WELCOME FRIEND!

Dear Friend,

Congratulations on making this life-changing commitment to your health!

This program is designed for the person who is ready to get rid of weight, inflammation and toxicity in a safe and natural way. No quick fixes – just eating seasonal, whole, satisfying foods.

This is a unique weight loss program because it does not involve watching the scale, counting calories, or focusing on the physical aspects of losing weight. You are going to dive deeper to get behind what’s been holding you back so that you can achieve real success.

Here is the link to pick up your documents:

<http://www.healthcoachmt.com/thank-you-14-day-ageless-weight-loss/>

By the end of this program, you will know:

* how to choose foods for optimal health, weight-loss, and vitality
* valuable tools to kick emotional eating for good and reduce stress, the #1 toxin

Sound transformational? Yep, it is!

I am sure you are wondering whether you’ll be able to manage this program, and the answer is **ABSOLUTELY**. You have every tool you need here to jump-start your body and get the physique and the life you deserve.

***Trust me, I have done it and so can you. Simple changes are all it takes. This is not a big scary program. You will eat real food. Tasty meals. Learn new habits.***

Eating clean is **NOT A DIET** - it is a way of life. I know how hard it is to fit everything into a busy life. I want to teach you how to eat healthily without spending hours, or even 30 minutes, in the kitchen. I have created simple, delicious meals that are designed to give you energy and help you lose unwanted weight.

I never want you to feel confused or annoyed about what to eat or when to eat in your busy day ever again. This program will guide you step-by-step and day-by-day. I am here with you all the way.

Are you ready? Before we get into the nitty gritty of the program, grab a pen and take a few minutes to write down your motivations for making this commitment. Clarifying your intentions and referring back to your goals during the course of the program can be really helpful.

1. Why have you chosen to embark on this program now?
2. What are your physical goals (weight loss, more muscle tone,
more energy, etc.)?
3. What other areas of your life would you like to see changes in?
4. How am I going to love and support myself?

List 5 ways:

# THE SIMPLE PROGRAM BREAKDOWN

I will provide suggested meals for the first 14 days that are low on the glycemic index and created to blast off the weight.

You will also receive additional handouts to support your weight loss efforts:

* The Lower Your Blood Sugar, which will help you keep your blood sugar balanced and any sugar cravings and mood swings at bay.
* Drink Yourself Skinny, which explains how important it is to hydrate properly for optimal weight loss results.
* A Weight Loss Tracker, which will explain why the scale is not always telling you the truth.
* A Food Diary, which will help you understand your hunger levels and is a great tool to chart the foods you eat and any reactions you may be having.

Use your Food Diary to note what you’ve eaten at each meal and how you feel afterwards, especially as you add back the one carbohydrate per day.

Ask yourself:

* Did the weight loss stop?
* Do I feel more energy?
* Did I feel a drop in energy after adding a meal with even a healthy carb, like quinoa?

Remember, we are all unique individuals with different reactions to foods.

Please note: we are not using the Food Diary to count calories or dwell on fats; instead, we want to look at when you are hungry and what foods you are eating. This allows us to know how food affects you both physically and mentally.

After two weeks of blasting the weight off, you will start to incorporate other meals from the recipe guide, which are higher in glycemic index but still balanced and healthy.

# TOP 10 TIPS FOR

# WEIGHT LOSS

1. Honor yourself by practicing self-care in every way. This includes taking time out for yourself and getting enough rest.
2. Rally support from your friends and family. If some of your loved ones are dismissive of your efforts, don’t let them get you down, focus and surround yourself with supportive people.
3. Track your progress. Take before and after photos, weigh yourself and/or take measurements if you wish. You will be surprised how amazing you look and feel after removing higher glycemic foods from your daily intake for only 14 days. Remember, this is totally optional, but objective measures of progress can be very motivating for some people, especially measurements.
4. Create a vision board. Choose inspirational pictures and quotes that give you daily motivation and tape them to a poster board or pin them on a corkboard. Having this collage is a terrific reminder of why you are committing to transforming your life.
5. Say your daily affirmations (you’ll find some examples below). Repeating affirmations can help replace any negative self-talk with more positive thoughts.
6. Keep blood sugar balanced by following the Low Glycemic Handout and eating regularly. This will reduce cravings, overeating, and will help keep the pounds off.
7. Make sure you’re hydrating adequately. A rule of thumb is to drink half your body weight in water every day.
8. Practice portion control. Learning to listen to your body to gauge your true hunger levels is key for keeping weight off. When we practice conscious eating, we release the need to live by a diet or a meal plan.
9. Get your heart pumping — remember that exercise is not just for physical well being, it is for our mental state as well.
10. Make it fun! Enlisting a friend to do the program with you, cooking to music, trying a dance or rebounding class for exercise, or exploring non-food rewards such as an Epsom salt bath with a few drops of lavender oil are all good ways to accomplish this. Stay positive, no matter what. If you step off the path, get right back on track. No worries!

# MEALS

KEEPING IT SIMPLE

1. Using your Meal Plan is key to minimizing stress when it comes to weight loss.
2. If you do not want to follow the suggested Meal Plan exactly, feel free to substitute with other recipes from the Recipe Guide, or modify using the Meal Plan as a template. If you are modifying, please make sure to respect the guidelines of the program – stay grain free, make choices that are low in glycemic index and low in sugar. The way to blast off the weight is to decrease the sugars that are entering your body.
3. Make sure you are getting enough protein for your body. On average women need 4 ounces of protein per meal and men need 6 ounces. If you are active and exercising daily, women may need to increase to between 4-6 ounces and men to between 6-8 ounces.
4. Print out your Shopping List for the week. If you have made any changes to the meals, note them on your Shopping List before you head out to the store.
5. If you are eating out, traveling or picking up from a restaurant, keep your meals simple: protein, vegetables and a healthy fat. You can never go wrong eating low glycemic meals. Many restaurants and hotels are also offering gluten free, paleo, and heart healthy meals these days.
6. During the first 14 days of the program you will be giving up dairy and gluten:

- Dairy is a common allergen that often causes bloating. If you would like, you can experiment and keep cultured dairy, such as yogurt, which is easier to digest.

- Giving up gluten, the bread and the carbs, will really get your body into fat burning mode.

\*Note: if you decide to add a low-glycemic grain or seed-like grain, such as millet, buckwheat, quinoa or brown rice, make sure to have it before 4pm.

# MAKING IT WORK

One of the biggest obstacles preventing people from reaching their health and wellness goals is a lack of proper planning and preparation. Follow these simple guidelines below to maximize your time and create the perfect kitchen environment. This will get you feeling organized, confident and in control.

1. **Get rid of the junk!** Take the time to clean your pantry and fridge of any processed foods, such as anything containing high-fructose corn syrup, refined flours, stabilizers or hydrogenated fats. Toss or give away boxed cereals, crackers, cereal bars, or meal replacement bars. Generally speaking if you can’t pronounce an ingredient, your gut won’t recognize it either! Do not use this as a binge excuse – that will only sabotage your goals and future success.
2. **Buy organic.** Hormones in food can mess with your metabolism and hamper your weight loss efforts. Purchase organic foods whenever possible. Look in the frozen section for organic produce if price is a concern. Choose meats that are nitrate free when possible.
3. **Choose and plan your meals for the week**. What are you craving? Look at the recipes and ask yourself, “What sounds delish?” Have fun choosing and always make choices that will help to simplify your life – consider those nights that you have meetings, or late night commitments, and bust out the crockpot for those nights.
4. **After you've chosen your meals, make your shopping list**. This simple habit will prevent you from buying unnecessary items and trims the cost of your grocery bill.
5. **Peel, chop and prep when you get home.** Take the extra time to chop and peel your produce for the week right when you bring home your groceries. I know it can seem like a big task but try employing the entire family and make a date of it. This will save you HOURS during the week, not to mention unwarranted stress!
6. **Make your dips and dressings for the week** al at one time and store them in glass mason jars in the refrigerator.
7. **Cook once, eat thrice.** Go big or go home my dears! Make double, triple or even quadruple portions of your meals for easy leftovers.

1. **Pre-cook your proteins and store in the freezer.** Grill, broil or bake your protein, slice it up and store in the freezer.
2. **Pre-prep.** Get ahead of the day by prepping your breakfast, smoothies and daily drinks the night before.
3. **Always have healthy snacks on hand** (see your recipe guide for ideas) so you don’t get caught out hungry and tempted.

# SUGAR ADDICTION & TOXICITY

Balancing your blood sugar is essential for blasting fat, increasing your immunity, and boosting your energy levels. Keep in mind that sugars come in many forms, not just white sugar. Sugar can be found in processed foods, drinks, fruits, and of course, carbohydrates.

When your blood sugar is imbalanced, you cannot get rid of your body’s toxicity. When the body is toxic, it cannot do its job properly. This breakdown in the body’s systems causes you to experience weight gain, bloating, digestive distress, sleepless nights, and moodiness. No fun!

By eating cleanly and ditching the sugar habit, you will get rid of the toxins that may be causing your:

1. Bloating
2. Headaches
3. Poor skin
4. Lack of energy
5. Poor stamina
6. Hormonal imbalances
7. Low sex drive
8. Acne
9. Cellulite
10. Poor sleep

When you are toxin free your body resets, giving you glowing skin, better moods, great hair, and an overall positive outlook.

# Artificial Sweeteners

# Even though artificial sweeteners are low in calories, they have been known to cause bloat, weight gain, water retention and digestive distress. If you have been using artificial sweeteners, I suggest switching to stevia.

There are many brands of stevia. You can buy it in liquid or powder form. I suggest trying Stevia Leaf or Kal Brand.

If you can tolerate a little honey, then I highly suggest raw honey. But remember, the goal of this program it to eliminate sugars that could be sabotaging your weight loss. Even healthy sugars such as honey, raw agave, and coconut sugar can raise glucose levels enough to hamper weight loss so please use sparingly.

#  CAFFEINE

Caffeine is acidic. It increases your cortisol levels, aggravating your blood sugar imbalances. Caffeine can also dehydrate the body – leading to weight gain and wrinkles. If you can’t give it up entirely, please limit your consumption to one cup of organic coffee per day. If you usually use a dairy creamer, during this program exchange it for coconut or almond milk (unsweetened). Better choices than coffee include Yerba mate and green tea because they have beneficial antioxidants. These options do still contain caffeine so you should consume them in moderation. I suggest drinking herbal teas like dandelion, nettle, peppermint and chamomile. You can sweeten herbal teas with stevia, or add some lemon for enhanced weight loss.

# HEALTHY FATS

It might seem counterintuitive, but we need healthy fats to lose weight. If you feel you are not getting enough fat:

* Add flax oil (like Udo’s) or olive oil in your dressings or use flax seeds in your meals to get a healthy dose of Omegas.
* Avocado on a salad or in a smoothie is another great way to get a dose of healthy fat and hydration (avocados hydrate the body, leading to weight loss).
* Use coconut oil to prepare your meals, add it to your smoothies, or even take it by the spoonful.

# SPICES

Food can feel boring when you are dieting and that is why we are going to spice up your life. Go to the local market and get inspired by the spice aisle and herb section. Try cinnamon, cumin, paprika, ginger, garlic, or garam masala to spice up your meals. Cayenne is thermogenic, which means it boosts metabolism. Adding a dash of cayenne will enhance digestion and boost your weight loss. Experiment with herbs like rosemary, thyme, sage, chives, fresh dill and mint to add different flavors. Adding salsa or even sautéing food in a mustard is another good way to make clean eating healthy and enjoyable.

# RAW APPLECIDER VINEGAR

You will be starting each day with a lemon water elixir, which includes 1-2 Tbsp. of Bragg’s raw apple cider vinegar added to water with the juice of one lemon. Raw apple cider vinegar is great for detox and for weight loss. Although both lemon and vinegar may seem acidic, they have an alkaline pH. The morning elixir eliminates toxins, balances blood sugar, and promotes weight loss. You can also drink an elixir 20 minutes before a meal to enhance digestion.

# SLEEP & REST

Proper rest and relaxation lower cortisol levels, which helps balance blood sugar. If you are not getting the rest you need, your priority is to make the changes necessary to support this very important restorative body function. .
Try doing a self-massage before bed or drinking a cup of chamomile tea if you have difficulty falling asleep. Rest is essential for maintaining weight loss. Poor sleep habits set you up for failure (and not only because when we are tired we reach for the junk). Recharge the batteries with at least 7 hours of sleep a night and take mini-breaks during the day when possible.

# HYDRATION

In order to flush out fat and toxins, have to drink enough water. On average, I suggest drinking half your body weight in ounces of water per day. To enhance weight loss, add fresh lemon, lime or grapefruit to your water. If you need to sweeten, use stevia (remember, other natural sugars such as agave can hamper weight loss). Refer to the Drink Yourself Skinny handout for more tips on healthy alternatives for enhancing the flavor of water.

# HEALTHY SNACKS

GOOD CHOICES INCLUDE:

1. 2 tablespoons of hummus and veggie sticks
2. 20 almonds or 10 walnuts
3. 2 protein balls or a low sugar, healthy protein bar
4. Greek yogurt (if you are not sensitive to cultured dairy) with a dash of cinnamon
5. Green apple with 1 Tbsp. almond butter and cinnamon
6. ½ avocado & a dash of cayenne pepper
7. Kale chips, either homemade or you can find them at your natural health food store and most national grocery stores
8. A cup of soup
9. A low glycemic smoothie
10. ½ grapefruit with 2 Tbsp. shredded coconut

# A DAY IN YOUR LIFE

|  |  |
| --- | --- |
| Upon rising | Take a probiotic with lemon water elixir (optional) Say your daily affirmation in the mirror |
| Breakfast | Drink 1 cup organic coffee, coffee substitute, or a cup of non-caffeinated tea (optional) with coconut milk or unsweetened almond milkBreakfast – see Meal Plan |
| Mid-morning | Snack if you are hungry |
| Lunch | Lunch – see Meal Plan |
| Afternoon  | Snack if you are hungry |
| Dinner | Dinner – see Meal Plan |
| Bedtime | Write in your journal and your Food Diary Practice self-love by treating yourself to an Epsom salt bath with lavender oil, do self-massage, or listen to an inspirational podcast  |

## DAILY AFFIRMATIONS FOR WEIGHT LOSS

These are just some suggestions to get you started. Feel free to come up with your own affirmations or change the language below so that it really resonates with you.

1. "I respect and honor myself, and lovingly do everything I can to assist my body in maintaining perfect health."
2. “I have the ability to accomplish any task I set my mind to with ease and comfort.”
3. "I love myself, and I only attract loving people in my world for they are a mirror of what I am."
4. “Today is a delightful day. Good things come to me in expected and unexpected ways."
5. "I am open and receptive to all the good and abundance in the Universe."
6. “I release the need to judge or criticize.”
7. ”When my interpretation changes, so does my reality. Whenever I notice that I am becoming emotionally attached to a point of view, I take a deep breath and come back to a more centered place.”
8. ”Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.”

“I have infinite patience when it comes to fulfilling my destiny.”

1. “I am willing to attract all that I desire, beginning here and now.”
2. “I have access to unlimited assistance. My strength comes from my connection to my Source of being.”

# MY PROMISE TO YOU:

**You will finally get rid of those extra,** unwanted pounds, and never see them again!

**You will learn to love and accept yourself** – this is the most important component of keeping weight off for good, and being in the best shape ever.

**Your body will look fantastic** in those fabulous clothes you’ve been dying to wear!

**You will believe in yourself**, and go for your dreams!

**You will be proud of yourself** for taking control of your life - no one can take this away from you.

**Last but not least, you will finally let go** of what has been holding you back and gain the energy to accomplish whatever you desire!

I am here to support you every step of the way.

Blessings,

Coach Peggy