

A top-down view of a healthy meal on a white plate. The meal includes a piece of baked salmon with a golden-brown crust and white sesame seeds, a portion of chickpeas, a serving of quinoa with red and white grains, fresh spinach leaves, sliced cherry tomatoes, and sliced cucumbers. The text '80/20 NONDIET' is overlaid in a white rounded rectangle, and 'EBOOK' is written below it.

# 80/20 NONDIET

EBOOK

# INDEX

## 80/20 NON DIET "Seven Steps to a New You"

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## What is the 80/20 rule?

If you treat your body good 80% of the time, it can tolerate the other 20%. The opposite of this approach is a diet. Think about the last time you were on a diet, how long did it last before the walls came crashing down and you put on more weight than before you started the diet. This will always be the tug of war going on in your head. I love food, I hate food, on and on.

For many of us we have the notion that I am doing this "one thing" and it's going to make all the difference. We seek the quick fix, the one diet, supplement or workout program. Let's clean the slate of all that hasn't served you in your past and embrace a new way of looking at things. Begin by embracing a lifestyle, one that focuses on "getting the good in". My promise to you is to keep it simple by educating and ultimately present a game plan for you to achieve this lifestyle. Your goal may be to increase energy, lose weight, be healthier or all the above. The beautiful thing is that it is simple. If you change your habits you can change your life.

The 80/20 Non-Diet is simply a lifestyle



**WATER**

# WATER

On your new journey of health and wellness it is very common to focus on food intake. Eating the right foods but liquid intake is an area that most of us don't give any mind to. Most people say "oh, I drink water all day" and the reality is they consume three 16 oz. bottles per day. Another common reply is " I don't like the taste of water". If you were stranded in the desert, what will your body crave? Correct, water is always the answer.

The human body consist of 80% water. Our brain operates on 90% water. Headaches are commonly caused by drinking too little water in our day coupled with consuming diuretics like coffee, tea and soda or other sugar loaded soft drinks.

Increasing your water intake will have a huge health benefit at very little cost. As a norm, try to drink half your body weight in ounces per day. We are all different ages, sizes and do a variety of physical activity in our day. So, by saying everyone should drink six 8 oz glasses of water a day may not be too accurate if your lifestyle demands more and if you are a larger person.

Set up a water filtration system at your kitchen sink. This allows your entire family to be drinking quality water. Choose a filtration system which eliminates contaminants and keeps the minerals in. The next step is to purchase a reusable water bottle that you can take to school, work, sporting events, etc. This is not only a health benefit and cost savings but also a huge win for the environment. What I am proposing is simple and makes perfect sense. So why don't more people incorporate this into their world? Are we lazy, unconscious or don't feel like one single person can make a difference. The one thing we can control is our actions. Make this change in your life. It is too simple not to.

If you need some flavor try adding a slice of lemon, cucumber or mint





**FRUITS  
&  
VEGETABLES**



## Falling in love with Fruits and Vegetables is a game changer

The single greatest thing you can do for yourself is eat more fruits and vegetables. As a living breathing being it makes sense that we should consume foods that are also alive and full of vitamins, minerals and enzymes, which ultimately keeps our immunity strong. Our body has billions of cells and gets new cells by the millions daily and that is directly from the foods we ingest. Fruits and vegetables are 90% water and are easily digested and eliminated.

The overall concept is to have 50% of your plate be fruits and especially vegetables. The next time you sit down for a meal ask yourself what is the overall color of my plate. If it is brown there is a very good chance you are eating dead processes food full of preservatives, which lacks any sense of vitality or nourishment. Falling in love with fruits and vegetables is one of the most beneficial changes you can do for yourself in converting to a healthy lifestyle. Your plate should look like a work of art full of color and variety that appeals to all the senses of the body.

Seasonal selection of fruits and vegetables in terms of freshness and quality. For example, eat apples in the fall and strawberries in the summer. If you are eating berries in the winter months there is a good change that it is coming from a far distance.

Whenever possible buy your produce from your local farmers. Freshness is key which means a higher nutrient content, not to mention the price will be considerably less compared to the grocery store. Remember to can or freeze your produce so you and your family can enjoy them during the winter months.

Preparing the vegetables can take on many different ways. You can steam, blanch, saute or simply eat/drink them raw which will pack the most quality. Keep in mind that heat denatures so if you put a carrot in the oven with the chicken the nutrient value of the carrot has been compromised.

A proper PH of 7.365 is important in keeping our body balanced and alkaline as opposed to acidic. When the body is acidic, disease such as cancer thrives. Acidity comes from consuming too much white flour, dairy, meats and sugar. Incorporating vegetables, especially green vegies like kale, swiss chard and spinach help keep the PH balanced. You can google a list of alkaline foods to get a sense of what foods fall where on the scale.

### Green Vegetables

- Artichoke
- Arugula
- Asparagus
- Bitter gourd
- Broccoli
- Brussels sprouts
- Calabash
- Celery
- Chayote
- Coriander
- Cucumber
- Edamame
- Grape leaves
- Green bean
- Green capsicum
- Green chili pepper
- Green pumpkin
- Kale
- Kohlrabi
- Leek
- Lettuce
- Microgreens
- Mint
- Okra
- Pea
- Perilla
- Ridge gourd
- Snake gourd
- Spinach
- Watercress
- Zucchini



**CARBOHYDRATES**





# CARBOHYDRATES

## Nuts, Noodles, & Grains

### Nuts

- Almonds
- Cashews
- Walnuts
- Pecans
- Peanuts
- Brazil nuts
- Chestnuts
- Coconut
- Hazelnuts
- Macadamia nuts
- Pine nuts
- Pistachio
- Kola nuts
- Marcona almonds
- Acorns
- Ginkgo nuts
- Pili nuts
- Candle nuts
- Black walnuts
- Palm nuts
- Tiger nuts

### Pasta

- Spaghetti
- Fettucine
- Linguine
- Penne
- Rigatoni
- Macaroni
- Farfalle
- Rotini/Fusilli
- Shells
- Risoni
- Orechiette
- Gnocchi

### Whole Grains

- Oats
- Bulgar
- Farra
- Brown Rice
- Whole Corn
- Millet
- Whole Wheat
- Barley
- Quinoa
- Oatmeal



**PROTEINS & FATS**



# PROTEINS

The rule of thumb for protein is better quality less quantity. It is important how the animal or fish were fed.

**Poultry/eggs - cage free**  
**Fish - wild only not farm raised**  
**Meats - grass fed**

A good rule of thumb for portion size when it comes to protein is the palm of your hand. Proteins that are easily digestible are fish, eggs and chicken. Where as red meat will take longer to process. Keep this in mind when choosing a protein for lunch and dinner. Eating easily digestible proteins for dinner will lead to a better night sleep and keep your bodies metabolism burning for efficiently. Nuts add a nice punch to a meal by adding more protein as well as fat to balance your plate.

# FATS

fat has always had a negative connotation. Again, focus on quality like cold pressed olive oil, coconut oil, organic butter. Fat has many roles like making our food taste better but the one area that I want you to focus on is using **fat as the great balancer**. By adding fat to our meal, we balance our blood sugar so we don't need a nap an hour later as well as sustaining your appetite. Topping your vegetables with olive oil, adding a variety of nuts is an excellent way of balancing with good quality fats.

## **Olive Oil**

Low temperature cooking, look for first cold pressed

## **Avocado Oil**

High temperature cooking

## **Coconut Oil**

High temperature cooking

## **Butter**

High temperature cooking





# BALANCING YOUR PLATE

How do you balance the food on your plate? Start by dividing your plate in half and making 50% consist of vegetables and fruits. Visually, your plate looks appealing full of color and vitality. Always try to make your plate as colorful as possible by incorporating mainly vegetables, especially greens.

Protein and carbohydrates make up the other half each comprising of 25% each.

# Reduce to eliminate 20% non-foods

## Processed foods

Non-foods are boxed and bottled processed foods that are loaded with sugar and chemicals to preserve them so they can last longer on the shelves of the grocery stores. You need to simply start by reading. It's found in both bottled and boxed processed foods on the shelves in the grocery store. We need to simply start by reading the side panel of the ingredient list in these so-called foods. Don't get caught up in looking for how much calories or carbs in the box but instead be the detective and search out sugar in the ingredient list. It may be disguised as fructose, maltose, dextrose or any word ending in "ose".

Most of the sports drinks our children consume is simply sugar water. Don't believe me, read the ingredients. Most of the boxed cereals they eat or also loaded with sugar. Why, because number one it taste better, which keeps you wanting to go back and buy it again. Secondly, it is inexpensive to produce which increase profits. Lastly, it is addictive. Look for companies who use overall less ingredients and cane sugar. This is a company who cares about you and your family.

Reducing the amount of sugar is a game changer not only for weight loss but for overall health. One teaspoon of sugar weakens the immune system up to six hours. Obesity, cancer, type two diabetes, the list goes on. Sugar is killing our world.

If one truly focuses on nourishing the body with wholefoods and dramatically reduces the amount of sugar intake they would find within 21 to 30 days that they will no longer crave sugar. I remember counseling an older woman who said, " I can honestly say that I no longer want nor crave that piece of cake." In a refreshing way you will slowly but surely connect with the beautiful foods God placed on this earth. Perhaps having a dried fig with honey will become your new desert. You have nothing to lose but to give it a try. As my grandfather always said "you don't know what you are missing." From a cell level your body is nourished when you feed it whole foods. It no longer craves what it doesn't have.

**\*Action:** replace drinks with bottled water, read ingredient list, replace sweet deserts with natural fruit as it will sustain us longer in terms of hunger.





# METABOLISM

Metabolism is a balance act by where we incorporate exercise coupled with eating breakfast, lunch and dinner without snacking. Snacking plays with your blood sugar which only makes you tired and does not burn fat as an energy source if it is always competing with sugar highs. Allow your body to burn fat and this is especially relevant during hours of sleep.

**Setting times** is the most over looked area when it comes to being healthy, balanced, losing weight and having great energy throughout the day.

# SLEEP

**Let start with sleep. To be in-line with the circadian rhythms we need to be in bed by 10:00- 10:30 pm. During this time your mind and body heals and rebuilds itself. You are a part of nature and you need to abide by the laws of nature and go with the flow. You need to facilitate this process by not having our biggest meal late in the evening. If your body is trying to digest its biggest meal of the day while your flat on your back not only is it not rebuilding your body is working 24/7. Metabolism is in the toilet and since it can't burn fat is stores fat. Our objective is to burn 24/7 and get our metabolism burning.**







# EXERCISE

Morning routine ideally begins with exercise on an empty stomach. Ideal time is in the morning before breakfast. Just do it, you always feel better after exercising. In five minutes, you will be warmed up in both body and mind. It is a great start to your day with your endorphins elevated you will have great energy and actually be hungry for breakfast. Weight based program is key to your metabolism and burning calories when you are resting. When you work out with weights you break the muscle fibers down and they start the rebuilding process immediately. The human body has 650+ muscles and you want to engage all of them. Think of your body like a camp fire, you want your fire burning all day long when you are at work and sleeping. Incorporate a weight-based program three times a week will tone your muscles, build bone density to prevent osteoporosis as well as fire up your metabolism.

Cardio exercise you can do every day. Shoot for 30 to 60 minutes. If you are doing a weight based workout, try starting with 30 minutes of cardio. It is a great warm-up for all the muscles in your body. Brisk walk or not weight base cardio like an elliptical will preserve your knees and hips. Your body is like a car, if you put a lot of miles running you are going to have to replace key parts. The human body was designed for exercise. Find your window and know that we are all athletes.

There are 168 hours in the week by dedicating a minimum of 5 to exercise leaves you with 163 hours to do everything else you need to do. Schedule it and make it happen.

# MEAL TIMES

(no snacking in between meals)

The idea here is to have enough for breakfast to get you to noon. Lunch should be the biggest meal of the day followed by a smaller/normal dinner.

## Breakfast 7:00 to 9:00

Oatmeal is one of the healthiest foods you can have for breakfast. You are probably saying, "I hate oatmeal". Ask yourself when was the last time I ate oatmeal and how did I prepare it. Chances are only a horse would eat it based on how you prepared it. Let us break it down with the first step of soaking the oats overnight which helps break them down. Use a cup of water for 1/2 cup of oats. In a pot bring the water to a boil then add the oats and simmer over low heat for 5 minutes. Once cooked we want add the fat (1 tbs peanut or almond butter) or simply nuts (walnuts or almonds). The combination of adding fat to the fiber will definitely take you out to your next meal without being hungry and also take note of the amount of energy you have. Add fruit to the top with a little maple syrup or honey and perhaps some granola for the crunch.



### Lunch 12:00-2:00

Should be more like the American dinner. It's not a bad idea to take last night's dinner to work and have it for lunch. Balance out your plate by incorporating 50% vegetable and fruit. Protein and carbs split 25% each make up the other half. Top it with a great fat like olive oil and nuts.

**Action:** bring cooler bag with lunch, waters and power smoothie



### Dinner 5:00 to 7:00

If breakfast and lunch are substantial, balanced and eaten in the proper time frames then dinner will be the smallest meal of the day. If they are not planned for and honored than dinner will be the biggest meal. If dinner is normal and eaten within the proper time your body will start to burn fat when you sleep. Your organs will heal and you will awake with great energy, both mind and body.



# POWER SMOOTHIES

## FOR THAT EXTRA PUNCH

Power smoothies are an excellent way of taking you to the next level. I am not referring to protein powders or any other type of supplements. What I am saying is to simply add fruits and vegetables to water. This is not to replace actually eating fruits and vegetables but to make your meals a grand slam by taking in a glass of goodness. Make enough for the day and drink a glass with each meal.

Smoothies can be more fruit based giving you a boost of antioxidants. Use water as your base, adding a banana and frozen fruit of your preference. A green shake may not sound too appealing but give it a try and you will be pleasantly surprised. Again, use water and a banana as your base and add a green vegetable such as Kale along with some fruit if desired to give it a sweet flavor.

**\*Superfoods such as maca, raw cocoa or greens powder can also be added to your smoothie\***



# GOAL:

## Choose a Healthy Lifestyle

Goals help us to identify exactly what we want out of life. Some people are goal oriented while most people are not. I personally don't care if you have goals or not. What I am proposing is that you commit to learning and living a healthy lifestyle that will last you a lifetime. Start enjoying a sense of discovery around food and cooking. Take the pressure off and enjoy a better relationship with food. Food is and has been the center of our world for a very long time. We simply need to learn a new dance and understand how to balance it all. Your energy will increase and your weight will decrease naturally as you learn to go with the flow.

Be proactive not reactive. Reactive people wait until they are hungry, order take out because everyone else in the office does and over pays for below average quality food to satisfy their hunger. Proactive people plan and prepare their meals. They view food as nourishment for the body and honor themselves on the path of wellness. Proactive people grocery shop selecting real food for their families. They see cooking as an extension of their love. They leave the house each day taking their lunch with them. At work they drink water from a reusable water bottle. In the evening they enjoy a meal with their family as much as possible. In the evening they wind down and get to bed early to ensure they are ready for the next day. Proactive people begin their day with exercise and have a better day because of it. Proactive people simply have great habits.

# DAILY CHECKLIST

- 1. Sleep by 10:00 to 10:30**
- 2. Exercise in the morning before breakfast**
- 3. Breakfast 7:00 to 9:00 (Focus on balanced plate + Smoothies)**
- 4. Water intake - bring water bottle with you to work**
- 5. Smoothie - blend enough to have a glass with each meal**
- 6. Lunch 12:00 to 2:00 (If lunch is bigger, than dinner will be smaller)**
- 7. Dinner 5:00 to 7:00 (Color your plate with a variety of vegetables)**
- 8. Plan out next days food intake and exercise routine**