

Health Journey Cheat Sheet

Remember these simple steps to support your health journey. Stick to these guidelines and watch your progress soar!

The 20-Minute Rule: It takes approximately 20 minutes for your stomach to signal fullness to your brain. Pause after eating and give your body time to catch up

Portion Control: Your stomach is naturally about the size of your closed fist. Avoid overeating by paying attention to portion sizes.

Eat Mindfully: Serve yourself half the amount of food you'd like to eat. After eating half, wait 20 minutes. If you're still hungry, finish the rest; otherwise, save it for your next meal..

Protein Reigns Supreme (75gr): Prioritize protein in your meals. Protein for breakfast will set you up for a whole day of healthy eating. It keeps you satisfied and supports muscle health. Follow with a generous serving of vegetables and a smaller portion of carbs and starches. **Download the MyFitnessPal app**, it's free and you can log all your meals!

Fiber Is Your Ally (30gr): Regardless of what you eat, ensure sufficient fiber intake. Fiber aids digestion and prevents food from lingering too long in your system. **Try fiber gummies or Metamucil.** *Start your meal with veggies—they're rich in fiber!*

Stay Hydrated: Water is essential for flushing out toxins and maintaining overall bodily functions. Don't neglect this simple yet powerful step.

Plan Ahead: Designate a cheat day and choose one meal to indulge. On other days, follow the "upside-down pyramid": prioritize protein, add plenty of veggies, and limit carbs and starches. Don't forget to buy 'good' snacks so you can reach for them when you need to!

Move Daily: Exercise doesn't always mean hitting the gym. Incorporate movement into your day—walk, dance, vacuum, or wash the car. Just 20 minutes daily can make a difference! Get a watch or other device that will record your movement, it'll really help you keep track.

Insulin Resistance (Less than 36gr of sugar): What is it? Insulin resistance is like your body's "too much sugar" alarm. When we constantly consume sugar (including carbs), our system adapts to higher blood sugar levels, leading to insulin resistance. This condition often precedes diabetes. Why does it matter? To keep those sugar levels stable, prioritize protein and fiber in your diet. They help regulate blood sugar and prevent insulin resistance.

Stress: The Cortisol Connection: Stress triggers cortisol release. This hormone can raise blood pressure, promote belly fat, and contribute to weight gain. Relief Strategies: Combat stress with breathing exercises, meditation, and regular physical activity.

Sleep: The Repair Phase: Aim for 7-8 hours of quality sleep daily. During sleep, your body repairs and resets itself. Without adequate rest, optimal functioning becomes a challenge.

Hormone Levels: Harmony of Hormones: Our body dances to the tune of hormones like estrogen and testosterone. But external factors (like food and pollutants) can disrupt this harmony. Natural Support: Consider Wild Yam cream, a natural hormone stabilizer that may help address hormonal issues.

Remember, consistency and balance are key. You've got this!

Disclaimer: Remember, I'm not a doctor. Always consult with a healthcare professional before making any lifestyle changes

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Health Journey Cheat Sheet - Summary



Focus	Suggestion
Portion Control	A fist full is all you need
Eat Mindfully	Only eat half of the usual portion
20 Min Rule	Wait 20 mins to see if you're full
Protein	Eat 75 grams daily – Always have protein for breakfast!
Fiber	Eat 30 grams daily (Eat the veggies first for every meal)
Water	Drink 125 oz (about 16 cups) daily
Plan Ahead	Plan 90% of meals and have one cheat day per week
Move Daily	Walk, Clean, Wash, Dance, 20 mins per day
Insulin Resistance	No more than 36 grams of sugar per day
Stress	Meditation, breathing exercises, walk on grass, etc.... regularly
Sleep	7 - 8 hours per day
Hormone Levels	Consider natural remedies like Wild Yam Cream

Here are six delightful salty and sweet snack ideas that strike a balance between flavor and nutrition:

Salted Macadamia Nuts: These creamy and crunchy nuts are not only satisfyingly salty but also rich in healthy fats, protein, fiber, vitamins, and minerals.

Baked Sweet Potato Chips: Swap out traditional potato chips for homemade sweet potato chips. Slice sweet potatoes thinly, coat them with olive oil, sprinkle sea salt, and bake at a low temperature for crispy, guilt-free snacking.

Olives: Olives are a flavorful and nutritious choice. Packed with phenolic compounds (antioxidants), they support overall health and protect cells from oxidative damage.

Sardines: These tiny fish are nutrient powerhouses, offering vitamins B12 and D, calcium, iron, selenium, and anti-inflammatory omega-3 fats. Pair them with veggies or crackers for a satisfying snack.

SkinnyPop Popped Sweet & Salty Kettle Popcorn: A lighter alternative to traditional kettle corn, this gluten-free, non-GMO popcorn balances sweet and salty flavors. Enjoy it guilt-free.

Mango Sorbet: Beat frozen mangoes in a bullet with a little water until it becomes sorbet – enjoy!

Remember, these snacks can be part of a balanced diet. Listen to your body's hunger cues and enjoy these tasty options mindfully!

Sample low carb, 1800 calories dietary plan

Here's a sample 4-week low-carb diet plan with approximately 1800 calories per day. This plan focuses on lean proteins, healthy fats, and non-starchy vegetables while minimizing carbohydrate intake. Additionally, I'll provide four high-protein snack ideas:

Week 1.

Day 1.

- **Breakfast (400 calories):** Scrambled eggs with spinach and feta cheese cooked in olive oil.
- **Lunch (500 calories):** Grilled chicken breast salad with mixed greens, cherry tomatoes, cucumber, and an olive oil vinaigrette.
- **Dinner (600 calories):** Baked salmon with roasted Brussels sprouts and asparagus.
- **Snack (300 calories):** Greek yogurt with a handful of almonds.

Day 2.

- **Breakfast (400 calories):** Omelette with mushrooms, bell peppers, and mozzarella cheese.
- **Lunch (500 calories):** Turkey and avocado lettuce wraps with a side of cherry tomatoes.
- **Dinner (600 calories):** Stir-fried shrimp with broccoli, snap peas, and bell peppers in sesame oil.
- **Snack (300 calories):** Cottage cheese with sliced strawberries.

Day 3.

- **Breakfast (400 calories):** Chia seed pudding made with almond milk and topped with raspberries.
- **Lunch (500 calories):** Tuna salad with mixed greens, olives, and a lemon-tahini dressing.
- **Dinner (600 calories):** Grilled steak with sautéed spinach and mushrooms.
- **Snack (300 calories):** Hard-boiled eggs with a sprinkle of salt.

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Day 4:

- **Breakfast (400 calories):** Protein smoothie (protein powder, almond milk, spinach, and a tablespoon of almond butter).
- **Lunch (500 calories):** Egg salad lettuce wraps with a side of cucumber slices.
- **Dinner (600 calories):** Baked chicken thighs with roasted cauliflower and broccoli.
- **Snack (300 calories):** Turkey jerky with a small handful of walnuts.

High-Protein Snack Ideas:

1. **Protein Balls:**

- Ingredients: Protein powder, almond butter, unsweetened shredded coconut, and a touch of honey.
- Mix the ingredients, form into small balls, and refrigerate.

2. **Greek Yogurt Parfait:**

- Ingredients: Greek yogurt, nuts (almonds or walnuts), and a drizzle of sugar-free syrup.
- Layer the ingredients in a glass for a delicious and satisfying snack.

3. **Cottage Cheese with Berries:**

- Ingredients: Cottage cheese and a mix of your favorite berries.
- Cottage cheese is high in protein and pairs well with the natural sweetness of berries.

4. **Turkey and Cheese Roll-Ups:**

- Ingredients: Sliced turkey or chicken breast, cheese slices, and mustard or mayo for dipping.
- Roll the turkey around the cheese slices for a quick and protein-packed snack.

Week 2-4: Repeat the structure of Week 1 with variations in protein sources and vegetables.

Remember to adjust portion sizes based on your individual needs, and it's always a good idea to consult with a healthcare or nutrition professional before making significant changes to your diet. Additionally, ensure you stay adequately hydrated and listen to your body's hunger and fullness cues.