

# Agape Wellness Coaching

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## EASY TO FOLLOW GUIDELINES FOR YOUR SUCCESS:

- STICK to the approved food list
- STAY AWAY from the foods to avoid list
- Reduce Stress whenever possible
- TRY NEW recipes and foods - some of my favorites from the Internet
- Eat organic as much as possible - see Dirty and Clean 15
- Don't over stuff - STOP when you are almost full
- Eat slow, chew and taste your food
  - Sounds simple, but you'd be surprise how often we don't tune into this
- Eat only when hungry - NOT Starving
  - This will require you to PLAN ahead and have food ready before you are too hungry
  - Tune in and listen to your body at all times
- Don't worry about counting calories
  - If you eat when you're hungry/stop just before you're full and stick to the list, there is no need to count calories
- Light exercise - yoga/walk/light weights/move 30 minutes a day
  - Find a form of exercise that you enjoy - you will stick to it longer and achieve better results!
- Get creative - Google recipes don't get stuck on ONE dish/meal
- Listen to your body
  - Even though this list is "OK" to eat food - your body may say otherwise
  - If eat something and feel yucky after - take note of that;
  - if you eat something and feel great keep that on the list for sure - but don't get stuck on that one piece of food/dish - this is how food intolerances are created
- Cook all your own meals
  - Avoid eating out as much as possible for the next 7 days
- Eat foods that are as close to their original form as possible
- Avoid junk food or anything highly processed
  - Ready to eat foods are typically highly processed and should be avoided
- Don't be too hard on yourself as this diet is very restrictive
- Don't plan on eating this diet for more than 4 weeks
- Eat only fresh foods that have been kept in a refrigerator