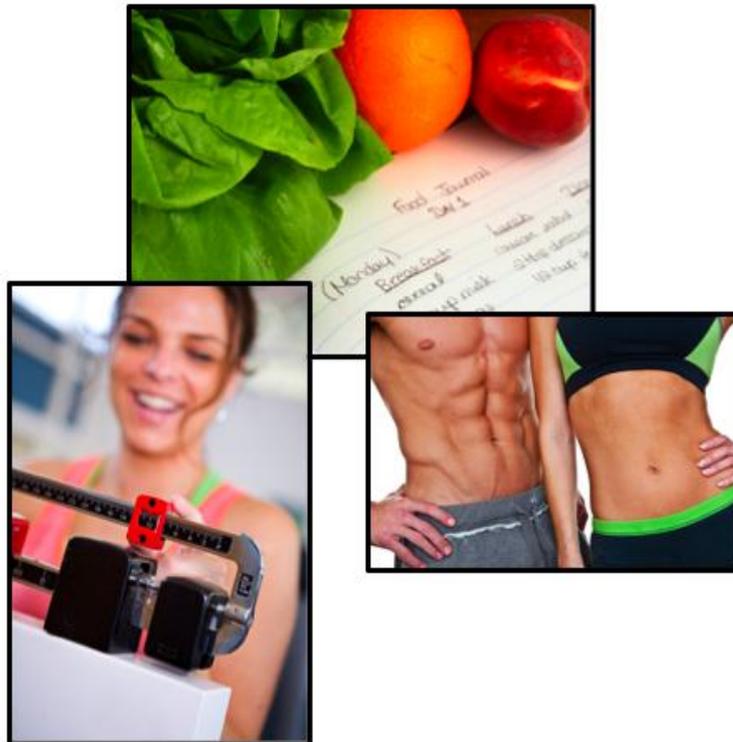


healthy food for busy people



HEALTHY FOOD FOR BUSY PEOPLE

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FOR DRIVEN WOMEN WHO SIMPLY DEMAND MORE



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Introduction

Let me guess. You're a busy person. Your life is full of meetings, appointments, and must-dos, and that's not even taking into consideration all the should-dos or want-tos that go hand in hand with being a driven and determined person in today's somewhat crazy world of go-go-go.

You *want* to take full control of your health and your body, but you just never seem to *quite* get there. This could be because:

- Your days are so ridiculously overloaded as it is that the last thing you can think about is trying to slot *more* in like more exercise or preparing all your meals in advance
- You have the best intentions in the world but somehow time just seems to keep slipping away from you
- You're organized and prepared half the time but occasionally you just get fed up and wonder if it's all worth it anyway, and then gradually go slowly but surely off track for a few weeks until something compels you to kick your own butt back into gear.
- Or it could be as simple as you know what to do, most of the time, but a) it's not that easy to actually repeatedly put good health habits into practice or b) you have to admit that you do sometimes get confused over which nutritional approach to take, what with all the conflicting information you come across out there.

Well. The good news? You are most definitely not alone. And, what's better, you are also most definitely *ahead* of the curve when it comes to your knowledge and application of the principles of good health. I guarantee it. You wouldn't be reading this if you weren't.

So here's the thing.





I'd love to be able to promise you the world right now; to claim that if you simply follow the principles in this book then your life will become an effortless swirl of lean proteins and green vegetables and other truly healthy foods, your weight will magically drop away and stay off, and you'll be full of boundless energy from dusk till dawn. I'd love to be able to say that you won't even miss your comfort carbs or sneaky treats, and that you'll suddenly discover you're a whizz in the kitchen and that you have plenty of time to *spend* being a whizz in the kitchen.

Actually, you know what? I was writing the above paragraph with the intention to lead toward something like 'it's not that easy, but here's what you can expect', but it occurs to me right now as I jot my thoughts down that I actually *can* promise you all of those things. Maybe not the whizz in the kitchen part. But **here's what you can expect if you follow the principles in this book**, and expand on what you learn by staying updated with my free blog tips or even by getting involved with some of the events you'll see up on my blog.

- Your energy WILL most definitely soar, and you'll find it's stable most of the time
- Your digestion will improve
- Your sleep will improve
- Your weight will slowly but most **definitely** surely head toward it's optimal point
- You honestly won't crave sugars and comfort carbs on a day-to-day basis, although you probably will miss them occasionally, but guess what? You can have your treat meals once or twice a week and still become lean and reach optimal health
- And I can even promise you this – when you work on the principles in this book slowly, but with consistency and determination, you will create new habits. Habits that last; habits that you eventually forget even *where* things you had to force yourself to do. Which means that your life may even become an effortless swirl of lean protein and green vegetables. Eating and living well for optimal weight and health will become automatic; just part of who you are.
- Which means you just may even have extra time to spend trying to become a whizz in the kitchen ☺





And wouldn't that be nice?

The Catch

There's always a catch, isn't there?

The catch is very simple, in fact probably so simple that you may not quite realize just how ~~important~~ absolutely crucial this is to your success.

Never, ever, ever quit.

That's it.

Believe in yourself, and make up your mind that you are just going to keep doing the right thing, at least 80-90% of the time. Be consistent and you will get there. In my 12 years in the health industry I've observed one thing. The people who are consistent get the amazing results. Day in and day out. Being healthy, **and being prepared and organized with their food**, is just who they are. They don't consider it hard work either. In fact, they would balk at the idea of being unprepared and having to buy lunch or a snack out. And because they don't spend hours thinking and worrying about what or how to eat and exercise, they tend to be more relaxed and happy.

Sound good? The keep reading – here's to you!

Life is Now. Press Play.

Kat





Optimal Nutrition for Fat Loss and Vitality!

Discovering your nutritional needs is all about figuring out which foods and which combinations of food put you in the 'Power Zone'. The Power Zone is a term I often use interchangeably with the term 'Proven Success Formula', because it's all about figuring out a simple formula which, yes, may be a challenge initially, but ultimately allow you to look your best and feel amazing, and to do so without having to turn your life upside down overnight.

In the Power Zone you will experience:

- happiness
- a normal state of wellbeing
- ideal blood pressure
- an increased capacity to handle stress
- the ability to last between meals with good energy
- good mental focus & clarity of thought
- no cravings
- a move toward ideal body weight
- optimal response to exercise
- ideal health!

Making It Work For You

Like anything worth striving for, it's not as simple as just 'eating healthy', or following national recommendations. After all, who are they based on? What is 'average'? In the next section we will discuss basic principles to working out what is healthy or ideal for YOU.





Getting To The Power Zone

Did you know that your body gives you signals when you eat the right foods, and also signals when you make food choices that are, well, not so smart? In the midst of your busy life and with a million things constantly running through your head, it's probably not surprising if you sometimes miss those signals, but trust me – they're there!

Here are some of the common signals, good and bad, that you may experience in response to your nutrition choices:

- Balanced energy
- Joy
- Happiness
- Motivation
- Lethargy
- Up and down energy
- Sudden slumps
- A feeling of heaviness
- Increased or decreased hunger
- Drowsiness
- Empowerment
- Food cravings
- A sense of depression
- Enthusiasm
- Poor or improved mental focus
- Balanced emotions
- Crazy emotions!

I think you get the picture.





These are all things that can relate to other things that are going on in your life of course, but trust me – your food most DEFINITELY does have the power to control how you feel from moment to moment as well as in the pig picture. And I don't have to tell you that your food most certainly has the power to control how you look!

At the end of this section I have provided you a food diary that you can use to track your foods and your responses to them, but for now let's start to think about making optimal choices in the first place!

Too Much Protein or Fat

It's important to realize that your body is unique. What works for one person may not work for a second, and could even make a third person feel worse! For that reason, it's crucial that you learn how to 'listen' to what your body is telling you about your food.

Here are some responses you may experience if you are consuming too much protein or fat (even the good stuff) for your body.

Short term responses	Long-term responses
lethargic, sleepy, dull or depressed mentally sluggish or slow heavy gut feel full, but hungry may crave sweets, coffee, tea	depression, obesity toxicity – foul body odor low energy – crave sweets poor response to exercise headache, low back pain, neck/shoulder pain, rapid aging

Make these changes to get to the Power Zone

- eat higher glycemic foods in the short-term
- choose light desserts



- coffee, espresso, tea will lift
- eat starchy foods (healthy, not refined)
- use digestive enzymes

Too Much Carbohydrate

It's more common that people eat too many carbs rather than too much good protein or fat! Here are some responses you may experience if you are consuming too much carbohydrate for your body.

Short term responses	Long term responses
headache, anxiety, hungry quickly may crave fat and/or protein jumpy (adhd) behaviour; tired but wired nervous energy	exaggerated stress response immune suppression pimples – constipation – toxicity insulin resistance headache, neck/ shoulder/ back pain

Make these changes to get to the Power Zone

- avoid tea, coffee, caffeine
- eat a low glycemic, fatty dessert
- avoid alcohol & increase water
- eat a high protein/fat snack
- exercise – avoid sports drinks



Keeping a Daily Food Journal

In order to determine how much food you need and how much you actually consume, an activity and food journal should be maintained. A journal is a notebook to record the foods you eat, when you eat them, how you felt when you consumed the foods, and how much you exercise.

Follow These Guidelines

Record your weight weekly. To determine accurate progress, record your weight weekly using the same scales and if possible weigh yourself unclothed.

Record your physical activity. Record activity performed, level of performance, and duration.

Record your emotions. What were you feeling when you ate? Were you happy, sad, angry, or actually hungry?

Record your physical response to your meals. Are you satisfied? Full but still hungry? Feel like something was missing? Do you have any cravings?

Record EVERYTHING you eat and the amount. In other words, if you **Bite it – Write it.** If you have 3 M&M's record it in your journal. If you had 2 bites of ice cream – record it.

Record all information immediately after consuming the food. You don't want to forget foods or your feelings; your feeling can change several times during the day.

Congratulate your efforts for a good day. If you maintained an accurate journal congratulate yourself. If you did not, strive to make a better effort tomorrow.





Clever Rules For Nutritional Success

These are some of my favourite rules, or 'success formula principles' for everyday living and nutrition.

Read through them, and then consider this: taking control of your health and your body is not your number 1 job. I mean, it should certainly be a top priority, but it's not as though it's what you get paid to do, and it may not be the most important thing in your life, so you certainly don't want to have your life turned topsy-turvy purely so that you can experience optimal health. Perhaps that should be enough incentive but for most of us, it simply isn't. What we do all want, besides to be able to look and feel AMAZING, is to feel happy, calm, and in control. And to know that we have enough time to spend on ourselves and with our loved ones.

So with all that in mind, don't feel that you should try to do everything on this list or in this book all at once. In my experience, the method that works for *lasting results* and practical application is to work on one or two small things or 'challenges' every week. Allow them to become a habit before moving on to the next thing.

I'd also recommend choosing the things that seem ridiculously easy rather than the things that seem tough or overwhelming or simply too complicated. This way you are guaranteed to succeed, and you'll notice over time that more and more things seem to be easy!

Good luck!

The Rules!

- Eat food. Not too much. Mostly plants.
- Aim to eat 4-5 times per day, including some form of protein at each meal. Eat breakfast like a king, lunch like a peasant, and dinner like a pauper.



- Choosing a protein and good fat breakfast will fuel and energise you for the day ahead, and may prevent afternoon sweet cravings.
- Eat until you are seven tenths full and save the other three tenths for hunger (Chinese proverb)
- Include all three macronutrients at each main meal. These are protein, fats (good fats), and carbohydrates such as seasonal vegetables
- If stress is an issue for you, minimise caffeine and alcohol intake
- When it comes to real food there is nothing evil. While some choices of fruits or vegetables may contain more nutrients or less sugar than others you really can't go wrong with food in its natural state
- Drink roughly 1/3 a litre of water for every 10kg of body weight
- Use a food diary or food tracker
- 2-3 days each week to keep you accountable to the realities of your food choices
- Examples of good fats include organic coconut oil, olive oil, flaxseed oil, raw nuts or seeds, and low-mercury fish such as salmon or sardines
- A serve of protein is generally the size of the palm of your hand. Green vegetables can be eaten in up to 2 fists worth per meal.
- Avoid creating strict rules around food: it's better to occasionally eat the chocolate rather than spend the whole day obsessing about chocolate and the fact that you 'can't' have it!
- Quality counts: it's better to pay the grocer than the doctor
- Never eat something that is pretending to be something else – artificial sweeteners, textured protein, margarine or butter replacements, low-fat foods in general. Instead, choose and enjoy a small amount of real food as close to its natural state as possible.
- Don't eat anything your grandparents wouldn't recognise as food
- Minimise foods with ingredients you can't pronounce
- Shop the edges of the supermarket not the insides
- Don't buy food where you buy petrol. Eating on the run is a fast way to poor health and increased body fat. In the same way, it's not food if it arrived through your car window
- Avoid getting to the point of starvation as you're far more likely to reach for low-nutrition convenience foods
- Eat animals that have themselves eaten well





- Break the rules once in a while: all things in moderation; including moderation





The Carbohydrate Conundrum and What To Eat!

A quote that I love that is especially relevant here is the following one by Donald Layman.

"All diets that you do not follow are equal."

In my opinion, a low-carb nutrition plan works for 75-80% of people, but it's no good just knowing that. Let's talk about how to do low-carb the healthy way, and how to make it work for you!

What To Eat on a Low-Carb Nutrition Plan?

Here is a bullet point list of what you would usually eat or do on a healthy low-carb diet plan:

- Increase good fats, aiming for 1-2 teaspoons per meal. Good sources include organic olive or macadamia nut oil, avocado, nuts and seeds, coconut oil, and even a little organic cream and butter
- Eat more lean protein – and if your protein is organic don't be afraid of eating the fats and organs. This is a traditional way of eating and promotes good health along with fat loss
- Choose a range of non-starchy vegetables and salads as your primary source of carbs, with the focus being on green coloured plant foods
- Eliminate or severely reduce all grains, even whole-grains





- Eat fruits in moderation. Choices that keep blood sugar most stable and thereby minimize fat storage include low GI fruits such as berries and the occasional stone fruit
- Eat some dairy if you can tolerate it, but usually not in the first few weeks if fat loss is a goal
- Wine is okay (red is best), but avoid other forms of alcohol
- Dark chocolate is a good treat, low in sugar and high in antioxidants
- Eat nuts and seeds in moderation, due to their high caloric value
- Include some organic full-fat yoghurt for its probiotic qualities

Key Nutrients

In my opinion, a healthy low-carb plan should focus on the following key macro and micro nutrients as the primary source of food from the above list:

- 1. Protein** – all forms of animal protein, along with nuts and seeds, legumes, and superfoods such as chia seeds and bee pollen
- 2. Smart fats** – avocado, full-fat (ideally raw) dairy, the fat from organic meats, omega-3 fatty acids, other quality oils such as coconut oil, flaxseed oil and olive oil.
- 3. Seasonal green vegetables** (raw or steamed, in plentiful amounts)
Some fruits (berries are my first choice due to their high antioxidant value)
- 4. Fiber** (both from vegetable and also in supplement form such as psyllium husks or ground flaxseeds.





Important! A lack of fiber is a key failing of many poorly constructed low-carb nutrition plans. Read this article to learn more about the importance of fiber:

<http://www.bodyincredible.com/fiber-how-overrated-is-it/>

Other possible concerns on a low-carb diet include a lack of variety – it's crucial that you rotate different vegetables, salads, and protein and fat sources. You can take a good multi vitamin, but the reality is that you will likely be eating far better when eating low-carb (and getting a much broader range of nutrients) than your previous so-called healthy diet comprising excessive grains and processed food.

The only other concern is a lack of potassium in the diet. This is easily rectified by using organic sea salt or Himalayan salt in cooking – proper salt (unbleached) has over 100 minerals and is crucial to good health and repair.

The question of variety is also answered in the introduction of 1-2 treat meals per week. Keep reading to learn more about that! For now, let's look at some foods you're really best steering clear of.

Avoid Or Minimise The Following Foods

I hesitate to say *never* eat a given food. There's no reason why any sensible eating plan can't include treats and indulgences in whatever form you choose. The following are the 'foods' I feel should be treated with caution if health, fat loss, and longevity are goals of yours. Treating these foods with caution will allow you to easily stay within the realms of a successful low-carb nutrition plan.

Sugars of any kind – common offenders are low-fat foods high in added sugar, and heavily processed white grains. If you're not sure if something contains sugar, look on the label for any ingredients ending in 'ose'. That's sugar.



Excessive grain intake. Personally I do not believe grains are healthy, and every person who takes a 2 week elimination test has this ‘proven’ to them in terms of their digestion and the way they feel. If you do choose to eat grains, home-sprouted is a healthier choice, as even ‘wholegrains’ are only legally required to contain 51% actual wholegrains.

Inadequate amounts of food - Cutting calories too severely not only makes you feel awful but it can actually lead to weight gain through the release of the hormone cortisol. Studies comparing low-carb to other nutritional approaches have (as discussed in the science section) shown time and again that it’s the quality of the calories, along with the hormonal response, that dictates fat loss and health success.

Too much lean protein and not enough fat – By its very nature a low-carb nutrition plan will probably be high in protein. Regardless of how often you eat protein, bear in mind that in nature fat always accompanies protein. There’s a reason for this. I recently read a study in which a high-protein low-fat diet not only restricted weight loss but led to a host of health complaints, whereas the same diet with fat added resulted in sound health and steady fat loss.

Processed or well-marketed fad foods – Most well-marketed shakes, bars and balls (especially those with the words ‘energy’ on them!) are absolute rubbish in my opinion. I’d rather go hungry. Real food is where it’s at.

Making it interesting - A common complaint of people first undergoing a low-carb nutrition plan is that it’s so boring or they don’t know what to eat. Personally I disagree – I think it’s far more interesting to eat a range of unprocessed foods than to rely overly on bread and cereal products, but I do admit that it took me a while to come round to this way of thinking.

If you long for a little more variety or if you DO fancy yourself a whizz in the kitchen, then check out the resources section of this book!





Remember: **Eating healthy does not have to be boring, and it doesn't have to take loads of time!** If you can't be bothered with recipes, but you do like a little flavour then you can certainly freely use herbs and spices – chilli and paprika and cinnamon are especially good for fat loss - along with red wine vinegar, and fresh lemon or lime (all of which are known for their positive effect on blood sugars)

And, of course, introduce some treat meals ... speaking of which, let's talk about some fun and useful ways to REALLY make all of this stuff work for you!





“Making it work for you”

Strategies for a Busy Life and Lasting Success

Following the rules of basic nutrition is a sure-fire way to radically transform your health as well as the way you look, function, and feel. But let's be honest. How realistic is it that you do all of the above all the time? Let's talk about making real nutrition real simple – and making it work for you for the long term.

Specifically, I'd like to cover 5 key points that I've found to be relevant to every busy person who wants to take complete control of their nutrition, their health, their weight, and ultimately their life. These points are:

1. Morning kick-start: simple rules for success
2. Healthy breakfast ideas made easy
3. The rules on caffeine, alcohol and sugar
4. Dealing with cravings and beating the munchies
5. Treat meals!

1. Morning kick-start: simple rules for success

- Set your alarm 15 minutes earlier than you need to – enjoy guilt-free snoozing!
- Even better – set it 25 minutes earlier, and get up with 10 minutes to spare. Use that time to prepare a nutritious breaky, or take 10 minutes either at home or before work to enjoy a coffee and think about what you want to get out of the day ahead. Rushing into the day is a sure-fire way to stress overload, and we all know that doesn't make smart food choices easy
- Stimulate morning digestion with a few simple stretches
- Get things moving by drinking 2 glasses of water first thing. Add fresh lemon to one, and coloured sea salt to the other (an important source of minerals, plus it aids digestion)



MAKE IT WORK FOR YOU: Prepare your salt water the night before bed to save time in the morning.

2. Healthy breakfast ideas made easy

- The first thing you eat dictates your metabolism, your energy, and your food choices for the rest of the day
- Including protein and good fats in your breakfast will keep you full for longer and help you resist junk food temptations later in the day
- Proteins and fats in the morning will also spark slow-release energy, which means you won't need to eat as much to feel and function your best
- Focus on quality, not quantity

MAKE IT WORK FOR YOU: Keep your 3 favourite back-up breakfast foods in your desk at work, or within easy reach at home if you find yourself running behind schedule.

3. The rules on caffeine, alcohol and sugar

- If stress is an issue for you stick to 2 coffees as a maximum. Switch to green or herbal tea afterwards
- Avoid caffeine after 2pm due to its effects on your circadian rhythms
- Alcohol is fine in moderation, and red wine in particular is a useful source of heart-protecting antioxidant resveratrol, but avoid drinking at lunch. It will slow you down and lead to poor food choices. Instead, enjoy some sparkling with lime, and save the wine for dinner
- When it comes to sugar, choose your battles wisely. Less is better than more, and none is better than less – but we're all human. Wean yourself off sugar in coffee and instead enjoy a little dark chocolate late in the afternoon or after dinner. Fresh or frozen berries are another great choice for a guilt-free sweet treat.



4. Dealing with cravings and beating the munchies

See this article that I wrote for the blog Dumb Little Man:

<http://www.dumblittleman.com/2009/07/5-guaranteed-ways-to-curb-mid-afternoon.html>

MAKE IT WORK FOR YOU: Have the best of both worlds by choosing a sweet treat that is truly healthy, such as a little dark chocolate, or a small serve of berries. Keep your 2 favourite healthy snacks in your desk at work, or in your purse. Avoid keeping them on your desk as you'll just eat them all day!

5. Treat meals!

Basically a treat meal is a psychological means of staying on track, and also causes a metabolic response due to the sudden introduction of starch after not eating it. Having treat meals not only allows you to stay motivated and on track, but actually helps you burn fat faster!

Two treat meals a week is good to start with, and then you can adjust down to between one and two depending on goals and progress.

Ideally a treat meal should be a dinner meal, and should include some protein and good fats first (this will mitigate cravings and binging). After that – it's on! Make sure, however, that the meal is planned and ends once dinnertime is over. It's not supposed to be a free licence to run back and forth from 7-Eleven all night!

Aside from treat meals, you can actually enjoy some healthy and indulgent treats on a day-to-day basis.





Here are some examples:

- Almond butter
- Berries
- A little organic full-fat cream
- Full-fat yoghurt
- Nut and seed mixes
- Cinnamon
- Marinated meats
- Nut butter on celery
- Raw organic chocolate
- Dark chocolate
- Organic protein powder with cinnamon, stevia, raw cacao (see the recipes (resources) section for a great smoothie recipe from my blog Body Incredible!)

To find out more about which foods are smart for health, fat loss, and vitality, keep reading!



Resources and Recipes

Here are some of my favourite healthy (and simple!) recipes from my blog Body Incredible:

<http://www.bodyincredible.com/delicious-beef-satay-stir-fry/>

<http://www.bodyincredible.com/blast-your-tastebuds-with-this-great-chicken-prawn-laksa-recipe/>

<http://www.bodyincredible.com/super-healthy-chicken-coconut-curry-recipe/>

<http://www.bodyincredible.com/healthy-smoothie-recipe-with-a-fat-loss-kick/>

Here are some useful resources for when you want more variety. These include two of my favourite recipe books, as well as the recipe section on my blog, and a great Low Carb recipe website. You'll need to copy the links.

1. The Primal Blueprint cookbook (http://www.amazon.com/Primal-Blueprint-Cookbook-Grain-Free-GlutenFree/dp/0982207727/ref=sr_1_1?ie=UTF8&qid=1297051824&sr=8-1)

2. Gluten free for dummies (http://www.amazon.com/Living-Gluten-Free-Dummies-Danna-Korn/dp/0470585897/ref=sr_1_1?s=books&ie=UTF8&qid=1297051851&sr=1-1)

3. Michael Pollan "Food Rules"

(http://rcm.amazon.com/e/cm?lt1=_blank&bc1=000000&IS2=1&bg1=FFFFFF&fc1=000000&lc1=0000FF&t=bodyincrecom-20&o=1&p=8&l=as4&m=amazon&f=ifr&ref=ss_til&asins=014311638X)

This is a fantastic book that gives you a simple and entertaining guide to good nutrition. Michael's food rules make sense, they're not complicated, and they allow you to enjoy eating without having to concurrently expand your dress size every year! A good handful of my basic nutrition rules were adapted from this book.





4. <http://www.lowcarb.ca/recipes.html> (an excellent source of recipes and variety)
5. <http://www.bodyincredible.com/category/recipes/> (the recipe section on my own blog; these all ideas that have worked for myself and my clients)

Rules and locations for smart shopping

Following are some of my favourite locations and online stores for simple, healthy grocery shopping. Nothing wrong with supermarket shopping (stick to the edges!) ; it's just not the most fun of pastimes and doesn't always have the freshest or tastiest selection. This is why I prefer speciality stores, online delivery, or - ideally – visiting the markets where you can invariably get the best quality produce at the best price, and combine 'work' with pleasure by meeting a friend for a coffee before or after.

This is a Melbourne-based list, but you can get the idea no matter where you live – research organic and fresh food delivery in your area, and check out your local markets!

www.missorganic.com.au. Nikki from Miss Organic delivers fresh food and produce right to your door for an astonishingly low fee, and can even deliver to the office. Miss Organic food is the freshest I've eaten when it comes to seasonal organic produce, and also stocks a range of household items.

The Vic Market – markets are a great way to turn shopping into a weekend hobby or social catch-up at one of the nearby cafes. The Vic Market is at 513 Elizabeth Street.

The South Melbourne Market – 322 Coventry Street. A great selection of fresh foods, organic foods, and plenty of fantastic cafes!





Melbourne Farmers Markets – visit www.mfm.com.au for calendar and locations. The Farmers Markets are located all over Melbourne and are the best value for money when it comes to quality and freshness.

Thomas Dux Supermarkets are located all over Melbourne and offer both organic and conventional produce. Visit www.thomasdux.com.au for a location near you.

Woolworths online (www.woolworths.com.au) is a great way to do your everyday grocery shopping if you know you won't make it to the store in person.

Your local deli, green grocer, butcher, and health food store mustn't be forgotten! It only takes 5 minutes to drop in and pick up something healthy and tasty rather than give in to sub-par take-away yet again.





Where to from here?

Research and professional experience has taught me that when people who write down their health goals show greater accountability and follow-through, and ultimately reach success faster! Why not be one of them?!

Here are a few simple ideas to get you started. Simply answer the following questions in a blank exercise book or journal. If you like, you could come back to this journal every now and again to track your progress (even use it for your food diary), or simply to get your thoughts out and clear your mind. I find journaling very very useful for keeping me motivated and grateful. Gratitude is a key to health and happiness!

Idea 1: 3 things I'm already doing really well are:

Idea 2: 3 things I'm going to work on over the next 21 days are:

Idea 3: One thing I know I can change right away, starting today is:

Idea 4: A new shopping idea that I'm going to try in the next 10 days is:





So Now What?

If you enjoyed this book, and would like to learn more, then here's what you need to do next:

Say hi!

If you enjoyed this book and would like to tell me so, I'd certainly love to hear from you! I'd also be happy to answer your questions or just say hi. You can contact me at kat@womanincredible.com

If you want to know more, more, MORE!

If you're keen to fast-track your progress and learn ALL the ins and outs of ideal nutrition and health, then check out my book *Secrets of Lasting Weight Loss* revealed. I have a special discount code for readers of *this* book, which is 'that girl' Enter it in the discount code box at the bottom of the page to receive a MASSIVE 32% discount!

Check out up and coming events with Kat!

To find out what's happening in Melbourne and even all around Australia, check out www.womanincredible.com/events/ I am running several full and half-day events this year, all around Australia!





Lastly – Be sure to sign up for FREE blog updates!

www.bodyincredible.com

Bodyincredible.com is my blog and a free source of weekly nutrition, exercise, lifestyle and motivation tips. You can connect with me here as well as stay up to date with the latest on nutrition and healthy living.

www.womanincredible.com

Woman Incredible is my newest venture, and is a health and motivation blog for driven women who simply demand more. It's more than a blog though – it's a community of like-minded women who insist on getting the most out of life. I'd love to have you join! You can subscribe for free blog updates at www.womanincredible.com/subscribe, and you simply must join the Woman Incredible Facebook page at www.facebook.com/womanincredible.

I update this page daily with photo examples of ideal meals and snacks, with workout programs, motivational and inspirational tips, and just random thoughts and comments on what it is to be a busy woman.

