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BABY STEPS:

- Keep a food diary
- Be mindful in choosing what you eat and drink. Nothing packaged or processed-- See avoid/include list.
- Do not skip any meals. This leads to weight gain. Keep the portions small...
- Increase weight training workouts. This leads to an increase in muscle and calories burned around the clock.
- Take whole food multivitamin and digestive enzyme. If you need help, call me.
- You are better off supplementing with nothing versus experimenting without knowledge.
- Eat every 2 ½ - 3 hours. Eat protein, a little fat and carbohydrates to stabilize your blood sugar.
- Decrease carbohydrates. I fluctuate between an intake of 75-125 grams per day.
- Increase the number of vegetables you eat. I don't mean potatoes or corn. Greens are the most favorable and best obtained by making soups. (See soup recipes)
- Drink purified water.
- Slowly start to buy Organic foods.
- Eat more high-quality protein throughout the day.
- Don't forget to include butter.

- Consume more seafood.
- Include cardiovascular exercise at least 3 times a week.
- Decrease consumption of all processed foods and artificial sweeteners
- Decrease consumption of grains and dairy products
- Splurge occasionally instead of once a day!!!