

Smart Start Nutrition

Follow these THREE guidelines to find success during the 60day:

1. Track your progress

- a) Record weight & body fat weekly
- b) Set at least ONE non-scale goal: _____

2. Enlist support

- a) List one person with whom you'll be sharing your goal: _____
- b) What is one question you want to ask a coach?: _____

3. Prioritize Nutrition

- a) Set a time each week to plan – what's the menu and when will you go grocery shopping?
- b) Use your hand as a personal portion guide
- c) Grocery shop like a PRO:
 - Stick to the perimeter of the store.
 - Produce – shop for a rainbow of colors and go organic when possible
 - Meat and Eggs – opt for higher quality proteins sources like grass-fed, antibiotic & hormone free
 - Bulk Section – raw, unsalted nuts and whole grains
 - Refrigerator and Freezer – unsweetened and full-fat dairies and non-dairy alternatives, frozen fruits and veggies for convenience
 - Center Aisles – healthy fats and flavoring options
 - Always check the label of a product first before putting it in your shopping cart.
 - 5 ingredients or less – can you pronounce or recognize every ingredient listed?
 - No added sugar
 - Avoid marketing ploys designed to get you to purchase food, regardless of whether the food is good for you or not.
 - Avoid end caps and the front of the package (look at the label!) – often have misleading buzzwords and false claims
 - Look high and low – less favorable foods are often placed at eye level
 - Be creative and find ways to stretch your dollar, making eating healthy easier.
 - Prioritize organics – the EWG's Dirty Dozen is a good resource
 - Take advantage of the freezer
 - Do your own pre-packing – convenience foods are handy, but more expensive

All 60day recipes can be found at www.lifetime60day.com/recipes