

HEALTHY EATING

for the busy person



Hello,

Welcome! I'm Tania Dee, Nutritionist! I am here to help you revolutionize your life.

How many times during the day do you find yourself feeling tired or run down? Maybe wanting to run to Starbucks for a quick fix, only to feel even more exhausted after the caffeine and sugar high wears off?

What if there's another way? A simple way to get your groove back, feel fabulous again, get into those skinny jeans, and maybe even beat that young guy at the gym during your workout?

I was not always so in tune with my body. It took me feeling burnt out myself to decide it was time to make a change. I threw my energy into researching how I could feel my best, and I'm thrilled to be able to share what I learned with you here.

Are you ready?

Tania

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MY STORY

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This is not intended to diagnose, treat, cure, or prevent any disease.

I attended EIN Holistic Nutrition school, where I learned over 100 dietary theories and had the privilege of studying with leaders in the field including Andrew Weil, Mark Hyman, Joel Fuhrman, Geneen Roth, David Katz, and Deepak Chopra.

But it wasn't until my own body told me to "shape up or ship out," that I saw that I needed a plan, and I came to realize that my clients wanted one, too.

I am here to share with you how you can awaken your senses and feel refreshed every day by choosing foods that give your body energy. Here is your 48-hour breakdown on how to eat clean right now, no matter how busy you are and some tips on how to feed your soul as well as your body.

You may have heard the term "clean eating" and wondered what it means. Clean eating involves eating real foods in their most natural state. It is not a fad diet but a way of life. Clean eating is about tuning in to both the foods you put into your mouth and the foods that feed your heart. When we are not eating foods that make us feel good, we tend to feel bloated, irritated, and tired.

What is real food? Real food means food that is not made in a factory or processed and that doesn't contain chemicals. Real food is about eating an orange rather than drinking orange soda, for example.

In his #1 best-selling book, *In Defense of Food: An Eater's Manifesto*, Michael Pollan recommends not eating anything your grandmother would not recognize as food. Real food either doesn't have a label (like produce) or, if it does have a label, you can pronounce the ingredients. Generally, if you can pronounce the ingredients, then your body can properly digest them, too.

HERE ARE MY TOP TIPS FOR MAKING EATING CLEAN EASY:

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1. Head to your local farmers' market, and learn to love shopping for foods that are fresh, beautiful and contain the colors of the rainbow. See your plate as a picture and yourself as the artist.
2. Start your day right with a healthy breakfast. No matter how busy you are, take a few minutes to prepare a healthy breakfast, such as:
 - a. A smoothie
 - b. A piece of Ezekiel bread or gluten-free bread with avocado, tomato, and a sprinkle of sea salt
 - c. A nice bowl of quinoa with hemp seeds and cinnamon
3. Make a big salad for lunch.
 - a. Two cups of mixed greens with chopped vegetables of your choice
 - b. A clean protein source, such as chicken, fish, eggs, beans, tempeh or nutritional yeast
 - c. 2 tablespoons of a healthy fat, such as sunflower seeds
 - d. Your favorite healthy salad dressing
4. Prepare healthy snacks for yourself, such as:
 - a. Hummus with celery sticks
 - b. An apple with almond butter
 - c. Almonds, walnuts, or pumpkin seeds in a small bag – easy to bring to work or stash in your purse or car
5. Have pre-cooked proteins on hand in your refrigerator.
6. Make a bigger batch of a meal (e.g. soup, lentil burgers, or gluten-free meatballs), and put the extra portions in the freezer.
7. Buy canned fish (in BPA-free containers), and make salmon burgers, or use canned chicken to make a chicken salad with avocado, celery, lemon, sea salt, and a dash of cumin or cayenne for a kick.

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8. Make a large serving of brown rice or quinoa with vegetables to keep in the refrigerator. When you get home, all you have to do is reheat and add your favorite sauce, such as wheat-free tamari, hot sauce, or curry. Feel free to add your favorite protein.
9. Enjoy breakfast for dinner. Make an omelet or frittata with a huge fresh green salad.
10. For a sweet treat, have plain yogurt or coconut yogurt with berries, flax seeds, and a cup of tea.

IF YOU ARE REALLY PRESSED FOR TIME OR HATE TO COOK, NO WORRIES – YOU CAN STILL EAT CLEAN!

1. Take any of the suggestions above, and apply the same philosophy to eating out or ordering in.
2. At most supermarkets, you can find already cooked proteins, like chicken, salmon, shrimp cocktail, or vegetarian choices to add to a simple salad.
3. Buy a soup from a market or health food store for an easy meal. Feel free to add extra protein, or simply have a vegetarian night.
4. Go to your favorite (non-MSG) Chinese restaurant, and order spring beans and chicken or tofu sautéed in garlic, ginger and oil.

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5. Go to your favorite Italian restaurant, and get mussels in red sauce without the cheese.
6. Go to your favorite Mediterranean restaurant, and have a salad with falafel and hummus.
7. Go to your favorite Mexican restaurant, and have a fish taco, asking them to hold the cheese and the taco shell. You can also enjoy a vegetarian meal by asking for a veggie bowl loaded with tomatoes, lettuce, beans, avocado, and salsa.
8. Go to your favorite deli, and order a big salad and/or a soup like split pea or chicken (ask them to hold the rice or the noodles).

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No matter where you are, whether it's traveling, eating on the go, or cooking in your own kitchen, simple, clean and green is the way to go!

I have found that many of my clients are burning the candle at both ends and end up feeling burnt out. If you are eating cleanly but still feel exhausted...

TRY THESE SOULFOOD!

Make sure you are laughing daily. This means letting go of things that are out of your control and laughing at life. Too often, we take ourselves so seriously that we feel drained.

1. Unwind. Take the time to enjoy the break you have with each meal. Make sure you eat lunch away from your desk and avoid eating while standing at the counter at home.
2. Make sure you are taking a break in your day and finding some time for yourself. Take a walk, or listen to your favorite music. Step outside for a daily dose of vitamin D.
3. Set the alarm on your phone periodically as a reminder to stop and take a few deep breaths to reset your nervous system.
4. Commit to one affirmation a day – you can say it at any point of the day. An example of an affirmation is: “ I am complete with every breath I take.”
5. Nourish your relationships. Take time today to call a friend or a family member, and tell them you love them. So often we communicate with people through email, Twitter, and Facebook rather than picking up the phone. Take time today to talk to your loved ones and nurture the relationships that will feed your soul.

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Warmly,

Tania

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