

Nutrition Focus



The key to our nutrition program is to make **sustainable** changes. We are trying to create a lifestyle that you can maintain over the long haul. If you are someone who has had success with counting calories, tracking macros and logging every bite of food you consume, please feel free to continue doing so. We, however, have found that those practices don't necessarily equate to long term health and happiness. Eating should be enjoyable! Let's put our energies toward being mindful instead of obsessive.

This week we want you to focus on:

- 1) Adding protein and plenty of veggies to your diet. Eat the right amount of nutrient dense food most of the time based on these [plate](#) and [portion](#) suggestions. Here is the [suggested foods list](#) separated into protein, veggies, carbs, fats, seasonings and dairy.
- 2) Stay away from processed food and avoid sugar and white bread.
- 3) Increase your awareness of how certain foods make you feel. Inflammation is a buzz word in the industry right now. The actual science of what is and is not inflammatory is overwhelming and indecisive, so we will provide you with some common symptoms and identify some common culprits. We don't advocate eliminating any certain food from your diet, but if certain foods consistently make you feel badly, it could mean you have a food sensitivity and you might be better off to avoid that food most of the time.