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MY NUTRITION PHILOSOPHY

— A GUIDE TO HEALTHY EATING

Hey! I'm Anitra Mayweather, and I'm so happy you're reading this because it means you're about to start your incredible transformation journey with Sure Life. This is your path to improving your overall health and well-being with confidence.

With this nutrition guide and my TRANSFORM 31 program, you'll be able to achieve your goals of less body fat and a flatter stomach. In this guide, you'll find my top tips and guidelines for improving your diet as part of a long-term, healthy lifestyle change. By embracing Sure Life, you'll boost your energy and focus, stay in shape, balance your hormones, and even manage menopause symptoms more effectively.

THE FOUNDATION OF HEALTHY EATING

1. STAY ORGANIZED – IT MAKES HEALTHY EATING EASIER

Life is busy, and planning your meals might feel like another task on your list, but trust me, it's worth it! Take a little time to plan your meals, make a shopping list, and stick to it. If junk food isn't in your house, you won't be tempted to eat it. And if you know your schedule will be hectic, prep meals in advance—it can actually be a relaxing way to wind down in the evening!

2. HEALTHY FATS ARE YOUR FRIEND

Fat doesn't make you fat—sugar does! Your body needs healthy fats to function, keep you full longer, and give you steady energy throughout the day. The real problem comes when fat is combined with sugar (hello, processed foods!). Focus on good fats like avocados, nuts, and olive oil, while keeping sugar intake low, and you'll feel the difference in your energy and weight.

3. CUT BACK ON SUGAR—IT'S HOLDING YOU BACK

Sugar is one of the biggest culprits behind weight gain and health issues. While an occasional treat is fine, daily sugar intake can lead to cravings, energy crashes, and fat storage. Be especially mindful of sugary drinks, including juice—they're packed with sugar and lack the fiber that whole fruit provides. Swapping them out for water or herbal teas can make a big impact on your health.

THE FOUNDATION OF HEALTHY EATING

4. HYDRATION IS KEY...WATER – WATER – WATER

I can't stress this enough! Aim for 8-12 glasses of water a day to keep your body functioning at its best. Staying hydrated helps with weight loss, workouts, and even reducing water retention. If plain water feels boring, add lemon, mint, or fresh fruit for a refreshing twist.

5. KEEP ALCOHOL TO A MINIMUM

Alcohol acts a lot like sugar in your body and can slow down your progress. While an occasional glass of wine is fine, making it a habit can interfere with fat loss and overall health. Keep it as an occasional treat, not a daily indulgence.

6. LISTEN TO YOUR BODY

If you're eating the right foods—healthy fats, protein, and fiber—you'll stay full longer and avoid the energy crashes that come with high-sugar, high-carb meals. Eat when you're truly hungry, not just out of habit, and choose snacks that fuel your body instead of spiking your blood sugar.

Small Changes = Big Results



KNOWING HOW MUCH TO EAT

- **Carbs (30–40% of your calories):** Aim for whole, fiber-rich carbs like sweet potatoes, wholegrain bread, and oatmeal. These will keep your energy steady all day, instead of giving you a quick sugar rush followed by an energy crash.
- **Protein (35–40% of your calories):** If you want to lose fat, build muscle, or just feel stronger, make sure you're getting enough protein! It helps repair and build muscle, keeps you full longer, and even burns more calories during digestion.
- **Fats (30–35% of your calories):** Don't fear fat! Healthy fats from foods like olive oil, nuts, and avocados are great for your body. Just be mindful of unhealthy fats—limit saturated fats and avoid trans fats whenever possible.



AN EASY WAY TO BALANCE YOUR MEALS

If you don't want to stress over tracking every bite, here's a simple rule to follow. I know not everyone enjoys breaking down every macro, so this is a quick and effortless way to make sure you're eating in balance!

For each meal, try to fill your plate like this:

- ✓ ¼ protein (like chicken, fish, or tofu)
- ✓ ¼ healthy fats (such as avocado or olive oil)
- ✓ ¼ vegetables (load up on greens and colorful veggies!)
- ✓ ¼ healthy carbs (like sweet potatoes or whole grains)

Want to lose fat? Reduce carbs and replace them with more veggies or fruit.

Looking to build muscle? Increase your portion of lean protein.

And remember—you can eat as many low-carb veggies as you want! Pair them with healthy fats like avocado or olive oil to help you stay full and satisfied.

Turn the page for more details on serving sizes!



SERVING SIZES SIMPLIFIED

If you want to make sure you're eating the right amount of food for your body and fitness goals, here's a simple way to figure it out.

First, find out your maintenance calories – which are the number of calories your body needs to maintain its current weight. There are several online tools to help with this, such as:

Calorie Calculator:

<https://www.calculator.net/calorie-calculator.html>

AND FROM THERE...

Find your DEFICIT by subtracting 200 to 400 calories. The figure should fall somewhere in the range below:

Women

BMI Category	Fat Loss (Calories/Day)	Maintenance (Calories/Day)
Underweight (16-18.5)	N/A	1400-1600
Normal (18.5-25)	1500-1700	1800-2000
Overweight (25-30)	1600-1800	1900-2000
Obese (30-35)	1700-1900	2000-2200



2 Simple Steps: Set Your Calories & Track Your Macros

"Balanced in 3"

1. Adjust Your Calories to lose Fat!

To lose fat, subtract 200 to 400 calories from your daily maintenance calories.

Keep in mind- as your body changes, so does your energy needs! Be sure to recalculate your maintenance calories regularly to keep making progress.

2. You also need to balance your Macronutrients!

Your body needs the right mix of protein, carbs, and fats to fuel progress.

Remember "Balanced in 3"

- ✓ Protein: 1 gram per pound of body weight
- ✓ Carbs: 100-200 grams per day
- ✓ Fats: 40-55 grams per day
- ➡ Track Your Macros Easily

Use apps like MyFitnessPal, or my personal fav -Cronometer to log your food.

Start by entering:

- ✓ Your daily calorie goal
- ✓ Your protein intake (in grams)
- ✓ Then balance carbs (~35%) and fats (~30%) to complete your daily intake.

Balanced in 3

3 Major Macros for every meal

1

Lean PROTEINS provide essential vitamins and minerals, sustaining an efficient metabolism. These low-fat, low-calorie sources are crucial for heart health, allowing you to fulfill protein intake needs without increasing cholesterol levels.

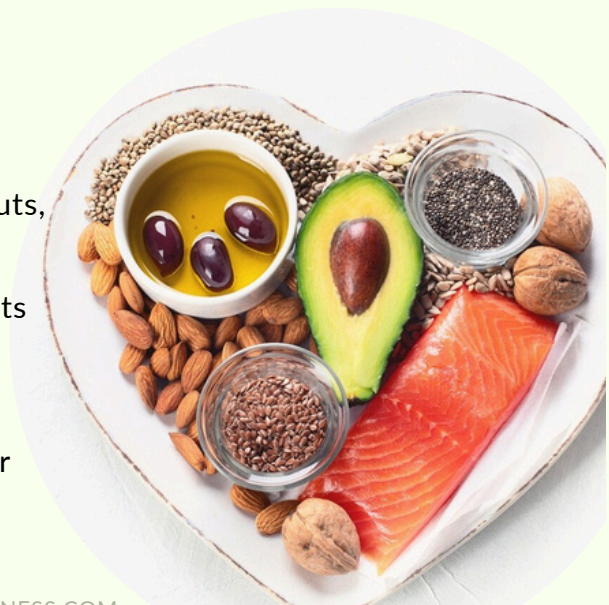


2

Opting for FIBER-RICH carbohydrates enhances satiety, nurtures beneficial gut bacteria, and regulates metabolism, among other vital functions. Men should aim for a daily intake of 40 grams, achievable by incorporating more high- fiber or complex carbohydrates into their day.

3

Opt for healthy fats like avocados, nuts, and olive oil. Include omega-3 rich sources such as fatty fish. Balance fats with meals, promoting heart health, satiety, and overall well-being. Avoid excessive saturated and trans fats for optimal nutrition.



“

TRACK IT
'TIL YOU NAIL
IT—
ONCE YOU
KNOW,
YOU CAN LET
IT FLOW!

ANITRA MAYWEATHER



GUIDELINES

A FEW GUIDELINES!

You've already learned the basic principles of my approach to "Balanced in 3" nutrition, but here I'll give you some more detailed guidelines you can apply to your daily diet.

These are good habits that will help anyone stay healthy, but they're especially important when you're following an intense training program like Transform 31! If you follow these guidelines, it will help you perform at your best and get the most out of your workouts.

STAYING HYDRATED

SIP SIP

Ladies, I can't stress this enough—drink your water! Your body simply can't perform at its best if it's dehydrated. Whether you're pushing through a workout, building lean muscle, or just trying to feel good throughout the day, staying hydrated is key.

I always keep a water bottle with me, and I encourage you to do the same! It might take a little effort at first, but soon it'll become second nature. Plus, did you know that we sometimes mistake thirst for hunger? A simple glass of water before a meal can help curb cravings and even reduce calorie intake.

If plain water feels boring, mix it up! Add a splash of lemon, toss in some fresh or frozen fruit, or enjoy unsweetened herbal tea. Sparkling water is fine too—just make sure it's unsweetened.

WHAT TO EAT FOR BEST RESULTS

1 Meat, Fish & Eggs

2 Dairy

3 Fruits

4 Vegetables

5 Whole Grains

6 Vegetarian & Vegan
Alternatives





ANIMAL FOODS

ANIMAL FOODS

Meat and dairy can be a great source of protein, but shouldn't be eaten to excess. Some types of meat and dairy are much better for you than others, so it's important to make smart choices. Here are some examples of good animal foods to include in your diet:

Meat:

Opt for lean cuts like chicken breast and avoid too much red meat or fatty meats. Always choose organic and grass-fed meat when possible—factory-farmed meat just isn't as nutritious, and it tends to be much fattier because of what the animals are fed.

Fish:

Fish is an amazing source of protein and low in saturated fat, which is why it's such a great alternative to red meat. Salmon, tuna, mackerel, and tilapia are some great options. Plus, they're packed with healthy omega-3 oils that your body needs!

Eggs:

Eggs are an excellent, convenient protein source, and you can cook them in so many ways—scrambled, poached, fried, or boiled! Just be mindful of the fat you use when cooking; go for healthy unsaturated fats like olive oil instead of butter.

Dairy:

Dairy can be a great source of protein and fat, but moderation is key. While cheese can be high in calories and saturated fat, full-fat dairy tends to be more satisfying and keeps you fuller longer. Watch out for low-fat dairy products that often have added sugar to replace the fat!

FRUIT



WHY FRUIT MATTERS

Fruit is essential for overall body health. It is packed with essential nutrients, vitamins, minerals and fiber. Eating plenty of fruit will improve your health and your energy levels, and will help you lose fat by giving you a healthy sweet treat!

Often people say to limit your fruit because of the sugar content, but I believe that adding any piece of whole, natural food to your diet is beneficial. That said, don't eat so much fruit that your sugar intake goes off the charts, or that you are not hungry come meal time. For a balanced diet, you need to eat plenty of other foods like lean protein, complex carbohydrates, good fats, and vegetables. If you want to add one or two servings of fruit as a snack or dessert, that's fine, as long as it's not ruining your appetite for other foods.

Try to eat fresh rather than dried fruit, which is a much more concentrated source of sugar and calories.

Here are some of the best fruits to eat:

- | | |
|--|--|
|  Higher Sugar Fruits (Eat in Moderation) |  Lower Sugar Fruits (Better for Fat Loss) |
| <ul style="list-style-type: none">• Pear (17g sugar/fruit)• Grapes (16g sugar/100g)• Figs (16g sugar/2 fruits)• Mango (14g sugar/100g)• Banana (14g sugar/fruit)• Peach (13g sugar/fruit)• Kiwifruit (12g sugar/2 medium fruits) | <ul style="list-style-type: none">• Cherries (8g sugar/100g)• Melon (8g sugar/100g)• Orange (9g sugar/fruit)• Grapefruit (9g sugar/half fruit)• Pineapple (10g sugar/100g)• Blueberries (10g sugar/100g)• Strawberries (5g sugar/100g)• Raspberries (4g sugar/100g)• Apricots (3g sugar/fruit) |

VEGETABLES

LET FOOD BE THY MEDICINE, AND LET VEGETABLES BE THE PRESCRIPTION.

We all know that vegetables are essential for overall health and well-being! They're packed with vitamins, minerals, fiber, and antioxidants that support digestion, reduce stress, fight disease, and aid in weight loss. While some vegetables are higher in carbohydrates and should be eaten in moderation, most are incredibly nutritious and should be a staple in your diet. Prioritize adding plenty of veggies and leafy greens to your meals for maximum health benefits!

Low Calorie Vegetables

Preparation Method	Vegetables
Raw/Fresh	Alfalfa/Bean Sprouts, Celery, Cucumber, Endive, Fennel, Lettuce, Mushrooms, Cress, Radishes, Spinach, Tomatoes
Boiled	Artichokes, Leeks, Turnip
Cooked in Oven/ Grilled	Eggplant, Kale, Mushrooms, Pumpkin, Squash, Tomatoes, Turnip, Zucchini
Fried	Eggplant, Mushrooms, Tomatoes, Zucchini
Steamed	Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Green Beans, Kale, Leeks, Peas, Spinach, Zucchini

VEGETABLES

continued

Low Carb Vegetables

Preparation Method	Low Carb Vegetables
Raw/Fresh	Celery, Spinach, Endive, Lettuce (Romaine, Iceberg, Boston Bibb), Alfalfa/Bean Sprouts, Radicchio, Radishes, Cucumber, Mushroom, Fennel, Tomato, Bell Pepper, Carrot
Boiled	Spinach, Turnip Greens, Squash, Artichoke (heart), Eggplant, Turnip, Pumpkin, Corn (on cob)
Fried	Spinach, Bok Choi, Broccoli, Zucchini, Mushroom, Tomato
Oven Cooked or Grilled	Parsnip, Zucchini, Mushroom, Squash, Eggplant, Kale, Tomato
Steamed	Cabbage, Spinach, Broccoli, Cauliflower, Zucchini, Asparagus, Kale, Green Beans, Peas, Brussel Sprouts, Carrot, Parsnip

WHOLE GRAINS

Try not to eat too many carbohydrates, as they don't have as many health benefits as protein or good fats and may take up space that could be filled with other important food groups! Do remember, in moderation, complex carbohydrates are an important part of a balanced diet as they provide energy, keep you full and are rich in fiber, which benefits the digestive system.

Avoid Simple Carbs:

Simple or refined carbohydrates like white bread and pasta may be calorie-dense, but they offer fewer health benefits and don't keep you full for as long. Instead, focus on complex carbs that are nutrient-rich.

Focus on Whole Grains:

For a balanced diet, opt for carbohydrate sources like quinoa or wholegrain bread, which not only provide energy but are also high in protein.

Category	Healthy Sources of Complex Carbs & Protein
Gluten-Free Options	Quinoa, Brown Rice, Buckwheat, Amaranth
Grains & Seeds	Barley, Wheat Berries, Bulgur
Whole Grains	Wholegrain Bread, Wholegrain Pasta, Oatmeal, Muesli
Low-Sugar Cereal Options	Wholegrain Cereal (low in sugar)
Tortillas & Wraps	Wholewheat or Corn Tortillas
Fruits	Bananas
Root Vegetables	Sweet Potatoes

VEGAN & VEGETARIAN

alternatives

Protein-Packed Plant-Based Options

A common question about plant-based diets is: Where do you get your protein? Vegetarian and vegan diets can absolutely be nutritious and healthy, but if you're not careful, it's easy to load up on carbs and fats without getting enough protein. To help you eat a high-protein diet with minimal carbs, here are some excellent plant-based protein sources:

High-Protein Meat Alternatives:

- Beans – 21g protein per 100g
- Lentils – 9g protein per 100g
- Chickpeas – 19g protein per 100g
- Tempeh – 19g protein per 100g
- Tofu – 8g protein per 100g
- Green Peas – 5g protein per 100g
- Ezekiel Bread – 4g protein per serving
- Spinach – 3g protein per 100g
- Broccoli – 3g protein per 100g

By incorporating these high-protein, plant-based options into your meals, you can meet your protein needs without relying on meat!



BASIC ESSENTIALS TO **ALWAYS** HAVE IN YOUR KITCHEN

OLIVE OIL

Olive oil contains monounsaturated fatty acids, which can lower cholesterol levels and reduce your risk of heart disease. It's a much healthier choice than saturated fats like butter or the trans fats found in processed foods. Adding olive oil to salads and vegetable dishes will make them more satisfying, keep you full for longer and help your body absorb the nutrients!

ASSORTMENT OF FRUITS

All fruits are great sources of vitamins and minerals, so try to eat as wide a variety as possible! I like to always keep a fruit bowl out on my kitchen counter. That way, you always have a delicious and healthy snack to hand when you need it and you won't be tempted to reach for unhealthier alternatives!

NUTS & SEEDS

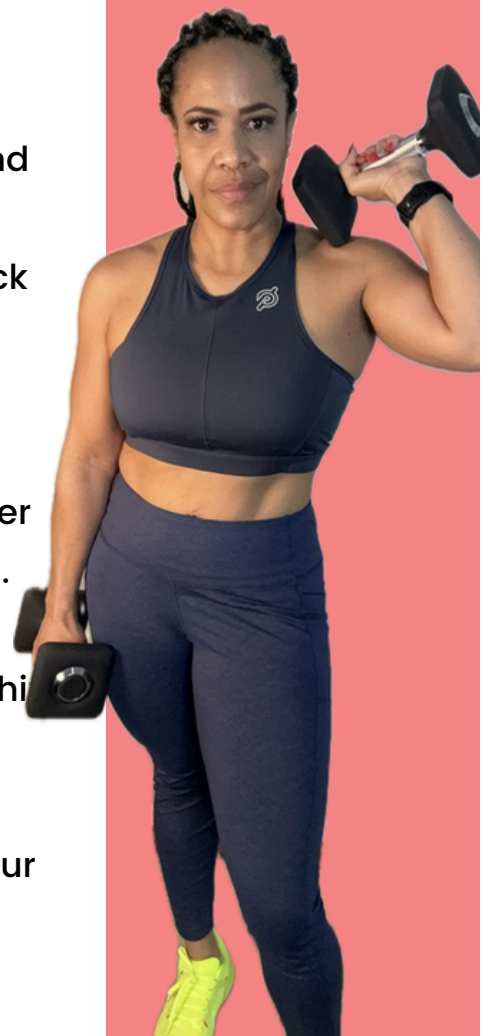
Nuts and seeds are an excellent source of protein and healthy fats. They're also extremely versatile – they're great on their own, or in sweet and savory dishes. A fistful of nuts and seeds is a super convenient snack and will definitely satisfy your hunger. Nut butters are also an easy and versatile way to include them in your diet.

Don'ts

- Don't overdo cardio!
- Don't fear lifting heavy weights – you won't get bulky
- Don't starve yourself or try extreme diets
- Don't RUSH the process
- Don't set an unrealistic goals
- Don't compare yourself to others (when I stopped this, real changed happened)
- Don't focus too much on the scale (I did this too!)
- Avoid 'cheat meals' unless you can stick to just one meal a week and you don't binge! You will make better progress on the plan if you avoid cheat meals (I stopped having cheat meals as I ended up binging and eating far too much and it destroyed my goals. Since I've stopped having cheat meals, I have made real progress.)
- Don't have any sugar – that includes juices or drinks with sugar
- Don't drink alcohol (only on special occasions – not every week)
- Don't forget to eat “Balanced in 3” at each meal

Do's

1. Set a clear, realistic goal that you can actually hit within your time frame. Think about what you're aiming for—do you have something coming up like a vacation, a photoshoot, or a family wedding that you're working towards?
2. Aim to drink at least 3 liters (about 1 gallon) of water a day—4 liters if you can manage it! If that sounds like too much, start small with 2 liters and build up. After a couple of weeks, your body will adapt. Yes, you'll be running to the bathroom more, but that's actually a good sign!
3. You can also sip on zero-calorie drinks like diet sodas along with your water intake.
4. Fill up on low-carb veggies like green beans, broccoli, and cauliflower to keep you full longer.
5. If hunger strikes, try zero-sugar jelly (or Jello) and Konjac noodles or rice. These are low-calorie options that will help keep you satisfied—just stick to one or two servings per day.
6. Do have your usual salt intake. It's important for hydration and balance.
7. Track your calories and macros using Cronometer to ensure you're staying on track with your goals.
8. Keep up with your workouts—aim for at least 3 resistance training sessions per week and try to hit 7,000 steps a day. You don't need to do intense cardio; just keep moving! Take the stairs or park farther away. The more movement, the better your results!





SAMPLE MEAL PLAN *Day 1*

You can choose to follow this plan for one, two, or all three days, and feel free to rotate them as many times as you like to keep things fresh and exciting! Below is a full day's worth of meals to keep you on track with your fitness goals.

Breakfast: PROtein Oats

- High-Protein Oats – 50g oats, 1½ scoops protein powder (plant or whey), 1 tsp nut butter, ½ banana. Optional: add grated carrot, chia seeds, or pumpkin puree for extra texture.
- Instructions: Mix oats, protein powder, nut butter, and banana. Add the chia seeds if desired.

Lunch: Protein-Packed Bowl

- 160g tofu or 100g chicken breast, 150g rice (brown or white), 50g red kidney beans, ½ bell pepper, cucumber, tomatoes. Season tofu overnight (Adams jerk seasoning recommended).
- Instructions: Cook tofu or chicken breast (season with your favorite spices, like jerk seasoning for the tofu). Combine rice, red kidney beans, and veggies for a satisfying lunch. You can prep the tofu the night before for extra flavor.

Afternoon Snack: Blended Protein Shake

- Protein shake with a handful of blueberries, mixed with water, unsweetened almond or coconut milk.
- Instructions: Blend protein powder, blueberries, and liquid of choice. This shake is perfect for a post-workout refuel or mid-day energy boost.

Dinner: Grilled Salmon with Veggies & Lentils

- 100g grilled salmon or other oily fish, green beans, spinach, or broccoli, mixed with 50g cooked brown lentils. Dress with lemon juice.
- Instructions: Grill salmon and pair it with green beans, spinach, or broccoli. Mix in cooked lentils and dress with fresh lemon juice for a light yet filling dinner.

Evening Snack: Light & Satisfying

- Evening Snack: 10g nuts, 50g strawberries, 2 rice cakes.
- Instructions: A light snack before bed that includes healthy fats, a bit of sweetness, and some satisfying crunch.

Total Calories: 1518 | Macronutrients: Protein: 116g | Carbs: 149g | Fats: 48g



SAMPLE MEAL PLAN *Day 2*

Breakfast: Baked Oat Bar

- High-Protein Oat Bar – 30g oats, 1 egg, 1 scoop protein powder, 1 tsp cinnamon, baked at 180°C (fan). Top with ½ banana.
- Instructions: Mix oats, egg, protein powder, and cinnamon. Bake at 180°C until firm. Multiply by 4 to prep ahead and cut into four pieces for easy grab-and-go meals.

Lunch: Protein-Packed Chicken Bowl

- 80g chicken breast, 150g rice (brown or white), 50g black beans, ½ avocado, chopped tomatoes, cucumber.
- Instructions: Season chicken with cumin, paprika, coriander, cayenne, or jerk seasoning. Cook and serve with rice, black beans, and salad for a balanced meal.

Afternoon Snack: Protein Bar

- A low-sugar protein bar (ex. Quest Protein Bar) with at least 20g protein and under 240 calories.

Dinner: Lean Ground Beef or Turkey with Cauliflower Mash & Greens

- 80g lean steak or turkey, cauliflower mash (boiled or steamed and mashed), rocket or spinach, onion, cider vinegar dressing.
- Instructions: Cook ground meat with your favorite seasonings. Serve with mashed cauliflower and fresh greens dressed in cider vinegar for a nutrient-packed meal.

Evening Snack: Light & Satisfying

- 2 oat cakes with 50g greek yogurt, cottage cheese, or sugar-free yogurt (ex. Chobani).
- Instructions: Spread yogurt onto oat cakes for a light, protein-rich snack before bed.

Total Calories: 1476 | Macronutrients: Protein: 130g | Carbs: 141g | Fats: 41g

****Calories can vary slightly depending on different brands****



SAMPLE MEAL PLAN *Day 3*

Breakfast: Eggs & Whole Grain Bagel

- 2 scrambled or poached eggs, 1 whole wheat bagel, cherry tomatoes, and grilled or boiled mushrooms.
- Instructions: Cook eggs to your preference and serve with a toasted whole wheat bagel, cherry tomatoes, and mushrooms for a balanced start to your day.

Lunch: Lemon-Garlic Cod with Couscous & Veggies

- 100g cod (or any white fish), 100g couscous, 50g red kidney beans, green beans, zucchini, cabbage, or other green vegetables.
- Instructions: Season cod with garlic paste and lemon juice, then bake or pan-fry. Cook couscous and mix with kidney beans and vegetables for a nutritious meal.

Dinner: Lean Protein & Chickpea Salad

- 100g lean sausages (e.g., Heck sausages, turkey burger, or 5% fat sausage), 100g chickpeas, salad dressed with 1 tsp olive oil and lemon juice.
- Instructions: Cook the sausage or burger and pair it with a fresh salad and chickpeas for a protein-packed meal.

Evening Snack: Protein & Healthy Fats

- Protein shake, 1 apple, 10g nuts.
- Instructions: Blend protein powder with water or milk alternative. Enjoy with an apple and nuts for a satisfying nighttime snack.

Total Calories: 1550 | Macronutrients: Protein: 124g | Carbs: 142g | Fats: 49g

****Calories can vary slightly depending on different brands****



SNACKS

Healthy Snack Options

You can have two or three snacks between meals if you're really hungry, but be mindful of portion sizes to avoid overeating. If you need more information on this, refer to the Frequently Asked Questions in Chapter 4.

Nuts & Seeds:

- Fistful of unsalted almonds – A great source of healthy fats and protein.
- Mixed nuts or homemade trail mix – Combine nuts, seeds, and a few dried fruits for a balanced snack.

Fruits & Vegetables:

- Apple or banana with peanut butter – A satisfying combo of natural sweetness and protein.
- Raw chopped vegetables with hummus – Try carrots, cucumber, or bell peppers for a crunchy, nutritious snack.
- A smoothie with two or three different fruits or vegetables – Blend with full-fat dairy milk or a vegan milk alternative for extra creaminess.
- Grilled tomato slices with Parmesan and basil – A savory snack rich in vitamins and antioxidants.

Savory & Crispy Snacks:

- Kale chips – A crunchy, low-calorie alternative to traditional chips.
- Sweet potato chips – Homemade or baked for a healthy, fiber-packed snack.
- Homemade popcorn (lightly salted) – A high-fiber, low-calorie option if you're craving something crunchy. I LOVE Skinny Pop!
- Roasted chickpeas – Season with your favorite spices for a crunchy, protein-packed snack.

Protein Snacks:

- Protein bar – Choose a low-sugar bar to curb hunger and boost protein intake.

Frequently Asked Questions (FAQs)

I know it can be confusing and challenging to overhaul your nutrition, especially when you're busy with work and family commitments. But don't worry — every small improvement to your diet helps! It's okay to take things slowly. Below are some common questions you might want answers to. If you have more questions, I'm here to help!

1. What other options for staying hydrated do I have if I get tired of water?

- Answer: You can try coconut water, herbal teas, or coffee (in moderation). You can also infuse your water with lemon juice and/or fresh fruits to give it extra flavor.

2. How often should I snack?

- Answer: You can be flexible with meal times and when you snack, as long as you're not overeating. The key question to ask is whether you're genuinely hungry and need something to keep your energy levels up until the next meal, or if you're just bored or tempted by a tasty-looking snack. Listen to your body — snack between meals only if you really need it.

3. What are the healthiest cooking methods?

- Answer: Don't be afraid of cooking with light spray oil. Roasting, frying, and sautéing are all fine if you use a small amount of healthy oil, like a teaspoon of olive oil or spray oil. Grilling and steaming foods are also good options. Steaming vegetables is better than boiling them as it helps retain more nutrients. I like air-frying!

4. Are there foods where I can eat as much as I want?

- Answer: While it's important to keep everything in moderation to reach your goals, listening to your body is key. Stop eating when you're full, even if it's healthy food. However, if you really love green or root vegetables, feel free to enjoy as much as you like!
- Answer: It's best to have none or very little. Alcohol offers no nutritional benefits and can have negative health effects. It should only be an occasional treat, not part of your daily routine. Definitely avoid binge drinking.

6. What if I follow a specific diet or have intolerances or allergies?

- Answer: You know your body best! That's why my approach to nutrition is flexible. My meal plans include plenty of vegetarian and vegan options, but if you have other dietary requirements or allergies, feel free to swap out any foods in the recipes with a nutritionally similar alternative.



THANK YOU!

Thank you for reading this guide!

I hope you found it interesting,
and I hope it helps you achieve your
goals! If you enjoyed this do
check out my other programs at
www.surelifefitness.com.

Sending you wishes of Love & Health!

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Anitra xoxo

STAY IN TOUCH



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