Stay Fit



The Eat Real Food 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 Real Food Program

Overeating, along with the consumption of over-processed foods, is ruining people’s health. This 2-week habit coaching program encourages you to increase your frequency of eating healthy single-ingredient foods while reducing unnecessary processed ones.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to eat mostly real food i.e. swapping processed foods for single-ingredient foods.

The type of food you eat will have a massive impact on your end results.

Overeating, along with the consumption of over-processed foods, is ruining people’s health.

Many processed foods are packed with sugars, artificial sweeteners, preservatives and other man-made chemicals. Nobody feels good eating this stuff.

Making the correct food choices is a must if you want to support your goals. This habit challenge will show you the benefits of single ingredient foods.

How Can I Personalize This Habit?

Choose where your current biggest pitfall with this habit may currently lie.

Are you eating a lot of processed meals or foods? If so, which ones in particular? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you add more single ingredient foods to your diet, and put some small changes into place to make it a success.

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. You might want to start with eating a 100% single ingredient breakfast (or lunch or dinner), or focus on specific foods you always eat e.g. replace snacks like crisps for an apple.

Note: *The goal here is not to eat only single ingredient foods 100% of the time. To help you get this balance right is to follow the 90% rule. So for every 10 single ingredient foods you eat, have one that doesn't match the rules. The same applies if you are only following this habit 70% of the time, so 7 times out of 10. If you want to see further progress this needs to increase to 80% and then 90%.*

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 prioritize consuming healthy single-ingredient foods over processed ones for 6 days a week when I plan my meals for the day.

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)

When I talk about eating for nutrition and good health, I mean good, real, whole food. I'm taking about single ingredient foods that have grown in the earth and haven't been manufactured or processed in a factory.

This means choosing foods that are as close as possible to their natural state. Avoid fast food and processed items as much as possible. That's because most of these products are devoid of real nutrition. They are packed with sugars, artificial sweeteners, preservatives and other man made chemicals. Who actually feels good eating this stuff anyway? Not me. I don't feel they offer me any health benefits. In fact, they lower my health and make me feel like the 'old' me. Now that I understand that I actually create the experience of my entire life by what I eat.

Knowing which foods to eat and which foods to limit should be something everyone knows about, right? But shockingly, this isn't the case, and so many people know very little about the nutrition of the food they are eating. Society on the whole is getting fatter, sicker and unhappier, and poor nutrition is a key factor. Overeating, along with the consumption of over-processed foods, is ruining people's health.

This is why eating single ingredient foods is such an important habit to focus on. Making the correct food choices is a must if you want to support your goals.

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

If you want to quit eating junk foods or stop overeating with them, these can be difficult changes, because we have lots of food triggers.

Track your triggers over time, because some of them don’t come up every day – being at family gathering, going out for drinks with friends, feeling really lonely, being stressed out by a work project.

Figure out what need food is meeting (a way to lesson social anxiety, a way to bond with others, giving you some satisfaction, relieving stress) and see if you can find replacement habits for each trigger that meets these needs.

Know that food changes can take awhile to enact, because we have been doing our old habits for so many years, usually dating back to childhood or teenage years.

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 continue to eat single ingredient foods according to your habit challenge.

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

One of the nutrition world’s favorite arguments is that of ‘quality’ vs. ‘quantity’ of food intake. When it comes to changing bodyweight, quantity is an important factor. But high performance people want a lot more than just weight loss!

For us, quality and quantity of our food is equally important. We want to understand why some foods give our body the energy to power through intense workouts, whilst others leave us lethargic.

Throughout this habit you’ll learn how to make the best food choices, in both quality and quantity, for your time, money and environment.

I used to follow an extreme diet, cutting out all processed foods and limiting myself to just meat and vegetables. It wasn't sustainable and strained my relationship with food.

Now, I believe in balance. An inclusive diet is more sustainable long-term. By allowing some processed foods, we avoid constant battles with temptation.

Embracing the 90% rule allows us to enjoy a wider variety of foods without sacrificing nutrition. This approach prevents cravings for unhealthy options like pizza and chocolate.

Eating whole, single-ingredient foods doesn't mean bland meals. We can enjoy flavorful, nutrient-packed dishes that satisfy our taste buds and bodies.



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 focusing on eating a single ingredient breakfast, then extend that to your lunch now too.

Or if you’ve been focusing on replacing processed snacks or treats, try to focus on the ingredients of one of your main meals this week too.

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)

When it comes to choosing single-ingredient foods, here's some straightforward advice:

MEAT AND EGGS
Quality matters, so choose meat from local butchers for better sourcing and sustainability. If time is a constraint, consider online butchers for quality and cost savings. Invest in the best cuts you can afford for optimal benefits.

FISH AND SEAFOOD
Incorporate fresh fish into your diet for variety and health benefits. Choose wild-caught options for quality and sustainability. A local fishmonger is your best bet for superior quality.

FRUIT AND VEG
Choose fresh, local produce over supermarket options for better quality and freshness. While organic isn't necessary, prioritize organic options for the Dirty Dozen fruits and vegetables.

HERBS AND SPICES
Stock up on fresh herbs and spices to enhance flavor and reap health benefits. These can be found in most large supermarkets.

SEEDS AND NUTS
Include seeds and nuts for their taste and nutrient density. Opt for natural nut butter varieties without added salt or sugar. Look for quality options from brands like Meridian.

COOKING OILS
To avoid oxidation, use saturated fats like coconut oil or grass-fed butter for cooking. Save polyunsaturated fats like olive oil for cold use to preserve their nutritional value.

TEA AND COFFEE
Choose organic coffee to avoid pesticides. Herbal teas offer caffeine-free alternatives with various health benefits. Opt for loose herbs for maximum flavor and benefits.

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

The biggest difficulty with changing long-held bad habits is struggling with the urges to do the old habit, like eating processed foods.

Your mind will constantly try to get you to do the habit, will want to give in to strong urges, will rationalize and otherwise try to do everything it can to talk you into doing the old habit.

Usually we just give in to urges without thinking. But you can learn to be vigilant. Learn to recognize the urges as they arise. Instead of acting on them immediately, delay. Just pause, and watch them rise and fall, without acting. Delay again. Breathe. Walk around. Drink some water. Go for a long walk. Get out of the situation. The urge will go away, if you just delay.

Day 11: Weekend Win (Thursday)

As we finish up this important second week, let’s reflect on not wasting this precious time we’ve been given, and instead study this habit change as if it were the most important change of our lives.

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

