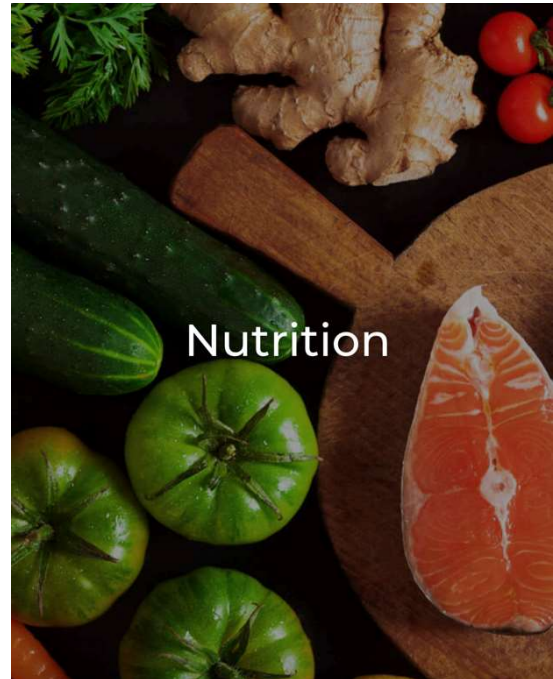




Here at One Health Clubs we are certified and registered nutritional consultants. Nutrition and wellness are not only our passion, but they embody our whole lifestyle.

Health becomes an issue for many, as early as in their 20's. Not treating the body properly; making poor food choices, not exercising and looking back it was all because there are areas in life over which you have no control - and so we control through food. Skin, hair and nails become weak and the weight begins to be an issue. **We all have that AHA moment!** Getting out of the comfort zone and begin to give trust to the health professionals. The moment that you find the root to the issues regarding eating habits you can then be consistent with healthier choices. This is where nutrition and wellness become our passion. Within weeks you will see your body changing in a positive way, WEEKS! It is so simple yet challenging at the same time. Full disclosure: It may take several months to stabilize weight and eating habits. That is why we decided to make nutrition coaching a career - education and the desire to make changes will only get you so far, most of us need the accountability and support from nutritionists we can trust.



It is our passion to educate ourselves through courses and certifications in order to best understand the science behind the nutrition.

In private practice it is our goal to authentically engage with each and every person who wants to make healthy lifestyle changes. We have learned very early on that building a trusting relationship when working on a health journey with someone is crucial to their success. It was for us. Over the years we have realized that the cornerstone of this journey cannot be built on judgment because judgement is the killer of dreams. For each and every one of us there are reasons for why we've made the choices that we made.

We believe that once you have decided to take that leap and live a healthier life the past should be a learning tool, not a burden that halts your journey. The journey starts when you let go of the judgement and begin to trust others for support. Shifting towards a healthier lifestyle does not mean taking away all the joy that comes with food. But we need to ask ourselves, is the food currently providing me with true joy or is it an unhealthy tool for avoiding something else going on in our lives. It's understanding the relationship that you have with yourself, your environment and with food. By letting go of my own judgement, being open and vulnerable to those who would listen and building trust in the fact that we are using food as a crutch, and not truly enjoying it, we have become confident and developed a sustainable healthy lifestyle we are truly joyous about.

Warmly -

Your Nutrition Team!



Ready Reset Boost! Month 1 Program

There is a science behind what to consume before, during and after your workout to support the body. When you commit to an hour or two of exercise 3 or more days a week you want to make sure that your body is being as efficient as possible to achieve whatever your desired goals are! This includes fat loss, gaining muscle mass and boosting overall energy.

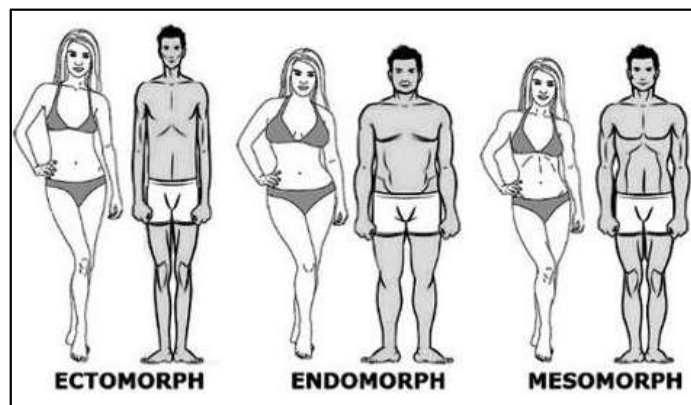
Before and after workout snack/meals will vary slightly per person. But did you know that depending on your body type your intake of nutrition during could make a difference in your performance and recovery?

Ectomorph - slim boned, long limbed

Endomorph - easily puts on and stores body fat, most of the time pear shape

Mesomorph - muscular, well build, high metabolism and responsive muscle cells

Which body type are you?



<https://medium.com/>

That is why I have created your Initial Program. This nutrition program gives you the science behind a healthy active body, the best food choices and simple recipes you can execute (and will LOVE) in a ready to go meal plan format! I am excited that you are taking your health seriously; I know you will find immune boosting support and ultimate health here!

Need more support?

Before, during, and after your first month! Email us at kcarter@onehealthclubs.com

Join One Health Club's growing Facebook community!

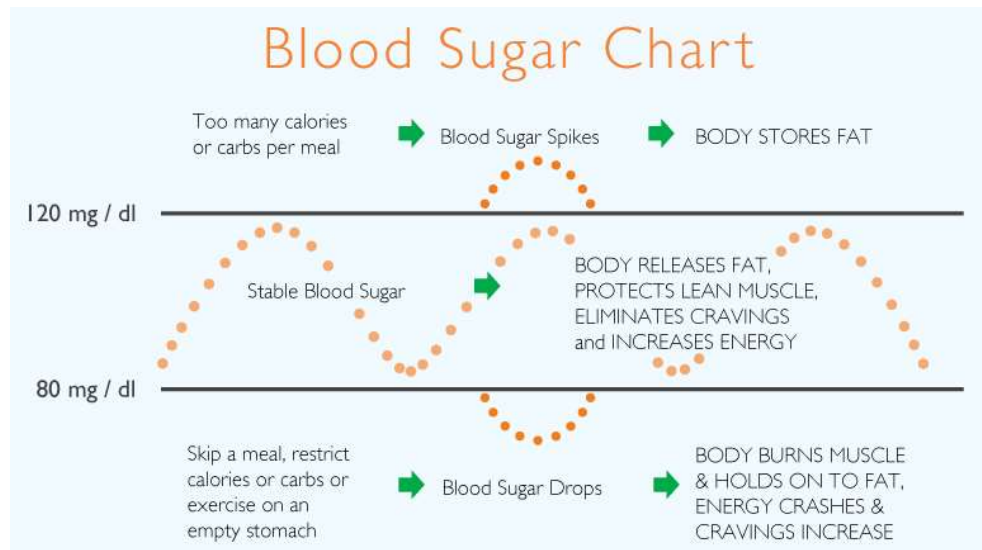
Join our growing community and connect with like-minded individuals throughout your detox!

Find us. Friend us. Follow us.

@onehealthclubs



Balancing Blood Sugar for Fat Loss



Blood sugar, or glucose, is our main source of energy. It can dictate how hungry and energetic we feel throughout the day, but also affect how our hormones perform and the amount of inflammation in our bodies. Blood sugar is produced when we break down a carbohydrate (*from quinoa and beans to cakes and cookies*). What we want to focus on is balancing the blood sugars through our diet.

We physiologically feel good (and fat loss occurs) when blood sugars are balanced. In the typical American Diet the refined carbohydrates cause aggressive insulin spikes (INSULIN IS A FAT PRODUCING HORMONE) and crashes throughout the day, affecting energy, inflammation and ultimately fat stores. If insulin levels are constantly rising and falling our bodies ability to burn stored fat becomes minimal.

It is through eating the right amount of good quality protein, fat, and fiber (through plant sources) at each meal that will help you naturally stabilize blood sugar to burn fat and have constant, strong energy. It will also help to keep aggressive insulin spikes from occurring, thus allowing the body to burn fat!





How do we stop the insulin imbalances and support healthy blood sugar levels? By adding the right amount of these nutrients/ foods to meals:

- ✦ **Fat:** Fat has significantly impact on blood sugar than carbohydrates. When consumed alone, fats have no effect on circulating blood sugar. When eaten with a meal, fat slows the absorption of the entire meal, which helps to avoid the insulin spikes.
- ✦ **Protein:** Protein keeps blood sugar levels steady. When consumed alone, protein does not generate a rise in blood sugar. Though, avoid eating protein in excess, as it may be converted into glucose (gluconeogenesis) and stored as fat.
- ✦ **Fiber:** Fiber also slows the absorption of nutrients, specifically glucose. Mother Nature has packaged natural sugars found in vegetables and fruit perfectly with just the right amount of fiber to slow the absorption of sugar. Vegetables and fruit are best eaten as whole.
- ✦ **Greens:** By adding greens or deep-colored vegetables, you're adding vitamins and minerals to your diet. Another bonus: Magnesium found in green vegetables has been proven to increase insulin sensitivity, which is good for regulating blood sugar.

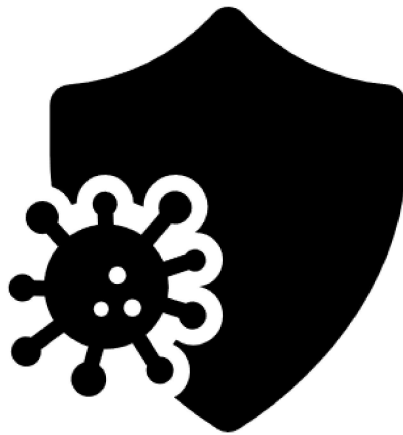




Take it one step further: BioHacking Blood Sugar Levels

In order to take even more control over your blood here are a few “hacks” you can do throughout the day:

1. Start each meal with a little apple cider vinegar (either take a shot, add 1 tbsp to 1 cup water or add to the meal itself!)
 - a. Why → anti-glycemic effect of acetic acid found in apple cider vinegar attributed to reduced starch digestion and delayed gastric emptying
 - b. <https://diabetesjournals.org/care/article/27/1/281/26582/Vinegar-Improves-Insulin-Sensitivity-to-a-Hig>
2. When you can (any we mean it!) change the order in which you consume your veggies
 - Start by eating the VEGGIES (ideally ½ plate in volume)
 - Then eat the PROTEIN (minimum 4oz women/ 6oz men)
 - Then eat the HEALTHY FATS (this should be a smaller amount typically)
 - Last eat the carbs (carbs WITH fibre)
 - a. Why → The effectiveness of eating vegetables before carbohydrates on glucose excursions in the short-term and glycemic control in the long-term. Dietary carbohydrates consumed after vegetables were digested slowly and required less insulin for subsequent metabolic disposal by the dietary fiber in the vegetables
 - b. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3882489/>
3. Move for at least 15 minutes immediately after meal
 - a. Why → Activity initiated at the blood glucose peak may acutely lower blood glucose levels to a greater extent than the same amount of activity undertaken before the peak. These results support that activity, even for 10 min at very low intensity, may assist in the management of postprandial blood glucose if undertaken when blood glucose is high
 - b. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6267507/>





Nutrition Guidelines

	Minimize or Avoid	Why	Replacement
Beverages 	Alcohol	Inflammation of the liver, high blood pressure, and damaged heart muscle	Kombucha (low sugar)
	Caffeine (coffee tea energy drinks)	Needs to be sourced well: potential anxiety, restlessness, insomnia, increased heart rate	Herbal or Mushroom teas
	Sugary Drinks	Sugar quantity leads to a whole host of inflammatory diseases	Fruit in water
Dairy Products 	Milk/Cream	Saturated fat and heart disease Lactose intolerance Not helping bone health	Coconut cream
	Margarines		Butter
	Yogurts		Skyr
	Cheese		Goat or Real Parm
Grains 	Wheat	Gluten proteins cause intolerances, sensitivities and allergies Linked to obesity	Naturally gluten free grains Sourdough bread
	Barley/ Rye/ Spelt		
	Corn	Hard to digest Acts as a filler in so many products	
Fruit and Veg  *These foods are still very healthy and beneficial - minimize	Dried fruit*	Blood sugar spikes	Whole fruit
	Bananas*	Blood sugar spikes	
	White potatoes (without skin)*	Blood sugar spikes	Sweet potatoes
Ultra-Processed Food 	Refined sugars	Blood sugar spikes	
	Artificial sweeteners	Man-made	
	Products with soy content	Soy lecithin	
	Vegetable oils	Rancidity	
	Deep fried foods	Rancidity/ Toxins	
	Highly processed meats	Toxins	

References:

Alcohol: <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/drinks-to-consume-in-moderation/alcohol-full-story/>
 Caffeine: <https://www.hsph.harvard.edu/nutritionsource/food-features/coffee/>
 Sugary Drinks: <https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/>
 Dairy: <https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy>
 Wheat: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4760426/>
 Corn: <https://www.medicalnewstoday.com/articles/324199#risks>
 Ultra Processed Foods: <https://www.health.harvard.edu/blog/what-are-ultra-processed-foods-and-are-they-bad-for-our-health-2020010918605>



Nutrition Guidelines

	ENJOY	Why
Beverages 	Water	The average adult human is 65% water. It helps metabolize food, keeps body temperature regulated, lubricates joints, gets rid of waste etc.
	Herbal Teas	There is nothing to metabolize so is as hydrating as water
	Sparkling water / Kombucha	To bring a little zip to your beverage intake
Dairy Products 	Butter Skyr Yogurt Goat or Parm Cheese	Only if you know you are not allergic sensitive Has the lowest amount of lactose thus does not cause as much inflammation
Grains 	Long grain Rice	Naturally gluten free and full of fibre and a bit of protein
	Oats	
	Quinoa	
Fruit and Above Ground Veg 	Frozen or Fresh	These are where you are going to find the most nutrition for the least amount of calories Variety is best!
Below Ground Veggies 	Sweet potatoes	Packed with a ton of nutrition + fibre + carbohydrates
	Squash	
	Beets	
	Parsnips	
Protein 	Poultry (chicken/ turkey)	Keeps you feeling full and satisfied for hours, growth and maintenance of cells in your body, builds muscle amongst other things, and supports the maintenance of your body's pH levels
	Pork and Red meat	
	Fish and Seafood	
	Eggs	
	Beans, Lentils, Chickpeas	
	Edamame, Tofu	
Healthy Fats 	Fruit oils	Healthy fats contribute to energy production, allow the absorption of certain vitamins and keep you feeling full for longer periods of time
	Nuts and Seeds	
	Avocados	
	Olives	
Herbs and Spices 	Parsley, Garlic, Red Pepper Flakes etc.	Provides a ton of flavour and well as various health benefits
Natural Sweeteners 	Honey/ Maple Syrup	Nutrient dense benefits
	Stevia/ Monk fruit	Does not spike blood sugars high



Date/ Coconut sugar

Slightly spikes blood sugars and nutrient dense

Third, additional supplements:

- Probiotic - (at least 20 billion) *New Roots Herbal* or RenewLife for digestion support
- Turmeric Curcumin - *My Organic Heart Supplements* for inflammation relief

Ideally, the structure of your meal intake will be: **Breakfast, Lunch, Snack and Dinner**. The snacks are optional here. Throughout the next month it is important to pay attention to your body and its hunger cues. When hungry eat a snack. There will be no specific meal time but general times will be given for those who thrive with structure.

Treats: this program is all about supporting fat loss and a healthy lifestyle. If needed allow yourself to have 1-2 treats per week - whether they are planned or used for “emergency” situations, this can help you to stay on track with the new healthy habits and present much more success. For a challenge go 1 month without any treats - this will really support the body to completely reset!

- ✦ 1 glass of wine
- ✦ 1 ice cream cone
- ✦ 1 night out at a restaurant of choice





Recommended Servings of Food

Food Category	Serving Size	# Servings Per Day
Grains	1 cup cooked rice (45g carbs), quinoa (39g carbs), oats (27g carbs)	1-2 serving
Fruit	1 apple(25g carbs) pear(27g carbs) peach(15g carbs) 1 cup berries (15-17g carbs) 1 cup melon (12-14g carbs)	2 servings
Healthy Fats	1 tablespoon avocado oil (14g fat) nut butter (8g fat) ¼ cup almonds/cashews/pecans/walnuts (13-17g fat) 40 pistachios (12g fat) 3 tablespoons hemp seeds (14g fat) 2 tablespoons sunflower(10g fat) pumpkin(2g fat) sesame seeds(9g fat) 1 tablespoon chia seed(4g fat) ground flaxseed (3g fat) ½ large avocado (15g fat)/ 8 olives (7g fat)	4-5 servings
Protein	6-8oz poultry(30-45g protein), red meat (26-52g protein) fish(25-38g protein), seafood(32-48g protein) 3 eggs (20g protein) 1 cup SKYR yogurt (22g protein) 1 cup beans/lentils/chickpeas (15-18g protein) ¾-1 cup edamame (20g protein)	3 servings (important to have one serving at each main meal)
Dairy	1 oz goat or parm cheese(8g fat) 1 tsp butter(4g fat) 1 cup skyr yogurt(22g protein)	Try to avoid!
Non Starchy Veg	Free (Green beans, peppers, greens like collard, kale, spinach, cucumber, okra, Bok choy, cabbage)	Unlimited
Starchy Veg	1-2 cup sweet potato(27g carbs) acorn squash (15g carbs) spaghetti squash (10g carbs)	3x per week
Processed Food	Go by the label serving size	NONE
Treats	TBD ---DAIRY FREE ICE CREAM- it can actually be so good! https://www.googleadservices.com/pagead/aclick?sa=L&ai=DChcSEwjN1uz6t6-AAxUGvJYKHf-DDAQYABAJGgJ0bA&ei=razCZOvREfCgptQP8cuJ0AM&ohost=www.google.com&cid=CAESa-D2df7Nd5fOcIisb5XPm-Wn0m5erqtW68iTNh_07JmoyP77uLyD-gnjNelEpaXpjU6Z0-iFobOlK90GS080_Cx-Ehb2AC6Am4NLqZu0Do6ZHkIDLJV0jeKCdN2oAWce4atyZYT-MagHw3VD&sig=AOD64_29Jt_XdZzmvr7r3OB-Yk-WUcaTOA&ctype=5&q=&sqi=2&ved=2ahUKEwir3Nz6t6-AAxVwklEHfHlCDoQ9aACKAB6BAgEEA0&adurl=	0-2x per week



FAT LOSS &
FOOD FREEDOM



K E L L Y C A R T E R

** $\frac{3}{4}$ cup serving ideally for women and 1 cup serving ideally for men



Categorized Grocery List

Vegetables

Carrots
Celery
Cucumber
Zucchini
Bell Peppers
Mushrooms
White/Red Onions
Cabbage
Kale
Spinach
Water Crest
Collard Greens
Asparagus
Green Beans
Broccoli
Cauliflower
Tomato
Brussels Sprouts/Pea Sprouts
Beets
Radish
Fennel
Squash (starchy)
Sweet potato (starchy)

Fruit (fresh or frozen)

Berries
Apples
Oranges
Pears
Peaches
Grapes
Lemon/Lime
Mango
Pineapple
Avocado (healthy fat)
Kiwi
Cherries
Melons
Clementine
Grapefruit

Nuts (Healthy Fat)

Almonds
Cashews
Pecans
Walnuts
Brazil
Pistachios
Coconut

Seeds (Healthy Fat)

Pumpkin seeds
Sesame seeds
Sunflower seeds
Poppy seeds
Hemp Hearts
Flaxseed
Chia seeds

Grains

Quinoa
Rice
Millet
Buckwheat
Oats
Mary's Crackers

Beans/Legumes (Protein)

Black Beans
Kidney Beans
Mung Beans
Navy Beans
Chickpeas
Brown Lentils
Red Lentils
Lima Beans

Oils (Healthy Fat)

Olive oil
Avocado oil
Grapeseed oil
Coconut oil
Sesame oil
Ghee

Herbs (free food)

Parsley
Cilantro
Mint
Rosemary
Basil
Thyme
Dill
Chives
Oregano
Sage
Tarragon

Spices (free food)

Cinnamon
Allspice
Sea Salt
Black Pepper
Garlic
Coriander
Cumin
Ginger
Turmeric
Vanilla extract
Bay leaves

Animal Protein

Chicken/Turkey
Fish
Eggs
Seafood

Free Food

Nut Milk
Apple Cider Vinegar (any vinegars)
Salsa
Stevia
Monk Fruit Sugar
Spirulina/Chlorella
Baobab Powder
Mustard
Pickles
Sparkling water

Misc.

Guacamole (2 tablespoons = fat)
Hummus (1/4 cup = protein)
Olives (fat)
Dark Chocolate (1oz = fat)
Nut Butters (fat)
Mayonnaise (1 tablespoon = fat)
Goat or Feta Cheese (1oz = 1/2 protein)
Coconut Sugar (1 teaspoon = free)
Nutritional Yeast (3 tablespoons = protein)



FAT LOSS &
FOOD FREEDOM



KELLY CARTER



21 Day Habit Tracker

It's not about being perfect - it's about being consistent

[illegible]



Place a check when you achieve one of the habits at the end of the day. Leave it blank if not achieved.

Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Loaded Egg Muffins + 1 avocado	Belly Blaster Smoothie	Loaded Egg Muffins + 1 avocado	Ultimate Oatmeal Bowl	Whatever you like	Belly Blaster Smoothie	Grain Free Almond Pecan Waffles
Lunch	Energy Boosting Salad	Whatever you like	Ultimate Tuna Salad	Quick and Easy Burrito Bowl	Kelly's Glow Salad with Protein	Kelly's Glow Salad with Protein	Healthy Charcuterie Board
Snack	2 Clementines + ¼ cup almonds	1 cup chopped red peppers + 2 tablespoons hummus	1 apple with 1 tablespoon almond butter	Raw carrots and cucumbers + 2 tablespoons hummus	10 Mary's Crackers with 2 tablespoons guacamole	1 Pear + 2 squares 70% Dark Chocolate	1 cup chopped carrots and cucumber + 1 cup chicken broth
Dinner	Juicy Chicken Burgers + roasted broccoli and cauliflower	Baked Salmon and Sautéed Veggies	Mexi Casa Burgers with Apple Fennel Salad (make salad ahead of time)	Turkey Meatballs with Zucchini Noodles	Shrimp and Broccoli Stirfry	Blueberry Chicken Stuffed Sweet Potato	Whatever you like



FAT LOSS &
FOOD FREEDOM



K E L L Y C A R T E R



Recipes

BREAKFAST

Loaded Egg Muffins - (with 1 avocado) Serves 4

Ingredients

- 10 eggs + 4 egg whites
- ½ cup white onion, diced
- ¼ cup red pepper, diced
- ¼ cup parsley, chopped
- ½ cup broccoli florets
- ¼ cup green olives, sliced
- ¼ tsp salt
- ¼ tsp pepper

Break the eggs into a mixing bowl. Add egg whites and beat until smooth. Add diced onion, red pepper, parsley, broccoli flowerets, green olives, salt and pepper. Mix thoroughly.

Divide mixture into 12 medium-sized, greased muffin tins and bake at 400 F for 15 minutes.

Remove from oven and cool. Serve immediately or wrap and freeze

3 Muffins = 1 serving Remember to add your 1 avocado to breakfast!

Belly Blast Smoothie – Serves 1

Ingredients

- 1 cup plain Skyr yogurt, unsweetened
- ¾ cup unsweetened almond milk
- 1 cup frozen berries
- 1 handful baby spinach
- 1 teaspoon tumeric
- 1 teaspoon honey
- 1 tbsp chia seeds
- ½ cup ice

Blend all ingredients together and enjoy



Ultimate Oatmeal Bowl - Serves 2

Ingredients

- 1 cup old fashioned or steel cut oatmeal
- 2 cups unsweetened almond milk
- 1 apple thinly sliced bite sized pieces
- 2 teaspoons cinnamon
- 2 teaspoons maple syrup
- ½ cup unsweetened apple sauce
- 4 tablespoons hemp seeds

In a medium sauce pan combine the almond milk, oatmeal, cinnamon and maple syrup, heat on low until most of the milk is absorbed (stir as needed), once most of the milk is absorbed add in the apple sauce and stir together. If you like your apples soft add them in now too, if you like some crunch wait until you are about to serve to stir in. Once all the apple sauce and milk is absorbed, about 15-20 minutes total, remove from heat, sprinkle with hemp seeds and serve.

**Alternatively you can add everything to a bowl and microwave for 1 minute - check consistency and microwave again for another 30 seconds until all is absorbed and well combined

Gluten Free Pecan Waffles — Serves 3

Ingredients

- 1 cup almond flour
- 1 pinch sea salt
- 1 teaspoon baking soda
- ¼ cup chopped pecans
- 1 teaspoon cinnamon
- 1 tablespoon ground flaxseed
- 4 eggs (divided)
- 2 tablespoon coconut oil (don't melt)
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon almond milk

Preheat waffle iron to a medium-high setting. In a large bowl mix almond flour, salt, baking soda, cinnamon, pecans, and flax. Separate egg whites and yolks

Combine yolks, coconut oil, honey, vanilla, and milk and mix with hand blender until fluffy. Combine flour mixture into yolk mixture and set aside. Beat whites until fluffy, fold into flour and yolk mixture. Spoon batter onto hot waffle iron and cook until golden



LUNCH

Energy Boosting Salad – Serves 2

Ingredients

For the dressing:

- Juice of 1 lemon
- 1 teaspoon lemon zest
- 2 teaspoons Dijon mustard
- 1 clove garlic, finely minced
- 1 teaspoon apple cider vinegar
- 1 teaspoon fresh dill
- 3 tablespoons olive oil
- Salt and pepper to taste

For the salad:

- 2 tablespoons olive oil
- 1 15oz can chickpeas
- Salt and pepper
- 1½ cup frozen edamame, thawed
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 cucumber, diced
- 1 red pepper, chopped

For the dressing add all ingredients to a small mason jar and shake until well combined.

In a large skillet over medium-high heat, heat 2 tablespoons of olive oil. Season chickpeas with salt and pepper, add to the skillet and sauté, stirring frequently, lightly golden, about 10 minutes. Transfer chickpeas to a paper towel-lined plate to drain.

In a large mixing bowl, combine the crispy chickpeas, cooked edamame, celery, carrots, cucumber, and pepper and toss well. Season with salt and pepper. Add 1 tablespoon of the dressing to each serving and enjoy!

Ultimate Tuna Salad – Serves 1

Ingredients

- 1 cup spinach leaves
- 1 cup sprouts (broccoli or onion)
- ½ cucumber, diced
- ½ small avocado, diced
- 1 small pear, sliced
- 1 teaspoon sesame seeds
- 1 teaspoon chia seeds
- ½ lemon, juiced
- 1 can tuna in water (keep the water!)



- 12 roasted almonds, roughly chopped.

Add all ingredients to a bowl and toss to combine

Kelly's Glow Detox Salad – Serves 6

Ingredients

- 1 small red cabbage , chopped
- 1/2 cauliflower, chopped
- 2 carrots, shredded
- 1 beet, shredded
- 1 cup parsley, chopped
- 1/2 cup pomegranate seeds
- 1/4 cup pumpkin seeds
- 2 tablespoons chia seeds

Dressing (per serving)

- 3 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon of maple syrup or honey
- 1 - 1 1/2 tablespoons olive oil
- 1/4 teaspoon sea salt

Place cabbage in a food processor and pulse until chopped finely (8 pulses). Place in a large bowl. Do the same for the cauliflower.

Add the grated carrots and beets, chopped parsley, pomegranate and seeds to the bowl. Mix well to combine.

Mix all dressing ingredients together until well combined

Portion 1-2 cups salad in a separate bowl and drizzle with dressing. Add 3 boiled eggs OR 1 chicken breast OR 1 cup chickpeas as a protein to make it a meal. Enjoy!

Healthy Charcuterie Board – Serves 1

Ingredients

- 1 carrot, quartered and sliced
- 1 celery stalk, quartered and sliced
- 1/3 cucumber sliced
- ¼ cup hummus, roasted garlic
- 2 tbsp grainy mustard
- 2 dill pickles, sliced
- 10 olives
- 1 cup strawberries, sliced
- 2 boiled eggs sliced
- 5oz roasted chicken, sliced
- Mary's crackers and Ryvita crackers



Prepare above items and place on a board. You can add or take away as much as you desire

DINNER

Juicy Chicken Burgers - Serves 2

Ingredients

- 1 1/3lb ground chicken
- 1/2 onion, finely chopped
- 3/4 cup fresh spinach, chopped
- 1/2 cup flat leaf parsley, minced
- 1 tablespoon tamari sauce
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt

Combine all ingredients in a bowl and let set in fridge for 30 minutes then form 4 burgers with hands.

Heat an indoor grill or pan on a cook for 10-14 minutes until cooked through.

Serve on a lettuce wrap with mustard, pickles, red onions, avocado/guacamole and tomatoes/salsa

Roasted Broccoli and Cauliflower - Serves 2

Ingredients

- 2 cups broccoli and 2 cups cauliflower chopped into florets, mixed
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 garlic cloves, finely minced
- 3/4 teaspoon crushed red pepper

Preheat to 425 degrees. Toss broccoli and cauliflower in a large bowl with olive oil, salt and black pepper.

Add garlic and crushed red pepper; toss well to thoroughly coat all pieces.

Place parchment paper on a large tray and spread cauliflower and broccoli evenly.

Roast 10 to 15 minutes or until slightly tender and beginning to brown but not burn.

Stir all vegetables once during cooking time.



Baked Salmon with Sautéed Green Beans and Asparagus - Serves 2

Ingredients

- 2 salmon filets
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 cups green beans, chopped
- 1lb asparagus, stemmed
- 2 tablespoons coconut oil
- Salt and pepper to taste

Heat oven to 375 F then line a baking sheet with parchment paper.

Place salmon on the baking sheet.

Drizzle with olive oil and season with salt and pepper. Roast in oven for 20-25 minutes, until opaque and flaky.

For the vegetables have chopped to bite sized pieces and season with salt and pepper. In a frying pan heat coconut oil to medium and sauté vegetables until tender (around 10 minutes)

Mexi Casa Black Bean Burgers - Serves 4

Ingredients

- ½ cup onion, diced
- 1 large garlic clove, minced
- 2 eggs
- 1 cup brown rice flour
- 1 cup grated carrots
- 1 cup black beans, roughly pureed or mashed
- ½ cup finely chopped parsley
- 1/3 cup almonds, grated or finely chopped
- ½ cup sunflower seeds
- 1 tablespoon olive oil
- 1 ½ teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- Salt & pepper to taste

Preheat oven to 350F. In large skillet, sauté onions and garlic in ½ tbsp oil. Mix your flax egg together in a large bowl and set aside for at least 10 minutes while you prepare the rest of ingredients. Add all ingredients (except spices and salt) to the flax egg and stir very well. Add seasoning and salt to taste. With slightly wet hands, shape dough into patties. Pack dough tightly as this will help it stick together (makes about 8 patties). Bake for 25-30 minutes until golden brown and crisp!



Apple Fennel Salad – Serves 4

Ingredients

- 1 large fennel bulb, cut into 3 inch match sticks
- 2 granny smith apples, cut into 3 inch match sticks
- Juice and zest of 1 lemon
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme
- Salt and pepper to taste
- ½ cup chopped walnuts

Add all ingredient to a bowl (except walnuts) and mix until all ingredients are well coated. Let marinate in the fridge for 4 hours. When ready to serve top with chopped walnuts.

Burrito Bowl - serves 1

Ingredients

- 6oz chicken from a rotisserie chicken (store bought)
- 1 cup minute brown rice, cooked
- ½ cup canned black beans, rinsed and drained
- ¼ cup salsa
- 1 Roma tomato, chopped
- 1 Wholly Guacamole pack (about ¼ cup)
- ½ cup shredded lettuce
- ½ small red onion, grilled
- 1 red pepper, grilled

Assemble all ingredients in a bowl and enjoy!

Turkey Meatballs and Zucchini Noodles - Serves 3

Ingredients

- 1 1/3 lbs lean ground turkey or chicken
- ¼ cup quinoa flakes
- 1 egg
- ½ cup parsley, finely chopped, divided
- 1 large clove garlic, crushed
- 1 teaspoon olive oil
- 4 cloves garlic, smashed
- 28oz can crushed tomatoes
- 1 bay leaf



- Salt and pepper to taste
- 3 cups zucchini noodles (for 2 servings)
- 2 tablespoon olive oil

In a large bowl combine ground turkey, quinoa flakes, egg, $\frac{1}{4}$ cup parsley, garlic and season with salt and pepper.

Mix all ingredients and form small meatballs. Heat oil in a small pan over medium heat. Add 4 mashed garlic cloves and sauté.

In a Crockpot pour crushed tomatoes, bay leaf, garlic and oil and combine

Place meatballs into the sauce, cover and set Crockpot to low for 5-6 hours.

When meatballs are almost ready, heat a frying pan with 1 tablespoon olive oil and sauté zucchini noodles for 3-4 minutes - just to get them warm.

Portion the noodles over 2 plates and top with 3-4 meatballs. Season with salt and pepper and add remaining $\frac{1}{4}$ cup parsley.

Shrimp and Broccoli Stir Fry - Serves 2

Ingredients

- 1 tbsp extra virgin olive oil
- 4 cups broccoli florets
- 2 pounds pre-cooked shrimp
- 4 tablespoons sesame seeds, divided
- 1 bunch green onions sliced

For the sauce

- 3 tbsp tamari sauce
- 1 tbsp rice wine vinegar
- 1 tbsp minced garlic
- 1 tbsp grated ginger
- 1 tbsp coconut sugar
- 1 teaspoon sesame oil

In a small bowl, whisk together the ingredients for the sauce then set aside.

Heat a large skillet over medium heat.

Add thawed broccoli florets to the skillet stirring frequently 2-3 minutes.

To the broccoli, add the shrimp stirring occasionally just until the shrimp turn translucent 3-4 minutes. Stir in the sauce and combine with shrimp and broccoli until well combined 1-2 minutes.

Serve immediately and garnish each serving with 1 tablespoon sesame seeds and green onions.

Blueberry Chicken Stuffed Sweet Potato - Serves 2

Ingredients

- 2 medium sweet potatoes
- 2 chicken breasts (pre cooked and shredded)
- 1 cup frozen blueberries
- Salt and pepper to taste



Preheat oven to 350F Half sweet potatoes (skins on) and cook for 40 minutes or until tender with a fork. Scoop out middle of sweet potatoes and put into a pot over medium heat. Add chicken, blueberries and season. Mix until combined and heated. Spoon ¼ mixture into each half of the sweet potatoes and enjoy!

On Track Snacking List

Snacking is encouraged on this program! Only if you are truly hungry. From my experience not many people can go more than 3 hours without good quality foods. When snacking always think NUTRIENT DENSE - no candy bars, chips or any packaged high sugar/salts foods. Those should be treats not snacks. Here is a list of more snack options that you can have available:

Berries

Raspberries

¼ cup: 16 calories, 0.20g fat, 3.67g carbs, 2g fiber, 0.37g protein
½ cup: 32 calories, 0.40g fat, 7.34g carbs, 4g fiber, 0.75g protein
1 cup: 64 calories, 0.80g fat, 14.69g carbs, 8g fiber, 1.48g protein

Blueberries

¼ cup: 21 calories, 0.12g fat, 5.25g carbs, 0.9g fiber, 0.27g protein
½ cup: 41 calories, 0.24g fat, 10.51g carbs, 1.7g fiber, 0.54g protein
1 cup: 83 calories, 0.48g fat, 21.01g carbs, 3.5g fiber, 1.07g protein

Strawberries

¼ cup: 12 calories, 0.11g fat, 2.92g carbs, 0.8g fiber, 0.25g protein
½ cup: 24 calories, 0.23g fat, 5.84g carbs, 1.5g fiber, 0.51g protein
1 cup: 49 calories, 0.46g fat, 11.67g carbs, 3g fiber, 1.07g protein

Blackberries

¼ cup: 15 calories, 0.18g fat, 3.46g carbs, 1.9g fiber, 0.5g protein
½ cup: 31 calories, 0.35g fat, 6.92g carbs, 3.8g fiber, 1g protein
1 cup: 62 calories, 0.71g fat, 13.84g carbs, 7.6g fiber, 2g protein

Nuts (Raw)

Almonds

¼ cup: 160 calories, 14g fat, 6g carbs, 4g fiber, 6g protein

Cashews

¼ cup: 160 calories, 12g fat, 8g carbs, 1g fiber, 5g protein



Pecans

¼ cup: 210 calories, 21g fat, 4g carbs, 2g fiber, 3g protein

Walnuts

¼ cup: 190 calories, 18g fat, 4g carbs, 2g fiber, 4g protein

Boiled Egg

1 egg: 78 calories, 5.3g fat, 0.56g carbs, 0g fiber, 6.29g protein

Avocado

1/2 fruit: 161 calories, 14.73g fat, 8.57g carbs, 6.7g fiber, 2.01g protein

Kalamata Olives

10 olives: 90 calories, 9g fat, 2g carbs, 2g fiber, 2g protein

Almond Nut Butter

2 tbsp: 190 calories, 18g fat, 6g carbs, 3g fiber, 7g protein

Cucumber

1 cup: 16 calories, 0.21g fat, 2.87g carbs, 2.8g fiber, 0.78g protein

Celery Sticks

2 sticks: 15 calories, 0g fat, 4g carbs, 2g fiber, 1g protein

Other snack suggestions:

- ✓ Carrots, cucumber, celery, bell peppers with 2 tablespoons baba ganoush or guacamole
- ✓ ½ cup Skyr yogurt with 1 tablespoon ground flaxseed and ½ cup berries
- ✓ 2 tablespoons pumpkin seeds
- ✓ Simple smoothie: 1 cup almond milk, ½ cup frozen mango, 1 scoop protein powder
- ✓ 2 cups kale chips
- ✓ 1 kind bar
- ✓ Apple with 1 tablespoon almond butter
- ✓ ½ cup frozen grapes (to sub for ice cream!)
- ✓ 15 almonds with 2 squares 70%+ dark chocolate
- ✓ Chicken or turkey slices rolled up with mustard





How to READ a NUTRITION LABEL

Don't let the marketing fool you! "Real Fruit" and "Low Fat" and "Organic" are simply catch phrases to grab your attention, leading you to assume that the overall food choice is a good one. Food labels tell all the health information that you actually need to know. Go by these rules whenever you are choosing a convenience product!

- 1) **Check the serving size:** whenever looking at the nutrient facts always FIRST check what the serving size is. For example a serving of most cereals is $\frac{3}{4}$ cup. Is that how much you pour into your bowl in the morning? The serving size determines the amount of nutrition you will be receiving so make sure that you are aware
- 2) **Follow the carbohydrate to fibre ratio rule:** For every 10g carbohydrates in a product there must be at least 1g fibre. Studies have shown that the average person who chooses products with adequate fibre has less health issues than those who don't. So if your nutrition bar says 28g carbs there SHOULD be at least 3g fibre, 2g would not meet the ratio.
- 3) **Mind the sugars:** Sugars are hidden in a ton of processed or convenience foods and the average person consumes around 140g of sugar per day! The recommended allowance of sugar for women is really only around 8g and for men 14g. If the package has 10g or more sugar per serving put it back! You always want single digit sugar content - and the lower the better. If processed foods are a quick and easy choice for you this is a golden rule.
- 4) **The more fibre and protein the better:** The higher the fibre and protein content the longer it will take to digest, keeping you feeling full and satisfied. You are looking for generally more than 3g fibre per serving and 7g protein per serving. The fibre and protein content will actually prevent your blood sugar levels from spiking high!

Other info you should know about labels:

- ✓ Low calorie claims = less than 40 calories per serving
- ✓ Low fat = <4g fat per serving
- ✓ Low sodium = <140mg per serving
- ✓ Low cholesterol = <25mg per serving
- ✓ Percentage daily values = <5% - poor source of nutrient; 10-20% - good source of nutrient; >20% - high source of nutrient



InBody

[InBody270]

ID | Height 5ft. 04.0in. 59 | Age Female | Gender Female | Test Date / Time 07.26.2023 16:45

Body Composition Analysis

Total amount of water in body	Total Body Water (lbs)	74.5
For building muscles and strengthening bones	Dry Lean Mass (lbs)	27.1
For storing excess energy	Body Fat Mass (lbs)	68.1
Sum of the above	Weight (lbs)	169.7

Body Fat - Lean Body Mass Control

Body Fat Mass -37.7 lbs
Lean Body Mass 0.0 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Lean Body Mass

101.6 lbs
Basal Metabolic Rate

1367 kcal

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the ideal.

Body Composition History

Track the history of the body compositional changes. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

Results Interpretation QR Code

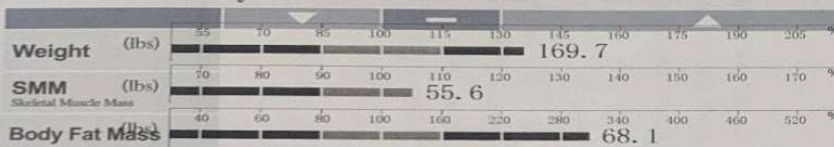
Scan the QR Code to see results interpretation in more detail.



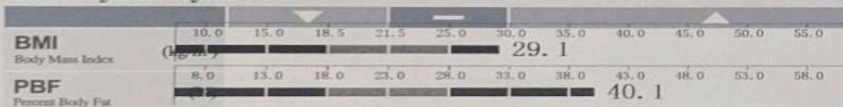
Impedance

	RA	LA	TR	RL
Z(Ω) 20 kHz	345.0	369.0	23.1	261.5
100 kHz	315.2	337.4	20.9	232.6

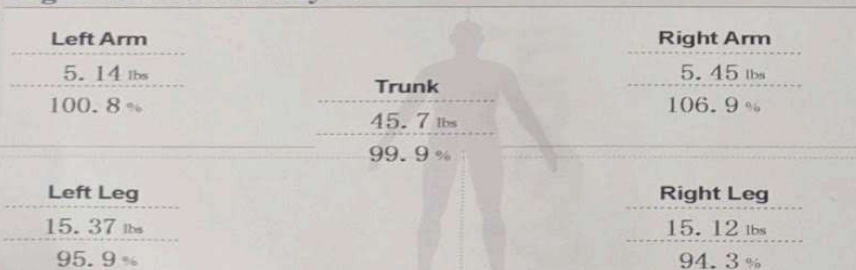
Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis



Body Composition History

Weight (lbs)	169.7									
SMM (lbs)	55.6									
PBF (%)	40.1									
Test Date / Time	07.26.23 16:45									



FAT LOSS &
FOOD FREEDOM

K

KELLY CARTER

Set yourself up for success! Join the Facebook group for community support. Reach out to me, Kelly Carter Nutrition, with any questions or concerns you may have. I cannot wait to connect more ... and remember your health is in your hands!



Website: www.onehealthclubs.com

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