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Ready... Set... Eat Right!

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20 SUPERFOODS

By Musclemommy

Here is a list of nutrient-packed “superfoods” to help you make good decisions.

COMPLETE PROTEINS

1. Lean red meat (93% lean, top round, sirloin)
2. Salmon
3. Omega-3 eggs
4. Low-fat Greek yogurt
5. Protein supplements (milk, whey, or soy)

CARBS

1. Beans
2. Quinoa
3. Whole oats
4. Sweet potatoes

VEGGIES and FRUITS

1. Spinach
2. Tomatoes
3. Cruciferous (broccoli, cabbage, cauliflower)
4. Berries
5. Oranges, grapefruit
6. Watermelon

GOOD FATS

1. Mixed, raw nuts
2. Avocados / avocado oil
3. Extra virgin olive oil
4. Fish oil
5. Flax seeds (ground)



20 SUPERFOODS

By Musclemommy

COMPLETE PROTEIN Check list	MON	TUES	WED	THURS	FRI	SAT	SUN
Lean Red Meat							
Salmon							
Omega-3 Eggs							
Low-fat yogurt							
Supplemental Protein							

VEGGIES and FRUITS Check list	MON	TUES	WED	THURS	FRI	SAT	SUN
Spinach							
Tomatoes							
Cruciferous Veggies							
Berries							
Oranges, Grapefruit							
Watermelon							

20 SUPERFOODS

By Musclemommy

CARB FOOD Check list	MON	TUES	WED	THURS	FRI	SAT	SUN
Beans							
Quinoa							
Whole oats							
Sweet potato							

FAT FOODS Check list	MON	TUES	WED	THURS	FRI	SAT	SUN
Raw Nuts							
Avocados							
Oils (Extra Virgin and Avocado)							
Fish Oils							
Flax Seeds (ground)							



FIVE HABITS CHEAT SHEET

By Musclemommy

Here are some questions to help keep your eating habits on the right track. If your answers don't correspond with those provided, then adjust your habits accordingly.

1. When did you last eat? If it's been longer than 2-4 hours, it's time to eat.

2. Where is the complete protein? Are you about to eat at least 1 serving (20-30 g) of complete protein? If not, get some protein. (A complete protein is one that contains all eight essential amino acids in the correct proportions.)

3. Where are the veggies? Are you about to eat at least 2 servings of veggies? Make sure you have them with every meal. (1 serving is 1 cup)

4. Where are the carbs? If you haven't just worked out, put down the pasta, bread, rice, etc. Double your fruits or veggie serving instead. If you just worked out you can choose a superfood carb.

5. Where are your fats coming from? Today you need to get your fat from superfood oil, nuts, flax, and animal fat. Spread them out throughout the day, but be sure to add them in.





Portion Control Tricks

By Musclemommy

Whatever diet plan you choose, portion control is one of the most important and universal “must haves”. Here is a list of some great tips and tricks to get your portions under control, followed by a chart to give you a visual of what a correct portion should look like.

- 1.** Here’s a simple rule to portion a plate properly: Divide it in half. Automatically fill one side with fruits or vegetables, leaving the rest for equal parts protein and starch. This way, you begin to see what a properly balanced meal looks like. Spaghetti and meatballs? Steak and potatoes? They’re only half a meal, incomplete without fruits and vegetables.
- 2.** Save large dinner plates for special occasions. Use your salad plates for your regular meals instead. Studies show that a smaller plate tricks your brain into thinking you have more food.
- 3.** The more options you have, the more you want to try. In one study, researchers gave two groups jellybeans to snack on while they watched a movie. One group got six colors, neatly divided into compartments; jellybeans for the other group were jumbled together. Those given a mix ate nearly two times more.
- 4.** Most homes have a “nutritional gatekeeper” who controls 72 percent of the food eaten by everyone else. The person who chooses food, buys it, and prepares it wields power. If that’s you, take advantage of it.
- 5.** Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.



Portion Control Tricks (cont.)

By Musclemommy

- 6.** Pour water or juice into two glasses of equal volume: one short and wide, the other tall and thin. Most people pour 19 percent more cranberry juice in the short glass because the eye is a poor judge of volume in relation to height and width.

- 7.** To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

- 8.** Serve Good-For-You Foods Family-Style. Not all portion-control strategies are about eating less. You can have as much as you want of some foods. Place the foods you want your family to eat more of—salads and vegetable sides—within easy reach on the dining table.

- 9.** Use a measuring cup and water to see what portion sizes your serving utensils dish out (like your ladle and serving spoons). This makes it easier to know what you are truly dishing out ; then it is not a guessing game figuring out true portion sizes.

- 10.** Only use your salad bowls for salad, broth type soups, and fruit. Get some small to medium ramekins for serving yourself ice cream, nuts, creamy soups, and other calorie-dense items. The small sized dish fools you into thinking you are getting more.

- 11.** Eat your fruits and veggies first. They will fill you up and they are low in calories. I use this trick every night, and it works!



Portion Sizes

By Musclemommy

A medium potato = Computer mouse 

An average bagel = Hockey puck 

1 cup of fruit = Baseball 

3 oz. of meat = Deck of playing cards 

3 ounces of fish = Checkbook 

1 ounce of cheese = 4 dice 

1 teaspoon peanut butter = Tip of your thumb 

1 cup ice cream/yogurt/veggies = Tennis ball 

4" diameter Waffle or Pancake = Compact disc 





Healthy Cooking Tricks

By Musclemommy

Choosing healthy foods is an important part of eating right, but cooking them in a healthful way is another huge part.

The first step to healthier cooking is to take recipes as suggestions. Before you start chopping and mixing, scan the recipe to see if there are any unnecessary calories. Look for excess cheese, butter and oils, as well as sugars.

Here are some tasty, healthy ideas to help you become a professional recipe over hauler!

1. Sauté - the skinny way! A couple of tablespoons of low-sodium vegetable broth can be used instead of oil or butter in your stir fry or as the basis for a sauce. This method will add a nice flavor to your dish as well as a little moisture - and you'll save calories to use elsewhere. To get a dose of unsaturated fats, serve your broth-sautéed veggies with a side salad, and pour an olive oil based dressing over the top.

2. Say no to skin. Three ounces of chicken breast meat with skin has almost 150 calories; three ounces of chicken without the skin has 50 fewer calories. Tasty as it might be, the skin contains mostly heart-unhealthy saturated fat. You can cook with the skin on to retain moisture (add fresh herbs or citrus zest underneath it to really bake in some flavor), but be sure to remove the skin before you enjoy your meal to save on calories and saturated fat.





Healthy Cooking Tricks (cont.)

By Musclmommy

3. Squeeze on the citrus. To add a powerful flavor punch with minimal added calories, use citrus on steamed veggies instead of butter or over a salad instead of a dressing. It's even great on fruit salad in place of sugar and adds some zip when squeezed onto a pasta salad. Don't forget to use the flavorful zest of citrus fruits as well! Wash a lemon, orange or lime, then use a zester or grater to add the zest to dishes such as baked seafood.

4. Be choosy about cheese. When using a mildly flavored cheese, such as Monterey Jack, you need more cheese to taste it. But when you choose a cheese with intense flavor, you can use less and still get the desired effect. Try a reduced-sodium feta, sharp Cheddar or aged Parmesan next time. Light cheese wedges such as The Laughing Cow brand are useful when you're watching fat and calories, too. Try mixing one of these soft cheeses into your scrambled eggs or noodle dishes instead of loading on the shredded mozzarella.

5. Go Greek. Tangy, fat-free Greek yogurt is a healthful replacement for sour cream. Try this switch in herbed and spiced dips, tacos, nachos, enchiladas, or throw it in a cooked dish as a thickening agent. You'll save 45 calories for each 2-tablespoon serving.





Healthy Cooking Tricks (cont.)

By Musclemommy

6. Puree your produce. Add body to soups and sauces with pureed vegetables instead of heavy cream, evaporated milk, butter or cheese. This move will also add fiber and nutrients to your dish for very few calories. A puree of carrots, sweet potatoes, or pumpkin will add texture to meatless spaghetti sauce, and mixing a blend of beans into a chili or soup will add flavor and thicken it - all with very few added calories.

7. Get cozy with cottage cheese. When a recipe calls for a significant amount of a crumbled cheese, such as feta or ricotta, substitute half the amount with reduced-fat cottage cheese. This will retain taste, texture, protein, and calcium while ditching some of the fat and calories.

8. Cut the cream. When making cream-based soups, substitute fat-free half-and-half for any heavy cream. The switch gives the soups a creamy taste and velvety texture without all the saturated fat of heavy cream. This works great in pasta sauces as well.

9. Make your own marinade. Marinate lean meats in vinegar and citrus combos (with a bit of oil added) rather than a pre-made oil-based dressing. You can also try a fruit juice or wine. These agents will still tenderize and flavor the meat, and a mix of herbs and spices will bring out the flavor! (You'll also save sodium by not using the store-bought varieties!) Try cutting the meat in strips before dousing it to really let the marinade take effect.





Natural Appetite Suppressants

By Musclemommy

When beginning a diet or a healthy eating plan, most people will decrease caloric consumption in order to drop pounds. The body's natural response to fewer calories is to increase the hunger pangs to let you know that something has changed. There is also the deprivation mentality that can happen on a deeper level: we feel as though we cannot have certain foods or as much food as we are accustomed to, and we naturally begin to crave or miss that way of living. Remember the body will do everything to maintain balance and change can be stressful.

In order to succeed at weight loss the body will have to adjust to a new set point and deal with the associated hunger. There are ways that you can naturally suppress the appetite and remain true to the dietary meal plan.

I. Avoid refined carbohydrates or simple sugars.

Examples of refined carbohydrates and simple sugars include white bread, white rice, white pasta, baked goods such as muffins, cakes and cookies, high sugar cereals etc.

When ingested, refined carbohydrates quickly turn into blood glucose or sugar in the body. The body's natural response to a high sugar food is to secrete insulin to drop the blood sugar level back down into a more normal range. Insulin carries the sugar into the cells to be used as a source of energy. Most cells are already full of energy (unless you are an active person) so there is no room for the sugar to go. The body's next step is to store the excess sugar consumed as body fat - not what you had in mind when you began the diet. Perhaps you have felt the sugar high followed by the crash in energy feeling 20 minutes to an hour later. A quick rise in blood sugar is followed by a crash in blood sugar leaving you feeling tired.





Natural Appetite Suppressants (cont.)

By Musclemommy

This process is usually followed by an intense hunger to get the blood sugar back up and leaves you craving for yet another sweet treat. The answer: Eat complex carbohydrates instead. Complex carbohydrates examples include whole fruit (not juice), vegetables, and whole grains (in moderation).

2. Drink enough water.

Next time you feel hungry; drink an 8 ounce glass of water. This actually takes some practice and conscious decision making. Sometimes hunger can feel like it is overtaking us, and the thought of drinking a glass of water seems like the last thing we want to do to stop feeling hungry. But, it does work. If you can think past the act of drinking boring old water, it will immediately curb those hungry feelings. This may be just enough to get you past that feeling of wanting to binge on something unhealthy.

3. Eat the right amount of fiber, fat and protein.

It is important to consume plenty of fiber - it makes you feel full, plenty of fat (the good healthy fats – see 20 superfoods) - we need those types of fats to reduce excess stored body fat, and plenty of protein. Protein takes a long time for the body to digest which results in you feeling full for a longer period of time as your stomach still has food in it. Protein can come from chicken, turkey, fish, yogurt, eggs, and vegan choices such as nuts, seeds, soy, and beans.





Natural Appetite Suppressants (cont.)

By Musclemommy

4. Exercise to decrease the hunger feeling.

Exercise not only decreases the hunger feeling but it teaches our body how to burn the stored body fat as a fuel source! Exercise doesn't have to mean going to the gym or doing 30 minutes of cardio. When you feel that hungry feeling taking over, sometimes a quick walk around the block, 20 jumping jacks, doing squats in the kitchen, running in place, etc., can be just enough to get you through that "danger zone" when the temptation to binge overtakes you.

5. Eat frequently throughout the day.

5-6 small and healthy snack / meals can be key. That way you never feel hungry. This can sometimes be easier said than done, especially with busy schedules. This is another thing that can take a little practice and conscious decision making. It may seem like you don't have a spare minute to eat every few hours, but eating 5-6 snacks doesn't mean you have to have a full "sit down" meal that takes 30 minutes to eat. It may not be ideal, but can you grab a slice of cheese as you walk to your next meeting? Can you take a handful of raw almonds while you are checking your inbox? Can you eat a few grapes on your way to the bathroom? The most important thing about eating snacks throughout the day is that you keep all your calories in check. If you are used to having three big meals a day, you can't add in a few snacks and continue with the same big size portions for your three main meals.





Readiness for Change Questionnaire

By Musclemommy

One of the most important things you can do to change your eating habits and your lifestyle is to understand your readiness for change. In this questionnaire you will find out if you're really ready to make the changes necessary to improve your body composition, health, and even physical performance.

Answer the questions below by selecting the answer most appropriate to your situation. Once you have completed all the questions, you will calculate your score to find out if you are really ready to make lifestyle changes. Please be honest.

QUESTIONS	RESPONSE and SCORING
1. Do you look in the mirror and get frustrated because of how your body looks?	A) Yes (+3) B) I'm not sure (0) C) No (-3)
2. When you feel run down and tired, do you blame it on "getting older" or do you blame lifestyle habits?	A) Blame on getting older (-1) B) Blame on lifestyle choices (+3) C) Blame on something completely different (-3)
3. Are you taking medications (heart disease, high blood pressure, type ii diabetes) that you didn't take when you were younger	A.) Yes, I am on a few of these medications (+3) B.) Yes, I am on one of these medications (+1) C.) No, I am not taking any (-3)
4. How do you explain that you may be in worse shape than you were when you were younger, but you haven't changed your habits at all?	A.) I think it is my family history (-1) B.) I think it is that I am less active (+3) C.) I think it is natural consequences of aging (-1) D.) I don't know why (0)



Readiness for Change Questionnaire

By Musclemommy

QUESTIONS	RESPONSE and SCORING
5. If you don't have anyone to exercise with on a regular basis, are you willing to look for a physical activity partner?	A) Yes (+5) B) No (-5)
6. Are you willing to join a gym?	A) Yes (+3) B) No (-3)
7. If I told you that you needed to throw away all the food in your pantry and go shopping for different foods better suited for your goal, would you do it?	A) Yes (+5) B) No (-5)
8. If an expert presents information on diet and exercise that contradicts what you currently believe, what approach will you take?	A) Keep an open mind (+3) B) Ask a friend (0) C) Ignore the advice (-3)
9. Are you willing to meet with your loved ones and or friends and tell them about your goals and desired outcomes?	A.) Yes, right away(+5) B.) Yes, but not just yet (-3) C.) No (-5)
10. If your work environment presents barriers to exercising and eating well, would you consider making some changes in your schedule?	A.) Yes (+5) B.) No (-5)



Readiness for Change Questionnaire

By Musclemommy

QUESTIONS	RESPONSE and SCORING
11. Are you ready to spend more time with people who support your goals and less time with those who offer little support?	A) Yes (+5) B) No (-5)
12. Can you accept responsibility for the way your body is today and understand that your old habits don't make you a bad person, but they still need to be changed?	A) Yes (+5) B) No (-5)
13. If a loved one or friend suggests that you don't have what it takes to get in shape because you have failed before, what will your response be?	A) I can do it (+2) B) I know that I have to make some changes and I will do it one day at a time (+5) C) Maybe I can't do it (-5)
14. Are you willing to wake up earlier or stay up later to accomplish your goals?	A) Yes (+5) B) No (-5)
15. Are you willing to do at least 5 hours of physical activity each week?	A.) Yes, (+5) B.) No (-5)



Readiness for Change Questionnaire

By Musclemommy

Your score and what it means:

21 to 63

It's clear that changing the way you look, feel, and perform have become very important to you, and you realize that the way you're doing things right now simply isn't working. You're tired of not getting results, you're tired of your growing waistline, sluggish metabolism, and low energy, and you are committed to do something about it.—TODAY! Congratulations. Getting to this point takes a lot of work, and now you can really make some progress.

-20 to +20

It is important to stop thinking and start doing. You are frustrated with the way things are, but you are also afraid that the commitment to change will cause more hassle than just sitting back, doing nothing, and continuing to look and feel the way you do today. Don't worry, you are not alone. This is one of the greatest fears in many people... that a new exercise and nutrition plan will cause more pain than the pain they feel right now in a body that they don't like. It is important to step outside your shell and seek and see those who are exercising, eating well, getting results,, and enjoying a new found self esteem. There will be difficulties along the way to get rid of unproductive old habits, but you can do it as millions of people have. You can do it!

-61 to -21

It doesn't look like you really want to change. Are you just "toying " with the idea of getting healthy because you know you should. If that is your only reason, then you are not ready to change. Keep this in mind... with each passing year that you avoid good activity and good nutrition habits, you will get fatter, look older than you are, and increase your risk for disease. Please don't stay indifferent too long. You can start by making small changes that have big effects!



Kitchen Makeover Questionnaire

By Musclemommy

One fundamental law of human nutrition is that if food is in your possession or located in your residence, you will eventually eat it. (Whether you plan to or not, whether you want to or not) So, if you wish to be healthy and fit, you need to remove all foods that aren't part of your healthy eating program and replace them with a variety of better, healthier choices.

How do you know which foods stay and which foods go? Answer the questions below by selecting the response that is appropriate to your situation. Once you have completed your answers, calculate your score to find out if your kitchen is in good shape. Please be honest..

QUESTIONS	RESPONSE and SCORING
<p>1. Do you have the following items in your kitchen?</p> <ul style="list-style-type: none"> • Scale for weighing foods • Sealable containers for carrying meals • Shaker bottle for drinks and shakes • Food processor and or hand blender 	<p>A) I have all of them (-5) B) I have more than half of them (-2) C) I have less than half of them (+2) D) I don't have any (+5)</p>
<p>2. Do you have the following items in your pantry?</p> <ul style="list-style-type: none"> • Whole oats * Vinegar • Quinoa * Fish oil supplements • Whole grain pasta * Green tea • Natural peanut butter * Protein powder • Extra virgin olive oil or Avocado oil 	<p>A) I have all of them (-5) B) I have more than half of them (-2) C) I have less than half of them (+2) D) I don't have any (+5)</p>
<p>3. Do you have these items in your fridge/freezer?</p> <ul style="list-style-type: none"> • Extra lean beef * 4 kinds of fruit • Chicken breasts * 5 kinds of veggies • Omega 3 eggs * Flax seed oil • Real cheese * Sweet potatoes 	<p>A) I have all of them (-5) B) I have more than half of them (-2) C) I have less than half of them (+2) D) I don't have any (+5)</p>
20	



Kitchen Makeover Questionnaire

By Musclemommy

QUESTIONS	RESPONSE and SCORING
<p>4. Do you have these items in your pantry?</p> <ul style="list-style-type: none"> • Chips * Candy • Granola type bars * Soda • Regular or low fat cookies * Crackers • Instant foods * Dried bread(cROUTONS) 	<p>A) I have all of them (+5) B) I have more than half of them (+2) C) I have less than half of them (-2) D) I don't have any (-5)</p>
<p>5. Do you have these items in your fridge/freezer ?</p> <ul style="list-style-type: none"> • At least 5 sauces * Vinegar • Sausage * Margarine • Bread or bagels * Fruit juice • Take-out leftovers * Frozen dinners • Pasta or white potatoes 	<p>A) I have all of them (+5) B) I have more than half of them (+2) C) I have less than half of them (-2) D) I don't have any (-5)</p>
<p>6. Do you have a bowl of candy, chips, or crackers sitting around your kitchen?</p>	<p>A) Yes (+5) B) No (-5)</p>
<p>7. When you have a party or dinner guests, do you serve them what you think they will like or what you think is healthy?</p>	<p>A) What I think is healthy (-3) B) What I think they want (+3)</p>
<p>8. When you shop for food, do you buy economy bags or smaller portions?</p>	<p>A) Mostly I buy smaller portions (-3) B) Mostly I buy economy size portions (+3)</p>
<p>9. How often do you shop for groceries?</p>	<p>A) Fewer than 3 times a month (+5) B) About once a week (-1) C) More than once a week (-5)</p>
21	



Kitchen Makeover Questionnaire

By Musclemommy

QUESTIONS	RESPONSE and SCORING
10. Do you keep food in plain view around the house?	A) Yes (+3) B) No (-3)
11. Do you think healthy eating means low-fat eating?	A) Yes (+2) B) No (-2)
12. If someone were to point to a food in your kitchen, would you know whether it was composed of mostly carbs, protein, or fat?	A) Yes (-2) B) No (+2)
13. When you use a cookbook to prepare meals, do you choose ones that contain healthy recipes	A) Most of the time (-5) B) About half of the time (0) C) Almost never (+5)
14. Do you prepare meals in advance to take with you to work or on trips?	A) Yes, always (-5) B) More than half the time (-2) C) Less than half the time (+2) D) Almost never (+5)
15. Are you hesitant to throw out unhealthy leftovers or gift foods that don't fit into your nutritional plan?	A) Yes, I hate throwing food out (+5) B) About half the time I throw it out (0) C) I always throw it out (-5)



Kitchen Makeover Questionnaire

By Musclemommy

Your score and what it means:

32 to 63 points

You've scored high, but the high score means you are not doing so well in the kitchen department. In fact if your kitchen stays in this condition you will have a better chance of winning the lottery than getting really fit. Since you are in need of an Extreme Makeover, here is what to do:

Step 1: Go grab an extra-large shopping bag.

Step 2: Without thinking about it open the bag, and with your forearm, sweep every offensive item from your fridge, freezer, and pantry. This includes all the items in question 4 and 5.

Step 3: Wave goodbye as the food rolls away on the back of the garbage truck.

Step 4: Go to the grocery store and buy all the items listed in question 2 and 3.

0 to 31 points

Your kitchen is not the worst, but it could use some improvement. Make sure you have all the listed items in questions 1 through 3, and fewer items from question 4 and 5. Be sure to shop more often, eat fresher food, and be aware of the foods that you do eat.

-31 to -1 points

Nice job. You are doing pretty well in the kitchen department. With a few minor tweaks, your kitchen will be 100% ready to go. Look over the questionnaire again to figure out how to get closer to a perfect score of -63

-32 to -63 points

Congratulations. You have a great kitchen set up. With your kitchen full of great foods (like listed on questions 2 and 3) and the right appliances, you are ready to go!