

Work Svelte into Your Life

Ok, so you have read through these sections and you are feeling overwhelmed. Don't worry, you are not alone and I have something that will ease your anxiety.

Integrating Svelte into Your Life is designed for those who have the passion and drive to change their life, but are having a hard time committing.

By integrating Svelte as a lifestyle, you will experience weight loss and anti-inflammatory benefits on an ongoing basis, but with a smaller daily commitment overall.

Here are some guidelines for Integrating Svelte into Your Life.

Go through the Light & Lean Meal Plan and pick one meal from each day. This will be your anchor for the day. Once you have picked a meal, it is time to dial in your nutrition for the rest of the day. To do that, here are some guidelines:

1. Blend It If You Are in a Rush 😊

Smoothies are the PERFECT way to incorporate the nutrients you need when you are in a rush. Make sure you are adding a protein source like protein powder, nuts/nut butters, seeds, or non-fat plain Greek yogurt, as well as a handful of greens, like spinach or kale. Use a plain unsweetened almond or coconut milk for a richer smoothie.

LEAN GREEN MONSTER

Blend all Ingredients and Enjoy

- 1 banana (frozen or fresh)
- ¼ cup blueberries (frozen or fresh)
- ¼ avocado
- 1 cup spinach
- 1 tbsp. coconut oil
- ¼ cup coconut milk
- 1 tbsp. almond butter
- 1 cup water or coconut water
- 1 tsp. cinnamon
- Ice (if you want a thicker consistency)

2. Be Aware of Hidden Killers

Take care when preparing or ordering your salad and other meals. Always ask or leave the dressing on the side (ask for a vinegar and oil instead of premixed dressings) and opt for protein sources such as baked or grilled fish, turkey, and chicken, or lean red meat.

If you pay attention to what ingredients are being used, you would be amazed at how much it will make a difference in your journey to better health.

3. Stick to Steaming, Grilling or Baking.

One of the easiest meals to make is what I like to call "Bake It Till You Make It." It is so simple and SO delicious.

- Line a baking sheet with tin foil and spray or wipe with coconut oil.
- Load the baking sheet with as many veggies as you can, leaving room for a piece of protein like salmon or chicken.
- Sprinkle the entire sheet with any dry seasoning you like.
- Bake for 20-25 minutes, depending on the protein source used.
- #YUM

4. Don't Fear Fat

I am talking about the good fats here like avocado, coconut, and yes, even bacon. You want to make sure that you can replace all of your grains with healthy fats instead.

For example, as a light morning snack, skip the granola bar and have a half avocado with sliced turkey or a tablespoon of cottage cheese (if you are not sensitive to dairy). Not only will this help you stay fuller longer, but the good fats from the avocado set your metabolism on fire!

5. Stay Away From...

Fried/refried, processed, and refined sugars. Belly Bloaters disguised as "healthy foods," include: gluten-free cracks, cereals, "all-natural" chips, and sugar coated trail mix.

6. Avoid Temptations by Pre-Planning

If you know you are a candy lover, avoid going to the candy store with your kids! I know it seems obvious; however, if you want to set yourself up for success, then you need to make sure you are in control!

Pack some healthy snacks to keep yourself in check (see below).

The best part about integrating Svelte into your life is that you can make this a lifestyle that fits your busy schedule, not simply a "program."

20 Fat-Burning Snacks

1. 1 oz. almonds, walnuts, or other nuts (about 1 small handful)
2. Fruit salad or 1 piece of fruit (seasonal and organic, if possible)
3. Smoked salmon
4. Grass fed or organic beef or salmon jerky
5. Nitrate-free deli turkey breast, rolled up with a slice of avocado
6. Kale or sweet potato chips
7. ½ -1 can wild salmon or tuna with chopped tomato
8. 1 plain, non-fat yogurt with a bit of chopped fruit and 1 tbsp. of honey
9. Smoothie with hemp, pea or whey protein powder, fruit, and 1 handful spinach
10. Chopped veggies with pesto or hummus
11. Seaweed snacks
12. Roasted pumpkin seeds
13. Chopped apple with 1 tbsp. of almond butter
14. Lärabars
15. 1 oz. raw cheese
16. ½ sweet potato with 1 tbsp. grass fed butter or coconut oil
17. Sliced cucumber with 2 tbsp. guacamole
18. 1 oz. dark chocolate (70% or higher)
19. 1 cup mixed berries with 2 tbsp. of plain non-fat Greek yogurt, add 1 tbsp. of honey if desired
20. Classic ant-on-a-log: celery slices with organic peanut or almond butter, topped with raisins.

Typical Svelte Day

This is an outline of how a typical Svelte day could look for you. Keep in mind that you can alter which 4-minute workout you perform each day. For maximum success, make sure you utilize the workouts, performing at least 3-4 sets each per day.

Done for You Daily Layout

On Waking Up

- Drink 6oz. of cold water
- Drink 6 oz. black coffee or tea (no sweetener or milk). If you do not normally consume caffeine, then disregard this step

Quick Morning Move

- Perform 2-3 rounds of a 4-minute workout

Breakfast

- Right After Your Morning Burn

Lunch

- Between 11am & 1pm

Quick Afternoon Move

- Perform 2-3 rounds of a 4-minute workout

Dinner

- Between 5:30pm & 6:30pm

Wind Down with Movement

- Perform 1 round of a 4-minute workout

Remember, this is a template for you to follow. Feel free to integrate your normal exercise routine into your days!

Ready to Get Svelte?

1. Don't overthink it

Everyone is busy, BUT you are reading this for a very specific reason. You have a real chance to make a lasting change. Don't let your mind get in the way!

2. Have a plan in place – follow what you have been given as best you can.

I designed Svelte to help you reset your body and fight harmful inflammation as fast and as easily as possible.

Although you will have to invest some time into yourself every day, both your body and mind will thank you for it!

3. Surround yourself with like-minded people, who want to support you on your journey.

The worst thing you can do is move forward with this next step in your life, alone.

Build a community and let everyone know what you are about to embark on.

Those who question why you are doing this should be pushed aside!

You do not need that negative influence in your life and certainly not on your journey to a healthier, leaner, and more energetic you.

4. Take care of your body!

You have the tools, now use them☺!

Streamline your body, mind & life.