

HEALTHYFORLIFE

U



Journal

Welcome to your *Healthy for Life U Journal*! Use this handy guide as a quick reference for the 12 Core Principles, meal planning and tracking your health progress!

1st Core Principle (refer to lesson 1 for review)

Know what you want and know the “score” (where you are in relation to your goals right now).

2nd Core Principle (refer to lessons 9 & 11 for review)

Track symptoms and health improvements over time.

3rd Core Principle (refer to lessons 2 & 3 for review)

Food sourcing with intention.

4th Core Principle (refer to lessons 2,3,4 & 5 for review)

Create a meal plan that works best for you.

5th Core Principle (refer to lessons 2,3,4 & 5 for review)

Continue to read up about nutrition panels and ingredient facts.

6th Core Principle (refer to lesson 6 for review)

Continue to supplement essential nutrients.

7th Core Principle (refer to lesson 7 for review)

Cleanse your environment.

8th Core Principle (refer to lesson 8 for review)

Shake your booty (move your body)!

9th Core Principle (refer to lesson 9 for review)

Take control of your health at home.

10th Core Principle (refer to lesson 10 for review)

Control and utilize your mind!

11th Core Principle (refer to lesson 11 for review)

Health reform begins and ends with you. Act integratively.

12th Core Principle

Live, laugh, love, learn.

Ideas to Build Your Healthy Breakfast

It's important to start your day with a healthy breakfast. Build your breakfast using ideas from the lists below. Primary sources contain the richest nutrients and are best to use as the basis of a meal. Refer to *Section 1: Whole Foods* in the *Reference Guide* for more information on portion sizes.

PRIMARY PROTEIN & FAT

CHOOSE THESE FIRST

- Eggs
- Cottage cheese
- Beef
- Whey protein supplement

SECONDARY PROTEIN & FAT

SUPPLEMENT WITH THESE

- Breakfast sausage
- Bacon
- Nut butters
- Cheese
- Cream cheese
- Nuts

PRIMARY CARBOHYDRATE

CHOOSE THESE FIRST

- Fruit, especially fruit lower in sugar, such as berries
- Vegetables
- Yogurt (full fat, no sugar added)
- Whole milk

SECONDARY CARBOHYDRATE

SUPPLEMENT WITH THESE

- Steel-cut oats
- Milled flax seed
- Hash browns or any kind of breakfast potato
- Quinoa

REFINED CARBOHYDRATE

USE THESE SPARINGLY

- Tortillas
- Homemade bread
- Ezekiel bread
- Cereal

Ideas to Build Your Healthy Lunch

Build your lunch using ideas from the lists below. Primary sources contain the richest nutrients and are best to use as the basis of a meal. Refer to *Section 1: Whole Foods* in the *Reference Guide* for more information on portion sizes.

PRIMARY PROTEIN & FAT

CHOOSE THESE FIRST

- Beef
- Chicken
- Turkey
- Cottage cheese
- Lamb
- Buffalo
- Venison
- Elk
- Fish
- Canned tuna / salmon
- Whey protein (only from grass-fed source)

SECONDARY PROTEIN & FAT

SUPPLEMENT WITH THESE

- Cheese
- Nuts
- Nut butter
- Sour cream
- Dressings
- Condiments
- Humus, pesto, guacamole

PRIMARY CARBOHYDRATE

CHOOSE THESE FIRST

- | | |
|------------|--------------|
| • Fruits | • Vegetables |
| Apples | Peppers |
| Berries | Lettuce |
| Oranges | Onions |
| Banana | Carrots |
| Grapefruit | Squash |
| Grapes | Mushrooms |
| | Celery |

SECONDARY CARBOHYDRATE

SUPPLEMENT WITH THESE

- | | |
|-----------------|----------|
| • Yogurt | • Grains |
| • Whole milk | Rice |
| • Corn | Bulgar |
| • Peas | Barley |
| • Potatoes | Quinoa |
| • Beans/lentils | Couscous |

REFINED CARBOHYDRATE

USE THESE SPARINGLY

- Pasta
- Bread
- Crackers
- Tortilla
- Pita
- Whole grain cereal
- Chips

Ideas to Build Your Healthy Dinner

Build your dinner using ideas from the lists below. Primary sources contain the richest nutrients and are best to use as the basis of a meal. Refer to *Section 1: Whole Foods* in the *Reference Guide* for more information on portion sizes.

PRIMARY PROTEIN & FAT

CHOOSE THESE FIRST

- Beef
- Chicken
- Turkey
- Cottage cheese
- Lamb
- Buffalo
- Venison
- Elk
- Fish
- Canned tuna / salmon
- Whey protein (only from grass-fed source)

SECONDARY PROTEIN & FAT

SUPPLEMENT WITH THESE

- Cheese
- Nuts
- Nut butter
- Sour cream
- Dressings
- Condiments
- Humus, pesto, guacamole

PRIMARY CARBOHYDRATE

CHOOSE THESE FIRST

- | | |
|------------|--------------|
| • Fruits | • Vegetables |
| Apples | Peppers |
| Berries | Lettuce |
| Oranges | Onions |
| Banana | Carrots |
| Grapefruit | Squash |
| Grapes | Mushrooms |
| | Celery |

SECONDARY CARBOHYDRATE

SUPPLEMENT WITH THESE

- | | |
|-----------------|----------|
| • Yogurt | • Grains |
| • Whole milk | Rice |
| • Corn | Bulgar |
| • Peas | Barley |
| • Potatoes | Quinoa |
| • Beans/lentils | Couscous |

REFINED CARBOHYDRATE

USE THESE SPARINGLY

- Pasta
- Bread
- Crackers
- Tortilla
- Pita
- Whole grain cereal
- Chips

Ideas for a Healthy Snack

Select a snack using ideas from the lists below. Primary sources contain the richest nutrients and are best to use as the basis of a snack. Refer to *Section 1: Whole Foods* in the *Reference Guide* for more information on portion sizes.

PRIMARY PROTEIN & FAT

CHOOSE THESE FIRST

- Eggs
- Cottage cheese
- Beef sticks
- Jerky
- Whey protein (only from grass-fed source)
- Leftovers

SECONDARY PROTEIN & FAT

SUPPLEMENT WITH THESE

- Cheese
- Nuts
- Nut butter
- Hummus

PRIMARY CARBOHYDRATE

CHOOSE THESE FIRST

- Fruits
 - Apples
 - Berries
 - Oranges
 - Bananas
 - Grapes
 - Applesauce
- Vegetables
 - Peppers
 - Carrots
 - Cucumbers
 - Celery
- Dried fruit

SECONDARY CARBOHYDRATE

SUPPLEMENT WITH THESE

- Yogurt (full fat, no sugar added)
- Whole milk

REFINED CARBOHYDRATE

USE THESE SPARINGLY

- Granola
- Crackers
- Chips
- Bread

**MEASURE
YOUR SUCCESS**

Goal / Health Improvement	Progress	Date	Progress	Date

Goal / Health Improvement	Progress	Date	Progress	Date

**MEASURE
YOUR SUCCESS**

Goal / Health Improvement	Progress	Date	Progress	Date

Goal / Health Improvement	Progress	Date	Progress	Date

**MEASURE
YOUR SUCCESS**

Goal / Health Improvement	Progress	Date	Progress	Date

Goal / Health Improvement	Progress	Date	Progress	Date

SOURCING LIST

Food	Store	Brand	Price

Food	Store	Brand	Price

Supplements I take now:

Supplement	Brand	When to Take	How Many

Products I use to improve my personal environment:

Product	Brand	Where to Buy	Sub For

Products to try or add in the future:

Product	Brand	Where to Buy	Sub For

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Symptom	What Did I Take or Do?	Did it Work?

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Practitioner	What Do I Use Them For?	How Often
Address		Phone

Life-long health
begins now!



HealthyForLifeU.com