets. Consider this meal plan your blueprint to healthy eating but know that it is not written in stone. I want you to become your own weight loss detective and find your perfect diet.

Once every week, ask yourself these questions:

1. In the past week, did you feel generally satisfied in your hunger levels or did you find that you were starving a lot of the time?
2. How were your cravings? If you had a lot of cravings, what did you want—salt, sugar or fat?
3. How was your energy throughout the day?
4. Did you lose fat?

If you were relatively satisfied in hunger levels, had little to no cravings, energy was steady and you lost fat, then DON'T change a thing because you're rocking it!!

If not, you will need to make some changes:

1. If you find that you were getting too hungry:
 - Add in some more protein and fiber at each meal. For example, have two types of vegetable servings—one cooked, one raw—and add in an extra ounce of protein.
 - If the above doesn't work, try increasing meal frequency and/or adding in some good fats. Try having a protein powder smoothie in-between meals and be sure to add in fiber (chia or flax) and fat (half an avocado).
 - Lastly, try adding in more carbohydrates in the form of sweet potato, potatoes and fruit.
2. If your hunger is fine but you're not losing the fat, then you will need to make some changes:
 - Try lowering your carbohydrate intake; remove all fruits to re-establish insulin sensitivity. If this doesn't work, try lowering fat intake. If that is unsuccessful, try raising one or the other.

- Decrease your portion sizes and most importantly, learn to stop when you are full and only eat when you are hungry. You can do this by SLOWLY chewing your food, put your fork and knife down between each bite and pay full attention to eating!

If you have done everything outlined here, don't give up there is always an answer. It may be time to look beyond diet to things like exercise, hormone imbalances, leaky gut, food sensitivities, stress and other issues that could be sabotaging your efforts.

Don't hesitate to reach out for help in the group or from me at karen@karenmartel.com

Note: This protocol is for educational purposes only and is not intended to diagnose or treat anything.

