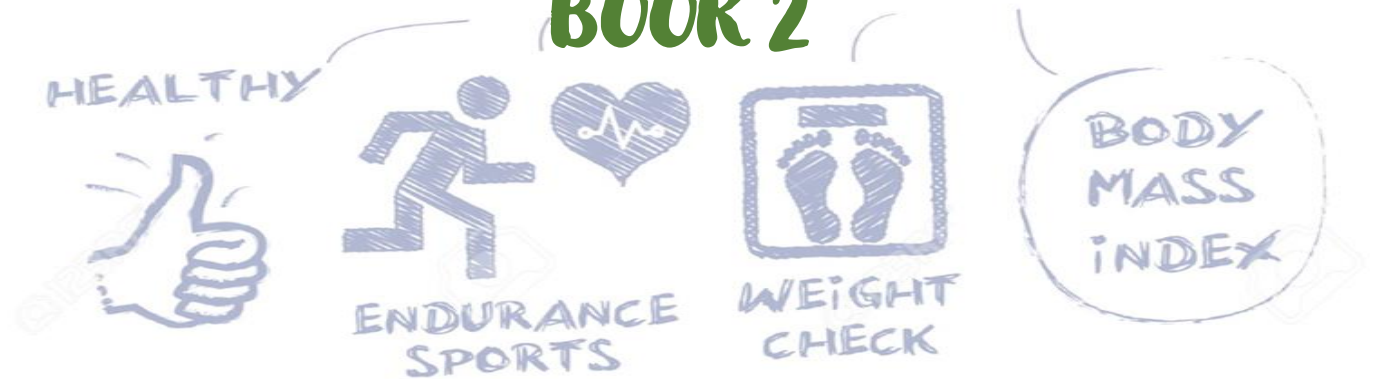




6 Week BTP Guide 2021

BOOK 2



NUTRITION WEEKLY CHALLENGE 2021/1

PREPARED BY

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Fit2Fitter

WEEK 1: EAT REAL FOOD

"Eat and drink but avoid excess" 20:81

THE EAT REAL FOOD PROGRAM

Overeating, along with the consumption of over-processed foods, is ruining people's health. This 2-week habit program encourages you to increase your frequency of eating healthy single-ingredient foods while reducing unnecessary processed ones.

DAY 0 - INTRODUCTION OF HABIT (SUNDAY)

Habit Challenge: Eat single ingredient foods

For the next two weeks, I challenge you to eat mostly real food i.e. swapping processed foods for single-ingredient foods.

The type of food you eat will have a massive impact on your end results.

Overeating, along with the consumption of over-processed foods, is ruining people's health.

Many processed foods are packed with sugars, artificial sweeteners, preservatives and other man-made chemicals. Nobody feels good eating this stuff.

Making the correct food choices is a must if you want to support your goals.

This habit challenge will show you the benefits of single ingredient foods.

How can I personalise this habit?

Choose where your current biggest pitfall with this habit may currently lie. Are you eating a lot of processed meals or foods?

If so, which ones in particular? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you add more single ingredient foods to your diet, and put some small changes into place to make it a success.

How can I make this habit easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating a 100% single ingredient breakfast (or lunch or dinner), or focus on specific foods you always eat e.g. replace snacks like crisps for an apple.

Note: The goal here is not to eat only single ingredient foods 100% of the time. To help you get this balance right is to follow the 90% rule. So for every 10 single ingredient foods you eat, have one that doesn't match the rules. The same applies if you are only following this habit 70% of the time, so 7 times out of 10. If you want to see further progress this needs to increase to 80% and then 90%.

What can I piggyback off of?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

P.S. Don't worry about making this perfect. We'll help you adjust.

SMART GOALS

I am 90-100% confident that I will eat a fresh, real and natural foods for 6 days a week! Here is my SMART Plan!

S	_____
M	_____
A	_____
R	_____
T	_____

DAY 1 - START OF HABIT REVIEW (MONDAY)

How was Day 1? Did you complete a personalised version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

1. What did I do well today?

2. What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behaviour that you're trying to make automatic.

You've got to close the loop between your intention and your behaviour, and it's as simple as answering these two questions.

DAY 2 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

When I talk about eating for nutrition and good health, I mean good, real, whole food. I'm talking about single ingredient foods that have grown in the earth and haven't been manufactured or processed in a factory. This means choosing foods that are as close as possible to their natural state.

Avoid fast food and processed items as much as possible. That's because most of these products are devoid of real nutrition. They are packed with sugars, artificial sweeteners, preservatives and other man made chemicals. Who actually feels good eating this stuff anyway? Not me. I don't feel they offer me any health benefits. In fact, they lower my health and make me feel like the 'old' me. Now that I understand that I actually create the experience of my entire life by what I eat.

Knowing which foods to eat and which foods to limit should be something everyone knows about, right? But shockingly, this isn't the case, and so many people know very little about the nutrition of the food they are eating.

Society on the whole is getting fatter, sicker and unhappier, and poor nutrition is a key factor. Overeating, along with the consumption of overprocessed foods, is ruining people's health.

This is why eating single ingredient foods is such an important habit to focus on. Making the correct food choices is a must if you want to support your goals.

DAY 3 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

If you want to quit eating junk foods or stop overeating with them, these can be difficult changes, because we have lots of food triggers.

Track your triggers over time, because some of them don't come up every day - being at family gathering, going out for drinks with friends, feeling really lonely, being stressed out by a work project.

Figure out what need food is meeting (a way to lesson social anxiety, a way to bond with others, giving you some satisfaction, relieving stress) and see if you can find replacement habits for each trigger that meets these needs.

Know that food changes can take a while to enact, because we have been doing our old habits for so many years, usually dating back to childhood or teenage years.

DAY 4 - WEEKEND WIN (THURSDAY)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So, let's set you up to win this weekend.

How? By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll continue to eat single ingredient foods according to your habit challenge.

Normal Weekend Habit	New Weekend Habit

DAY 5 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

One of the nutrition world's favourite arguments is that of 'quality' vs. 'quantity' of food intake. When it comes to changing bodyweight, quantity is an important factor. But high performance people want a lot more than just weight loss! For us, quality and quantity of our food is equally important. We want to understand why some foods give our body the energy to power through intense workouts, whilst others leave us lethargic. Throughout this habit you'll learn how to make the best food choices, in both quality and quantity, for your time, money and environment.

When I first learnt about the benefits of certain foods (and the lack of nutrition in processed foods), I took it to the extreme. I cut out all processed foods and drastically limited any man-made products. I essentially tried to live on meat and vegetables alone. This was a bad diet! And it threatened my relationship with food.

Today, I have more respect for lifestyle balance. I realise that we create a better relationship with food by maintaining an inclusive diet, over an exclusive one. This approach is much more sustainable in the long-term.

By restricting my food choices, I created an on-going mental battle. We are constantly surrounded by processed foods and food advertising, making it increasingly difficult to avoid temptation.

That's why I've encouraged you to use the 90% rule and keep some processed foods in your diet. This ensures you develop a diet that focuses on being inclusive, rather than good vs. bad food.

A great advantage of this style of eating is having the options to eat a wider variety of enjoyable foods. You'll never lack key nutrients, nor send yourself into a spiral of cravings that only a large pizza and chocolate dessert will satisfy. You will also find that even when you do fancy a change from the typical weekly menu, you choose healthy and nutrient packed options.

The best bit? We can eat for both nutrition and enjoyment. Eating whole, single ingredient foods doesn't mean you are confined to boring and bland chicken and salad meals. We want real food. Good food. Delicious food! Meals bursting with flavour and packed with the nutrients your body needs.

DAY 6 - "HEALTH HALO" FOODS EXPERIMENT (SATURDAY)



[Why You Can't Stop Overeating](#)

Please listen to the video above and do the 3 experiments to find your way back to a peaceful relationship with food.

Experiment #1: Observe as you chew.

Yup, that's right. I want you to **count your chews**.

Note: Don't do this forever. I'm not trying to turn you into the weirdo who no one wants to sit next to at the lunch table. Just try it as an experiment to get some data about how you eat different foods.

First, eat a whole food—a vegetable, fruit, whole grain, lean protein, whatever—and count how many chews you take per mouthful. How long does it take to eat an entire portion of that food? How satiated do you feel afterward? Do you want to eat more?

Then, next time you eat something processed, count how many chews you take per mouthful. How long does it take to eat that serving of pasta, chips, or cookies? How satiated do you feel afterward? Do you want to eat more?

Make some comparisons and notice the differences. Contrast how long eating each of these foods takes you, how satiated you feel after eating each of them, and how much you want to keep eating.

How will you use that information to make food choices moving forward?

Experiment #2: Evaluate your pantry.

In this experiment, you'll examine the foods you have in your home and the messages you've been given about them.

Note: Keep in mind that this is a mindful awareness activity. You're not doing this to judge yourself or feel shame about the food choices you've made. Look at your pantry with curious (and more informed) eyes.

- **Step 1: Look for "health halo" foods.** Do you have any? If so, why did you choose them? Was it the language used to describe it? Was it the packaging? A trendy "superfood" ingredient? Is it organic, gluten-free, sugar-free, Paleo, or something else?
- **Step 2: Read the nutritional information.** Once you've identified the "health halo" foods, take a closer look. Is your "healthy" organic dark chocolate peanut butter cup all that *nutritionally* different from that mass-market peanut butter cup? Chances are, it's just different packaging.
- **Step 3: Count how many varieties of junk foods you have.** If you love ice cream—how many flavors do you have? If you peek into your cupboards, are there cookies, popcorn, candy, or chips? Without judgment, count the total junk food variety currently in your home. Generally, the more options you have, the easier it is to overeat.

The takeaway?

You'll be more aware of the particular types of marketing you're susceptible to, which you can use to make more informed food choices.

You'll also have a better idea of which treat foods you prefer, and by reducing the variety of them in your home, you'll cut down on opportunities to overeat.

Experiment #3: Put the science of habits to work.

If you want to break the habit of overeating, you can use this trigger, behavior, and reward loop to your advantage. Here's how.

Step 1: identify your triggers.

A trigger can be a:

- **Feeling.** We might eat more when we're stressed, lonely, or bored. Food fills the void.
- **Time of day.** We always have a cookie at 11am, or a soda at 3pm. It's just part of our routine.
- **Social setting.** Hey, everyone else is having beer and chicken wings, so might as well join the happy hour!

- **Place.** For some reason, a dark movie theater or our parents' kitchen might make us want to munch.
- **Thought pattern.** Thinking "I deserve this" or "Life is too hard to chew kale" might steer us toward the drive-thru window.

When you find yourself eating when you're not physically hungry, increase your awareness of your triggers by asking yourself:

What am I feeling?

What time is it?

Who am I with?

Where am I?

What thoughts am I having?

Keep a journal and look for patterns.

And remember: Overeating is generally problematic when it's chronic—those pants are feeling pretty tight after most meals—or when episodes of overeating are particularly intense, like during a binge. So, don't get too worried with isolated episodes of overeating.

To differentiate overeating from binge eating, keep in mind that binge eating feels disassociated, out of control, hard to stop, and usually comes with feelings of shame and guilt.

If, in observing your eating patterns, you discover that you may be dealing with compulsive bingeing behavior, then recruiting a doctor, therapist, or other qualified practitioner to help you navigate your feelings around food is likely the best course of action.

Step 2: Find a new behavior in response to your trigger(s).

Once you've identified your triggers, try associating new behaviors with them. These should support your health goals *and* feel good. If the new behaviors aren't rewarding, they won't be repeated, so they won't be learned as habits.

In order to find the "right" new behavior, it's helpful to know that when we eat, we're trying to meet a "need."

So when you brainstorm new behaviors, find something that meets that need—be it time in nature, some human connection, a physical release, or just a break from your thoughts.

For example, I had a client whose trigger was talking to her ex-husband. She felt angry when she interacted with him, and some furious crunching on chips temporarily made her feel better.

She eventually replaced the crunching with a punching bag session or by stomping up and down the stairs. Both activities were effective at relieving tension, but unlike the chips, they supported her goals.

Step 3: Practice.

Every time a trigger pops up that compels you to eat, replace eating with a healthy feel-good behavior.

Repeat this loop until the new behavior becomes a habit that's just as automatic as reaching for the jar of peanut butter used to be.

DAY 7 – WEEKLY GROUP REVIEW (SUNDAY)

When you're done doing the habit today, take a minute to reflect on the past week or so of doing the habit.

What has it actually been like, as opposed to the fantasy you had about it before you started?

What have you learned?

What do you appreciate?

What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

WEEK 2: EAT REAL FOOD

"And from them both (fresh and salt water) you eat fresh tender meat (fish)."
35:12

DAY 8 - ADJUSTMENT OF HABIT (MONDAY)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been focusing on eating a single ingredient breakfast, then extend that to your lunch now too.

Or if you've been focusing on replacing processed snacks or treats, try to focus on the ingredients of one of your main meals this week too.

Never make too big an adjustment so that it becomes too difficult. This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

DAY 9 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

Here's some advice when considering your single ingredient foods this week.

Meat and Eggs

The quality of your meat matters and my motto is 'quality over quantity'. One of the best ways to source quality meat is from a local butcher, after all, these businesses are dependent on serving good meat.

They are also usually happy to explain how the meat has been sourced. It is likely to come from locally reared animals, reducing travel time to your plate, meaning better quality and sustainability.

Not everyone has time to go to the butchers every week, and there has been a rise in popularity of online butchers. Again, quality appears to be higher than supermarkets and the meat is cheaper too.

Budget depending, always buy the most expensive cuts you can afford, there really can be significant benefits. As the saying goes, we are not just what we eat, but what the food we eat has eaten, too.

Fish and Seafood

Having some fish and seafood in the diet can provide a nice break from the typical meats and can provide a number of health benefits. Aim to eat at least 2-3 portions of fresh fish per week.

Just as with our meat and eggs, the quality of our fish should be considered. Farm raised fish has been fed pellets, antibiotics and forced to live in cages, but it is not always clear that this is what we are buying.

The equivalent of grass fed or organic meat in fish and seafood is 'wild', so that's what you should aim to buy if budget permits.

Again, a good local fishmonger is your best bet.

Fruit and Veg

You can probably guess what I'm about to say here - source fresh, local high quality fruit and veg.

Supermarket produce is usually imported and quality and freshness is therefore lower.

It's not necessary to buy organic fruit and veg, but if you do then concentrate on the following 12 fruit and vegetables (known to have a higher pesticide content):

- Apples
- Blueberries
- Grapes
- Nectarines
- Peaches
- Strawberries
- Bell Peppers
- Celery
- Cucumbers
- Lettuce
- Potatoes
- Spinach and Kale

Seeds and Nuts

Seeds and nuts not only taste good but pack a high nutrient punch too.

Something that may be new to you is 'nut butter' in its various forms. This is simply a spreadable paste made from raw nuts. You can buy peanut, almond, cashew and many more varieties. Most large supermarkets now sell these.

Buy the most natural forms, with no added salt, sugar or any 'extra' stuff - we just want the raw nuts. My favourite brand is 'Meridian'.

Herbs and Spices

A selection of herbs and spices is essential to boost flavours in your meals and enhance variety.

Stock up with as many as you can, with the fresh options always being best. There are also a number of health benefits (including anti-inflammatory and anti-viral) from eating them, so make sure to include them in your dishes.

You will find all these herbs and spice in the large supermarkets.

Cooking Oils

The best cooking oils are those from saturated fat. That's because these don't oxidise and become inflammatory due to high omega 6 content when heated.

Believe it or not, this makes extra virgin olive oil a poor choice for cooking. Instead, when cooking, use extra virgin coconut oil, coconut butter, organic ghee, grass fed butter or goose/duck fat.

Save the polyunsaturated fats (the ones damaged at high heat) as healthy oils to add cold after cooking, on salads or in vegetable dressings.

Examples of dressing oils would be extra virgin olive oil, avocado oil and macadamia oil. You should buy these in dark coloured glass bottles to protect the oils from sunlight, and store them in a cool dry place to protect them from heat.

Tea and Coffee

Coffee is awesome. It is however one of the crops most sprayed with pesticides, so try to buy organic. Herbal teas serve as a tasty alternative to the traditional English tea and should be an addition to your daily selection. They are caffeine free and have a number of health benefits that can boost energy, improve recovery and enhance sleep. Most supermarkets have a large selection of different flavours.

I highly recommend buying them as loose herbs and using a tea strainer to reap the most flavour and benefits.

DAY 10 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

The biggest difficulty with changing long-held bad habits is struggling with the urges to do the old habit, like eating processed foods.

Your mind will constantly try to get you to do the habit, will want to give in to strong urges, will rationalize and otherwise try to do everything it can to talk you into doing the old habit.

Usually, we just give in to urges without thinking. But you can learn to be vigilant. Learn to recognize the urges as they arise. Instead of acting on them immediately, delay. Just pause, and watch them rise and fall, without acting.

Delay again?

1. Breathe.
2. Walk around.
3. Drink some water.
4. Go for a long walk.
5. Get out of the situation.

The urge will go away, if you just delay.

DAY 11 - WEEKEND WIN (THURSDAY)

As we finish up this important second week, let's reflect on not wasting this precious time we've been given, and instead study this habit change as if it were the most important change of our lives.

So, let's set you up to win this weekend and achieve your habit.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

DAY 12 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.'

This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.

DAY 13 - (SATURDAY)

Recipes: 16 junk food alternatives to satisfy your craving



[Conquer Your Cravings](#)

(Click to the icon to listen to this audio)

Get your BREAK the Chain worksheet [HERE](#)

If you're craving: Chocolate...

Chocolate Avocado Mousse

prep time: 15 minutes | makes 16 servings

- 4 ripe bananas
 - 2 ripe avocados
 - 4 tbsp almond butter
 - 4 tbsp cacao powder
1. Place all ingredients into a blender or food processor. Purée until smooth.
 2. Divide mixture equally into eight small containers. Serve immediately or cover and refrigerate for up to 4 days.

Precision Nutrition

Chocolate Avocado Mousse

Per serving

Calories 80

Carbs 10g

Fat 5g

Protein 1.5g

Fiber 3g

Nutrition Facts

Kraft®

Chocolate Mousse

Per serving

Calories 220

Carbs 17g

Fat 16g

Protein 4g

Fiber 2g

If you're craving: Spicy potato chips...

Edamame with Wasabi and Sea Salt

prep time: 10 minutes | cook time: 10 minutes | makes 2 servings

- 2 cups frozen edamame beans (in pod)
 - 1 tsp coconut oil
 - 1 tsp Kosher salt
 - $\frac{1}{2}$ tsp wasabi paste or powder
1. Bring a medium-sized pot of water to a boil.
 2. Add edamame and cook for two minutes.
 3. Drain and toss hot beans in a bowl with coconut oil, salt, and wasabi. Serve immediately.

Nutrition Facts

Precision Nutrition

Edamame with Wasabi and Sea Salt

Per serving
Calories 80
Carbs 9g
Fat 5g
Protein 7g
Fiber 4g

Miss Vickie's®

Jalapeno Potato Chips

Per serving
Calories 260
Carbs 29g
Fat 15g
Protein 4g
Fiber 2g

If you're craving: Coffee ice cream...

Espresso and Cacao Nib Ice Cream

prep time: 20 minutes, plus overnight freezing | makes 8 servings

- $\frac{1}{2}$ cup pitted prunes
- 2 tablespoons instant coffee
- 1 $\frac{1}{2}$ teaspoon cocoa powder
- 1 scoop chocolate whey protein powder

- 1 $\frac{1}{2}$ teaspoons brandy
 - $\frac{3}{4}$ cup unsweetened almond milk
 - $\frac{1}{2}$ (14 oz.) can full-fat coconut milk
 - $\frac{1}{2}$ cup low-fat plain Greek yogurt (or unsweetened almond milk)
 - $\frac{1}{4}$ cup cacao nibs
1. In a blender or food processor, blend the prunes, instant coffee, cocoa powder, protein powder and brandy until a smooth paste forms.
 2. Add the unsweetened almond milk and coconut milk in a slow stream.
 3. Add the yogurt and cacao nibs, and pulse until just combined.
 4. Freeze overnight.

Precision Nutrition

Espresso & Cacao Nib

Per serving

Calories 98

Carbs 10g

Fat 5g

Protein 5g

Fiber 1g

Nutrition Facts

Häagen Dazs®

Coffee Ice Cream

Per serving

Calories 250

Carbs 20g

Fat 17g

Protein 4g

Fiber 0g

If you're craving: Fudge...**Spiced Date and Almond Balls**

prep time: 30 minutes | makes about 30 servings

- 2 cups chopped almonds, divided
- 1 cup pitted dates
- 1 cup dried figs
- $\frac{1}{2}$ cup hot water

- 2 tsp ground cinnamon
 - $\frac{1}{2}$ tsp ground cardamom
 - $\frac{1}{4}$ cup warm honey
1. Using a food processor, blend dates, figs, water, spices and one cup of the almonds into a paste, scraping down the sides as you go.
 2. Form mixture into one-inch balls.
 3. Roll each ball in honey and coat with remaining almonds.
 4. Store in the refrigerator for up to two weeks or freeze for up to three months.

Nutrition Facts

Precision Nutrition

Spiced Date and Almond Balls

Per serving

Calories 90

Carbs 14g

Fat 3g

Protein 2g

Fiber 2g

Eagle Brand®

Maple Walnut Fudge

Per serving

Calories 180

Carbs 18g

Fat 12g

Protein 2g

Fiber 0g

If you're craving: Frozen yogurt...

Frozen Yogurt Fruit Pops

prep time: 15 minutes, plus overnight freezing | makes 8 portions

- 2 cups Greek yogurt
 - 2 cups strawberries
 - 2 bananas
 - 1 cup water
1. Blend all ingredients together in a blender or food processor until smooth.

2. Pour mixture into small paper cups or popsicle molds.
 3. Place popsicle stick into the center of each and freeze overnight.
-

	<i>Nutrition Facts</i>
Precision Nutrition	Ben & Jerry's®
Frozen Yogurt Fruit Pops	Strawberry Banana Low Fat Frozen Yogurt
Per serving	Per serving
Calories 70	Calories 120
Carbs 12g	Carbs 23g
Fat 1g	Fat 1g
Protein 4g	Protein 3g
Fiber 1g	Fiber 0g

If you're craving: Savory potato chips...

Quick Pickled Cucumbers

prep time: 10 minutes plus 30 minutes to marinate | makes 4 to 8 servings

- 6 baby cucumbers, cut into $\frac{1}{2}$ inch slices
 - $\frac{1}{4}$ cup rice or wine vinegar
 - 1 tsp kosher salt
 - 1 tsp honey
 - 1 tsp chopped fresh dill
1. Toss all ingredients together in a medium-sized bowl. Mix well.
 2. Chill and marinate for thirty minutes.
 3. Refrigerate up to ten days.
-

Precision Nutrition

Quick Pickled Cucumbers

Per $\frac{1}{2}$ recipe

Calories 25

Carbs 6g

Fat 0g

Protein 1g

Fiber 1g

Nutrition Facts

Lay's®

Dill Pickle Chips

Per $\frac{1}{2}$ recipe

Calories 270

Carbs 26g

Fat 17g

Protein 3g

Fiber 1g

If you're craving: Strawberry shortcake...

Strawberries with Balsamic Vinegar and Cottage Cheese

prep time: 10 minutes, plus 10 minutes to marinate | makes 4 servings

- 1 cup sliced strawberries
- 1 Tbsp balsamic vinegar
- 1 cup cottage cheese or Greek yogurt
- Sea salt, for garnish

1. Mix together strawberries and vinegar. Let marinate for ten minutes.

2. Top with cottage cheese or yogurt. Garnish with salt.

Nutrition Facts**Precision Nutrition**Strawberries with Balsamic
Vinegar and Cottage Cheese

Per serving

Calories 56

Carbs 5g

Fat 1g

Protein 7g

Fiber 1g

Duncan Hines®

Strawberry Shortcake

Per serving

Calories 300

Carbs 51g

Fat 8g

Protein 4g

Fiber 1g

If you're craving: A frozen margarita or daiquiri...

Watermelon "Gazpacho"

prep time: 15 minutes | makes 2 servings

- 2 cups seedless watermelon chunks
 - 2 cups sparkling water
 - 2 sprigs fresh mint (about 10 leaves)
 - $\frac{1}{2}$ cup fresh raspberries
1. Combine watermelon, sparkling water, and mint and blend until smooth.
 2. Top with raspberries. Serve ice cold with a soup spoon.

Nutrition Facts

Precision Nutrition

Watermelon "Gazpacho"

Per serving

Calories 60

Carbs 15g

Fat 0g

Protein 1.5g

Fiber 3g

Frozen Margarita

Per serving

Calories 200

Carbs 30g

Fat 0g

Protein 0g

Fiber 0g

If you're craving: Chips and onion dip...

Spiced Yogurt and Veggies

prep time: 15 minutes | makes 4 servings

- 1 cup Greek yogurt
- $\frac{1}{2}$ tsp dried oregano
- 1 tsp chopped dill
- $\frac{1}{2}$ tsp Kosher salt
- Extra-virgin olive oil, for garnish
- 1 cup vegetable crudites

1. Mix yogurt, herbs, and salt in a small bowl. Chill and refrigerate for up to four days.
2. Drizzle with olive oil and serve with raw vegetable crudites.

Precision Nutrition

Spiced Yogurt and Veggies

Per serving

Calories 66

Carbs 8g

Fat 2g

Protein 3g

Fiber 2g

Nutrition Facts**Ruffles®**

Onion Dip & Regular Chips

Per serving

Calories 340

Carbs 28g

Fat 23g

Protein 4g

Fiber 2g

If you're craving: Chocolate ice cream...**Hazelnut Dark Chocolate Ice Cream**

prep time: 20 minutes, plus overnight freezing | makes 12 servings

- $\frac{1}{2}$ cup blanched hazelnuts
- $\frac{1}{2}$ cup pitted dates
- $1\frac{1}{2}$ teaspoons cocoa powder
- $\frac{1}{8}$ teaspoon sea salt
- 1 cup low-fat plain Greek yogurt (or unsweetened almond milk)
- 1 scoop chocolate whey protein powder
- 2 cups 1% chocolate milk (or chocolate unsweetened almond milk)
- $\frac{1}{4}$ cup dark chocolate chunks

1. In a blender or food processor, puree hazelnuts, dates, cocoa powder, and salt until a chunky paste forms.
2. With blender running, slowly add yogurt, protein powder, and chocolate milk until everything is combined; stop blender.
3. Add dark chocolate chunks and pulse.

4. Freeze overnight.

	<i>Nutrition Facts</i>
Precision Nutrition	Häagen Dazs®
Hazelnut Dark Chocolate Ice Cream	Chocolate Chocolate Chip Ice Cream
Per serving	Per serving
Calories 103	Calories 300
Carbs 12g	Carbs 26g
Fat 4g	Fat 19g
Protein 5g	Protein 5g
Fiber 2g	Fiber 2g

If you're craving: French fries...

Baked Sweet Potato Fries

Prep time: 10 minutes | cook time: 20 minutes | makes 2 servings

- 1 ($\frac{1}{2}$ lb) sweet potato, skin on, cut into $\frac{1}{2}$ inch batons
 - 1 tsp Kosher salt
 - $\frac{1}{2}$ tsp coconut or extra-virgin olive oil
 - $\frac{1}{2}$ tsp smoked paprika
1. Preheat oven to 450 degrees F. Line a baking tray with parchment paper.
 2. Toss all ingredients in a large bowl until evenly coated. Spread onto baking tray in a single layer.
 3. Bake for about twenty minutes, turning once, until golden brown.
 4. Let cool for ten minutes on tray before serving.
-

Precision Nutrition

Baked Sweet Potato Fries

Per serving

Calories 126

Carbs 20g

Fat 4.5g

Protein 1.5g

Fiber 3g

Nutrition Facts**McDonald's®**

French Fries

Per serving

Calories 350

Carbs 46g

Fat 17g

Protein 4g

Fiber 4g

If you're craving: Peanut butter cups...**Peanut Butter Chocolate Chia Pudding**

prep time: 20 minutes, plus overnight chilling | makes 12 servings

- 3 cups water
 - 10 dates, pitted
 - 4 Tbsp peanut butter
 - 4 Tbsp cocoa powder
 - $\frac{1}{2}$ tsp salt
 - 10 Tbsp Chia seeds
1. Blend water, dates, peanut butter, cocoa powder, and salt in a blender until smooth.
 2. Add mixture to a large bowl with chia seeds. Whisk well.
 3. After ten minutes, whisk again. Ladle mixture equally into six small containers.
 4. Chill overnight.

Nutrition Facts**Precision Nutrition**Peanut Butter Chocolate Chia
Pudding

Per serving

Reese's®

Peanut Butter Cups

Per serving

Precision Nutrition

Peanut Butter Chocolate Chia

Pudding

Calories 148

Carbs 22g

Fat 6g

Protein 4g

Fiber 7g

Reese's®

Peanut Butter Cups

Calories 220

Carbs 24g

Fat 13g

Protein 5g

Fiber 2g

If you're craving: Cookies...***Almond oatmeal cookies***

prep time: 20 minutes | cook time: 10 minutes | makes 12 cookies

- 1 cup rolled oats
 - 1 cup protein powder
 - $\frac{1}{2}$ cup almond flour
 - $\frac{1}{2}$ cup sliced almonds
 - 2 tsp baking soda
 - 1 tsp cinnamon
 - $\frac{1}{2}$ tsp Kosher salt
 - 2 egg whites
 - $\frac{1}{2}$ cup unsweetened apple sauce
 - $\frac{1}{2}$ cup almond butter
1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
 2. Mix together dry ingredients in a large bowl, and wet ingredients in another large bowl.
 3. Combine dry ingredients into wet ingredients and mix well until incorporated.
 4. Form twelve small balls and place onto a baking sheet, evenly spaced apart. Flatten each ball slightly with the palm of your hand.

5. Bake for ten minutes.
6. Remove from tray and let cool completely. Store in an airtight container and refrigerate for up to one week, or freeze for up to three months.

Precision Nutrition	Nutrition Facts
Almond oatmeal cookies	Pepperidge Farm®
Per serving	Oatmeal Cookies
Calories 175	Per serving
Carbs 10g	Calories 195
Fat 10g	Carbs 33g
Protein 12g	Fat 8g
Fiber 3g	Protein 3g
	Fiber 1g

If you're craving: Bar food, like Buffalo chicken wings...

Tandoori roasted cauliflower bites

prep time: 25 minutes | cook time: 25 minutes | makes 6 servings

- 1 cup plain yogurt
 - 2 Tbsp store-bought tandoori spice paste
 - 1 head cauliflower, cut into florets
 - Salt & pepper to taste
 - Lime wedges, for garnish
1. Preheat oven to 375 degrees F.
 2. Mix yogurt and tandoori paste together in a large bowl until combined. Add cauliflower and toss to coat well.
 3. Place on a baking tray lined with parchment paper. Season with salt and pepper.

4. Roast for twenty-five minutes or until dark and crispy. Garnish with lime wedges.

Nutrition Facts

Precision Nutrition

Tandoori roasted cauliflower bites

Per 140g serving

Calories 70

Carbs 8g

Fat 3g

Protein 4g

Fiber 2.5g

Perdue®

Buffalo Style Chicken Wings

Per 160g serving

Calories 320

Carbs 2g

Fat 20g

Protein 36g

Fiber 0g

If you're craving: Italian ice or sorbet...

Mango and lime granita

prep time: 1 hour | makes 8 servings

- 2 ripe mangos
 - 2 cups water
 - 1 cup apple sauce
 - 1 lime, juiced & zested
1. Combine all ingredients and blend until smooth.
 2. Pour mixture into a shallow tray and freeze.
 3. After thirty minutes, scrape the partially frozen mixture using a fork. Scrape again every thirty minutes until frozen and flaky.
 4. Transfer to an airtight container and store in the freezer for up to three months.

Precision Nutrition

Mango and lime granita

Per serving

Calories 40

Carbs 10g

Fat 0g

Protein 0g

Fiber 1g

Nutrition Facts

Häagen Dazs®

Mango Sorbet

Per serving

Calories 150

Carbs 38g

Fat 0g

Protein 0g

Fiber 0g

If you're craving: Vanilla ice cream...**Ginger, Saffron, and Vanilla ice cream**

prep time: 20 minutes, plus overnight freezing | makes 8 servings

- 1 $\frac{1}{2}$ (14 oz.) cans full-fat coconut milk
 - 3 tablespoons honey
 - 1 $\frac{1}{2}$ tablespoons grated ginger
 - 1 tablespoon saffron threads
 - $\frac{1}{2}$ teaspoon vanilla extract
 - $\frac{1}{2}$ vanilla bean, scraped
 - 1 $\frac{1}{2}$ teaspoons arrowroot starch
 - $\frac{1}{2}$ cup low-fat plain Greek yogurt (or unsweetened almond milk)
 - $\frac{1}{8}$ teaspoon sea salt
1. In a saucepan over medium heat, warm the coconut milk and add the honey, ginger, saffron, vanilla extract, and vanilla bean.
 2. In a small bowl, whisk $\frac{1}{2}$ cup of coconut milk mixture with arrowroot starch until smooth; pour back into the pot, whisking as you go.
 3. Squeeze out and remove the vanilla bean, and pour the mixture into a food processor or blender; add the yogurt and salt and slowly blend until thick and frothy.
 4. Freeze overnight.

Nutrition Facts

Precision Nutrition

Ginger, Saffron, and Vanilla ice cream

Per serving

Calories 140

Carbs 9g

Fat 12g

Protein 2g

Fiber 0g

Häagen Dazs®

Chocolate Peanut Butter Ice Cream

Per serving

Calories 330

Carbs 25g

Fat 22g

Protein 7g

Fiber 2g

DAY 14 – END OF HABIT REVIEW (SUNDAY)

Over the last two weeks you've completed the 'single ingredient foods' habit challenge - nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

What has the habit been like and how have you done?

What have you learned?

What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

Tomorrow, we'll be starting our next habit challenge.

WEEK 3: STOP UNHEALTHY SNACKING!

"O you who believe! Eat of the lawful things that we have provided you with, and be grateful to Allah, if it is indeed, He Whom you worship" 2:172

THE STOP UNHEALTHY SNACKING PROGRAM

Snacking can reduce our natural hunger cues and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. This 2-week habit coaching program will help you eat regularly throughout the day while being in tune with your hunger and fullness cues. It will help you 're-connect' with your body.

DAY 0 - INTRODUCTION OF HABIT (SUNDAY)

Habit Challenge: Eat every 3-4 hours without snacking

For the next two weeks, I challenge you to stop snacking.

One of the most important healthy eating habits you can create, is to ensure you eat regularly throughout the day, while being in tune with your hunger and fullness cues.

By missing meals we tend to under eat, which leads to a lack of energy and performance. Drastic under eating also causes a reduction in your metabolism, and can actually slow fat-loss.

Snacking can also reduce our natural hunger cues, and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. For some people, this is the key reason as to why they gain weight.

This habit will also help you 're-connect' with your body. The connection you have with your body is the most precious thing you have. It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

How can I personalise this habit?

Choose where your current biggest pitfall, with this habit, may currently lie.

Are you skipping meals throughout the day? If so, which ones in particular? Are you mindlessly snacking between main meals? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you achieve this daily habit, and put some small changes into place to make it a success.

How can I make this habit easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating breakfast (or lunch or dinner), or focus on specific days (Saturdays and Sundays).

Have one day off per week from completing the habit.

This is very important: whatever you pick, it should only take you one to two minutes to complete each day.

What can I piggyback off of?

Look for events you can use as a reminder to eat every 3-4 hours: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

P.S. Don't worry about making this perfect. We'll help you adjust.

SMART GOALS

I am 90-100% confident that I will eat every 3-4 hours without snacking for 6 days a week after I set reminders on my phone!

Here is my SMART Plan!

S	_____
M	_____
A	_____
R	_____
T	_____

DAY 1 - START OF HABIT REVIEW (MONDAY)

How was Day 1? Did you complete a personalised version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

1. What did I do well today?

2. What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behaviour that you're trying to make automatic.

You've got to close the loop between your intention and your behaviour, and it's as simple as answering these two questions.

DAY 2 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

The connection you have with your body is the most precious thing you have. It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

To begin, you must understand and accept your current situation. To do this, you must start listening to your body. It will always tell you what it wants and what it needs, but you have to learn to hear it. You know that feeling when you just have to go to the toilet, or when you just can't keep your eyes open while watching TV? That's your body communicating with you in urgent and powerful ways.

Our bodies send similar messages throughout the day regarding nutrition and wellbeing. Right this second, your body is telling you what it wants and needs. It's your responsibility to hear, learn and translate these signals.

Our current habit is key to kick-starting this. Spend the next two weeks tuning into the cues that your body is sending you while following this habit.

Here's some key questions to consider daily:

Do I feel true hunger at any time between meals?

Was I hungry just before my last meal?

How satisfied am I after each main meal?

DAY 3 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

As you eat your meals today, practice shining the spotlight of mindfulness onto the habit.

Turn the spotlight onto how the food looks, how it smells, how it tastes. Then focus on your body, your surroundings and all the other sensations associated with eating a tasty healthy meal.

Appreciate everything wonderful about the habit so that the habit itself becomes your reward.

DAY 4 – WEEKEND WIN (THURSDAY)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How? By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll eat every 3-4 hours this weekend.

Normal Weekend Habit	New Weekend Habit

DAY 5 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

The debate over 'optimal' meal frequency rages on and general advice ranges from one large evening feast to the tradition of 6+ meals per day.

Which approach is correct?

Well, it depends. Nutrition must be matched to your physiology and current goals. And of course, for long-term success, it must also fit your lifestyle to be manageable on a day-to-day basis.

We can find 'success' stories for almost every nutrition protocol/strategy, whether eating two meals per day or eight. This indicates that overall daily food intake is the key factor in someone's results, not how many meals they have had.

The results usually come down to the fact that the person has found a nutrition system to suit them, one they can stick to consistently, that helps them adopt a set of healthy lifestyle habits.

What this shows us is that some of the time-honoured myths can now be firmly put to bed. So let's do that.

1. Greater Meal Frequency Increases Metabolism

When we consume food we get what is known as the 'thermic effect of food' (TEF). This is the amount of energy expended by the body during digestion. When we eat food we get a slight rise in our metabolism, however eating more meals per day does not provide any significant increase to metabolism. Eating a greater amount of meals per day doesn't raise the metabolism enough to impact fat loss. It is actually the total amount of daily food consumed that equates to our daily energy expenditure on digestion.

Look at the numbers. If you consume three meals per day at 1000kcal each, you get exactly the same daily energy turnover as if you ate six meals per day at 500kcal each.

2. You Must Eat Breakfast Upon Waking

It's often suggested that eating immediately upon waking helps improve fat loss. This is not the case as it does not kick start the metabolism for the day. In fact, it has been shown that going periods without food (usually skipping

breakfast) can actually increase metabolism. We can get additional health benefits from short fasts, such as improved insulin sensitivity, nutrient partitioning, greater fat loss and induced autophagy (the cellular clean-up process).

Experience has shown that eating every 3-4 hours without snacks, is the perfect middle ground for the majority of people. It also provides a great place to quickly add or subtract meals to learn what works for you.

DAY 6 – NO DAILY LESSON (SATURDAY)



[All About Nutrients Timing](#)

Carb type	Examples	When to eat
Fiber-rich	Vegetables (e.g., broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, zucchini, beets, bok choy, lettuce, collards, pumpkin, radish, onion, chard, watercress, etc.) Peas Beans Legumes Most fruits	Eat often, and any time of day (especially for veggies)
Starchy	Sprouted grain breads Corn Sprouted grain pasta Yams/sweet potatoes Quinoa Amaranth Oats Long grain rices	During the 3 hours or so after exercise
Refined sugary	Desserts Fruit juice Processed foods Soda Sports drinks Most commercial nutrition bars Dates, figs, raisins, dried fruits	Eat very rarely , and during the 3 hours after exercise.

The best time to eat carbs

Consult the chart below to find out when to eat each of the three main types of carb foods.

Carb type	Examples	When to eat
Fiber-rich	Vegetables (e.g., broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, zucchini, beets, bok choy, lettuce, collards, pumpkin, radish, onion, chard, watercress, etc.)	Eat often, and any time of day (especially for veggies)

Starchy	Peas	During the 3 hours or so after exercise
	Beans	
	Legumes	
	Most fruits	
	Sprouted grain breads	
	Corn	
	Sprouted grain pasta	
	Yams/sweet potatoes	
	Quinoa	
	Amaranth	
Refined sugary	Oats	Eat very rarely , and during the 3 hours after exercise.
	Long grain rices	
	Desserts	
	Fruit juice	
	Processed foods	
	Soda	
	Sports drinks	
	Most commercial nutrition bars	
	Dates, figs, raisins, dried fruits	

DAY 7 – WEEKLY GROUP REVIEW (SUNDAY)

When you're done doing the habit today, take a minute to reflect on the past week or so of doing the habit.

What has it actually been like, as opposed to the fantasy you had about it before you started?

What have you learned?

What do you appreciate?

What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

WEEK 4: STOP SNACKING!

And from the fruits of date palms and grapes, you desire strong drink and a goodly provision" 16:67

DAY 8 – ADJUSTMENT OF HABIT (MONDAY)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been focusing on eating a healthy breakfast that you would have previously skipped on a morning, then extend that to your lunch now too.

Or if you've been focusing on reducing your snacks between meals, try to focus on eating your main meals every 3-4 hours.

Or if you've noticed increased hunger between meals, then try making your meals bigger, or eating more frequently.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

DAY 9 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

You're now gaining more experience with this habit and yesterday I encouraged you tailor it more to you and what your body is asking.

Here's some further suggestions to help with this, and guide you with any problems you might be experiencing from following this habit:

When to eat more frequently?

1. When building more muscle mass and strength

To gain muscle we need to provide the building blocks - based on a high quality and quantity of food. This is when it would be best to eat more frequently - to ensure maximum muscle protein synthesis (MPS).

Studies show approx. 3g leucine per meal is required for maximum MPS, hence quantity and quality of protein per meal is the most important factor. There is a reason why physique athletes and bodybuilders eat a lot of lean meat, as it makes for a complete amino acid profile (with >3g leucine) and typically offers the ideal 30-40g protein per serving.

MPS has been shown to peak two hours following elevated amino acid levels (to allow for digestion), therefore placing meal timings too close together is unnecessary, as you will see diminishing returns.

An optimal eating strategy is around 3-6 meals per day, spaced every 3-4 hours, with a high quality protein source of at least 20g per serving per meal. So a typical eating schedule could be 8am, 12pm, 4pm, 8pm.

2. When suffering from metabolic damage or food issues

If you are suffering from weight gain after 'yo-yo' dieting, or have been using a low calorie diet approach for some time, it would be best to return to a more regular eating pattern with increased food quantities. The aim is to restore homeostasis within the body and to balance hormones.

This is also true for those with previous or current physiological or psychological issues with food, such as cravings or binge eating cycles. A regular eating schedule will ensure blood sugar levels are constantly steady and you never reach a point of hypoglycemia.

A typical four meals per day approach, spaced every 3-4 hours would be ideal with healthy snacks between meals if required.

When to eat less frequently?

1. When focusing on fat loss

If you have a good relationship with food and follow a healthy lifestyle and food choices, skipping meals could help you in your quest for lower body fat. It provides the opportunity to feast on larger meals to provide that feeling of fullness despite a lower overall daily intake of calories. A typical three meal per day approach could be applied (such as 8am, 12pm, 5pm), or you could utilise intermittent fasting (and eat at 12pm, 4pm, 8pm).

Remember that the goal of your diet in this case is to lose body fat and retain as much lean body mass as possible.

2. When your lifestyle says so

Some people have extremely active and busy lifestyles, and eating every few hours may not be an option. Such people often don't particularly want to, either.

Lifestyle doesn't have to hold you back from your goals. The body is well adapted to under-eating at periods of intense activity/workload and feasting afterwards. If you want only two meals per day, and enjoy this way of eating, then there is no problem with doing so, providing your overall nutrient requirements are met.

Match your nutrition to your lifestyle, and not the other way around. Good healthy food should enhance our life, not hold us back.

DAY 10 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

If you've been struggling, resisting, uncomfortable, disappointed, feeling like quitting... these are some forms of dissatisfaction.

If you have felt any of these during this habit change, try to practice with these difficult feelings as you do the habit today.

Put your attention on how your difficulty feels. Explore the feeling instead of avoiding it.

Get to know them. Get intimate with these feelings.

This is an on-going practice you might experiment with throughout this programme.

DAY 11 - WEEKEND WIN (THURSDAY)

As we finish up this important second week, let's reflect on not wasting this precious time we've been given, and instead study this habit change as if it were the most important change of our lives.

So let's set you up to win this weekend and achieve your habit.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

DAY 12 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.'

This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.

DAY 13 - NO DAILY LESSON (SATURDAY)



[Why you can't stop overeating junk food](#)

[Get printer version of this infographic and use its practical tips for understanding — and changing — your behavior around processed food.](#)

DAY 14 – END OF HABIT REVIEW (SUNDAY)

Over the last two weeks you've completed the 'Eat every 3-4 hours without snacking' habit challenge - nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

What has the habit been like and how have you done?

What have you learned?

What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

Tomorrow, we'll be starting our next habit challenge.

WEEK 5: YOU ARE WHAT YOU EAT!

"And He enforced the balance. That you exceed not the bounds; but observe the balance strictly, and fall not short thereof." (Quran, 55:7-9)

THE YOU ARE WHAT YOU EAT PROGRAM

There is a lot of value in the actual act of recording what you eat. It's a behaviour that truly takes seconds to minutes a day to do, but each and every time you pull out your app or diary, you remind yourself of your healthy living desires and strategies. This 2-week habit coaching program encourages you to record what you eat and explains how to use the information to help inform any future dietary changes.

DAY 0 - INTRODUCTION OF HABIT (SUNDAY)

Habit Challenge: Record what you eat

For the next two weeks, I challenge you to 'record what you eat' without fail in the app!

There is a lot of value in the actual act of recording what you eat.

It's a behaviour that truly takes seconds to minutes a day to do, but each and every time you pull out your app or diary, you remind yourself of your healthy living desires and strategies.

It's through regular and conscious effects and reminders that new habits are formed, and any behaviour that helps you to keep your goals and intentions at the forefront of your busy mind is a good one.

The point of this habit is awareness, not change. What I don't like about food logging is when it becomes punitive or judgmental. Food diaries aren't there to tell you what you are or aren't allowed. A food diary is simply a source of information to help inform your decisions, as well as an incredibly powerful habit-building tool. So this is not a calorie counting habit.

Recording what you eat isn't meant to replace your dietary strategy; it's there to supplement it. Whether you've been intermittently fasting, following a Paleo or low-carb plan, or even just doing your own thing, food logging, regardless of

its imperfections, oversights, and shortcomings, may be just the thing you need to figure out why you might be stuck.

How can I personalise this habit?

Choose how often you feel comfortable writing down what you eat. Is it for just one meal a day? Two? Just the snacks? Or all meals? Any amount will do. Choose how you'll write down what you eat. On a paper journal? In your progress log? On a food logging app? You won't have to share any of your notes. They're only for you.

How can I make this habit easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to track specific meals (just breakfasts, lunches, or dinners), or decide that journaling on paper is easier than an app for you.

Have one day off per week from completing the habit.

This is very important: whatever you pick, it should only take you one to two minutes to complete each day.

What can I piggyback off of?

Look for an event you can use as a reminder to write down what you eat: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

P.S. Don't worry about making this perfect. We'll help you adjust.

SMART GOALS

I am 90-100% confident that I will record what I eat in the app or on paper for 6 days per week after I finish my last meal of the day.

Here is my SMART Plan!

S	_____
M	_____
A	_____
R	_____
T	_____

DAY 1 – START OF HABIT REVIEW (MONDAY)

How was Day 1? Did you complete a personalised version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

1. What did I do well today?

2. What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behaviour that you're trying to make automatic.

You've got to close the loop between your intention and your behaviour, and it's as simple as answering these two questions.

DAY 2 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

As you do your habit today, reflect on what your mind is telling you about the habit.

What ideal or fantasy do you have about this habit?

What story are you telling yourself about it?

Now turn your attention to the reality of doing the habit, and be curious about what the habit is actually like.

DAY 3 – DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

There's a tendency to treat a habit like a chore, and rush to move on to the next thing you need to do.

Notice the rush to move on, and instead, try to slow down and enjoy the habit.

Smile

Enjoy this learning process, and reflect on the sense of accomplishment when you're done doing the habit.

The more you can give yourself this positive feedback during the habit change process, the better, because positive reinforcement is what keeps you doing the habit over time.

DAY 4 – WEEKEND WIN (THURSDAY)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How? By doing an easy version of your "Record what I eat" habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll track what you eat this weekend.

Normal Weekend Habit	New Weekend Habit

DAY 5 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

No matter what level you are currently at with your nutrition, a daily food log will provide so many benefits.

I will agree with these who say food logging also comes with its shortcomings and inaccuracy, but here's the truth...

It's science - you can't outrun the law of physics.

If you consistently eat more calories that you burn, you'll tend to gain weight.

Some people may gain weight incredibly quickly, some incredibly slowly, but due to the conservation of energy, if you happen to consume more energy than your body burns, you will dutifully store some of that energy for the future.

There's no more readily available source of energy information than calories.

Sure there might be flaws in calorie counting, yet currently it is our most accurate number to track energy in our food.

Knowing what you're currently eating (and when) leads to better results. Studies have shown those who use a food diary lose twice as much weight as those not tracking.

From my own coaching experience, those clients who log the most, achieve the best results. Just a coincidence? Surely not.

Food logging on this programme isn't going to replace the good dietary strategy that we're putting in place - it's there to support it. Nor is this a habit that you must keep doing for the entire programme - but we'll come back to it again.

We're using it now to help you create more awareness of your current dietary habits. So that over the coming months you'll know how to personalise the habits we work on. You'll know the areas you need to improve the most.

You're laying the foundations to incredible results. Keep up the great work and enjoy your weekend!

DAY 6 – NO DAILY LESSON (SATURDAY)



3 diet experiments that can change your eating habits

3 more experiments to try

Want to keep learning more about yourself? Try the following to keep gathering intel.

Experiment: Eat nothing but sugar packets (read: pure sugar) for a day. (Good luck!)

What it shows: Sugar itself may not really be a problem food for you. Read: Most people won't stuff themselves with sugar alone. Instead, it's more about what the sugar is mixed with. For example, you may be okay consuming it when it's in fruit, yogurt, or even ketchup, but not when it's inside your personal red light foods like cookies, chocolate, or ice cream.

Experiment: Eat slowly every day for a month, trying to make every meal last a little bit longer. (Start by taking a breath between bites.)

What it shows: You may discover that you feel more satisfied sooner, so you eat less automatically. You may also notice eating slowly brings up uncomfortable feelings—ones you've been quashing with food.

Experiment: Use this article to make breakfast a little bit healthier.

What it shows: You don't have to do a complete 180 in order to see progress. Could you swap cold cereal for oatmeal? Could you have fruit instead of hashbrowns? Could you try eggs on a bed of greens instead of with a bagel?

It's not just about the substitutions; it's about being thoughtful about what you eat... before you eat. Small changes, done consistently, pave the way to lasting habits.

DAY 7 – WEEKLY GROUP REVIEW (SUNDAY)

When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

What was it actually like, as opposed to the fantasy you had about it before you started?

What have you learned?

What do you appreciate?

What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

WEEK 6: YOU ARE WHAT YOU EAT!

"And the cattle, He has created them for you, in them, there is warmth (clothing) and numerous benefits, and of them, you eat" (Quran, 16:5)

DAY 8 - ADJUSTMENT OF HABIT (MONDAY)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been writing down what you've ate for breakfast, then extend that to lunches too.

Or if you've been writing down everything you ate on paper, try an online food app to see a more detailed report of your diary.

Never make too big an adjustment so that it becomes too difficult. This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

DAY 9 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (TUESDAY)

This week is often the week that people quit doing the habit, even if they were fairly motivated and successful the first week.

Why? The mind gets tired from continuous focus and effort, and wants to quit.

Today I want you to notice your resistance.

Watch for any resistance you have doing the habit today, or reflect on recent resistance you've seen in your mind.

Be curious: what does this resistance feel like? Is there a way to accept the thing you're resisting, accept the discomfort, relax into it, and find gratitude for it? What is good about the discomfort?

DAY 10 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (WEDNESDAY)

It's possible you've missed a day of doing your habit...if not then you likely will in the next week or two.

When you miss a day or two, you can either feel bad about it, and possibly get derailed completely, or you can flow around it and not make it a big deal.

There will always be disruptions - due to travel, crises, big work projects, exhaustion, forgetting, illness, other priorities - and these disruptions very often lead to people quitting the habit.

A key habit is learning to flow around the disruptions and just keep going. Put aside the idea of doing things perfectly, and instead embrace the new landscape that you need to adjust to.

Even if you haven't missed a day yet, start adopting a flow mentality today.

DAY 11 - WEEKEND WIN (THURSDAY)

Missing a day of doing the habit isn't a big deal, but if you miss a second day, it can sometimes trigger a downward spiral.

You might feel bad about missing two days, making it likely you'll miss a third day, and feel so bad that you just avoid thinking about the habit.

To avoid this downward spiral, you might create a new rule for yourself: never miss two days in a row.

So let's set you up to win this weekend and achieve your habit. Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

DAY 12 - DAILY LESSON TO REINFORCE HABIT AND ACCOUNTABILITY (FRIDAY)

We're almost at the end of the 'Record what you eat' habit challenge.

For the next few days, pay attention to your motivation levels - is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn't something you're used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!

DAY 13 - END OF HABIT REVIEW (SATURDAY)

Over the last two weeks you've completed the 'record what you eat' habit challenge - nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

What has the habit been like and how have you done?

What have you learned?

What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.