

The Eat Your Greens Program

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

stayfitpersonaltraining.com



roy@stayfitpersonaltraining.com
(727) 542 1813

Roy Gutierrez

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 Your Greens Program

Vitamins and minerals are vital for life and must be obtained from the diet. Although we get these nutrients from most of the foods we eat, fruit and vegetables contain the most. This 2-week habit coaching program encourages you to eat fresh vegetables with every meal.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to eat fresh vegetables with every meal.

By eating a wide variety of fruit and vegetables, you'll get a ton of micronutrients, also known as vitamins and minerals.

These are potent, indispensable compounds that make your body work properly. They boost our health and vitality while promoting growth, reproduction and energy.

Increasing your daily intake of spinach, carrots, or fruit enhances your overall health. Fresh fruits and vegetables provide essential nutrients like calcium for bones, iron for blood, and vitamin C for the immune system.

Incorporate nutrient-rich leafy greens, seasonal vegetables, fruits, and berries into every meal. This habit boosts your energy and strength, leaving you feeling sharper and more capable.

How Can I Personalize This Habit?

Choose which sources of fruit and vegetables you would like to eat, and in what quantities.
If you never have fruit or vegetables with meals, then start with a small portion each meal.

If you're used to eating a lot of fruit and veg, 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 eat fresh vegetables with every meal for 6 days a week after I decide to eat/cook.

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)

Vitamins and minerals (also known as micronutrients) are vital for life.

Most vitamins and minerals are classified as essential, as the body cannot synthesize them so they must be obtained from the diet.

Micronutrients found in various foods differ in their vitamin and mineral content. They are crucial in metabolizing macronutrients like protein, fat, and carbs.

Vitamins are classified as water-soluble or fat-soluble, with differences in how they are broken down and stored in the body. Water-soluble vitamins dissolve in water and are readily excreted, minimizing the risk of toxicity. On the other hand, fat-soluble vitamins can accumulate in fat stores, posing a higher risk of toxicity.

Minerals, in contrast, are straightforward inorganic substances.

Three key points to remember:

1. Micronutrients are natural compounds vital for bodily functions.
2. They're essential for growth, repair, protection, and reproduction.
3. Deficiency can occur with limited micronutrient intake.

While research is ongoing to explore the potential benefits of large doses of certain vitamins and minerals in preventing chronic diseases, excessive intake can lead to toxicity. Therefore, ensuring a balanced and adequate micronutrient intake is not just important but vital for optimal athletic performance and overall health.

Bottomline: Pay attention to your micronutrients for better health and performance!

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

When people say they haven't had the time to focus on the habit change, what they really mean is either:

- Don't have the bandwidth
- Haven't made it a priority

One of the best ways of dealing with this is to make the habit as small as possible, so it's hard to say 'no' to the habit. Cut the habit down to one or two minutes, and you can't say you don't have the time.

Note that this solution helps overcome a number of habit obstacles: not having enough time, not enough energy, being overwhelmed or afraid of change – which is why small changes are so incredibly important for over coming obstacles.

But if the problem is one of priority, then I suggest taking a short break from your habit and making a greater commitment when you are ready. Or, don't take a break, but instead learn to make your habit change a priority at all times.

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 fresh vegetables with every meal this weekend.

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

I know what question is currently on the tip of your tongue, so let me answer it.

“Should you supplement with a multi?”

Micronutrients are essential components of our diet. The body cannot make any of the micronutrients (except vitamin D, from sunlight) so we need to intake an adequate amount from food, or supplement if required.

Keep up the great work and enjoy your weekend!

Increasing daily micronutrient dosages above Recommended Daily Allowance levels doesn't significantly boost health or athletic performance. Therefore, supplementation isn't necessary.

However, research indicates that vitamin C and E supplements, acting as antioxidants, may aid recovery by reducing oxidative stress after exercise. Additionally, individuals with low iron levels, especially menstruating females, might benefit from iron supplements.

While a balanced diet should ideally provide sufficient micronutrients, this isn't always the case. Deficiencies can occur, particularly in diets lacking fruits and vegetables or during prolonged low-calorie intake.

In such cases, supplementation can prevent deficiencies. A multivitamin or greens powder can help meet daily intake recommendations. Both options are viable for ensuring adequate micronutrient intake.



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 vegetables with each meal, then try increasing the amount this week.
Or if you’ve struggled with eating vegetables 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)

Let's explore a group of nutrients you might not be familiar with:

Phytonutrients—also known as phytochemicals.

Phytonutrients, found in plant foods, support health and may reduce the risk of diseases like cancer and heart disease.

These substances give plants their colors and aromas while naturally shielding them from environmental factors. Humans can benefit from consuming phytochemicals found in fruits, vegetables, legumes, whole grains, herbs, and seeds.

While they're not considered essential nutrients, phytochemicals act as potent antioxidants, helping to lower blood pressure and cholesterol, prevent cataracts, ease menopause symptoms, and reduce osteoporosis risk.

Despite the thousands of phytochemicals, most foods contain only a few, and fewer are still in high doses. Fortunately, incorporating them into your diet is easy with this habit.

A balanced diet with whole foods like fruits, vegetables, legumes, whole grains, herbs, and seeds ensures you get enough phytochemicals. Enjoy the benefits!

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

Often we have a belief of how the habit will go, how it will much it will change our bodies or health. This can cause disappointment, frustration, and discouragement when things don’t go as we’d hoped.

A good practice is to not attach to the outcome. Have a good intention for the habit, but don’t worry too much about how it will turn out, because you cant control that.

As you do the habit, be mindful of your attachment to outcomes of this habit, and see if you can focus instead on the intention, on the effort, on enjoying the process.

Day 11: Weekend Win (Thursday)

The truth is, the path to changing your habits and the gradual changing of your body and health won’t be straight, ordered and neat. It will be messy, littered with failed habits, with constant stops and restarts.

But if you can accept this and prepare for this, then the process can be a lot easier.

So let’s set you up to win this weekend and achieve your habit with ease.

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 'Eat vegetables with every meal' habit challenge. As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.' This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.

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 Your Greens 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.

