



Eat with LB (Guidelines)

Ready to kickstart the November Program? If this is your first mini challenge with me, then I'm so excited to teach you all that I've learned and go beyond eating clean 80/20. If you were with me for previous Studio LB challenges, then you've seen these guidelines before. Let's get ready to shop + prep. You can do it!

What I'm Not Eating:

- 1. Dairy** - This means no cheese, cow milk, yogurt, cream, sour cream, or butter. The only exception is that I cook with Ghee and also will occasionally sprinkle 1 tablespoon of feta cheese on my salads. I personally do not eat Greek yogurt when I strip my diet. Cutting out dairy (even Greek yogurt) really changes your body for the better and you'll be shocked at the results.
- 2. Grains** - I don't eat wheat, rye, millet, farro, amaranth, buckwheat, bulgur, or sprouted grains **with the exception of quinoa (a pseudograin) and brown rice.**
- 3. Limit Added Sugar** – I do not eat sugar and I don't add sugar (real or artificial) to my food. This includes honey, maple syrup, agave, Splenda, xylitol, and Stevia. When it comes to condiments, this one can be the trickiest to avoid. Common ingredients — like sriracha, salad dressing and ketchup — include added sugar. The two exceptions I occasionally make are when I really need to sweeten my coffee or chia pudding; I will use 1-2 tsp. of coconut sugar or honey. You'll be shocked at how great you feel and how good you look when you strip sugar out of your life.
- 7. Processed Food** - I avoid all processed, packaged foods. That means no vegetable oil, gluten, chemicals, preservatives, crackers, cookies, bread or pasta. I don't eat foods that contain carrageenan or MSG and I stay away from processed vegetarian proteins like tofu, tempeh and seitan.
- 8. Limit Alcohol** - I allow myself 1 glass (6 oz.) of wine per day. There are plenty of days that I have no wine, but it's my splurge. For me, red is the way to go, as it's heart healthy and lasts longer in my glass. Sip and savor it!



What I Will Be Eating:

After reading what I'm not going to eat, it might seem tough to do this with me. But there's still plenty of delicious ingredients that can make an amazing meal. I promise you that you can do this.

- 1. Vegetables** – Eat veggies - including white and sweet potatoes - to your heart's content.
- 2. Fruits** - Fruit, in moderation. Just remember that you're trying to limit your sugar intake.
- 3. Unprocessed Meats** – All unprocessed meat is great. I usually stick to chicken and beef. Sausage is okay, but check for added sugar and other preservatives.
- 4. Seafood** - Fish and shellfish. I love to cook salmon, turbot, shrimp and scallops.
- 5. Eggs** – I eat eggs everyday, every way.
- 6. Legumes** - Lentils, chickpeas, and hummus.
- 6. Nuts and seeds** - All nuts and seeds.
- 7. Oils (some) and ghee** – I cook with and eat olive oil, avocado oil, coconut oil (in moderation) and ghee, which is a type of clarified butter.
- 8. Coffee** – I love my coffee, but I don't add any milk products or sugar to lighten it up. I used to be addicted to store-bought coffee creamer and now I love my cold brew and espresso black or with a touch of nut milk.

Prep For The Week:

The key to success is to plan and prep. I plan out my meals for the week so that if I know that I'm going to cook salmon or chicken thighs on Tuesday, I'll make sure it's prepped and ready to go on Monday. I find it very difficult to eat anything at all if I don't have a plan and ingredients prepped in the fridge. Want to ensure your success? Invite a friend over, shop plan and prep together!