INTRODUCTION AND BASICS
Introduction

Part of the beauty of both yoga and my 12-week program is their simplicity. Women are busy. We are already overwhelmed, overcommitted and overscheduled.

If you aren’t already as fit and healthy as you would like to be, it’s very likely that your schedule and commitments are part of the reason why. That’s why this 12-week eating plan has been designed specifically to be truly simple, flexible and enjoyable, and at the same time very effective.

This is why there is no calorie counting and you will not be measuring, portioning, analyzing and tracking every bite you put into your mouth. This is why there are no long, complicated recipes using hard-to-find, exotic ingredients that your family won’t eat.

Instead, you’ll have a flexible, do-able, mix and match meal plan using simple, whole foods and a short collection of delicious, master recipes with easy change-up options for each meal. You’re also getting a simple, budget-friendly shopping list/shopping guide that will ensure you have everything you need on hand and without going to five different stores or spending hours doing your weekly shopping.

Because this plan is so flexible, you won’t be thrown off track by foods you don’t like to eat, ingredients that are out of season or a last-minute change to your schedule.
What you can expect from the 12-week eating plan

This plan has been carefully designed to provide you with a delicious, varied and well-balanced diet using only whole foods that are nutrient-dense and easily available.

You will be getting plenty of protein, healthy fats and nutrient-rich carbs and a wealth of vitamins, minerals and antioxidants.

This plan will boost your metabolism, give you a tremendous amount of energy, help you to build and strengthen muscle, detoxify your system, get better sleep, be more focused and have more stable moods.

The abundance of fresh, whole, nutritious foods and the lack of processed foods will restore optimal hormonal balance and help you to lose weight naturally without being one bit hungry. In fact, you will be eating a lot – maybe even more than you’re eating now, because you’ll be eating food that nourishes your body and satisfies your soul. When you’re eating only the foods that are good for you, you’re able to eat so much more by volume than the typical American diet.

If weight loss is not one of your goals, simply eat larger portions or add extra meals and snacks. But if you do need to lose excess body fat, you will do so on this plan without cutting or counting calories. Simply eliminating processed foods and getting your hormones back to optimal function will be enough to help you lose that weight without depriving yourself.
Tips for Success

Making this plan successful for you and for your lifestyle is all about keeping it simple, flexible and easy. Here are some tips to help you do that.

- Try to do all of your shopping for the week in one trip. You’ll have a list to work from and you’ll be skipping many of the aisles you normally wander, so shopping should be faster and easier for you than ever before.

- Make shopping fun and your menu more interesting by heading to your local farmer’s market or CSA farm. Make a day of it, enjoying the fresh air and talking to the farmers about their produce, their operation and their favorite recipes.

- While all of the recipes you’ll be using are created to be quick and easy, you can make them even more so by planning your weekly menu ahead of time and prepping several things at once on a weekend afternoon. Peel or cut veggies and fruits and store them in containers in the fridge. Whip up a few smoothies and shakes and pop them into the freezer. Make a few desserts and have them ready to go in the fridge so that you always have a favorite treat on hand.

- If you have roommates, spouses or kids who won’t be on the plan with you, ask them to stash their junk food treats in a refrigerator drawer or someplace out of the way from your eyes to see.

- If your social circle tends to make plans that revolve around food, ask them to help you out by choosing restaurants that serve plenty of whole food options like fish and seafood,
salads or smoothies. If that’s not an option, skip the restaurant or bar and meet up with them at the theatre or other activity afterwards.

- Reward yourself on a weekly basis for sticking to your plan. A favorite magazine, a manicure, a chick-flick night with your best girlfriends, a new (smaller) pair of jeans or even just a spa night at home after the kids are in bed.

- If you slip up, don’t freak out and don’t go wild the rest of the day/week just because you had a donut or grabbed a Coke from your friend’s fridge. Give yourself a break, forgive yourself for being entirely human and stick with your plan the rest of the day.

- One of the intentions and results of yoga is mindfulness and that mindfulness should also be present in your daily eating. Eat only when you’re hungry, not when you’re bored or cleaning the kids’ plates after dinner. Make eating a conscious, enjoyable thing. Even if you’re just having a snack, forget the TV or checking Facebook and actually see, smell and taste your food. Meals themselves should also be focused; the TV should be off, you should treat yourself to your pretty plates and glasses or a great outdoor meal. When you eat mindfully, you not only eat better, you also change your relationship to food and make it more enjoyable.
Shopping Guide and Shopping List

You will do most of your shopping around the perimeter of the grocery store, i.e. the produce, meat, dairy, seafood and frozen aisles, with the exception of a few staples you’ll want to have on hand.

Try to purchase a wide variety of the produce in a wide variety of colors each week. Each color (blue/purple, red, orange, yellow and green) provides a different spectrum of vitamins and antioxidants, so be sure you’re getting a few in each color group every week.

Vary your diet and broaden your horizons by trying at least one new fruit or veggie each week.

Buy organic as much as possible, especially if you choose to use cow’s milk/dairy products. Try to stick with organic/locally grown produce, but if you can’t afford a completely organic produce purchase, choose organic for fruits and veggies that you won’t be peeling or cooking and opt for commercial varieties of things like cucumbers, bananas, citrus fruits and so on.

Buy grass-fed, organic or pasture-raised beef, poultry, and eggs whenever possible. If this seems exorbitant, remember all of the money you’re not spending on processed foods and fast foods. If it is still a financial problem, focus on wild caught seafood and organic chicken and either skip the beef or choose commercially-raised beef and eat it sparingly.

**Meats:**

- Lean beef steaks, such as sirloin, London broil or skirt steak
- Fresh or frozen turkey breast, no sugar added
- Chicken breast
**Seafood:**

- Wild-caught fresh or frozen shrimp, 31-40ct
- Fresh or frozen (un-breaded) fish filets
  - Suggested: Cod, haddock, snapper, salmon, catfish, tilapia
- Tuna canned in water

**Dairy: (if you choose)**

- 1 or 2% milk, organic if possible
- Greek yogurt, honey, plain or vanilla
- Goat cheese
- Almond milk (unsweetened plain and vanilla)
- Coconut milk (unsweetened, plain and vanilla)
- Eggs
- Butter (use sparingly)

**Produce:**

- Any and all fruits
  - Apples
  - Pears
  - Tangerines or juice oranges
  - Strawberries
  - Blueberries
  - Raspberries
  - Peaches
  - Bananas
  - Mangoes
• Any and all vegetables, with the exception of white potatoes and corn
  o Sweet potatoes
  o Root veggies such as: carrots, parsnips, beets, turnips
  o Baby spinach
  o Spring mix
  o Romaine lettuce
  o Red onions
  o Yellow onions
  o Button or baby Bella mushrooms
  o Plum tomatoes
  o Cherry tomatoes
  o Green onions

• Fresh herbs such as parsley, basil, mint, dill, tarragon, rosemary, thyme, garlic
• Additional seasonings, including mild curry powder, chili powder, cinnamon, nutmeg, honey

Frozen Foods: (Optional)

• Frozen whole fruit pops, unsweetened
• Frozen veggies, without butter or seasoning
• Frozen fruit, unsweetened, such as mango, berries, peaches and pineapple
• Egg whites, if desired
**Grains:**

- Steel cut Irish or Scottish oats
- Whole grain wraps or tortillas
- Brown rice

**Other Foods to Have On Hand:** *(Many are optional and offered as extra flavoring)*

- Raw or roasted walnuts, almonds, pumpkin seeds, squash seeds, sunflower seeds, no salt or sugar added
- Almond butter
- Olive oil
- Coconut oil
- Balsamic vinegar
- Red wine or apple cider vinegar
- Honey
- Mustard and Dijon mustard
- Hot sauce
- Black or green tea
- Whey protein powder, unsweetened, any vanilla or chocolate
- Chia seeds (often found in the organic aisle, near organic grains)
- Quinoa
- Chicken, seafood or vegetable stock or broth (low-sodium)
- Cocktail sauce
- Horseradish
- Real maple syrup
The 12-Week Eating Plan

*** None of these foods are cast in stone. If you don’t eat beef or you don’t care for seafood, just switch them out with another protein choice.

*** It is essential that you get plenty of water, a minimum of 64 fluid ounces per day is recommended. For that reason, juices (often loaded with sugar and artificial ingredients) are not on this plan. Instead, enjoy water, iced black or green tea and hot black or green tea with your meals.

Because simplicity and flexibility are key and because you will automatically be getting a wide variety of foods. Just follow this simple daily plan and vary your options and you’ll be eating an interesting, well-balanced diet.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your choice of: Any breakfast entrée</td>
<td>Your choice of snack options</td>
<td>Your choice of dinner entrée</td>
<td>Your choice of snack options plus at least one leafy green salad or sautéed and one yellow, red or orange veggie option</td>
<td>Your choice of any dessert option or Your choice of snack option (alternatively, you may enjoy any fresh fruits or veggies)</td>
<td></td>
</tr>
<tr>
<td>or any smoothie/shake option (plus 1-2 cups of coffee or tea, if desired)</td>
<td><em>Include at least one fruit</em></td>
<td>or Salad Recipe or Smoothie/Shake option</td>
<td><em>Include at least one vegetable</em> (plus 1 cup of coffee or tea, if desired)</td>
<td><em>Include at least one vegetable</em> (plus 1 cup of coffee or tea, if desired)</td>
<td><em>Include at least one vegetable</em> (plus 1 cup of coffee or tea, if desired)</td>
</tr>
</tbody>
</table>