

~~ON~~ GLYCEMIC LIFESTYLE GUIDE

The Cheat Sheet for a
Lifestyle towards
vibrant health and
weight loss.



MELANIE BOWERS

LOW GLYCEMIC LIFESTYLE

A low glycemic lifestyle involves consuming foods that have a **low glycemic index (GI)**. The glycemic index is a measure of how quickly carbohydrates in food raise blood sugar levels after being consumed. Foods with a high GI cause rapid spikes in blood sugar, while foods with a low GI cause slower, more gradual increases.

Here's what we'll discuss:

4 KEY HABITS

4-4-14 SYSTEM

LOW GLYCEMIC
IMPACT MEALS/FOOD

GLP-1

4 KEY HABITS

These four key habits are foundational for maintaining overall health, supporting fitness goals, and enhancing well-being.



100 ounces of water a day: Keeps you hydrated, boosts energy, aids digestion, and supports healthy skin.



10,000 steps a day: Promotes heart health, burns calories, strengthens muscles, and lifts your mood.



7-9 hours of sleep: Essential for recovery, balances hormones, improves mental clarity, and helps with weight control.



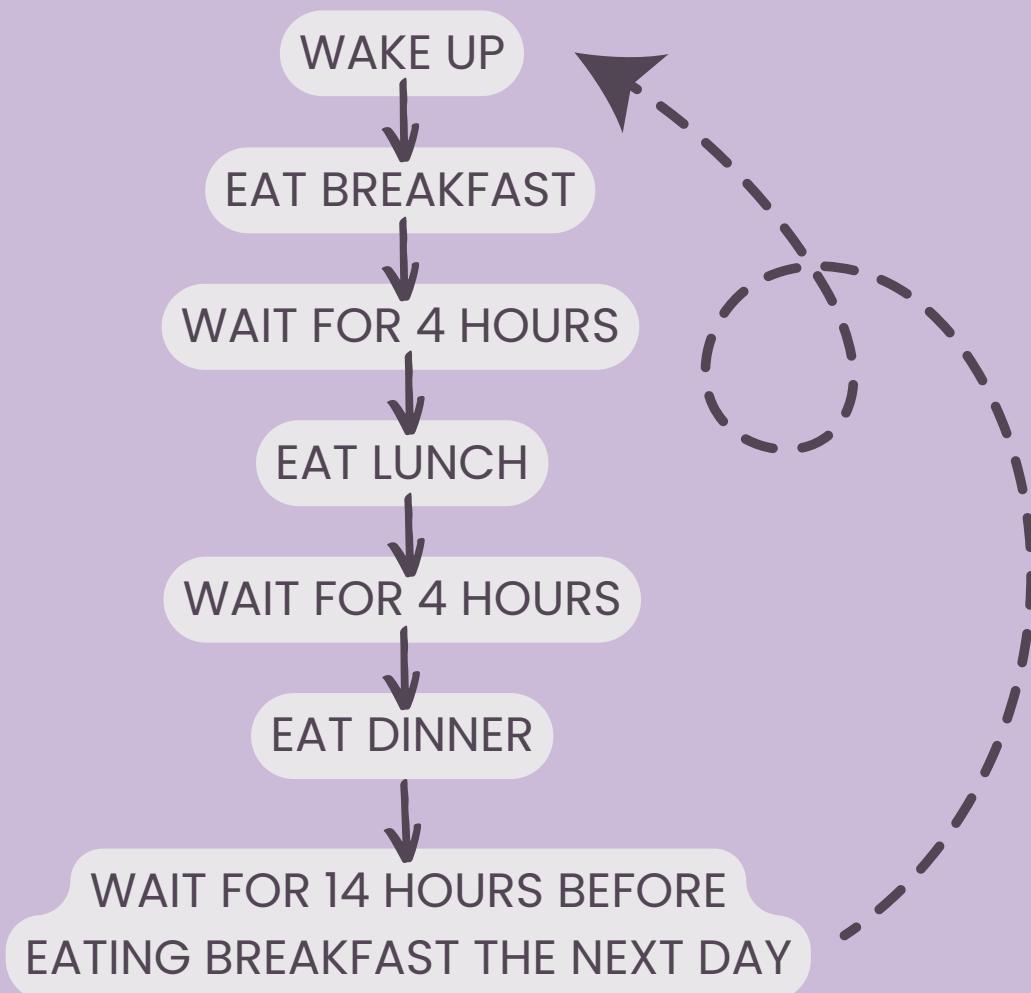
100g of protein a day: Builds and repairs muscle, boosts metabolism, and keeps you feeling full longer.

These habits can help individuals meet health and fitness goals, promote longevity, and enhance daily well-being, making them core elements of a balanced lifestyle.

4-4-14 System

The 4-4-14 System is basically **a form of intermittent fasting**. This keeps you away from blood sugar fluctuations, and gives your digestive system the break it needs.

IT GOES LIKE THIS:



It may be difficult at first, but eventually, your cravings will lessen drastically and you will feel fuller much longer.

Here's the trick: just eat until you're full!

Low Glycemic Foods

Low glycemic foods have a slower impact on blood sugar levels, making them great for steady energy and better blood sugar control.

Here are some Low Glycemic Foods you can eat!

Vegetables: Artichoke Arugula Asparagus Baby corn Bamboo shoots Bean sprouts Beets Bell peppers Bok choy Broccoli Broccoli rabe Brussel sprouts Cabbage Carrot Cauliflower Celery Chayote Cucumber Daikon Edamame Eggplant Endive Fennel Greens (all leafy greens) Green beans Hearts of palm	Fruits: Jicama Kale Kohlrabi Leeks Lettuces Mushrooms Nopal Okra Onion (all) Pea pods Peppers Pumpkin Radicchio Radish Rhubarb Rutabaga Spaghetti squash Spinach Sprouts Sugar snap peas Swiss chard Tomatillo Tomato Turnip Watercress	Animal Proteins: All animal meats Beef Bison Chicken Deer Eggs Fish & seafood Lamb Pork Quail Turkey
Grains: Barley Brown rice Durum wheat Israeli couscous Quinoa Whole wheat varieties	Beans & legumes: chickpea, lentil, & edamame pasta	Fats: Avocado Butter Coconut Cooking oils Nuts & nut butters Olives Seeds & seed butters
		Others: Dairy products (no sugar-added) Mayonnaise Tofu products Sweet potato, boiled Potato, served cold Vinegar

High Glycemic Food Alternatives

Swap out high glycemic foods for healthier alternatives like whole grain bread, quinoa, sweet potatoes, and berries to help stabilize blood sugar levels and maintain energy throughout the day.



Low Glycemic Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Breakfast: Oatmeal with protein powder and cherries on top</p> <p>Lunch: Lemon Garlic Chicken Thighs</p> <p>Dinner: One Pan Salmon with Green Beans & Roasted Tomato</p>	<p>Breakfast: Veggie Omelette</p> <p>Lunch: Roasted Sweet Potato & Brussels Sprouts Salad</p> <p>Dinner: Roasted Winter Vegetables with Tahini Drizzle</p>	<p>Breakfast: Greek Yogurt Parfait</p> <p>Lunch: Greek Chicken Bowl</p> <p>Dinner: Egg Roll in a Bowl</p>	<p>Breakfast: Avocado Sweet Potato Toast with Poached Egg</p> <p>Lunch: Turkey Zucchini Boats</p> <p>Dinner: One Pan Salmon with Green Beans & Roasted Tomato</p>	<p>Breakfast: Oatmeal with protein powder and cherries on top</p> <p>Lunch: Lemon Garlic Chicken Thighs</p> <p>Dinner: Roasted Sweet Potato & Brussels Sprouts Salad</p>	<p>Breakfast: Greek Yogurt Parfait</p> <p>Lunch: Greek Chicken Bowl</p> <p>Dinner: Egg Roll in a Bowl</p>	<p>Breakfast: Avocado Sweet Potato Toast with Poached Egg</p> <p>Lunch: Turkey Zucchini Boats</p> <p>Dinner: Roasted Winter Vegetables with Tahini Drizzle</p>

This balanced low glycemic meal plan is designed to stabilize blood sugar levels while offering a variety of delicious and nutrient-dense meals. By incorporating a mix of whole grains, lean proteins, and plenty of fresh vegetables, the plan provides sustained energy throughout the day without spiking blood sugar.

Each day starts with a nourishing breakfast to kickstart your metabolism, followed by a satisfying lunch and a flavorful, wholesome dinner.

**Do you want access to 100 recipes and a
15 minute coaching call with me?**

Text BLUEPRINT TO (570) 617-6249

50 Foods with 20g Protein Under 200 Calories

Food	Protein (g)	Calories
Grilled Chicken Breast (3 oz)	20	165
Turkey Breast (3 oz)	20	135
Tuna (in water, 3 oz)	20	90
Egg Whites (10 large)	20	100
Low-Fat Cottage Cheese (1 cup)	20	160
Nonfat Greek Yogurt (1.5 cups)	20	130
Whey Protein Isolate (1 scoop)	20	100
Seitan (3 oz)	20	120
Cod (4 oz)	20	90
Tilapia (4 oz)	20	100
Shrimp (4 oz)	20	100
Turkey Jerky (2 oz)	20	160
Beef Jerky (2 oz)	20	160
Tempeh (4 oz)	20	180
Edamame (1.5 cups)	20	190
Quest Bar (1 bar)	20	190
ONE Bar (1 bar)	20	180
Pure Protein Bar (1 bar)	20	200
Pork Tenderloin (3 oz)	20	140
Ham (lean, 3 oz)	20	110
Lobster (4 oz)	20	110
Crab (4 oz)	20	100
Scallops (4 oz)	20	100
Venison (3 oz)	20	150
Bison (3 oz)	20	150
Egg White Omelette (made w/ spray)	20	110
Low-Fat Ricotta (1 cup)	20	160
Protein Pancake (low-cal mix, 1 serving)	20	190
Protein Ice Cream (low-cal brand)	20	180
Cottage Cheese Pancake (low-cal)	20	170
Salmon (wild, 3 oz)	20	180
Mahi Mahi (4 oz)	20	120
Haddock (4 oz)	20	110
Chicken Sausage (low-fat, 2 links)	20	180
Duck Breast (lean, 3 oz)	20	160
Quark (1 cup)	20	150
Kefir (unsweetened, 2 cups)	20	140
Tofu (extra firm, 6 oz)	20	160
Soy Protein Powder (1 scoop)	20	110
Pea Protein Powder (1 scoop)	20	120
Lentil Pasta (1 cup cooked)	20	190
Black Bean Pasta (1 cup cooked)	20	190
Protein Oatmeal (1 serving)	20	180
Protein Hot Chocolate (1 serving)	20	150
Protein Muffin (low-cal)	20	180
Protein Waffle (low-cal)	20	170
Clams (4 oz)	20	120

Ready to take control of your health?

You don't have to do this alone — and you don't have to overhaul your whole life overnight. Small, consistent changes can create powerful results... and I'm here to help you every step of the way.

Start by joining our **private Facebook community**, where you'll find daily support, real-life tips, and other women on the same journey toward sustainable wellness. It's where accountability meets encouragement — and trust me, you'll feel right at home.

Ready for a QUICK reset? Grab my **5-Day Rapid Reset** — a simple 5 day program that helps you drop on average 5 or more pounds in 5 days. Get rid of digestive bulk, fat, water weight and puffiness and cut those sugar cravings!

Ready to go ALL IN? These are my go-to tools for next-level results:

Nueva Body — a powerful daily wellness formula with cutting-edge ingredients that support metabolism, energy, and cellular repair

Nueva Nitro — think focus, blood flow, and performance support in one delicious drink

Snow Collagen — beauty and wellness from the inside out: skin, joints, gut, and hormone support, all in one scoop

**Have questions?
Message me on Facebook or
text me at (570) 617-6249**