



Win At Weight Loss Tip Sheet

I am so excited for you and I can't wait to share this journey with you!

In addition to some fast and nutritious recipes, as a member of my tribe you will have access to tips and solutions that will help you FEEL better and give you the most bang for your buck.

I'll help you find the motivation to keep on keeping on and slowly but surely rebuild yourself from the ground up! I'm not just talking about nutrition here either. What I know with 100% certainty is that winning at the weight loss game is not solely about knowing what to eat. It **is** about looking at yourself, food and life differently!

It's about breaking out of old habits and replacing them with new ones.

It's about doing what "feels good" to YOU each and every day so that you have the strength, motivation, energy and self LOVE to keep on working towards becoming **your best self.**

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Now here is the tough part.

I CAN'T do this for you.

You have to make a commitment to yourself. Some of the things I may ask you to do, may be challenging. Some of them you have likely heard before. The difference is that I am going to thoroughly explain why, when and how! I'm going to show you what's in it for you! I'm going to help you become your own personal health investigator!

That's right, at the end of the day, the reason behind **why** is paramount.

Why is what will make a nutrition tip that maybe you've heard before, but made you roll your eyes, suddenly make sense! If I just tell you to do something because "I said so" as if I'm in charge of you and I know better, the likelihood of you being compliant is slim to none over the long term.

My hope is that over time you will take some of the advice I provide and create your **"New Normal"**.

Take each day as it comes, make the commitment to give it a shot.

Don't over think it! Don't allow yourself to doubt, just give it a shot and wait and see what your body tells you! Remember, your body can only speak to you through symptoms. So pay close attention!

The following are some very effective and easy to follow tips that I give my own personal clients. Used consistently, these tips can transform the way you eat, feel and how you view yourself.

The cornerstone of my "Real Life" approach is eating in hormonal balance because it will increase fat loss, energy and mental alertness and decrease sugar cravings, lethargy and mental foggyiness.

ALL without deprivation!

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Getting in shape *doesn't have to be*

so hard!

Macronutrients = Fuel = Protein + Carbohydrates + Fats

ALWAYS include one of each at every meal and snack for proper hormonal balance!
Managing your blood sugar levels is critical for fat loss, energy and satiety.

GOOD PROTEINS	GOOD FATS	GOOD CARBS
Lean organic or free range chicken	Avocado	Quinoa (gluten free-also a good protein source)
Lean organic, grass fed, pastured or free range beef	Nuts-especially almonds (high in calcium) and walnuts	Legumes such as chickpeas and black beans
Fermented soy products (i.e. tempeh)	Seeds (pumpkin, sunflower, chia, hemp, flax)	Low gluten whole grains such as spelt, kamut, buckwheat (gluten free)
Small fish/wild caught	Organic extra virgin olive oil	Sweet potatoes
Canned wild salmon or light tuna (in moderation)	Fish oil	Squash
Raw Sprouted Brown Rice or Grain Free Vegan Protein supplement (I recommend SunWarrior)	Flax oil (never heat), Organic and or pastured butter	All Fruits and Vegetables especially berries and leafy greens!!
Lean organic or free range turkey breast	Olives	
Edamame	Coconut oil-raw and organic	

Portion control guideline for woman

- o 1 Palm of protein dense foods with each meal
- o 1 Fist of “starchy” vegetables with each meal (i.e. carrots, squash, sweet potato, egg plant) OR low/medium-glycemic fruit OR whole grains (i.e. brown rice, quinoa, oats)
- o Unlimited amount of green leafy vegetables, and less starchy veggies (broccoli, cauliflower, zucchini, peppers, cucumber, fennel)
- o 1 entire thumb of fat dense foods (i.e. 10-12 almonds)

Tips to keep in mind!

- o Nutrient dense foods are full of nutrients found in nature and have a short shelf life - these should make up 90% of your diet.
- o Calorie dense foods are full of calories, few nutrients and have a long shelf life, eat as little as possible.
- o Pre cut fruit/veggies and put them in a glass container so you can snack on them instead of chips.
- o Don't “save up” meals in anticipation of a big dinner or event. All this will do is set you up for binge eating and having little control over what you choose because you are too hungry. A better approach when dining out is to have a light healthy snack before hand to prevent you from eating less than healthy foods or simply too much.
- o STOP eating after 8pm or at least 3 hours before bed for optimal digestion and sleep.
- o Skipping the starchy carbohydrate at dinner is advisable on non-workout days.
- o It is preferable to eat fruit in the earlier part of the day
- o Drink Green Tea throughout the day –great source of antioxidants, increases fat burning.
- o Try to get a minimum of 6 hours of sleep per night. (my fat burning secret)

Eating out recommendations

- o Stick to grilled lean protein such as fish, chicken, shrimp, calamari etc.
- o Don't be afraid to ask for substitutions!
- o Always choose a mixed green salad for a starter
- o Skip the “Starch” i.e. rice, bread, pasta etc.
- o Ask for extra vegetables instead or a side salad
- o Ask for no oil or extra salt on your veggies

- o Watch your portion sizes (see above); typical food portions in restaurants are 2-3 times larger than they should be
- o Eat slowly and take time to properly chew your food
- o Stop eating when you are 80% full (satisfied, not full is the key)
- o Remember that there is a ton of hidden salt and oil at restaurants, so no need to add a “fat” to your meal and make sure to drink a ton of water.

MOST importantly—remember you are not perfect and nobody expects you to be. You will not gain weight because you overate at one meal AND you will not lose weight because of one well-balanced meal either. Consistency is the key to your success. Ultimately, your goals will depend on your ability to reframe your thinking so that you prioritize long-term health instead of short-term losses!

The whole point of weight loss is to get healthy.

The best plan is one that is sustainable over time.

REALFOOD . REALLIFE . REALSOLUTIONS .

***Love,
Ciara xo***

Ciara Foy is a registered Holistic Nutritionist, weight-loss expert and Toronto-based mom to two young girls who believes in “REAL food for REAL life.”

What does that mean? In Ciara’s words, “If you start something you can’t do forever, you’ve already failed.” What’s her secret? Start small and choose those lifestyle changes you can stick to, over time.

Regardless of what brings clients to her in the first place—depression or digestive issues or food sensitivities—Ciara always starts by looking at the root causes of their discomfort so she can bring about long-lasting change.

Driven by a desire to help her clients ditch the guilt once and for all, she

helps people forge a healthy relationship with themselves first and foremost, so that they can take care of themselves in the way they deserve.

When she’s not working out of her private practice in downtown Toronto, Ciara provides consultations with women all over the world, from places as far flung as Scotland, Morocco and Africa.

Ciara is the resident Nutritionist for *The DailyHiit* (aka *BodyRock.tv*), an online fitness community boasting millions of visitors every month. She has also appeared on *Global TV* and *CTV* and has been called upon as an expert for the likes of *Elle Magazine*.

For more information about Ciara, visit her [website](#).

