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Nutri&on & WeightManagement Sidekick Journal Rewire Your Eating Habits. Boost Health & Energy. Created with love by Amir Atighehchi, Ariel Banayan, & Mikey AhdootTable of Contents1 The "Why" - Before We Get Started - Understanding Your Why11 The "Why" - Before We Get Started - Understanding Your Why11 The "What" - The Science Behind Fat Loss - Figuring out YOUR macronutrient intake - The Phases of Building a New Habits. Boost Health & Energy. Created with love by Amir Atighehchi, Ariel Banayan, & Mikey AhdootTable of Contents1 The "Why" - Before We Get Started - Understanding Your Why11 The "What" - The Science Behind Fat Loss - Figuring out YOUR macronutrient intake - The Phases of Building a New Habits. "How" - Perfectionists, Tread Lightly - Important Notes On Mentality - Sample Journal Page - Commit76 Phase II (Days 8-21)132 Behind Fat LossThis guide is going to be short and sweet. We're talking about food and the body. More specifically, we'lldig in to how to maximize your fat loss while maintaining anoverall aim of health and looking the best you possibly can. This journal's goal is to give you all the knowledge, motivation, and resources you need to create the perfect eating plan that conforms to your body type. Everything you're about to read is backed by basic science. There is absolutely no vague "fluff." Every single word in thisintro guide serves a purpose. We'll start with a quick explanation of your basic machinery -this physical body you possess - and the way it generally functions with regards to the intake of food. The objective is to focus your attention in a very specific manner. Establish your mindset from the right point of reference. 12Caloric Deficit & Macronutrient RatiosThe following is assuming that your body fat and maintaining orincreasing body fat, and 2. Maintain or increase your body's muscle. The food we eat is the single mostimportant factor in both decreasing body fat, and 2. Maintain or increase your body 's muscle. The food we eat is the single mostimportant factor in both decreasing body fat and maintaining orincreasing body fat and improving muscle. definition. Fat Loss vs. Weight LossMost people don't even scratch the surface when it comes tounderstanding what it means to "lose weight." Weight loss, or water loss. We all have this goal of getting to an ideal weight we think willmake us happy with our physique. But the number on the scaleshould be the least of your worries. The goal is always to lookas fit as possible, be as healthy as possible, and most move our limbs, to think, etc. From the moment we're born until the moment we're born until the moment we leave this beautiful world, we are using energy to facilitate our everyphysical movement, thought, emotion and instinctive process. Fat loss is really about redirecting the body stores it to beused in a later day. By the same token, when there's not enough energy supply, thebody adapts and finds other sources. Carbohydrates are the body's preferred source of energy. Carbohydrates are vital to the functioning of our bodilysystems. Carbohydrates are vital to the functioning of our bodilysystems. body to react to circumstances you create byusing fat for energy rather than carbohydrates or muscle 19Proteins in your body. It is essential to every cell in the body. Protein is madeup of amino acids, which in relation to weight loss, areimportant in that they grow and repair our muscle tissue. It is essential to consume enough protein because it helps keepyou full, stimulates muscle growth, facilitates muscle retention, and it has a significant effect on our basal metabolism. The more protein affects the more calories younaturally burn. The mechanics of the way protein affects the metabolism are relatively simple. Protein enlarges muscles if paired with exercise by addingadditional proteins to muscle fibers. That process requiresamino acids, which are whatprotein is made up of, it has a direct effect on muscle mass last present in your body, the faster your metabolism operates 65 25FatsYour body requires you to eat fat in order to burn fat. It isindispensable to eat some forms of healthy, and are integral to hormoneproduction. "Good fats" are titled "essential" because the body can'tproduce them on its own, or work properly without them. They're also important for brain development, and controllinginflammation in the body. "Bad fats" or "saturated/trans fats" have no true nutritionalvalue and in fact harm the basic processes they're meant tohelp facilitate. Healthy fat consumption can come from vegetable oils, allsorts of nuts, avocados, eggs, chia seeds, fatty fish, coconuts (inaddition to coconut oil), peanut butter, seeds, greek yogurt, and even dark chocolate. 27Different Ways To Track Your NutritionThere are many ways to go about achieving your nutritiongoals and you should be constantly experimenting to seewhich one is the most realistic long-term option for you. Using A More Intuitive eatingapproach and still achieve a healthy, happy body. Some of these are:- Only eating foods when you're actually hungry- Only eating foods that make you feel light and energetic afterwards Eating lots of vegetables and lean protein Upsides Downsides- No need to do extra - Easy to misread your work like counting body's signals and calories overeat or eat poorly- Listening to your body - Without as much hard generally provides data, it's more difficult to useful guidance adjust your results if you- Less of a mental strain are not moving towards on your goal long-term decisions, provides a -Provides a gray area that more flexible / relaxed is easy to make excuses process and get past mentally 28Using A More Meticulous, Scientific Approach entails:- Estimating how many calories you burn on a daily basis- Tracking your daily caloric and macronutrient (macro) intake to either gain muscle or lose fat Upsides Downsides- Guarantees optimal - Has a larger learning results when followed curve properly - A lot of extra work in- Provides clear, black or reading nutrition labels white boundaries for and tracking everything you to follow - Difficult to estimate- Forces you to really calories for some foods learn what foods are - Can be done excessively, good for you by reading leading to a harmful nutrition labels mental obsession- Tracking your food makes you more mindful of itThere are different degrees to which you can take this approach as well. On one end, you could start googlingnutrition facts for the foods you eat, get a rough idea of howmany calories they are, and do mental math to quicklyestimate everything. You have to be okay with some layers ofinaccuracy in order to do this and trust yourself to adjust overtime if your results aren't meeting your goals. 29Reading Nutrition Labels Like A ProOnce you properly know your way around a nutrition label, you can scan them in seconds and know exactly how well afood fits with your dieting goals. There's two parts to reading a nutrition label, you can scan them in seconds and know exactly how well afood fits with your dieting goals. There's two parts to reading a nutrition label, you can scan them in seconds and know exactly how well afood fits with your dieting goals. There's two parts to reading a nutrition label. Top^m 11, as an example(no affiliation). You can check the ingredients to see if there are processed, unhealthy, or other types of foods you want to avoid inside. The ingredients here. Note that Halo Top^m also has erythritol and stevia leaf extract which are zero-calorie sweeteners. If you really want to get 44knowledgeable about what you're consuming, a google search of the unfamiliar ingredient names can help shed some light. The nutrition label is typically where you'll spend most of your time, if you want to properly count calories, fat, carbs, and protein. So: 4 (servings per container.) * 80 (calories per container) * 80 (calories per container.) * 80 (calori Repeat this for the macronutrients and you get 10gof fat, 52g of carbs, and 20g of protein. So if you ate the entire Halo TopTM container, you'd add to yourdaily intake: 320 calories, 10g of fat, 52g of carbs, and 20g of protein. Since protein is often the most difficult macronutrient to getthe most of, paying a bit more attention to what ratio of calories, and 20g of protein. Since protein is often the most difficult macronutrient to getthe most of, paying a bit more attention to what ratio of calories, and 20g of protein. calories out of 320 total =25% protein, making Halo Top¹⁸ a good source of other important micronutrients and vitamins). 45Effective Eating Styles of eating. You can definitelytry some for a while, then take aspects that you enjoy and apply them to your long-term eating patterns without strictlyfollowing only that diet. 48If It Fits Your MacrosThe "IIFYM" eating style is essentially what we recommended earlier in this section, where you eat any foods you'd like aslong as they lead to staying within the macronutrient rangethat will lead to your goals. Upsides Downsides- The most for a while, then take aspects that you enjoy and apply them to your goals. Upsides Downsides- The most for a while as they lead to staying within the macronutrient rangethat will lead to your goals. flexibility - The largest learning when it comes to what curve of not just foods you can eat counting calories but also counting- Easier to stick to during macronutrients special events and - Requires constant occasions tracking of everything- Provides little margin of you eat error when followed - Will never be 100% properly accurate- Easy to adjust week-to - The extra leniency can week to recalibrate towards your goals as give too much leeway in you'll have lots of daily eating, leading to data points to work with breaking your daily limit 49PaleoEating a paleo diet entails eating foods that are available innature, just like our ancestors did in the early days of thehuman race. Paleo advocates push the idea that our bodieswere not meant to handle the loads of processed foods that are available innature, just like our ancestors did in the early days of thehuman race. Simple guidelines to - Limited food choices as follow to stick to the diet many food groups are- Naturally leads to eating prohibited more lean protein and - Portion control becomes vegetables which can be difficult to follow for rather simply with fewer vegetarians or vegans, ingredients especially as beans/- Avoids many unhealthy legumes are excluded food groups such as - Harder to maintain processed meats during special occasions 50KetoThe keto diet predicates around drastically loweringcarbohydrate intake so your body enters a state of ketosis, which means it breaks down fat as its main energy source. Upsides Downsides- Rapid way to lose fat - A very extreme diet with- Leads to generally eating strict regulations and healthier foods like many banned food many vegetables groups- Many people report - Leads to rapid weight highly increased energy gain when you switch levels from it off the diet (sometimes- Could be used as a 5-10 pounds in one day) shorter-term strategy to - Has a longer ramp up achieve fat loss then time with reaching a switch to something state of ketosis more maintainable long- - Difficult to maintain term long-term and at special occasions 51 Plant-based diet entails eating more of plant-based diet entails meat and chicken / egg skin. These can beminimized by introducing more of a plant-based meal system (i.e. only vegetables, beans, and eggs at lunch, no chicken, fish, or meat until dinner). Upsides Downsides- Eating lots of them- Food is often cheaper if - May be difficult to get you are not including a sufficient protein intake meat option unless you turn to- Likely to have increased dairy or energy after meals due protein supplement to the ease of digesting intake vegetables - May not be as full after- Flexible: can eat more meals, leading you to fill plant-based meals in up with more bread/ general without totally carbs important to keep inmind that you are ALREADY perfect, and that increasing thequality of your daily life through food has nothing to do withyour innate quality as a human being. Eating or not eating certain foods and looking or not eating certain foods and looking acertain way do not make you either inferior or superior toanyone else. Food keeps us alive and we live in a time wherefood is so accessible that we have the luxury to choose the foods we eat. Your food choices have nothing to do with yourself. For that same reason, forget about the number on the number on the number of your energy levels, confidence, acceptanceand ultimately love for yourself. For that same reason, forget about the number on the number on the number of your energy levels, confidence, acceptanceand ultimately love for yourself. For that same reason, forget about the number on the number of your energy levels, confidence, acceptanceand ultimately love for yourself. For that same reason, forget about the number on the number of the number o the scale!Looking good has nothing to do with an arbitrary number. The only time you need to step on a scale is every week or couple of weeks to see how any changes to your diet areaffecting your weight - be objective about it. Never forget that food is simply a vehicle for changing yourmind and body. If you can get there regardless of food, you'vewon the true battle. 70Sample Journal Page DATE TODAY'S ___WATER DRINKING GOAL EXERCISE GOAL ___T_w_o_5_0_0 _m_L __b_o_tt_l_e_s__ _(If you want to count the macronutrients of your meals, TODAY'S MEALSwrite them out in the margins).Planned Actual Calories Protein / Carbs / NUTRITION GOAL _2_,_1_0_0__c_a_l_o__r_ie_s__ __2__m__il_e__j_o_g____ Fat 1.3_eggsw/2ricecakes_3eggsw/2ricecakes_34_0_18g__2.Ccahuiclkifelon_w+erBroccoli+ _Bt_ou_mr_r_ai_ttoo_e_(s_t, _oc_rh_tii_lc_lka_e_, n_a)_v_o_c_a_d_o_, __8_0_0__1_.5_g____ __3._S_a_lm_o_n_w/_a_s_p_a_r_a_g_u_s____S_a_l_m_o_n_w/_a_s_p_a_ra_g_u_s_ 50051 g TODAY'S TOTALS: _2_, _1_0_0__8_2_g . SNACKS, DRINKS, & OTHER 2_1_0__9_g O ne snick erdoo dle coo kie _3_0__a_l_m__o_n__d_s_ _2_5__0___2_.5__g____ ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW IS: I f I b r i n g a sn a c k to w o r k, I c a n e a t t h a t in s t e a d o f s w e e ts. 71A Simple Ideal hope that after reading the introductory pages, you'remotivated and ready to POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW Resistthe co okies at lunch ! tackle tomorrow morning with everyounce of energy you have. We'll leave you to it with one simple idea. Tomorrow, you will be exactly who you are today. The rest of your life is a future projection of who you are today. The rest of your life is a future projection of who you are today.whether I win the lotteryor have the best day of my life...I will eat healthier for the next week. My word is like gold. I will do whatever it takes to make this happen. I will follow my eating goals (circle one): On Weekdays Only Every Damn Day Signature Date 7374Phase 1: Hell WeekWhen beginning a new habit, what's really important is gettingto the point where you start to see the benefits you expect. Itisn't going to be easy to start. You need to believe in yourselfand take at least one concrete step in the direction of your goalevery single day during this phase because it's really easy tolose hope right off the bat. Make use of every tip, every affirmation, and all the motivationyou're going to get to make it as easy as possible to take justone action towards your goal every day. Remember, we want toget to a point where we see benefits, and from that point on, the desire to re-acquire those benefits smoothens out theprocess. Let's do this. 77(Phase 1 Progress) Day 1: Pro-TipSet your food goals the night before. If you're deciding your meals right before you eat them, it's going tobe very difficult to stick to any sort of healthy eating regimen. It's foolish to trust the hungriest version of you to make your fooddecisions when you want to create a habit of healthy eating andweight loss - we are completely unreliable on the spot. Deciding yourmeals the night before is the easiest way to avoid this fatal trap that causes most people to fail before they even start. Each night, complete the following before going to bed: 1. Decide where you will eat each meal the next day, around what time, and what you will eat.2. If you're counting calories and macros, check how well the nutrient breakdowns of the meals you plan to eat conform to your weight loss and health goals every day. Superhero Option: Buy some Tupperware and make all of your meals for thenext day before you go to bed - that way you know exactly what you'reputting in your body!"To eat is a necessity, but to eat intelligently is an art." - La Rochefoucald 78(Write your daily goal here, i.e. a calorie range, or a brander statement like "Only eat foods that make me feel great") DATE TODAY'S NUTRITION GOAL WATER DRINKING GOAL EXERCISE GOAL (If you want to count the macronutrients of your meals, TODAY'S MEALS (Calorie & macronutrientwrite them out in the margins). tracking is 100% optional!)Planned Actual Calories Protein / Carbs / Fat 1 . SNACKS, DRINKS, & OTHER TODAY'S 4....5... ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW IS: TOTALS: POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW 79Day 2: Pro-TipOutsmart your hunger hormone Even the most furiously motivated and focused dieters struggle witheating properly when hunger takes over. The hormone that controlshow hungry we feel is called ghrelin. Ghrelin goes to work every 3-4hours. When we skip meals and over-limit our carbohydrate intake, ghrelin secretion is heightened. We get hangry and have difficultycontrolling how we eat. This gets even more difficult when we skip meals and over-limit our carbohydrate intake, ghrelin secretion is heightened. We get hangry and have difficult when we skip meals and over-limit our carbohydrate intake, ghrelin secretion is heightened. We get hangry and have difficult when we skip meals and over-limit our carbohydrate intake, ghrelin secretion is heightened. under sleep - your body will try to (ineffectively)restore your energy levels with food, instead of sleep or water. We can control our body's ghrelin secretion by eating smaller, morebalanced meals every 2-3 hours. Doing so keeps your metabolismworking throughout the day, and controls your energy levels with food, instead of sleep or water. We can control our body's ghrelin secretion by eating smaller, morebalanced meals every 2-3 hours. Doing so keeps your metabolismworking throughout the day, and controls your metabolismworking throughout the day. is by splittingyour lunch into two halves and eating them within a short timeperiod. "All you need is love. But-aClhitatlrelecshoMc.olSactheunlzow and then doesn't hurt." 80TODAY'S NUTRITION GOAL DATEWATER DRINKING GOAL EXERCISE GOAL wmria(tcIerfotyhnoeumutrwiome(aunaAnttnltstiyhntoooaftushcygeooyhouumtnufrhoatemarrtrgcheeptie'ansueloasrs)lp,o.llyoemeparftaocirnti5cainmdgeaaiynl,stwearhmidciahttyecnobetullfodaws,btiefniglal)s in only as low as 1-2Planned Actual Calories Protein / Carbs / Fat 1 SNACKS, DRINKS, & OTHER 4 5 ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW (You can include alcohol in the above TODAY'S TOTALS: snacks/drinks section as well)POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW: (Improvement example: rleum8n3cohv,elihkieghchceaeloserieoradsaduictieo)ns from my sandwich atDay 4: Pro-TipApply the three main principles:1. Eating foods that taste great to you2. Eating foods that are nutritious and good for you3. Eating foods that make you feel great afterwardsRight now, make a list of these foods for yourself. You should consistently he on the lookout for foods / meals. This will ensure you will enjoy it, it will help you reach your goals, and when you do, to start incorporatingthem more frequently into your meals. This will ensure you will enjoy it, it will help you reach your goals, and when you do, to start incorporatingthem more frequently into your meals. This will ensure you will enjoy it, it will help you reach your goals, and when you do, to start incorporatingthem more frequently into your meals. This will ensure you will enjoy it, it will help you reach your goals, and when you do, to start incorporating the start definitely exist and are out there foreverybody, but definitely vary from person to person. You can also achieve this by using spices, lemon, or low-caloriesauces on otherwise bland yet healthy food. Superhero option: for three days, ONLY eat foods that these apply toand nothing else. Then, see how you feel afterwards. "Your diet is a bank accou-ntB.eGthoeondnfyooFrdacnhkoeilc es are good investments." 84TODAY'S NUTRITION GOAL DATEWATER DRINKING GOAL EXERCISE GOAL (If you want to count the (Be specific about your exercise macronutrients of your meals, write them out in the margins). TODAY'S MEALS goal, i.e. 20 minute jog, hour of weightlifting, or morning walk)Planned Actual Calories Protein / Carbs / Fat 1 4....5 . SNACKS, DRINKS, & TODAY'S TOTALS POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW OTHER (Wwhaetigthint ylodses?ciSsmioanll,wcilolnlseiastde8nt5ot overall healthier eating and victories add up quickly!)Day 5: Pro-TipExperiment with high-protein food alternatives. Note: we have zero affiliation with any of the products below, wesimply enjoy eating them and think they are great products. Getting sufficient protein intake is usually the most difficult of all thethree macronutrients. It is so easy to fill up on carbs and/or fat asthey are usually the foods that are most readily available as snacks. Finding high-protein foods that also taste great can be a magicalfind. We wanted to share some of our own personal favorites:1-. Edamame Pasta- Available at Costco or online, easy to make- Incredible protein ratio of ~45% (that's 15% more than an egg's!) Con: is made of 100% soy which has reports of being unhealthy2-. Cali Flower Crusts + eggs + cheese- Delicious pizza crust made of cauliflower- Available at most local food stores- Incredible protein ratio of ~50% We recommend mixing in berries,-4. Adding additional egg whites to an omelette filling while Can make a breakfast meal a (If you want to count the macronutrients of your meals, TODAY'S MEALSwrite them out in the margins).Planned Actual Calories Protein / Carbs / lot more dense and adding almost straight protein 86TODAY'S NUTRITION GOAL DATEWATER DRINKING GOAL EXERCISE GOAL Fat 1 . SNACKS, DRINKS, & 4....5. OTHER POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW: ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW TODAY'S TOTALS 87Day 6: Daily ChallengeChallenge: Try intermittent fasting for a day.Intermittent fasting can be a very powerful tool to help you achieveyour nutrition goals. It consists of only eating within a 4-8 hourwindow each day.Many people report not being hungry until noon or so, and thathunger during early morning hours was just something they hadgotten used to before trying intermittent fasting. In fact, in some countries in the world such as Greece, it is a culturalnorm to not have breakfast at all and only start eating aroundlunchtime. Like in Greece, you can use coffee / tea in the morning hours to help get you through the morning until lunchtime. incrediblephysiques say they got the best results eating frequent meals every2-3 hours. On the other end, many people who follow intermittentfasting and eat 1-2 meals a day in a small window have great results to see what works best for your lifestyle. "Habit is headbaixteadnddonwontsttoaibres falusnteqpoautt a oftitmhee.w' (If you want to count the macronutrients of your meals, TODAY'S MEALSwrite them out in the margins).Planned Actual Calories Protein / Carbs / Fat_1 DATEWATER DRINKING GOAL EXERCISE GOAL i-ndMoawrkbyTwaaniyn man, but 88TODAY'S NUTRITION GOAL . SNACKS, DRINKS, & OTHER TODAY'S TOTALS: POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT FOR TOMORROW: ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW IS: 89Phase 1 Complete! Day 7: Pro-TipIt's better in the trash than in your stomach. You know how when we're young many of our parents tell us tofinish our food so we don't 'waste' it? It's time to completely let go ofthat thought and realize that if you're not hungry, you should not beeating. It is much more harmful to avoid 'waste' it? It's time to completely let go ofthat thought and realize that if you're not hungry than to throw it away, or to give to someone elsewho may actually be hungry to take. Even if you're on a reallyspecific diet that requires you to eat every so often, avoid eatingwhen you're not hungry at all costs (unless you're really trying to puton weight). Eating when we're not hungry distorts ourunderstanding of what hunger is, which causes us to eat emotionally, and with our eves rather than listening to our stomach's direction. To ingrain this as a habit, you can practice leaving the last bite offood on your plate each meal. This builds up your discipline withfood, especially if it's with leaving a bite of food you normally crave.ta"kAepnptehteiteplhaacse roefoaftlrlbuyoenbhdecuaongmgeee-brua, PtnawtuhahlriectBhiofrtiahuceilnaortln, oenaofnisdfrneaaebtdnuororamml.".aTlhtehionnge, ihsaavisniggn 90TODAY'S NUTRITION GOAL DATEWATER DRINKING GOAL EXERCISE GOAL (If you want to count the macronutrients of your meals, TODAY'S MEALSwrite them out in the margins).Planned Actual Calories Protein / Carbs / Fat 1 TODAY'S TOTALS: POTENTIAL FOOD OBSTACLE(S) TO LOOK OUT . SNACKS, DRINKS, & OTHER FOR TOMORROW: ONE SMALL WAY I CAN IMPROVE MY NUTRITION TOMORROW IS: 9192PHAS E 1: Conquered. Psssstt... We like rewarding people (like you) who TAKE ACTION and actually use this journal. Email us now at for a secret gift ;) 93Phase 1 Recap: Days 1-71. After looking at your 2. Which strategies helped you stick to your regimen, andwhich strategies tracking information for Phase 1, what have you learned the following about the relationshipbetween your body and the food you eat, personally? weren't useful at all? 3. What are some new strategies you want to experiment with? 944. If you continued this habit for another 2 weeks, how do youthink you'll look and feel about yourself? 5. If you dropped this habit now, what do you stand to lose? 6. What are some irrational thoughts I have consistently aboutmy body image? How can I improve the way I view myself?

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