

**Lindsay Lives Well**

*Quick Start Guide*

Your Guide to Healthy Meal Planning

# Quick Start Guide

**The Perfect Plate = Fat + Protein + Fiber + Color**

## FAT

### Nuts & Seeds

INCLUDES, BUT IS NOT LIMITED TO: Almonds, brazil nuts, cocoa, chia seeds, coconut, flax seeds, hazelnuts, hemp seeds, macadamias, pecans, pistachios, pumpkin seeds, sunflower seeds, sesame seeds, walnuts.

**SERVING = a small handful, 1/4 cup, or up to 1-2 tablespoons of nut butter**

### Fats & Oils

Grass-fed butter, ghee, avocados, avocado oil, coconut oil, palm oil, olives, olive oil, and sesame oil.

**SERVING = 1 – 2 tablespoons of fat or oil • 1 tbsp is a good portion of oil for a salad, 1 tbsp for 1 lb. of cooked vegetables when roasting**

## PROTEIN

INCLUDES, BUT IS NOT LIMITED TO: grass-fed beef, organic/pasture-raised chicken, lamb and pork, turkey, wild-caught seafood, deli and cured meats, bacon, pancetta, prosciutto, and free-range/organic eggs. Also includes organic, vegan protein powder or grass-fed whey protein powder.

**SERVING = Eat 4-6 ounces of protein at each meal • Eat 2-4 ounces of protein for snacks. Eat a minimum of 20 grams of protein per meal**

### Non-Starchy Vegetables

## FIBER

INCLUDES, BUT IS NOT LIMITED TO: asparagus, broccoli, cauliflower, carrots, cucumber, all leafy greens (kale, bok choy, lettuce, collards, etc), Brussels sprouts, onions, mushrooms, radishes, green beans, spaghetti squash, zucchini, tomato, and fennel.

**SERVING = Eat lots of non-starchy vegetables, raw or cooked, do not limit them. 1 cup at each meal is a good place to start.**



**FIBER**  
cont.

## Starchy Vegetables

INCLUDES, BUT IS NOT LIMITED TO: sweet potatoes, white potatoes, plantains, butternut squash, kabocha squash, winter squash, pumpkin, and yams.

**SERVING = Begin with 1/2 cup serving, up to 2 servings per day, adjusting with activity level.**

## Gluten-Free Grains & Legumes

INCLUDES, BUT IS NOT LIMITED TO: rice (white, brown, wild), quinoa, millet, amaranth, buckwheat, beans (black, fava, navy, pinto, red), garbanzo beans (chickpeas), and lentils.

**SERVING = Begin with 1/2 cup serving, up to 2 servings per day, adjusting with activity level.**

## Fruits

INCLUDES, BUT IS NOT LIMITED TO: strawberries, blueberries, blackberries, raspberries, tropical fruits, cherries, oranges, mandarins, açai, pears, peaches and apples.

**SERVING = 1 piece or 1/2 cup, divided amongst meals, snacks, and “treats”.**  
**For a weight-loss goal, limit fruit to 1/4 cup per serving.**



**MISC.**

## Beverages

Unsweetened nut milks (almond, coconut, cashew, hemp), full-fat canned coconut milk, coconut water, coffee, espresso, mineral water, seltzer, club soda, kombucha, teas (herbal, black, green), water

## Protein Powders

Pea protein, 100% egg white, hemp, plant-based, grass-fed whey.

## Treats

Fruit or dark chocolate (preferably 72% or darker)

## Sweeteners

Honey (raw), maple syrup (grade B), dates, molasses, coconut sugar, stevia (green leaf or extract), monk fruit. \*Use sparingly

## Sauces

Coconut aminos (soy replacement), hot sauce (gluten-free), Primal Kitchen Foods dressings, Tessemae's dressings, mustard, vinegars (apple cider, red wine, distilled and balsamic). \*If using other sauces, look to avoid added sugar and gluten.

## What to Avoid:

### Gluten and Refined Grain Products

Cereals, toast, muffins, scones, croissants, English muffins, sandwiches, burritos, tacos, pancakes, waffles, pasta, pita bread, bagels, packaged snacks, breakfast bars, granola bars, pastries, crackers, cookies, pretzels, chips, baked goods, 100-calorie packs, etc. Anything containing gluten or wheat. Any kind of grain that is not in its whole form and has been broken down and refined.

### Dairy Products

Milk, cheese, yogurt, cottage cheese, coffee creamer, cream cheese, half & half, sour cream, kefir, ice cream, frozen yogurt, etc. \*We can revisit these foods and add high-quality dairy back into your diet after an elimination period to see how your body tolerates dairy.

### Hazardous & Inflammatory Fats

“Buttery spreads” such as Earth Balance, I Can’t Believe It’s Not Butter, hydrogenated or partially hydrogenated oils, and margarine. Also avoid unsaturated fats such as canola oil, corn oil, grapeseed oil, rice bran oil, safflower oil, and soybean oil.

### Artificial Sweeteners & Hidden Sugars

Aspartame (Equal), saccharin (Sweet n Low), sucralose (Splenda), glucose, sucrose, fructose, dextrose, maltose, lactose, levulose, mannitol, and sorbitol.

## Try This Instead:

**Pasta:** try rice pasta, quinoa pasta, zucchini noodles, or spaghetti squash.

**Tortillas:** try brown rice wraps, coconut wraps, large lettuce leaves, or collard greens.

**Wheat or White Flour:** try almond, coconut flour, arrowroot or tapioca flour.

**Soy Sauce:** try coconut aminos.

**Couscous:** try quinoa or cauliflower rice.

**Pizza Crust:** try a slice of eggplant, zucchini, portobello mushroom, or cauliflower crust.

**Coffee Creamer:** try full-fat coconut milk with vanilla extract and cinnamon.

## Meal Timing Secrets:

- 1) Eat every 4-6 hours
- 2) Don't eat anything for the last 2-3 hours before bed
- 3) Aim for a fasting window of 12 hours between dinner and breakfast.

# Healthy Habits:

## Sleep

Get a minimum of 7 hours of sleep per night. 8-9 hours is optimal. Sleep in absolute darkness and keep your room at a cool temperature. Try to shut off all electronics two hours before bedtime and lower household lighting as the sun sets to give your body signals that it's time to wind down and enable natural melatonin production. Use amber glasses and computer apps if necessary to block blue-light.

## Drink

Drink half your bodyweight in ounces of water per day, minimum. For example, if you weigh 200 lbs you would drink 100 ounces of water, spread throughout the day. Limit water intake around meal times to optimize digestion. Place a glass of water by your bed in the evening so you have water within reach the moment you wake up in the morning.

## Detox

Begin your day with an energizing detox drink. Squeeze the juice from half a lemon into a mug; add warm water from a teakettle, and a sprinkle of cayenne pepper or cinnamon. Sip slowly upon waking in the morning on an empty stomach. Incorporate other "continuous cleansing" rituals into your life such as oil pulling, dry skin brushing, tongue scraping and epsom salt baths.

## Move

There are so many benefits to exercise. Not only performing weight-bearing exercise on a regular basis, but also making a point to move as much as possible throughout the day. Try to avoid sitting for prolonged periods of time by setting a reminder on your phone every 20 minutes to stand up and walk around. Try to walk at least 10,000 steps per day for optimal circulation, metabolism and health

## Sunshine

There are many negative side effects that come as a result of spending the majority of your time indoors. Fake, fluorescent lighting mess with our natural circadian rhythm and wreck havoc with our immune system, metabolism, hormones and sleep habits. Aim to spend at least 30 minutes outdoors each day. This doesn't mean that you have to be in direct sunlight for 30 minutes. Just being outside with your eyeballs exposed to natural lighting will do the trick.