



Here are the secrets for weight loss and boosting your metabolism!

1. 30 minutes of exercise daily on an empty (or almost empty) stomach. Get a metabolism boost by exercising first thing in the morning. (If you need something to eat, grab a spoonful of nut butter)
2. Decrease your daily intake to 20 grams of sugar per day including fruit grams (visit <http://www.thefruitpages.com/contents.shtml> for counts)
3. 100 grams of carbs per day from whole grains like buckwheat, quinoa or brown rice or starchy vegetables like potatoes. (Visit <http://www.carbohydrate-counter.org> for carb counts)

A few words about food:

1. Stick to foods you can recognize and pronounce. Skip refined foods containing white flour, white sugar and preservatives. No HFCS!
2. Eat colorful vegetables steamed, sautéed or (best) raw. About half your food should come from this category.
3. Eat half your desired body weight in grams of quality **protein** (whey protein, eggs, chicken, legumes). This means if you want to weigh 140, you'd strive for 70 grams of protein per day. That's the equivalent of a 3.5 oz breast of chicken (30 grams), 2 eggs (12 grams), ¼ cup of almonds (8 grams), ¼ cup flax seeds (8 grams), 1 cup of unsweetened yogurt (8 grams), and a slice of bacon (4 grams) in ONE day.
4. Resources for recipes abound, and I encourage you to eat what YOU like within the bounds of this program. My clients enjoy recipes and inspiration from my [Pinterest page](#) and others, [Tosca Rena's Eat Clean book series](#), Jamie Oliver, [Terry Walter's Clean Food](#), and even [Mark Bittman](#) in the New York Times. Also, visit my Recipes in ***Unprocessed Living*** for inspiration.

Sample Breakfast Options:

1. 2-egg Omelet (preferably pastured eggs from a local farm), with spinach, ½ avocado, salsa
2. Smoothie – Use high-quality protein powder (I like [True Whey](#)), you can use water or almond or coconut milk, ½ banana, frozen or fresh organic fruit, chia and/or flax seeds, [raw cacao](#), [maca powder](#), [gogi berries](#), peanut or [almond butter](#). Play around with some of those options and [superfoods](#).
3. Steel-cut oatmeal – use the quick-cooking version and make with water. Power it up with [chia seeds](#), ground flax, peanut butter, [protein powder](#), raw unsalted nuts, pomegranate seeds, and raw honey or maple syrup if you need a sweetener. Vary your mix-ins to keep it fresh and fun!