



# SIMPLY HEALTHY

A Beginner's Guide To Become A Healthier You

# SIMPLY HEALTHY

HELLO AND WELCOME TO "SIMPLY HEALTHY"

I WROTE THIS SHORT BUT VERY EFFECTIVE GUIDE FOR YOU AND EVERYONE ELSE THAT IS DESPERATE TO MAKE LIFESTYLE CHANGES TO BECOME HEALTHIER AND PHYSICALLY MORE FIT.

I AM GIVING YOU THIS INFORMATION BECAUSE I WANT TO HELP YOU. I WANT TO MAKE YOU FEEL LIKE YOU ARE DOING SOMETHING GOOD FOR YOUR HEALTH WITH THE ULTIMATE GOAL OF EXTENDING YOUR LIFE.

WITH YOUR WILLPOWER AND EFFORT, I BELIEVE THIS GUIDE CAN CHANGE YOUR LIFE!

## "SIMPLY HEALTHY"

**Fats, Oils & Sweets**  
**USE SPARINGLY**

### KEY

- Fat (naturally occurring and added)
- Sugars (added)

These symbols show fats and added sugars in foods.

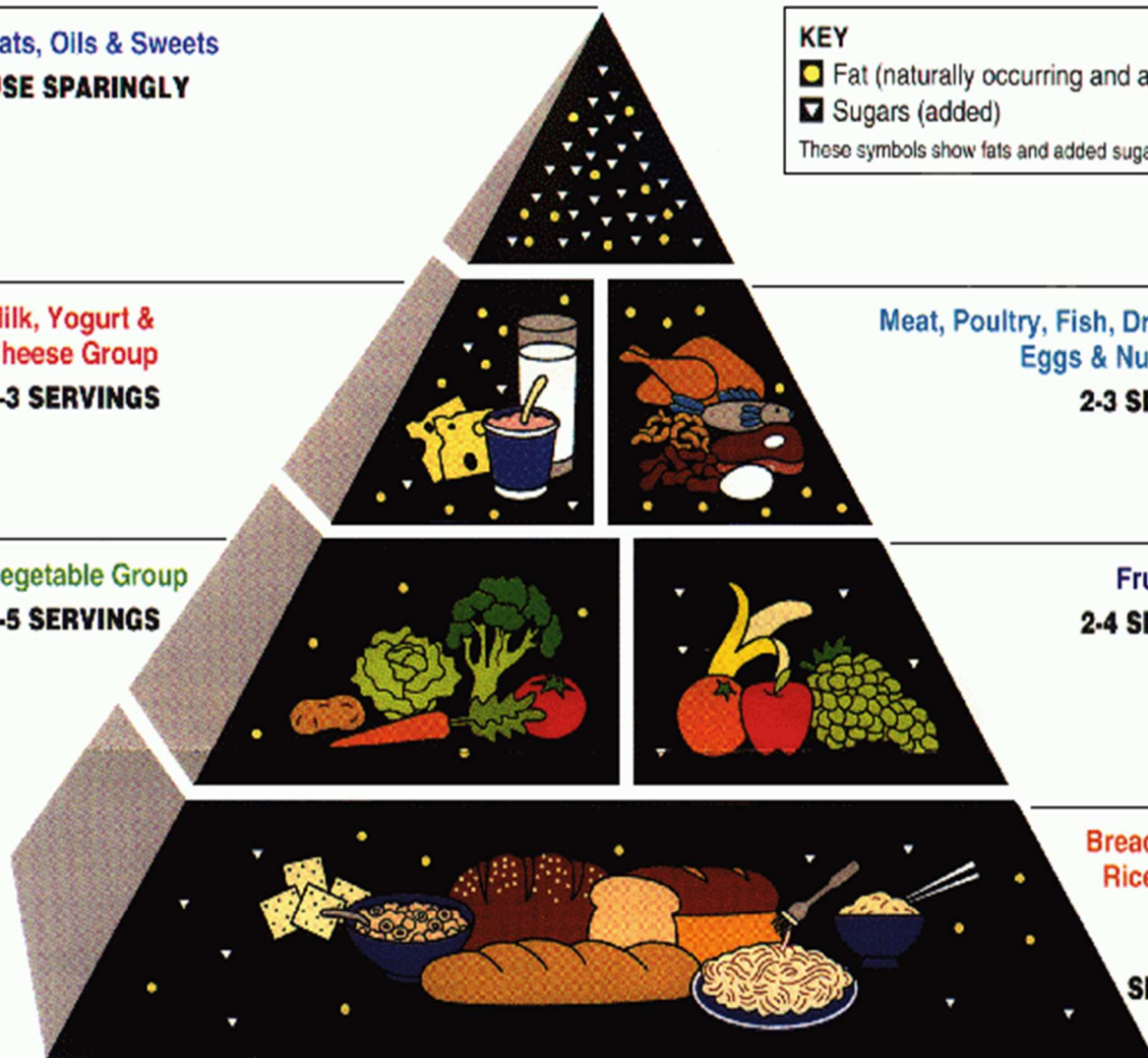
**Milk, Yogurt & Cheese Group**  
**2-3 SERVINGS**

**Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group**  
**2-3 SERVINGS**

**Vegetable Group**  
**3-5 SERVINGS**

**Fruit Group**  
**2-4 SERVINGS**

**Bread, Cereal, Rice & Pasta Group**  
**6-11 SERVINGS**



# SIMPLY HEALTHY

BEFORE YOU START SCROLLING DOWN, PLEASE TAKE THE TIME AND FIND OUT WHO I AM. WOULDN'T YOU WANT TO KNOW THE PERSON WHO IS HELPING YOU? I DEFINITELY WOULD WANT TO, AS IT IS VERY IMPORTANT TO KNOW WHERE WE GET INFORMATION REGARDING OUR HEALTH. THIS IS OUR LIFE. THIS IS YOUR LIFE. THIS IS MY LIFE. LIFE IS A PRECIOUS GIFT. TO ME, WAKING UP THE NEXT DAY IS A BLESSING.

☺  
Another Day,  
Another Blessing  
& Another Chance  
At Life.

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# SIMPLY HEALTHY

MY NAME IS ALEXANDER WITTHÖFT - OTHERWISE KNOWN AS "THE GERMANATOR". I EARNED THE NAME- "THE GERMANATOR" BECAUSE OF MY STRONG ACCENT AND DETERMINED ATTITUDE (AS IN "TERMINATOR")! MY PASSION FOR WORKING OUT STARTED IN GERMANY WHEN I WAS 10 YEARS OLD. I WAS INSPIRED TO DO SO TO OUT-SMART THE "BIGGER" AND OLDER KIDS THAT USED TO "BEAT ME UP". EVER SINCE THEN, I LOVED PERSONAL FITNESS AND HAVE WORKED TOWARD MY GOAL TO HELP OTHERS ACHIEVE THEIR PERSONAL FITNESS GOALS.

BEFORE VENTURING TO THE UNITED STATES, I HELD MANY JOBS. I WAS A PARAMEDIC, A CARPENTER, A SEMI-PROFESSIONAL CABLE WAKEBOARDER, FLOORING INSTALLER, AND SECURITY GUARD. AFTER MOVING TO THE UNITED STATES IN 2006, I DECIDED TO ATTEND NURSING SCHOOL AT KEISER UNIVERSITY - WHERE I BECAME VALEDICTORIAN OF MY CLASS. I WENT ON TO BECOME A NURSE IN THE ICU AT UNIVERSITY HOSPITAL IN TAMARAC, FLORIDA. I ACTUALLY TOOK THAT POSITION AFTER MY FORMER PROFESSOR CALLED ME - ASKING ME IF I WANTED TO MENTOR OTHERS IN THE NURSING FIELD.

DURING MY TIME IN NURSING SCHOOL AND AFTER GRADUATING TO WORK AS AN ICU NURSE, I DEDICATED MYSELF TO THE FITNESS INDUSTRY, HELPING AND ENCOURAGING PEOPLE ACHIEVE THEIR GOALS. I HAD ALSO FOCUSED MORE ON MY OWN PERSONAL FITNESS GOALS WHICH ONE OF THEM WAS TO COMPETE IN A BODYBUILDING SHOW. IN 2008 I COMPETED IN MY FIRST BODYBUILDING SHOW AT THE SOUTH FLORIDA CHAMPIONSHIPS AND PLACED FIRST. AFTER THAT I KNEW THAT I HAD TO KEEP PURSUING MY PASSION ALONGSIDE MY NURSING CAREER. AFTER THE EVENT IN 2008, I DIDN'T COMPETE FOR A FEW YEARS. I NEVER STOPPED TRAINING BUT I WANTED TO BUILD ON MY CAREER TO BECOME SUCCESSFUL WITH WHAT I LOVE TO DO, WHICH IS HELPING OTHERS. AFTER 4 YEARS OF HARD WORK, I FINALLY COMPETED AGAIN IN 2012. THIS TIME IN MEN'S PHYSIQUE. I TOOK A FEW TOP 5 AND TOP 2 PLACINGS BUT I FELT THAT THIS WAS NOT FOR ME. THEN IN 2015, I COMPETED IN MY FIRST WBFF SHOW AS A MUSCLE MODEL. THIS IS WHERE I EARNED MY PRO CARD - SOMETHING THAT IS NOT EASY TO DO. EXCITINGLY ENOUGH, I COMPETED IN MY FIRST PRO SHOW - MY "PRO DEBUT" - ON APRIL 23, 2016, AND I PLACED FIFTH IN A STACKED CLASS. SINCE THAT DAY, I HAVE NOT COMPETED AGAIN BUT HAVE BEEN DOING A LOT OF PHOTO SHOOTINGS INSTEAD. I ALWAYS PREPARE FOR THEM JUST LIKE I WOULD FOR ANY SHOW. I ENJOY THOSE MORE THAN COMPETING AND I PERSONALLY BENEFIT MUCH MORE FROM PHOTO- AND VIDEO SHOOTINGS - IT'S MORE FUN.

THROUGHOUT MY FITNESS CAREER, I HAD A FEW POSITIONS AS AN AMBASSADOR FOR A VARIETY OF FITNESS COMPANIES BUT IT NEVER REALLY WORKED OUT UNTIL LATE OCTOBER OF

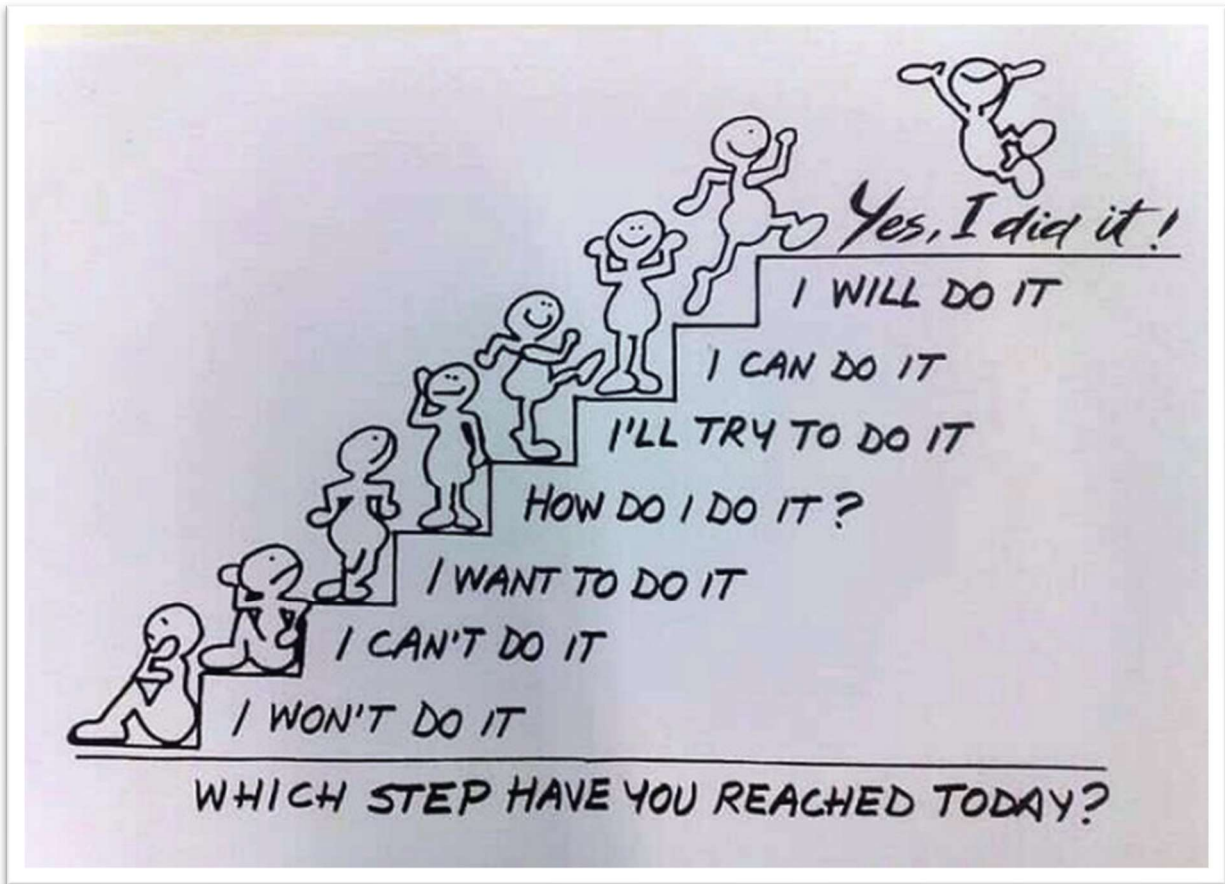
# SIMPLY HEALTHY

2017. I WAS OFFERED A SPONSORSHIP BY TOP SECRET NUTRITION AND HI-TECH PHARMACEUTICALS WHICH I AM PROUDLY REPRESENTING TO THIS DAY.

I STILL WORK AS A PART-TIME ICU NURSE AT NORTHWEST MEDICAL CENTER IN MARGATE - WHILE SIMULTANEOUSLY WORKING AS A MENTOR TO OTHERS AND AS A PERSONAL FITNESS COACH. I OFFER A LARGE VARIETY OF INDIVIDUALIZED & PERSONALIZED FITNESS PROGRAMS. THESE INCLUDE WEIGHT LOSS, WEIGHT GAINING, CONTEST- AND PHOTO SHOOT PREPARATIONS, STRENGTH TRAINING, MEAL PLANNING, SUPPLEMENTATION, BLOOD WORK ANALYSIS, GROCERY SHOPPING LIST DESIGNING, ONE ON ONE PERSONAL TRAINING, SKYPE CALL MENTORING & COACHING, AND VARIOUS OTHER THINGS THAT ARE INVOLVED WITH FITNESS AND HEALTH. I WORK WITH A LARGE CLIENTELE - YOUNG, OLD, INJURED, AMATEURS, PROFESSIONALS, MALES AND FEMALES. SIMPLY PUT, I WORK WITH EVERYBODY THAT IS WILLING TO WORK WITH ME BUT ALSO DO THE BEST THEY CAN – IT'S A TEAM EFFORT.

HAVING SAID THIS, I HAVE TRIED MY BEST TO SHARE 3 DECADES WORTH OF KNOWLEDGE WITH YOU. PLEASE REMEMBER THAT *SIMPLY HEALTHY* IS "A BEGINNER'S GUIDE TO BECOME A HEALTHIER YOU." AS YOU SCROLL THROUGH THE NEXT PAGES, YOU WILL FIND VARIOUS TIPS THAT I COMPILED FOR YOU TO BECOME SUCCESSFUL AT BEING *SIMPLY HEALTHY*.

# SIMPLY HEALTHY



1. WHERE DO I START? THAT'S THE QUESTION I OFTEN GET. THE ANSWER IS SIMPLE- JUST START HERE AND RIGHT NOW. MAKE IT HAPPEN! BELIEVE IN YOURSELF AND ELIMINATE ALL NEGATIVITY THAT MIGHT STAND IN YOUR WAY. YOU CAN DO IT AND YOU WILL SUCCEED! YES!
2. CURRENTLY YOU ARE LOOKING IN THE MIRROR AND ARE UNHAPPY WITH WHAT YOU SEE, AND YOU ARE ALSO WONDERING HOW THINGS ARE FUNCTIONING INSIDE OF OUR BODIES. YOU WANT TO GAIN MUSCLE AND LOSE WEIGHT BUT IT IS TOUGH. NOW A "FRIEND" TELLS YOU THAT YOUR THYROID IS PROBABLY NOT FUNCTIONING AND THIS REALLY CONFUSES YOU. SO, YOU THINK CHECKING YOUR THYROID WOULD BE A GOOD IDEA? YES, BUT YOUR FRIEND DOESN'T REALLY HAVE A MEDICAL BACKGROUND AND IS PROBABLY WRONG. THE BEST ADVICE I CAN GIVE IS TO SIMPLY GET YOUR BLOOD WORK CHECKED. THERE IS A LARGE VARIETY LAB PANELS THAT CAN BE DRAWN AND WITHOUT INSURANCE IT MAY BECOME VERY EXPENSIVE. BUT HEY, WE ARE STARTING FROM

# SIMPLY HEALTHY

SCRATCH. LET'S NOT GET CRAZY NOW AND ONLY LOOK INTO THE LABS THAT YOU SHOULD GET CHECKED. I WILL LIST A FEW HERE THAT I FIND VERY IMPORTANT. YOU CAN CONTACT ME LATER IF YOU HAVE ANY QUESTIONS.

3. LABS ARE IMPORTANT. MALE OR FEMALE, TRY TO GET THE FOLLOWING CHECKED: CBC, BMP, TESTOSTERONE(FREE+TOTAL), THYROID (TSH, T4, T3), LIPID PROFILE, HEMOGLOBIN-A1C, ESTROGEN PANEL (ESTRADIOL, ESTRIOL, ESTRONE), C-REACTIVE PROTEIN, URINALYSIS, VITAMIN-D, AND PSA(MEN).
4. TOGETHER, WITH THE BLOOD WORK, GET A PHYSICAL CHECK. TRUST ME, JUST BY COMPLETING THE ABOVE BLOOD WORK AND GETTING A PHYSICAL EXAMINATION, YOU WILL FEEL LIKE THAT YOU HAVE ACCOMPLISHED SOMETHING AMAZING.
5. NOW LET'S REVIEW REALLY QUICK. I WANT YOU TO HAVE BETTER HEALTH. IT IS IMPORTANT TO NOT RUSH INTO THINGS. YES, I AM GIVING YOU ALL OF THIS FOR FREE BUT THAT DOESN'T MEAN IT'S BAD OR CHEAP ADVISE. MY GOAL IS TO HELP YOU CHANGE KEY FACTORS OF YOUR CURRENT LIFESTYLE TO EXTEND YOUR LIFE TO THE FULLEST. THIS IS NOT A PERSONALIZED DIET OR WORKOUT PROGRAM. THIS GUIDE IS HERE TO HELP YOU LOOK AT YOUR LIFE FROM A DIFFERENT PERSPECTIVE. RESPECT YOUR BODY AND YOUR HEALTH. IF YOU WANT TO BE HEALTHY, YOU WILL HAVE TO MAKE SOME SACRIFICES. THAT DOESN'T MEAN YOU HAVE TO CUT YOUR ARM OFF BUT SAY "NO" TO YOUR "OLD AND BAD" HABITS AND HAVE JOY WHILE DOING THIS. AND I WILL SAY THIS ONCE MORE: THIS SHOULD BY NO MEANS MAKE YOU MISERABLE LIKE SOMEONE WHO IS PREPARING FOR A PROFESSIONAL FITNESS CONTEST. PLEASE HAVE FUN. INVOLVE YOUR FRIENDS AND FAMILY AND MAYBE MAKE A SMALL CHALLENGE OUT OF IT. SO, LET'S GET BACK INTO THIS AND REVIEW THE NEXT POINTS.
6. DO YOUR OWN THING. WAY TO OFTEN WE GET STUCK WITH OUR EYES ON OTHERS. WE WANT WHAT THEY HAVE BUT IT DOESN'T WORK. THEN AFTER TRYING DESPERATELY TO CATCH UP TO THEM, WE FIND OUT THAT IT DOESN'T WORK AND WE ACTUALLY PUT MORE SPACE BETWEEN THEM AND US. FORGET ABOUT IT. SUCCESS LIES WITHIN, SO DO YOUR OWN THING!
7. SET A TARGET START DAY AND THEN STICK TO THE NEW CHANGES FOR 30 DAYS. YOU HAVE TO SET SOME TYPE OF GOAL IN ORDER TO NOT GET LOST. THIS IS VERY IMPORTANT. BEST IS TO START ON A DAY THAT IS MOST CONVINIENT TO YOU. AFTER COMPLETING 4 WEEKS OF BEING STRICT WITH YOUR NEW LIFESTYLE CHANGE, I WANT

# SIMPLY HEALTHY

YOU TO REWARD YOURSELF. WHETHER IT'S EATING, DRINKING, SHOPPING, TRAVELING OR WHATEVER IT MAY BE. CHOOSE SOMETHING THAT YOU LOVE OR HAVE BEEN CRAVING FOR A WHILE AND REWARD YOURSELF WITH IT.

8. KEEP HYDRATED. THE TRADITIONAL 8 GLASSES OF 8 OZ OF WATER IS MOST OF THE TIME NOT ENOUGH. I SUGGEST TO FILL UP A GALLON CONTAINER (IF AVAILABLE) AND FLAVOR IT WITH A CALORIE FREE WATER FLAVOR. YOU MAY OBTAIN YOURSELF EAAs POWDER AKA ESSENTIAL AMINO ACIDS AND PICK A FLAVOR THAT YOU LIKE AND PUT THAT INTO YOUR WATER. A FLAVOR TO YOUR WATER WILL HELP YOU DRINK MORE. DON'T AVOID DRINKING BECAUSE YOU HAVE TO GO TO THE BATHROOM MORE OFTEN. THAT'S A VERY BAD EXCUSE. WE NEED WATER TO FUNCTION. YOUR BRAIN WILL WORK BETTER, YOUR MUSCLES WORK BETTER, AND YOUR KIDNEYS WILL ALSO BE WORKING A LOT BETTER. SIMPLY PUT, DON'T GET THIRSTY.
  
9. EXERCISE. IF YOU ARE CURRENTLY FOLLOWING AN EXERCISE PROGRAM, THEN YOU'RE IN A GOOD SPOT. PLEASE MAKE SURE TO HAVE SOME TYPE OF CARDIOVASCULAR EXERCISE IN YOUR PROGRAM. IF YOU'RE CURRENTLY NOT PERFORMING ANY TYPE OF EXERCISE, THEN I SUGGEST YOU START RIGHT AWAY. HAVE A MIX OF CARDIO AND RESISTANCE TRAINING. REMEMBER, THIS IS NOT A PROGRAM FOR AN INTERMEDIATE/ADVANCED ATHLETE. THIS IS FOR YOU TO CHANGE YOUR LIFE AND DO A LITTLE BETTER THAN FROM WHAT YOU'RE CURRENTLY DOING. SEE THE FOLLOWING STEPS DEVELOPING A GOOD ROUTINE. AGAIN, MAKE IT FUN AND ENJOY IT. INVOLVE YOUR FRIENDS AND FAMILY. DON'T MAKE THIS DIFFICULT AND DON'T BE MISERABLE. DON'T FORGET WHAT I SAID IN THE BEGINNING AND THAT THIS IS YOUR LIFE - IT IS LIKE A MARATHON AND INSTEAD OF RUNNING MILES, YOU ARE DOING THIS FOR YEARS. IT'S A LONG-TERM COMMITMENT. ARE YOU COMMITTED ENOUGH TO LIVE A LONGER LIFE?
  
10. START OUT WITH 5 DAYS A WEEK OF EXERCISE. DO THIS FOR 4 WEEKS ONLY. COMMIT TO 60 MINUTES. YOU DO NOT HAVE TO BE A MEMBER OF A GYM. JUST COMMIT TO 60 MINUTES OF EXERCISE FOR 5 DAYS A WEEK. I SUGGEST TO START IN THE MORNING BEFORE YOU START YOUR NORMAL DAILY ROUTINE. SET THE ALARM ACCORDINGLY. PLEASE DON'T GET CONFUSED ABOUT WHICH PROGRAMS TO FOLLOW, WHICH MUSCLE GROUPS TO TRAIN, AND WHAT TYPE OF CARDIO TO PERFORM! DON'T MAKE A ROCKET SCIENCE OUT OF IT. THIS GUIDE IS NOT ABOUT THAT. OF COURSE, I CAN CREATE INDIVIDUALIZED PLANS BUT THIS IS MUCH MORE COMPLEX. IF YOU'RE INTERESTED IN SOMETHING MORE SPECIFIC, THEN SIMPLY CONTACT ME AND I WILL WORK WITH YOU INDIVIDUALLY. BUT TO GET YOU STARTED, I WANT YOU TO SIMPLY MOVE YOUR BODY.



# SIMPLY HEALTHY

GO OUTSIDE AND RIDE YOUR BIKE. PERFORM A FAST-PACED WALK IN YOUR NEIGHBOURHOOD AND ENJOY BEING OUTSIDE. IF YOU LIKE, YOU CAN INCORPORATE JUMP ROPE, JUMPING JACKS, PUSH UPS, AND CRUNCHES. IF YOU HAVE A GYM IN YOUR HOUSE, APARTMENT COMPLEX, OR NEARBY, YOU ARE WELCOME TO MAKE USE OF IT.

11. QUICK REVIEW OF THE ABOVE. DON'T FORGET WHAT WE ARE DOING - A LIFESTYLE CHANGE. NOT A COMPETITION OR ANYTHING SUPER ADVANCED. SIMPLY GIVE YOUR BODY 60 MINUTES OF ATTENTION. MAKE THAT TIME A PRIORITY. GET IT OUT OF THE WAY IN THE MORNING OR AT ANY TIME OF THE DAY MOST CONVINIENT TO YOU. JUST GET IT DONE, 60 MINUTES, 5X/WEEK, 4 WEEKS.
12. ALWAYS KEEP HYDRATED DURING EXERCISE - BRING WATER WITH YOU. AS MENTIONED ALREADY ABOVE, DEHYDRATION IS TERRIBLE AND MAY GIVE YOU TROUBLE WHEN EXERCISING, SUCH AS CRAMPS, LOW BLOOD PRESSURE, NAUSEA, DIZZINESS, AND FAINTING. I SUGGEST DRINKING AS MUCH AS YOU NEED THROUGHOUT YOUR TIME EXERCISING AND WITHOUT ACTUALLY COUNTING HOW MUCH YOU'RE DRINKING. SIMPLY, TRY NOT TO GET THIRSTY. IF YOU GO ON A RUN OUTSIDE, BRING WATER WITH YOU.
13. AFTER EXERCISING, MAKE SURE YOU EAT A GOOD MEAL. IT'S GOOD TO HAVE A VARIETY OF FOOD SOURCES. BUT REMEMBER, THOUGH, TOO MUCH OF EVERYHTING IS NOT GOOD EITHER (YES, EVEN IF IT IS GOOD). OVER THE NEXT FEW POINTS, I WILL SUGGEST A FEW NUTRITIONAL ADJUSTMENTS THAT YOU CAN MAKE TO FEEL BETTER AND ALSO HAVE MORE ENERGY. AFTER BEING CONSISTENT, YOU WILL NOTICE OVERALL CHANGES – MORE ENERGY, BETTER HAIR, BETTER SKIN, STRONGER NAILS, MORE LIBIDO, AND A LOT OF HAPPINESS.
14. YOU WILL HAVE TO EAT. YES, THERE IS NO WAY AROUND IT. IF YOU DON'T EAT, YOU ARE NOT GOING TO LOSE MORE WEIGHT. NOT EATING ENOUGH IS ONE OF THE UNHEALTHIEST THINGS YOU CAN DO. YOU WILL SUFFER AND BECOME MISERABLE. YOU WILL BE UNSUCCESSFUL IN TRYING TO BECOME HEALTHY. YOU WILL LOSE THE BATTLE!
15. OKAY, WE UNDERSTAND NOW THAT WATER AND FOOD IS NEEDED TO MAINTAIN HEALTHY. WE WANT TO GET A PHYSICAL AND BLOOD WORK CHECKED AS WELL. WE WILL SPEND ONE HOUR EXERCISING FOR 5 TIMES A WEEK. EVERYTHING CLEAR? NO, OF COURSE NOT, BECAUSE WE DIDN'T REALLY TALK ABOUT FOOD. SO, LET'S TAKE A LOOK AT THE NEXT POINT AND SEE HOW SIMPLE THIS WILL BE. REMEMBER, THIS IS FOR YOU

# SIMPLY HEALTHY

TO CHANGE YOUR LIFESTYLE BUT NOT TO WIN A FITNESS CONTEST. THIS IS A LIFELONG MARATHON - LIVE LONGER WITH IMPROVED OVERALL HEALTH.

16. WHEN IT COMES TO FOOD THINGS CAN GET VERY CONFUSING. TRUST ME, NOTHING HERE WILL BE CONFUSING. WE WILL NOT WEIGH ANY FOOD OR COUNT HOW MANY ALMONDS YOU SHOULD HAVE PER MEAL. THIS WILL BE JUST LIKE WITH MY ADVICE FOR EXERCISE. THERE IS NOTHING COMPLICATED. I WANT TO MAKE THIS AS EASY AND SIMPLE AS POSSIBLE FOR YOU. REMEMBER, ONE OF THE REASONS WHY YOU DIDN'T START WAS BECAUSE EVERYTHING WAS DIFFICULT AND HARD. I AM MAKING THIS VERY SIMPLE – SO SIMPLE THAT YOU ARE ACTUALLY TELLING YOURSELF: “WOW, THAT’S PRETTY SIMPLE, I GOT THIS”.
  
17. HERE IS WHAT I WANT YOU TO DO. FOR THE NEXT 4 WEEKS, TRY TO EAT 4 MEALS AND 3 SNACKS DAILY. YOU’RE PROBABLY THINKING THAT I MUST BE CRAZY BY NOW AND THAT YOU WILL GET FAT FROM THIS. HOLD ON! STOP RIGHT HERE AND READ ON. THE SIZE OF THE MEAL IS NOT LARGE AND NOT ANYTHING COMPLICATED, I PROMISE. ALL YOUR MEALS COME FROM VARIOUS FOOD SOURCES, CONSISTING OF IMPORTANT MACRONUTRIENTS - CARBOHYDRATES, PROTEINS, AND FATS. I WILL HELP YOU BY SHARING A LIST OF VARIOUS EXCELLENT FOOD SOURCES BUT YOU’RE NOT LIMITED TO THEM AND YOU MAY CHOOSE YOUR OWN. THE FOLLOWING IS TO HELP YOU TURN YOUR UNHEALTHY HABBITS INTO HEALTHY ONES. IT IS JUST IMPORTANT THAT YOU EAT SMALLER AND MORE FREQUENT MEALS. THIS WAY YOU WILL BE ABLE TO ACTUALLY EAT LESS FOOD WITHOUT FEELING HUNGRY.
  
18. DURING THE 5 DAYS THAT YOU ARE EXERCISING, EAT YOUR FIRST MEAL WITHIN ONE HOUR OF WAKING UP OR IF YOU PERFORM YOUR EXERCISE FIRST THING IN THE MORNING, THEN EAT WITHIN 30 MINUTES AFTER FINISHING YOUR WORKOUT. EAT A MEAL THAT HAS COMPLEX CARBOHYDRATES, A PROTEIN SOURCE THAT CONTAINS ALL ESSENTIAL AMINO ACIDS AND A SMALL FRUIT.

## **MEAL EXAMPLES:**

1. SHAKE: ½ CUP OF QUICK OATS, 1 SCOOP PROTEIN POWDER, HANDFUL OF FROZEN BERRIES. BLEND TOGETHER IN 10 OZ OF WATER.
2. 2 SLICES OF WHEAT BREAD WITH 4 EGG WHITES AND 2 SLICES OF BACON. FINISH WITH A SMALL BANANA OR SMALL APPLE.

# SIMPLY HEALTHY

19. AS YOU CAN SEE, IT WASN'T HARD AT ALL. THE ONLY THING IS THAT YOU NEED TO DO IS, HAVE THE FOOD AVAILABLE. YOU DON'T NEED A SCALE. MEASURING CUPS MAY BE USED, OTHERWISE SIMPLY EYEBALL IT. THE POINT IS THAT YOU ARE ALREADY TRYING TO PUT A MEAL TOGETHER. THIS IS SOMETHING COMPLETELY DIFFERENT FROM WHAT YOU WERE DOING BEFORE. CONGRATULATIONS, THAT WAS EASY AND YOU DID IT! I AM PROUD OF YOU. THE LAST THING YOU WANT IS TO BECOME UNMOTIVATED. AND AGAIN AND AGAIN>>>THIS IS NOT A PLAN FOR ANYBODY ADVANCED. THIS GUIDE IS BEST SUITED FOR SOMEONE THAT IS CLUELESS ABOUT ALL THESE THINGS.
  
20. NOW THE NEXT THING SHOULDN'T REALLY BE A MEAL BUT RATHER A SNACK. DURING THOSE 5 DAYS OUT OF THE WEEK, ON YOUR EXERCISE DAYS, I WANT YOU TO APPLY THE FOLLOWING TIMING FOR MEALS AND SNACKS: MEAL 1—SNACK—MEAL2—SNACK—MEAL 3—SNACK—MEAL4. A SNACK IS SOMETHING LIKE A HANDFUL OF NUTS, A PIECE OF FRUIT OR A HANDFUL OF BERRIES. IF YOU LIKE YOU CAN ALSO CONSIDER A FEW CELERY STICKS OR BROCCOLI AND CAULIFLOWER FLORETS AS SNACKS.
  
21. FOR YOUR SECOND MEAL, I WANT YOU TO HAVE A SMALL SALAD, CONSISTING OF LETTUCE, SPINACH, BROCCOLI AND/OR CAULIFLOWER. IT MAY CONTAIN PEPPERS AND ONIONS. FOCUS MORE ON THE GREENS AS THOSE FOODS WILL KEEP YOU FULL. MUSHROOMS AND TOMATOES ARE GOOD AS WELL BUT THEY ARE LESS DENSE AND MAY MAKE YOU HUNGRY. TOGETHER WITH THE SMALL SALAD HAVE A PIECE OF PROTEIN SUCH AS FISH, CHICKEN, TURKEY OR STEAK. KEEP THE PROTEIN AMOUNT EQUAL TO THE SIZE OF YOUR PALM OF YOUR HAND. THIS IS NOTHING HEAVY. ADD A BIT OF DRESSING, PERHAPS A DRIZZLE OF YOUR FAVORITE OLIVE OIL, FLAXSEED OIL, WALNUT OIL....THE LIST GOES ON. IF YOU WANT TO ADD A FEW BERRIES, GO EASY ON IT BUT SURELY ADD THEM INTO THE SALAD. NOW WHAT I DON'T WANT YOU TO EAT IS BREAD CRUMBS OR CRACKERS WHICH COME WITH MOST SALADS. NO HEAVY DRESSINGS EITHER. BE HONEST WITH YOURSELF AND FOCUS ON MAKING THESE SMALL LIFESTYLE CHANGES.
  
22. NOW WE ARE ALREADY A FEW HOURS INTO THE DAY. LOOK BACK AND SEE FOR YOURSELF THAT IT WASN'T REALLY THAT MUCH FOOD. MAYBE A BIT MORE FOOD FROM WHAT YOU ARE USED TO BUT DEFINITELY NOT MUCH. AND IF YOU ALREADY DID YOUR EXERCISE, YOU ARE PROBABLY HUNGRY AGAIN. I WOULD TRY TO SPACE OUT YOUR MAIN MEALS WHICH ARE 1, 2, 3 AND 4 TO EVERY 2.5 TO 3 HOURS. BETWEEN THOSE MEALS, PERHAPS RIGHT IN THE MIDDLE, YOU WILL HAVE YOUR SNACKS. I DON'T WANT YOU TO LOOK AT SNACKS LIKE THEY ARE A MEAL. SNACKS ARE SOMETHING FOR

# SIMPLY HEALTHY

A SMALL ENERGY BOOST BETWEEN YOUR MEALS OR IF YOU GET HUNGRY BEFORE THE NEXT MEAL IS DUE. A SNACK WILL GIVE YOU SATISFACTION UNTIL THE NEXT MEAL TIME ARRIVES. FOR YOUR 2<sup>ND</sup> SNACK OF THE DAY, I SUGGEST TO GO AGAIN WITH A HANDFUL OF NUTS, SMALL PIECE OF FRUIT OR A HANDFUL OF BERRIES. YOU ALSO COULD CHOOSE TO HAVE A FEW VEGGIES SUCH AS BROCCOLI, CAULIFLOWER OR CELERY STICKS. WE ARE TALKING A HANDFUL AS FAR AS PORTION SIZE.

23. REACHING THE 3<sup>RD</sup> MEAL CAN GET TRICKY FOR SOME OF YOU. THIS IS NEW AND MOST OF YOU HAVE NEVER HAD 3 MEALS WITH 2 PRIOR SNACKS. DON'T STRESS OVER THIS. I WANT YOU TO TRY YOUR BEST. YOU MIGHT NEED A WEEK TO DO THIS OR MAYBE EVEN 2 WEEKS. THAT'S ABSOLUTELY OKAY. YOU WANT TO TRY YOUR BEST WITH THE MEALS THAT YOU ARE ABLE TO EAT. SO, IF YOU ONLY GET 2 MEALS AND 1 SNACK, THEN TRY YOUR BEST TO STICK TO YOUR NEW LIFESTYLE CHANGING FOOD INTAKE. IF YOU CAN DO THAT, THEN YOU WILL BE HUNGRY QUICKLY AND SOON ENOUGH YOU WILL WANT TO EAT ANOTHER MEAL.

24. I WANT YOU TO EAT A WARM MEAL AT THIS TIME. A FEW COMPLEX CARBOHYDRATES, TOGETHER WITH A SOLID PROTEIN SOURCE AND GREEN VEGETABLES. PLEASE DON'T EXPECT ME TO MAKE A DIET HERE OR A PRECISE FOOD AND MEAL PLAN. YES, I KEEP REMINDING YOU GUYS ABOUT THIS BECAUSE I WANT YOU TO ENJOY THIS NEW LIFESTYLE CHANGE , AND I DON'T WANT YOU TO GET LOST AND CONFUSED. AND ONCE AGAIN, I OFFER YOU TO CONTACT ME IF YOU ARE IN NEED FOR A MORE PERSONALIZED PLAN. THE 3<sup>RD</sup> MEAL COULD BE SOMETHING LIKE A ½ CUP OF BROWN RICE OR WHOLE WHEAT PASTA TOGETHER WITH A SMALL CHICKEN OR TURKEY BREAST WHICH ARE ABOUT THE SIZE OF YOUR PALM. ADD A HANDFUL OF GREEN BEANS OR ASPARAGUS TO THE MEAL. YES, THERE ARE MANY MORE OPTIONS. I DON'T WANT YOU TO GET LOST. THIS IS 4 WEEKS AND I WANT YOU TO TRY TO MAKE ADJUSTMENTS. AFTER THOSE 4 WEEKS YOU WILL FIND THAT YOU ARE A DIFFERENT PERSON, A HEALTHIER ONE AND YOU ALSO WILL GET TO KNOW YOUR BODY MUCH MORE.

25. WOW, YOU MADE IT TO THIS POINT. 3 MEALS AND 2 SNACKS DOWN AND 1 MORE OF EACH TO GO. I AM PROUD OF YOU FOR MAKING IT THIS FAR. TO THE PEOPLE THAT DO THIS EVERY SINGLE DAY, PLEASE RESPECT THOSE THAT ARE NOT LIVING THE SAME LIFESTYLE AS YOU AND I. WE ARE IN THIS TOGETHER. I WILL HELP YOU AND YOU WILL SUCCEED. FOR YOUR LAST SNACK, I DON'T WANT YOU TO HAVE ANYMORE FRUIT. THE DAY IS COMING TO AN END. YOUR METABOLISM GETS SLOWER AND THOSE LITTLE SUGARS FROM THE FRUITS ARE SIMPLY NOT NEEDED AT THIS TIME ANYMORE. I

# SIMPLY HEALTHY

SUGGEST FOR YOU TO EITHER STICK TO A HANDFUL OF NUTS AGAIN OR ANY OF THE VEGETABLE SNACKS FROM BROCCOLI, CAULIFLOWER OR CELERY STICKS. JUST BE CAREFUL WITH THE NUTS. YOU DON'T WANT TO END UP EATING GIANT HANDFULS OF NUTS. THIS CAN CAUSE YOU TO OVEREAT AND THEN IT'S EASY TO FALL OFF YOUR NEW PATH TO CHANGE YOUR LIFE.

26. ON TO THE LAST MEAL. ABOUT 30 MINUTES BEFORE BED AT THE LATEST. YES, YOU READ CORRECT. THE OLD MYTH ABOUT NOT EATING ANYTHING AFTER 6PM IS RIDICULOUS. WHAT ABOUT PEOPLE THAT WORK IN SHIFTS OR PEOPLE THAT WORKOUT AT 10PM AT NIGHT? THEY AREN'T ALLOWED TO EAT BECAUSE IT'S PAST 6PM? LET'S FORGET ABOUT THIS ONE FOREVER AND EVER. THERE ARE MANY OTHER MYTHS AS SUCH AND NOW PEOPLE LIKE YOU, THAT HAVE NO REAL UNDERSTANDING ABOUT THIS, WILL END UP IN TROUBLE. IT SHOULDN'T BE LIKE THIS AND IF YOU FOLLOW MY GUIDANCE, THIS IS NEVER GOING TO HAPPEN.

27. THE LAST MEAL IS A MEAL THAT CONSISTS OF PROTEIN AND SOME FATS. THE LAST MEAL SHOULDN'T BE A SHAKE AS IT DIGESTS QUICKER THAN A MEAL. DON'T WORRY ABOUT EATING CLOSER TO BED. IF YOU FOLLOW MY GUIDANCE, YOUR BODY WILL BE THANKFUL FOR EACH MEAL THAT YOU EAT. I SUGGEST FOR YOU TO HAVE AN EGG WHITE OMELETTE. THIS COULD BE 5 EGG WHITES WITH A HANDFUL OF SPINACH. HAVE 4 TBSP OF COTTAGE CHEESE WITH THAT AND THERE YOU HAVE A GREAT MEAL BEFORE YOU GO TO SLEEP.

28. THERE YOU HAVE IT. 4 MEALS AND 3 SNACKS—SIMPLY HEALTHY. I AM HAPPY FOR YOU. I AM PROUD OF YOU BECAUSE YOU HAVE ACCOMPLISHED SOMETHING GREAT. EVEN IF YOU WILL HAVE A FEW STRUGGLES, I KNOW THAT YOU ARE GOING TO TRY YOUR BEST. IF YOU REALLY WANT THIS, THEN YOU CAN DO THIS. LITTLE BY LITTLE, DAY BY DAY, WEEK BY WEEK AND BEFORE YOU KNOW IT, THE 4 WEEKS ARE OVER. TRUST ME, WHEN THE 4 WEEKS ARE OVER, YOU WILL WANT TO CONTINUE YOUR JOURNEY. YOU WILL FEEL BETTER AND THEN YOU WILL WANT TO GET BETTER AND BETTER. BUT TAKE YOUR TIME. REMEMBER, THIS IS A LIFELONG MARATHON.

29. NOW TO MY DEAR VEGAN FRIENDS. MY SHORT GUIDE IS ALSO DESIGNED TO HELP YOU GUYS. THERE IS NOTHING COMPLICATED TO THIS. PLEASE APPLY ALL OF THE ABOVE PRINCIPLES. HAVE ALL THE MEALS AND ALL THE SNACKS. ALL THE EXERCISE DAYS AND DRINK THE SAME AMOUNT OF FLUIDS. THE ONLY THING THAT I WANT YOU TO DO IS TO USE VEGAN FRIENDLY PROTEIN SOURCES SUCH AS PLANT PROTEINS, TOFU, VEGAN

# SIMPLY HEALTHY

FRIENDLY PROTEIN POWDERS, AND TRY TO INCORPORATE ANY OF THE OTHER VEGAN FRIENDLY FOODS. DON'T TRY TO INVENT THE WHEEL – SIMPLY CHOOSE FOODS THAT WON'T TURN A KOALA INTO A LION.

30. FINALLY, WHAT TO DO ON THE OTHER 2 DAYS YOU'RE NOT EXERCISING? I WANT YOU TO FOLLOW THE EXACT SAME DIET EXCEPT YOU WILL NOT BE EXERCISING. USE THOSE 2 DAYS TO REST AND RELAX. EVEN IF YOU FEEL LIKE EXERCISING OR DOING SOME SORT OF WORKOUT, SIMPLY TELL YOURSELF THAT TODAY IS A REST DAY. ALSO, DON'T FORGET, THERE IS NO ALCOHOL ALLOWED DURING THOSE 4 WEEKS. SOME MIGHT SAY THAT THEY NEED THEIR GLASS OF WINE BEFORE SLEEP BUT I SAY THAT YOU DON'T. IT'S NOT FOREVER - ONLY FOR 4 WEEKS. DIET BEVERAGES ARE ALLOWED. PLEASE SEE THE FOOD LIST BELOW. I ALSO ADDED SOME OF THE SUPPLEMENTS THAT I SUGGEST FOR YOU TO USE DAILY. FIND THE "BONUS PAGE" BELOW. ENJOY!

BEFORE I CONTINUE WITH TYPING THE LAST WORDS OF THIS GUIDE, I WOULD LIKE TO CONGRATULATE YOU FOR TRYING TO CHANGE YOUR LIFE AND BECOME A NEW HEALTHIER YOU. NO MATTER HOW THIS WILL GO OVER THE NEXT 4 WEEKS, I BELIEVE THAT YOU WILL LEARN A LOT ABOUT YOUR BODY AND YOU WILL BE DETERMINED TO CONTINUE THIS JOURNEY. WHY? BECAUSE AFTER DOING YOUR BEST FOR THE NEXT 4 WEEKS, YOU WILL BE FEELING A LOT BETTER.

PLEASE DO NOT BE CONFUSED WITH STEPPING ON THE SCALE OR WORRY ABOUT YOUR WEIGHT LOSS GOALS. DON'T FORGET, THIS SHORT PDF IS A BEGINNER'S GUIDE TO BECOME A HEALTHIER YOU! ALL YOU HAVE TO DO IS TO FOLLOW THIS GUIDE AND APPLY EVERYTHING AS BEST AS YOU CAN. READ THROUGH THIS GUIDE A FEW TIMES. THEN TAKE A LOOK AT SOME OF MY NUTRITIONAL ADVICE AND GO TO THE GROCERY STORE. DON'T MAKE THIS COMPLICATED AT ALL. I DIDN'T MAKE THIS CONFUSING IN ANY WAY. START OUT SIMPLE BUT TRY YOUR BEST. CHECK THE "BONUS PAGE" AND FIND AN EXAMPLE OF HOW YOU COULD STRUCTURE YOUR DAY FOR MEAL AND SNACK TIMING. IF YOU CAN'T DO THIS IMMEDIATELY, TRUST ME, THAT IS TOTALLY NORMAL. BUT DO YOUR BEST. EVERY DAY WAKE UP AND DO YOUR BEST. EVEN IF IT IS DRINKING MORE WATER THAN THE DAY BEFORE. IF YOU'RE STRUGGLING WITH EATING ALL THE MEALS AND SNACKS, TRY TO AT LEAST EAT ALL THE "SNACKS." THOSE ARE JUST LITTLE STEPS. JUST KNOW THAT SMALL STEPS ARE BETTER THAN NO STEPS AT ALL.

# SIMPLY HEALTHY

I DON'T WANT YOU TO STRESS BUT TRY YOUR BEST. IF YOU'RE NORMALLY STAYING UP LATE, TRY TO GET TO BED AN HOUR SOONER THAN YOUR USUAL TIME. GIVE YOUR BODY REST TO RECOVER FROM DAILY STRESS. ON YOUR OFF-TRAINING DAYS, TRY TO DO SOMETHING RELAXING SUCH AS GETTING A MASSAGE OR TAKING A HOT BATH. SIMPLY DO ANYTHING THAT YOU FIND RELAXING. ALWAYS REMEMBER, YOU ARE PARTICIPATING IN A MARATHON THAT IS GOING TO LAST A LIFETIME. I COULD SIT HERE FOR YEARS AND EDIT THIS GUIDE BUT I BELIEVE THAT YOU AND YOUR WILL TO CHANGE YOUR LIFE ARE THE MOST IMPORTANT THINGS THAT YOU NEED TO BE SUCCESSFUL ON YOUR JOURNEY TO BE A HEALTHIER YOU. I WILL ALWAYS BE HERE TO GUIDE YOU AND ASSIST YOU. PLEASE DON'T HESITATE TO CONTACT ME VIA EMAIL. I WOULD LIKE TO HEAR FROM YOU WHETHER YOU LIKED THIS GUIDE "*SIMPLY HEALTHY*." I WOULD ALSO APPRECIATE IT IF YOU COULD CHECK OUT MY WEBSITE BELOW. THERE YOU WILL BE ABLE TO CONTINUE YOUR JOURNEY. I OFFER A VARIETY A PROGRAMS, FOR EVERYONE, TO REACH THEIR PERSONAL HEALTH- AND FITNESS GOALS-----SIMPLY HEALTHY

- WEBSITE:
- EMAIL:

# SIMPLY HEALTHY

## BONUS PAGES

AN EXAMPLE OF WHAT YOUR DAY COULD LOOK LIKE. DO YOUR BEST. YOU CAN DO THIS!

**08.30 AM**—WAKE UP AND GET DRESSED. BEGIN EXERCISING FOR 60 MINUTES. SIMPLY GET OUTSIDE OR TO A GYM AND KEEP YOUR BODY MOVING AS MENTIONED IN DETAIL ABOVE.

**10.00 AM**—*EAT YOUR 1<sup>ST</sup> MEAL*-- ½ CUP OATMEAL WITH SOME FROZEN FRUITS ADDED. I LIKE TO SEASON IT WITH A BIT OF CINNAMON AND A FEW DROPS OF VANILLA. ON THE SIDE HAVE A SMALL PROTEIN SHAKE. THIS COULD BE ONE SERVING OF YOUR FAVORITE PROTEIN POWDER BLENDED TOGETHER WITH SOME ICE. YOU COULD ALSO BLEND EVERYTHING TOGETHER WITH THE OATMEAL AND OTHER INGREDIENTS, ALL IN ONE SHAKE. YUMMY

**12.00 PM**— *SNACK #1*--DEPENDING ON YOUR HUNGER, EITHER HAVE A SMALL PIECE OF FRUIT SUCH AS AN APPLE OR BANANA OR ANY OTHER FRUIT YOU LIKE. OR A HUNDFUL OF YOUR FAVORITE NATURAL NUTS ARE GREAT AS WELL. JUST CHOOSE ONE, EITHER FRUIT OR NUTS!

**01.30 PM**—*TIME FOR THE 2<sup>ND</sup> MEAL*-- A SMALL SALAD CONSISTING OF LETTUCE, SPINACH, BROCCOLI AND/OR CAULIFLOWER. IT MAY CONTAIN PEPPERS AND ONIONS. FOCUS ON THE GREENS MORE AS THOSE FOODS WILL KEEP YOU FULL. MUSHROOMS AND TOMATOES OR GOOD AS WELL BUT THEY ARE LESS DENSE AND MAY MAKE HUNGRY. TOGETHER WITH THE SMALL SALAD HAVE A PIECE OF PROTEIN SUCH AS FISH, CHICKEN, TURKEY OR STEAK. KEEP THE PROTEIN AMOUNT EQUAL TO THE SIZE OF YOUR PALM OF YOUR HAND. THIS IS NOTHING HEAVY. ADD A BIT OF DRESSING, PERHAPS A DRIZZLE OF YOUR FAVORITE OLIVE OIL, FLAXSEED OIL, WALNUT OIL ETC...IF YOU WANT TO ADD A FEW BERRIES, GO EASY ON IT BUT SURELY ADD THEM INTO THE SALAD.

**02.30 PM**—*SNACK #2*—SIMPLY THE SAME AS SNACK #1: DEPENDING ON YOUR HUNGER, EITHER HAVE A SMALL PIECE OF FRUIT SUCH AS AN APPLE OR BANANA OR ANY OTHER FRUIT YOU LIKE. OR A HUNDFUL OF YOUR FAVORITE NATURAL NUTS ARE GREAT AS WELL. JUST CHOOSE ONE, EITHER FRUIT OR NUTS!

**04.30 PM**— *TIME FOR THE 3<sup>RD</sup> MEAL*—1/4 CUP OF BROWN RICE OR SWEET POTATO WHICH IS SMALL ENOUGH TO FIT IN YOUR HAND THAT YOU COULD ALMOST CLOSE OR ABOUT 3.5OZ. HAVE THAT WITH A PIECE OF CHICKEN, TURKEY OR FISH. THOSE ARE ABOUT THE SIZE OF YOUR PALM. A HANDFUL OF LETTUCE OR SPINACH ON THE SIDE IS VERY GOOD.



# SIMPLY HEALTHY

**06.30 PM**—*SNACK #3*—AT THIS POINT, NO MORE FRUIT SNACKS. A HUNDFUL OF YOUR FAVORITE NATURAL NUTS ARE GREAT AS WELL. OR A FEW PIECES OF BROCCOLI FLORETS OR CELERY STICKS

**08.00 PM**— *TIME FOR THE 4<sup>TH</sup> MEAL*—THIS IS YOUR LAST MEAL FOR NOW. EVENTUALLY YOU WILL DEFINITELY HAVE TO ADJUST FOR YOUR SCHEDULE. YOU MIGHT GET UP BEFORE THE TIME I GAVE AS AN EXAMPLE. THEN YOU MIGHT END UP WITH ANOTHER MEAL. REGARDLESS, IF YOU ARE NEW TO THIS LIKE SOMEONE TO WHOM I HAVE WRITTEN THIS BOOK FOR, YOU WILL DEFINITELY HAVE YOUR STRUGGLES TO GET ALL YOUR MEALS IN. IF NOT, THEN CONGRATULATIONS. AS THIS BEING YOUR LAST MEAL, TRY TO HAVE AN OMELETTE CONSISTING OF 1 WHOLE EGG AND 4 EGG WHITES. HAVE 4 TBSP OF COTTAGE CHEESE WITH THAT AND HALF OF A SMALL AVOCADO.

THAT'S IT. THERE IS A LARGE VARIETY OF MEALS THAT YOU CAN CONSUME. AS MENTIONED A FEW TIMES IN THIS GUIDE, I AM NOT HERE TO CREATE YOU A PERSONALIZED MEAL PLAN OR WORKOUT PLAN. I AM HERE TO HELP YOU GET STARTED. I WANT YOU TO BE HUNGRY FOR MORE. I AM A NUTRITION EXPERT. DESIGNING CUSTOMIZED MEAL PLANS IS MY SPECIALTY. I HAVE WRITTEN CLOSE TO A THOUSAND INDIVIDUALIZED MEAL PLANS FOR ALL DIFFERENT TYPES OF PEOPLE WITH DIFFERENT BODY SHAPES. I HAVE CREATED MEAL PLANS FOR VEGANS, FOR PEOPLE THAT ONLY EAT CERTAIN FOODS OR FOR PEOPLE THAT HAVE SPECIFIC RITUAL FOODS. I HAVE CREATED MEAL PLANS FOR ILL PEOPLE AND HAVE HELPED THEM TO GET WELL. I LOVE WHAT I DO.

IF YOU NEED ANY FURTHER ASSISTANCE, DON'T HESITATE TO CONTACT ME. I AM LOOKING FORWARD TO HELP YOU. ANY CHANGE THAT YOU CAN MAKE TO YOUR CURRENT LIFESTYLE, MAY HAVE AN IMPACT ON THE REST OF YOUR LIFE. THERE IS NOBODY EXCEPT YOU WHO DETERMINES THE OUTCOME OF THIS LIFESTYLE CHANGE. YOU ARE IN CONTROL! MAKE THE POSITIVE CHANGE TODAY! LET'S MAKE IT HAPPEN! TOGETHER WE ARE STRONG!

# SIMPLY HEALTHY

## QUICK VITAMIN GUIDE:

ANOTHER BONUS THAT I WOULD LIKE TO PROVIDE TO YOU ARE FEW RECOMMENDATIONS ON WHICH SUPPLEMENTS TO USE AS PART OF YOUR NEW LIFESTYLE. THIS IS BY FAR NOT A COMPLETE LIST AND YOU MIGHT WANT TO CHECK WITH YOUR HEALTHCARE PROVIDER IF YOU ARE ABLE TO CONSUME ANY OF THE LISTED VITAMINS.

## Why do we need vitamins?

YOU'VE LIKELY HEARD THE EXPRESSION "YOU ARE WHAT YOU EAT." THE SAME APPLIES WHEN IT COMES TO VITAMINS. EATING A BALANCED DIET WITH A VARIETY OF FOODS ENSURES THAT YOUR BODY GETS THE VITAMINS IT NEEDS TO PROPERLY FUNCTION BUT NOT ALL FOODS ARE ABLE TO SUPPLY YOU WITH ADEQUATE AMOUNTS OF THE VITAMINS THAT YOU NEED. THIS IS WHERE VITAMIN SUPPLEMENTS COME INTO PLAY.

## VITAMINS ARE AN ESSENTIAL COMPONENT OF YOUR DAILY LIFE AND ARE BENEFICIAL TO YOU IN MANY WAYS, INCLUDING:

- PROMOTING NORMAL CELL FUNCTION
- ENCOURAGING NORMAL GROWTH AND DEVELOPMENT
- ABSORBING OTHER NUTRIENTS
- PREVENTING DISEASE
- ADDING TO YOUR OVERALL WELL-BEING

## What are the most important vitamins?

- **VITAMIN A** IS ESSENTIAL FOR HEALTHY EYESIGHT AND A HEALTHY IMMUNE SYSTEM.
- **VITAMIN B-1 (THIAMINE)** HELPS CELLS TURN CARBOHYDRATES INTO ENERGY.
- **VITAMIN B-2 (RIBOFLAVIN)** HELPS CELLS MAKE ENERGY.
- **VITAMIN B-3 (NIACIN)** AIDS DIGESTION AND NERVOUS SYSTEM FUNCTIONING.
- **VITAMIN B-6** HELPS YOUR BODY PRODUCE HEMOGLOBIN AND SEVERAL NEUROTRANSMITTERS IN THE BRAIN, PROMOTES PROPER NERVE FUNCTION, BREAKS DOWN PROTEINS, AND HELPS MAINTAIN BLOOD GLUCOSE LEVELS.
- **VITAMIN B-12** AIDS IN THE FORMATION OF RED BLOOD CELLS, HELPS MAINTAIN THE NERVOUS SYSTEM, AND AIDS METABOLISM.
- **VITAMIN C** PROMOTES HEALTHY GUMS AND TEETH AND HELPS THE BODY HEAL WOUNDS AND ABSORB IRON.
- **VITAMIN D** HELPS THE BODY ABSORB AND MAINTAIN PROPER BLOOD LEVELS OF CALCIUM.
- **VITAMIN E** IS AN ANTIOXIDANT, AND IT PROTECTS CELLS FROM CERTAIN TYPES OF DAMAGE. IT ALSO AFFECTS VITAMIN K.
- **VITAMIN K** IS CRUCIAL FOR BLOOD COAGULATION (CLOTTING).
- **BIOTIN** HELPS BREAK DOWN PROTEINS AND CARBOHYDRATES AND IS CRUCIAL FOR HORMONE AND CHOLESTEROL PRODUCTION.
- **PANTOTHENIC ACID** AIDS IN THE SAME WAYS AS BIOTIN.
- **FOLATE (FOLIC ACID)** AIDS THE FORMATION OF RED BLOOD CELLS AND IS ESSENTIAL FOR DNA PRODUCTION.
- **ZINC** IS IMPORTANT FOR IMMUNITY AND NERVOUS SYSTEM DEVELOPMENT.

## How can I get vitamins?

### MANY IMPORTANT VITAMINS CAN BE FOUND IN FOOD SOURCES, FOR EXAMPLE:

- EGGS: VITAMIN A, B-1, B-3, B-12, K, BIOTIN, PANTOTHENIC ACID
- AVOCADO: VITAMIN E, B-3, B-6, PANTOTHENIC ACID
- MILK AND FORTIFIED MILK: VITAMIN A, B-2, B-12, D, BIOTIN, PANTOTHENIC ACID
- CAULIFLOWER: VITAMIN K, C
- CITRUS FRUITS: VITAMIN C, FOLATE
- NUTS AND SEEDS: VITAMIN B-3, B-6, E, BIOTIN
- DARK GREEN VEGETABLES LIKE BROCCOLI, ASPARAGUS, AND BRUSSELS SPROUTS: VITAMIN C, E, K, FOLATE
- DARK LEAFY VEGETABLES: VITAMIN A, K, FOLATE

THE ABOVE IS JUST A RECOMMENDATION. THIS IS NOT A COMPLETE LIST AND FOR MANY OF YOU, THIS MIGHT NOT BE ENOUGH WHILE FOR OTHERS IT IS MORE THAN PLENTY. I ALSO SUGGEST TO ADD A MULTI VITAMIN TO THE LIST. I PURPOUSLY DID NOT LIST "IRON" AS MOST OF THE TIME IT IS COVERED WHEN EATING THE ABOVE FOODS THAT ARE RECOMMENDED OR WHEN TAKING A MULTI VITAMIN. LOOK CAREFUL THROUGH THE LIST. AT FIRST, PLEASE CHECK WHICH VITAMINS YOU CAN GET BY SIMPLY EATING THE RIGHT FOODS. ALL OTHER VITAMANS CAN BE OBTAINED FROM A VITAMIN STORE NEAR YOU OR VIA ONLINE FROM ANY OF THE ONLINE SUPPLEMENT COMPANIES.

# SIMPLY HEALTHY

## CARBOHYDRATES-PROTEINS-FATS

HERE YOU FIND A LARGE VARIETY OF DIFFERENT FOODS THAT YOU CAN USE FOR YOUR DAILY DIET. THIS IS NOT A COMPLETE LIST. THE FOODS LISTED HERE ARE SOME THAT YOU CAN IN YOUR LOCAL GROCERY STORE. ONCE YOU BECOME MORE ADVANCED AND KNOWLEDGEABLE ABOUT NUTRITION, YOU WILL FIND MANY MORE FOODS THAT WILL WORK WELL FOR YOU. THOSE FOODS MAY OR MAY NOT BE ON THIS LIST BELOW. BE MY GUEST TO BUILD ONTO THIS LIST AND ADD ALL YOUR FAVORITE FOODS. IT WOULD BE AWESOME TO SEE YOU CONTACT ME WITH YOUR NEW, OWN LIST, AND SHARE IT WITH ME. PLEASE DON'T GET TOO EXCITED IF THERE ARE SOME FOODS MISSING THAT YOU MAY HAVE EXPECTED TO SEE. THE LIST CAN BE ENDLESS. ENJOY.



# SIMPLY HEALTHY

## CARBOHYDRATES:

Category	Items
<u>VEGETABLES</u>	<ul style="list-style-type: none"><li>• Spinach</li><li>• Kale</li><li>• Romaine lettuce</li><li>• Broccoli</li><li>• Cauliflower</li><li>• Eggplant</li><li>• Brussels sprouts</li><li>• Red/Green/Yellow Pepper</li><li>• Cabbage</li><li>• String beans</li><li>• Onion</li><li>• Yellow squash</li><li>• Celery</li><li>• Cucumber</li></ul>
<u>FRUITS</u>	<ul style="list-style-type: none"><li>• Any type of Berries</li><li>• Plum</li><li>• Pink Grapefruit</li><li>• Tomato</li><li>• Kiwi</li><li>• Pear</li><li>• Orange</li><li>• Grapes</li><li>• Apples</li><li>• Bananas</li></ul>
<u>COMPLEX CARBOHYDRATES</u>	<ul style="list-style-type: none"><li>• Whole Wheat Pasta</li><li>• Brown / White Rice</li><li>• Whole Wheat Bread</li><li>• Ezekiel Bread</li><li>• Oatmeal</li><li>• Multigrain cereal</li><li>• Grits</li><li>• Red or Yellow Potato</li><li>• Pumpernickel Bread</li></ul>

# SIMPLY HEALTHY

- Quinoa

## PROTEINS:

<i>Category</i>	<i>Items</i>
<u>ANIMAL PROTEIN</u>	<ul style="list-style-type: none"><li>• Eggs / Egg whites</li><li>• Turkey</li><li>• Chicken</li><li>• Pork</li><li>• Beef</li><li>• Any type of Fish</li><li>• Ground Meats 93/7 or leaner</li><li>• Dairy products</li></ul>
<u>PLANT PROTEIN</u>	<ul style="list-style-type: none"><li>• Lentils</li><li>• Legumes</li><li>• Pumpkin Seeds, Hemp Seeds, Chia Seeds</li><li>• Hemp Seeds</li><li>• Natto</li><li>• Spirulina</li><li>• Soy Products</li><li>• Beans</li><li>• Tempeh</li><li>• Quinoa</li><li>• Chickpea</li></ul>
	<b><u>FATS:</u></b>
<i>Categories</i>	<i>Items</i>
<u>NUTS &amp; OILS</u>	<ul style="list-style-type: none"><li>• Almonds, Cashews, Peanuts, Macadamia</li><li>• Brazil Nuts, Hazelnuts, Walnuts, Pistachios</li><li>• Coconuts</li><li>• Flaxseed Oil, Soybean Oil, Olive Oil</li><li>• Fish Oil</li><li>• Coconut Oil</li></ul>

# SIMPLY HEALTHY

## OTHERS

- Avocado
- Almond Butter, Cashew Butter
- Peanut Butter
- Any Seed Butters
- Ground Flaxseeds
- Pumpkin Seeds