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## Plan Smart To Eat Smart

I have had a problem with my weight my whole life and it is very easy to get caught in the downward spiral of eating bad. When I was in my mid-twenties (a loooong time ago... hehehehehe\_), I was a sales rep for a food company (how shocking) and I worked on the road.

I can remember going into a grocery store and buying a loaf of sweet Hawaiian bread – because I didn't want to take the time to stop for a "real" lunch and worse yet, I didn't want to eat alone so, I would literally eat that bread all day.... Yikes!!!!

Most busy ministers I work with are actually very intelligent and knowledgeable when it comes to what a healthy diet and lifestyle looks like. The challenge is to make it happen in their **hectic and over-committed lives**. If you are like most busy ministers who are also very driven, you can turn this into your asset to help you implement healthy dietary changes.

For busy ministers and their families, planning smart is key to eating smart. If you make healthy choices available to you when you need them, chances are you will make better decisions. Here are a few tips to help you plan better so you can eat better and feel better:



- **Plan for the week ahead** – plan out your meals for the upcoming week on the weekend, and do all your grocery shopping in one trip (which will save you time too!) If possible, set aside a couple of hours during the weekend to prep your meals – e.g. you can chop some veggies, or even cook the entire dish and put it in the fridge or freezer. You can even get your kids to help out, and make it a family ritual. Kids will have fun and they are more likely to eat the meals that they take part in preparing.
- **“Cook once eat twice (or more!)”** – when it comes to healthy eating, nothing beats home-cooked meals made from scratch (a whole foods based diet). Having to scramble for dinner every evening can be challenging, and “Cook Once Eat Twice” can help you save time and headache. You can prepare more than one meal worth of food so you have leftovers for one more meal. I almost never cook one meal at a time.
- **Stock your fridge, pantry and desk drawer at work and/or your car with healthy snacks** – make sure you have some healthy snack alternatives handy so you don’t go for the vending machine which is usually stocked with less desirable options. If a fridge is available at work, try some hummus with celery sticks, carrots or broccoli. If you are always on the go, a handful of nuts with dried fruit or an apple with nut butter (available in single-use packets) can be great pick-me-ups. Keep in mind that fresh whole food is always better than processed foods – there are many “bars” on the market with “health claims” – however, most of them contain sugar, additives or processed food products that are less than desirable. If you have to turn to packaged foods, always read the labels to make smart choices.



- **Instead of getting caught with nothing for dinner**, stock a few healthy frozen options so you don't dial the greasy pizza place. Make a point to pair frozen meals and fresh veggies (even if it's just celery or carrot sticks with dips).
- **Team up with a few other families - each prepare one dish in a big batch, and then trade dishes - you will walk away with a week's worth of dinner!**

And speaking of eating healthy... I am always at war with sugar and love to help people learn more about how to get rid of it **FOREVER!** Just like the enemy, it doesn't play fair so we aren't going to either! Let's get rid of this nasty thing out of our lives and do our bodies, minds, and skin way **GOOOOOD!**



## **Drink To Your Health**

Now, I am not a person who is completely against having a cup or two of coffee in the morning but, overdoing it can wreck some havoc on your hormones and your health. Again, I can remember when I was working on the road, I was working with this one particular sales rep. He, literally would have a “Pot” of coffee before he left the house at 6am and then he would just drink all day long. Well, we were working together calling on customers and he was driving when all of the sudden, he started getting all shaky, wasn’t talking very much (he was a talker, I think he actually talked more than me... and that’s A LOT!). Anyway, I could tell something was wrong and then all of the sudden he spots a gas station and pulls in to get his “coffee fix”. I think it was only about 2 hours (probably less) since the last one he has.

Whoooooaaaaa... that was scary. He drank that just like I imagine a drug addict acts when they get their fix... changed the way I looked at the overuse (abuse) of caffeine.

For many people who are eating healthy, their beverages can be sabotaging their efforts to achieve the level of health and vibrancy they desire. Are you drinking empty calories that prevent you from losing weight? Are you putting toxic additives and chemicals into your body? Upgrading your beverage choices can be the key to taking your health and wellbeing to the next level.



As I said, I'm not a coffee hater, just be smart and don't overdo it.

- First thing in the morning – BEFORE your coffee or tea, drink a large glass or water (room temperature or warm) with lemon in it if you want. This invigorating beverage supports liver detox – with fewer toxins in the body, you have more energy.



- If you are used to drinking coffee throughout the day... all day long...That's a bit much. That can do all kinds of things to your adrenals (two little tiny glands that are so important) and as I said earlier in my story about "coffee man" it can mess up your hormones big time, especially if you are a woman over 40.

To discover more about hormonal balance you can shoot me an email at [Renee@PizazzMoves.com](mailto:Renee@PizazzMoves.com) and write hormones in the subject line and I will get right back to you to set up a time to chat.

You can transition yourself from so much caffeine more gradually with beverages that contain less caffeine instead of going cold turkey – e.g. black tea, green tea or green tea. Green tea and white tea, in particular, have much less caffeine and are rich in health-promoting antioxidants.



- Sugar in soda can cause a lot of health issues.  
I have a class just on sugar!
  
- Diet soda is **WORSE!** Artificial sweeteners are toxic to our body, causing many health problems including weight gain and low energy. Instead of sugary soda, try mixing sparkling mineral water with pure fruit juice – start with a 1:1 ratio and as you get used to the less-sweet taste, increase the amount of sparkling water. Eventually, you will feel satisfied with just a splash of juice or a squeeze of lemon.
  
- For those on the go, try having packets of [energy drink](#) handy. They are great for boosting energy and provide a ton of antioxidants and micronutrients that are essential for vibrant health.
  
- In social occasions when you desire a drink or two, alternate your alcoholic beverage with water or sparkling water (add a twist of lime and it looks like a gin and tonic!) to help you reduce your alcohol intake while stay hydrated.
  
- Don't forget water! Clean water is the most healthful beverage. Dehydration can cause headache, low energy, sugar cravings etc.
  
- Carry a water bottle with you and sip often.



## Healthy Travel (Digestive Health)

I can remember when I wasn't eating very healthy (sad to say, most of my life). I'm Italian and very happy to be – don't get me wrong but, we ate A LOT of pasta and yeah, that white stuff it not exactly good for you as you may or may not know and it is AWFUL for your digestive system...

Eating healthy when you are traveling can be tricky. Healthy choices may not be available while you are on the road, or you may not know where to find them in an unfamiliar location.

For a lot of folks, digestion can get off track when traveling. Do you know our digestive system is closely tied to our immunity? If our digestive system is functioning optimally, there is a better chance that we stay healthy too.

Here are a few convenient ways to keep your digestive system healthy:

- Eat foods rich in **probiotics**: e.g. yogurt (ideally plain, to avoid added sugar), sauerkraut, or take a [probiotic](#).
- Drink *fresh* juice of **carrot and apple** to aid colon function. You can also eat them whole.
- Drink a cup of warm water with fresh **lemon juice** (about 2 TBSP) first thing in the morning – it supports liver function so particularly helpful if you have been eating greasy foods.



- Eat **high-fiber foods** – e.g. order oatmeal for breakfast, and opt for whole grains in your meals. Or add a [high fiber drink](#) that also help you from getting hungry too quick.
- Keep up your **fruit and vegetable** intake – e.g. start your meals with a salad, grab an apple for snack.
- If regularity is a challenge:
  - Try **prune** juice or dried prune.
  - Before you leave for your trip, mix ground **flaxseed** with **psyllium husks**, store the mixture in a container and sprinkle it on your food. You must ground the flaxseed or it will just “go through you” without taking anything with it. Make sense?
  - Take [magnesium citrate](#) and/or [vitamin c](#) supplements.

**Digestion is HUGEY important and we can't possibly go into all the detail in this short report.**

**If you are interested in a more in-depth study of or wonderful digestive systems.**

**Shoot me an email at [Renee@PizazzMoves.com](mailto:Renee@PizazzMoves.com) and write Digestion in the subject line and we will set up a complimentary laser coaching time to see exactly what you are looking to change and how I may be able to serve you.**



## **The Amazing Wonderful Salad**

I am not sure what I would do without the amazing wonderful salad. I eat a salad at least once a day. The thing about salads is that you can put just about ANYTHING on them and they are fabulous. I know what you are thinking... "but it's a pain to chop, slice, cook all the stuff to put on a salad. Well, let me tell you... I am a self - proclaimed "Salad Snob" That's one of the reasons I don't go to restaurants much because they can't make a salad as good as I can.... "can you hear me patting myself on the back". Ok so I digress and I may not be "THE" best but I'm definitely "up there" in at least the top 5. He Haw!!!!

Here are a few to check that I actually put a recipe to...I usually do it in my head.

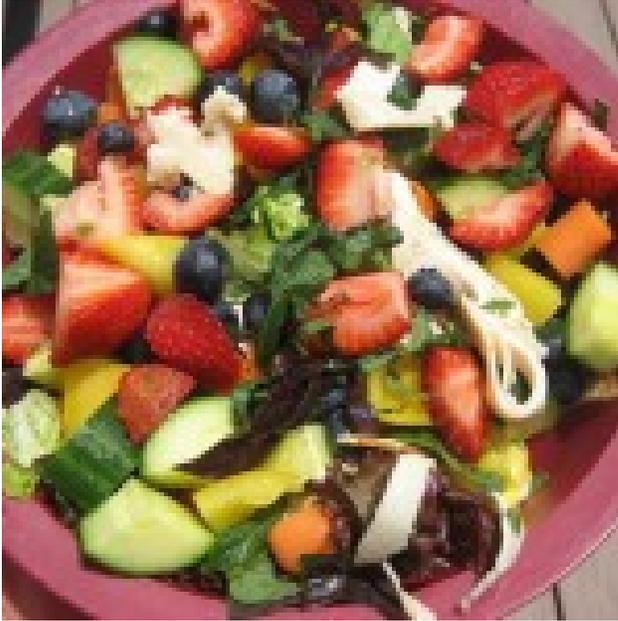
**The Amazing Wonderful Salad** I am not sure what I would do without the amazing wonderful salad. I eat a salad at least once a day. The thing about salads is that you can put just about **ANYTHING** on them and they are fabulous. I know what you are thinking... "but it's a pain to chop, slice, cook all the stuff to put on a salad. Well, let me tell you.. I am a self - proclaimed "Salad Snob" That's one of the reasons I don't go to restaurants much because they can't make a salad as good as I can.... "can you hear me patting myself on the back". Ok so I digress and I may not be "THE" best but I'm definitely "up there" in at least the top 5.

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## **Scrumptious Summer Salad**



### **Ingredients:**

- Red Leaf and Romaine Lettuce
- Chicken Breast
- Baby Carrots
- Seedless Cucumbers
- Yellow Peppers
- Strawberries
- Blueberries
- Sliced Almonds
- Fresh Mint
- Purple Basil

Dressing: Extra Virgin Olive Oil, Balsamic Vinegar (equal amounts)  
Sea Salt & Fresh Black pepper to taste

- Whisk or Shake together and pour over salad and mix

- 1.) Put the amount of each ingredient that you want.
- 2.) Delete any ingredient(s) you don't like



- 3.) Use a salad spinner to dry lettuce so dressing sticks to it
- 4.) Your body "loves" to be fed COLOR from real food.

Have fun making it and just add a little **Pizazz!**

Enjoy!

## **Peaches, Plums & PIAZZ**

### **Ingredients:**

- Peaches
- Plums
- BBQ chicken (recipe for sauce below)
- Celery
- Swiss cheese
- Almonds

**This salad can be served with the chicken hot or cold. Up to you.**

### **Dressing:**

- Extra virgin olive oil,
- Cider or white wine vinegar
- Salt & pepper to taste

**You don't need to "overdress" this. The food had enough flavor.**



## **BBQ Sauce:**

- 2 TBSP extra virgin olive oil
- 1 onion - finely chopped
- 3 cloves of garlic - crushed or finely chopped
- 1 1/2 cup crushed tomato
- 1/2 cup cider or red wine vinegar
- 1/4 cup balsamic vinegar
- 1/3 cup xylitol or stevia
- 1 TBSP chili powder

**Most bottles BBQ sauces are full of corn syrup and artificial flavorings.**

- Use this as a base and modify it the way you want
- Add "heat" the way you want. I don't "DO" hot much so just add your own.

**Mix together and cook/heat to your desired consistency**

Bake or grill on chicken the way you like it. Make lots and have as a meal with some great roasted veges. Save some to make this salad. Use white and/or dark meat. Eating dark meat is way better than eating all the junk in a bottled BBQ sauce.

**Go ahead, make it!**

**And let me know what you think...**

Here are a few pic of other creations.







Gorgeous, right? But, just so you know... it's REALLY not that hard. It just takes a little time. The key is to have lots of salad ingredients around at all times. Clean and chop a bunch at one time so they are handy when you feel the need to "create" a salad. Sometimes, I even make a whole bunch of salad up at one time. I have all kinds of things out on my counter and I am "designing" them as I go along. Are you excited about making salads now??? If you really want to make so "knock em dead" salads, I will tell you one secret.... **NEVER, NEVER, NEVER, EVER** buy bought dressing!!! **EVER!**



### **Here are a few reason why**

- Much less expensive to make you own
- Loaded with preservatives
- Loaded with chemicals
- Artificial ingredients
- Lots of times there are sugar – what? Yep

### **Here’s a list of the ingredients of a local “Italian dressing”**

**Remember:** ingredients are listed in order of largest amount to smallest amount.

#### **Here goes:**

Water, vegetable oil, (canola and/or soybean oil), high fructose corn syrup, distilled vinegar, salt, less than 1% garlic, \*onion, \*red bell peppers, xanthan gum, lemon juice concentrate, spice, calcium disodium EDTA to protect flavor, caramel and annatto extract for color  
\*dehydrated.

EWWWWWWW – they call that Italian dressing?

When I was in **Italy** and you were and a restaurant – even a cafeteria style one – at the end of the line was a bottle of extra virgin olive oil and a bottle of balsamic vinegar... funny... I must have missed the high fructose corn syrup.

\*

Getting back to my “Secrets to a Spectacular Salad” course, if you are interested, just shoot me an email at [Renee@PizazzMoves.com](mailto:Renee@PizazzMoves.com) and we will set up a time just for you.



## **Establishing Good Eating Habits – Mindful Eating**

I have done it a lot in my lifetime. Crunching on chips while you watch T.V. Eating when you are happy. Eating cause “It’s there”. Eating cause you are sad. Eating cause “it’s there”. Eating cause I love to chew. Eating cause I’m Italian and that’s what we do. I know I’m being silly but, not really... I’ve done it all. But, there are simple tweaks and questions you can ask yourself to actually be mindful when you eat instead of mindless. Actually taste the food you are eating. Eating only when you are actually hungry. Eating what you are hungry for. And learning the difference between hunger and appetite.

A lot of people fall into the trap of mindless eating when things get busy and life gets hectic. Unfortunately, most of the time, food choices made under stress are not the healthiest. The stress hormone cortisol messes with our appetite and causes us to crave sugar. Follow these recommendations to practice and cultivate mindfulness on how and what you eat:

- For a week, keep a food journal to record the food you eat, the situation (physical and social setting) and your stress level at that time. Notice your trigger, so you can look out for these circumstances in the future.
- Practice an alternative to “munching” when the situations noted above crops up in your head to clear your head. Maybe it is finding a quiet place and practice breathing exercise for a few minutes.
- Make a rule of not eating in the car.
- Make a rule of not eating standing up or “on the run”. When you eat, try to sit down, focus on the food, and use utensils – this will bring attention to the food you are eating, and your brain would actually register that you have eaten.



- Practice mindful eating – take a deep breath, notice your environment, and savor the taste and the texture of the food.
- Eat slowly – when we are stressed out and in a rush, we just stuff food into our mouth without paying attention to our satiety. Your brain needs about 10 – 15 minute after you eat to register fullness so pause to avoid overeating.

There can be a lot more reason why we eat wrong. Usually, it has something to do with our minds and/or or emotions. I call it mindless eating but the truth is that the mind usually have a great deal to do with it.

If the story I described earlier resonates with you and you have been “out of control” with your eating and want to find out why. I invite you to a complimentary 18 minute laser coaching session with you to see if I am the person to help you.

Just shoot me an email at [Renee@PizazzMoves.com](mailto:Renee@PizazzMoves.com) and write laser in the subject line and we can set up a time just for you.

**Make it a great day... and add some *Pizazz!***

