



Module 8: When Clean Eating Doesn't Work (Food Exceptions)

This is a particularly important module as we're going to deal with what to do when clean eating and healthy living alone just doesn't get you the results you were hoping for.

It's a frustrating fact that getting in shape is not as easy for some as it is for others, and that's because there is a *myriad* of underlying and hidden reasons or 'blocking factors' that could be stopping you from getting results.

Some of the things we will look at in this module include identifying and dealing with intolerant foods, understanding common food intolerances and how to heal your body of them, and we'll also cover some of the popular different diets out there and why the supposedly 'right' stuff may not be working for you.

MODULE 8 GOALS AND OUTCOMES: Learn how to identify foods that seem clean but may be halting your shape up goals. Understand nutritional reasons why you may not be getting the results you desire despite eating very well and following 'the rules'

SUGGESTED MODULE 8 EXERCISE: Complete an elimination test of at least 1 key 'intolerant' food, as discussed throughout the module.

MODULE 8 SUPPLEMENT: [Zinc](#) - the base mineral that makes everything else work more effectively!

MODULE 8 BONUS: 10 of my favourite treat meal snacks that are truly clean and healthy. Yummy!

WHAT ELSE? [Go to the forum \(Transformation Tools\)](#) and click on the Module 8 thread. Answer the discussion question I've left there for you, or just share any thoughts you have!



A LITTLE MORE ABOUT MODULE 8

In this three-week module I'll be teaching you:

- How to identify foods you may be intolerant to
- What an intolerant food actually is
- About food familiarity, and exactly why it is so crucial that you vary your proteins, carbs and fats
- How to deal with and eliminate food intolerance
- To understand key lifestyle reasons that can affect your ability to get results despite eating so clean
- How to get real about whether your clean eating is as clean and honest as you think!
- How to identify if your nutritional plan is the wrong one for you; if you need a different mix of carbs, proteins and fats
- And of course I will be sharing some fantastic new recipes and sample meal plans to continue to guide you on your very own clean eating journey!

This module may very well force you to get real about why your nutrition has not been as effective as you would have hoped. Enjoy - and be sure to give me some feedback.

Life is Now. Press Play.

Kat

PS: Don't forget to add your thoughts on the forum! [Go to 'Transformation Tools' and click on the Module 8 thread.](#) You can answer the discussion question I've left there for you, ask questions, or leave some feedback.