

HEALTH & WEIGHT LOSS JUMP START

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CONTENTS

1. CLEAN OUT THE PANTRY
2. GO SHOPPING
 - a. PROTEINS
 - b. VEGGIES
 - c. FRUITS
 - d. FATS
 - e. ODDS & ENDS
3. COOK!
 - a. KEY POINTS FOR MEAL & COOKING
4. MOVEMENT & EXERCISE
5. SLEEP
6. PUT THESE STEPS INTO ACTION
7. ORGANIC SHOPPERS' GUIDE
8. GET IN TOUCH WITH US



1. CLEAN OUT THE PANRTY

Its not easy to have will power made of steel when you don't yet have an anchor to feeling amazing from the food you are consuming.

If there is junk food in the house, it will get eaten, so the first step is to get it out of sight and out of mind. Remove the bread, rice, pastas, biscuits, crackers, puddings, ice cream, margarine, vegetable oils, waffles, juice, sodas, breakfast cereals, cheap oatmeal, artificial sweeteners, and the rest of the processed non-foods hiding in your fridge and cupboards.

Bag it all up and take it to a food bank or homeless shelter. No, the kids do NOT need crackers and Tiny Teddies, two-minute noodles, Nutella, lollies and rubbish, and you don't either.

The first step towards achieving good health, and optimal weight is to create a solid foundation of nutrition. This can be a big step, and if you're unsure about anything, have any hesitations, or question, please get in touch.



2. GO SHOPPING

Now it's time to fill your cupboards with food that is alive, and gives you energy and vitality! This is the fun part, and opens up a range of new meal options, nutritional learning, and discovery about your body and health.

A basic shopping rule: shop the perimeter of the grocery store: Veggies, Fruit, Pasture Raised Meats and Eggs, and Organic Dairy.

The goods that are “designed” to sit on a shelf for months, or years, at a time surprisingly aren't that good for you. They are dead and will not give you life!

Check out Hudson's Meats, and also refer to the Organic Shoppers Guide in your area to see what fruit and vegetables you should aim to buy organic.

What we recommend is that you find a local Farmers Market to buy the freshest, local, and preferably organic produce that not only supports our local farmers, but also keeps an eye on your budget.



2.a. PROTEIN

Ideally these options are grass fed, organic, or wild caught. Buying meats close to the bone that you can slow cook will help keep this affordable.

Land: Pork, beef, lamb, rabbit, chicken, turkey, duck, ostrich.

Sea: Ocean caught barramundi, bream, shrimp, crab etc.

Round things out with some good quality nitrate-free bacon, omega-3 enriched pasture raised eggs and items like chicken-apple sausage for a quick and healthy breakfast to get you through busy days.



2.b. VEGETABLES

Ideally these are local and organic, but again, this should not be a deal breaker.

The local mega-food chain actually has the best produce outside of the farmers market.

Shop with the season. Mix up the colours, and buy a variety of fruit and vegetables. Aim for two to three different vegetables at every meal, over the course of the day.

Expand your food horizons!



2.c. FRUITS

Like vegetables, everyone should eat a wide variety of fruit. Berries, kiwis, pineapples, bananas, and papayas are some of our favourites. If you're looking to lose weight, keep fruit consumption to 1-2 pieces a day.



2.d. FATS

Embrace the knowledge that saturated fat isn't the big bad obesity driver it's been made out to be.

High quality, saturated fat, is an essential nutrient paramount for brain function, hormone production and regulation.

You also need to consume some high quality unsaturated fats including: olive oil (extra virgin) coconut oil, avocado (oil and whole), grass-fed butter, organic ghee, macadamia nuts (whole and oil), almonds, walnuts.

A quick note on Nuts: If fat loss is a goal limit nuts to 1-2 small handfuls per day.



2.e. ODDS & ENDS

Marinara sauce, herbs, spices-curry powder, garlic, ginger, cilantro, garam massala, chili powder, black pepper, lemon zest, allspice, cinnamon, cumin, oregano, and basil.

Stock at least 20 herbs and spices to keep your cooking lively. Visit www.ovvioorganics.com.au for a beautiful range of organic spice mixes.

And lastly stock up on espresso, teas and mineral water.



3. COOK!

Buy a slow cooker and start playing with recipes – for inspiration visit our [Website](#) and [Facebook](#)!

In general all meals should be made up of the following:

- ▶ 4-8 oz of protein such as chicken, lean beef, turkey, pork loin or seafood. If it's NOT pasture raised and/or organic, opt for leaner meat options, as toxins are stored in fat.
- ▶ Several servings of vegetables, either raw, steamed, or lightly cooked.
- ▶ Finally, round out the meal with good fats from avocado, coconut oil, olive oil or a handful of un-salted nuts such as almonds, pecans, macadamias or walnuts.



KEY TAKE AWAYS

- ▶ Plan to have protein, fat and carbohydrate (plant food) at every meal
- ▶ Eat 3-4 meals per day
- ▶ Limit fruit to 1-2 servings if fat loss is a goal
- ▶ Limit nuts to 1-2 small handfuls if fat loss is a goal
- ▶ Drink coffee, tea, mineral water, and clean filtered water.



4. MOVEMENT & EXERCISE

Get outside and move your body in the way it was designed for.

We always recommend that people exercise, but we are extremely conscientious that exercise is specific to the individual. A good exercise for me may not be a good exercise for you. Please come see us, as we're happy to have a chat about the best options for exercise for you personally.

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[<< BACK TO TABLE OF CONTENTS](#)



5. SLEEP

The human body requires sleep. Most people are sleep deprived, which can wreak havoc across a range of bodily systems. Take a look at how much you're sleeping and how restful that sleep actually is.

We recommend that you black out your room with dark curtains and remove most electronics.

Go to sleep by 10pm and aim for 7-10 hours of sleep per night. This is important for weight loss, hormonal balance, repair and recovery, and overall health.

Sleep!



PUT THESE STEPS INTO ACTION!

We realise some of these steps may not seem easy at first, but trust us when we say that these help to lay the necessary foundations for any health and wellness goals you may have. We are here to help!

Please get in touch with any questions or concerns you have regarding exercise, nutrition, fat loss, muscle building, injuries, or overall health.

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[<< BACK TO TABLE OF CONTENTS](#)

ORGANIC SHOPPERS' GUIDE

Organic or Non - Organic?

We've pulled this information from the Environmental Working Group, whom have conducted extensive studies on pesticide contamination. Below is a list of foods that you should REALLY try to purchase organic, and other foods that have far less pesticide contamination and would be OK to buy conventional



EWG'S SHOPPER'S GUIDE TO PESTICIDES™

DIRTY DOZEN™ <i>Buy These Organic</i>		CLEAN 15™ <i>Lowest in Pesticides</i>	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Cherries		9 Cabbage
	10 Kale/Collard Greens		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
	13 Grapefruit		
	14 Sweet Potato		
	15 Honeydew Melon		

 ENVIRONMENTAL WORKING GROUP
www.foodnews.org

GET IN TOUCH WITH US

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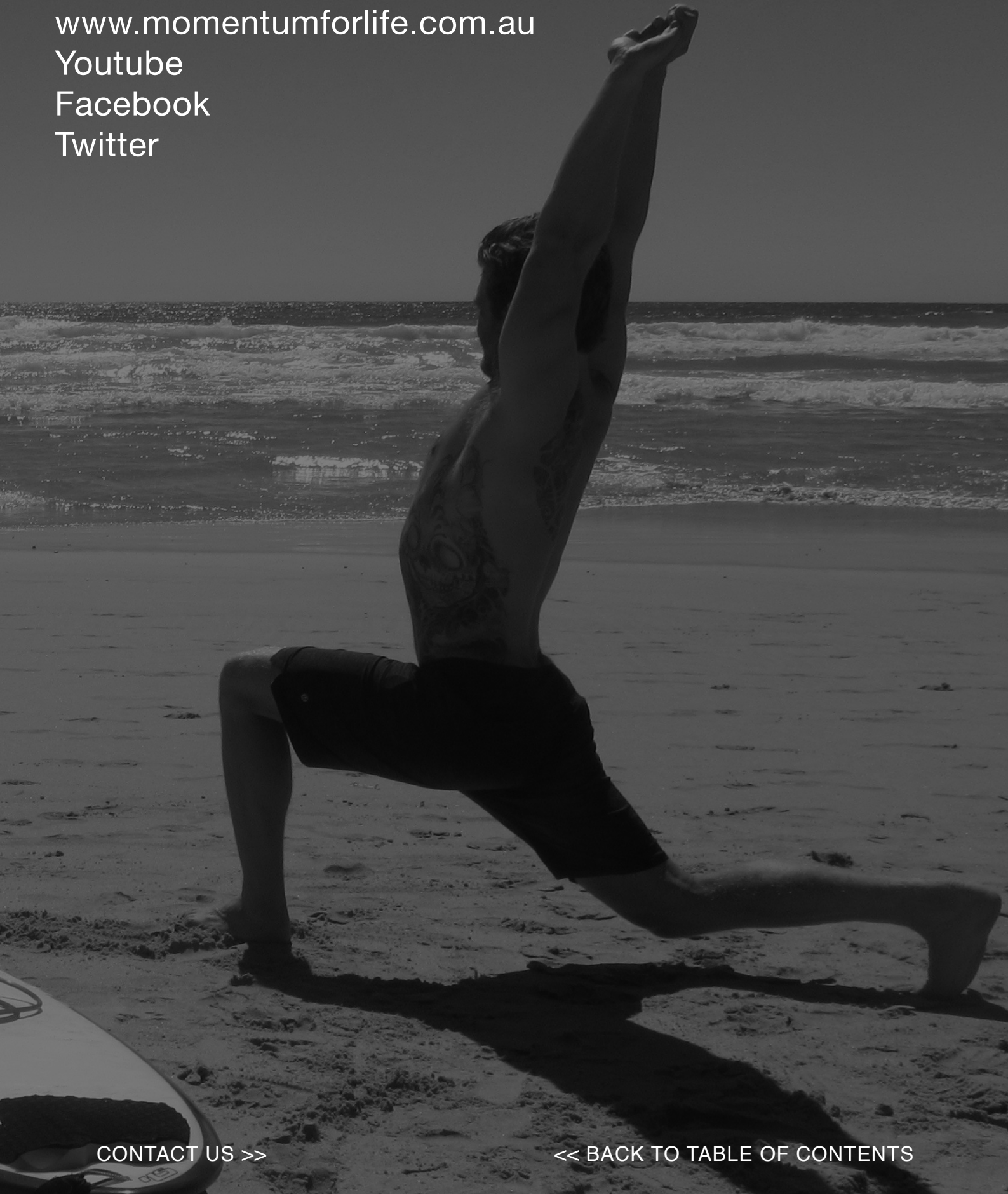
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[<< BACK TO TABLE OF CONTENTS](#)