

The Eat Healthy Fats Program

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

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Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Eat Healthy Fats Program

This is a 2-week habit coaching program that encourages you to eat healthy fats with every meal. You'll discover the incredible benefits that healthy fats have to offer, including better energy, increased nutrients, improved fat loss and enhanced flavor to your meals.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to eat a source of healthy fats with every main meal.

Why?

Here are some interesting benefits we see from including fat in our diet:

- Fat is an energy source
- Fat can keep you fuller for longer
- Fat is a key player in managing inflammation
- Fat can improve your hormonal profile
- Fat is high in certain vitamins and minerals

When looking at the metabolic processes and their ability to supply energy, it is very clear that fat is an essential component to anyone's diet.

How Can I Personalize This Habit?

Choose which sources of healthy fats you would like to eat, and in what quantities.

If you've been avoiding healthy fats up to now, then start with a small portion each meal.

If you're used to eating a higher fat diet, then focus on increasing your consistency to eating the recommended portion sizes each meal.

How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week.

Have one day off per week from completing the habit.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will **[insert habit]** for 6 days a week after I **[insert what you're going to piggyback off of]**.

Here's an example:

I am 90-100% confident that I will include a serving of healthy fats with every meal, such as avocado, nuts, or olive oil, for 6 days per week after I set reminders on my phone.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

The drive to demonize fats started in the 1980s, when Government guidelines and media messages told us that foods containing fat make us overweight and increase risk of cardiovascular diseases. This was wrong. What wasn't made clear was that food choices and overall intake was the key factor.

To understanding fat, we need to know about the 'right' kinds of fat, and how much to eat. Get this right, and you'll discover the incredible benefits that healthy fats have to offer, including better energy, increased nutrients, improved fat loss and enhanced flavor to your meals.

But before you go off and start smothering all your meals with extra cheese and a side of peanut butter, let me give you a word of warning. With fats, moderation is key, as a little goes a long way.

Fat is the most concentrated source of energy, and 1 gram of fat provides around 9 calories (compared to 4 calories per gram for protein and carbohydrates).

That's why understanding portion size is so important, as calories from fats (even "healthy fats") can quickly add up!

There are three types of fat:

There are three main types of fat: saturated, monounsaturated, and polyunsaturated, distinguished by the structure of their fatty acids.

Foods high in saturated fat include animal products like cream, cheese, butter, and fatty meats, as well as certain vegetable oils like coconut and palm oil, and processed foods like pizza and bacon.

Despite previous warnings against saturated fat, recent research doesn't support claims that it's linked to cardiovascular diseases or obesity.

Then, there are unsaturated fats (polyunsaturated and monounsaturated), which are less stable than saturated fats due to their chemical structure. While they're not necessarily harmful, they're best not used for high-temperature cooking. Stick to saturated fats for cooking.

There are two types of polyunsaturated fatty acids found in foods:

There are two types of polyunsaturated fatty acids found in foods: linolenic acid (omega-3 fatty acid) and linoleic acid (omega-6 fatty acid). These are considered essential fatty acids because we must obtain them from our diets.

Maintaining a balanced ratio of omega-3 to omega-6 fats is crucial for health, and many people use omega supplements to achieve this.

Foods rich in omega fatty acids include walnuts, sunflower seeds, sesame seeds, flaxseed oil, and linseed oil.

Monounsaturated fat, with a higher melting point than polyunsaturated fat and lower than saturated fat, remains liquid at room temperature and becomes semi-solid or solid when cold. Natural sources of monounsaturated fats include red meat, whole milk products, nuts, olives, and avocados. Olive oil, for example, is about 75% monounsaturated fat.

It's important to choose high-quality fat sources. Opt for meats labeled as 'organic/grass-fed/wild' and oils labeled as 'extra virgin' to avoid potential toxins stored in the body fat of animals fed a poor diet or kept in less than ideal conditions.

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

So far I've been raving about the benefits of healthy fats. What I haven't spoke about is the fat that you should avoid; hydrogenated fats.

Hydrogenated fats are chemically classified as unsaturated fats, yet behave more like saturated fats in the body. The term 'hydrogenated' means manufacturers are blasting the chemical structure of the fat, making the fat solid at room temperature, and creating a man-made saturated fat.

Here's the bad news: hydrogenated fats are poisonous to our bodies. When we eat them, they replace normal saturated fat in our cells, and sometimes the essential fatty acids as well.

Hydrogenated fats have been linked to heart disease, diabetes, certain cancers and obesity. By limiting the amount of heavily processed foods in your diet, you'll be avoiding these nasty fats.

Day 4: Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How?

By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll eat healthy fats with every meal this weekend.

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

So you don’t think I’m some madman simply telling you to eat more fats, here are some interesting benefits we see from including fat in our diet:

Fat is a key player in managing inflammation.

Fat that is typically found in fish contains the essential omega 3 fatty acids EPA and DHA, which are known to have highly anti-inflammatory properties. Reducing inflammation within the body is one of the best things you can do when seeking optimal body composition and health. From a health perspective, these fatty acids appear to reduce the risk of heart disease and stroke. From a performance aspect, they can help to prevent muscle breakdown, enhance joint healing, improve brain function and promote greater fat loss.

Discover the Power of Fat!

Fat is the most energy-dense nutrient and serves as an excellent energy reserve. While the body can store unlimited amounts of fat, excess carbohydrates and protein can be converted into fat. However, the reverse isn't true.

Fat can positively impact your hormonal profile. Dietary cholesterol, found in fats, doesn't affect blood cholesterol levels; instead, it can improve good cholesterol (HDL) while reducing bad cholesterol (LDL). Monounsaturated fats are recognized for reducing cardiovascular disease risk, and essential fatty acids (omega-3 and omega-6) are necessary for health. Even saturated fat, once demonized, is now acknowledged for its importance in proper cell membrane function.

Fat is rich in fat-soluble vitamins like A, D, E, and K2, which are essential for good health and performance. These vitamins are often lacking in low-fat diets, making fat consumption crucial for vitamin absorption.

Eating more fat increases satiety levels, making overeating less likely than refined carbohydrate diets. Despite containing over twice as many calories per gram as protein and carbs, fats keep you fuller longer, reducing the need for large portions per meal.



Day 6:
No Daily Lesson
(Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn’t struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you’ve struggled, keep it the same as last week or make it even easier.

For example, if you’ve just been eating a very small amount of healthy fats with each meal, then try increasing the amount this week.

Or if you’ve struggled with healthy fats at a certain meal, put extra focus this week on getting it right.

Never make too big an adjustment so that it becomes too difficult.
This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn’t difficult, so your mind doesn’t rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

Just as with protein and carbs, there are a number of factors that determine the ideal amount of fats in your diet.

When looking at the metabolic processes and their ability to supply energy, it is very clear that fat is an essential component to anyone’s diet.

There’s no clear definition of ideal intake: it depends on age, gender, body composition, activity levels, personal preference, food culture and current metabolic health.

Optimise Health with Fats

Average Fat Intake:
For a healthy diet, aim for 30% of daily calories from fats, divided into:

- 10% from monounsaturated fats
- 10% from polyunsaturated fats (omega-3 and omega-6)
- 10% from saturated fats. Avoid hydrogenated fats. On a 2500-calorie diet, this equals 83g of fat daily.

When Seeking Fat Loss:
While reducing fat intake is often recommended for weight loss, it's more about personal preference. Keeping protein and carbs higher on a lower-calorie diet is beneficial. Aim for 20-40% of total daily calories from fats, but avoid exceeding 15%.

When Seeking Improved Health:
By increasing healthy fats while reducing refined carbs, you can effectively manage your health. This approach is particularly beneficial for overweight individuals, type II diabetics, and those with metabolic syndrome. The benefits are significant, including reduced blood sugar, triglycerides, and LDL cholesterol, with increased HDL cholesterol and improved blood pressure. Adding healthy fats to each meal is a simple habit with noticeable benefits.

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Never feel guilt from failing.

The guilt can be more harmful than the failure, and stops you from doing the habit.

You have to learn to be aware of it, then let it go, and counter it with something more positive. Tell yourself when you slip and fall, it’s just another lesson that will teach you to be better at change.

Take a longer view of things; a failure is just for a day or two, or perhaps a week… But that doesn’t matter in the long term. Missing a few days makes almost no difference in the course of a year.

Over a lifetime, one day means nothing, but what you do on the vast majority of days is what counts.

Day 11: Weekend Win (Thursday)

A great way to stick with your habit is to create a consequence for not doing it.

You might try creating a fun but embarrassing consequence for missing two days in a row and commit to this by sharing it with a group or friend.

For example – you could promise to sing a song and post a recording online.

Or even better, promise to allow your friend to throw a pie in your face, and put that recording online! So let's set you up to win this weekend to make sure no funny videos end up on Facebook come Monday morning. Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

We’re almost at the end of the ‘The Eat Healthy Fats Program’ habit challenge.

For the next few days, pay attention to your motivation levels – is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn’t something you’re used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!


Day 13:
No Daily Lesson
(Saturday)

Day 14: End Of Habit Review (Sunday)

Over the last two weeks you've completed the 'The Eat Healthy Fats Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

