

# **NUTRITION PROGRAM FAQ'S**

## **Do I have to follow the meal plan exactly?**

Let's face it, life doesn't always go as planned. Maybe your avocado isn't ripe, or your running late and don't have time to let the chicken thaw, or maybe you are really craving something else from the meal plan. You can absolutely modify the meal plan to work for you. You can mix and match so that your meal plan works for you.

## **Are we allowed to have cheat days?**

We do not encourage "cheat days", rather, we want to teach you to have flexibility within your diet so you can enjoy these things without the guilt which can often lead to binging. If you are craving something sweet, opt for one of the recipes from the gluten and dairy free recipe guide, or choose one of the snacks from your customized snack list.

When you try to limit yourself to one "cheat" meal per week, it can lead to obsession and lose of control. Everyday you should be enjoying something that not only feeds your belly but, also feeds your soul. Food is meant to be enjoyed, not feared.

Do not stress, or beat yourself up if you have one too many cocktails with your girlfriend, or if you enjoy a few french fries as a side. Enjoy the food and move on. Remember, each meal is a chance to reset. One indulgence does not equal failure.

The sooner you can shift your mindset the sooner you will find these cravings no longer control you.

## **What if I really dislike something on the meal plan?**

We all have different taste preferences, whether it is flavour, texture, spice, sweet, etc.

In order to be truly successful in this 6 week program, it is important to enjoy the food you are eating. If a particular recipe is not your thing, move on to another menu item that you do enjoy, or modify the recipe to work for you.

For example, if you are making a stir fry and the recipe calls for mushrooms and you dislike them, leave them out and add in another vegetable that you love.

With that said, it is important to be open minded to try foods you may not have enjoyed in the past. Often we are stuck with the belief that we hate a specific food, when in reality we just dislike the way it was prepared. Be open minded, try as many foods as you can and if its not for you, then move on to something more suitable for your taste preferences.

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## **What time should I be eating my meals?**

We will get more in detail about this in our coaching calls, but for now aim to have a 12 hour fast. That means from the time you finish eating your last meal of the day and the time you break your fast the following day you should aim to have a 12 hour fast. If your last meal finishes at 8pm, hold off breaking your fast until 8am.

This gives your digestive system enough time to rest, and begin to repair. It also gives your body more of an opportunity to gently detoxify leaving you feeling energized with less digestive discomfort like bloating and gas.

With that said, enjoy your meals when it works best for you.

## **How much weight should I expect to lose during these 6 weeks?**

You're going to lose weight, but it's imperative you know that this isn't a weight loss program. Weight loss is not our main focus. Our main focus with you to have sustainable weight loss is to reframe your relationship with food, what triggers and stories in life have been your sources of self-sabotage, and properly educating you on holistic nutrition so you're empowered and motivated to continue this 'new way' as a lifestyle. This is not a diet program, it's a lifestyle program and digs way deeper than healthy food and calories in versus calories out.

## **What if I am still feeling hungry?**

This program is not designed to leave you feeling hungry. When we become too hungry it leads to bingeing and bad food choices. If you are feeling hungry then I want you to eat more. Whether it's having seconds with your dinner, or opting for an additional snack.

Be sure the food you are eating is clean and filled with nutrients that fuel your body. You can always refer to your customized snack options and choose any of those options.

## **How many snacks should I be having daily?**

This totally depends on the person. For most 2 snacks per day seems to be ideal. However some need more while others find the meals to be feeling enough.

This could change for you daily. Be sure to listen to your body. Are you hungry or are you bored? Are you dehydrated? Are you feeling low in energy?

Each week you will find you are becoming more in tune with what your body needs and wants. So pay attention to what it is telling you.

Remember, do not let yourself go hungry. This will not benefit you and can actually slow your results. Eat for fuel.

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## **What if I have dietary restrictions?**

This plan is customized and tailored just for you. Whether you are vegan, vegetarian, pescatarian, or a carnivore I got you covered.

You may also have a number of allergies and sensitivities to accommodate. No problem, we can make it work for you 100%

## **What to Expect During Your 6 week Badass Nutritional Transformation**

- Reduced bloating and gas
- Reduced cravings
- Reduced stress
- Reduced brain fog
- Weight loss
- Increased energy and saying goodbye to your afternoon energy crash
- Increased bowel movements
- Improved sleep
- Less aches and pain