Low Glycemic Index (LGI) / Anti-Inflammatory (AIP) Plan

Nutrition plays a vital role in boosting energy, elevating mood, and enhancing focus. Poor dietary choices often lead to sluggishness, while skipping meals can cause cravings and erratic energy levels. Prioritize quality over quantity by using your palm as a guide for portion sizes of vegetables and proteins.

Begin with the detox menu you followed last week adding plenty of proteins and healthy fats.

Kickstart each day with a protein-rich meal within 30 minutes of waking to rev up your metabolism. If you're practicing intermittent fasting, which can last from 12 to 16 hours based on your lifestyle, adjust your meal times accordingly while still starting with protein, unlimited vegetables, and healthy fats.

Follow the suggested menu ideas, remembering that vegetables are essentially unlimited. Ensure you consume enough food, as not eating adequately may hinder your progress.

Be prepared. Prepare snacks of raw or lightly steamed vegetables to keep on hand at all time to help your energy levels steady.

When it comes to most vegetable choices, (with exception to beets, turnips, rutabaga, parsnips) the less cooking, the better, as this results in a lower sex glycemic index, leading to more beneficial outcomes.

Stay hydrated with spring water, alkaline water, filtered water, or lemon water.

You can reintroduce coffee, but be mindful that it can deplete vitamin B levels and impact gut health, so limit intake to one cup per day and avoid sugar and artificial sweeteners. Stevia can be a suitable sweetener. If you enjoy coffee with cream and sugar, remember that you might be craving fat and sugar rather than coffee itself; consider substituting warm water with a splash of lemon juice instead.

Enhance the flavor of your vegetables with raw apple cider vinegar mixed with olive oil, kr embrace healthy oils like coconut, walnut, grape-seed, and flaxseed oil. Avoid heating flaxseed and olive oil, while cooking with high-heat oils such as coconut, walnut, and grape-seed are acceptable. Healthy fats also include avocados, nuts, and seeds—aim for 3 to 4 tablespoons daily to enrich flavor and nutrition.

Think of food in terms of its nutritional density.

Experiment with cooking methods like steaming, grilling, baking, poaching, and stewing, using fat-free vegetable broth or water.

Opt for single-ingredient herbs and spices to avoid fillers and preservatives.

Continue to enjoy fruits separately, either 30 minutes before or two hours after meals, to help prevent fermentation in the gut.

Remember, food (fuel) is crucial for maintaining energy levels, and studies show that monitoring progress and celebrating achievements fosters further success.

Guidelines for Women:

- Limit low glycemic index (G.I.) carbohydrates to twice daily; once is even more beneficial.
- Enjoy one serving of low G.I. fruit daily, avoiding melon, pineapple, and mango.
- Aim for 4 to 6 ounces of protein per serving.
- Eliminate grains and bread, including high-fiber & Paleo options.
- Avoid low G.I. carbohydrates at breakfast to boost metabolism and energize your day.

Guidelines for Men:

- Limit low G.I. carbohydrate servings to twice a day; once daily can enhance results even more.
- Enjoy two servings of fruit daily while adhering to the restrictions on melon, pineapple, and mango.
- Aim for a protein serving size of 6 to 8 ounces.
- Exclude grains and bread, including high-fiber & Paleo options, and avoid carbohydrates at breakfast for sustained energy throughout the day.

Disclaimer: If you are undergoing hormone therapy, please consult your healthcare professional.

We kickstart our metabolism with the first meal or food intake of the day, which is why it's essential to focus on protein for immediate energy and strength. This is in contrast to consuming medium GI carbohydrates, which are better for energy storage later.

Be aware of the food combination guidelines

Do Eat:

Protein with Vegetables or

Vegetables with Fats or

Vegetables with Complex Starches (grains, beans, legumes)

Fruits 30 minutes before or 2 hours after a meal.

Do not Eat:

Protein with Fats

Protein with Complex Starches

Fruits just before or with a meal or as a dessert after a meal.

Meal Suggestions:

- Breakfast: One serving of protein accompanied by 2 to 3 cups of colorful vegetables or salad.
- Snacks: 2 cups of vegetables or salad, or one serving of fruit.
- Lunch: One serving of protein, 2 to 3 cups of vegetables or salad, and a small portion of a low G.I. carbohydrate.
- Dinner: One serving of protein, 2 to 3 cups of vegetables or salad, and a permissible low G.I. carbohydrate.

Protein Choices:
Consider the benefits of canned tuna, salmon, and sardines for quick, on-the-go protein options. If you're not a fan of canned fish, explore fresh varieties such as salmon, haddock, tuna, grouper, mahi-mahi, sea-bass and flounder. Shellfish like shrimp, scallops, mussels and clams also provide great variety.

For land-based proteins, opt for skinless poultry options, including white meat chicken, turkey, and Cornish hens. Enjoy eggs or egg whites in a nutritious morning scramble. Enjoy beef, pork, and lamb sparingly, limiting consumption to once a week as a special treat.

Experiment with dairy-free alternatives like rice, soy, almond, cashew, or macadamia cheese and milk. Choose unsweetened coconut, soy, cashew, or almond yogurt, or plain nonfat Greek yogurt. Refresh with unsweetened almond, coconut, cashew, or rice milk, or select skim or nonfat options for something lighter.

Consider low or nonfat veggie or garden burgers, ensuring you check the ingredients for fillers that may not meet your dietary needs.

Foods to Watch Out For:
Avoid these treats for the first six weeks and keep them to a minimum thereafter:

- Cakes, pastries, muffins, donuts, fluffy bread, waffles, and cookies, especially simple refined white flour products.
- Milk chocolate, hard candies, jellybeans, toffee, caramel, and nougat.
- Sugary cereals, especially those made with white flour.
- Full-fat dairy products like milk, cheese, ice cream, and sugary yogurts; opt for plain unsweetened varieties.
- French fries, crispy fried fish, and onion rings, fried pickles, Oreos and everyone else that is fried today. (Air frying is ok)

If you use nuts as a power snack, remember they are calorically-dense, a little can go a long way. For packaged foods, read labels carefully to ensure you know what you're consuming. Be cautious with health foods that may not actually be healthy, such as juices, dried fruits, and nutrition bars, as they can contain sneaky ingredients that can throw you off your game.

Read labels carefully and aim for net carbs in the single digits, with sugar limited to less than 2 grams, but no more than 5 grams.

How to calculate net carbs:
Total Carbohydrates (grams) minus dietary fiber (grams) minus sugar alcohols (if present) equals net carbs.

Sugar alcohols do not significantly affect blood sugar levels and can be referred to as the "tols," which include xylitol, erythritol, mannitol, and others. However, it's important to limit these, as they may disrupt gut health and other health implications and are not natural sugars. The best alternatives for sweeteners are stevia, coconut palm sugar, or monk fruit.

Vegetable and Salad Greens: (Serving size 1 cup, unless stated otherwise)

- Asparagus
- Bean Sprouts
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage (Red or White)
- Cauliflower
- Water Chestnuts
- Chard
- Collard Greens
- Cucumber
- Eggplant
- Green Beans
- Hot Peppers
- Dandelion Greens
- Endive
- Parsley
- Carrots
- Snow Peas
- Spinach
- Jicama
- Kale
- Leeks
- Lettuce - all varieties
- Okra
- Olives (1/4 C)
- Mushrooms
- Onions
- Sauerkraut - no sugar
- Snow Peas
- Zucchini
- Celery

Additional Items:

- Beets - roasted (1/2 C)
- Tomato Paste (1/2 C)
- Tomato Juice (1/2 C, no salt)
- Vegetable Juice (1/2 C, no salt)
- Yellow Squash
- Vegetable Soup

- Radishes
- Escarole
- Peppers
- Watercress
- Snow Peas
- Zucchini
- Celery
- Snap Peas

Seasonings:

- Spices and herbs: allspice, basil, bay leaf, cardamom, cinnamon, cloves, cumin, curry, dill, fennel, garlic, horseradish, mace, marjoram, mint, mustard, nutmeg, oregano, paprika, parsley, pepper, rosemary, saffron, sage, tarragon, thyme, turmeric
- Lemon juice
- Raw apple cider vinegar
- Natural extracts (vanilla, almond, orange)
- Bouillon (chicken, low salt, low fat)
- Low sodium soy sauce or Tamari (wheat-free soy sauce)

Low-GI Carbs (1/2 cup serving unless noted):

- Baked beans (sugar-free)
- Green peas
- Lentils
- Taro root (1/4 cup)
- Various beans: red, black, garbanzo, etc.
- Soups: low-fat bean, lentil, pea, vegetable
- Winter squash (acorn, butternut, spaghetti)
- Yam/sweet potato (boiled, steamed, or baked)
- Tip: Add flax seed to oatmeal for health benefits

Fruits (1 medium fruit serving unless noted):

- Apple
- Apricots (4)
- Banana
- Berries (3/4 cup)
- Cantaloupe (1/3 small)
- Cherries (12)
- Currants (3 tbsp)
- Fresh dates (2)
- Fresh figs (2)
- Grapefruit
- Honeydew (1/16 medium)
- Kiwi
- Kumquats (4)
- Lemon
- Lychees (7)
- Mandarin orange
- Nectarine
- Orange
- Papaya (1/2 medium)
- Peach
- Pear
- Pineapple (1 cup)
- Plum
- Pomegranate (1/2 small)
- Raisins (2 tbsp)
- Watermelon (3/4 cup)

Foods that may help with fat burning include:

- Apple Cider Vinegar (must be raw)

Do not underestimate the power of raw apple cider vinegar! Just a few drops can elevate your salad while stimulating your digestion and fat-burning metabolism thanks to its malic acid

content. The fermentation process creates a cleansing effect on your cells, and it is rich in potassium.

- Asparagus

Rich in asparagine, this vibrant green vegetable can enhance kidney function and promotes circulation, directly targeting stubborn fat cells which may help in fat reduction. Additionally, it contains a unique compound that neutralizes oxalic acid, preventing fat retention.

- Avocado

Avocado offers healthy fats that your body readily utilizes for energy. Regularly incorporating this green fruit into your meals can contribute to lower cholesterol levels and improved appetite control.

- Beets

Beets are vibrant vegetables that aid in detoxification. They can function as a cleansing agent for your liver and kidneys while boosting iron levels.

- Brussels Sprouts

Brussels sprouts, often regarded as miniature cabbages, deliver significant health benefits. They can stimulate glandular activity, particularly in the pancreas, assisting in the detoxification of unwanted cells. Rich in minerals, they promote the efficient release of waste.

- Cabbage

Cabbage is a detoxifying vegetable that supports bodily cleansing through its sulfur and iodine content. Effective in combating stubborn belly fat, it acts as a diuretic that helps break down fat in challenging areas. Pro-tip: Look for the raw fermented kind to lessen the ‘gassy’ effects of this vegetable.

- Carrots

They are rich in carotene, which can initiate a fat-flushing process in the body. When converted to vitamin A, carotene helps boost metabolism—making carrots a delicious and nutritious addition to your diet!

- Celery

Celery is a crunchy, calcium-rich powerhouse that supports the endocrine system in breaking down stubborn fat, enhanced by its magnesium and iron content.

- Chili Peppers

Thanks to capsaicin, these spicy additions can boost your energy levels and increase calorie expenditure. Also beneficial to lowering risk cardiovascular health issues.

- Coffee

The caffeine content accelerates metabolism and can enhance calorie burning. Keeping it n check as it can reduce vitamin b levels in your body, which helps brain health, boosts energy, lifts mood and aids in formation of blood cells.

- Cucumber

Cucumber is the refreshing addition that aids in flushing out uric acid while facilitating the release of fat from cells. Its high sulfur and silicon content makes it an essential component of any fat-fighting regimen. It's also very versatile and a great base for a lot of carb heavy alternative recipes.

- Eggs

Eggs are the protein-rich champions in the battle against fat! Each egg contains approximately 7 grams of protein and only 75 calories, making them a filling choice without excess calories. Notably, your body expends more energy digesting protein compared to carbohydrate-heavy breakfasts, making eggs a smart breakfast option.

- Garlic

Garlic is not only a flavorful ingredient but also acts as a natural diuretic. Its mustard oils create a cleansing effect in the body, aiding in fat breakdown and elimination. Incorporate garlic for both health benefits and enhanced flavor!

- Green Tea

With its combination of caffeine and polyphenols, it boosts energy, curbs cravings, and accelerates metabolism.

- Horseradish

Horseradish contains allyl isothiocyanate, which has antibacterial properties. It also contains sinigrin, which can help reduce inflammation

- Lettuce

Rich in iron and magnesium, it aids in detoxification and enhances metabolism. Pro-tip: The darker the variety, the greater its nutritional benefits.

- Nuts

Nuts are crunchy snacks that promote satiety, helping you feel fuller for longer. Almonds, walnuts, and hazelnuts are not only delicious but also assist in hunger regulation and weight management. Choose these nutrient-dense powerhouses for smart snacking!

- Oatmeal

Enhance your day with a warm bowl of oatmeal—it's like a comforting embrace! This fiber-rich meal keeps you satisfied while helping to lower cholesterol levels. It’s an excellent companion for sustained energy and for curbing unhealthy snack cravings. (adding nuts or nut butters and some ground flax seeds only increases its nutrient value).

- Onions

Onions are often overlooked but are vital for fat metabolism. Their mineral content accelerates metabolism and aids in the breakdown of fat deposits. Add them to your dishes for an extra flavor and health boost!

- Radishes

Radishes act as a natural detoxifier, packed with iron and magnesium that may aid in dissolving fat cells. Radishes have chemical compounds like glucosinolate and isothiocyanate that are thought to help manage your blood sugar levels.

- Tomatoes

Tomatoes contain both soluble and insoluble fiber, which can help with weight loss. Tomatoes are mostly water, which can help you feel full without adding a lot of calories. Staying hydrated can also help you avoid confusing thirst with hunger.

- Yogurt

Abundant in probiotics, it supports gut health and promotes a feeling of fullness, making it easier to resist snack temptations.

Healthy grocery list:

Beverages:

Almond Milk, Coconut Kefir, Coconut Milk, Cashew Milk, Medicinal Teas, Herbal Teas, Kombucha, Raw Cold Pressed Vegetable Juices, Sparkling Water, Spring or Alkaline Water.

Condiments:

Raw Apple Cider Vinegar, Balsamic Vinegar, Coconut Vinegar, Coconut Aminos, Cocoa, Extracts (Vanilla/Almond), Guacamole, Hummus, Mustard (Stone Ground), Mayo (Grapeseed Oil), Salsa, Pink Himalayan Sea Salt.

Dairy (Raw or Low-Temp Processed):

A2 Cow's Milk, A2 Cow's Cheese, Goat's Milk, Goat's Cheese, Kefir (Cultured Goat Milk), Sheep Cheese, Sheep Yogurt.

Fats/Oils:

Avocado Oil, Almond Oil, Butter (Pasture raised), Coconut Oil/Milk, Ghee, Grapeseed Oil, Macadamia Oil, Olive Oil, Sesame Oil, Palm Oil, Walnut Oil (No Canola, Sunflower or Vegetable oil).

Fish (Wild Caught, No Farm Raised):

Anchovies, Bass, Cod, Grouper, Haddock, Halibut, Herring, Mackerel, Mahi Mahi, Red Snapper, Salmon, Sardines, Seabass, Trout, Tuna, Walleye, Wahoo.

Fruits:

Blackberries, Blueberries, Cranberries, Goji Berries, Raspberries, Strawberries (Preferred), Apple, Apricot, Banana, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew, Lemon, Lime, Mango, Nectarine, Pears, Pineapple, Plums, Pomegranate, Rhubarb, Watermelon (In Moderation).

Meat (Organic, Grass-fed):

Beef, Bison, Chicken, Duck, Eggs, Lamb, Turkey, Quail, Venison, Pork Loin/Chop (Heritage, Pasture Raised).

Nuts and Seeds:

Almonds, Brazil Nuts, Chia Seeds, Cashews, Flax Seeds, Hemp Seeds, Hazelnuts, Macadamia, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Sesame Seeds, Walnuts, Nut Butters, Seed Butters (No Peanuts).

Occasional Indulgences:

Wine, 70% Dark Chocolate.

Spices and Herbs:

Basil, Black Pepper, Cayenne Pepper, Chili Pepper, Cilantro, Coriander Seeds, Cinnamon, Cloves, Cumin, Dill, Fennel, Garlic, Ginger, Mint, Mustard Seeds, Nutmeg, Oregano, Paprika, Parsley, Peppermint, Rosemary, Sage, Tarragon, Thyme.

Supplements:

Omega-3 Fish Oil, Turmeric, Green Powder, Magnesium.

Sweeteners (In Moderation):

Xylitol, Stevia, Monk Fruit Sweetener, Coconut Palm Sugar

Vegetables:

Artichoke, Arugula, Asparagus, Avocados, Beets, Beet Greens, Bell Peppers, Bok Choy, Bib or Boston Lettuce, Broccoli, Broccoli Rabe, Brussels Sprouts, Cabbage, Carrots, Celery, Collards, Cucumbers, Dandelion Greens, Eggplant, Garlic, Green Beans, Kale, Kelp, Mushrooms, Olives, Onions, Parsnip, Peppers, Pumpkin, Radicchio Lettuce, Radish, Romaine Lettuce, Sea Vegetables, Spinach, Squash, Tomatoes, Turnip Greens, Watercress, Wheat Grass.

Mindset - What we tell ourselves..

Are you a pro at crafting excuses to dodge what you need to do to crush your goals?

“I’m not a fan of sweating!”

“I panic when I can’t catch my breath!”

“My family would stage a protest over that meal!”

“I’d need a pre-work shower!”

“My job has me jet-setting everywhere!”

“My shins throw a fit when I try!”

“I’d have to spend my day in the bathroom”?

“I break out from that!”

“I can’t fit another thing into my schedule”

“How do I handle all these sweaty clothes?”

“I’ll get started on Monday!”

“I’ll kick things off at the start of the year!”

So many people chat about making a change, but when the rubber meets the road and it’s time to hustle, they suddenly become excuse-making machines, clinging to their comfy routines. We are creatures of habit. The mind likes what is familiar, creating a new habit will take commitment and going back to you why. Don’t let your own excuses trap you; if you’re making them, it might just mean you’re not quite ready to level up!

Are you thinking that hitting a magic number on the scale will unlock your true happiness?

When you catch yourself saying, “I’ll be on cloud nine when I hit ____ pounds,” two things might happen: you could be stuck in a never-ending diet loop struggle that leads to guilt and shame, or you might reach that elusive number only to realize it’s not as satisfying as you thought it would be.

Here’s the scoop: that extra weight is often just a red flag waving at deeper issues. If you only focus on the scale, you’re treating the symptom, not the cause. But when you dig deep and tackle the real problem, not only do you boost your mood, but you also set the stage for some serious self-care that might just help with those weight woes!

Do you find yourself chasing after shortcuts or wanting the easy peasy paths to your dreams?

Let’s be real: anything worth having requires a sprinkle of sweat, a dash of dedication, and a hearty helping of commitment. Whether it’s raising tiny humans, climbing the career ladder, or nurturing a love life, it’s all about sticking to what matters most to you. The same goes for a lifestyle change and self-care, no magical potions here just consistency in caring and loving yourself! If you’re pinning your hopes on the latest health craze, you’re basically trying to dodge the hard work and tough choices. Sure, the easy way looks shiny, but it’s got nothing on the glow of genuine love and commitment to yourself!

Are you the type who can’t stand slow progress?

Join the club! It has taken us time, sometimes decades to get to the point that we are in our lives, and then we expect it to all change in a blink. Newsflash: that’s not how it works! At least not for our bodies. Our minds can change in a blink, and then we need to fuel our bodies and live

our lives matching our new mindset choices of a higher vibrational lifestyle. Dropping those pesky pounds or just living more healthily to meet your health goals means fueling your body, revving up your metabolism with some exercise, and cleaning up your eating habits—oh, and it takes time for your body to catch up to this new you! Remember, slow and steady wins the race. Keep at it and stay positive!

Do you throw in the towel when you hit a snag?

I've seen folks use setbacks as their go-to excuse, whether they realize it or not. Spoiler alert: setbacks are part of the package! Instead of letting them hinder your progress, treat them like the quirky plot twists they are. Healing is not linear. They add flavor to your life and serve up opportunities for growth. If you can bounce back from those bumps in the road, you're flexing some serious strength, character, and determination. And trust me, the sweet taste of success will be worth the wait!

Are you a procrastination pro?

We've all danced with procrastination at some point. But if it's become your go-to move, it's time for a reality check! Let's be real: procrastination is just fear wearing a lazy disguise. When you talk a big game about wanting something but never actually take action, you're not just being lazy—you're scared! Scared of failing, changing, succeeding, or the mysterious unknown! Anything that stalls your progress usually has fear lurking behind it. Get out your journal, hire a coach or a therapist and let's kick procrastination to the curb!

Are you a people pleaser?

Spoiler alert: putting your well-being first actually works wonders for those around you! Some folks will cheer you on, while others might throw a mini tantrum. If you get too caught up in not letting someone down, you might just trip over your own goals! Cue the guilt, fear of judgment, and the anxiety of possibly losing those relationships—yikes! If you feel a twinge of guilt for sneaking in some exercise, munching on those healthy greens, or indulging in your happy hobbies, here's my golden nugget: LET IT GO! Caring for yourself and chasing positive vibes is not just a perk; it's your duty!

Beware of Friendly Enemies... Frenemies!

The reactions from your inner circle—partners, pals, family, coworkers—can swing from enthusiastic high-fives to subtle jealousy or full-blown sabotage. Sometimes, it's all wrapped in concern or guilt trips disguised as friendly nudges. You might hear gems like:

"Just a little won't hurt!"

"Let's hit the town for drinks!"

"You totally want a bite of this!"

"Come on, seconds won't bite!"

"I whipped this up just for you!"

"Just this once won't ruin your progress!"

"You're looking a bit too slim, you okay?"

"Are you just trying to get attention?"

"Are you still on the diet?" (eye roll)

"What do you mean, exercise?!"

"Skip it this time; let's have fun!"

"You've turned into a total bore since going healthy!"

Do You Hesitate to Shake Things Up?

Change is like a wild roller coaster, urging you to leap from your cozy couch into the thrilling unknown! And yet, change is the only constant we have in the universe. We have changed from newborns, to toddlers, from crawling to walking, to adolescence to adults, from being dependent to independent. Sure, it asks you to kick fear to the curb, put in the drive and determination to keep moving forward, which at times can feel like a monstrous task. But once you tackle it, get ready for a fabulous life makeover!

Fear of change can be like a heavy anchor, keeping you from chasing those dreams and treasures you truly deserve. Clinging to extra pounds might just be your sneaky way of shielding yourself from stress, heartache, and even the sweet taste of success and romance. It can keep you sitting on the sidelines while life throws a dance party! Get out your journal, talk to a friend, trusted family member or a therapist to help you overcome your fears.

Are You a Snack Attack Survivor?

Do you dive into a tub of ice cream when stress hits? Or munch mindlessly because boredom has knocked on your door?

If life's challenges have you reaching for comfort food, you're not alone! **Emotional eating** can be a sneaky sidekick, tagging along with stress from work, home, or those pesky feelings of loneliness and disappointment. It's like a buffet of emotions—fear of failure or success, and deep-rooted trauma feeding into a lack of self-love.

By tackling emotional eating head-on, you can not only shed those unwanted pounds but also whip up a life bursting with health and happiness you didn't even think was possible! Just remember, those habits didn't form overnight, so give yourself time and patience to untangle that delicious mess!

Before you dive headfirst into your new lifestyle, loop in your loved ones! Share what achieving your goals means to you and ask for their high-fives and support. Who knows? They might just catch the inspiration bug too!

Be sure to utilize the hypnotic downloads available to you that can help you stick to your goals, boost your confidence and achieve the success you are going after and that you know you deserve! Here is to your health and happiness!

High, Medium & Low GI

If you want to dig deeper into the Low Glycemic lifestyle, there are a ton of online resources, some that even cover it with a nifty red, yellow, and green zone chart for easy peasy reference!

If you're cruising along the Low GI (Anti-inflammatory) lifestyle path, you'll want to fill your plate with low GI goodies. These slow-digesting delights keep you feeling full and fabulous, letting you munch less without the grumbling tummy. Tossing a low GI snack into your meal? Boom! You've just lowered the whole meal's glycemic index. Check out our recipe section for delicious low GI meal ideas!

Now, what's this GI business? Each food comes with a number that shows how it affects your blood sugar levels after eating. Keep in mind, this number can wiggle a bit from person to person and even from brand to brand. For instance, Special-K can be a slippery character, showing different GI ratings in the US versus Australia—thanks to ingredient shake-ups! Read those labels or eat whole, fresh, non-packaged foods!

Here's the lowdown on the GI scale:

Low GI = 55 or less

Medium GI = 56 - 69

I do not personally monitor GI numbers because my clients and I have effectively followed the other guidelines provided here. However, I wanted to include a brief overview for those interested in delving deeper. Below, you will find some quick charts that categorize the GI of

common foods. These are merely samples; there are entire books and professionals dedicated to this topic if you wish to explore further.

Enjoy your meals, and may your food choices always work in your favor!

Low GI	Medium GI	High GI
All-bran (UK/Aus)	Bran Buds	Cornflakes
All-bran (US)	Mini Wheats	Sultana Bran
Oat bran	Nutrigrain	Branflakes
Rolled Oats	Shredded Wheat	Coco Pops
Special K (UK/Aus)	Porridge Oats	Puffed Wheat
Natural Muesli	Special K (US)	Oats in Honey Bake
		Team
		Total
		Cheerios
		Rice Krispies
		Weetabix

Low GI	Medium GI	High GI
Soya and Linseed (36)	Croissant (67)	White (71)
Wholegrain Pumpernickel (46)	Hamburger bun (61)	Bagel (72)
Heavy Mixed Grain (45)	Pita, white (57)	French Baguette (95)
Whole Wheat (49)	Wholemeal Rye (62)	
Sourdough Rye (48)		
Sourdough Wheat (54)		

Low GI	Medium GI	High GI
Wheat Pasta Shapes (54)	Basmati Rice (58)	Instant White Rice (87)
New Potatoes (54)	Couscous (61)	Glutinous Rice (86)
Meat Ravioli (39)	Cornmeal (68)	Short Grain White Rice (83)
Spaghetti (32)	Taco Shells (68)	Tapioca (70)
Tortellini (Cheese) (50)	Gnocchi (68)	Fresh Mashed Potatoes (73)
Egg Fettuccini (32)	Canned Potatoes (61)	French Fries (75)
Brown Rice (50)	Chinese (Rice) Vermicelli (58)	Instant Mashed Potatoes (80)
Buckwheat (51)	Baked Potatoes (60)	
White long grain rice (50)	Wild Rice (57)	
Pearled Barley (22)		
Yam (35)		
Sweet Potatoes (48)		
Instant Noodles (47)		
Wheat tortilla (30)		

SNACKS & SWEET FOODS - EVEN THOUGH SNICKERS ARE A LOW GI SNACK, IT IS NOT A HEALTHY FOOD

Low GI Foods	**Medium GI Foods**	**High GI Foods**
Slim-Fast meal replacement 27	Ryvita 63	Pretzels 83
Snickers Bar (high fat) 41	Digestives 59	Water Crackers 78
Nut & Seed Muesli Bar 49	Blueberry muffin 59	Rice cakes 87
Sponge Cake 46	Honey 58	Puffed Crispbread 81
Nutella 33		Donuts 76
Milk Chocolate 42		Scones 92
Hummus 6		Maple flavoured syrup 68
Peanuts 13		
Walnuts 15		
Cashew Nuts 25		
Nuts and Raisins 21		
Jam 51		
Corn Chips 42		
Oatmeal Crackers 55		

FRUIT

Low GI	Medium GI	High GI
Cherries (22)	Mango (60)	Watermelon (80)
Plums (24)	Sultanas (56)	Dates (103)
Grapefruit (25)	Bananas (58)	
Peaches (28)	Raisins (64)	
Peach, canned in natural juice (30)	Papaya (60)	
Apples (34)	Figs (61)	
Pears (41)	Pineapple (66)	
Dried Apricots (32)		
Grapes (43)		
Coconut (45)		
Coconut Milk (41)		
Kiwi Fruit (47)		
Oranges (40)		
Strawberries (40)		
Prunes (29)		

DAIRY

Low GI	Medium GI	High GI
Whole milk (31)	Ice cream (62)	
Skimmed milk (32)		
Chocolate milk (42)		
Sweetened yoghurt (33)		
Artificially Sweetened Yoghurt (23)		
Custard (35)		
Soy Milk (44)		

VEGETABLES

Low GI	Medium GI	High GI
Frozen Green Peas 39	Beetroot 64	Pumpkin 75
Frozen Sweet Corn 47	Red Potato 56	Parsnips 97
Raw Carrots 16		White Potato 85
Boiled Carrots 41		
Eggplant/Aubergine 15		
Broccoli 10		
Cauliflower 15		
Cabbage 10		
Mushrooms 10		
Tomatoes 15		
Chillies 10		
Lettuce 10		
Green Beans 15		
Red Peppers 10		
Onions 10		

Low GI	Medium GI	High GI
Frozen Green Peas 39	Beetroot 64	Pumpkin 75
Frozen Sweet Corn 47	Red Potato 56	Parsnips 97
Raw Carrots 16		White Potato 85
Boiled Carrots 41		
Eggplant/Aubergine 15		
Broccoli 10		
Cauliflower 15		
Cabbage 10		
Mushrooms 10		
Tomatoes 15		
Chillies 10		
Lettuce 10		
Green Beans 15		
Red Peppers 10		
Onions 10		

LEGUMES

Low GI	Medium GI	High GI
Kidney Beans (canned)	Beans in Tomato Sauce	
Butter Beans		
Chick Peas		
Haricot/Navy Beans		
Lentils, Red		
Lentils, Green		
Pinto Beans		
Blackeyed Beans		
Yellow Split Peas		

Use this daily checklist to help keep you accountable. Accountability leads to success!

DAILY CHECKLIST

Performance Recommendations:

□ Wake up with the sunrise

□ Start my day with warm lemon and multi mineral or mineral water (pinch of pink Himalayan or Celtic gray salt in water)

□ Take probiotics in AM; omegas in PM

□ Stretch for 5 minutes upon rising

□ Get ___ minutes of cardio (goal 30)

□ Get ___ minutes of stretching (goal 30)

□ Get ___ minutes of strengthening (goal 30)

□ Drink ___ oz. of liquid per day (goal: at least 1/2 your body weight in ounces)

□ Drink seasonal or detox teas

□ Eat breakfast, lunch, and dinner

□ Eat fruit, vegetables OR protein snacks mid-morning and mid-afternoon

□ Stretch 5 minutes before bed

□ Go to bed between 8pm and 10pm

□ Get at least 7 hours of sleep (even if these hours include relaxing, praying, or meditating)

□ Energy levels: _____ (scale 1 to 10, "1" exhausted to "10" abundant)

□ Mental clarity: _____ (scale 1 to 10, "1" foggy to "10" sharp)

□ Stamina: _____ (scale 1 to 10, "1" dragging to "10" robust)

□ Strength: _____ (scale 1 to 10, "1" weak to "10" vigor)

□ Body Composition Measurement: _____

We have an optimal body composition that can be stabilized and maintained with optimal diet, exercise & rest. Using a body measurement scale can help.

□ Mood: (Happy, Satisfied, Calm, Relaxed, Sad, Angry, Tense, Frustrated)

_____

□ Elimination: 1) Frequency: _____

2) Consistency: Firm _____ Solid _____ Hard _____ Liquid _____ Loose _____

3) Color: _____

□ My greatest success today:

_____

□ Area to improve:

_____

TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up							
Breakfast							
Lunch							
Dinner							
Snacks (AM)							
Snacks (MID DAY)							
Snacks (PM)							
NOTES:							
Bowel Movements							
Bedtime							
Sleeping Patterns							
Mood							
Energy							
Exercise							
Positive Affirmations							
Supplements							
Glucose Readings							