

# LEVEL UP GUIDE

## *phase 2*



**Autumn Bates, MS, CCN, CPT**

# WELCOME!

I'm SO excited that you've made the commitment to healing yourself with food! This is an exciting journey of continuing to fine tune your health and understand your body. Throughout this Program, you will learn advanced strategies in order to hone in on your specific goal whether it be gut health, weight loss, boosted performance, hormone balance, or skin health. You will learn the science as well as the Action Steps to achieve your goal! Understanding the "why" is extremely important to me as a Nutritionist. With so much information (and mis-information) out there, it's easy to get lost! But by understanding the science behind what you're doing and why – you're more likely to stick with the plan because you understand how it works!

Within this Program, you will also learn the importance of understanding that your body and goals are always changing. Because of this, I provide the tools you need in order to shift and change alongside your goals.

I'm so excited for you to continue your health and wellness journey! Keto Coffee Cheers!

Your Nutritionist,  
Autumn Bates, CCN, MS, BS, CPT





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# The Healing Powers of Intermittent Fasting

If you're reading this Program, you already went through the [21 Day Intermittent Fasting Program](#) (aka Phase 1) and understand how life changing IF can be! If you haven't done it yet, I HIGHLY recommend you read through and complete the 21 Day Intermittent Fasting Program first.

This helps your body adapt to intermittent fasting and teaches you the science, benefits, and mechanisms of Intermittent Fasting. Plus, the 21 Day Intermittent Fasting Program focuses on the AEN Nutrient Timing in order to adjust your body to using fat as fuel and reduce sugar cravings. This introduction into Nutrient Timing and Intermittent Fasting is not just important, but necessary before moving on to the advanced protocols in the Level Up Guide (phase 2).

You've already done amazing work on decreasing gut inflammation, increasing fat burning mechanisms, stabilizing blood glucose levels and healing your cells with phase 1. Now the real fun begins. Now you get to hone in on your specific wellness dream. Think of this as your fine tuning. If you want further details on the basics of Intermittent Fasting, make sure to reference the 21 Day Intermittent Fasting Program.

## Elizabeth's Story

"There were SO many changes I experienced (with the Program), but the main ones were my hunger levels, I felt lean (not like some huge inflatable like I usually did), my face = no more breakouts, REGULAR POOPING (huge upgrade from going every 5 days LOL), and lastly – I didn't crave dessert anymore (or rather, I could now resist the temptation)."

-Elizabeth





# Individualizing Your Approach

We are all unique. Your physiology, goals, work schedule, environment, and family life are going to be unique to you and just you. In order to fine tune and truly hone in on your wellness goal, you need to individualize your approach. That's why the Level Up Guide is considered "phase 2" - you are taking your general health and wellness results from phase 1 and getting highly specific to what you are looking to achieve. You have to walk before you can run. Phase 1 is learning to walk and phase 2 is learning to run.

Within this book, you have access to 5 main protocols and 1 bonus program. These are:

The Hormone Balancing Pro  
The Athlete  
The Gut Healing Guru  
The Beauty Queen  
Advanced Weight Loss Strategies  
BONUS ~ The Wedding Protocol

Each protocol has a different set of needs and therefore the Action Steps and advanced tools that are utilized will be specific to those needs. Not sure on which protocol is for you? You can take the quiz on the next page to help you determine which protocol fits your current goals!

Why did I say "current" you may be wondering? Well, what I've found is that as humans, we are evolving and ever changing. Our goals and needs last year may not be the same as now. Maybe you used to need hormone balancing, but now that you have that sorted, you're interested in increasing your lean muscle mass. Or maybe you've achieved your race PRs but now you want to focus on getting lean. I know this to be true, because I have personally had every single one of these goals and utilized each of the protocols. I healed my gut after years of terrible bloating with the Gut Healing Guru tools; I balanced my hormones in order to lower and control my anxiety with the Hormone Balancing Pro steps; I maximized my muscle mass and reduced my body fat percentage while getting PRs in races with The Athlete protocols; and I cleared my skin of breakouts with the Beauty Queen Action Steps.

We are all one of these at some point in our lives. We cycle through the different protocols as our goals, environments, and lives change. We aren't defined by any one category forever. We are simply who we are in this moment. This is why I developed the quiz on the next page to help you determine which protocol best fits your needs NOW! Feel free to revisit the quiz as time goes on in order to further fine tune your wellness routine.

# The Protocol Quiz

This quick, comprehensive quiz will help you determine which protocol is best for you NOW. It only takes a few minutes and the results will guide you to where your journey begins! Remember, you can always come back to this quiz if you feel like your direction has shifted and you need to figure out where you are in your health and wellness journey.

1. What's your ultimate wellness goal?
  - A. To balance my hormones.
  - B. I want to gain lean muscle and/or totally smash my PR at my next race!
  - C. I really would love to never get bloated again!
  - D. I want dewy, clear, healthy skin!
  - E. To FINALLY lose weight. I feel like I've been yo-yoing for years.
2. Have you tried any "diets"?
  - A. Yes. But due to health/fertility issues, I was advised against traditional "dieting".
  - B. Mostly those aimed to increase muscle mass.
  - C. Yes, low FODMAP, Whole30...anything that addresses the gut.
  - D. Anti-inflammatory diets.
  - E. EVERY. SINGLE. ONE. It works... until it doesn't.
3. How often do you get bloated?
  - A. Very often.
  - B. It depends on when I eat and/or if it's too close to a workout .
  - C. Literally everyday, every meal, ALL THE TIME.
  - D. It happens, but it's not a daily occurrence.
  - E. I'm not sure.
4. What's your work/life stress level?
  - A. HIGH. Panic/anxiety attacks happen on a regular basis.
  - B. Not too bad - I get to train for races/games which helps ease the tension.
  - C. Pretty high, but I think I have it under control... most days.
  - D. It's not HIGH, but I always have a low level of anxiety.
  - E. When it comes to my weight loss, stress and frustration is high.
5. If applicable, how regular is your period?
  - A. All over the place! I haven't had a normal period (or a period at all) in months/years!
  - B. It's not too bad! I think exercise helps to keep it balanced.
  - C. Pretty normal. Some months I may be a few days late or early, but nothing crazy.
  - D. Not sure - I've been on birth control for years and I hardly get a period anymore.
  - E. Not great. I experience strong PMS and/or period symptoms.



6. How hungry do you get between meals?
- A. I'm RAVENOUS all the time.
  - B. It depends on the exercise I'm doing. Sometimes I can't get enough to eat, other times I'm not hungry at all!
  - C. I always WANT to eat, but then I feel bloated immediately after!
  - D. I definitely crave sugary snacks in-between meals or in the late afternoon.
  - E. I try to eat lower calorie meals so I'm always a little hungry.
7. Do you get breakouts/eczema/dry skin?
- A. I get hormonal breakouts all the time!
  - B. Not really.
  - C. Certain foods make me breakout.
  - D. I have dry OR blotchy OR rosacea skin.
  - E. I tend to get breakouts/acne.
8. Tell me about your sleep:
- A. I rely on melatonin/l-theanine/medications to fall asleep.
  - B. I fall asleep pretty easily because I'm usually so exhausted from my day/training.
  - C. Ugh, I always wake up tired.
  - D. I definitely don't get enough sleep, but I don't really wake up TIRED.
  - E. It depends on the day.
9. Do you have a sweet tooth?
- A. ALL. THE. TIME. I can't get enough!!
  - B. YES, especially after a hard workout.
  - C. Sometimes.
  - D. Mostly when I'm really stressed
  - E. Not just a sweet tooth. It could also be for crunchy foods like chips or crackers.

Check the next page for your results!

# Your Results

Tally up your total number of each category: A, B, C, D, E.

## Mostly A's: The Hormone Balancing Pro

Your body has a TON of hormones and each one has a different job. Making sure that these are balanced can help you to achieve higher levels of energy, weight loss (due to increased fat burning), clear skin, and more! See the Hormone Balancing Pro for where your journey begins!

## Mostly B's: The Athlete

You love to workout, challenge yourself and achieve new mile-markers! Providing your body the nutrients it needs at the proper time is key to helping you achieve your fitness goals. Head over to The Athlete Protocol and learn how to optimize your performance with food!

## Mostly C's: The Gut Healing Guru

You may have previously been diagnosed with IBS, Crohn's, IBD, acid reflux, GERD or any other variety of GI tract issue. Or maybe you experience severe bloating that makes you uncomfortable. Regardless, it's time to focus on healing your gut! You'll be provided tools to help heal your gut, restore the natural flora and boost your MMC to promote a healthy GI tract. Check out the Gut Healing Guru Protocol for the deets!

## Mostly D's: The Beauty Queen

Your main goal is likely to achieve clear, healthy skin! The health of your skin helps to understand the health of your body. With this protocol, you'll focus on strategies to heal your skin as well as your gut in order to achieve the complexion you want. Flip to the Beauty Queen Protocol for your Action Steps!

## Mostly E's: Advanced Weight Loss Strategies

You've probably tried EVERYTHING to achieve your weight loss goals. You're tired of yo-yoing and you want something sustainable. Head over to the Advanced Weight Loss Strategies to start your journey!



# How to Use the Program

First things first, make sure you begin by understanding what protocol resonates with you right now. Remember, this may change in a month or even a few weeks. You can always check back in with the quiz on the previous page to make sure you're on the right track. Once you know which protocol is right for you, head over to the corresponding chapter with your Action Steps. You will take these specific strategies and apply them to the 4 week meal plan. Make sure to thoroughly read the strategies as well as WHY you're doing them. This is extremely important in order to have long term success. Understanding the why will help you continue to implement the strategies long after your initial 4 weeks are done!

## Kat's Story



**January 2019**



**July 2018**

“In just that first round, I lost 11.5 pounds, my slight insomnia issues were a thing of the past. I no longer felt bloated, I was no longer suffering from acid reflux, and I was no longer feeling exhausted. Instead, I was feeling invigorated and determined each day, I was growing stronger, and felt so much leaner!”

-Kat

# But First...

## Mold-Free Coffee

If you follow me on Instagram ([@autumnelle\\_nutrition](#)), then you know I'm obsessed with my morning coffee. But up until a few years ago, I had to cut out coffee completely because it was giving me terrible negative side effects such as increased anxiety, jitters, and feelings of low blood sugar. I had successfully (and sadly) cut out coffee until I came across Purity Coffee. Now I have coffee every morning without the negative side effects!

### How can this be?!

It all comes down to the quality of the bean. Coffee is one of the most widely studied foods out there. It has been found to decrease risk of Parkinson's by up to 30%, decrease risk of Type 2 Diabetes by 24-40%, decrease risk of congestive heart failure by up to 30%, decrease risk of having a stroke by 22-25%, and decrease risk of liver cancer by 40%. Plus it's been found to boost performance in nearly every sport, improve brain function, and even make you feel happier (duh). You can check out the studies on coffee's health benefits in the "Studies/References" Section of the Level Up Guide.

BUT - and this is a huge but - it needs to be a high quality coffee. Just like how Farmer's market organic fresh veggies contain less toxins/chemicals than fried, conventional veggies. Same goes with coffee.

There are two main factors to consider when it comes to choosing coffee - mold-free and toxin-free. You heard me. There's actually MOLD in many coffees. This comes from how the coffee is stored and produced, not from the bean itself. Depending on if you have had previous mold exposures (which if you live in a humid environment or by the beach, then you likely have), your reaction to mold can range from mild to rather severe. Mold exposure can cause feelings of anxiety and jitteriness. And if you're drinking regular coffee (even organic coffees can have mold), then you may be drinking moldy coffee. Purity Coffee is lab-tested to be free of mold and mycotoxins (mold-toxins). Ever since I made the switch, I haven't noticed anxiety after my morning cup (or two) of java.

As a by-product of the roasting process, a few toxins can be produced. These include Acrylamide and Polycyclic Aromatic Hydrocarbons (PAHs). Both of these toxins have been found to cause cancer in animals. Purity specifically roasts each batch of coffee to minimize these toxins. Traditional coffee brands don't typically look for this and therefore can contain high levels of these cancer causing toxins

Purity is also organic, which means NO pesticides!! Another huge win!! For these reasons, Purity is the coffee I recommend as part of a healthy lifestyle. Other brands are starting to test for mold as well, so if you choose to not use Purity Coffee, make sure to still opt for an organic, mold-free variety. You can get 10% off ALL your orders of Purity (including future orders) by using the code "autumn" at checkout!

Click [HERE](#) to order yours today!





# What You Can Expect

The Level Up Guide takes what you learned about your body with The Ultimate 21 Day Intermittent Fasting Program to the next level. Maybe you discovered that your sleep improved, but you still have weight loss in mind. Or perhaps you achieved all of your weight loss goals, but you now want to focus on improving your 10k PR. Or you learned that you have SO much energy, and now you want to work on clearing up your skin.

With this Program, you have access to specific protocols to help you achieve whatever you have found that you want to focus on. And the best part? You're not limited to just one goal! Like I mentioned earlier, where you are in life and what your goals are will always change – and that's a good thing! This Program provides you with the tools you need to become your highest performing, healthiest, feel-good self!

With any journey, everyone's will look different. You may find that some protocols work better for your schedule or your life than others – and that's okay! That's part of discovering what your body needs to thrive! Remember that with each day you choose to heal yourself with your food and lifestyle choices, you're making an active effort of becoming your best self. That's something to be extremely proud of.

There will always be days where your schedule is hectic, stress is overwhelming, or you just REALLY need that burrito/chocolate/cookie. That's part of life! Those small decisions to have a little treat do not make up your habits, so don't ever feel bad about this. What you consistently do is much more important than the occasional slice of pizza or glass of champagne.

Expect to feel increasingly AWARE of your body and what it needs as you start to pay more attention. Expect to feel POWERFUL because you're in charge. And above all, expect to feel GOOD because you have prioritized yourself and your health freedom.

## Heather's Story

"This (Program) has created such a beautifully kind structure for me to take care of my health and get myself stronger for my upcoming international move and to start dating confidently when I return back to the US! Thank you - I'm starting to really fall back in love with myself and to leave the anxiety I've had over the last two years that stopped me from sleeping and breathing with ease."

-Heather



# If You're a Social Butterfly...

One of the biggest questions I get with Intermittent Fasting is how do you maintain a social calendar while sticking to an eating window? Something to keep in mind is that it's okay to shift your window if you know you have plans for that day. For example, if you have a dinner planned at 7pm but your window is 11am-7pm, just shift your window by 1-2 hours up. So instead of starting at 11am, you would break your fast at 12 or 1pm so that your window would end at 8pm or 9pm – leaving plenty of time for you to enjoy dinner with your loved ones!

And what about alcohol? Alcohol is completely fine with Intermittent Fasting! Ideally, you want a low sugar choice so that your insulin levels don't spike too high. If so, you'll definitely feel extra hungry the next day! Instead of a sugary cocktail, choose wine, beer or plain hard alcohols like vodka soda. You can also try some of my low-sugar cocktails on page 89! The Red Wine Sangreezy is my favorite and always a crowd pleaser! As a general rule of thumb, it's a good idea to stick to 1-2 drinks up to 3 times per week.



## Let's Get Social!

Have you joined the [Autumn Elle Nutrition Facebook Group](#) yet?! Everyone participating in the Program is sharing their experience with each other within this private group. It's a great resource to share your own experience as well as ask questions from other group members and stay in the loop! Make sure to join today! When posting pictures and stories on Instagram, make sure to use the hashtag [#AENpeeps](#) so that we all can follow along and support you in your journey!

You can also dive into the nerdy deets and find tips and strategies for success on the [Autumn Elle Nutrition YouTube Channel](#).

# AEN Nutrient Timing

Many “diet protocols” rely on reducing one type of macronutrient or reducing overall calories. I have found with my clients and myself that it’s not what you have to eat, but WHEN you have it that makes all the difference. Enter the magic of AEN (Autumn Elle Nutrition) Nutrient Timing. You will be following this AEN Nutrient Timing throughout the next 4 weeks. You can also use the AEN Nutrient Timing long after your 4 week meal-by-meal guide, remembering to tailor it depending on the protocol you’re following.

## What is AEN Nutrient Timing?

There are 3 macronutrients: fat, carbohydrates, and protein. Nutrient Timing focuses on the strategic timing of each macronutrient throughout the day in order to balance hormones and tap into fat burning mechanisms.

You will notice that your break-fasts and lunches are high in fats. Fat is the only macronutrient that doesn’t have a major impact on stimulating an insulin response. Protein’s response on insulin is fairly low, but it can still stimulate a response. Carbohydrates on the other hand have the highest response on insulin.

Fats help to keep your blood glucose level stable. This is important for hormone balance, energy levels, mental clarity and weight loss. Weird things start to happen when the blood glucose levels become unstable (high and low).

When the blood glucose is high (generally from a higher carbohydrate or sugar meal), this leads to increased insulin secretion and shifting the body out of fat burning mode. But with the highs come the lows. When insulin brings this high blood glucose down, it can tend to bring it well below a stable baseline of blood glucose. This leads to feelings of low blood sugar within 1-2 hours of a higher carb meal. Cue sugar cravings, hunger (or hanger), feelings of anxiety and the urge to eat NOW. This leads to those cravings of chocolate, crackers, candy, soda and any other high carb treat to get the blood glucose back up quickly. These high carbohydrate meals then swing the blood glucose back up and the process repeats itself. This roller coaster ride can lead to constantly secreting insulin which keeps you in storing mode and can lead to hyperinsulinemia and insulin resistance. Especially when it comes to fertility and weight loss, [researchers are finding](#) issues with insulin resistance actively work AGAINST your goals.

This is why you want to start off your first meal on the right foot without those spikes and falls in blood glucose levels. A meal higher in fat helps to keep the insulin level lower while boosting cholecystokinin aka CCK. CCK acts as a natural appetite suppressant to keep you satiated between your meals.

Protein provides the building blocks for the majority of your enzymes, hormones, and cell membranes. It doesn’t inherently provide energy (unless you are in a state of starvation). It can also be converted to glucose when protein is eaten in excess or in the absence of carbohydrates. Protein helps to massively boost satiety at your meal by stimulating the release of peptide YY. This acts as a natural appetite suppressant, along with fat and CCK. You will be having a moderate amount of protein at each meal to stabilize your blood glucose levels and increase the satiety of your meal.

Carbohydrates can be used to help restore muscle glycogen, decrease your stress hormones, increase melatonin, and provide energy for your red blood cells. In order to reap the benefits of healthy carbohydrates without having the spikes and falls in blood glucose and insulin levels, you will be having your starchy carbohydrates in the evening. You will notice that you aren’t loading up on blood glucose spiking starches, rather providing moderate amounts of 1/2-1 cup high quality, lower glycemic starches in order to reap the benefits of starches without throwing your body back into that blood glucose roller coaster.



The timing of the starches helps to limit the window of time in which you may have a spike and fall in insulin. It also aids in providing carbohydrates before bed in order to aid in muscle recovery while you sleep. At dinner is when you will have healthy starchy carbs such as beans, lentils, organic corn, squash, and sweet potato. However, this will change depending on the protocol you are utilizing. Make sure to refer to your Action Steps for your specific protocol.

Because you will be including starchy carbohydrates in the evening, you will be reducing your fat intake at night. With the slightly increased insulin response from the starchy carbohydrates, higher amounts of fat will be ignored as a fuel source and immediately stored. This isn't to say that you will have ZERO fat at dinner. Instead, you will simply not be EMPHASIZING fat the way you do with your first two meals. The distribution of fats and carbohydrates remain fairly consistent throughout the protocols, however there are some adjustments depending on the protocol you are following. Remember to defer to your protocol's specific Action Steps.

#### What are healthy starchy carbs/vegetables?

Healthy starchy carbs include butternut squash, spaghetti squash, peas, sweet potato, chickpeas, beans (of all varieties), lentils and celery root. Grains are also starchy carbs, but can have an inflammatory response in many people. I recommend having unprocessed grains in small amounts up to 3 times per week (if you choose to eat them) in order to maximize your benefits. Some people do better with completely eliminating grains. Organic, non-GMO corn is another option that can be used a few times per week.

#### What are non-starchy carbs/vegetables?

A general rule of thumb: anything that isn't a root, bean or squash is a non-starchy carb/vegetable. There are some exceptions and you can check out some examples of non-starchy carbohydrates below.

#### List of Non-Starchy Vegetables:

Artichoke  
Asparagus  
Green beans  
Brussels sprouts  
Broccoli  
Cauliflower  
Celery  
Cabbage  
Cucumber  
Radishes  
Mushrooms  
Onions/leeks  
Sugar Snap Peas  
Jicama  
Beets (these contain slightly higher natural sugar levels than other veggies)  
Leafy greens (endive, romaine, spinach, arugula, watercress, radicchio)  
Turnips

Here's a snapshot of how your meals will look throughout a typical day of following the AEN Nutrient Timing:

Break-fast: Higher fat, moderate protein, high non-starchy vegetables/carbs, no starchy vegetables/carbs

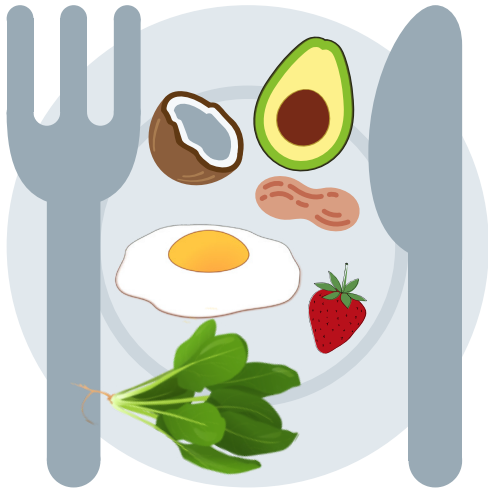
Lunch: Higher fat, moderate protein, high non-starchy vegetables/carbs, no starchy vegetables/carbs

Dinner: Low-moderate fat, moderate protein, high non-starchy vegetables/carbs, moderate starchy vegetables/carbs

# NUTRIENT TIMING 101

You have ALL the amazing meals within this Program to choose from... but what if you feel like creating something yourself? How do you follow the proper Nutrient Timing while making your own masterpiece? As long as you follow the simple guidelines below and hit the nutrient markers, you can make your own yummy creations AND feel awesome!

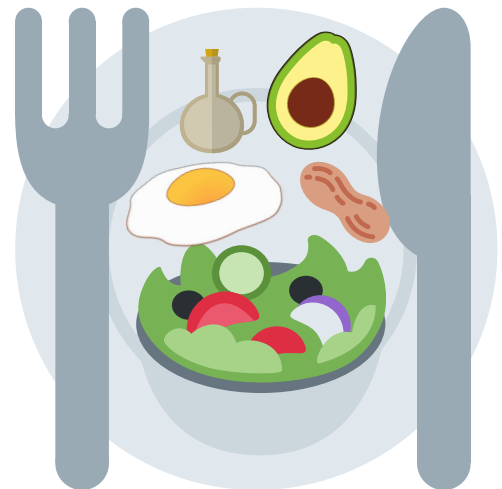
## BREAK-FAST



This is where you want to focus on stabilizing your blood glucose levels and easing the transition from a fasted to a fed state. For that reason, you want to limit your fruit and/or starchy carbs here and focus on fat, protein and fiber! Follow these guidelines for your break-fast:

1. 3-4 sources of fat (i.e. 1 Tbsp. coconut butter, 1/2 avocado and 1 Tbsp. chia seeds)
2. 1 serving protein (i.e. 1 serving protein/collagen or 4 oz. fish/chicken/beef/turkey or 2-3 eggs)
3. Up to 1 serving fruit (1 cup berries or 1 banana)
4. Add as much non-starchy veggies as you please!

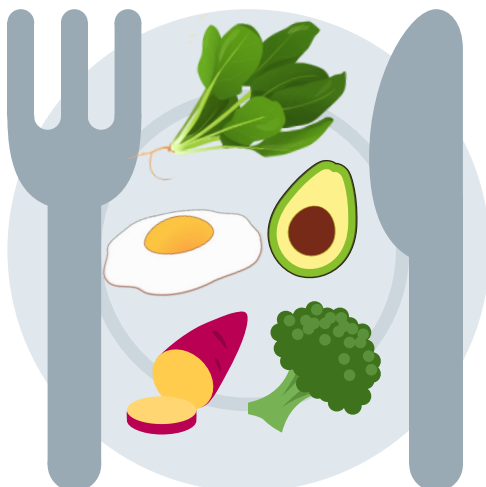
## LUNCH



At lunch, you want to follow a similar structure as your break-fast in order to keep your energy levels high and feel satiated. Follow these guidelines for your lunch:

1. 3 sources of fat (i.e. 1 Tbsp. nuts/seeds, 1 Tbsp. olive oil, 1/2 cup olives)
2. 4 cups non-starchy veggies (or more!)
3. 1 serving protein (see above for amounts)
4. Up to 1 serving fruit

## DINNER



This is where you can incorporate a healthy starchy carb in order to increase melatonin (sleep hormone) and decrease cortisol (stress hormone). Since you're getting ready to go to sleep, you'll want to decrease your fats at this meal so that you don't slow down your digestion before bed. Follow these guidelines for your dinners:

1. 1/2-1 cup starchy carb (i.e. sweet potato, squash, beans)
2. 2 cups non-starchy veggie (or more!)
3. 1 serving protein (see above for amounts)
4. 1-2 servings fat (this can simply be your cooking oil - 1 Tbsp.)

# The Importance of Eating Until Satiated

In order to help balance your hormones and tap into fat burning mechanisms, it's extremely important to focus on eating until satiated. This means eating until you're satisfied and no longer hungry. This turns off your hunger hormones and aids in weight loss, mental clarity, as well as blood glucose stabilization.

When you don't eat until satiated, your body thinks it's starving. This can cause an increase in ghrelin (hunger hormone) as well as low blood sugar and muscle loss. One way to determine if you have eaten enough is by taking note of how quickly you feel hungry after you've eaten a meal. If you are hungry an hour later or if you feel like snacking between meals, you've likely not eaten enough of the RIGHT foods or too much of the WRONG foods at your previous meal. Remember, insulin increases feelings of hunger, so make sure to revisit the AEN Nutrient Timing on the previous page to help address this. Use these markers of hunger as ways to understand when you need to eat more or if you need to swap something in instead (for example, a starchy food like sweet potato at break-fast or lunch could be swapped out for fiber or fat listed below).

If you do need to add food to your meals (assuming you already have enough protein), make sure that it is either healthy fat or fiber. These will both aid in turning off hunger hormones while still helping you achieve your wellness goals. There is a time and place to increase protein, namely if you are a man or have higher demands on your body due to exercise or illness. If this is your case, you can try experimenting with an additional 1-2 oz. of protein at each of your meals.

Here are some great meal additions:

## Fiber:

- 1 cup broccoli
- 1/2 cup cabbage
- 1 cup cauliflower
- 1 cup Brussels sprouts
- 2-4 cups leafy greens
- 1 cup bok choy
- 1/2 cup fennel
- 1/2 cucumber
- 1 Tbsp. chia seeds

## Fats:

- 1 Tbsp. extra virgin olive oil
- 1/4 cup olives
- 2 Tbsp. nuts or seeds
- 1 Tbsp. grass-fed butter or grass-fed ghee
- 1 oz. raw aged grass-fed cheese
- 1 Tbsp. coconut oil
- 1 Tbsp. avocado oil
- 1 Tbsp. nut butter
- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1/2 avocado



# Best Proteins For Your Goals

The main functions of protein is to provide amino acids to make hormones, repair muscles and tissues and form cells. You can think of protein as needed for repair and maintenance of the body. And everyday we're slightly tearing down at our system, whether it be through working out, creating new skin and organ cells or replacing immune cells. We're using amino acids daily and we need protein on a daily basis to keep up with this constant demand. Otherwise, if we don't supply the proper amount of protein, our body will pull from the only storage system of amino acids we have - our muscle. This is when muscle loss (aka muscle wasting) occurs. Whether your goal is weight loss or muscle gain/maintenance, you need to make sure you're getting enough (and enough of the right TYPE) of protein per day.

Each of the proteins below is listed in a standard serving size. If you are a woman, opt for the lower number. If you are a man, opt for the higher number. If you are working out (with heavy weights or higher amounts of cardio) then you will want to opt for the higher number. In some cases, you may even need more than the range given below (for example, if you're training VERY hard or recovering from an illness). However, for most people, you can safely use these protein ranges.

The proteins listed below are also great for swapping in and out of most of the recipes in the Level Up Guide, 21 Day IF Program and 7 Day IF Detox. Feel free to revisit this page for ideas on what proteins you can use with your recipes or while out to eat in order to best achieve your wellness goals.

Note: Plant-based proteins will generally be less dense in protein than animal based proteins. It may be necessary to incorporate a protein powder if you are plant-based, especially if you are following the Advanced Weight Loss Strategies or The Athlete protocol. Experiment with what works for you and your goals.

## Animal-Based Proteins (per serving):

4-6 oz. grass-fed beef (all cuts)  
4-6 oz. chicken (all cuts)  
4-6 oz. fish (all varieties, preferably wild-caught and low in mercury)  
4-6 oz. shrimp  
4-6 oz. turkey  
2-4 eggs (whole, yolk included)\*  
3-4 oz. lamb\*  
4-6 oz. pork (i.e. pork chops)  
4-6 oz. lobster  
4-6 oz. venison  
3-4 oz. Halloumi/paneer\*  
1 cup greek yogurt (whole milk, unsweetened)  
1 serving whey protein powder (grass-fed)

\*These items are typically much higher in fat and by default will be much more satiating at smaller amounts compared to other protein sources.

## Plant-Based Proteins (per serving):

1/2-1 cup organic tofu\*\*  
3-6 oz. tempeh (fermented soy)\*\*  
1/2 cup edamame\*\*  
1/2 - 3/4 cup lentils  
1/2 - 3/4 cup chickpeas  
1/2 - 3/4 cup beans (black, pinto, kidney, etc.)  
2-4 Tbsp. chia seeds  
2 - 4 Tbsp. almonds  
1-2 Tbsp. almond butter  
2 - 4 Tbsp. peanuts  
1-2 Tbsp. peanut butter  
2-4 Tbsp. hemp seeds  
1 cup green peas  
2-4 Tbsp. flax seeds  
1 serving organic pea protein powder

\*\*The research on soy is inconclusive on the health risks and benefits. For this reason, if you choose to consume soy products, I recommend limiting it to 1-2 times per week and/or preferably opting for fermented options.



# Common Protein Swaps

## For Smoothies ~

If you aren't interested in using a protein powder, here are the next best protein options you can use to replace the protein powder in the Level Up Guide recipes. Keep in mind, some of these will be inherently lower in protein due to coming from a plant-based source.

### Protein Swaps:

- 1/2 - 1 cup greek yogurt (whole milk, unsweetened)
- 1-2 Tbsp. Peanut or almond butter
- 2-4 Tbsp. Flax seeds
- 2-4 Tbsp. Hemp seeds
- 2-4 Tbsp. Chia seeds

## For Chia Brekky Bowls ~

The Chia Brekky Bowls are one of my favorite on-the-go meals! If you're looking to boost the protein content to increase satiety or help achieve your athletic goals, these are great options you can incorporate into the base Chia Brekky Bowl recipes.

### Protein Swaps:

- 1 serving whey or pea protein
- 1/2 - 1 cup greek yogurt



# Plant-Based Proteins

You'll notice that within the Level Up Guide, you have the option to choose your own protein. If you are vegan/vegetarian, you may not be sure what is best for your goals as most plant-based proteins contain a high amount of carbohydrates as well.

One thing to remember is that as a vegetarian/vegan, you will be getting a lot of your protein from vegetables. Green veggies are surprisingly high in protein! It's also important to get a variety of protein sources so that your body has access to all of the amino acids it needs. Feel free to mix and match with the proteins below! A good rule of thumb is to stick to 1.2-1.6 grams of protein per kilogram body weight. You can calculate your own specific needs with this formula:

$1.4 \times \text{your weight in kilograms} = \text{grams of protein needed per day}$

\*Note: You can find your weight in kilograms by dividing your weight in pounds by 2.2. For example, if you weigh 150lbs, your weight in kilograms will be 68kg. If you're finding that you're too satiated with 1.4 g/kg, then try adjusting the calculation to 1.2. Or if you're an athlete or a male, try adjusting the calculation to 1.6 g/kg. While you follow the Level Up Guide, you will be receiving plenty of protein, but it's always fun to do a little math and find out your specific needs (...or is that just me?! #nutritionnerd).

## Plant-Based Proteins:

\*Make sure to get a variety of proteins from each category every day!

### Peas/Beans/Lentils:

- 4 oz. tempeh - 22g protein
- 1 cup green peas - 8g protein
- ½ cup black beans - 7g protein
- 1/2 cup tofu - 10g protein
- ½ cup chickpeas - 7g protein
- ½ cup kidney beans - 7g protein
- ½ cup lentils - 9g protein
- ½ cup pinto beans - 8g protein
- ½ cup cranberry beans - 8g protein
- 2 Tbsp. miso - 5g protein

### Greens + Veggies:

- 2 cups broccoli - 5g protein
- 2 cups cauliflower - 4g protein
- 2 cups Brussels sprouts - 6g protein
- 4 cups kale - 3g protein

### Nuts + seeds:

- 2 Tbsp. chia seeds - 4g protein
- 2 Tbsp. flax seeds - 3g protein
- 2 Tbsp. peanut butter - 7g protein
- 2 Tbsp. almond butter - 7 g protein
- ¼ cup cashews - 6g protein
- 2 Tbsp. pumpkin seeds - 4g protein



# Fats to Fill Your Plate

As you will have noticed, fats are an important aspect to your success, regardless of your protocol. Fats stimulate the release of the appetite suppressant cholecystokinin (CCK) which helps to keep you full and satisfied for 4-5 hours between meals. For this reason, it also plays an important role in stabilizing blood glucose levels and reducing the insulin response. If you're wondering which fats and how much of these fats are considered one serving, you can use the list below.

\*Remember, you can always swap fats in and out for any recipe in the Programs depending on your preference.

## Fat Sources:

- 1 Tbsp. olive oil
- 1 Tbsp. grass-fed butter/ghee
- 1 Tbsp. avocado oil
- 1 oz. cheese (aged or fresh, depending on your goals)
- 1/2 avocado
- 1/4 - 1/2 cup olives (any variety)
- 2 Tbsp. nuts (ex: almonds, cashews, walnuts, peanuts\*, pecans)
- 2 Tbsp. seeds (ex: chia, pumpkin, pine nuts, flax, sesame)
- 1 Tbsp. nut butters (ex: almond butter, peanut butter\*, cashew butter)
- 1 Tbsp. seed butters (ex: tahini)
- 1 Tbsp. coconut butter
- 1 Tbsp. coconut oil (preferably unrefined)
- 3 Tbsp. coconut flakes/shreds (unsweetened)
- 1 Tbsp. grass-fed beef tallow
- 1 Tbsp. cacao butter
- 3-4 Tbsp. sour cream (grass-fed)
- 1 Tbsp. heavy whipping cream (grass-fed)
- 1/2 - 1 cup greek yogurt (grass-fed)\*\*
- 1/2 - 1 serving dairy-free yogurt\*\*\*
- 1/2 - 1 cup cottage cheese (grass-fed)\*\*
- 2 eggs\*\*
- 4-6 oz. fatty fish such as salmon, tuna and anchovies\*\*
- 4-6 oz. most animal proteins such as beef, lamb, chicken with skin on, turkey with skin on, pork\*\*

\*Technically a legume, not a nut.

\*\*This is considered both a protein and a fat serving

\*\*\*I'm extremely hesitant in general to recommend dairy free yogurt as most are filled with sugars or additives. However, if you can find a high quality dairy-free yogurt that is free of added sugars, then this can be used as a fat source. Keep in mind, dairy-free yogurts will generally have much less or zero protein than traditional yogurts and you will need to compensate for this by using a protein powder or additional protein source. Check the "Best Proteins For Your Goals" page for ideas.



# Starchy vs. Non-Starchy Swaps

Depending on the protocol you're following, you may be incorporating more or less starchy carbohydrates. You can screen shot or print out this page to always have on hand if you are unsure which carbohydrates will suit your goals. Remember to reference your individual protocol to determine which category of carbohydrates you will be choosing from for your meals.

## List of Non or Low Starchy Carbohydrates:

Artichoke  
Asparagus  
Green beans  
Bell Peppers  
Brussels sprouts  
Broccoli  
Cauliflower  
Carrots  
Celery  
Cabbages (of all sorts)  
Cucumber  
Eggplant  
Radishes  
Mushrooms  
Onions/leeks  
Sugar Snap Peas  
Jicama  
Beets (limit to 1/2 cup due to sugar content)  
Leafy greens (endive, romaine, spinach, arugula, watercress, kale, radicchio)  
Some Squash (delicata, kabocha, spaghetti squash)  
Turnips  
Tomato

## List of Starchy Carbohydrates:

Parsnip  
Sweet potato  
Yam  
White potatoes\*\*  
Lentils  
Beans  
Chickpeas  
Plantains\*\*  
Some squash (ex: butternut)  
Celery root\*\*\*  
Peas  
Corn/corn flour/masa harina  
Taro  
Most grains\*\*

\*\*These items typically are much more dense in carbohydrates/starches and have a bigger response on insulin secretion in the body. These won't be ideal for daily use.

\*\*\*This is relatively a much lower starch containing vegetable.



# Low-Sugar Fruits to Love

When it comes to the fruit you use, you want to opt for the lowest sugar and highest fiber sources. Dense sources of sugar, even from whole fruits, will cause the increase in insulin. Decreasing the insulin response can help with releasing fat from your fat cells in order to be used as fuel. In order to reduce insulin, we need to reduce the types of foods that cause insulin to go up. Sugars and starches are the main culprits when it comes to increasing insulin. And the more you have of starches and sugars, the more insulin that will be released. When choosing fruits that will best serve your goals, use this chart to help guide your decision. The fruits in the “green” column are the ones that you will want to stick with the majority of the time on a daily basis. These are the lowest sugar options you can implement to best help stabilize your blood glucose levels.

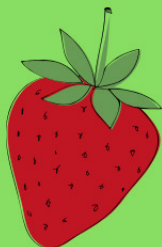
The “yellow” column are fruits to use in moderation - 3-4 times per week. These generally contain slightly more sugar than the “green” column fruits. Note, you can cut the serving in half for these fruits to have them fit the “green” column sugar content.

The “red” fruits are those to use as a natural dessert or sweet treat 1-2 times per week. These are more dense in sugar and can have a larger impact on your insulin levels. You can typically receive higher amounts of the antioxidants and fiber from the leafy greens and non-starchy veggies in your meals than you would from the high sugar fruits.

The amounts for the fruits listed below are the serving sizes you will want to aim for. Make sure to double check with your specific protocol to see if there is an amount of fruit you should be sticking to in order to achieve your goals. Almost all fruits are listed in their fresh not dried amounts. Those that are listed in their dried amount will be noted. Dried fruits will inherently have higher levels of sugar and should be limited.

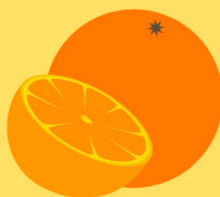
## <10g per serving

1 cup raspberries	1 cup cranberries
1 cup blackberries	2 passion fruits
1 cup strawberries	1 clementine
1/2 cup blueberries	1 tangerine
1/2 banana	1 cup watermelon
1/2 cup pineapple	1 packet (100g) frozen açai
1 kiwi	
1 avocado	
1 plum	
1 apricot	
1 lemon	
1 cup boysenberries (dried)	
1 packet (100g) frozen pitaya	
1 guava	
1 lime	
1/2 grapefruit	



## 11-16g per serving

1 apple  
1 orange  
1 peach  
1 nectarine  
3/4 cup cherries  
1 cup cantaloupe  
2 figs  
1/4 cup goji berries (dried)  
1 cup mulberries (fresh, not dried)



## >16g per serving

1 medjool date (dried)  
1 pomegranate  
1 cup papaya  
1/2 mango  
1 pear  
1 persimmon  
1 cup jackfruit  
1 cup grapes






# What About Dairy?

Dairy products and our usage of dairy products have been around for thousands of years. In fact, the gene to break down lactose (the milk sugar) after infancy, called lactase persistence, has evolved in a multitude of cultures all around the world at various times in history. Some cultures have more people that can break down lactose than others. For example, it's [predicted](#) that around 14% of those of Asian descent can breakdown lactose into adulthood while 100% of Irish individuals are predicted to have the lactase (enzyme that breaks down lactose) gene.

High quality dairy products can be used to achieve your wellness goals due to it's fairly high satiating fat and protein content. However, the amount and type you use depend on two factors: 1) if you are lactose intolerant and 2) what your wellness goal is. The chart below rates the dairy products in relation to lactose (milk sugar) content and ability to keep you satiated. In fact, even if you are lactose intolerant, some of these dairy products contain nearly zero grams of lactose and therefore won't likely cause GI issues. These include ghee, butter and some aged cheeses. However, if you are allergic to the milk protein, then all of these items are off limits. Use the chart below paired with your individual protocol to best achieve your goals. The "red" items should only be utilized as special occasion treats, such as celebrations or birthday parties. The "yellow" items can be used for those who are not carbohydrate sensitive and not following the Beauty Queen protocol, as these are higher in lactose and/or carbohydrates. The "green" items can generally be used by most people, even those following the Advanced Weight Loss Strategies protocol. Remember to keep track of how these dairy products make you feel and always opt for grass-fed and organic. The majority of dairy products can be used as a fat serving. However the products with a \* next to it can also be used as a protein serving alternative.

Note: It's important to remember that crackers and dried fruit that are typically eaten with cheese and other dairy products will raise your insulin and actively work against your goals. Remember to eat these dairy products on their own or added on to your already low-sugar/starch meal for best results.

Daily	In moderation	"Treat" Items
<ul style="list-style-type: none"><li>1 Tbsp. ghee/butter</li><li>1 oz. aged cheese (ex: sharp cheddar)</li><li>3-4 oz. halloumi/paneer*</li><li>1 cup greek yogurt</li><li>1 cup labneh*</li><li>1 Tbsp. half and half</li><li>1 Tbsp. heavy whipping cream</li><li>1 cup cottage cheese*</li><li>1 oz. soft cheese (ex: mozzarella)</li><li>3-4 Tbsp. sour cream</li><li>1 serving whey protein*</li></ul> 	<ul style="list-style-type: none"><li>8 oz. whole milk</li><li>1 cup yogurt (unsweetened, all varieties)</li><li>8 oz. kefir</li><li>1/2 cup ricotta cheese</li></ul> 	<ul style="list-style-type: none"><li>1 cup gelato</li><li>1 cup ice cream</li><li>1 cup frozen yogurt</li></ul> 

# Ingredients to Fit Your Lifestyle

Something that I didn't think to account for when I created the first version of the Level Up Guide is just how quickly this group of nutrition nerds would grow! AENpeeps are in all 50 states and over 50 countries around the world! The great variety of AENpeeps also means that we all have different availabilities to food and taste preferences. If you're in Australia you're going to have different foods available to you than AENpeeps in Israel or Sweden. What can you do to alter the recipes in the Level Up Guide to fit your goals and grocery stores? The most important aspect is to follow the AEN Nutrient Timing paired with any alterations made with your specific protocol. Here's the step-by-step process to make the ingredients work for you.

## Step 1: Establish which meal you're working with

Whether you're about to eat break-fast, lunch or dinner, the types of foods (mainly the fats and starches) that fill your plate will differ greatly. The first step is to refer to your AEN Nutrient Timing guidelines to determine which categories of foods you will need and in what amounts.

## Step 2: Choose the ingredients that work for you

Now that you know the amounts of each type of food you need, head over to "The Best Proteins For Your Goals", "Fats to Fill Your Plate" and "Starchy vs. Non-Starchy Swaps" pages. These will be your references that you can use in order to find the type of food that you like or is available to you and how to fit it into your AEN Nutrient Timing meal - and you're done!

## Tips to Consider:

You can use this strategy while altering meals within the Programs to fit what foods are local to you or in order to make a new recipe that fits the AEN Nutrient Timing or even while out to eat to construct the best meal option. I recommend keeping "The Best Proteins For Your Goals", "Fats to Fill Your Plate" and "Starchy vs. Non-Starchy Swaps" pages handy so that you can easily reference them while adjusting to the AEN Nutrient Timing. You can bookmark or even print the pages out.

Here's an example of how you can make one of the recipes from the Level Up Guide fit which foods are local to you:

Let's take the Shaved Brussels Sprouts Sauté recipe as an example. Let's say you didn't have Brussels sprouts or beets available to you. These are both non-starchy vegetables, so you can refer to your "Starchy vs. Non-Starchy Swaps" page to swap in different veggies. The total recipe calls for 4 cups of Brussels sprouts and 2 small beets (around 1 cup), totaling at around 5 cups of non-starchy vegetables for 2 servings. You can simply find 5 cups worth of the non-starchy vegetables that are local to you to swap out. For example, you could use 2 cups of green beans, 2 cups of mushrooms and 1 cup of turnips.

# What to Consider as a Man

If you're a man following the Level Up Guide, you are probably wondering if you need to make adjustments to fit your unique needs. Many of the details and Action Steps in the Level Up Guide work for both men and women. For example, even in the Beauty Queen protocol, men who have difficulties with acne and breakouts can follow the same Action Steps.

However, as a man, there are a few additional aspects you will want to consider for your wellness journey.

## Low Testosterone

Many men suffer from low testosterone. A strategy that I use with many of my male clients is utilizing either a complete fasted window or push the Keto Coffee/Tea/Matcha to right before you break your fast. This maximizes the amount of time spent in a completely fasted state. Eating in general [can suppress](#) testosterone production. However, specifically carbohydrate rich and sugar rich foods can suppress testosterone by as much as 25%. Luckily, the meals in the Complete Intermittent Fasting Bundle are designed to be low in sugars and starches. The combination of a completely fasted state (meaning just water/sea salt) during your fasting window and decreased intake of sugars and processed starches can create a better environment for testosterone production.

## Protein Intake

There is no exact guideline for protein intake. Rather, the guidelines are more of loose ranges. From my own clients, I have found that men do typically require more protein than women, largely due to the simple fact that they tend to have more muscle mass and therefore more amino acids (protein building blocks) necessary to maintain their muscle mass. A good rule of thumb to start off with when determining your protein needs is multiplying your weight in kilograms by 1.4 to determine grams of protein to eat per day. For example, if you weigh 175 pounds (79.5 kg)\*, then you would multiple 79.6 by 1.4 to get 111 grams of protein per day, split between three meals (approx. 37-38g protein per meal, around 4 oz. chicken breast or 5 oz. ground beef per meal). This number can greatly vary depending on if you are recovering from an illness/surgery or if you are much more physically active. Because there really isn't a set number that works "perfectly" for every individual, you can aim for 4-6 oz. of a protein source per meal or around 12-18 oz. per day. Try playing around with this range and see what works best for your body, satiety levels and goals.

\*Note: You can find your weight in kilograms by dividing your weight in pounds by 2.2. For example, if you weigh 150lbs, your weight in kilograms will be 68kg.

## Eating MORE

Men generally require more energy intake than women. It will be important for you to take your satiety levels into consideration with your meals and adjusting your meals as necessary. If you're finding that you are experiencing sugar cravings or hunger between meals, trying increasing your protein in the range listed above AND/OR adjust your fat level using "The Importance of Eating Until Satiated" page. Remember, the goal is to feel satiated after your meal and feel satisfied for approximately 3 - 3.5 hours. If you feel hungry within 2 hours or less, you will need to adjust your meals to fit your body and lifestyle.







# What's Your Ideal Body Fat Percentage?

The scale sucks. We all know it. It's terrible. But it's also ACTUALLY terrible at describing how you're progressing with your goals. The scale only measures your total weight. It gives you no indication of how much fat you have lost or muscle you have gained. It also doesn't let you know if the weight loss you have achieved is muscle instead of fat (aka starvation). If all of this isn't evidence enough to throw out your scale ASAP, let me dive into what's a better alternative.

I only ever tell my clients to measure body fat percentage and muscle mass. These measurements will tell us what the scale doesn't. It lets you know if you're losing weight and gaining muscle, even if your total weight stays the same. It also lets you know if your body is eating away at your muscles instead of fat by showing muscle mass decrease while fat increases or stays the same. In short, it ACTUALLY tells you what's happening. Ready to throw away your scale now?

There are a variety of ways to determine your body fat percentage and each has a varying degree of accuracy. My favorite form is the InBody. This is a very expensive machine that many gyms and some doctors offices will have. I love the InBody because it breaks down your body fat percentage and tells you your muscle mass in each area of your body. This is a really useful tool because it can help you to also determine if you are over exercising or under exercising certain parts of your body. For example, I took the test and found that I had about 90% of the muscle mass in my left arm that my right arm had. This allowed me to adjust my training to focus on increasing my left arm strength to balance it out.

If you don't have access to an InBody, my next best recommendation is to check with your local university or college. Some schools, especially those with science and physiology degrees, will provide a body fat measurement as a service. You can also use the at-home and least reliable version such as the RENPHO or Arboleaf, which can be found for around \$30-40 online. It's important to remember that the actual number for your body fat percentage is less important than the trend of how it's moving. Even if you opt for the at-home body fat scale, you can at least keep track of if your body fat percentage is moving up or down, even if the exact number may not be very accurate.

So what should you be aiming for when it comes to body fat percentage? It depends on your goals. [The American Council on Exercise](#) created ranges varying from obese, "acceptable" (meaning a healthy range), fitness and athletic. If you are in the obese category, your first goal should be to aim for the healthy range. From there, if you are looking to achieve a fitness goal, such as run a half marathon or start lifting heavier weights, you'll be focused on the "fitness" range. If you are an elite or college athlete where the slight changes in body fat percentage can have a big impact on your sports performance, you will want to aim for the "athlete" range. These are ranges to keep in mind, but I caution you against shooting for a specific number as this can lead to the same emotional yo-yo-ing that idolizing a number on the scale can do.

If you are in the beginning of your journey, you may want to measure this every 2 weeks to make sure you're on the right track. Otherwise, if you're in maintenance mode, you can check in every month or two. What we want to see are trends. Change doesn't happen day by day, it happens over time. Measuring your body fat percentage daily is going to do NOTHING positive for your mental health. Instead, get the overall trends with weekly or bi-weekly measurements.

## Female Ranges:

Obesity > 32%

Acceptable “healthy” range 25-31%

Fitness range 21-24%

Athlete range 14-20%

## Male Ranges:

Obesity > 26%

Acceptable “healthy” range 18-25%

Fitness range 14-17%

Athlete range 6-13%

Always remember that your most effective tool for achieving your body fat percent goal is by increasing fat burning mechanisms. With calorie restriction and semi-starvation diet protocols, you’re simply denying your body of the nutrients it needs. This will be evidenced in your body fat/muscle mass results if your muscle mass starts to go down.



# Restaurant Guidelines

Whether you grab take out every day or reserve restaurant dining to weekend treats, this is your guide to staying on track! You can use these simple equations while out to eat to make sure you hit all the markers of the AEN Nutrient Timing you're looking for in order to achieve your goals on the go. Remember, this may alter depending on your individual protocol (specifically in regards to the dinner meal), so make sure to check the details of your protocol, too.

Note: Please refer to the "Fats to Fill Your Plate With", "Starchy vs. Non-Starchy Swaps", "Low Sugar Fruits to Love" and "The Best Protein For You Goals" pages for serving sizes.

## Break-fast

This is the higher fat, moderate protein and higher fiber meal aimed to stabilize blood glucose levels and tap into fat burning mechanisms.

### Your formula:

4-6 oz. protein + 3-4 servings fats + 1-2 cups fiber/non-starchy carbohydrate (or more) + optional 1 serving of fruit.

### Example Meals:

A) 2-3 scrambled eggs (protein + fat) + 1/2 avocado (fat) + 1/2 cup salsa (fruit) + 2 Tbsp. pumpkin seeds (fat) + 1 Tbsp. butter (fat)

B) Smoothie with unsweetened nut milk + 1/2 frozen banana (fruit + fiber) + 1/4 cup berries (fruit + fiber) + 1 Tbsp. nut butter (fat) + 1 Tbsp. chia seeds (fat + fiber) + 1 Tbsp. coconut butter (fat) + 1 serving protein powder (protein)

## Lunch

Just like with break-fast, this meal focuses on protein, fat and fiber while removing starch.

### Your formula:

4-6 oz. protein + 3-4 servings fats + 1-2 cups fiber/non-starchy carbohydrate (or more) + optional 1 serving of fruit

### Example Meals:

A) Salad with 3 cups arugula (fiber) + 4 oz. salmon (protein + fat) + 1-2 cups non-starchy veggies such as cabbage, cucumber, and radish (fiber) + 1 Tbsp. olive oil (fat) + 1/2 avocado (fat)

B) Vegan Bowl with 1/2 cup lentils (plant-based protein + fiber) + 1/2 avocado (fat) + 2 Tbsp. Pumpkin seeds (fat) + 1 cup roasted broccoli (fiber) + 1/2 cup olives (fat)

## Dinner

See your individual Protocol for specific guidelines. Here's a general formula to stick to!

### Your formula:

4-6 oz. protein + 2 cups fiber/non-starchy carbohydrate (or more) + 1-2 servings fats + 1 serving starchy carb (refer to individual protocol for necessary adjustments)

### Example Meals:

A) Tacos using organic corn tortillas (starchy carb) + 4 oz. ground chicken (protein) + 1 cup fresh Cole slaw (fiber) + 1 cup roasted cauliflower (fiber) + 1/2 avocado (fat) + hot sauce

B) 5 oz. burger or black bean burger, lettuce bun (protein + fiber) + 1 cup oven roasted sweet potato fries (starchy carb) + 1 cup roasted brussels sprouts (fiber) + 1 oz. cheese (fat)



# Tricky Restaurant Tips

Some restaurants can be a little trickier than others when it comes to following the AEN Nutrient Timing. I asked you guys on Instagram (@autumnelle\_nutrition) what type of restaurants you have the most trouble at. Checkout some examples for various “tricky” restaurants below and how you can still make your meal AEN approved (or as much as possible). As always, check in with your specific protocol to further tailor these meals to fit your goals.

Note: Some restaurants don't have high quality starch options to work with. In these circumstances, it's better to remove the starch and add in extra fiber components.

## Chinese restaurant:

Kung Pao Chicken/Shrimp OR vegetable lettuce wraps (protein) with Spicy Broccoli (fiber) and Szechuan String Beans (fiber)

## Indian restaurant:

Chicken or Paneer Masala (protein + fat) with a side of yellow dal (starch + protein) and mixed greens (fiber)

## BBQ restaurant:

BBQ meat/chicken, no sauce (protein + fat) with coleslaw (fiber) and small side of potato salad (starchy carb)

## Sushi Restaurant:

Sashimi (protein + fat) with cucumber or seaweed salad (fiber) and edamame (protein + some starch) and miso soup (some protein)

## Italian restaurant:

Chicken Cacciatore or Chicken Marsala (protein), sub pasta for roasted or steamed non-starchy vegetables (fiber)

P.S. I saw multiple questions regarding Olive Garden specifically. I looked into the menu and (at the time of this writing) they now serve a zoodles option to pair with their Salmon Piccata and Zoodles Primavera with Sautéed Shrimp!





# The Protocols



# HORMONE BALANCING PRO





# The Hormone Balancing

## Pro

### Who this protocol is for:

If you have breakouts, difficulty achieving your weight loss goal, anxiety, or poor sleep, this is the section for you. Our hormones dictate quality of sleep, energy usage, ability to handle stress, and so much more. It's a delicate balance and if one hormone is out of place, then many others have likely followed. This can lead to poor sleep, high stress, anxiety, and weight gain.

### What this protocol focuses on:

This protocol focuses on using lifestyle and Nutrition techniques to bring those hormones back to a natural balance. Come back to this protocol whenever you feel out of control and need a reset.

### How to use this protocol:

If you are using any hormone medications (or any medications), make sure to keep your doc informed on the changes that you are making. You may even want to speak with your doctor about retesting your hormones in the future to see if any medications need to be changed/modified/stopped after working through this protocol. Use the 4 Week Meal-by-Meal guide on page 77 with your specific tools added in to tailor your experience.

## Xiomara's Story

"Nutrient timing DOES matter for me! I do not need that many carbs at breakfast. Fat is a key component to stabilize my glucose. I do not need to cut out crazy amounts of calories in order to feel light and energized."  
-Xiomara





## Cortisol + Melatonin Balance

If you have difficulties falling or staying asleep, if you wake up feeling tired, if you wake up multiple times throughout the night or if you have a high stress environment, you likely may be experiencing an imbalance of cortisol to melatonin. Cortisol is the stress hormone. This is produced when your body thinks it's in a state of fight or flight. One of its main jobs is to increase your blood glucose levels so that your muscles have immediate energy to get out of a bad situation. This used to be a useful adaptation that allowed us to run away from tigers and survive. However, now due to work stressors, cell phones and constant notifications, it's possible to have a consistently high state of cortisol that increases blood glucose levels, increases insulin resistance, makes weight loss nearly impossible and leads to anxiety and depression. This imbalance alone [can lead](#) to high insulin levels in order to combat the higher blood glucose. Consistently higher levels of insulin [can lead](#) to insulin resistance, overproduction of androgen hormones in the ovaries and low melatonin (sleep hormone) levels. This is just a short list. From my research as well as my own experience, I believe that an imbalance of both stress and insulin are two of the main causes of many of our health problems – including other hormone imbalances - and it is WILDLY under-addressed.

## The Circadian Rhythm:

Cortisol, like I mentioned, isn't inherently a bad thing. In fact, we naturally need cortisol in the morning to help us get up and get our day started. There's a cortisol circadian rhythm that is natural and healthy. In this rhythm, you have the highest peak of cortisol first thing in the morning. This gradually tapers down throughout the day until dusk and low levels of light trigger melatonin production which allows your body to wind down and fall into a deep sleep.

However, this natural rhythm is rarely achieved in today's world. Instead of the smooth downward curve of cortisol, there are multiple high levels of spikes throughout the day caused by emotional stress, caffeine too late in the day, environmental toxins, high sugar/processed food diets, cell phone notifications, and artificial light from electronics right before bed. In fact, every time your cell phone beeps or buzzes with a notification (regardless of what that notification may be) your body produces a small amount of cortisol.

This high level of cortisol disturbs melatonin production which leads to poor sleep, low energy levels, and even higher cortisol the next day! See how cyclical this all is?

## How to stabilize your cortisol:

Your Action Steps for naturally bringing your body back to balance begin with insulin and cortisol. As we are already addressing insulin with the AEN Nutrient Timing, we need to additionally focus on cortisol. See your Action Steps on page 36 for specific lifestyle strategies.

## Balance female hormones:

If you are a woman, it's important to note that we are extra sensitive to this cortisol imbalance. As literal creators of human life, our body needs to be in tip-top shape to form a perfect little being! That's why when we are stressed out, working out too much, not eating enough/not eating proper life giving foods or just pushing ourselves too hard in general, our bodies tend to respond by losing our period. This is actually a survival mechanism. With this high cortisol, malnourished state, our bodies think that we are in an unsafe environment and therefore shuts off the reproductive system.

In fact, during a stressed state, nutrient rich blood flow is literally shut off from our GI Tract and reproductive organs. By reducing stress, you're aiding in increasing blood flow to your reproductive organs so that it can receive nutrient rich, life giving supplies to heal itself! This isn't to say that men can't suffer from high cortisol issues. In fact, if you are a man, you won't want to overlook these strategies. Although you may not be as sensitive to issues with cortisol, it can still cause a cascade of imbalances within the body.

## How to keep track of your progress:

Prior to starting the 4-week Program, take "before" pictures of your face and total body. These are often areas where you see the biggest changes with hormone balance. As your sleep improves, inflammation goes down and this is mostly evident in the face as decreased "puffiness". You may also notice that your eyes and skin look brighter. As your cortisol reduces, you may experience fat loss specifically around the belly. This is where cortisol causes one to gain weight. So by reducing cortisol, you may experience reduced abdominal weight as well. The changes you see will vary depending on the individual. After the 4 weeks, take an "after" picture of your face and body to see the changes!



Try meditating each morning, even if it's just for 5 minutes! Set a morning intention and take deep, cleansing breaths to stabilize your hormones from the start of the day. If you can do this outside, you'll also get the added de-stressing bonus of [negative ions](#)!

# Your Action Steps

## 1. Stay away from electronics 30-60 minutes before bed.

Remember that intricate balance of cortisol/melatonin? The light emitted from electronics – including cell phones, iPads, TVs, and laptops – causes your body to reduce melatonin production. By not using any of these prior to bed, your body can naturally increase melatonin production that is necessary to fall and stay asleep. Try catching up with your favorite book or magazines before bed instead!

## 2. Remove any added sugars during the 4-week period.

This includes honey and maple syrup. It doesn't mean that you can't have any sugar the rest of your life. Your goal right now is to bring your body back to a state of balance. Once you are in a state of balance, you can reincorporate sugars as treats. High levels of added sugars cause the body to have a spike and fall in blood glucose and insulin levels. This fall can trigger low blood sugar which can also trigger anxiety and further cortisol spikes. Not to mention, high levels of insulin can lead to insulinemia (high blood insulin) which [is tied](#) to PCOS. One of your goals throughout the next four weeks is to keep your blood glucose levels stable by removing added sugars so that you can focus on balancing your hormones with your meals, too.

## 3. Utilize the “do not disturb” function on your phone.

I know this can be scary at first, but hormone imbalance is a serious thing that can have a huge impact on your health. At least for the 4-week period, limit your work time to when you are AT work. Let your team members know what you're doing as well as why you're doing it. Most of the time, whatever emails or texts you receive can wait until the next day. If it is a true emergency, let your team members know to call your cell phone twice – this breaks through the “do not disturb” function so that you can receive the call. By keeping your home as your sanctuary to relax and repair, you're aiding in significantly reducing your stress and cortisol levels. Remember, real CHANGE only happens through CHANGING your routine. It's easy to become accustomed to high stress levels – taking this time to reset is an important step to achieving balance and lasting health. You can also do a Digital Detox. Check out my article on how to do it [HERE](#).

## 4. Try incorporating a magnesium supplement at night to improve melatonin.

Magnesium is severely lacking in our food. It used to be prevalent in leafy greens but with poor farming practices, it has become pretty depleted. Magnesium is needed as a cofactor to hundreds of enzymes in the body. It also helps to act as a natural muscle relaxant so that you can improve your post-workout recovery as well as increase deep sleep. 500mg of magnesium taken at night is usually the perfect amount to aid in sleep. Remember to check with your doctor to make sure this doesn't interfere with any medications or other modifications you are currently making.

## 5. Create a morning routine.

Starting your day with things you love helps to reduce your cortisol levels the rest of the day. Even if it's just 10 minutes, a morning routine can be important for hormone balance. Create a routine that works with your life. For example, mine includes making my bed, preparing my Keto Coffee, taking my dog for a walk and working out. Write yours down and stick to this everyday for the next 4 weeks. Make sure this morning routine doesn't include your phone or laptop!

## 6. Make sure to only have mold-free, toxin-free coffee

The mold and mold toxins in coffee can increase stress and anxiety levels. Make sure to ONLY use a high quality, lab tested coffee. I recommend Purity Coffee. You can check out the details on page 10.

## 7. Use essential oils to reduce stress levels in the evening.

Essential oils have been used for hundreds of years for a variety of medicinal purposes. I use lavender on my wrists and holy basil on my temples at night to help relax my body and reduce my stress levels before bed. Plus, it smells amazing! :) You can keep it simple with a drop of lavender on your wrists at night or feel free to experiment with other oils.

## 8. Assess your sleep.

As you now know, sleep is CRUCIAL for hormone balance. By using magnesium and reducing your cortisol levels throughout the day, your sleep will vastly improve. However, you may also need to invest in a sleeping mask to cover your eyes while you sleep in order to shut out external light that can disrupt melatonin. I use one called Bed Time Bliss that you can order on Amazon for around \$10.

## 9. Create a balanced workout routine.

Excessive or too little exercise can increase inflammation and stress levels. More often than not, I see overtraining as one of the main problems. A good rule of thumb for your workouts so that you can achieve your fitness AND hormone balancing goals is to follow this format:

- HIIT workouts up to 2x per week
- Strength training up to 5x per week (can occur on the same day as your HIIT workouts)
- Active rest day 1-2x per week
- Walking DAILY – on active rest days I recommend a minimum of 45-60 minutes

If you love running, I recommend tapering back during the 4-weeks to 2 days per week of cardio. Excessive cardio [has been found](#) to increase cortisol levels. Once your cortisol is balanced, you can increase your cardio to 3-5 times per week.





# THE ATHLETE





# The Athlete 💪

## Who this protocol is for:

If you are training for your first 5k or your 10th Iron Man, these strategies apply to you! Even if you are picking up a sport for the very first time and don't consider yourself an "athlete", you can still benefit and quickly improve your performance with these protocols.

## What this protocol focuses on:

Athletes have a common problem of high inflammation – especially endurance athletes. This inflammation is not only in the muscles and joints, but it's also systemic (entire body – including the gut!). This protocol focuses on reducing inflammation to reduce incidence of injury, boost performance, achieve your PR, and feel energized in the process!

## How to use this protocol:

This protocol focuses on advanced nutrition strategies to boost your performance. Although these strategies are advanced, the implementation of them is fairly easy. Follow the Action Steps within this protocol and apply it to the 4-week meal plan. You can further personalize your approach by swapping out meals and only using ones with the 💪 next to them. This means these recipes are ideal for athletes! Follow these Nutrition Action Steps alongside your current training regimen.

## Sarah's Story

"The BEST part of all is that my husband (king of the unhealthy) joined me for the program! He had a health scare a few weeks ago, has always battled with excess weight, high blood pressure and lethargy. HE TOLD ME THIS PROGRAM CHANGED HIS LIFE. He thanks me everyday and in turn I thank YOU so much for helping me help my husband! It not only helped him lose weight and lower his blood pressure, it reconnected us as a couple by bringing us together in the kitchen making delicious, nutritious meals and discussing our health and wellness goals. I am truly elated that we are moving forward TOGETHER as our HAPPIEST, HEALTHIEST selves."

-Sarah



# Endurance vs. Strength/HIIT:

Endurance and strength/High Intensity Interval Training (HIIT) are two entirely different animals. One primarily uses an anaerobic system, meaning low oxygen states and fast twitch muscles (strength/HIIT). The other primarily uses an aerobic system, meaning higher oxygen states and slow twitch muscles (endurance). How your body utilizes energy in these states is also entirely different because of the low or high oxygen levels.

With endurance training, you have higher availability of oxygen. Oxygen is needed to completely utilize beta-oxidation, AKA fat breakdown for energy. Our body stores about 2000 calories worth of carbohydrates vs. 40,000 calories (or more) worth of fat. One of the main issues with endurance racing is the underutilization of this abundant energy source. By consuming high levels of carbohydrates at every meal, you're keeping your insulin levels high which effectively shuts off the fat burning system. As a result, your body has "forgotten" how to tap into fat burning mechanisms when stored carbohydrates are low from endurance training. This results in bonking or hitting the wall – not a fun experience and a serious hindrance on performance. This occurs when your mitochondria (energy power houses in your cells) have "forgotten" how to use fat as fuel – aka low Metabolic Flexibility. The goal with this protocol is to cross-train your cells with the food you eat to easily go back and forth between a carbohydrate burning state and a fat burning state. This is useful for improving aerobic AND anaerobic performance!

# Crescendo Fasting + Nutrient Timing Strategy:

Studies show that becoming metabolically flexible can be beneficial for your performance. Plus, by reducing your sole reliance on carbohydrates as fuel, you also significantly reduce inflammation and AGEs (see my article "[This One Thing Significantly Speeds Up The Aging Process](#)" on [autumnellenutrition.com](#) for more information on AGEs). You can become more Metabolically Flexible with the Crescendo Fasting + Nutrient Timing Strategy. This pairs the fat burning benefits of Intermittent Fasting with AEN Nutrient Timing to refuel glycogen (muscle carbohydrate stores) while still achieving usage of carbohydrates as well as stored fat. In short, it helps you to use energy more efficiently, get lean, and boost your performance. The method involves training on lower intensity days in a fasted state in order to force your body to use fat as fuel. Then you refuel your glycogen in the evening in order to minimize blood glucose and insulin spikes. In the beginning, you may feel more sluggish and that's normal, especially if you're used to eating often or consuming a high carb diet. The more often you utilize this strategy, the better you will be able to tap into fat burning mechanisms.



## Autumn's story ~

I've been an athlete my entire life. In 2013 I ran the L.A. Marathon using the typical high carbohydrate, high simple sugars strategy. I ended up hitting the wall HARD around mile 20. My body had "forgotten" how to use fat as fuel as a result of so many months of using high levels of carbohydrates. This led to my inability to tap into energy that I had stored as fat after my carbohydrates were depleted.

After 8 months of intensive training for the marathon, I ended up completing the race 1.25 hours longer than I was on track to. Plus, I felt TERRIBLE for days after hitting the wall during my race.

As a result, I took many years off of long distance running. It's only been within the past couple months that I have started dipping my toe back into the endurance world.

I now go on my long runs with nothing more than water and possibly keto coffee fueling me - and I feel FANTASTIC! Plus, I don't have constant sugar cravings that lead to breakouts that used to plague me when I previously trained for the marathon!

-Autumn

# Crescendo Fasting + Nutrient Timing Format

## (For Endurance Athletes):

This strategy is best for those working on an endurance competition such as half marathon, marathon, long distance swimming and long distance cycling.

### Day 1: High Intensity Training Days

Such as sprints or lower body weight training.

- Eat within 1-2 hours after your workout. You can choose to have your first meal either prior to your workout or after – this depends on how your stomach tolerates food with exercise.
- Stick to the normal lunch procedure of no starchy carbs at lunch.
- Include 1/2 - 1 cup starchy carbs at dinner to replenish muscle glycogen stores. (reference the “Starchy vs. Non-Starchy Swaps” page for approved starchy carbs)

### Day 2: Low Intensity Workout

Such as a long run, medium distance walk, bike ride, swim, or upper body/core strength training.

- Perform these workouts in a fasted state. You may feel sluggish the first few weeks you do this as your body becomes more Metabolically Flexible. Remember to take it easy and slow while you adapt.
- Stick to the normal lunch procedure of no starchy carbs at lunch.
- At dinner, add 1/2 cup of approved starchy carbs (reference the “Starchy vs. Non-Starchy Swaps” page for approved starchy carbs). You may need to increase this to 1 cup at dinner if you are at a higher level of training intensity. Use your energy levels as a way to tailor the experience to yourself. Utilize recipes with the 🍌 on these days in order to receive healthy starchy carbs. You can also take recipes with the 🥬 next to it and simply add healthy starchy carbs with the above protocol.

### Day 3: Active Rest Days

Follow the Intermittent Fasting Protocol and normal AEN Nutrient Timing procedures as listed in the 4-week meal plan. This will help your body switch into fat burning mode.

### Day 4: Long Run/Bike/Swim

Usually with endurance training, you have one long workout per week. You have two options here:

1. You can either perform this workout in a fasted state if you have been following the Intermittent Fasting procedures for multiple months now and are more fat adaptive.

OR

2. You can treat this as a high intensity interval training day for how you schedule your meals (see step 1). If you are new to Intermittent Fasting, I suggest beginning with this second option on your long run days. Make sure to have a low intensity workout scheduled for the day prior and day after your long workout so that you can refuel your glycogen and rest your muscles.

### Example week:

Monday – High Intensity Training Day (lower body weights)

Tuesday – Low Intensity Workout (run at an easy endurance pace or power walk)

Wednesday – High Intensity Training Day (sprint interval training + weights)

Thursday - Low Intensity Workout (run/bike at an easy endurance pace + upper body strength)

Friday – Active Rest Day (60 minute long easy walk)

Saturday – Long Workout (60 minute or longer endurance workout)

Sunday – Low Intensity Workout (light jog + stability core workout)



# Crescendo Fasting + Nutrient Timing Format

## (Strength Training):

This strategy is best for those working on increasing muscle mass or training for a high intensity sport, such as tennis, basketball and football.

### Day 1: High Intensity Training Days

Such as sprints or heavy weight training.

- Eat within 1-2 hours after your workout. You can choose to have your first meal either prior to your workout or after – this depends on how your stomach tolerates food with exercise.
- Stick to the normal lunch procedure of no starchy carbs at lunch.
- Include 1/2 - 1 cup starchy carbs at dinner to replenish muscle glycogen stores. (reference the “Starchy vs. Non-Starchy Swaps” page for approved starchy carbs)

### Day 2: Low Intensity Workout

Such as cardio days or light weight/body weight training (such as core).

- Perform these workouts in a fasted state. You may feel sluggish the first few weeks you do this as your body becomes more Metabolically Flexible. Remember to take it easy and slow while you adapt.
- Stick to the normal lunch procedure of no starchy carbs at lunch.
- At dinner, add 1/2 cup of approved starchy carbs (reference the “Starchy vs. Non-Starchy Swaps” page for approved starchy carbs). You may need to increase this to 1 cup at dinner if you are at a higher level of training intensity. Use your energy levels as a way to tailor the experience to yourself. Utilize recipes with the 🍷 on these days in order to receive healthy starchy carbs. You can also take recipes with the 🥬 next to it and simply add healthy starchy carbs with the above protocol.

### Day 3: Active Rest Days

Follow the Intermittent Fasting Protocol and normal AEN Nutrient Timing procedures as listed in the 4-week meal plan. This will help your body switch into fat burning mode.

### Example week:

Monday – Lower Body Training or Sprints

Tuesday – Low Intensity Workout (30 minute treadmill walk + 20 minute core workout)

Wednesday – Upper Body Training

Thursday - Low Intensity Workout (30 minute bike + 30 minute balancing/core training)

Friday – Active Rest Day (60 minute long easy walk)

Saturday – Sprints + Total Body Workout

Sunday – Low Intensity Workout (20 minute outdoor jog + 20 minute core workout)

## Supplements:

I rarely suggest supplements unless there is a specific situation that needs to be addressed. However, as an athlete you are in a unique position where your body is under much more stress than the average person. Because of this, there are a few supplements that you may want to consider taking. Of course, with any supplements, make sure you talk with your doctor to see if it is right for you and that it doesn't interfere with medications you are currently taking.

### Magnesium:

Magnesium is needed for almost every enzyme in our body. Without it, you will experience muscle cramping and decreased performance. Unfortunately, our food supply is very low in magnesium due to poor farming practices. I use 500mg of magnesium taken at night to aid in workout recovery and deeper, more restful sleep. The brands I use include "Standard Process" or "Life Extension", but there are many great options on the market.

### Celtic Sea Salt:

Athletes lose electrolytes through exercise and sweat. Celtic Sea Salt naturally helps to replace those. Electrolytes are needed to produce energy as well as various hormones so this is very important. Add a pinch (around 1/8 tsp.) of Celtic Sea Salt to your morning water. Then add a pinch (around 1/8 tsp.) to your post workout water as well for maximum benefits. If you are incorporating endurance training, you may need to add more Celtic Sea Salt. If you experience headaches or muscle cramps, this can be a sign that you need to add another pinch of Celtic Sea Salt.

### Caffeine/Coffee/Tea:

Caffeine has been found for decades to be beneficial for physical and mental performance. I recommend using mold-free, toxin-free coffee (Purity Coffee - see page 10) or organic unsweetened green/black tea as your pre-workout instead of those pre-workout drinks filled with artificial flavors and ingredients. In order to improve your caffeine sensitivity and get the performance boosting effects of caffeine before a big race or event, you may need to abstain from coffee for a few days. Four days prior to your race/event, don't have any coffee/caffeine/tea. Then on the day of your race have your normal cup of coffee/tea. This helps your body to lose the tolerance to caffeine and gain the ergogenic benefits for your race. I stick to 1-2 cups of coffee per day. I also recommend stopping your coffee/tea intake by 2pm or 12pm if you are more caffeine sensitive. This will help to promote deeper, more restful sleep and therefore muscle recovery.

### Protein Powder:

Protein powder is useful for getting protein at your break-fast, especially if you don't eat eggs. Look for an organic brand that doesn't use any artificial or natural flavors. Make sure that it doesn't contain any added sugars either. Sugar alcohols can cause gut irritation in some people, so check to see if your protein powder has this. If you are looking to gain muscle mass, whey protein has been proven time and time again to be the best at upregulating amino acids (aka - boosting muscle formation post workout). However, in some people this may cause gut distress and inflammation. If you are looking to significantly increase muscle mass, I suggest looking for an organic, grass-fed whey protein powder. Otherwise, you can use a plant-based protein powder.

## Let's talk about overtraining:

It may seem like more is always better, but when it comes to training, this is DEFINITELY not the case! It's very easy to get into a state of overtraining. When you are overtraining, your performance plateaus or begins to decline. You get sick more often due to a decreased immune system. You're also at a much higher risk of injury. In order to prevent this, you need to address the frequency and intensity of your workouts. A good rule of thumb is to have no more than 5-6 days per week of training. ALWAYS have at least one full active rest day where you go on a walk and stretch. Unless you are under the guidance of a highly trained coach, I don't recommend two-a-days. Cross training is an essential component of reducing your risk of overtraining. Incorporate different types of endurance exercise such as biking, swimming, running, or power walking. Utilize strength training with a tested program such as the workout plan in The Ultimate 21 Day Intermittent Fasting Program or from your coach. If you begin to notice that your performance is not improving, your times are getting worse, you get sick often, you get injured, or you have a negative attitude toward exercises you used to love – this is a huge sign of overtraining. If you notice this, take a step back and reorganize your workouts to follow the above guidelines.

## How to keep track of your progress:

Throughout your training, many variables will contribute to your performance – weather, colds, sleep, stress, as well as diet. In order to keep track of these factors, I recommend you fill out the Daily Fasting Journal on page 73 with additional daily notes on how you felt during your workout. Things to look out for include energy levels during your workout as well as endurance training workout times. This is useful information in determining whether or not you need to increase your carbohydrate intake on low intensity workout days or take an additional rest day. If you have low energy after the first few weeks, then use the recommendation of increased carbohydrates to 1 cup.



Pro-tip ~Although I recommend snacking be kept to a minimum in order to maximize energy levels and gut healing benefits, I also understand that sometimes you just need a little something while you transition to a 2-3 meal structure with Intermittent Fasting! Check out the Apple Spiced Mini Muffins in the recipe section!



# Your Action Steps

## 1. Utilize the “Crescendo Fasting + Nutrient Timing” strategy.

As an athlete, you want to focus on maintaining enough energy through food in order to promote improved performance. This is where eating until you are satiated is key. Make sure that you revisit the “The Importance of Eating Until Satiated” page for additional strategies.

## 2. Keep track of your results and how you feel with the Daily Fasting Journal.

You can even add specific notes on your performance within your sport/training. For example, useful information may be your mile time, splits, distance achieved, or body fat percentage.

## 3. Use the suggested supplements as necessary.

Depending on your goals and training intensity, supplementation may not be necessary. However, at the very least utilizing Celtic Sea Salt to replenish your electrolyte levels and improve your hydration status will help with amping up your performance and decreasing muscle aches post workout.

## 4. Keep an eye out for overtraining symptoms.

This is where keeping track of how you feel with the Daily Fasting Journal is very important.





# GUT HEALING GURU





# The Gut Healing Guru



## Who this protocol is for:

If you experience frequent bloating, have a history of antibiotic usage in the past 10 years, have multiple food sensitivities, have IBS or GERD/acid reflux, then this is the protocol for you!

## What this protocol focuses on:

This section focuses on healing the gut by decreasing inflammatory foods, reducing intestinal fermentation that leads to bloating and promoting natural gut healing mechanisms.

## How to use this protocol:

In order to heal the gut, read through the information within this section (knowledge is power!) and implement the Action Steps paired with the 4-week meal plan. You can take this a step further by tailoring the 4-week meal plan by swapping out meals for only recipes that have 🥥 next to it. This indicates that these are great meals for gut health!

## Jessica's Story

"I am not defined by my hypothyroidism diagnosis. I've seen so many people struggle and give up on themselves. But I learned I don't have to accept where I am at and I can regain my health."

-Jessica





## Antibiotics + The Gut:

Antibiotic usage can be life saving – however with our current health system, it's more than fair to say that they are often overly prescribed. This mass usage of antibiotics wipes out our healthy gut flora that is responsible for things such as mood, weight maintenance, immune system, and certain nutrient production. With the lack of healthy gut bacteria in our GI tract to crowd out the bad bacteria, it leads to the flourishing of the bad bacteria and the negative health consequences that accompany it. Often times, I have seen that my clients who have a history of GI distress, IBS or GERD also have an extensive history of antibiotic usage. Replenishing your healthy gut flora is important for the gut healing process.

Even if you don't take antibiotics, it's also important to take a look at your animal products: milk, butter, meat, fish, chicken, eggs, etc. Check that these don't contain any antibiotics and that the animals didn't receive antibiotics throughout its life. This can travel from the animal to you, adding to the problem of too much antibiotic exposure. When it comes to beef, you want to look for grass-fed, grass-finished and organic. With poultry, look for pasture-raised and organic. If you can find these from your local farmer's market, even better!

## Processed foods + the gut:

Refined carbohydrates, sugars, and trans-fats have all been linked to increased inflammation. These foods also feed the bad bacteria in your body, making it difficult to get rid of them. In particular, refined flours and sugars provide a fast energy source for bacteria to ferment. This leads to the formation of gas in your intestines and the painful bloating from the pressure in your GI tract. This pressure from the gas in your small intestine can also push up against your stomach and make it easier for stomach acid to splash back into your esophagus (such as with GERD/acid reflux).

During your gut healing process (and in general), a good rule of thumb to follow is: “if it can sit on a shelf for longer than 2 weeks, don't eat it!”

This will help to eliminate processed foods that increase inflammation and feed the bad gut flora. Examples of these processed foods include: cereals, flour (except for almond, coconut, and oat flour\*), protein bars, sodas, chips, crackers, and other packaged goods (even if they have clever marketing to make it seem healthy!). If it's not a whole food, then it won't help you achieve your gut healing goal.

\*Freshly ground oat flour is much less refined than traditional white flour. However, during your gut healing protocol, you will want to avoid grains in general, oats being one of them.



When in doubt, stick to WHOLE, REAL foods! Processed and packaged foods will NOT help you achieve your goal. In fact, it will likely make them worse!

Plus, real food tastes so much better ;)

## Stress + Gut Connection:

Stress has a huge connection with the gut. It turns out that increased stress levels stimulates zonulin which increases gut permeability. What does this mean? This means increased “holes” in your gut (aka Leaky Gut) which allows partially undigested food particles to cross into your blood supply. This stimulates an immune response and increased inflammation. This immune response has been linked to autoimmune disorders such as Hashimoto's. Reducing levels of stress can help with reducing zonulin and therefore decreasing gut permeability.

Stress has also [been found](#) to hinder a very important process in your body called the Migrating Motor Complex. Which speaking of...

## The MMC Pathway:

AKA the Migrating Motor Complex - but let's just call it MMC. This series of electrical signals acts as a “sweep” for your small intestine. Between meals during a fasted state (meaning, no eating), the MMC stimulates a series of “waves” that push bacteria and undigested food particles out of your small intestine and into the colon. The entire process takes about 3 hours and 45 minutes to complete. If you snack between meals or don't wait 3 hours and 45 minutes between meals, then your MMC can't be fully activated. This causes bacteria and undigested foods to backup in your small intestine and ferment. The fermentation leads to bloating and pressure on the stomach. This can push the stomach and therefore stomach acids closer to the esophagus and can cause acid reflux/GERD. To break it down:

Incomplete MMC -> fermentation in the small intestine -> pressure on the stomach -> acid reflux/GERD

By following Intermittent Fasting and an 8 hour eating window, you get the benefits of full activation of MMC during your fasted state!

## How to keep track of your progress:

The gut healing process can be short or take many months, maybe even years. But healing your GI is crucial to address in order to achieve life long health and weight loss. You can keep track of your progress by following how certain foods affect your body. Utilize the Daily Fasting Journal to keep track of your bloating and energy levels. As your gut begins to heal, your bloating will decrease and your energy levels will increase! Another factor is inflammation. With decreased gut inflammation, you reduce your systemic (entire body) inflammation. This can result in weight loss and decreased “puffy” feeling. Take note of all of these factors in your Daily Fasting Journal to follow your progress.

# Your Action Steps

## 1. Replenish a healthy gut flora with fermented foods.

Include 1-2 Tbsp. of fermented foods with every meal. This includes kimchi, sauerkraut, raw kefir, and raw yogurt. If you choose a yogurt or kefir, make sure that it is raw, grass-fed and NOT pasteurized!\* This kills off the beneficial bacteria that you're aiming for.

\*If you are pregnant or breastfeeding, make sure to check with your doctor before using raw food items.

## 2. Don't eat between meals.

To help further stimulate your MMC and sweep out the left behind food and bacteria that can lead to bloating and acid reflux, it's crucial to stick with full meals and no snacking. This will allow for gut rest between meals and further enhancement of your internal GI cleaning crew, the MMC. You don't have to hit exactly 3 hours and 45 minutes between meals if you are also using Intermittent Fasting. But keep in mind that snacks and even tea and coffee can shut off the MMC. For this reason, make sure to eat until fully satiated at your meals and stick with water (unsweetened sparkling water is great, too!) between your meals.

## 3. Address your stress.

Like I mentioned, stress is a HUGE factor when it comes to gut health. Reducing stress can help to promote your MMC and clean out your GI tract. Follow the stress reducing protocols listed in the Hormone Balancing Protocol.

## 4. Ensure the quality of your animal based products.

Make sure that your animal based products don't contain ANY antibiotics! This is crucial to replenishing your gut flora!

## 5. Activate your MMC pathway with Intermittent Fasting.

Choose an 8 hour window to have your meals for full activation of the MMC pathway. Remember, while using Intermittent Fasting, you do NOT need to wait a full 3 hours and 45 minutes between meals. However, it's still important to stick to a three meal structure without any snacks during your eating window.

## 6. Remove Grains (For Now)

Grains can inflame the gut in many people. To be safe, remove grains (including corn, oats and quinoa – which technically isn't a grain but acts in a similar way). This helps to reduce gut inflammation and speed up the gut healing process. BONUS ~ you'll also achieve weight loss goals quicker, too!



## 7. Use Keto Coffee during your fasting period - preferably toward the end of your fast.

Keto coffee uses grass-fed butter which contains a powerful anti-inflammatory agent that isn't found in many other foods called butyric acid. This helps to reduce inflammation in the gut while in a fasted state. However, in order to maximize MMC stimulation, you want to try and have your Keto Coffee toward the end of your fasted state. This will allow for a longer pure fasted state and therefore a longer time for the MMC to do its job. For example, if your fast ends at 10am, try having your coffee around 8:30am or 9am.

## 8. Include daily bone broth or collagen supplement

This will help to seal the tight junctions in your gut so as to reduce Leaky Gut and reduce systemic inflammation. You can make your own bone broth (see the recipes section for my homemade bone broth recipe) or buy a high quality bone broth. I recommend Kettle & Fire Bone Broth. You can use the bone broth by sipping on it along with one of your meals or by using it as the base for a soup or stew. You can alternatively use 1 serving of collagen with your morning break-fast or stirred into water with one of your meals. Simply add one serving collagen along with your typical whole protein source (protein powder or greek yogurt) in your smoothie or Chia Brekky Bowl. Ancient Nutrition Multi Collagen is a great option.

## 9. Optional ~ include a probiotic that DOESN'T contain a prebiotic.

SIBO (small intestinal bacterial overgrowth) incidences are on the rise. Prebiotics can be beneficial, but extremely aggravate the GI if you have SIBO. SIBO can be diagnosed by your doctor with a lactulose breath test, but in the meantime, be safe by choosing a probiotic that doesn't contain a prebiotic.\*

## 10. Optional ~ Experiment with cooking all veggies.

Some people find that raw veggies are too difficult to break down and cause further bloating/GI distress. If necessary, try lightly sauteing, steaming, baking or grilling all of your veggies to help breakdown the fibers and make it easier to digest. For example, you can opt for recipes such as the Warming Cabbage Scramble or Adult "Snack Pack" Lunch using cooked veggies as a swap to raw salads. This step is optional and may not be necessary for you during your gut healing journey. However, know that it's an option if bloating/gas persists.

\*If you believe you might have SIBO, it's important to have your doctor perform the breath test to verify. A SIBO diet and supplement protocol may need to be incorporated with your Nutritionist or Naturopath.







**BEAUTY QUEEN**





# The Beauty Queen



## Who this protocol is for:

Have breakouts? Or rosacea? Or do you want brighter, healthier skin? Then this is the protocol for you!

## What this protocol focuses on:

This protocol is closely linked with the hormone balancing and gut healing protocols. It focuses on healing your hormones and gut while improving your sensitivity to insulin in order to achieve the clear, bright skin of your dreams!

## How to use this protocol:

Read the information within this section to fully understand WHY you are doing what you are doing. Then follow your Action Steps paired with the 4-week meal plan. By addressing your gut and hormones, you can address your skin as well!

## Kristin's Story



I went the entire 28 days without added sugar, processed foods, or grains. I felt amazing! I had so much energy that I was able to make most of my meals from scratch and prep bone broth and enchilada sauce over the weekends. My sleep has become more restful so I have been waking up earlier without my alarm. Also, my skin got so much better. It isn't dry and the breakouts and redness have gone away."

-Kristin



## The Gut Skin Axis:

The field of how the gut affects and interacts with the entire body is a fairly new one. It seems that everyday, we're learning more about just how important gut health is to literally every function in the body! Recently, there has been a gut skin connection discovered called the gut skin axis. [Scientists have found](#) that the health of the gut directly results in the health of the skin. So if your gut is inflamed, then your skin will be inflamed as well. This inflammation can result as acne, dry skin and rosacea.

## Insulin and Your Skin:

High levels of insulin, called hyperinsulinemia, has a myriad of effects on the body. Of course, we know these high levels of insulin cause our body to shut off fat burning mechanisms and make us hungry, but it is also intimately related to skin health. It turns out that high levels of insulin can cause the ovaries to overproduce androgen hormones, such as testosterone, that can lead to hormonal breakouts and acne. These high levels of insulin can also cause an increase in insulin-like growth factor-1 (aka IGF-1). High IGF-1 [can lead](#) to unregulated cell growth and proliferation, even with your skin cells, which can ultimately lead to increased breakouts.

This chain of events makes sense, especially when you consider hyperinsulinemia and insulin resistance are [classically seen](#) in women with PCOS (polycystic ovarian syndrome) where women also tend to suffer from breakouts.

With the AEN Nutrient Timing and Intermittent Fasting, we're already aiming to decrease the insulin response and improve insulin sensitivity. While you're following the Beauty Queen Protocol, you will want to enhance these results further by removing fast digestible carbohydrates, grains and sugars that stimulate the release of insulin.

## Stress and the Skin:

Because the gut is so important to a beautiful complexion, anything that effects the gut will also effect the skin. As you learned in the Gut Healing Guru, stress has a HUGE impact on the inflammation within your gut. By decreasing stress, you decrease inflammation in the gut and therefore decrease your incidences of breakouts.

## Dairy and Grains:

Some foods tend to cause breakouts in general for the majority of the population. These can include grains and dairy. Both can be inflammatory to the gut in some people which leads to breakouts. Not to mention the higher release of insulin from starchy grains and refined grains which can contribute to the issue of hyperinsulinemia as discussed above. By removing grains such as wheat, quinoa (not technically a grain, but acts in the same way), corn, barley, bulgur, rice, and even oats, you can aid in boosting your complexion. Does this mean that you need to say bye to these altogether? No! But while you are in the process of healing your gut skin axis and improving your insulin sensitivity, this can help significantly.

As for dairy, the problem generally is with lactose. Dairy products highest in lactose are milk, regular yogurt and soft cheeses. Hard cheeses, greek yogurt, butter and ghee contain much less or only trace amounts of lactose and therefore are better options for you during this time. Another issue with dairy is that it tends to have antibiotics that increase gut inflammation by reducing the healthy gut flora. Ensure that any dairy you consume is low in lactose and antibiotic-free. Opt for organic, grass-fed dairy products in order to reduce your exposure to antibiotics and inflammatory, low quality fats.

## Vitamin D and Breakouts:

Studies are showing a connection between vitamin D3 deficiency and increased incidences of breakouts. I personally have experienced decreased breakouts by incorporating a D3 supplement. You can check to see if you're deficient with a simple, at-home blood test. I got mine from Everly Well [HERE](#).

## How to keep track of your progress:

Take a picture without makeup of your skin at the start of the 4-week meal plan. At the end of the 4 weeks, take another picture. Compare your results! You may notice flattening of acne, reduction of breakouts, and glowing skin! In order to achieve best results, you may want to go through the 4 week process 2 or more times, depending on your goals.



## Morgan

Check out Morgan's story [HERE](#)!



# Your Action Steps

## 1. Follow the Gut Healing Guru Action Steps.

This will aid in reducing gut inflammation and healing the gut skin axis for a bright, beautiful complexion!

## 2. Follow the Hormone Balancing Pro Action Steps.

This will aid in balancing hormones that can cause breakouts.

## 3. Remove grains (for the time being).

This doesn't necessarily have to be forever! Just while you work on decreasing inflammation and reducing breakouts. Once you have achieved your wellness goal, experiment with adding whole grains back into your diet one at a time, if you choose to reincorporate them. Remember to stick with whole, unprocessed grains during and beyond your reintroduction period.

## 4. Only use high quality, low lactose dairy.

This includes foods such as parmigiano reggiano, aged cheddar, hard cheeses, butter, ghee and heavy whipping cream. Depending on your lactose sensitivity, full fat greek yogurt may be an option as well. Make sure to experiment with how your body responds to the lactose in greek yogurt.

## 5. Test yourself for vitamin D deficiency.

If you are deficient, look into incorporating a daily vitamin D3 supplement. I use 5000 IU of Ancient Nutrition's fermented vitamin D3. Make sure to check with your doctor that this won't interfere with any medications or lifestyle changes you have.

## 6. Review your protein intake.

Protein deficiency can lead to a replacement of protein with foods high in carbohydrates and starches. [Multiple studies](#) have found that higher glycemic foods that are depleted of proteins lead to increased insulin secretion and increased androgen hormones that are tied to acne formation. This Action Step is a recent addition to the Level Up Guide as this has been an amazing tool that I have recently used with my clients and my own skin health with extremely impressive results. A great place to start with your protein intake is to ensure that you have one serving of protein per meal (see "The Best Proteins for Your Goals" page for details). If you choose a two meal structure, it's essential that you still have the equivalent of three protein servings split between your two meals. For example, if you typically would include 4 oz. of animal based protein/1 serving plant-based protein between three meals totaling at 12 oz. of protein per day, you would split this to 6 oz. of animal based protein/1.5 servings plant-based protein between two meals per day.

## 7. Optional ~ use a homemade probiotic rich facemask!

Try this recipe: 1/4 cup ground oats (you're not eating these, so it's fine to use during your protocol!), 1/4 cup yogurt, 1 capsule probiotic. Mix the ingredients to combine. Wear for 15 minutes then wash. The recipe makes enough for multiple face masks. Make sure to keep your leftovers in a glass container in the fridge!



# ADVANCED WEIGHT LOSS



# STRATEGIES





# Advanced Weight Loss Strategies


## Who this protocol is for:

If you have plateaued in your weight loss journey or have extreme difficulties losing weight, then this is the section for you! If you are new to Intermittent Fasting, I recommend that you begin with [The Ultimate 21 Day Intermittent Fasting Program](#), then come back to these advanced strategies if necessary in order to achieve best results. These additional strategies may not be required for every individual to achieve a weight loss goal. Weight loss is generally observed in all of the Level Up Guide/21 Day IF Program protocols, so this protocol is best used if you have a history of difficulties with weight loss or consistent weight loss plateaus.

## What this protocol focuses on:

Throughout this protocol, you will learn how the body chooses to lose or gain weight and how you can take advantage of this process. You will also learn about certain foods that have a tendency to increase “storing mode” and shift the body out of fat burning mode. You will also learn about the theorized bioindividuality of weight loss and why everyone may lose weight at different rates.

## How to use this protocol:

Remember, these are specific strategies to aid in stubborn weight loss. Follow the 4 week meal-by-meal guide on page 77 with your specific tools used to modify the meal plan to meet your goals. Make sure to use the meals with this  image next to them in order to maximize your results! These are meals that work perfectly for your goal of maximizing fat burning. You can also swap out meals in the 4 week program to use only meals that will best help you achieve your goal.

## Karola's Story

“I lost over 25 lbs in about 4 months and went from a size 14/16 to a size 10. When I started the program, I was out of breath after ~5-10 minutes of light biking and now I bike 30-40 minutes about 3 times a week without any problems. The last time I went dancing in a club, I didn't last longer than a song or two in a row and now I feel like I can dance all night long :-)”  
-Karola



# Carbohydrate Insulin

## Model of Obesity

In order to understand why weight loss can be difficult, we need to understand what causes weight gain from the start. There are two main models or theories when it comes to weight gain. One is the calories-in-calories-out (CICO) theory. This model claims that all calories are created equal and have the same effect on the body. Regardless of what you eat, if it is in “excess” of the calories you “burned” then you will gain weight. On the flip side, according to this theory, if you eat less than what you “burned” then you will lose weight. There are a multitude of problems with this theory, including clinical trials that show the ineffectiveness of this strategy long term. As [one study](#) states, in the short-term, calorie restriction (aka “semi-starvation”) is counteracted by mechanisms within the body, such as an increased desire to eat (hanger, anyone?!) and a decreased BMR (metabolism).

The main problem with the CICO theory is that it has no way of addressing how you will lose the weight long term as well as where that weight will be lost. It is considered “inevitable” in the dieting and calorie restriction world that you must lose muscle as well as fat in order to lose weight. It’s also considered “inevitable” that your metabolism will drop and you need to continue to eat less and less in order to “beat” your metabolism and break through a plateau.

Do you see how this is all so cyclical? How does a system that relies on constantly underfeeding your cells, dropping your metabolic rate and losing muscle mass seem like a reliable and healthy way to lose weight? Does it seem likely that in order to achieve a healthy weight, our bodies were destined to be lacking in muscle and always hungry? It’s easy to see why following the CICO method of weight loss causes consistent plateaus and drastic increases in weight gain. The CICO method causes huge amounts of hunger in the body due to wasting away internally and decreases in your metabolism that make gaining back the weight even easier than it initially was! I know it can be a weird concept to wrap the head around, especially with the decades of insistence from the weight loss community that the CICO method is true, regardless of the lack of long term studies to prove it. But there is an alternative model of weight gain and weight loss that considers the fact that each macronutrient has a different effect on your body’s ability to gain or lose weight as well as make you feel hungry or satisfied. This model explains how you can eat until fully satiated and still lose weight.

This is called the Carbohydrate-Insulin Model of Obesity (CIM). This model has been studied across the world over the last 100+ years. These studies started off in Europe in the late 1800s and early 1900s, analyzing the strong hormonal effect of weight gain that was independent of food intake. Even before the understanding of endocrinology (the study of hormones) and insulin specifically, scientists have been eyeing certain foods since these early days as being particularly “lipogenic” or weight gain inducing.\* These foods in particular were refined flours and sugars. By the 1920s, scientists discovered insulin and the important role it held in weight gain and weight loss. The CIM centers around insulin and this strong “lipogenic” effect of insulin as the main source of hunger and weight loss/gain.

But first, let’s dive into the details of insulin and how this hormone can have a larger impact on weight loss and gain than calories alone. There are three main macronutrients: protein, fat and carbohydrates. Protein is mostly used for cell maintenance, muscle recovery and the creation of hormones. It is very rarely used as an energy source for the body unless it is in a state of starvation. That leaves fat and carbohydrates as the two main energy sources for the body.



When you are in a fasted state, for example after a night of sleeping, your body is using fat as fuel. These fats, called free fatty acids, are individual “strings” of fats that can easily flow out of the fat cells and into your blood supply to be delivered and used by cells in your body. That’s why you aren’t hungry right when you wake up. You have a steady flow of these free fatty acids to your cells and therefore have the energy you need. This free flow of fatty acids not only provides a steady source of energy (and therefore no dips), it also allows your body to not use its blood glucose as a fuel source. Because the free fatty acids are available, the blood glucose isn’t used and your blood glucose remains stable. This translates to no energy dips, consistent weight loss (due to using the free fatty acids) and no hanger/cravings.

But have you ever notice that as soon as you eat, it’s as if you get MORE hungry than before you started eating? This is due to the TYPE of foods you’re eating and the role insulin plays on hunger and weight gain. Here’s where we get into the CIM explanation of obesity and weight gain.

If you eat a meal that contains higher or “moderate” levels of carbohydrates, especially fast acting ones, these are converted into sugars in your GI tract and absorbed into your blood supply. This increase in blood glucose levels causes your body to release the hormone insulin in order to store these sugars.

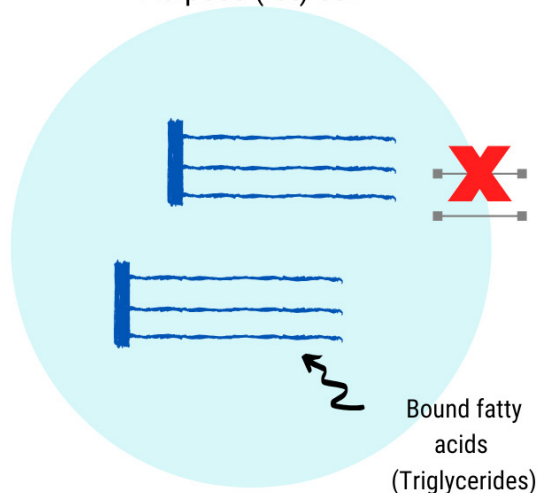
But insulin doesn’t just work to store sugars. Something else happens when insulin is available that completely derails your weight loss results. When insulin is present in your blood supply, it causes those free fatty acids (remember, the long “strings”) to be locked up in your fat cells with something called glycerol. This glycerol attachment converts the small free fatty acids into large and clunky triglycerides. These triglycerides are too large to leave the fat cell and therefore can’t leave the fat cell to be used as fuel.

Not only does this mean your body isn’t able to use your fat as fuel when insulin is present, it also essentially removes those “free fatty acids” in your blood supply as a fuel source, leaving only blood glucose as a fuel source. Blood glucose is a much less reliable source of energy because we don’t have much of it, even when it’s “high” after a higher carbohydrate meal.

As your cells quickly burn through this glucose supply for energy, the blood glucose level suddenly becomes unstable and you experience a dip in blood glucose. This dip alerts to the body that there isn’t enough fuel to support the cells. It’s like an emergency switch that’s turned on in the body. And because the free fatty acids are locked up in the fat cell from insulin, it can’t come to the rescue and provide fuel for the cells. This leaves only carbohydrates as the option.

## When Insulin is High

Adipose (fat) cell



Triglycerides (bound fatty acids) are too big to fit out of the fat cell. As a result, fat burning (lipolysis) is turned off because it can't be accessed.

This is why within 1-2 hours after a high carb meal, you may experience hunger or sugar cravings even though you ate a full meal. Your fat cells are locked up and your body is in this “emergency” mode for fuel. This leaves you to crave and eat the very types of foods that will further promote the release of insulin and perpetuate the cycle of locking up your fat cells and internally starving your body.\*\*

It's important to note that fat and protein do not have this same effect on insulin secretion. Fat has near zero while protein has a lesser effect on insulin secretion than carbohydrates. However, neither of these are close to the much higher release of insulin in response to carbohydrates, particularly refined carbohydrates and simple sugars.

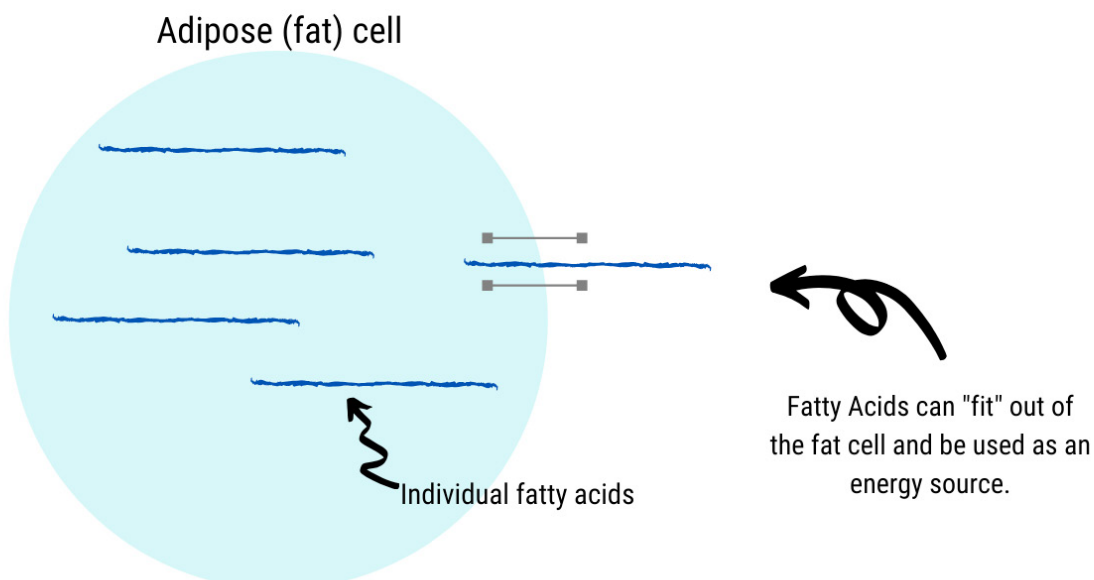
So why is it that some people can tolerate higher levels of carbohydrates while others can't? This comes down to the theory that some people secrete higher levels of insulin than others in response to the same amount of carbohydrates eaten. Remember, insulin levels are what cause the fat cells to be locked up. Carbohydrates cause the release of insulin, however it may be the case that some people release more insulin in response to the same amount of carbohydrates than others. This could cause one person to have the same insulin response to oatmeal that another person might have to a bowl of gelato with chocolate sauce. It's certainly not fair. But knowing this information means that we can be empowered to do something about it.

With the Advanced Weight Loss Strategies, we will be addressing insulin and insulin promoting foods. We will be focusing on putting your body and fat cells in the best possible position to free up the free fatty acids to be used as energy while simultaneously increasing your satiety so that you don't experience sugar cravings that ultimately cause the release of insulin. We will also be addressing additional lifestyle factors that promote insulin secretion. Once you have achieved your weight loss goal, you will test out various carbohydrate rich foods one at a time to see what your body's carbohydrate tolerance is in order to maintain your weight loss while also feeling satiated and satisfied.

\*If you're interested in the full history of the development of the CIM Theory and why ultimately the public started using the less reliable CICO model instead, I highly recommend reading the book Good Calories, Bad Calories by Gary Taubes. Much of the history I explained above is in direct reference to the research by Taubes.

\*\*For a full review of the research and studies on the CIM model, you can check out [THIS](#) scientific article.

## When Insulin is Low



# Your Action Steps

## 1. Remove any grains and added sugars.

Grains are particularly dense in carbohydrates and “starchy” carbohydrates that cause the release of insulin. Grains include rice (of any type), oats, corn, quinoa (not technically a grain, but acts similarly), wheat, flour, wild rice, rye, spelt, barley, amaranth, freekeh, wheat berry, groats, bulgur, millet, bran and buckwheat. For this same reason, added sugars such as cane sugar, maple syrup and honey are also removed while working toward your weight loss goal in order to focus on reducing the insulin response. Non-nutritive sugars such as stevia, monk fruit and aspartame can still have a response on insulin levels and should also be eliminated during this time.

Replace grains with nutrient dense alternatives! Cauliflower rice and zoodles (spiralized zucchini) are great options. You can also use romaine lettuce or thinly sliced turnips or jicama for taco shells. I know turnips as taco shells sounds odd - but I recently had this at a restaurant and it's fabulous!

## 2. Remove snacks and activate your MMC Pathway.

Removing snacks will allow you to further reduce the secretion of insulin between meals. However, it's extremely important to eat until satiated in order to stick with a three meal a day structure. Address the “Importance of Eating Until Satiated” page if you need to make updates to your meals to achieve satiety.

## Jennifer's Story



“But that’s what is so great about this program! Even if you have those bad days, you have the nutritional knowledge to get right back on track from where you left off. Autumn’s encouragement, kind personality, and knowledge is what drew me to her, it’s what helped me through the program, and it’s what keeps me motivated to stay on track after. For anyone beginning their journey with Autumn, I am so excited for you!”  
-Jennifer



### 3. Limit fruit intake to 2 servings per day.

Fruit contains beneficial fiber, antioxidants, and vitamins – but they actually contain much less than leafy green veggies. Fruit contains higher amounts of fructose (fruit sugar). This fruit sugar is broken down using a much different pathway than glucose (the sugar in most carbohydrates). Fructose needs to be processed in the liver in order to be used. Although fructose doesn't cause spikes in insulin/blood glucose levels, it has been noted to lead to increased insulin resistance which can make losing weight much more difficult. Studies also have found that increased fructose causes increased lipogenesis – AKA fat production (Basciano, 2005). By limiting your fruit intake to 2 servings per day, you limit your liver's exposure to fructose and decrease your risk of insulin resistance. When choosing your fruit, I recommend sticking to berries which are lower in sugar, higher in antioxidants, and higher in fiber. You can review the “Low Sugar Fruits to Love” page for more details on the best fruits for your goals.

Examples of 1 serving of fruit: 1 cup strawberries, 1/2 cup blueberries, 1 cup raspberries, 1 cup blackberries, 1/2 cup pineapple and 1 tangerine.

### 4. Limit alcohol to 1 serving per week.

Alcohol has a similar effect on insulin resistance and weight gain that fructose has. By reducing your alcohol intake, you can get the same benefits as reducing your fructose intake. If you choose to have alcohol, the gold-standard is [Dry Farm Wine](#). It's high in beneficial antioxidants and doesn't contain pesticides that can also lead to weight gain. If you choose to have a cocktail, keep it as simple as possible with no added sugar. For example, vodka soda with lime, margarita with lime juice as the base or one beer. One serving equivalents are 5 oz. glass of wine, 12 oz. beer and a cocktail with 1.5 oz. alcohol.

### 5. Remove starchy carbs and replace it with 1-2 additional servings of fat at dinner.

Healthy starchy carbohydrates are amazing at reducing cortisol levels and increasing the sleep hormone, melatonin. However, if you find that you are having difficulties losing weight, then you may be secreting more insulin in response to starchy carbohydrates. In order to help keep the insulin secretion lower, starchy carbs will be removed while you are working toward your weight loss goal. With the AEN Nutrient Timing, you typically would include one serving of starchy carb at dinner and decreasing the fat to compensate. However, as you will be removing the starchy carb, it's important to increase the fat in your dinner by 1-2 servings in order to maintain satiety. The amount you need will depend on your own satiety levels. The dinners in the Level Up Guide inherently are lower in fat and contain a starchy carb, so make sure to stick with the “broccoli emoji” recipes and use the “Importance of Eating Until Satiated” page to incorporate additional fats. Start with one additional serving and include up to two if necessary for your satiety levels. Since you won't be using starchy carbs to reduce your cortisol levels, see the next tip for how to keep your stress levels at bay.

## 6. Assess your stress levels.

Stress causes your body to release the hormone cortisol and eventually increase insulin secretion as a result. Stress can be triggered by emotional factors, too much exercise, a diet high in sugar or even environmental toxins. One of cortisol's main jobs is to increase blood glucose levels in order to get ready to act quickly while in a state of fight-or-flight. When you don't immediately use that energy to sprint away from danger, the glucose gets stored as fat around the belly. While you are in a state of high stress, it will be nearly impossible to tap into your fat burning mechanisms because your body will have higher insulin levels from the raised blood glucose. Plus, stress increases zonulin in the gut which leads to increased Leaky Gut and therefore increased inflammation. Needless to say, reducing stress levels is essential for achieving your weight loss goals!

### Strategies to reduce stress:

- Take a 10-15 minute walk, preferably outside, when you feel stressed. This [has been found](#) to lower serum cortisol levels.
- Don't use your phone/TV/iPad/computer at least 30-60 minutes before bed. This helps to raise your melatonin (sleep hormone) levels and reduce cortisol the next day.
- Set up a morning routine for yourself. Even if it's just 10 minutes, start your day doing things you enjoy rather than being on your phone. Great options include meditation, going for a walk, reading positive affirmations, or simply getting ready for the day.
- Try daily meditation. I love the app Headspace.
- Incorporate lavender essential oils before bed.

## 7. Keep a food log.

You can write down your meals in the notes section of your phone or on your Daily Fasting Journal. This will help you to be more mindful of the meals you choose so that you can opt for healthier choices. This doesn't have to be long term - just for the first couple of weeks to increase your mindfulness around your meals.

## 8. Test your carbohydrate tolerance.

Once you have achieved your weight loss goal, you can start experimenting with adding more carbohydrate rich foods back into your diet. Start by adding one additional serving of fruit per day, preferably those listed in the "green" column on the Low-Sugar Fruits to Love page. Test out this addition for 1-2 weeks. If you maintain your weight, you can now experiment with adding in a small portion of starchy carbohydrates. Start with 1/2 cup starchy carbohydrate at dinner, preferably a lower starch to begin with (such as squash). Include this at your dinner everyday for 1-2 weeks. If you start gaining weight during this time, then you can remove the starch or reduce it to 1/4 cup and repeat the process. This is likely your carbohydrate tolerance level. Continue this process, until you find the point that you can maintain your weight loss while adding in additional carbohydrates. I don't recommend adding in grains as these are particularly "lipogenic" (creates fat in the body). Especially if you had difficulties losing weight in the past, grains (at least on a daily basis) are likely not a good idea. Instead, you can treat grains and grain products as more of a "treat" meal up to one time per week.



# **Plateau Breaker Checklist**

If you are experiencing a plateau while following the Advanced Weight Loss Strategies Protocol, here are a few things to consider:

## **-Are you drinking enough water?**

Water retention can, ironically, also be caused by not drinking enough water. Water retention can mask the weight loss that you have achieved. Take stock of how much water you're drinking right now. Aim for roughly half your weight (pounds) in ounces per day. For example, if you weigh 160 lbs, aim for 80 oz. of water per day.

## **-Are you eating any snacks?**

Remember, snacking causes the release of insulin and can keep the body in storage mode. Use your urge to snack as a sign that you have not eaten enough or enough of the right things. If you feel hungry or have sugar cravings between meals, review The Importance of Eating Until Satiated page for foods to increase at your meals.

## **-Are you including any protein bars?**

Protein or meal replacement bars, even the "healthy" ones, should never replace a real meal. These are either loaded with sugar (even if it's "healthy" sugar sources) or contain artificial/non-nutritive sweeteners that can lead to increased sugar cravings later on. If you find yourself in a pinch, review the Restaurant Guidelines page for how to eat while on the go or pack an easy to eat meal to bring with you (try the "Adult Snack Pack Lunch" recipe).

## **-Are you drinking diet soda?**

Just like with protein bars, diet soda can trigger increased sugar cravings later in the day that will derail your results. Try opting for sparkling water with lemon instead.

## **-Are you getting in enough fat? What about protein?**

Fat and protein are both key players for increasing satiety and reducing cravings. Make sure you're getting enough of these two items to reduce cravings later in the day. Utilize the first two meals structure (break-fast and lunch) in the AEN Nutrient Timing to ensure you're getting a base of fat and protein.

## **-Are you getting high quality sleep?**

Lack of sleep or high quality sleep leads to increased cortisol levels the next day. These increased cortisol levels can also raise insulin as a result and make it more difficult to lose weight. Check out the Hormone Balancing Pro protocols for tools on how to improve sleep quality.

## **-Are you drinking too much Keto Coffee?**

Keto Coffee (or matcha or chai) are great tools to reduce hunger during your fasted state. But this also shouldn't start replacing meals instead. Particularly due to the increased cortisol effects high intakes of caffeine can have on the body. Stick to one serving per day.

## **-Are you over-exercising?**

Just like with the above items, over-exercising can lead to higher cortisol levels. Check out The Athlete Protocol for an example of a well balanced training routine.



### -Are you under-exercising?

Although over-exercising is bad for our cortisol levels, a balanced exercise routine can aid in reducing stress levels and improving insulin sensitivity. If you aren't exercising at all, start by getting a daily 15-30 minute walk in. Challenge yourself to increase your steps each week by adding walks in throughout the day. You can also try a low impact and stress reducing cardio such as leisurely outdoor biking or swimming.

### -Does your protein powder have sugar?

This is a HUGE mistake I've seen in the past. Many protein powders use a small amount of sugar or monk fruit/stevia. For some people, this may not be a problem. However, if you have difficulties losing weight, this sugar can add up. If you want a slightly sweet protein powder, opt for one that only contains monk fruit or stevia as the sweetener as a better alternative to regular sugar. Otherwise, you can test out using an unsweetened protein powder as an even better option.

### -Are you eating starchy carbohydrates?

Starchy carbohydrates are not limited to grains and bread. Check the Starchy vs. Non-Starchy Swaps page in this guide and make sure you're sticking with the non-starchy vegetables for now.

### -Try removing most dairy products.

Dairy can be hit or miss with people. Personally, fermented dairy products and low-lactose products work great for me! However, you may have a sensitivity or intolerance to dairy that could be holding you back. If you're experiencing a plateau and doing everything else, try removing any dairy products for the time being. Grass-fed butter SHOULD be fine. First try eliminating the rest of the dairy products, and if necessary, eliminate butter as well - again, for the time being to see how your body responds.

# WEDDING PROTOCOL



# Wedding Protocol

## Who this protocol is for:

If you are recently engaged and you are looking to feel your best for the big day, this section is for you. Whether you are the bride, groom or a member of the wedding party, you can use this protocol to feel AMAZING on the big day.

## What this protocol focuses on:

This protocol is designed to help you boost your energy levels, decrease body fat percentage and increase lean muscle. It's important to note that this protocol is NOT a semi-starvation diet. The goal is to achieve your weight loss goals (if applicable) while also boosting energy levels, creating a clear complexion and improving lean muscle mass.

## How to use this protocol:

Depending on your weight loss goal prior to the wedding, you may need to start this protocol at an earlier date. Make sure to follow the suggested timeline depending your goals. You will also find that depending on what stage of the wedding protocol you are in, you will be utilizing different types of recipes. You can use the key for the suggested recipes in the Wedding Protocol.

“On my wedding day, I want to be able to fully experience it. I don't want to be lost in my mind with anxiety or feeling sluggish and low energy from over-training or undereating. I want to just feel GOOD. Part of that is feeling strong and achieving my fitness goals, but equally as important is feeling relaxed and energized. That balance is what I focused on while creating this protocol.”

-Autumn





# Determine Your Goal

First of all, congratulations on your engagement! This is an exciting, once in a lifetime moment that you deserve to feel your BEST during. That's why determining your goal for your wedding is crucial before you begin. This will be your roadmap and dictate the steps you take.

If you are looking to lose weight prior to your wedding, I advise beginning part 1 of the Wedding Protocol as soon as possible. This will help you to build the habits and tap into fat burning mechanisms earlier so that you can start feeling great and not feel stressed as your big day gets closer.

If you aren't looking to lose weight, but your main goal is to feel energized and have glowing skin for your wedding, you can jump to phase 2. Typically, you want to aim for starting this phase 1-2 months prior to your wedding. This will help your body adjust to the changes and allow time for your energy levels to raise and your skin to heal.

With the Wedding Protocol, we will be combining the Advanced Weight Loss Strategies with the Beauty Queen in order to help you achieve your goals. For this reason, while in phase 1, you will be utilizing recipes with the 🥦 emoji. While in phase 2, you will be using recipes with the 🍷 emoji. Depending on any further addition to your goals (with the details in the Action Steps below) you may need to make further slight adjustments to these recipes.



# Your Action Steps

## Phase 1: Weight Loss (If applicable)

If weight loss is your goal, you will be utilizing the Advanced Weight Loss Strategies protocol and recipes (look for the broccoli emoji in the recipe section) until you have achieved your weight loss goal.

Start this phase as soon as possible. Continue this phase until desired results are achieved or until your wedding day.

Depending on your goal, this will be your first step. If you aren't looking to lose weight, but you want to still feel your best on your wedding day, skip ahead to phase 2.

These guidelines will help to release fat from your adipose tissue in order to be burned as fuel. The goal with weight loss is to lose fat, not muscle. Most calorie restrictive protocols may cause you to lose fat, but you will also lose muscle as well. Staying satiated with the meals and strategies from the Complete Intermittent Fasting Bundle will also help you stay on track by reducing the stress around eating. And let's be honest. There's enough stress as there is if you're planning your own wedding (like I am!) - we don't need to add stress around food in the mix! By focusing on satiating foods that boost your fat burning mechanisms, you help to reduce sugar cravings that would typically derail your results.

## Phase 2: Skin + Energy Booster

To boost your energy levels and achieve clear skin with phase 2, utilize the Beauty Queen Protocol. Start this phase once you have achieved your weight loss goal OR 1-2 months before your wedding.

With this phase, your focus will be on improving energy levels and achieving clear and healthy skin. The Beauty Queen protocol's main goal is to help you reduce breakouts and stress before the big day. If you have additional food sensitivities, you may want to remove these foods at this time as well. Inflammation has been tied to breakouts and consuming foods that you are highly sensitive to can increase inflammation.

## Adjustments for exercise: (if applicable)

If you are including an exercise routine in order to achieve your goals before your big day, here are guidelines to consider:

### 1. First 1-3 weeks: slowly ease into exercise

It's easy to get excited and go ALL IN for a workout routine. And although this is admirable, I advise against jumping straight in for a few reasons. First, it's easy to quickly burn out of exercise if you push yourself too hard too fast. Easing into your workout routine also helps to keep your stress levels lower and muscle soreness to a minimum. Jumping straight into a workout routine increases your risk of DOMS (delayed onset muscle soreness) which can leave you out of commission for your workouts for multiple days, if not a solid week. Instead, start off with light strength training 3-5 times per week paired with walking. This will also keep your cortisol levels lower and sugar cravings at bay.

### Here's an example of how to ease into your workouts:

Monday - 20 minute walk + 20 minute upper body strength workout (body weight or up to 5 pound weights)  
Tuesday - 30 minute walk + 20 minute core/balancing workout  
Wednesday - 45-60 minute fast paced walk  
Thursday - 30 minute walk + 20 minute core/balancing workout  
Friday - 45-60 minute long incline or hill walk + stretching  
Saturday - 20 minute walk + 30 minute lower body strength training (using body weight or light weights of 5-8 pounds)  
Sunday - long walk

## 2. Next 4-7 weeks: start to increase intensity

...but not all at once! Slowly implement HIIT (high intensity interval training) or running (1x per week for now). You can also start to use slightly heavier weights (for example, bumping up your 5 pound weights to 8 pounds) to challenge yourself. Remember to keep track of your form and always ask a trainer for help if you are unsure.

### Example week:

Monday - 15-25 minute walk + 20 minute upper body strength workout (using 5-8 pound weights)  
Tuesday - 30 minute walk + 20 minute body weight HIIT workout  
Wednesday - 45-60 minute fast paced walk  
Thursday - 15-25 minute jog/run + 20 minute core/balancing workout  
Friday - 45-60 minute long incline or hill walk + stretching  
Saturday - 20 minute walk + 30 minute lower body strength training (using body weight or light weights of 5-8 pounds)  
Sunday - long walk

## 3. 8 weeks - wedding day: ramp it up!

Now that you have slowly ramped up your exercise, you can focus on building the lean muscle without running the risk of rapidly increasing your sugar cravings. Remember to ALWAYS focus on form in order to prevent injury! Seek a trainers help if you need it.

### Example week:

Monday - 15-25 minute jog/run + 20 minute upper body strength workout (using 8-10 pound weights)  
Tuesday - 30 minute walk + 20 minute body weight HIIT workout  
Wednesday - 45-60 minute fast paced walk  
Thursday - 15-25 minute jog/run + 20 minute core/balancing workout  
Friday - 45-60 minute long incline or hill walk + stretching  
Saturday - 20 minute walk + 30 minute lower body strength training (using 8 pound or heavier weights)  
Sunday - long walk or jog



# The Week Before Your Wedding Checklist:

## 1. Don't count/restrict calories:

You may get the urge to start counting and restricting calories. I know it will be difficult, but remember that the foods that will hold you back most from your goals are sugars and refined grains/carbohydrates. By restricting your intake, your body will naturally crave these sugars and "comfort" food items. And if you're under any stress before your wedding, it will be very difficult to not give into these cravings for foods that will work against your goals and everything you have accomplished so far. Instead, stick with your Advanced Weight Loss Strategies guidelines and focus on the foods that will prevent these sugar cravings: protein and fat.

## 2. Maintain phase 2 of your program.

If necessary, include the phase 1 weight loss strategies as well.

## 3. Maintain your current exercise routine to keep cravings low.

Remember, a high level of cardio may increase your cravings for sugary foods that will actively work against your goals. Instead, keep your current exercise routine that your body is used to in order to prevent these cravings.

## 4. Keep things simple.

It's important to not introduce anything new during the last week before your wedding. You don't know how your body will respond to new foods, new products or new exercises. Instead, stick with what has been working for you and trust the process.

# Day Before Your Wedding Checklist:

## 1. No starchy carbs/sugars.

It's very important to not utilize starchy carbohydrates or sugar the day before. This can lead to water retention (not necessarily weight gain) the next day. Your current intake has been very low in insulin producing starches and sugars. If you introduce a large amount of starches or sugars the night before, this can cause a 2-3x increase in water retention due to glycogen storage. Instead, stick with the foods that you know how it will effect your body so that there will be no surprises on your big day.

## 2. Focus on cooked veggies.

Many people have issues with raw veggies causing bloating. If you have noticed this for yourself, make sure to only consume cooked veggies on the day before your wedding. This will help to reduce the risk of bloating on your wedding day.

## 3. Eat your normal meals leading up to your wedding.

This may seem counterintuitive, but sticking with satiating, de-bloating foods will help you feel energized and confident on your big day! The worst thing you can do is restrict your intake, feel that dip in blood sugar and energy levels and end up feeling awful and sluggish on YOUR day. Remember to fuel your body with what works for you. This will keep you stable, happy and bloat-free!

# Here's what I'll be eating on my big day:

Fast: Keto Coffee with water and Celtic Sea Salt; ACV Sipper

Break-Fast: One of the smoothies from the Bundle (any will do!)

Lunch: Egg Scramble with Sautéed Cabbage and Avocado

Dinner: Wedding reception! Enjoy yourself ;)

# Daily Fasting Journal

Print this page out each day of the Program to keep track of your progress. Feel free to add in additional notes such as athletic performance, mood, bloating, etc.

Date: \_\_\_\_\_

The Protocol I'm Following: \_\_\_\_\_

Today I Feel: \_\_\_\_\_

Rate the next four on a scale of 1-10 (10 being the highest and 1 being the lowest). Feel free to add in additional notes to these numbers to help you keep track of your progress:

Energy levels: \_\_\_\_\_

Sleep: \_\_\_\_\_

Stress: \_\_\_\_\_

Bloating: \_\_\_\_\_

How much water I had today (in ounces or cups): \_\_\_\_\_

Current weight (optional): \_\_\_\_\_

Body fat percentage (optional): \_\_\_\_\_

The exercise I did today: \_\_\_\_\_

I reduced my stress levels today by: \_\_\_\_\_

My meals for the day: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Additional Protocol specific notes:

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# Your Contingency Plan

Being prepared for EVERY possible outcome will lead you to become more successful with your overall goal!

I first heard the concept of a contingency plan in relation to preparing for a triathlon. I was told to write down every problem that I would and possibly could come across. At first this strategy was entirely daunting. Thinking of all the things that could go wrong made me panicked that they WOULD go wrong! Once I had written down everything (which amounted to a list of over 50 possible outcomes!) – I was then told to write down a solution for every problem. For example, one problem was that I could have a panic attack during the swim portion of the triathlon. I wrote down my solution for that problem as turning over and switching to backstroke while I focused on deep breathing and calming myself down. Although the likelihood of me actually having a panic attack mid swim was extremely low, I knew that I was prepared in case it did happen.

I now adopt this strategy to any major thing in my life – including dietary changes! With this Program, you may be changing a lot or a little of what you currently do. Either way, you're making changes for the better and you have a reason why you're doing it – whether it be weight loss, gut healing, improved wellness, or a clear complexion. There's a reason why you started on this journey and I want to make sure that you succeed no matter what obstacle comes up!

In order to help you succeed, I want you to first take 10 minutes to write down every possible obstacle. For example, waking up too late to get your workout in, going out to eat at a place that has limited healthy options, or sugar cravings brought on by that time of the month. Write everything you can possibly think of. The more outcomes you come up with, the better equipped you'll be to handle them if they come up!

Now that you've written your list, I want you to write down a feasible solution to each one. Going back to our examples: If you wake up late and you can't get your workout in, your solution may be to focus on going on a lunchtime walk that day at work instead. Or if you're going out to eat, your solution can be to google the menu in advance and use the strategies on the Restaurant Guidelines page to come up with your best option. Or if you have sugar cravings, make sure to have healthy dark chocolate on hand or any of the desserts listed within the Program so that you can ease your sweet tooth while maintaining your goals.

The point of this exercise is to recognize possible areas that may be tricky and address them before they happen so that you have a PLAN! Because if (and most likely when) some of those things happen, you don't need to panic, you've already figured it all out!

Step 1: Write out a list of every possible obstacle.

Step 2: Write out solutions specific to YOU that will help you make the best of that situation. (Use the tips and information within this Program to help you personalize this approach)

Step 3: Take a picture of this list and keep it with you at all times!



# **FAQs**

## **Q: What do I do if I'm still hungry?**

A: If you are still hungry, try incorporating an additional healthy fat into your meal. For example 1 Tbsp. nut butter, 2 Tbsp. seeds/nuts, ½ avocado, or 1 Tbsp. grass-fed butter/ghee. This will help to turn off hunger hormones.

## **Q: Can I combine my meals and eat just 2-3 times a day?**

A: Yes! In fact, many of my clients end up naturally switching to this format as well. The key is to just make sure that you eat until satiated with each meal. You will also want to consider adding an additional half serving of protein to each of your two meals to ensure you're getting enough for your needs. For example, instead of 4 oz. protein at each of your 3 meals, you will have 6 oz. protein at each of your two meals.

## **Q: Can I swap out the meals?**

A: Yes! This is encouraged. The more personalized you make the Program, the better the results you'll achieve! Plus, you can make adjustments to your meal plan with the specific Action Steps of your protocol.

## **Q: Can I have the same meals everyday?**

A: If this is easiest for you meal-prep wise, then yes! I encourage switching up the meals each week in order to receive a variety of nutrients, however you can keep the meals within a given week the same to keep it simple.

## **Q: What about alcohol?**

In general, it's best to stick to no more than 3 drinks per week. However, for best results, see your individual protocol.

## **Q: Should I exercise?**

Exercise helps to stimulate your GI tract and strengthen your muscles. How much you exercise depends on your goal. For an exercise program to sculpt your entire body, use the workouts in The Ultimate 21 Day Intermittent Fasting Program. Otherwise, you can use classes near you, a personal trainer, or your favorite form of exercise. And remember that walking is excellent for tapping into fat burning mechanisms and reducing your stress levels!

## **Q: I have a health condition. Should I talk with my doctor?**

Regardless of if you have a health condition or not, it's always best to keep your doctor in the loop and make sure any dietary and lifestyle changes you make fit your health history and needs.

# How to Follow The Program

Now that you've taken your health quiz, determined which protocol is best for you, and read through the information, you're ready to start achieving your wellness dreams! In the following pages, you have access to a 4 week meal-by-meal guide and recipes.

First, you will use the information you learned from The Ultimate 21 Day Intermittent Fasting Program in order to determine when your ideal 8 hour window of eating is.

Next, incorporate the specific Action Steps of your protocol to tailor the 4 week meal program to your goals. There is a space below each week to add notes on how you will be changing your meal plan to fit your Action Steps. I recommend printing these pages out so that you can physically write your changes in. This will make it easier for you to follow the meal plan too!

If you want to swap out a meal within the meal plan, that's totally fine! I recommend using recipes that have your protocols emoji next to it in order to achieve best results.

You may have noticed that this meal plan doesn't contain snacks. Now that you have completed The Ultimate 21 Day Intermittent Fasting Program, you can remove the snack and focus on allowing time between your meals in order to activate your MMC pathway. If you feel like you still need the snack, you can incorporate one of the "small bites" that are listed in the recipe section between your lunch and dinner. However, if the urge to snack between meals persists, this is likely due to not eating enough at your meals. Make sure to address the "Eating Until Satiated" page to help remedy this.

Each journey will look different depending on which protocol you are using. Remember, you can always go back and retake the quiz to see if you need to be using a different protocol to fit your goals. It's okay to have your goals change - that's part of growing!

Remember to use the #WhatIfJourney and #AENpeeps hashtags on Instagram so that we can all follow along your journey!

Your Nutritionist,  
Autumn





# Week 1





# Week 1 Grocery List

Depending on the individualized plan you utilize, your grocery list will look different than someone else following the Program. Make sure to check your fridge and pantry so that you don't buy extras of something you already have. Print this page and fill it out to make shopping a breeze! If you want to swap out a recipe, feel free to choose from any of the recipes in the Level up Guide that fit the AEN Nutrient Timing of the meal you're swapping out or make your own based off of the AEN Nutrient Timing!

Veggies:

[illegible]

Frozen:

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Pantry:

[illegible]

Fruits:

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Misc.:

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## Proteins:

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Pro Tip ~ You can pre-make your smoothies and store them in mason jars in the fridge. Then all you have to do is blend them in the morning!



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Fasting</u>	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea
<u>15 minutes before you break your fast</u>	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper
<u>Break-Fast</u>	Everything But Fruit Smoothie	Everything But Fruit Smoothie	Bloobs + PB Smoothie	Bloobs + PB Smoothie	Everything But Fruit Smoothie	Fried Eggs + Kale Brekky Bowl OR Everything But Fruit Smoothie (if vegan)	Apple Pumpkin Pie Pancakes
<u>Lunch</u>	The Med Salad	The Med Salad	Adult "Snack Pack" Lunch	The Med Salad	Adult "Snack Pack" Lunch	The Med Salad	Make a new salad from the Program that you've been eyeing!
<u>Dinner</u>	Simple Kale + Sweet Potato Saute	Breakfast For Dinner	Hoisin Lettuce Wraps (make extra for tomorrow's dinner!)	Hoisin Lettuce Wraps	Head out to dinner! See my recommendations on page 29!	Upgraded LA Street Tacos (try it with homemade corn tortillas! See the recipe section!)	Simple Kale + Sweet Potato Saute

## NOTES:

Use this space to write in changes you made using your individualized protocol!

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# Week 1 Reflections

What have you learned about yourself this week? Did something come up that you weren't expecting? Did obstacles occur that you hadn't planned for with your Contingency Plan? Did you inspire family members to change their lifestyle too? Write down all of your reflections below!

[illegible]





**Week 2**



# Week 2 Grocery List

Veggies:

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Frozen:

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Proteins:

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Pro Tip ~ Making home-made pesto for the Green Monster this week? Prep a large batch and store your extras in the freezer to use for the months to come!



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Fasting</u>	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea
<u>15 minutes before you break your fast</u>	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper
<u>Break-Fast</u>	Turmeric Pineapple Smoothie	Turmeric Pineapple Smoothie	Turmeric Pineapple Smoothie	Pina Chia-Lada Smoothie Bowl	Pina Chia-Lada Smoothie Bowl	Strawberry Cashew Chia Brekky Bowl	Pina Chia-Lada Smoothie Bowl
<u>Lunch</u>	Crunchy Kimchi Salad	Crunchy Kimchi Salad	Crunchy Kimchi Salad	Crunchy Kimchi Salad	Summer Herb Salad	Summer Herb Salad	Summer Herb Salad
<u>Dinner</u>	Shaved Brussels Sprouts Saute	Green Monster (save leftovers for tomorrow's dinner!)	Green Monster	Teriyaki Bowl	Breakfast For Dinner	Have your friends over and make them one of your favorite recipes from the Program!	Super Simple Veggie Burger (OR 4 oz. grass-fed burger) + 1/2 avocado + favorite toppings (onions, mustard, etc) + 2 cups favorite roasted veggies

## NOTES:

Use this space to write in changes you made using your individualized plan!

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# Week 2 Reflections

What have you learned about yourself this week? Did something come up that you weren't expecting? Did obstacles occur that you hadn't planned for with your Contingency Plan? Did you inspire family members to change their lifestyle too? Write down all of your reflections below!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



**Week 3**



# Week 3 Grocery List

Veggies:

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Frozen:

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Pantry:

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Misc.:

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Proteins:

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Pro Tip ~ Have a sweet tooth? Make the PB + Chocolate Cookie as a treat! It's gluten-free and grain-free!





	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Fasting</u>	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea	Optional Keto Coffee/matcha/chai or black coffee/un-sweetened tea
<u>15 minutes before you break your fast</u>	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper
<u>Break-Fast</u>	Secret Greens Smoothie	Blackberries + "Cream" Smoothie	Warming Cabbage Scramble	Blackberries + "Cream" Smoothie	Bloobs + PB Smoothie	Bloobs + PB Smoothie	Warming Cabbage Scramble
<u>Lunch</u>	Kind-of-Cobb Salad	Kind-of-Cobb Salad	Kind-of-Cobb Salad	Radish + Persian Cucumber Slaw with 4 oz. favorite protein + 1/2 avocado + 1-2 Tbsp. favorite dressing	Radish + Persian Cucumber Slaw with 4 oz. favorite protein + 1/2 avocado + 1-2 Tbsp. favorite dressing	Adult "Snack Pack" Lunch	Radish + Persian Cucumber Slaw with 4 oz. favorite protein + 1/2 avocado + 1-2 Tbsp. favorite dressing
<u>Dinner</u>	Upgraded LA Street Tacos	Spanish Meatballs + 1-2 cups cooked spaghetti squash OR Red Lentil Coconut Soup (if Vegan)	Peanut Asian Zoodles (make extra for tomorrow!)	Peanut Asian Zoodles	Head out to dinner with your loved ones!	Greek Socca Pizza ~ Pizza Party anyone?!	Make your favorite dinner from the Program!

## NOTES:

Use this space to write in changes you made using your individualized plan!

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# Week 3 Reflections

What have you learned about yourself this week? Did something come up that you weren't expecting? Did obstacles occur that you hadn't planned for with your Contingency Plan? Did you inspire family members to change their lifestyle too? Write down all of your reflections below!

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.



# Week 4





# Week 4 Grocery List

Veggies:

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Frozen:

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Pantry:

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Proteins:

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Pro Tip ~ Pre-make your homemade enchilada sauce this weekend so that you don't have to prep it for your enchiladas on Friday!



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Fasting</u>	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea	Optional Keto Coffee/matcha/chai or black coffee/unsweetened tea
<u>15 minutes before you break your fast</u>	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper	ACV Sipper
<u>Break-Fast</u>	Everything But Fruit Smoothie	Strawberry Cashew Chia Brekky Bowl	Everything But Fruit Smoothie	Bloobs + PB Smoothie	Bloobs + PB Smoothie	Turmeric Pineapple Smoothie	Apple Pumpkin Pie Pancakes
<u>Lunch</u>	The Med Salad	The Med Salad	The Med Salad	Adult "Snack Pack" Lunch	Crunchy Kimchi Salad	Warming Cabbage Scramble	Crunchy Kimchi Salad
<u>Dinner</u>	Teriyaki Bowl	Green Monster	Teriyaki Bowl	Cacciatore	Veggie + Black Bean Enchiladas (save leftovers for tomorrow's dinner!)	Veggie + Black Bean Enchiladas	Make your favorite dinner from the Program!

## NOTES:

Use this space to write in changes you made using your individualized plan!

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# Week 4 Reflections

What have you learned about yourself this week? Did something come up that you weren't expecting? Did obstacles occur that you hadn't planned for with your Contingency Plan? Did you inspire family members to change their lifestyle too? Write down all of your reflections below!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# CONGRATULATIONS!

CONGRATS!!

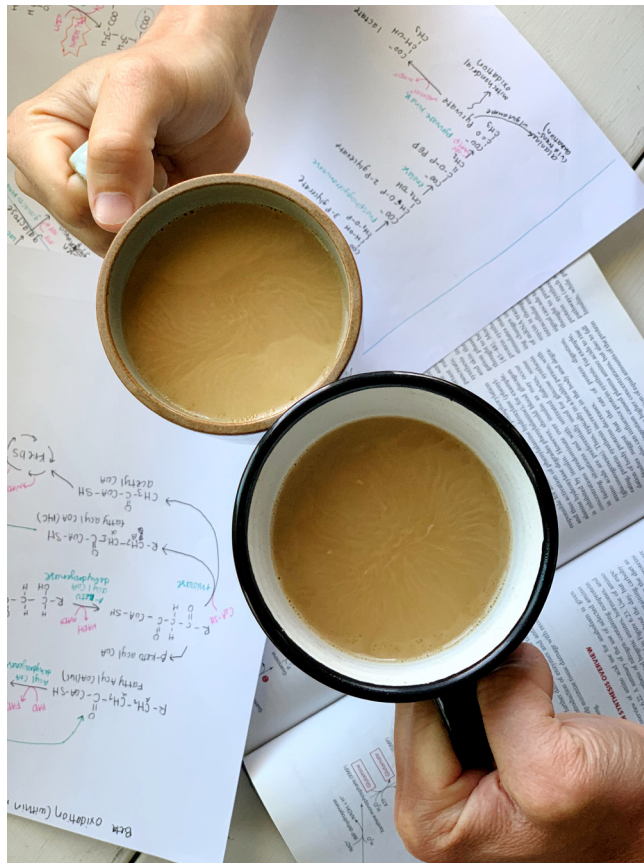
You just made another HUGE step in claiming your health freedom! I'm so proud of all the work you put in! Your body, metabolism, gut, brain, skin, and energy levels thank you!

Now that the 4 week meal plan is complete, feel free to revisit the Program and recipes or dive into a different protocol for another round of Phase 2! If you're in maintenance mode, it's important to maintain the AEN Nutrient Timing. This will keep you Metabolically Flexible so that your energy levels remain high and blood glucose levels remain stable even if you don't utilize Intermittent Fasting everyday. I also recommend you take the Protocols Quiz every few months to make sure that you are following the correct protocols for your goals.

The entire AENpeeps and myself are rooting for you. This is YOUR journey - and you just took the biggest step toward achieving your wellness dreams. No one can take that away from you.

Treat yourself to an amazing (properly nutrient timed, of course!) dinner tonight. Spend time with your loved ones and celebrate the fact that you did something truly important for your health and wellness goals.

# Keto Coffee Cheers, Autumn










A top-down photograph showing three people's hands holding black mugs filled with coffee. The mugs are arranged in a triangle on a light gray concrete floor. The person at the top left is holding a mug with a thick, light-colored foam. The person at the top right is holding a mug with a thinner layer of foam. The person at the bottom center is holding a mug with a thin layer of foam. The person at the bottom left is wearing a blue long-sleeved shirt and black pants. The person at the bottom right is wearing a blue long-sleeved shirt and brown shoes. A white, shaggy rug is visible in the bottom right corner.

# The Recipes



# Morning + Break-fast

## KEY:

-  Gut Healing Guru
-  Hormone Balancing Pro
-  Beauty Queen
-  Advanced Weight Loss Strategies
-  The Athlete

## Keto Coffee

Serves 1

### Ingredients:

- 10-16 oz. brewed mold-free coffee
- .5-1 Tbsp. grass-fed butter (use cacao butter to make vegan)
- .5-1 Tbsp. unrefined coconut oil

1. Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy.

## ACV Sipper

Serves 1

### Ingredients:

- 1 Tbsp. Apple Cider Vinegar
- 8 oz. water
- pinch of Celtic Sea Salt (around 1/8 tsp.)

1. Combine all ingredients in a cup and stir to combine.

## Keto Chai Latte

Serves 1

### Ingredients:

- 10-16 oz. brewed organic black tea
- .5-1 Tbsp. grass-fed butter (use cacao butter to make vegan)
- .5-1 Tbsp. unrefined coconut oil
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground ginger
- 1/8 tsp. ground cardamom
- 1/8 tsp. ground nutmeg
- 1/8 tsp. ground cloves
- pinch of sea salt

1. Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy.





# Keto Matcha Latte

Serves 1



## Ingredients:

- 12 oz. hot water (be careful while pouring and blending this!)
- 1 tsp. organic matcha powder
- .5 - 1 Tbsp. grass-fed butter or cacao butter for a vegan alternative (or less depending on your preferences)
- .5 - 1 Tbsp. unrefined coconut oil (or less depending on your preferences)

1. Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy. Make sure to be careful while pouring/ blending hot water!



# Strawberry Cashew Chia Brekky Bowl



Serves 1

## Base Ingredients:

- 2 Tbsp. Chia seeds
- 1/4 cup unsweetened, full fat greek yogurt\*
- 1/4 cup water or unsweetened coconut/nut milk

## Topping Ingredients:

- 2-4 Tbsp. Cashews
- 1/2 cup strawberries
- 2-4 Tbsp. Unsweetened coconut flakes

1. Combine the base ingredients in a small bowl and whisk to combine. Allow to sit for at least 30 minutes. You can also double or triple the base recipe to make multiple servings.

Note: you can also stir in 1 serving of collagen to this base as well.

2. Top your Chia Brekky Bowl with the topping ingredients.

\*For a plant-based alternative, it's extremely important you find a yogurt brand that is not high in added sugars (always opt for unsweetened/plain). At the time of this writing, some brands include Cocoyo by GT Daves and Forager Project. Although these will be inherently low in protein, so using 1 serving of your favorite plant-based protein powder in addition to 1 serving of your chosen plant-based yogurt will provide a swap for 1 serving of greek yogurt.



# Pina Chia-Lada 🥑 🥦 💪

## Smoothie Bowl

Serves 1

### Ingredients:

10 oz. unsweetened coconut milk from a carton  
1/2 banana, frozen  
1/4 cup pineapple, frozen  
1 Tbsp. chia seeds  
1 tsp. maca  
1 serving organic vanilla protein OR protein alternative\*  
pinch of Celtic Sea Salt  
2 Tbsp superfood mixture (I used cacao nibs, coconut flakes, goji berries and pumpkin seeds!)

1. Blend all ingredients except for the superfood mixture until smooth.
2. Pour into a bowl and top with superfood mixture.

🥥 🍷 Include an additional serving of collagen powder to make this GHG and BQ approved.



## Bloobs + PB Smoothie

Serves 1

### Ingredients:

12 oz. organic nut or seed based milk (coconut, almond, hemp, etc.)  
1/4 cup frozen blueberries  
1/2 frozen banana  
1 Tbsp. chia seeds  
2 Tbsp. peanut butter  
1 tsp. maca  
1 serving organic vanilla protein OR protein alternative\*

1. Combine all ingredients in a blender and blend until smooth. Optional to top with cacao nibs!

🥥 🍷 Include an additional serving of collagen powder to make this GHG and BQ approved.

\*See "The Best Proteins For Your Goals" page for alternative protein options for your recipe.


## Secret Greens Smoothie

Serves 1

### Ingredients:

12 oz. unsweetened coconut milk  
½ cup spinach  
1/2 frozen banana  
¼ cup frozen blueberries  
1 Tbsp. coconut butter  
1 Tbsp. chia seeds  
1 Tbsp. peanut butter  
1 tsp. cracked cell wall chlorella – or 3-4 tablets  
1 serving organic vanilla protein OR protein alternative\*  
Pinch of sea salt

1. Blend all ingredients until smooth.

 Include an additional serving of collagen powder to make this GHG and BQ approved.

## Turmeric Pineapple Smoothie


Serves 1

### Ingredients:

10 oz. organic nut or seed based milk (coconut, almond, hemp, etc.)  
½ cup frozen pineapple  
½ tsp. ground ginger  
1 tsp. ground turmeric  
1 Tbsp. coconut butter  
1 Tbsp. flax or chia seed  
pinch of pepper  
1 serving organic vanilla protein OR protein alternative\*

1. Blend until smooth!

 Include an additional serving of collagen powder to make this GHG and BQ approved.

 Add 1-2 Tbsp. Almond butter or alternative nut butter to make TA approved.

\*See “The Best Proteins For Your Goals” page for alternative protein options for your recipe.


## Everything But Fruit Smoothie (The EBF)

Serves 1

### Ingredients:

10 oz. organic nut or seed based milk (coconut, almond, hemp, etc.)  
1 Tbsp. chia seeds  
1 Tbsp. almond or peanut butter  
1 Tbsp. coconut butter  
1 Tbsp. hemp seeds  
1 brazil nut  
1 tsp. maca  
1 tsp. cinnamon  
1 Tbsp. cacao nibs  
1 serving organic vanilla protein OR protein alternative\*  
1-2 tsp. Ground coffee (optional)

1. Blend on medium high until smooth!

 Include an additional serving of collagen powder to make this GHG and BQ approved.





# Apple Pumpkin Pie Pancakes 🥞💪

Serves 1

## Ingredients:

¼ cup pumpkin puree

2 eggs or 2 flax/chia eggs (combine 1 Tbsp. Ground flax or chia seeds + 3 Tbsp. Warm water for 1 "egg")

2 Tbsp. almond or coconut flour

1 tsp. pumpkin pie spice

2 Tbsp. unsweetened almond or coconut milk (optional to use if batter is too thick)

1 tsp. coconut oil

1 tsp. maple syrup

1/8 tsp. baking powder

pinch of salt

## Toppings (choose 2):

1/2 apple, sautéed in 1 tsp. coconut oil + 1/2 tsp. cinnamon

2-3 Tbsp. homemade whipping cream (no sugar added)

1 Tbsp. crushed walnuts (per serving)

1 Tbsp. pumpkin seeds (per serving)

1. Combine all ingredients for the pancakes in a bowl until smooth.
2. Grease a pan over medium heat with coconut oil. Add pancake batter and cook for about 2-4 minutes on each side.
3. Top pancakes with 2 of the suggested toppings!



Remove the maple syrup to make this HBP, BQ and AWLS approved.



# Fried Eggs + Kale Brekky Bowl 🥥 🥑 🍴 🥬 💪

Serves 1

## Ingredients:

2 tsp. Grass-fed ghee/butter or coconut oil  
2 cloves garlic, chopped  
1-2 cups kale, chopped  
2-3 eggs OR 3-4 oz. tempeh, crumbled/cubed  
sea salt  
pinch of red pepper flakes  
½ avocado  
1-2 tsp. olive oil  
1/4 cup salsa  
optional hot sauce

1. In a pan over medium heat, add 1 tsp. ghee/oil and garlic. Sauté for 2 minutes. Add the chopped kale and a pinch of sea salt. Sauté for 5-8 minutes or until wilted. Add cooked kale to a plate.
2. Add the remaining 1 tsp. ghee/oil to the pan. Bring the heat up to medium high. Add eggs and cook until it reaches your desired cooked level. If you like it over easy, flip the egg and cook for another 1-2 minutes. If using tempeh, you can crumble the tempeh and lightly saute in the pan for 2-5 minutes until the tempeh is warmed to your liking.
3. Add the eggs or tempeh to the kale. Top with avocado, red pepper flakes, and a drizzle of olive oil. Top with 1/4 cup salsa and optional hot sauce.

Craving something savory for break-fast?  
Then this is the meal for you! This recipe takes minutes to whip up and is packed with yummy goodness. Plus, the high quality fats help to turn off hunger hormones so that you'll be satiated all the way 'til lunch. Feel free to add more kale if you like extra greens!



# Warming Cabbage Scramble 🥥 🥑 🍷 🥬 💪

Serves 1

## Ingredients:

1 Tbsp. grass-fed butter OR olive oil, divided  
1-2 cups green cabbage, chopped  
1/4 cup red onions, diced  
2-3 eggs OR 3-4 oz. tempeh, crumbled or cubed  
1/2 avocado  
1 Tbsp. pumpkin seeds  
Sea salt  
Optional 1 oz. sharp cheddar

1. In a pan over medium heat, add half of the butter/olive oil. Add the cabbage, red onions and a pinch of salt. Sauté for 5-7 minutes. Transfer to your plate.
2. While the cabbage cooks, crack your eggs into a small bowl and scramble with a fork. After the cabbage and onions are done cooking, add the remaining butter/olive oil to the pan. Now add the eggs and cook until it reaches desired doneness. Add eggs to your plate. If using tempeh, you can crumble the tempeh and lightly sauté in the pan for 2-5 minutes until the tempeh is warmed to your liking.
3. Top with 1/2 avocado, pumpkin seeds and optional sharp cheddar. I also occasionally love adding pico de gallo or hot sauce to this meal!





# Blackberries + “Cream” Smoothie 🥥 🥑 🥗 🥦 💪

Serves 1

## Ingredients:

10 oz. water or unsweetened nut/coconut milk

3/4 cup greek yogurt\*

1 serving unflavored or vanilla collagen

1 Tbsp. Chia seeds

2 Tbsp. Peanut butter or almond butter

1/4 cup frozen blackberries

1. Combine all ingredients in a blender and blend until smooth. Optional to top with 1-2 Tbsp. Cacao nibs and 1-2 Tbsp. Unsweetened coconut flakes.

\*For a plant-based alternative, it's extremely important you find a yogurt brand that is not high in added sugars (always opt for unsweetened/plain). At the time of this writing, some brands include Cocoyo by GT Daves and Forager Project. Although these will be inherently low in protein, so using 1 serving of your favorite plant-based protein powder in addition to 1 serving of your chosen plant-based yogurt will provide a swap for 1 serving greek yogurt.



# Salads That Taste GOOD

Finding a salad that is crunchy, flavorful, and something that you actually WANT to eat can be tricky. There are plenty of salads out there that give leafy greens a bad name! These are some of my favorite, tastiest salads that will reinvigorate your love for a big ol' bowl of greens!

## Summer Herb Salad 🥥 🥑 🍷 🥬 🍌

Serves 1

### Ingredients:

1 small head romaine, chopped  
¼-½ cup fresh dill, chopped (this depends on how much you love dill! You can also swap it for another herb like basil, cilantro, or parsley!)  
¼ cup red onion, diced  
½ cup cucumber, diced  
2 Tbsp. Pine nuts  
2 hard boiled eggs OR 4 oz. favorite cooked protein  
½ avocado  
½ lemon, squeezed  
1 Tbsp. olive oil  
pinch of sea salt

1. Combine all ingredients in a large bowl and toss to combine.

## Radish + Persian Cucumber Slaw 🥥 🥑 🍷 🥬

Serves 1

### Ingredients:

1 radish, sliced  
1 Persian cucumber, chopped  
1 cup purple cabbage, chopped  
1 cup green cabbage, chopped  
¼ cup red onion, diced  
½ cup cilantro, chopped  
½ lemon, juiced  
pinch of sea salt  
1 Tbsp. Olive oil  
optional 4 oz. favorite cooked protein  
optional ½ avocado



1. Combine all ingredients in a bowl and toss to combine.  
2. You can have this as a side to any meal or make it your main meal by adding the optional protein and avocado. The Slaw base is also amazing topped on the Upgraded L.A. Street Tacos from the 21 Day Intermittent Fasting Program!

🍌 Add 2 Tbsp. Sunflower seeds to make this TA approved!



# Adult “Snack Pack” Lunch 🥥 🥑 🍷 🥦 🍳

Do you remember those lunch-ables of the '90s? With all of my wedding planning this year, I've found that easy lunches are my LIFE SAVER. So I developed an easy and healthy “adult lunch-able” that would travel well and allow me to eat a quick lunch between meetings when I was in a rush. This meal is meant to be eaten just like those lunch-ables back in the day - as finger food! This “Snack Pack” hits all the major components that you need to feel satiated. BONUS - it requires MINIMAL prep!

*Serves 1*

## Ingredients:

2-3 hard boiled eggs OR 1/2 cup falafel/3-4 oz. tempeh for a vegan option

1 oz. sharp cheddar OR 2 Tbsp. almonds for vegan option

1/4-1/2 cup olives

2 Tbsp. walnuts (or favorite nuts/seeds)

1 cup favorite raw non-starchy veggie (I love using celery, jicama, cabbage, cucumber or cauliflower)

1-2 Tbsp. favorite olive oil or yogurt based dip (ex: the homemade pesto from this Guide!)

1. This meal is great to serve in a separated meal prep container or bento box so that you can easily eat each component on the go!





# Crunchy Kimchi Salad 🥥 🥑 🥗 🥬 🍷

Serves 3

## Ingredients:

½ cup green onions, chopped  
½ cup kimchi  
2 Tbsp. seasoned rice vinegar  
2 tsp. toasted sesame oil  
1 Tbsp. soy sauce  
¼ cup olive oil  
1 head Napa cabbage, chopped  
2 bell peppers, thinly sliced  
2 carrots, shredded  
1 head cilantro, chopped  
½ cup slivered almonds  
12 oz. favorite cooked protein, diced into bite sized pieces

1. Combine the kimchi, vinegar sesame oil, soy sauce, olive oil, and ½ of the green onions in a blender. Blend until smooth.
2. In a large bowl, add the cabbage, carrots, cilantro, bell pepper, almonds, and your favorite cooked protein. Toss together with the salad dressing you made in step 1.
3. If you don't plan on eating the entire salad at once, only toss the portion of the salad that you'll be eating in a bowl and keep the remaining salad and dressing separate in the fridge.



# Kind-Of-Cobb Salad 🥥 🥑 🥗 🥬 🍷

Serves 1

## Ingredients:

2 cups romaine lettuce, chopped  
2 hard boiled eggs, sliced (swap for 1/2 cup lentils if making vegan/vegetarian)  
½ cup cauliflower (raw), chopped  
1 slice of bacon, cooked and crunched up into "bits" (remove if making vegan/vegetarian)  
¼ cup cherry tomatoes, halved  
1/2 cup favorite non-starchy veggies  
1 oz. grass-fed (preferably raw) sharp cheddar cheese, cut into small cubes (or 2 Tbsp. nuts/seeds if making it vegan)  
½ avocado, sliced  
¼ cup green onions, chopped  
1 Tbsp. your favorite dressing (the Miso Dressing works great with this!) – or 1 Tbsp. olive oil + 2 tsp. balsamic vinegar

1. Combine all ingredients in a bowl and toss to coat with the dressing.

# The Med Salad 🥑 🥦 🥗 🍷

Serves 1

## Ingredients:

½ cucumber, chopped

¼ cup red onion, diced

1/4 cup fresh parsley, chopped

2-4 cups romaine lettuce, chopped

½ avocado

1 Tbsp. capers

¼ cup cherry tomatoes, halved

2 Tbsp. Feta cheese (swap for 2 Tbsp. pine nuts if vegan)

1 Tbsp. homemade pesto (see the homemade kitchen section) OR 1 Tbsp. olive oil and a squeeze of lemon

4 oz. favorite cooked protein

pinch of sea salt

1. Combine all ingredients in a large bowl and toss to combine.

🍴 Swap the feta cheese for pine nuts or an aged cheese (like sharp cheddar) to make this BQ approved.



# Dinner Mains

## Greek Socca Pizza 🥙🥑👉

Base serves 2

Base ingredients:

1 cup chickpea/garbanzo bean flour  
1 cup water  
1 tsp. garlic powder  
2 Tbsp. olive oil  
Coconut oil for cooking  
Sea salt

Topping ingredients (per serving):

2-3 Tbsp. pizza sauce (or less, depending on how you like your pizza)  
2 Tbsp. cubed feta (preferably grass-fed and raw)  
3-5 Kalamata olives, sliced  
2 Tbsp. sun dried tomatoes, diced  
2 Tbsp. fresh basil, diced  
2 oz. favorite cooked protein (I love making this recipe with spicy sausage or cooked chicken!)

1. Combine chickpea flour, water, 2 Tbsp. olive oil, garlic powder, and a heavy pinch of salt and stir until smooth. Set to the side while you prep the other ingredients.
2. Turn your oven on to the broiler setting (or turn on your broiler) and place a 10 inch oven proof skillet inside to preheat.
3. Prep your toppings - cube the cheese, dice the basil and slice the olives.
4. Use a hot pad to remove the preheated skillet. Coat the bottom with coconut oil and add ½ of the pizza batter, then return to the oven. Cook for 5-8 minutes or until the edges of the socca begin to brown and pull from the sides. Remove from oven and repeat with the second socca.
5. Top the socca pizza with the toppings and serve!



Swap the feta for an aged cheese, such as sharp cheddar to make this BQ approved.

## Super Simple Veggie Burger 🥙🥑🍷🥬

Serves 4

Ingredients:

15.5 oz. can black beans, drained (OR use 2 cups homemade black beans for less bloat! See the homemade kitchen section.)  
½ yellow onion, diced  
4 cloves garlic, diced  
1 egg or 1 flax/chia egg (combine 1 Tbsp. ground flax or chia + 3 Tbsp. warm water)  
1 Tbsp. chili powder  
2 tsp. cumin  
1 tsp. coriander  
1 tsp. hot sauce  
1/2 cup almond meal

1. Combine all ingredients in a food processor and pulse to combine.
2. Form 4 patties.
3. If using a grill, grill for about 7-8 minutes on each side. You can also bake the burgers in an oven at 375 for 15 minutes.
4. Serve on a lettuce bun with your favorite toppings! I love mustard, avocado and sprouts!

👉 Add 1/2 cup sweet potato or preferred starchy carbohydrate to make this TA approved. To boost protein, you can also top your veggie burger with a fried egg!



# Peanut Asian Zoodles 🥥🍥

Serves 3

## Ingredients:

2 tsp. sesame oil  
2 cloves garlic, minced  
1 carrot, shredded  
4 cups napa cabbage  
2 bell pepper, thinly sliced  
3 zucchinis, spiralized  
½ cup cilantro, chopped  
¼ cup green onion  
3 Tbsp. peanuts  
12 oz. your favorite protein, cooked (4 oz. per serving)  
pinch of red pepper flakes  
optional hot sauce

## Sauce ingredients:

3 Tbsp. peanut butter  
3 Tbsp. soy sauce  
2 Tbsp. rice vinegar  
2 Tbsp. sesame oil  
1 tsp. ground ginger  
1 Tbsp. raw honey



1. In a pan over medium heat, add the sesame oil, bell pepper and garlic and sauté for 3-5 minutes. Add the carrots, cabbage, and zucchini and sauté for about 3-4 minutes. Pour into a large bowl and add the peanuts, your favorite protein, cilantro, and green onions. Toss to combine.
2. Mix all of the ingredients for the sauce until smooth. Pour over your cooked veggie mixture and toss to combine. Top with a pinch of red pepper flakes.
3. Optional to top with your favorite hot sauce!

\*Pro tip: save the leftovers and throw it over some extra cabbage or romaine lettuce for lunch the next day!



Remove the raw honey to make this HBP, BQ and AWLS approved.

# My Go-To Whole Roasted Chicken 🥥🥑🍷🥬💪

The first time you make this, it may seem a little laborious. But once you go through the motions the first time, every time after that is a piece of cake. Using a whole roasted chicken gives you a LOT more for your money and provides the chicken bones needed to make homemade bone broth!

*Serves 4-6, depending on the size of your chicken*

## Ingredients:

4-5 pound whole chicken at room temperature, giblets and neck removed from the inner cavity

1/4 cup grass-fed butter, melted

1/4 cup olive oil

1/4-1/2 cup dry white wine

1 lemon, halved

6 garlic cloves, chopped

1 whole head of garlic, cut in half horizontally through the middle

3 Tbsp. fresh rosemary, chopped + 3 sprigs fresh rosemary

Sea salt and pepper

1. Preheat your oven to 430 °F.
2. Rinse the chicken and pat dry.
3. Put the chicken, breast side up, in a roasting pan. Pour the butter, olive oil, white wine and juiced lemon over the outside of the chicken and in the cavity. Sprinkle salt and pepper over the chicken.
4. Add the chopped garlic and rosemary to the outside of the chicken.
5. Stuff the inside of the chicken with the squeezed lemon halves, head of garlic and remaining 3 sprigs of rosemary.\*
6. Roast for 1 hour 20 minutes or until juices run clear when chicken thigh is cut. Baste the chicken halfway through using a turkey baster.
7. Remove from your oven and cover with tin foil to help provide some last minute steaming. Allow to sit for 10-15 minutes before serving. Serve immediately or store in the fridge for up to 4 days.

\*Technically, when roasting a chicken, you're supposed to tie the legs together using kitchen string. But I never do this (out of laziness) and it always comes out great.



# Breakfast for Dinner

Serves 2

## Ingredients:

2 tsp. coconut oil or ghee

1 medium sweet potato (I like Japanese or purple sweet potatoes), diced into small cubes

½ yellow onion, diced

1 bell pepper, diced

1 tsp. chili powder

2 garlic cloves, minced

5-6 eggs OR 8 oz. of your favorite plant-based protein

Sea salt

1 avocado

2 big handfuls of arugula or other favorite mixed greens

Salsa

Optional hot sauce

Optional microgreens to garnish

1. In a pan over medium heat, add oil/ghee, onions, bell pepper, garlic, and a heavy pinch of sea salt. Sauté for 2-3 minutes. Next, add the sweet potato and chili powder and sauté for 1-2 minutes. Cover the pan and allow the potato mixture to steam for 15 minutes or until tender. You may want to add 1-2 Tbsp. water to the pan before covering to better cook the potatoes and prevent sticking.

2. Scramble the eggs in a bowl and pour into the sweet potato mixture. Sauté until it has reached your desired cooked level. I prefer mine on the “hard scramble” side, but you can leave it a little more runny.

3. Add the arugula/mixed greens to two plates. Add the egg/potato mixture. Top with ½ avocado each, salsa, and optional hot sauce and microgreens.



Swap the sweet potato for 1-2 cups broccoli or Brussels sprouts to make this AWLS approved.

This meal is PERFECT when you haven't been to the grocery store in a while. It requires minimal ingredients AND you likely already have them in your fridge and pantry! If you're a major hot sauce fan like me, it's also a great excuse to pour all the firey hot sauce on your meal! ;)



# Hoisin Lettuce Wraps 🥑

Serves 1

## Ingredients:

2 tsp. coconut oil  
4 oz. favorite ground protein (chicken, beef, or turkey – if making it vegan use ½ cup chopped cremini mushrooms + ½ cup lentils)  
¼ cup water chestnuts, chopped  
¼ cup green onions  
¼ cup cilantro  
sea salt  
3-4 romaine lettuces

## Sauce ingredients:

2 tsp. rice vinegar  
¼ tsp. ground ginger  
1 Tbsp. tamari or soy sauce  
1 clove garlic, chopped  
a splash of your favorite hot sauce  
2 Tbsp. organic hoisin sauce



1. In a pan over medium heat, add the coconut oil and your favorite ground protein or vegan option, and a pinch of sea salt. Sauté until protein is cooked all the way through.
  2. Combine all sauce ingredients in a bowl and whisk to combine. Pour over your cooked protein, sauté for 2-3 minutes, then remove from heat. Stir in the chopped water chestnuts, green onions, and cilantro.
  3. Lay your romaine lettuce leaves on a plate. Fill the lettuce with your cooked protein.
- Note: This recipe is great served alongside the Radish Persian Cucumber Slaw or steamed veggies!

👉 Add 1/2 cup of your favorite starchy carb to make this TA approved.  
🥑🍷🥬 Technically hoisin will have a small amount of sugar. However, the amount in this recipe is not significant and should not work against your goals. If you are finding that this amount of sugar is still negatively affecting your goals, then I recommend removing it from your recipe rotation.

# Simple Kale + Sweet Potato Sauté 🥑🍷🥬

Serves 2

## Ingredients:

1 Tbsp. olive oil + more for cooking  
1 medium sized sweet potato  
1 large head kale, stems removed and leaves diced  
8 oz. favorite cooked protein (4 oz. per serving)  
optional 1 Tbsp. Homemade miso dressing (see dressings section), hot sauce or squeeze of lemon

1. Preheat the oven to 375.
2. Dice the sweet potato into bite sized cubes. Add these to a baking sheet, drizzle with 1 Tbsp. olive oil, add a heavy pinch of salt, and toss to combine. Bake for 20-25 minutes.
3. While the potatoes bake, add 1 tsp. olive oil to a pan over medium heat. Add chopped kale and a pinch of sea salt. Sauté for 3-5 minutes or until kale is slightly wilted.
4. Add the kale, baked sweet potato, and cooked protein to a plate. Drizzle with homemade miso dressing (see dressing section), salsa, hot sauce, or a squeeze of lemon.

👉 Use a full medium sweet potato per serving to make this TA approved.  
🥬 Swap the sweet potato for 2 cups of your favorite non-starchy vegetable. I love using baked Brussels sprouts!

# Red Lentil Coconut Soup 🥘 🥑 🍷 🍷

Serves 5

## Ingredients:

1 Tbsp. ghee or coconut oil

1 yellow onion, diced

1 sweet potato, diced

1 ½ cup red lentils

1 12-15 oz. can chopped tomatoes OR 2 cups fresh tomatoes, diced

1 tsp. cumin

1 tsp. coriander

½ tsp. cayenne

1 tsp. turmeric

1 tsp. salt

7 cups water

1 can coconut milk

4 cups spinach, diced

Top with green onions and cilantro

1. In a pot over medium heat, add ghee or coconut oil, yellow onion, sweet potatoes, and a pinch of salt. Sauté for 5 minutes. Add all remaining ingredients except for the coconut milk, spinach, and toppings. Increase temperature to bring to a boil, then reduce to a simmer and cover. Cook for 20-25 minutes or until lentils are tender.

2. Once lentils are tender, blend the mixture by either using a hand-held immersion blender or carefully pouring it into a blender. Blend until smooth.

3. Pour the mixture back into the pot (if you used a blender) and add the coconut milk and spinach. Gently stir in to the soup.

4. Pour soup into 5 bowls (or save the rest for later) and top with green onions and cilantro.

Pro tip: this is a great recipe to prep in advance on the weekend and save for the week!







## Shaved Brussels Sprouts Saute 🥥 🥑 🍷 🥬 🍳

Serves 2

### Ingredients:

1/2 Tbsp. ghee or coconut oil

1/2 red onion, sliced

3 cloves garlic, minced

3-4 cups Brussels sprouts, chopped into thin pieces

2 small beets, chopped or around 1 cup chopped beets

2 Tbsp. walnuts, chopped

8 oz. of your favorite protein (chicken, ground beef, fish, beans – if using beans, use up to 1/2 cup per serving)

1/2 avocado

Sea salt

1. In a pan over medium heat, add the oil/ghee, red onion, garlic, and a pinch of sea salt. Sauté for 2-3 minutes.
2. Add Brussels sprouts and beets. Sauté for 10-15 minutes. Add your favorite protein and sauté until it is cooked all the way through.
3. Scoop the sauté mixture onto two plates. Top with 1 Tbsp. Walnuts and 1/4 avocado per serving.

Note: You can also bake the Brussels sprouts + beets instead of pan sauteeing to make it more crunchy! Just bake at 375 for 20 minutes.



# Green Monster 🥑🥦🍴💪

Serves 2

## Ingredients:

1 Tbsp. grass-fed ghee or coconut oil

2 cups broccoli, chopped

1 small spaghetti squash

1 tsp. olive oil

1 zucchini, spiralized

1-2 Tbsp. homemade garlic pesto (see dressings section)

1/2 avocado

8 oz. favorite protein, cooked (for a plant-based option, 1 cup petite green peas is great with this recipe!)

Sea salt

1. Preheat the oven to 375.
2. Coat the inside of your spaghetti squash with olive oil and a pinch of salt. Place on a baking sheet, cut side down, and bake for 30-60 minutes, depending on the size of your spaghetti squash. Once done, use a fork to remove the squash and put it on a plate to cool. \*Careful! The squash will be hot! Make sure to use a towel or oven mitt while holding it.
3. In a large pan over medium heat, add the ghee or coconut oil. Sauté the broccoli for 8-10 minutes. Add the peas, zucchini, and a pinch of sea salt and sauté for another 3-5 minutes. Remove from heat and add the spaghetti squash and garlic pesto. Toss to combine.
4. Serve with 1/4 avocado per serving.

Note: You can make spaghetti squash in advance and save it for the week! It heats up well the next day!

🥦 Spaghetti squash is not technically a starchy carbohydrate, but it is a slightly more dense source of carbohydrates than other veggies. If you're finding that you are particularly sensitive to carbohydrates, swap the spaghetti squash for an additional cup of broccoli or 2 cups of mixed greens. Otherwise, spaghetti squash may still be used with the AWLS protocols - just make sure to keep in touch with how your body is responding!





## Teriyaki Bowl

Serves 2

### Ingredients:

2 tsp. coconut oil

2 cups broccoli, chopped

1/4 cup low-sugar teriyaki sauce (I use Whole Foods Organic 365 brand)

8 oz. your favorite protein, cut into bite sized pieces (ex: shrimp, chicken, fish, beef, beans, lentils and peas)


3 cups frozen cauliflower rice


1 lime

1/2 cup green onions, diced

Sea Salt

1. In a large wok or pan over medium heat, add the coconut oil, broccoli, and a pinch of sea salt. Sauté for 8-10 minutes. Remove the broccoli from the pan and onto a plate.
2. If you need to add more coconut oil, add 1 tsp. extra, then add your protein. Sauté until your protein is cooked all the way through.
3. Add the broccoli back in as well as the cauliflower rice. Sauté for 5-6 minutes, or until the cauliflower rice is cooked. Add the teriyaki sauce and gently sauté to combine for 1 minute.
4. Serve with green onions and a squeeze of lime juice.

 Add 1/2 cup starchy carbohydrate to make TA approved.

 Technically a low-sugar teriyaki sauce will have a small amount of sugar. However, the amount in this recipe is not significant and should not work against your goals. If you are finding that this amount of sugar is still negatively affecting your goals, then I recommend removing it from your recipe rotation.



# Grounding Pesto Avo Plate



Serves 1

Ingredients:

Serves 1

This is a great recipe when you just feel like you need to get grounded. Maybe you had a crazy weekend or maybe work has been taking a toll on you. Regardless, this is the perfect recipe to bring you back to being yourself.

Ingredients:

- 1/2 medium purple sweet potato (or regular sweet potato) cut into "fries" or cubed
- 1 tsp. olive oil
- 1 tsp. ghee, butter, or coconut oil
- 1/4 cup red onion, diced
- 1 cup asparagus, chopped
- 1 cup broccoli, chopped
- 1/2 cup mushrooms, sliced
- 4 oz./1 serving favorite protein
- 1-2 Tbsp. homemade pesto (see dressing section)
- 1/4 avocado
- Optional red chili flakes
- Sea salt



1. Preheat the oven to 400.
2. Add sweet potatoes, olive oil, and a heavy pinch of salt to a baking sheet. Toss together and bake for 20-30 minutes, depending on how crunchy you like your potatoes.
3. In a large pan or wok, add ghee/butter/coconut oil and turn the heat to medium. Add red onions and sauté for 2-3 minutes.
4. Add broccoli, asparagus, mushrooms, your favorite protein and a heavy pinch of sea salt. Sauté for 8-10 minutes or until protein is cooked all of the way through. Remove from heat once done.
5. Stir in the pesto so that all of the veggies are covered.
6. Add baked sweet potatoes, pesto veggies, and avocado. Optional to add a pinch of red chili flakes.

 Remove the sweet potato to make this AWLS approved. Optional to add in additional asparagus, broccoli and mushrooms instead.



# Upgraded LA Street Tacos 🥑💪

Serves 1

## The Base:

3 small (3 inch) corn tortillas  
4 oz. cooked protein (or swap for an additional 1/4 cup beans)  
1/4 cup black beans

## The Toppings:

Pick as many as you like! I usually add them all!  
3 Tbsp. pickled red onions (see the homemade kitchen section)  
sliced cucumber  
sliced radish  
cilantro  
1 Tbsp. toasted pepitas  
thinly sliced purple cabbage  
limes  
1/4-1/2 avocado (or guacamole)

1. Combine all ingredients on your tortillas or lettuce wraps.

Pro tip ~ This is a quick and tasty party dinner! Invite your friends over and they won't even realize it's healthy!

🥑🍴🌿 Use romaine lettuce to make this GHG, BQ and AWLS approved.



Making your own tortillas is much easier than it may seem! Especially if you have a tortilla press (see the picture to the left). You can buy one online for less than \$20.

# Veggie + Black Bean Enchiladas 🥑💪

Serves 6

## Ingredients:

2 cups Homemade Enchilada Sauce (see the homemade kitchen section) OR pre-made enchilada sauce  
12 homemade corn tortillas (see the homemade kitchen section) OR pre-made 6 inch organic corn tortillas  
15 oz. can black beans, drained OR homemade black beans (see the homemade kitchen section)  
1 tsp. coconut oil  
1 zucchini, diced into small bites  
½ cup yellow onions, diced  
1 tsp. chili powder  
1 tsp. garlic powder  
sea salt  
1/4 cup guacamole OR 1/4 avocado per serving  
1 jalapeño, chopped (optional)  
½ cup shredded sharp cheddar (optional)

1. Preheat the oven to 400 degrees.
2. In a pan over medium heat, add the oil, zucchini, yellow onions, chili powder, garlic powder, and a pinch of salt. If you like your food on the spicy side, add the jalapeño as well. Sauté the mixture for 5 minutes, then add the black beans and sauté for 1-2 more minutes. Remove from heat.
3. Pour about ½ cup of enchilada sauce on the bottom of a baking dish.
4. Lay out the corn tortilla and add about 3 Tbsp. of bean and onion mixture to the center. Roll it up and place it on the baking dish with enchilada sauce, seam down. Repeat this process for the remainder of the tortillas. Top the enchiladas with with 1-2 cups more enchilada sauce so that it covers all of the enchiladas. If you're using cheese, top with the cheese. Place in the oven and bake for 15 minutes.
5. Serve with 1/4 cup your favorite guacamole or 1/4 avocado per serving.




# Cacciatore

Serves 3

## Ingredients:

2 Tbsp. olive oil  
1 medium head cauliflower, cubed  
12 oz. favorite protein  
1 yellow onion, diced  
4 garlic cloves, diced  
1 bell pepper, sliced  
1 lb cremini or button mushrooms, sliced  
½ cup dry white wine  
1 14 oz. can diced or crushed tomatoes (or you can use 2 cups of freshly diced tomatoes)  
3 Tbsp. capers  
2 tsp. dried rosemary (you can also use fresh)  
1 tsp. dried oregano (you can also use fresh)  
½ tsp. red pepper flakes  
sea salt  
½ cup parsley, chopped  
3 Tbsp. pine nuts

1. Preheat oven to 375.
2. Add cauliflower, 1 Tbsp. olive oil, and a heavy pinch of sea salt. Toss to combine and bake for 20 minutes.
3. In a large pan over medium heat, add remaining 1 Tbsp. olive oil, onions, garlic, and a pinch of sea salt. Sauté for 5 minutes. Add your favorite protein and cook until all the way done. Add the bell peppers and mushrooms and sauté for an additional 5 minutes.
4. Add white wine and bring temperature up to medium high for a few seconds until the wine begins to boil then reduce to medium low. Cook at medium low for 8-10 minutes.
5. Add the tomatoes, capers, rosemary, oregano, and red pepper flakes. Stir and cook for another 8 minutes.
6. Remove from heat and serve with chopped parsley and pine nuts.

 Serve with 1/2 cup starchy carbohydrate to make TA approved.

Pro Tip ~ Not a big wine drinker and have leftover wine from this recipe? You can save wine for future recipes by pouring your leftovers in an ice cube tray and freezing. Then just pop out the amount of wine you need per recipe when the time comes!



# Spanish Meatballs

Serves 6 (for tapas) or 3 (for full meal)



## Meatball Ingredients:

8 oz. grass-fed ground beef  
1 spicy sausage (uncooked)  
1 egg  
3 garlic cloves, diced  
¼ cup green onions, diced  
2 Tbsp. fresh parsley, diced  
½ tsp. cumin  
½ tsp. paprika (smoked or sweet)  
¼ cup almond meal or almond flour  
2 tsp. olive oil  
pinch of sea salt

## Sauce ingredients:

1 tsp. olive oil  
3 garlic cloves, diced  
½ cup red wine  
15 oz. can diced tomatoes OR 2 cups fresh tomatoes  
½ tsp. paprika  
¼ tsp. cumin  
¼ tsp. red pepper flakes  
sea salt  
Parsley (for garnish)



1. Preheat oven to 350.
2. In a large bowl, combine all ingredients for the meatballs (except for the olive oil) and mix to combine. Form 2 Tbsp. sized balls and put on a baking sheet lined with parchment paper. Drizzle with olive oil and bake for 20 minutes.
3. In a pan over medium heat, add the olive oil, garlic cloves, and a pinch of salt. Sauté for 2 minutes. Add the wine, bring to a boil and reduce to a simmer. Allow this to cook for 8-10 minutes. Add the remaining ingredients and allow to cook for 10 minutes. While this cooks, add the meatballs directly to the pan. This will allow it to absorb the flavors!
4. Remove from heat and serve. Optional to serve with your favorite non-starchy veggies side dish or 1-2 cups per serving of baked/steamed non-starchy veggies.

👉 Serve with 1-2 cups cooked spaghetti squash to make this TA approved.

# Homemade Kitchen

## Bloat-Free Beans

Makes 1 1/2 cup beans



### Ingredients:

1/2 cup dried organic beans (chickpeas, pinto, black, kidney, etc)  
sea salt

1. Rinse dried beans using a colander. Add beans to a large bowl and cover with 3 cups of water. Let sit for at least 8 hours or overnight.
2. Drain the beans and rinse one more time.
3. Pour beans into a large pot and fill with 5 cups of water. Add a heavy pinch of salt and bring the beans to a boil. Reduce to a simmer and cover. Allow the beans to cook for 1-2 hours, depending on how long you soaked them. Check the beans by biting into it. Be careful – it'll be hot! You want the beans to be slightly al dente, but not mushy.

Pro-tip: Make a large batch and store them in individual serving containers in the freezer. Thaw out what you need for each day!



## Spicy Pico De Gallo

Serves 2-4



### Ingredients:

2 fresh on-the-vine tomatoes  
2 limes, juiced  
1/2 cup red onions, diced  
1/2 cup cilantro, diced  
1 jalapeño, diced  
heavy pinch of sea salt

1. Combine all ingredients in a jar stir to combine. Gently press down on the tomatoes so that it releases its juices.
2. Store in the fridge for up to 7 days.


## Pickled Red Onions



### Ingredients:

1 cup warm water  
1/2 cup apple cider vinegar  
1 Tbsp. raw honey  
1 tsp. sea salt  
1 small red onion, thinly sliced

1. Stir the first 4 ingredients together in a large mason jar. Add the onions. Allow to sit for at least 1 hour before eating.
2. Store in the fridge.

 Technically this recipe contains sugar with raw honey. However, the amount in this recipe is not significant and isn't absorbed in large quantities in the onions and should not work against your goals. If you are finding that this amount of sugar is still negatively affecting your goals, then I recommend removing it from your recipe rotation.



# Homemade Bone Broth 🥣 🥑 🍷 🥬 🍷

*Makes 5-15 cups of bone broth, depending on the size of your pot*

## Ingredients:

The leftover bones from a cooked, whole chicken

Your favorite flavorings! I typically add in a full head of garlic, 1/2-1 full lemon and 1-2 tsp. Turmeric

1 tsp. Sea salt (you can use more or less depending on how much water you use)

1 Tbsp. apple cider vinegar

5-15 cups of water

1. Add all ingredients to your largest pot that also has a lid. The size of the pot you own will determine the amount of water you can use and therefore the amount of bone broth you can make.
2. Bring the mixture to a boil, then reduce to low heat.
3. Allow this to simmer for at least 8 hours or overnight. If you choose to leave the house while the bone broth is cooking, this should be fine. Make sure the heat is on very low and that the lid is partially on.\*
4. After a minimum of 8 hours, turn off the heat and allow the broth to cool slightly. From here you can drain the bone broth liquid into mason jars. You can use immediately for soup bases or to simply sip on OR you can freeze the broth for up to 6 months. If kept fresh, use within 3 days.

\*I tilt my lid so that a small portion of the lid is tilting toward the middle of the pot. This allows some heat to escape and prevent boiling while also allowing the condensation to build and trickle back down into the pot. You might want to be at home the first few times you make this so you can see how it cooks down before you leave the house. Remember to be careful!





# Enchilada Sauce 🥑 🍷 🥦 🍌

Serves 6

## Ingredients:

2 dried ancho chilis, stem and seeds removed

2 cups water

1 Tbsp. olive oil

½ yellow onion, diced

4 garlic cloves

2 cups chicken or vegetable broth

1 Tbsp. dried oregano

2 Tbsp. tomato paste

½ tsp. cumin

½ lime, juiced

heavy pinch of red pepper flakes

sea salt

1. Add the dried ancho chilis and water in a pot. Bring to a boil then reduce to a simmer for 5-7 minutes. Remove from heat and pour 1 cup of the cooking liquid into a bowl. Put the softened ancho chilis to the side.
2. In a pan over medium heat, add the olive oil, garlic, onions, and a pinch of salt. Sauté for 5 minutes. Add the broth, dried oregano, tomato paste, and cumin. Stir and allow to cook for 8-10 minutes.
3. Pour the cooked onion and garlic liquid mixture into a blender along with the cooked ancho chilis, and 1 cup ancho chili cooking liquid. Blend for 30 seconds or until smooth. Add the lime juice and red pepper flakes and blend on low for 5 more seconds.
4. Use immediately or store in the fridge for up to 7 days, freezer for up to 6 months.







## Corn Tortillas 🌽 🥑

*Makes about 20 6 inch corn tortillas*

### Ingredients:

2 cups organic masa harina (I use Bobs Red Mill Organic Masa Harina – you can find this online or at Whole Foods)

1 1/2 cups warm water

1. Preheat a flat top or skillet to medium high.
2. In a bowl, combine the water and masa harina. It's easiest if you use your hands to mix the flour and water together.
3. Form 1-2 inch balls (you can make smaller “street tacos” by making smaller balls). Line your tortilla press with parchment paper. Place your tortilla ball in the center and press down. Repeat this process for the remainder of the dough.
4. Place the uncooked tortilla on the heated flat top/skillet. (YES – no grease required!) Cook for 1 minute, then flip. Cook the other side for 1 more minute.
5. Serve with the Enchilada recipe or use them for tacos!

Pro-tip: While you're cooking the tortillas, wrap the cooked tortillas in a clean dishtowel. This will help the tortillas stay flexible and not dry out.

Note: I highly suggest that you invest in a tortilla press. You can order one online or at many cooking stores. I got mine at Sur La Table for \$19 - well worth it!



# Dressings + Sauces

## **Lemon Tahini** 🥥 🥑 🍷 🥬 🦵 **Miso** 🥥 🦵

Serves 3

Ingredients:

3 Tbsp. tahini  
½ lemon, juiced  
3 Tbsp. water  
pinch of salt

1. Combine all ingredients in a bowl and stir to combine. If yours came out too thick, add more water, 1 Tbsp. at a time. If it's too thin, add more tahini, 1 Tbsp. at a time.
2. Keep in the fridge in a glass container for up to 7 days.

Serves 2

Ingredients:

¼ cup yellow miso  
3 Tbsp. mustard  
3 Tbsp. rice vinegar  
2 tsp. raw honey

1. Combine all ingredients in a bowl and whisk to combine.
2. Keep in the fridge in a glass container for up to 7 days.

🥑 🍷 🥬 Remove the raw honey to make HBP, BQ and AWLS approved.

## **Garlic Pesto** 🥥 🥑 🍷 🥬 🦵

*1 Tbsp. = 1 serving; About 6 servings per batch*

Ingredients:

¼ cup olive oil  
¼ cup pine nuts  
2 garlic cloves  
1 large bunch of fresh basil – about 2 cups  
¼ cup freshly grated parmigiano regiano (or remove if making it vegan)  
Pinch of sea salt

1. Combine all ingredients in a food processor and blend until smooth. If you are making it vegan, add an extra pinch of sea salt.
2. You can store this in the fridge for up to 7 days or in the freezer up to 6 months.

Note: I make a TON of this pesto at the end of summer when basil is in season and keep it in the freezer for the fall and winter months.





# Small Bites

## Apple Spiced Mini Muffins 🍌

*Makes 12 mini muffins, 1-2 mini muffins per serving*

### Ingredients:

1 cup almond meal/ almond flour

¼ tsp. baking powder

1 ½ tsp. cinnamon

¼ tsp. nutmeg

pinch of salt

¼ cup pure maple syrup

1 Tbsp. coconut oil

1 egg or 1 flax/chia egg (1 Tbsp. ground flax or chia seeds + 3 Tbsp. warm water)

1 tsp. vanilla extract

¼ cup applesauce

¼ cup unsweetened coconut milk from a carton

1 apple, diced and sautéed over medium heat for 5 minutes in 1 tsp. coconut oil + 1 tsp. cinnamon

1. Preheat the oven to 350.
2. Combine all ingredients, except for the apples and stir to combine. Add the sautéed apples and gently fold in to combine.
3. Grease a mini-muffin tin with coconut oil. Add the batter and bake for 18 minutes. Allow to cool for at least 10-15 minutes before removing from the mini muffin tin.
4. Store in a glass container in the fridge for up to 5 days.



# Simple Chia Seed Pudding



Serves 6

## Ingredients:

1/3 - 1/2 cup chia seeds \*If your canned coconut milk is warm and melted, you may need to use 1/2 cup of chia seeds instead of 1/3 cup  
15 oz. can full fat coconut milk  
1 cup unsweetened coconut milk from a carton or homemade  
pinch of Himalayan Sea Salt

1. Combine all ingredients in a bowl and whisk to combine. Allow the mixture to sit for 30 minutes, stirring occasionally.
2. Split the chia seed pudding into 6 small glass mason jars to use throughout the week. Store in the fridge for up to 5 days.

Pro-tip: Turn this into a full break-fast by adding 1/4 cup nuts/seeds and up to 1 cup of berries. You can also top it with 1 Tbsp. cacao nibs and 1-2 Tbsp. unsweetened coconut flakes for an extra crunch!



# Blueberry Coconut Mini Muffins



Makes 12-15 mini muffins, 1-2 mini muffins per serving

## Ingredients:

1 1/2 cups almond meal/flour  
1/2 tsp. baking powder  
1/8 tsp. salt  
1/4 cup unsweetened coconut flakes  
1 egg (or 1 flax egg)  
1/2 banana  
1/4 cup coconut cream  
2 Tbsp. honey or maple syrup  
1 tsp. vanilla extract  
1 cup frozen blueberries  
coconut oil to grease the mini muffin tin

1. Preheat the oven to 350.
2. Combine all dry ingredients in a bowl.
3. In a separate bowl, combine remaining wet ingredients, except for the blueberries.
4. Add wet ingredients to dry and mix to combine. Gently fold in the blueberries.
5. Grease a mini muffin or regular muffin tin with coconut oil. Add batter and bake for 18-20 minutes if using mini muffins, 25-28 minutes if using full muffins.
6. Allow to cool for at least 30 minutes before eating. Store in a glass container for up to 7 days.



# Protein Packed Chia Pudding 🥥 🥑 📈 🥬 💪

This spin on the original chia pudding contains nearly 7x the protein content to help further boost satiety. Greek yogurt is a lower lactose dairy product, making it a good option for BQ protocol. However, it still contains some lactose, so make sure you take note of how your body responds to the greek yogurt.

\*If you are vegan, you can achieve a similar increased protein content by taking the original Simple Chia Seed Pudding and adding 3 servings of your favorite low-sugar plant-based protein powder.

Serves 4

## Ingredients:

1/2 cup chia seeds

2 cups organic, grass-fed whole milk greek yogurt (aka, it's original unaltered form)\*

2 cups warm water

1. Combine all ingredients in a bowl and whisk to combine. Allow the mixture to sit for 30 minutes, stirring occasionally.
2. Split the chia seed pudding equally into 4 glass mason jars to use throughout the week. Store in the fridge for up to 5 days. This is a fantastic base to use for your Chia Brekky Bowls!





# Bevvies

Heading to a party? Or maybe you just want a fun adult drink? Check out my favorite “Level Up” approved drinks!

## Spicy Marg 🍷 🍹

Serves 1

### Ingredients:

Kosher salt  
1 ½ oz (or 1 shot) tequila  
½ oz. triple sec OR 1 Tbsp. freshly squeeze orange juice  
3 Tbsp. fresh lime juice  
1 tsp. honey  
5-10 thin slices of jalapeño, depending on how spicy you like it  
2 Tbsp. cilantro  
Salt to rim the glass

1. Use a little bit of lime juice along the rim of the glass, then dip the glass into the salt. This step is optional!
2. Fill a cocktail shaker with ice and add the tequila, triple sec (or orange juice), lime juice, honey, cilantro, and jalapeño. Shake the cocktail shaker vigorously for 30 seconds. Strain the margarita into the glass. Optional to garnish with a few fresh slices of jalapeño and a sprig of cilantro.

## Red Wine Sangreezy 🍷 🍹

Serves 5

### Ingredients:

1 apple, cubed  
1 orange, cubed  
1 cinnamon stick  
¼ cup triple sec  
1 bottle Spanish wine (grenache or tempranillo work well)  
sparkling water to top it off  
ice

1. Combine all ingredients except for the sparkling water and ice in a large bowl or pitcher. Allow to sit in the fridge for at least 4 hours or overnight before serving.
2. Fill wine glasses with ice and add the sangria. Top it off with about 1 oz. of sparkling water.

\*This is my all time favorite drink! Most sangria is high in cane or other added sugars, but I use a more traditional, low-sugar method for this recipe.

## Classic Italian Spritz 🍷 🍹

Serves 1

### Ingredients:

1 oz. Aperol  
3 oz. Prosecco  
1 oz. sparkling water  
ice

1. In a wine glass add ice, Aperol and Prosecco. Top it off with sparkling water before serving.



# Tasty Treats

## **PB + Chocolate Chip**

### **Cookies** 🥥 🍪

*Makes 14-16 cookies; 1 cookie per serving*

#### Ingredients:

- 1 cup organic peanut butter
- ¼ cup maple syrup or raw honey
- 1 egg or 1 flax/chia egg (1 Tbsp. ground flax or chia seeds + 3 Tbsp. warm water)
- ½ tsp. baking soda
- ½ tsp. sea salt
- 1 dark chocolate bar, chopped up into pieces

1. Preheat your oven to 350.
2. Combine all ingredients except for the chocolate chips in a bowl until the batter forms. Gently fold in the chocolate chips.
3. Scoop 1 Tbsp. sized cookies onto a baking sheet lined with parchment paper. Bake for 8-10 minutes. Allow to cool for 10-20 minutes before eating.
4. Store in the fridge for up to 7 days.



## **Peaches n' Coconut Cream** 🥥 🥑 🍓 🍪

*Serves 1*

#### Ingredients:

- 1 peach, cut into bite sized pieces (nectarines or plums work well too!)
- 1 serving of Chia Seed Pudding (see the small bites section)
- 2 Tbsp. your favorite superfood mixture

1. In a bowl, add the sliced peaches, Chia Seed Pudding and your favorite superfood mixture. I love a combination of pumpkin seeds, cacao nibs, cashews, goji berries and coconut flakes!

## **Clean Chocolate Pudding** 🥥 🍪

*Serves 4*

#### Ingredients:

- 2 ripe avocados
- 2 Tbsp. unsweetened coconut milk from a carton
- 3 Tbsp. unsweetened cocoa powder
- 1 Tbsp. coconut cream
- 1 oz. melted dark chocolate (at least 72%)
- 1 tsp. vanilla extract
- 2 Tbsp. raw honey or maple syrup
- pinch of sea salt (this helps to bring the sweetness out without adding more honey/maple syrup)

1. Combine all ingredients in a food processor and blend until smooth.
2. Chill in the fridge for at least 30 minutes before serving.

# Resources/Studies

Wanna nerd out with me? Check out the studies that were used in the making of this Program!

**Insulin + PCOS/Fertility:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3846536/>

**Insulin + Stress:**

<https://www.ncbi.nlm.nih.gov/pubmed/2667017>

**Low GI Foods + Acne:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836431/>

**Insulin + Acne:**

<https://jamanetwork.com/journals/jamadermatology/fullarticle/479093>

**Stress + MMC:**

<https://www.sciencedirect.com/science/article/abs/pii/S0016508586902581>

**Zonulin, Gliadin and Leaky Gut:**

<https://www.ncbi.nlm.nih.gov/pubmed/16635908>

**Fructose, Insulin Resistance, and Weight Gain:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC552336/>

**Cortisol and Cell Phones:**

<http://www.dailymail.co.uk/sciencetech/article-5794435/Smartphone-notifications-alter-brain-chemistry-make-feel-anxious-stressed.html>

**Magnesium and Sleep:**

<https://www.ncbi.nlm.nih.gov/pubmed/23853635>

**Magnesium and Anxiety:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452159/>

**Nutrient Timing + Endurance Performance:**

<https://www.ncbi.nlm.nih.gov/pubmed/26741119>

**Antibiotics in the Food Supply:**

<https://www.sciencedirect.com/science/article/pii/S0956713517302219>

**Purity + Mold-Free Coffee:**

<https://puritycoffee.com/coffee-and-health/>

**The Gut Skin Axis:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6048199/>



**Body Fat Percentage:**

<https://www.acefitness.org/education-and-resources/lifestyle/tools-calculators/percent-body-fat-calculator>

**Testosterone + Eating:**

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Disclaimer: The author is not a doctor. The advice the author provides herein is based on years of practical application, experimenting with her own health and physique as well as the clinical needs of others. Any recommendations the author may make to you regarding diet, including supplements and herbal or nutritional treatments must be discussed between you and your doctor(s) to ensure protection for client and author.