

Congratulations on joining the Vibrant Life Program

I am so proud of you for taking the massive step of signing up for this program. Being open to doing things a new way and being willing to make real lasting changes in your life is so amazing! You have already taken the first step to change your life and reach your goals!

Over the next coming weeks you are going to lose weight, gain energy, increase your self love and create your Vibrant Life

This information is going to help you transform your life.

I will be sharing with you

- Up to date information about the best diet for health and weight loss
- The benefits of being active and how we can enjoy being active
- Powerful techniques to help you increase your self love
- Inspiring ways to create your most Vibrant Life

I know you are ready for change and I am so excited for you to begin to see massive results. Over the next coming weeks you will nourish your body with an abundance of delicious food, enjoy being active and moving your body, learn how to truly love yourself and achieve your goals



I will be there with you every step of the way to help you achieve your dream body and mind..
You are going to do this!

Nutrition

I am so excited you are open to learn about optimal nutrition.

A lot of us go through life not knowing much about our bodies and how to fuel them in a way that will produce vibrant health and abundant energy.

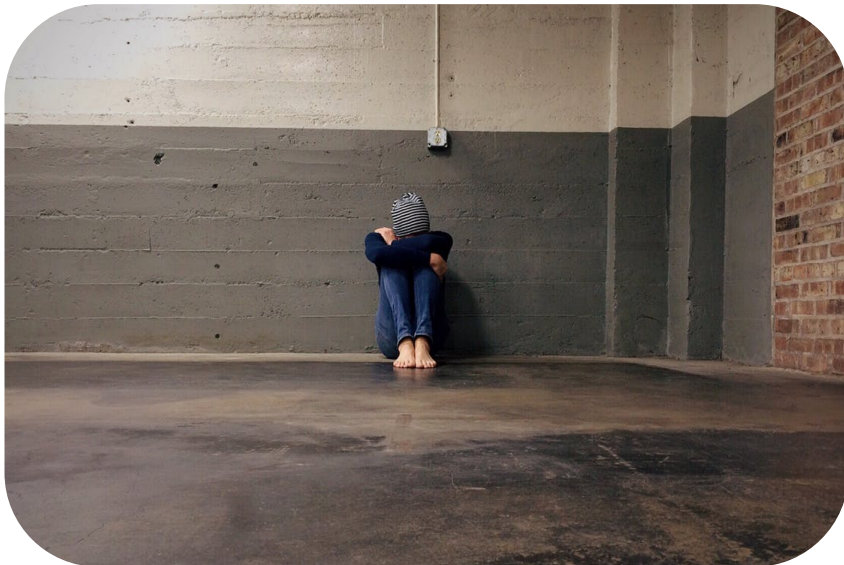
This information will empower you to make choices more inline with your goals. It will inspire you to look at the foods you eat in a new way, making it easy for you to make better choices.

When I first learned about the benefits of a Plant Based diet I was completely blown away. I could not believe that I had not heard of this information before. This information really opened my eyes and made it so easy for me to see why the typical diets that restrict portions sizes are not working. It is not that the millions of people following these types of diets are doing it wrong, but it is the diets themselves that are not working! Restricting the amount of food you eat on a standard diet does not work! Your body needs the proper fuel to function optimally. This type of diet will cause cravings and you will "cheat" because your body will be pushing you to eat so it can get the nutrients it needs.

If you have tried following one of these diets and felt like you failed when it did not work,

Please know, IT IS NOT YOU!

These diets are not designed to last!



Let's try something else! I am so pleased that you are open to a new way of doing things. It is so powerful when you realize that what you are doing is not working for you and you are willing to do something different.

I am happy to tell you there is another way.
A way that promotes

optimal health
vibrant energy
weight management

Studies have shown that a Whole Food, Plant Based diet, low in fats can produce incredible health and weight loss results.

A study where participants followed a whole food, plant-based diet achieved greater weight loss at 6 and 12 months than any other trial that does not limit energy intake or mandate regular exercise.

"This research supports the whole food, plant-based diet as safe and effective. We had many significant findings, including weight loss, lowered cholesterol, less medication usage, decreased waist circumference, and increased quality of life, and this was without increased spending on food or changes to exercise levels.

This dietary approach can enable people to feel empowered."

Nicholas Wright, M.D

Those results sound amazing and there are plenty more just like them.
You too can achieve the results you're looking for!

This sounds amazing right! A way of eating that nourishes your body while you lose weight!

But what exactly is a Whole Food, Plant Based diet?

A Whole Food, Plant Based diet is a diet rich in

vegetables
whole grains
beans and legumes
fruits
herbs
spices
nuts and seeds

It excludes meat, fish, dairy, eggs, oil and highly processed foods.

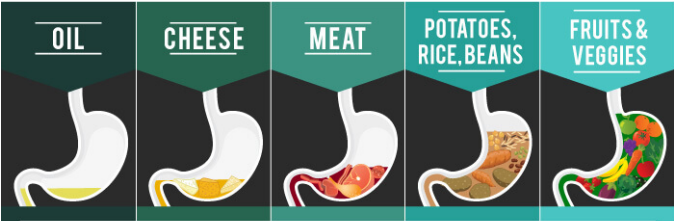
Focusing on whole plant foods allows you to meet your vitamin and mineral needs and feel full and satisfied while losing weight.

One of the biggest complaints of a main stream diet is that people don't feel full and they have cravings. Allowing you to feel full and reduce cravings is very important when creating a diet designed for the long term. There are 3 main components to feeling full and reducing cravings. Following a whole food, plant based diet can help you achieve balance in each area.

Calorie Density/Feeling full

Whole plant foods are high in water and fiber content filling your stomach more than high fat meats and processed foods

CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



Nutrient Density/meeting your nutrient and vitamin needs

Whole plant foods are rich in fiber, nutrients and vitamins, allowing you to reach your recommended daily amounts of each easier than with a standard diet

Being emotionally satisfied

Being able to still eat foods similar to the ones that have comforted you in the past while releasing your emotional need for food, will help you lose weight



Are you feeling relieved and excited to finally have a clear answer on how to lose weight and maintain your weight loss. If you're a little hesitant don't worry, we will not be transitioning overnight. Each week you will have a new goal that will get you closer to a Whole Food, Plant Based way of eating. Also I will be sharing with you some delicious recipes. There are Whole Food, Plant Based options to all the foods you are used to eating. Now let's discover all the incredible food you will be eating!

Non starchy Vegetables

Green Leafy Vegetables



Spinach
Kale
Collards
Arugula
Swish chard
Mustard greens
Romaine
Butter lettuce
Any lettuce/green mix



Other Vegetables

Broccoli
Cauliflower
Cabbage
Brussel sprouts
leeks

Zucchini
Asparagus
Snap peas
Artichokes
Peas

Capsicum
Mushroom
Corn
Onions
Garlic

Eggplant
Tomatoes
Carrots
Cucumber
Celery



Starchy Vegetable Whole Grains Beans and Legumes

Starchy Vegetables and Whole Grains

Potatoes
Sweet potatoes
Yams
Pumpkin
Squash

Brown rice
Oats
Quinoa
Barley
Farrow
Buckwheat

Millet
Rye
Whole grain pasta
Whole grain bread
Popcorn



Beans and Legumes

Navy beans
Kidney beans
Mung beans
yellow lentils
Green lentils
Red lentils
Puy lentils

Chickpeas
Black beans
Cannelloni beans
Broad beans
Pinto beans



Fruits, Berries and Fats

Fruit

Banana	Mangos
Apple	Papaya
Pear	Passion fruit
Pineapple	Watermelon
Orange	Honeydew
Mandarin	Cantaloupe
Grapefruit	Dates
Lemon	Prunes
Lime	Figs
Plum	Apricots
Peach	Cherries
Passion fruit	Pomegranates
Kiwi	Dragon fruit



Fats

Brazil nut	Avocado
Cashew	Coconut
Almond	
Walnut	Flaxseed
Macadamia	Chia seed
Hazelnut	Sesame seeds
Pistachio	Pumpkin seeds
Peanut	Sunflower seeds



Berries

Strawberries
Blueberries
Raspberries
Currants
Blackberries
Acai berries
Cranberries
Goji berries
Mulberries



Herbs and Spices

Dried or Fresh Herbs

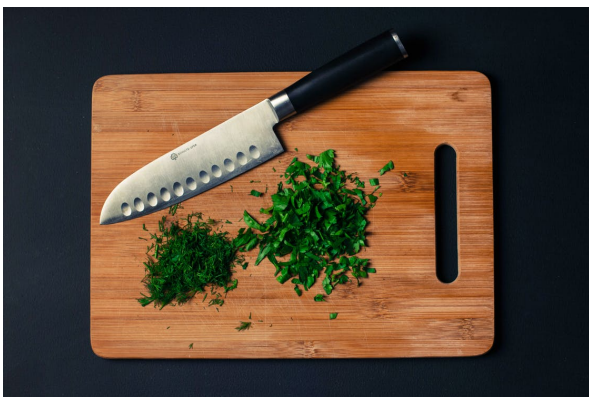
Basil
Mint
Oregano
Parsley
Coriander
Dill
Basil
Thyme
Rosemary
bay leaf



Also try mustards,
vinegars and
other less processed sauces and
flavorings

Spices

Cinnamon
Nutmeg
Chili powder
Paprika
Mustard seed
Pepper
All spice
Cloves
Cumin
Turmeric



Meal Guide

Throughout the program I will be sharing with you some of my favorite recipes. However I know we all have our own preferences so I want to share with you a guideline of how you can create your own whole food plant-based meals. This is just a general guideline. All whole plant foods can be eaten at any meal or snack.

Before we get to the meal's I want to remind you that water is also incredibly important for our body! Drinking enough water helps with weight loss and is a big component to increasing your energy. You need to be drinking water in the morning and throughout your day.



Breakfast

Whole grain

Oatmeal, quinoa, rice

Berries

Fresh or frozen blueberries, blackberries, strawberries

Fruit

Banana, apple, peach, mango

Flax seed

1tbsp of ground flaxseed is recommended daily

B12

Most doctor that recommend a plant-based diet also recommend supplementing with b12
You can check with your doctor before you do so.



Lunch and Dinner

Greens

Spinach, kale, collards

Vegetables

Broccoli, cauliflower, capsicum, tomatoes

Whole grains or starchy vegetables

rice, farrow, potatoes, whole grain pasta

Beans or legumes

Black beans, edemame, lentils



Herbs and spices

Add all the fresh and dried herbs and spices you would like to each of your meals.

Substitutions

As I mentioned earlier, each week you will have a new nutrition goal. You will transition over the weeks to a whole food, plant-based diet. I have included some food swaps you can make to the dishes you already cook at home. Swapping out animal products for plant-based options is a great way to keep eating food and flavors that are similar to what you are used to while eating plant based. Keep in mind that most plant foods have less calories than animal products so you may need to eat more of them to feel full. That ok though as they are full of vitamins and minerals that your body needs.

Milk

Plant milk (there are so many to choice from. If you don't like the taste of one, try another. My favorite is Oat milk)

Cheese

Nutritional yeast
Vegan Cheesy nacho sauce

Eggs

Scrambles – tofu
In baking – flax egg (1 tspb ground flax seed and 2 tbsp water)

Butter

On toast – avocado, nut butter
In baking – apple sauce, mashed banana

Mayo

Hummus, mustard

Ice cream

Frozen bananas blended

Red meat

Steak - Tempeh
Mince – lentils, mushrooms
Burgers – bean burgers, grilled veg
(mushroom and eggplant are my favorite)

Chicken

Chicken breast - Tofu
Chicken nuggets – chickpea nuggets

Fish

Tuna flakes – mashed chickpeas
Fish fillet - tofu

