**Flex & Maintenance Approach**

**Building a balanced meal:**

With all of the dietary information out in the market it can be confusing to figure what to eat for health and when working towards our wellness goals. The truth is no dietary approach is one size fits all! We are all unique when it comes to our nutrition requirements, lifestyle and genetic makeup. There are some fundamentals though that can help us in creating structure in our meals and daily habits. One important part is this, no food group is “bad” for you. Every balanced meal requires Protein, Fats & Carbs to be balanced, we also require plenty vegetables and fruits to get the best nutrition. When building your meal reference the sections below and the resources area on how to effectively build your meal! Please not these lists do not contain everything out there, just because it is not on the list does not mean you can’t have it. Refer to the avoid section for more guidance when making food choices.

**Animal-Based Protein Sources:**

When possible we highly recommend eating organic sources of the protein rich foods below. For protein intake recommendations see resources section below.\*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Chicken breast and thighs** |  | **Cod** |  | **Eggs** |
|  | **Turkey breast and thighs** |  | **Salmon** |  | **Yogurt** [opt for Greek] |
|  | **Beef** |  | **Trout** |  | **Cottage Cheese** |
|  | **Lamb** |  | **Scallops** |  | **Feta** |

**Fruits:**

If **weight loss** is your goal, use fruit more sparingly & strategically center it around workouts. Some fruits that are lower in calories & are low glycemic but loaded with **nutrients** include *blueberries, strawberries, blackberries, apples & grapefruit*. Fruit higher in carbohydrates can be used strategically to fuel intense exercise include bananas, mangos, papaya, rockmelon, and pineapple.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Apples** |  | **Kiwi** |  | **Prunes** |
|  | **Apricots** |  | **Lemons** |  | **Raspberries** |
|  | **Bananas** |  | **Limes** |  | **Rockmelon** |
|  | **Blueberries** |  | **Oranges** |  | **Strawberries** |
|  | **Cranberries** |  | **Papaya** |  | **Tomatoes** |
|  | **Figs** |  | **Pears** |  | **Watermelon** |
|  | **Grapefruit** |  | **Pineapple** |  |  |
|  | **Grapes** |  | **Plums** |  |  |

**Vegetables:**

When eating veggies make sure to reference the clean 15 & the dirty dozen list. These lists are a great resource when looking to avoid pesticides on your produce. See the resources area below. This not an exhaustive list when it comes to vegetables, please feel free to explore the endless variety available especially when in season.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Asparagus** |  | **Celery** |  | **Lettuce** |
|  | **Avocados** |  | **Corn** |  | **Mushrooms** |
|  | **Beetroot** |  | **Cucumbers** |  | **Olives** |
|  | **Broccoli** |  | **Eggplant** |  | **Onions** |
|  | **Brussel sprouts** |  | **Garlic** |  | **Parsnips** |
|  | **Cabbage** |  | **Green Beans** |  | **Potatoes** |
|  | **Celery** |  | **Green Peas** |  | **Spinach** |
|  | **Carrots** |  | **Kale** |  | **Squash** |
|  | **Cauliflower** |  | **Leeks** |  | **Sweet Potatoes** |

**Grains, Nuts, Seeds, and Legumes:**

While grains, nuts, & seeds are high in heart-healthy poly- and mono-unsaturated fats, fibre, minerals, & protein, those who are seeking weight loss need to consume grains in smaller portions.

Grains:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Barley** |  | **Brown Rice** |  | **Buckwheat** |
|  | **Millet** |  | **Oats** |  | **Quinoa** |
|  | **Rye** |  | **Whole Wheat** |  |  |

Nuts, Seeds, and Legumes:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Almonds** |  | **Cashews** |  | **Flaxseeds** |
|  | **Pumpkin Seeds** |  | **Sesame Seeds** |  | **Walnuts** |
|  | **Black Beans** |  | **Dried Peas** |  | **Black Beans** |
|  | **Chic Peas** |  | **Kidney Beans** |  | **Lentils** |
|  | **Tofu** |  | **Pinto Beans** |  | **Navy Beans** |

**LIMIT or Eliminate Foods: Stay Away from and or limit these foods while using your full system and during maintenance. Below you will find our recommendations and how to approach each item.**

***Alcohol*** – To get the best results and for health reasons, we highly recommend avoiding alcohol when working towards your goals. If you are following a more flexible approach and during maintenance we recommend sticking to clear liquors, wine and beer and avoiding cocktails with high sugar juices, mixers and sweet liquors.

***Soda/Diet Soda/Sugary Drinks/Vitamin Water/Gatorade/Red Bull/Monsters*** – We highly recommend avoiding any and all drinks in these categories. Due to the added sugar, artificial sweeteners and other processed ingredients. See below for recommendations on alternatives!

***Cold Cuts, Sausages, Bacon & other processed meats*** – We highly recommend avoiding processed meats that are made with chemical preservatives like sodium nitrate & sodium nitrite, BHA & BHT. We suggest buying and or making fresh made cold cuts from roast beef, turkey & chicken breast. Organic is always preferred when possible.

**Artificial Sweeteners –** We highly recommend avoidingSplenda, Equal, Sweet & Low, Nutrasweet

***Salad Dressings*** – Avoid dressing with preservatives, added sugar and other processed ingredients.

***Dairy –*** Dairy tends to be heavily processed and if not organic contains pesticides and possibly hormones. It is best to focus on always getting organic dairy. Dairy is also difficult to digest for many people. Yoghurt is a better choice when it comes to eating dairy. Avoid any with added sugar, go plain and add flavor on your own.

***Coffee & Caffeine -*** We highly recommend Isagenix Coffee. It is designed to be less acidic to the body, it is pesticide free and tested for mycotoxins (a mold that grows on coffee beans which is not good for you!) When drinking coffee we recommend getting an organic one like the isagenix product available. In regard to caffeine, some can be beneficial to help boost the metabolism but several servings a day can cause the body to go into fight or flight mode too often and that can work against having a good nights sleep and burning fat. Be wary of quantity and try and drink it earlier in the day.

**Make sure to check out these awesome Isagenix snacks below:**

[**Whey Thins**](http://www.isagenix.com/en-US/products/categories/individual-items/whey-thins) **-** savory and delicious protein-packed snacks in convenient, 100-calorie individual packs.

[**Isalean Bars**](http://www.isagenix.com/en-US/products/categories/individual-items/isalean-bars) **-** delicious meal replacements with perfectly balanced nutrition that are convenient and satisfy hunger.

[**Fiber Snacks**](http://www.isagenix.com/en-US/products/categories/individual-items/fiber-snacks) **-** a tasty high fiber snack bar to compliment your system.

[**Slim Cakes**](http://www.isagenix.com/en-US/products/categories/individual-items/slimcakes-berry) **-** only 90 calories, 5 grams of filling fiber from whole oats, inulin and flaxseed and a delicious blend of berries, Slim Cakes are healthy and delicious snacks.

[**Isagenix Greens**](http://www.isagenix.com/~/media/product/isagenix-greens/greens-pis/us-en-greens-pis.pdf) & [**Fruits**](http://www.isagenix.com/~/media/product/isafruits/isafruits-pis/us-en-isafruits-pis.pdf)are a powerful way to increase your greens, vegetable and fruit intake! Make sure you learn more about these two powerful additions to your system.

**Resources**

Below you will find some links to articles that will

support you in reaching your goals and beyond!

* **Protein Pacing & Suggestions on intake:**

[**http://www.isagenixhealth.net/protein-pacing-works-fat-loss/**](http://www.isagenixhealth.net/protein-pacing-works-fat-loss/)

* **Shopping the clean 15 & dirty dozen:**

[**https://www.ewg.org/foodnews/**](https://www.ewg.org/foodnews/)

* **Importance of sleep when burning fat:**[**http://www.isagenixhealth.net/to-lose-body-fat-dont-skimp-on-sleep/**](http://www.isagenixhealth.net/to-lose-body-fat-dont-skimp-on-sleep/)
* **Bedtime Belly Buster routine:  
  <http://www.isagenixhealth.net/podcast-the-411-on-the-bedtime-belly-buster/>**