

THE WELLNESS 360
**HEALTHY
EATING
BLUEPRINT**

2

Step
TWO



Welcome to Wellness360™ EATING BLUEPRINT



The purpose of this guide is to inspire you to find your way back to the foods that truly nourish you. Because when you eat food that nourishes you, it's the start of the rest of your life falling into place.

In this guide you'll take the first steps toward gaining awareness of the food you eat and learn how to make simple changes to feel more energized everyday.

OVERCOMING COMMON PITFALLS

Let's first identify some common pitfalls to healthy eating. We can't get there if we don't know what's standing in our way, right? Identifying your own obstacles to staying healthy is an important step in using this cookbook.

One of the biggest pitfalls you can make is not planning ahead. You know the old adage **"failing to plan is planning to fail."** Ideally, you want to plan 24 hours in advance. Now I know what you're thinking – who wants to be thinking about what to have for breakfast tomorrow when you can't even figure out what to eat today. But when we fail to plan, we end up reaching for things that are readily available.

What's the problem with that? For starters, this is where you'll find all of those unwanted ingredients hiding.

You know, the added sugar, preservatives, artificial sweeteners, and trans fats to name just a few.

Planning ahead is absolutely essential. Planning ahead consists not just of thinking ahead.

Use the following tips to help you get started...

MEAL PREP & COOKING TIPS for busy people

- Shop ahead: Do all of your shopping for the week before the week starts. Have your grocery delivered if you need to save time.
- Spend one hour/week planning the week ahead: when will you shop, what days will you be too busy to cook, what days will you eat out if necessary, etc.
- Cook ahead: Plan to cook several meals all at once on one day before the week starts.
- Using quick cook-for-you appliances like rice cookers and crock pots is a great way to have a “live-in cook” who prepares for you while you’re busy.
- Cook once, eat twice...or three times!
- Set 30 minutes aside each week to plan the week ahead: What will you eat, when will you shop, what days will you be very busy?
- Keep fresh proteins in the refrigerator.
- Fish can be broiled in 5-7 minutes – now that’s fast food!
- Use a crock pot.
- Cook a whole chicken while you are away at work. This can be combined for up to 5 new meals: Chicken over rice, chicken and pasta, chicken on salad, chicken soup, and chicken burritos!
- Start a Grain Bank: Use a rice cooker to cook grains. Start a batch on Sunday and add to various dishes throughout the week. The goal is to keep the grains going so you always have a quick meal ready.
- Keep veggies fresh.
- Delegate: Have each family member choose a night to be “chef”.
- Keep track of your progress



GET INTO ACTION!

Write two actions steps you’ll take starting today to help you plan ahead for a healthy lifestyle.

1. _____

2. _____

EAT with awareness

Most people eat without awareness.

Whether you're in a hurry or just unaware of how particular foods affect you, it's easy to be disconnected to our food. Learning to change this "unawareness" habit into "awareness" frees us from the confusion about what to eat. We learn to listen to our body's own signals and are guided to what foods are best for us that day, that season or that moment.



The Wellness 360 Food Journal is an amazing tool to build your awareness muscle. There are two parts to the Wellness 360 Food Journal: the daily food chart and the weekly chart.

The Daily Food Chart includes: The Physical Hunger Scale, the Space we are in (place and activity), and the Type of eating we are experiencing: Energy (for lasting energy), Bliss (for taste/texture only), or Unconscious (stress, boredom, fear) eating.

The Weekly Wellness Chart includes: a listing of various foods you may eat on any given day as well as other Wellness 360 activities. After recording in the Journal, make a tick mark in the appropriate row of the table for the various foods you consumed that day. The table allows you to see how much of each kind of food you are eating, and helps you add in and crowd out the foods you desire.

For example, the week of 1/1/18 you may find that you placed 2 check marks in the vegetables category and 5 in the Processed Foods/Sugar category. You may consider the following week to reduce Sugar and increase vegetables. The Weekly Table gives you a great overview of how much of each kind of food you are eating week by week.

The Wellness 360 Food Journal process is meant to be fun and be done without judgment. Refrain from guilt during the process and do not try to restrict yourself to the point of a "perfect 10". Think of the Wellness 360 Food Journal as a way to gain more awareness to what you are eating and to your lifestyle.

Wellness360™ FOOD JOURNAL

Daily Food Chart

	WHEN <i>(day/time)</i>	FOOD <i>(what/how much)</i>	HUNGER LEVEL <i>(low, medium, high)</i>	SPACE <i>(place, activity)</i>	TYPE OF EATING <i>(energy, bliss, unconscious)</i>
BEFORE BREAKFAST					
BREAKFAST					
MORNING SNACK(S)					
LUNCH					
AFTERNOON SNACK(S)					
DINNER					
EVENING SNACK(S)					
OTHER <i>(beverages, candy, gum, etc.)</i>					

Wellness360™ FOOD JOURNAL

Weekly Food Chart

WEEK OF:						
Food	VEGETABLES					
	FRUITS					
	WHOLE GRAINS					
	HEALTHY FATS					
	PROTEINS					
	WATER					
	HEALTHY SNACKS					
Extras	PROCESSED FOODS					
	REFINED SUGARS					
	CAFFEINE					
	ALCOHOL					
	MOVEMENT					
	SLEEP					
	AIR					
	SUNSHINE					

EASY LABEL READING

cheat sheet

We are inundated today with the amount of products and choices we have when we go to the grocery store. While some products that come in packages are healthy, the easiest, fastest way to get through the store is to avoid the packaged foods altogether. This is called “Perimeter Shopping” because you don’t spend too much time in the inner aisles where you generally find the processed, packaged foods. But if you have more time or interest in understanding food ingredients, learning to read labels can be very helpful in discerning what to eat.

Here are a few tips for label reading:

1. If a package has more than 7 ingredients, it probably contains a lot of additives and artificial ingredients.
Put it back on the shelf!
2. If the first word on the package is not a clear indicator of what the food is, it probably is not 100% made from that food. There are always exceptions.
3. When choosing bread or grain products, make sure the first word isn’t “enriched”. Enriched products have been stripped of mineral and nutrients and the product has been enriched with synthetic additives.
4. Keep in mind that there are 40 different names for sugar. The two most common sugars found in products today are high fructose corn syrup and evaporate cane juice. Both of these are forms of sugar.
(See the section below on sugar for more names).
5. Always ask yourself how far would you have to go to find this product. Is it grown on a farm or made in a laboratory? Is it a local product or was it shipped in from miles away. Choosing fresh, local, natural foods is a great start to eating healthy.

HEALTHY EATING *on-the-go*

When we eat on-the-go, it's easy to miss important nutrients. Probably one of the main food categories missed are fruits and vegetables. We're supposed to get in nine servings of fruits and veggies per day. Most people are hovering at about 2.5! Fruits and vegetables are antioxidant powerhouses, so make sure to include them as often as possible. Eating fruits and vegetables on-the-go are actually the fastest of fast foods. There's not much to crunching into an apple, peeling an orange or even tossing a salad with your favorite dressing. There's no cooking involved, yet on-the-goers tend to skimp on the fruits and veggies. Bring some veggies sticks along for the ride or find stores that carry grab 'n go salads.

When it comes to carbohydrates, it's easier to eat processed carbohydrates on-the-go, because that's what's available in most convenience stores and restaurants. But whole grains are essential for lasting energy. Most fast food restaurants and grab-n-go snacks are full of processed, "white" carbohydrates. These foods give a quick energy boost that is short-lived and detract from our health.

Another common ingredient in fast food is unhealthy fat, namely trans fats. It's important to focus on healthy fats because they help reduce inflammation in the body, improve brain health and mood, while satiating us so that we feel full rather than famished.

Finally, if you eat on-the-run, you may find yourself filling up with empty-calorie snacks that provide you short-term boosts of energy and few nutrients. Avoid fake fuel snacks that deplete your energy like caffeine, sugar and processed foods. Caffeine may seem like it gives you an energy boost, but it doesn't last long.

Try these simple energy snacks

- Almond butter spread on an apple or banana
- Hard boiled eggs – the most portable food on earth, it comes in its own travel case!
- Trail Mix – buy raw almonds, walnuts, dried fruit, pumpkin seeds and mix together in a bag before you go out the door.
- Veggie sticks – add hummus or salsa
- Whole grain crackers
- Organic yogurt with granola or fresh fruit – make sure your yogurt doesn't have artificial sweeteners added.
- Energy Bars – make sure it's not loaded with 'fake energy' such as sugar or high fructose corn syrup.
- Grape tomatoes – sprinkle with feta cheese and drizzle with olive oil, balsamic vinegar and sea salt
- Baked sweet potato – Bake ahead of time and drizzle with agave nectar for a sweet treat.
- Avocado – if you are going to be traveling and not able to get a healthy meal, avocados have good fat and will satisfy you.

PANTRY makeover

Stocking the pantry is a one time step that will make each week easier.
Here is my list of Pantry Must Haves:

Herbs & Spices

garlic
ginger
turmeric
oregano
cinnamon
curry powder
cayenne pepper
basil
thyme
sea salt
pepper
nuts, seeds and other
nut butters like almond butter, natural peanut butter
seed butter like tahini
flax seed
sesame seeds
nuts like walnuts, almonds, etc.
pumpkin sees
dried fruit like raisins (make sure no added sugar)

Natural Sweeteners

100% pure maple syrup
raw honey
agave nectar
brown rice syrup
stevia

Oils, Vinegar and Sauces

extra virgin olive oil
toasted sesame oil
coconut oil
balsamic vinegar
red wine vinegar
apple cider vinegar
tamari soy sauce
natural, no-sugar ketchup and mustard

Sea Vegetables

Sea vegetable flakes from nori or dulse

THE ART of eating

The Art of Eating

Now that you've learned about what to eat, it's time to start cooking. But before you eat, consider that there is more to eating than just the food. It's also in how we eat that our health is affected.

The speed of our life has affected us in more ways than we notice. Faster food, faster cars, and faster computers. I used to think that faster machines meant that we would have less work to do as technology would ease our burden. But the faster the world goes, the faster we run.

SLOW DOWN

Take a deep breath. Exhale. What did you notice? Did your sigh come out long and peaceful, or heavy and stressed? That little test can tell you more about where you are right now in your life than blood work! If your sigh is heavy, stressed and near painful, you may want to consider slowing down. The speed of your life plays a role with the stress, anger, depression, and anxiety you may be experiencing. These symptoms can create a disconnection between our mind and our body. This disconnection leads to imbalance and can lead to disease.

How can we possibly slow down if we're so busy? By slowing down, we actually gain more energy to do all the things that keep us busy. And it feels a lot better to go throughout your day in a calm state instead of a crazed frenzy. You might even meet someone new or notice something different! How can we begin to incorporate slowing down in this fast-paced world?

Here are a few ideas to help you get started:

- Light a candle in the kitchen when cooking
- Set aside one night a week just for you
- Say 'no' to unnecessary obligations that are causing you stress
- Pick one day a week to escape to a park, hiking trail or body of water
- Promise yourself to only eat when you are sitting down at the table
- Hold your fork with your opposite hand
- Close your eyes for a few minutes in the middle of the day
- Take time for deep breathing, meditation and relaxation

When it comes to eating especially, slowing down is very important. The Art of Eating is about slowing down and becoming conscious with our food. Being in the present moment when we eat helps us determine how much to eat and when to stop. We also enjoy what we are eating more, reducing cravings for more food after a meal.

TRY THIS EXERCISE

Practice slowing down when eating. Begin with a few deep breaths before beginning to eat. Chew each bite thirty times. Practice this for one whole week. What do you notice? How can you continue to slow down each day, even if for only 5 minutes?



GET INTO ACTION!

Step 2 – Wellness 360 Nutrition: What is your Wellness 360 Nutrition Goal?

When will you get started?

Who will support you?