

LiteLife Solutions Eating Guide

What is the LiteLife Solutions System?

The purpose of this program is to aid in fat loss, but our goal goes beyond that. We strive to educate you on the optimal diet, nutritional, and fitness habits that can last a lifetime. Our intention is, when you reach your goal weight you will possess the proper skills to maintain that weight, or body size.

What Do I eat?

We recommend that you eat low-glycemic foods to assist with blood sugar balancing.

- **First:** You will begin each meal with the fiber portion of your food choices.
 - **Second:** You will then eat the protein and fat food items.
 - **Third:** You will end your meal with carbohydrates (including a small bit of dessert if you choose).
- **Include protein with every meal or snack.**

How Much should I eat?

We will help you determine the amount of calories that would best move the scale downward. This will be determined using your BMR (basal metabolic rate – the amount of energy expended while at rest).

When you hold your hands out and cup them side-by-side, this is about the size of your stomach. All the food you eat in an entire meal, or a snack, should always be this much or less. Start using a salad bowl, or salad plate for every meal or snack.

Meal frequency (Eating every 3 to 4 hours is ideal)

This is one of the most important parts of the program. It is vital that you follow this step consistently. Meal frequency will boost your metabolism, and keep your body burning calories through the day. Frequent small meals are what we are looking to achieve. Below is just an example. You will create your own schedule.

Meal Schedule **Example**

7:00 am Breakfast
10:00 am Snack – optional
1:00 pm Lunch
4:00 pm Snack – optional
7:00 pm Dinner
(Your times may vary)

Food Chart and Craving List

We have included an acceptable food chart where you can reference foods for your meal preparing. The food craving chart will be useful when the body's metabolic state has increased due to exercise and fat loss.

Hydration is Key

Water accounts for 60 percent of your body (or about 11 gallons or 92 pounds in a 155-pound person) and is essential to every cell. Make sure you are consuming a minimum of 50% of your body weight in ounces of water each day. Example 150lb person should consume 75 ounces of water per day.

How Do I Begin?

1. Eat a green starter

Greens first means fiber first. Any veg works: asparagus, peppers, broccoli, lettuce, tomatoes, as well as pulses and beans, and even coleslaw.

Example: 2 cups of spinach, five jarred artichoke hearts, vinegar and olive oil. One follower, who lost 88lb in 18 months, had a plate of grilled broccoli with hot sauce and salt before dinner every night.

2. Drink vinegar first: **Note - Some people do not do well with vinegar products.**

In one study, vinegar before meals helped people on a weight-loss diet lose twice the amount of weight as people who didn't have any vinegar. Simply drink a tablespoon of vinegar in a tall glass of water a few minutes before eating.

Start with a teaspoon and build up. Can't face drinking it? Put a vinegar-based dressing on your green starter. My favorite is Paul Newman Caesar Dressing. But I have also eaten 2 dill pickle spears and took a swig of pickle juice before a meal.

3. Start the day savory

Have you ever noticed that when you eat pancakes and maple syrup, you're hungry again by 10am?

>>>> **The food you eat FIRST THING affects your glucose levels for the rest of the day.** <<<<<<

Try leftovers from last night's dinner. Other good savory breakfast ingredients to go with your vegetable are: Greek yogurt, tofu, meat, fish, cheese, cream cheese, protein powder, nuts, nut butter, seeds and, of course, eggs. Really want the muffin or waffles? Have them after your savory course.

4. Move after eating

A leisurely walk is a brilliant idea. Ten to 20 minutes is enough to reduce glucose spikes because exercise stops the accumulation of glucose in the body. In fact, you can do 10 minutes of any exercise – strength-training, yoga or whatever you like doing – even 30 squats might be enough to flatten your blood-sugar curve.

◆ Snacks that don't cause a glucose spike

Savory snacks are best for energy levels. (If you have fruit, add protein and fat)

- A handful of baby carrots and a spoonful of hummus
- A handful of macadamia nuts and one square of 90% dark chocolate
- A hunk of cheese and apple slices smeared with nut-butter
- Bell pepper slices dipped in a spoonful of guacamole
- A hard-boiled egg with a dash of hot sauce
- Lightly salted coconut slivers
- Seeded crackers with a slice of cheese
- A slice of ham
- A soft-boiled egg with a dash of salt and pepper

◆ The glucose-friendly craving strategy

What to do when you want something sweet, but you don't want to get on the glucose rollercoaster...

- 1) Drink a tall glass of water with a tablespoon of apple cider vinegar stirred in.
- 2) Eat protein, fiber and fat. That might be nuts, an egg, Greek yogurt or any green vegetable.
- 3) Now eat the thing you're craving. And enjoy it!
- 4) Exercise within the next hour. Walk, run, cycle, do strength training.

Change the ORDER in which you eat your food:

You slightly modify what you eat, and most importantly, change **the order in which you eat it.**

Eat veggies first (fiber), then protein and healthy fats, then any carbs, and if you like, fruit or a small dessert. This works because fiber-filled foods slow the passage of food through the stomach, and once in the intestines, it slows the release of glucose. Research by Cornell University found this form of food reordering can reduce your overall glucose spike by more than 53 percent.



Eat these foods FIRST

Low-Glycemic Vegetables

- Carrots
- Green peas
- Onions
- Lettuce
- Greens (spinach, kale, collards)
- Green beans
- Tomatoes
- Cucumbers
- Bok choy
- Mushrooms
- Artichokes
- Brussels sprouts
- Cabbage

- ◆ Any toppings or condiments should be low or zero carbohydrates.
- ◆ Butter and oils are fine in this step.

- Broccoli
- Cauliflower
- Celery
- Eggplant
- Peppers (bell peppers, jalapenos, etc.)
- Zucchini and crookneck squash
- Snow peas

Low-Glycemic Fruits:

- Lemons and limes
- Avocado

Low-Glycemic Legumes

- Beans (chickpeas, kidney beans, pinto beans, black beans, navy beans, etc.)
- Lima beans
- Split peas, black-eyed peas
- Lentils
- Edamame and roasted soybeans
- Hummus
- Bean dip
- Tofu and soy-based meat substitutes

Low-Glycemic Dairy Products and Dairy-Substitute Products

- Skim, low-fat, and whole milk
- Plain yogurt
- Cheese (cheddar, Swiss, mozzarella, brie, feta, blue, goat, etc.)
- Cottage cheese
- Ricotta cheese
- Soy milk and yogurt

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Eat these foods SECOND

Low Glycemic Proteins and oils

- Chicken, turkey, and other poultry
- Eggs and egg whites
- Fish and shellfish
- Beef, pork, and other meat
- Olive oil, canola oil, and other oils
- Butter, shortening, and lard
- Mayonnaise
- Olives
- Avocado

Low-Glycemic Nuts and Seeds

- Peanuts
- Nuts (walnuts, macadamias, almonds, etc.)
- Peanut butter
- Nut butter
- Seeds (pumpkin, sunflower, chia, flax, etc.)

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Eat these foods THIRD

Low-Glycemic Grains

- Barley
- Whole wheat kernels
- All-bran and Fiber One cereals
- Oat bran and rice bran cereals
- Whole grain pasta
- Whole-grain pumpernickel bread
- Sourdough bread
- Wheat tortilla

Low-Glycemic Fruit

- Apples
- Dried apricots
- Under-ripe banana
- Peaches
- Strawberries
- Oranges
- Cherries
- Coconut
- Cranberries
- Blueberries
- Pears
- Plums
- Grapefruit

Only in Moderation:

Medium/High-Glycemic Foods (Enjoy in Moderation)

- Sweet potatoes
- Whole-grain bread
- Butternut, acorn, and other winter squash
- Oatmeal
- Shredded wheat and many whole-grain breakfast cereals (choose unsweetened)
- Rice
- Melon, grapes, pineapple
- Desserts

The Food Craving Chart

When Your Body Craves Certain Foods, It Actually Is Looking for Nutrients

If you crave this...	What you really need is...	And here are healthy foods that have it:
Chocolate	Magnesium	Raw nuts and seeds, legumes, fruits
Sweets	Chromium	Broccoli, grapes, cheese, dried beans, calves liver, chicken
	Carbon	Fresh fruits
	Phosphorus	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes, grains
	Sulfur	Cranberries, horseradish, cruciferous vegetables, kale, cabbage
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
Bread, toast	Nitrogen	High protein foods: fish, meat, nuts, beans
Oily snacks, fatty foods	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Coffee or tea	Phosphorous	Chicken, beef, liver, poultry, fish, eggs, dairy, nuts, legumes
	Sulfur	Egg yolks, red peppers, muscle protein, garlic, onion, cruciferous vegetables
	NaCl (salt)	Sea salt, apple cider vinegar (on salad)
	Iron	Meat, fish and poultry, seaweed, greens, black cherries
Alcohol, recreational drugs	Protein	Meat, poultry, seafood, dairy, nuts
	Avenin	Granola, oatmeal
	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
	Glutamine	Supplement glutamine powder for withdrawal, raw cabbage juice
	Potassium	Sun-dried black olives, potato peel broth, seaweed, bitter greens

If you crave this...	What you really need is...	And here are healthy foods that have it:
Chewing ice	Iron	Meat, fish, poultry, seaweed, greens, black cherries
Burned food	Carbon	Fresh fruits
Soda and other carbonated drinks	Calcium	Mustard and turnip greens, broccoli, kale, legumes, cheese, sesame
Salty foods	Chloride	Raw goat milk, fish, unrefined sea salt
Acid foods	Magnesium	Raw nuts and seeds, legumes, fruits
Preference for liquids rather than solids	Water	Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Preference for solids rather than liquids	Water	You have been so dehydrated for so long that you have lost your thirst. Flavor water with lemon or lime. <i>You need 8 to 10 glasses per day.</i>
Cool drinks	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
Pre-menstrual cravings	Zinc	Red meats (especially organ meats), seafood, leafy vegetables, root vegetables
General overeating	Silicon	Nuts, seeds; avoid refined starches
	Tryptophan	Cheese, liver, lamb, raisins, sweet potato, spinach
	Tyrosine	Vitamin C supplements or orange, green, red fruits and vegetables
Lack of appetite	Vitamin B1	Nuts, seeds, beans, liver and other organ meats
	Vitamin B3	Tuna, halibut, beef, chicken, turkey, pork, seeds and legumes
	Manganese	Walnuts, almonds, pecans, pineapple, blueberries
	Chloride	Raw goat milk, unrefined sea salt
Tobacco	Silicon	Nuts, seeds; avoid refined starches
	Tyrosine	Vitamin C supplements or orange, green & red fruits and vegs

Recovery

Why is Sleeping so important?

- Less than 5.5 hours of sleep a night makes it 55% harder to lose weight (poor sleep causes a lower metabolic rate).
- Sleeping less than 6 hours can cause you to feel 25% hungrier.
- Sleeping just 6 hours could result in 14 lbs. of extra weight a year.
- Women who slept 5 hours or less weighed 5.4lbs more than those who slept 6+ hours.
- 7 or more hours of sleep will result in 15 lbs of weight loss in 12 months.

Hormones: Hunger & Appetite Management

- Sleeping 6 hours or less disrupts 2 critical hormone levels.
- Sleep deprivation can elevate Ghrelin levels and reduce Leptin level which will increase appetite and hunger

Leptin

- Suppresses appetite
- Low sleep suppresses leptin production, making us more likely to feel ongoing pangs of hunger

Ghrelin

- Spurs appetite and drives us to eat
- Increases appetite for high-calorie foods.
- Directs fat towards the midsection of the body

The Sleep-Brain-Appetite Relationship

Amygdala (Reward Center)

- Governs appetite and desire for food
- Sleep deprivation = MRI scans showing greater activity in the reward center of the brain when looking at pictures of junk food

Frontal Lobe

- Governs behavioral control
- Sleep deprivation = the frontal lobe activity in the frontal lobe resulting in a brain less able to moderate influence over food decisions

Burning Calories While You Sleep

- Your body burns the most calories during REM sleep
- Your REM sleep increases the longer you sleep.
- Therefore, if you sleep less hours, you miss that prime calorie burning window by cutting off the tail end of REM (or the longest period of REM where you could burn the most calories).