



10 DAY

Wellness Within

CHALLENGE

TABLE OF CONTENTS

Welcome!	3
Day 1: Getting Started	4
Eat	5
Do Not Eat	6
Day 2: Scale/Tracking	7
Day 3: Eating for Weight Loss	9
The Dirty Dozen	10
The Clean 15	11
Day 4: Cleaning Out Your Pantry & Fridge	12
Day 5: Portion Control	14
Day 6: Exercise	16
Day 7: Weight Loss Habits	18
Day 8: Hydration (+ Weight Loss Drinks)	20
Day 9: Metabolism-Boosting Foods	23
Day 10: Smart Goals	25

Eating healthy

is about balance and making sure that your body is getting the necessary nutrients it needs to function properly.



SIGN UP NOW

WELCOME!

Hello and welcome to the 10 Day Weight Loss Challenge!

Through this challenge, I'll be coaching you on all things holistic wellness and weight loss-based, including what to eat/what not to eat lists, cleaning out your pantry, adopting a whole new diet/lifestyle, portion control, exercise, and so much more.

In addition, we'll be making sure you have the resources available to make sure this lifestyle is sustainable for you long-term so you can continue reaching your health goals.

Are you ready? Take free Health Assessment

“

THE SECRET
OF YOUR
FUTURE IS
HIDDEN IN
YOUR
DAILY
ROUTINE.

Click the image to take FREE health assessment

DAY 1: GETTING STARTED

The science is in. We know that a holistic weight loss approach works better than the traditional diet and exercise plan. This challenge will explore some of the benefits of living a more balanced lifestyle, emphasizing weight management and weight loss, and how you can manage it and sustain it long-term.

For the first day, we're going to heavily focus on shifting your mindset into the proper headspace so you can be mentally prepared to take on well living!

We're going to be focusing on mindset, how to use your meal plans, eat/what not to eat lists, probiotics, and more—and even though it seems like a lot of information, you have this resource to check back on for future reference, so not to worry!

Let's jump into it.

So, shifting your mindset is, without a doubt, easier said than done. You truly need to do some soul-searching and think of the goals you want to reach and just how badly you want to reach them. Sometimes, simply thinking of the end goal is enough to get you into the right kind of mindset. That's actually how I was able to get into the right mindset and made me want to stick to my goals, not go off-track, and ultimately, stick to holistic living so I could reach my weight loss goals. The end goal, the end product, is the prize. Keep your eyes on it!

With this being said, let's look at the eat/what not to eat lists, and then we'll jump into what exactly to do with these foods for your meal plan.

EAT

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes
- Papaya
- Broccoli
- Cabbage
- Bananas
- Kiwi
- Sweet peas (frozen)
- Asparagus
- Mango
- Pineapple
- Sweet corn (frozen)
- Avocado
- Onions
- Grass-fed beef
- Chicken
- Pork tenderloin
- White-fleshed fish
- Salmon/other fatty fish
- Turkey

DO NOT EAT

- French fries
- Potato chips
- Sugary drinks (juice, soda, etc.)
- White bread
- Candy
- Pastries
- Cookies
- Cakes
- Some types of alcohol (especially beer)
- Ice cream
- Pizza
- Pasta

Now, if you haven't noticed, there's a LOT more that you CAN eat versus what you CAN'T. With all of the foods you CAN eat, we're going to jump into how you can incorporate those foods into your regular meal plan.

You can see that there's a large number of veggies and fruits on the list, in addition to some healthy lean meats for those who do consume animal protein. Some of the best and easiest recipes you can use veggies for include veggie stir fry and some lean meat. When utilizing fruit, you can always throw that into a smoothie, overnight oats, a yogurt parfait, and much more (really great for breakfast and brunch-type meals.) On top of that, don't forget your handy dandy water.

Now, in terms of probiotics, my personal favorite is to use a multi-strand probiotic. While not everyone *needs* to take supplements, they can help fill the gaps in your diet. And you'll be even more shocked to find that a recent study found that 92% of the population is deficient in some vitamin. They add that many people are "overfed and undernourished," and even when you eat the perfect diet, something is usually missing, which is why vitamin supplements can be such a tremendous help. And multivitamin supplements are great for including every vitamin imaginable, including omegas, Vitamin D, and more. Thankfully, many vitamin shops and stores, even pharmacies, sell multivitamin supplements—it's really up to your preference and research on which one will serve you best!

For Day 2, we will be focusing on getting on the scale and tracking your progress.

DAY 2: SCALE/TRACKING

The benefits of tracking your weight loss are endless. Not only does it help you monitor how much progress you've made, but it also helps you stay motivated and on track by making sure that the things you do every day will lead to results! I'll share why I think they should start tracking their weight loss journey right away in this challenge.

What is an excellent way to keep yourself accountable? You might be asking yourself this question because there are days when all of your motivation disappears, and nothing seems worth doing anymore. This happens for most people who have been working hard towards a goal for a long time. It's so important to find ways to keep ourselves accountable to continue moving forward in our goals.

The benefits of tracking your weight loss can be a matter of debate. Some people feel that it is too much work or can even make you obsessed with numbers, while others claim it is an effective way to stay motivated and on track with their goals. Whatever you believe, there are many great reasons for monitoring your progress.

As I mentioned just now, many people believe that tracking your progress on the scale can be counterproductive, especially if it makes you obsessed with the numbers. The goal is to have a set day of the week to weigh in. My favorite day of the week to weigh in is on Fridays when the whole week is done. Some people prefer Sundays, and others like the start of their week on Mondays.

It's really up to personal preference!

What's even better is that there are tons of different kinds of scales that can provide various types of information. These are called "smart scales." They can measure things such as body composition metrics by using bioelectrical impedance analysis (BIA), a non-invasive tool that evaluates your body composition by sending a weak electrical current through your body. You

can't feel it at all, and a snapshot of your body composition can help if you're looking to measure things such as muscle mass and overall body fat.

Additionally, smart scales are incredibly affordable as well. Of course, like anything, there are more expensive options, but you don't need to go expensive to get high-quality, as they all do the same exact thing. You can also read all of the measurements right on your smartphone and, if you use a calorie-tracking app such as Lose It! or MyFitnessPal, you can likely connect your smart scale to the app, so it automatically updates your progress there.

Speaking of, calorie-tracking apps can be another helpful way not just to track calories but to simply track the foods you're eating, including your macros (carbs, fats, proteins). Most of these apps also allow you to add your exercise/workouts, and if you own a FitBit or Apple Watch, you can track your workouts through those watches, and the data will automatically transfer to the calorie-tracking apps. Technology does the work for you!

All you have to do is eat healthy, exercise, and track your progress.

Are you ready for Day 3?



DAY 3: EATING FOR WEIGHT LOSS

So, on Day 1, I provided you with a what to eat/not eat list and a brief rundown of how you can incorporate these foods into your meal plan. We're going to go a bit more in-depth on this.

You know by now that eating healthy food has benefits. You can live a longer, healthier life. You can eat healthier for less money than the unhealthy alternatives. And it tastes better, too! There are many ways to make sure you're getting all of your vitamins and minerals with fruits and vegetables. These foods will give you energy instead of dragging you down like sugary drinks or processed foods do.

Do I have your attention now? If not, then let me tell you about how healthy food improves mental health and physical health! A diet full of whole grains, veggies, lean protein sources, etc., helps reduce depression symptoms significantly more than those who didn't change their diets at all!

Eating clean is jam-packed with SO many benefits. In this section of the challenge, we'll focus on processed foods, kicking sugar, junk, nitrates, preservatives, the dirty dozen, and even saying goodbye to gluten.

Here are some reasons why you should avoid processed foods in your clean eating diet: 1) Processed food contains a lot of unhealthy ingredients that make it not nutritious for our body 2) Processed food has fewer nutrients than whole foods 3) The chemicals used in processing can also harm us 4) There's no guarantee on what's going into your body when you eat processed food 5) Eating healthy means eating fresh produce.

These processed foods include sugar and junk foods such as chips, white bread, pizza, pasta, ice cream, candy, chocolate, fruit juices, sodas, and more. So, it's best to make a move to holistic, organic foods that you KNOW are benefitting you. You KNOW what's going into your foods and what is going into your body.

Now, we're going to get into this even deeper. Have you ever heard of the Dirty Dozen?

Every year, the Environment Working Group (EWG), an organization of scientists and researchers, updates their list of the Dirty Dozen and Clean 15 to guide consumers in choosing the right produce. The group takes into account several factors when making their list, especially the use of pesticides on particular types of produce.

Pesticides are widely used in conventional farming to kill insects and mold that destroy plants. Because they are sprayed directly on the produce, there is often residue that remains, even after it makes its way to the grocery store shelves and then ends up in our fridges/pantries and our stomachs. These pesticides could lead to health conditions like cancer, digestive problems, and respiratory diseases.

Included below are the Dirty Dozen and Clean 15 foods:

THE DIRTY DOZEN

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Celery
7. Grapes
8. Pears
9. Cherries
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

THE CLEAN 15

1. Sweet corn
2. Avocados
3. Pineapples
4. Cabbage
5. Onions
6. Frozen sweet peas
7. Papayas
8. Asparagus
9. Mangoes
10. Eggplant
11. Honeydew melon
12. Kiwi
13. Cantaloupe
14. Grapefruit
15. Cauliflower

To reduce exposure to the harmful chemical, choose from the Clean 15 list or go organic.

Lastly, we're focusing on gluten. About 6% to 7% of the U.S. population may be gluten-sensitive, meaning some 20 million people in the United States alone could be suffering from this condition—whether they know it or not.

I had no idea I could potentially be gluten intolerant until I got tested for it and realized not only was I slightly intolerant of gluten but there were foods I was eating every single day that I had a real sensitivity to. And, suddenly, it all made sense!

Even if you're not gluten intolerant, studies have shown a gluten-free diet to be helpful in weight management and even managing leaky gut syndrome. For those who ARE gluten intolerant, an elimination diet is vital for getting rid of the foods that make your body react negatively.

Luckily, there are tons of gluten-free foods out there, including gluten-free alternatives to your favorite foods, like bread. Additionally, gluten can cause inflammation, bloating, gas, and fatigue in many people with gluten sensitivity or full-blown celiac disease. When you remove gluten from your diet, you will experience more energy, less bloat, and better digestion.

Definitely keep this in mind and try out an elimination diet using the foods on your 'can eat' list!

DAY 4: CLEANING OUT YOUR PANTRY & FRIDGE

All new foods mean cleaning out your fridge and pantry. Your fridge may likely be full of things that are on your 'do not eat' list, or maybe you've already begun filling up both with more holistic and organic foods. Either way, you're on the road to eating much more clean and organically, which will, in turn, help you lose weight and transform your health.

There are also additional benefits to deep-cleaning your fridge and pantry and replacing it with all new items.

We all know we should clean out our fridge and pantry once in a while. But what are the benefits of cleaning out your refrigerator and pantry? Well, the first benefit is that it helps you save money down the road! You can find foods like eggs or milk that have expired and get rid of them before they go bad. Another thing is that it reduces food waste. It's important to eat up everything you buy because if you don't, you'll end up throwing away good food instead of eating it, which takes up space in landfills for years to come. Finally, by doing this now and then, there will be less clutter around your kitchen countertops, making things easier when cooking dinner later!

So, sometimes it's not just about replacing old food with new food, but just keeping things organized, neat, and clean!

On Day 3, we talked about saying goodbye to gluten. Like I said then, for those of you who ARE gluten intolerant (and even if you're not), an elimination diet is key for getting rid of the foods that make your body react negatively. This means throwing out all your gluten food and making sure you stock up on your 'eat' list of foods—and even if any of it has gluten in it, I guarantee you that you can find a gluten-free alternative. It is 2021, after all! There's so much out there. Pro tip: I recommend subscribing to Thrive Market,

a shop full of gluten-free alternatives delivered to your door and tons of other organic, whole foods.

This means stocking up on those gluten-free alternatives but also stocking up on your veggies, fruits, lean meats, etc. Make sure you buy enough but not too much (i.e., portion control—if it's there, you'll eat it!)

Do you have any expired food lurking in the back? Maybe some old condiments or stale crackers? How about those cans of soup that are hiding at the back of your shelves. Let's get rid of it all, shall we? We'll start by organizing the items by expiration date. Next, take an inventory of what you need to purchase for your family so that this doesn't happen again. Lastly, throw away anything that is past its prime- don't be afraid to use a little elbow grease! It feels so good when you're done cleaning out the kitchen cabinets and refrigerator—doesn't it?

Let's break it down into some steps to make it much more simple and less overwhelming:

Step one: throw out anything that is expired, not in date order, or has mold.

Step two: give away anything you know someone will eat.

Step three: make a list of what you'll need to buy for the next weeks' worth of meals and snacks.

Step four: go shopping!

It doesn't need to be complicated—it can undoubtedly be overwhelming sometimes but referring to this step-by-step challenge on what to do can make it a much less overwhelming experience.

DAY 5: PORTION CONTROL

On Day 4, I briefly mentioned portion control. We're diving right into that today, and it can be scary and challenging if you haven't done it before, but these tips and tricks will be a huge lifesaver at the beginning stages.

The benefits of portion control are plentiful. You can eat as much food as you want but in a more controlled manner. This will help you feel satisfied and avoid overeating. It also means that you won't have to throw out the leftovers from your meal!

First, we'll start with a little bit of background. I'm going to be talking about a few different benefits of portion control and how it can help you on your weight loss journey. Secondly, there are some simple tricks that you can use to measure portions, so they're easier to control. Lastly, I'll share two recipes for healthy meals that will help you get started on the right foot!

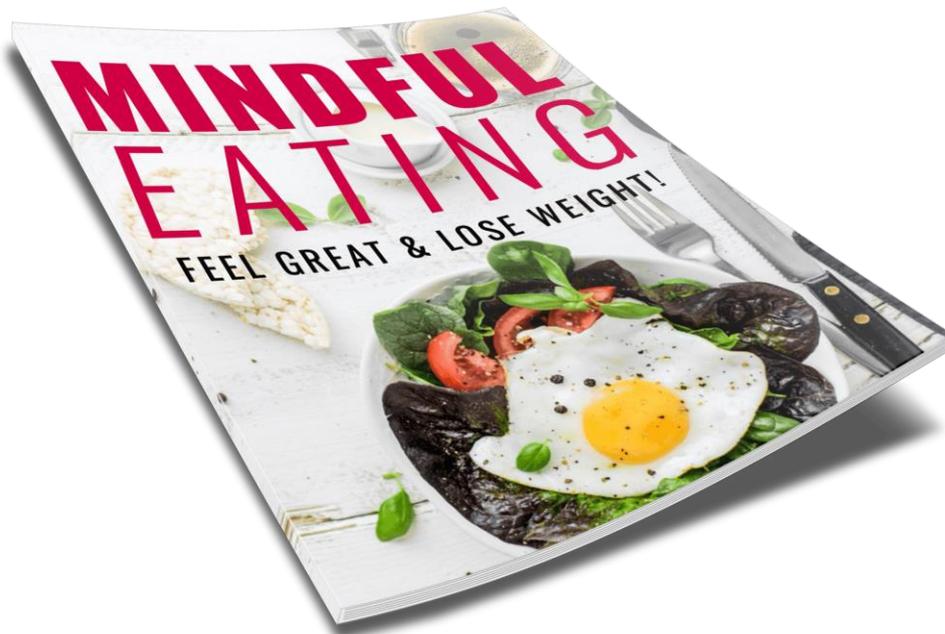
What problems do people typically have when trying to lose weight? One problem is lack of self-control or poor food choices, leading people to overeat and gain more than what's needed. A better option would be choosing foods with lower calories per serving and avoiding eating larger servings than recommended by experts.

If you're on the go or simply want to avoid mindless snacking, portion control is your best friend. One of the most common mistakes people make when losing weight is not tracking their food intake. This leads them to overeat and gain back any weight they lose. But by practicing portion control—eating properly sized portions at each meal- it's easy to keep your calorie count in check so you can reach your goal!

Another thing I mentioned in the last few days was calorie counting apps. You can absolutely track everything you eat (and how much of it) in these apps, but if you struggle with portion control, one thing I love to use when I'm eating is a macros plate. It's a plate that divides up your macros by separating the foods and creating a preset portion size, so you don't overeat any of your macronutrients.

Portion control is a way of eating that eliminates the need to actually count calories (which is why a calorie counting app at this point is purely optional

and up to personal preference). It's really simple, and it can be done without thinking about it too much every day - just think before you put food in your mouth! If you're not sure how many portions you should eat, one easy rule is to make sure each meal has three parts: protein (a palm-size portion), carbohydrates (1/4 a plateful), and vegetables (one fist-size serving). What this does is help us get enough nutrients while limiting our intake of carbs and fat at any given time.



[CHECK OUT THE FREE RESOURCES PAGE ON MY WEBSITE](#)

Click the image

Day 6 gets to the fun stuff: moving and activity! See you then in your gym shoes!

DAY 6: EXERCISE

For day 6, we're breaking into some activity! Whether you're a gym rat or sedentary, it's important to get some movement in your schedule as much as possible.

Do you know that exercise is just as important to your overall health and wellbeing as the food you eat? Research has proven that regular aerobic exercises can help reduce many diseases, including heart disease, diabetes, depression, obesity, and arthritis. These are only a few of the benefits of exercising regularly. Imagine how much better off you would be if you exercised!

I went from being highly active in college to working a full-time desk job with barely any movement—combined with a poor diet. I gained about 50 lbs in about four years. That's when I realized, even if I have an average diet (I made major improvements to my diet after that), I still needed to get some activity in. I NEEDED to MAKE the time and literally schedule it into my daily agenda.

It's hard to find time in our busy schedules to exercise. We are always rushing from one place to another, trying to get everything done. There are many ways that you can make the time for exercise, though!

Here are some of my favorites:

Set the alarm on your phone with a reminder for when you would like to work out each day. This will help keep your workout routine consistent and ensure you don't forget about it.

Schedule workouts ahead of time so they're already planned into your day instead of waiting until later in the day or week and then realizing there is no open space in your schedule. Make sure this includes things like taking care of personal hygiene stuff before bedtime.

When you're feeling stressed, it can be tough to find time for yourself. And when you don't feel like exercising, that stress just gets worse. But exercise is not only good at relieving stress—it's also great for your physical health! If you're looking for some tips on how to fit in a workout, the tips I've included above are probably the best tips you can utilize.

You just REALLY need to put in the work yourself.

And, trust me, you don't need to go all-in on the first day, especially if you're coming from a sedentary lifestyle. Start with some basic walking when you get used to that, maybe up the incline or start jogging.

You can even try taking it to the gym on an elliptical, OR you can start weight training. There are so many things you can do, as long as you're moving. My personal favorite is dancing around while cleaning or when I need to shake a mood. For more advanced I have some great weight training programs I can recommend. Email or message me anytime!

Like I said, regardless of what you do, all that matters is that you're moving! Combined with a healthy, holistic, and clean eating approach, you will gradually begin to notice changes and results.

Get ready for Day 7!



Exercise is just as important
to your overall health and well-being
as the food you eat.

[For a Free Nutrition and Health assessment click the image](#)

DAY 7: WEIGHT LOSS HABITS

Weight loss can be... tricky. And while I think we all know that it gets much, much deeper than that. A lot of what I'm about to talk about includes some stuff I've already mentioned, including counting calories, and some new stuff such as distracted eating and NOT skipping meals (a big one to remember).

Have you ever wondered what it would take to achieve your weight loss goals? You might think that there is no way of losing weight. The truth is, you can lose weight if you put in some hard work and commitment. There are many steps to take to make this happen for yourself. That's why it is essential to start building good habits for a more successful dieting process.

And not just good habits for your food and exercise decisions, but for your mental health.

So, not all calories are bad. Yes, I know—you're probably like, um, I need to eat as few calories as possible to lose weight?!

Nope, not true.

You need to count the RIGHT calories—it's not just about any old number(s). The difference? Good calories provide lean protein, healthy fats, and complex carbs from fresh whole foods and quality meal replacements and supplements. Bad calories are the ones that don't provide your body with good nutrition. In addition to this, you need to consider portion control. Sometimes it's not necessarily about the number, but how much and the quality of the food.

Next, distracted eating. I think we've all been there where we're sitting in front of the computer or TV watching a movie or some sort of video, mindlessly snacking away, and we don't even realize how much we're eating. This doesn't only happen in front of the TV, too. It can happen at the work desk, in your car, and more. These are all examples of distracted eating. But even if you find yourself mindlessly eating at one point, don't beat yourself up about it! We all do it from time to time, and it's no use punishing ourselves for overeating or mindlessly eating.

This brings me to my next point—the issue of skipping meals.

Many people think that if they skip meals, they'll lose weight because they're eating a lot fewer calories. This will only hurt you in the long run.

When you skip meals, the body enters starvation mode. This is when it starts to save energy by slowing down your metabolism and storing fat. Skipping breakfast also slows down cognitive function because of its impact on blood sugar levels. If you're not eating enough food in general, there are other health risks like heart disease, high cholesterol, diabetes, and obesity. And don't forget that skipping meals will make you impatient, which means more cravings for unhealthy foods later!

All that to say, sometimes we can't control skipping meals occasionally, and that's also something not to beat yourself up over. It is human nature to skip meals sometimes. Whether it's because you are too busy or because your stomach can't take food at that moment, everyone has done it once in their life. However, there are major disadvantages of skipping meals. One of the major disadvantages is that your energy levels will be lower than if you had eaten a meal with sufficient calories. Your blood sugar will also drop, which may make you feel sluggish and tired during the day. The lack of nutrients from eating could cause an upset stomach as well as mood swings and headaches due to low blood sugar levels. It would be best to eat at least three small meals throughout the day instead of skipping them all together for maximum health benefits!

Now that we've covered some of the more serious stuff, I'll see you on Day 8 (and bring your water)

DAY 8: HYDRATION (+ WEIGHT LOSS DRINKS)

Welcome to Day 8!

On this day, we're going to be focusing on the importance of staying hydrated in addition to touching on other weight loss drinks.

In today's world of busy schedules, the importance of staying hydrated is often overlooked. In reality, drinking water can have a huge impact on our moods and energy levels while it also keeps us from overeating or snacking too much. We all know that drinking water isn't just for your kidneys but also helps with weight loss by keeping you feeling fuller longer!

Water is the most common liquid on earth, yet it is one of the most essential nutrients for survival. It's important to drink water throughout your day, but especially when you are thirsty. Drinking too much water can also be harmful, so make sure you are drinking enough fluids that contain electrolytes and other minerals as well. Some benefits of drinking water include increased energy levels, weight loss, improved digestion, and relief from headaches.

Did you know that the human body is made up of 60% water? That means it's important to drink lots of water every day! Water keeps your skin looking healthy, helps you digest food, and even helps keep your brain sharp. But how much do you need to drink each day? How can you make sure you're drinking enough water? And what are some good ways to stay hydrated on the go without spending tons of money on bottled water? We're covering it.

One of my most prized tips for at least REMEMBERING to drink water is by getting a cool-looking water bottle—and there are tons of them! Just keep it around all day with you and ensure it's filled with nice, cold water. Sometimes it even helps to have a straw in it to make it more enticing to drink (pretty sure it's a psychological thing). By simply always having it around you, it's impossible to forget about it.

Now, sometimes it's not about forgetting to drink, but not knowing exactly how much to drink. The easiest way to figure out how much you should drink is taking your weight, multiplying it by $\frac{2}{3}$ (or 67%), and then you will have to adjust that number based on how often you work out since you are expelling water when you sweat. This means you should add 12 ounces of water to your daily total for every 30 minutes that you work out.

Now, we're going to get into a slightly controversial topic—weight loss drinks.

Let me just be clear that there is no magic potion to help you lose weight fast.

The truth is there are very few things that you can do to lose weight. One of the best ways to accomplish this goal is by drinking a weight loss drink. You might be wondering if these drinks work for everyone, and the answer is not an easy one. There are so many types of weight loss drinks on the market, but what they all have in common is that they claim to help you lose more than just water weight.

The battle for weight loss is fought on many fronts. One of the most popular front lines is weight loss drinks that promise to give you a jump-start in your quest for thinner thighs, slimmer waistlines, and stronger willpower. But do they work? Do they have any disadvantages?

To be perfectly honest, I stay away from store-bought pre-made “weight loss” drinks altogether because honestly, I don't know what's in them.

I shop for reputable protein powder (vegan or non-vegan protein) with simple ingredients (nothing that I can't pronounce/don't know what it is) and add it to water and vanilla almond milk for extra flavoring. You get your protein intake in, and protein-rich drinks can help you feel fuller, hence provoking weight loss by eating less because your body naturally feels full of the protein shake.



You don't need store-bought SlimFast shakes, those are horrible in nutrients and honestly are more placebo and so are the shakes you find at target, Costco and even GNC. Reading labels look at the ingredients not the calorie bracket. Nutrients first!

Simply get a reputable, organic protein powder from a company you trust and make your own protein-filled concoction at home and enjoy. I use and trust Shaklee products ONLY with their beyond organic label and clinically tested formula, it's a NO brainer. Let's chat if you would like more info or my link for a discount!

Your body will thank you for it later!

Now, are you ready for Day 9? We're getting into some fun metabolism stuff.

DAY 9: METABOLISM-BOOSTING FOODS

Bodies are like machines when you use them - they need to be refueled in order to keep going. Metabolism is the process of breaking down food into fuel for your body. And with our busy lives and constant snacking, it's easy to see how we can derail that natural balance. If you want to know more about how your metabolism works and what you can do about it, read on!

The word metabolism is defined as the sum of all chemical processes that occur in an organism. Metabolism breaks down food, which releases energy for our body to use when it needs it, meaning soluble, compare it to a fire that burns fuel and gives off heat. And just like a fire, if your metabolism slows down because there's no available food (fuel) left, then you're not going to feel well and might even get sick.

Metabolic syndrome is defined as a cluster of conditions that occur together, increasing your risk of heart disease, stroke, type 2 diabetes, and more. It's important to get a hold of your metabolic syndrome and do everything you can to repair it with metabolism-boosting foods that are available to you (and any supplements that may help as well.)

These foods include:

- Protein-rich foods: lean meats, nuts, seeds
- Chili peppers
- Coffee (in moderation and without all the sugary sweetness)
- Tea
- Beans/legumes
- Ginger
- Cacao
- Apple cider vinegar (these come in gummies now as well)
- MCT oil
- Good, old-fashioned water
- Seaweed
- Grapefruit

|

In addition, some of the best tips I have for boosting your metabolism naturally include eating enough protein at each meal, drinking more cold water, doing high-intensity workouts (but don't strain yourself), drinking green tea or Oolong tea, getting a good night's sleep, and replacing cooking fats with coconut oil.

A good metabolism is essential for a healthy and happy life. The only problem with our modern lifestyle is that we don't burn enough calories to make up for the ones we take in. This leads to weight gain, leading to chronic health problems like obesity-related diabetes or cardiovascular disease. A strong metabolism can help prevent these types of conditions from happening by keeping you at a healthy weight and making sure your body functions properly throughout the day. It's not always easy to find ways to increase your metabolism, but it doesn't have to be difficult either! There are plenty of foods out there that will naturally boost your metabolic rate and keep you feeling full without adding pounds on top of pounds.

Many people don't realize the importance of maintaining their metabolic rate because they think it's something you can always change or control later on in life. But if you're struggling with weight gain now, it might be time to start paying attention to your metabolism once again!



Check out my website I have many FREE resources there for you!

We're about to jump into the 10th and final day—are you ready?!

DAY 10: SMART GOALS

Welcome to Day 10! Are you ready?

Today, we're focusing on SMART GOALS, meaning continued goals and also positive affirmations to keep you in the right mindset going forward.

Smart

Measurable

Achievable

Relevant

Time-bound

In order to be successful with sustainable weight loss, one needs to have a plan in place for when they reach their goal. It is important to remember that there are many people who will go back to their old habits and regain the weight once they achieve what they set out for. It is important to maintain a healthy lifestyle after reaching your goal to prevent going back down the wrong path again. It's also a good idea not only to focus on losing weight but also improve health by focusing on fitness and eating nutritious foods as well. The most effective way of achieving sustainable weight loss is through dieting and exercise, leading to better outcomes in mental and physical health.

With this being said, write down your continued, long-term goals in a place you can see them, whether this is in a notepad on your phone, near your computer, on a whiteboard in your bedroom or office, etc. As long as it's within eyesight and it's something you can see every day, it will remind you of your goals.

Your goals can be something like remembering to drink a gallon of water every day or remembering to eat clean as much as possible on the weekends when it's the hardest to.

It can even be a new weight loss goal if you so choose!

I'm going to be honest with you—sometimes, we all hit a slump, and we feel like our mindset just isn't in the space it was before. This is a very common thing that happens. You go through a euphoric high when taking on a new lifestyle change but eventually hit a bit of a slump and no longer feel like you want to do it.

Therefore it's so important to keep your mindset proper!

Daily affirmations are perfect for this. Affirmations are essentially telling yourself something over and over again until you actually believe it. Some positive affirmations I swear by include:

"I am going to achieve my goals no matter what."

"I am going to continue eating organically and feel so good about it."

"I am doing my best."

"I am worth more than my weight." (A great one if you find yourself getting down on yourself about the way you look/how much you weigh)

There are many ways you can lose weight and keep it off. The most important thing is that your plan be sustainable and healthy for the long term. Whether you want to shed a few pounds or ten, this challenge is here to help!

KEEP ON GOING!

The weight loss industry is a multi-billion-dollar market. It can be difficult to know where to start or who you can trust with all of the options available. We believe that everyone deserves access and knowledge about weight loss strategies without having to spend hours online researching what might work best for them.

With everything listed here in this challenge, you will ultimately be set up for success and long-term sustainability.



Let's work together!
Join my Gut/Health
group or my ongoing
accountability groups!
Email or find me on
social and hit me up in
the DM's