

The “Get Your Awesome On!” Eating plan is all about eating well and fully enjoying the experience from shopping to preparing to eating. The plan is built on powerful and inspiring principles of health and wellness.

- **Mediterranean style eating:** The plan is built on "clean eating," inherent to the Mediterranean Diet, which hundreds of studies show to be one of the most effective eating plans to help prevent a variety of chronic diseases and promote a high level of vitality and overall longevity. Rich in fiber, healthy fats, lean proteins and metabolically supportive complex carbohydrates, the plan is both easy to follow and fully delicious! The Mediterranean style of eating is naturally rich in antioxidants, which have anti-aging and disease-preventing benefits. This plan is rich in a variety of colors; the broader the range in colors, the greater the antioxidant power! Focus on eating a rainbow of colors every day!



- **Meal Frequency:** Chances are that you will be eating more often than you are accustomed to in the past. Paramount to sustained energy, powerful metabolism and overall well-being is to support the maintenance of balanced blood sugar and hormonal harmony. This is naturally achieved by following the meal plan and by honoring your physiological needs of eating every three hours during the day.
- **Post workout performance nutrition:** Your body is ready to put your fat burning machinery into overdrive directly after you complete your workout. The key to making this happen is two-fold: Be sure to eat within 30 minutes after your workout AND consume between 10 and 15 grams of protein and 10 to 30 grams of carbohydrates (depending on how long and hard you were exercising). This performance practice will help to insure that your muscles will be adequately "re-fueled" to insure proper and healthful recovery to power your next workout. Protein is necessary to repair and build the muscle that you just broke down. Quick science/physiology lesson: exercise creates something called catabolism, which simply means the breakdown of tissue. In order to get your body back into an anabolic state, which insures that you are building lean muscle and burning fat, you need to be anabolic. If you miss eating the right food within the right time you will miss the most metabolically powerful time of your day and your results will suffer.



- **Promote your natural Growth Hormone:** Human Growth Hormone (HGH) is very powerful. HGH is a natural substance produced by the body. It peaks in our teen years and slowly declines thereafter. With its decline coupled with unhealthy lifestyle habits (high stress, high sugar, lack of exercise, lack of quality sleep, imbalanced eating) we further add insult to injury and literally fast-forward the aging process. The Positivity Plan is built to naturally support healthy hormone balance. Combined with the exercise principles we have outlined, you will help your body to produce GH naturally and support your brain, body and Spirit in thriving no matter what your age!
- One of the keys to success is **remembering to be flexible**. Learning how to eat a whole foods diet is a process of self-discovery. The foods in this plan are more nutrient- and fiber-dense, and thus should be much more satisfying. Occasionally we list after-dinner snack/dessert options. We feel you should limit these "treats" to twice a week. If you love chocolate, for example, you may choose to replace either the afternoon snack or the evening snack with a few squares of dark chocolate. Of course, we don't recommend doing that at night because the caffeine in the chocolate may interfere with your sleep.

What you can expect from the “Get Your Awesome On!” eating plan?

- Expanded health and wellbeing
- Increased energy and vitality
- A more fit physique
- Enjoyment of abundant fresh, delicious food from detailed recipes and menu plans
- Focus, commitment and accountability to gain the health you desire
- Support and encouragement of a group of like minded others
- Tremendous satisfaction

Preferred Foods

Each day what we choose to eat is the key to how we look and feel. What we consume is essential to the prevention (or risk) of type 2 diabetes, heart disease, metabolic syndrome, obesity and even certain cancers. Whenever we embark on a new adventure, we do our best to prepare ourselves for the journey. The Positivity plan may (or may not) be a radical shift from your current routine. Get in the habit of planning your days and your meals in advance so that you decrease the possibility of added stress in the mornings and prevent extra trips to the grocery store.

If you are doing this plan as an individual (meaning, you are cooking for one and not as a couple or family), most recipes can be cut in half and one portion saved for lunch or dinner



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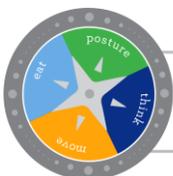
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the following day. If there is a day when you simply do not like the vegetable or meal of suggestion, feel free to substitute according to our lists of preferred vegetables and fruits or just a pick a meal from another day that works better for you.

Now for a list of the preferred foods (most grain and legume amounts implied are for cooked (not dry) products). In most cases we have listed what one serving looks like. The exception would be eggs, which will vary according to individual taste and recipes prepared. We recommend no more than an average of 10 eggs/week.

Carbohydrate	Protein (4 ounces unless otherwise noted)	Fat
Sweet Potatoes (½ cup)	Chicken or Turkey Breast	Olive Oil
Brown Rice or Wild Rice	Lean Free Range Beef	Coconut Oil
Oats (non instant) (1 cup)	Wild Salmon	Avocado
Quinoa (½ cup)	Buffalo	Flaxseed oil and seeds
Barley (½ cup)	Eggs – Preferably omega-3 eggs	Hempseeds
Beans and Legumes: Black beans, Garbanzo beans, Lima Beans, Pinto beans, Unsalted peanuts, Adzuki beans, Navy beans, Soy beans (all ½ cup), Lentils (¼ cup)	Lowfat Cottage Cheese	Nuts and Seeds: Almonds, Walnuts, Macadamia nuts, Pecans, Pistachios, Pine nuts (¼ cup)
Apple (1 medium)	Alaskan/Pacific Halibut	Canola Oil - limited
Pear (1 medium)	Alaskan/Pacific wild Salmon	
Berries (1 cup)	Scallops	
Unlimited Greens	Lean cuts of pork or ham	
Broccoli (1 cup)	Skim cheeses 1 ounce	
Cauliflower (1 cup)	Chunk light Tuna (water packed)	
Carrots	Whey, Brown Rice, Hemp, Pea Protein powder (2 T)	
Zucchini (1 cup)	Tofu or tempeh	
Plain lowfat or nonfat yogurt	Edamame ½ cup	
Asparagus (1 cup)	Organic Milk, skim, 1%, 2%) 1 cup	
Hummus	Plain Greek-style yogurt 4-6 ounces	
Grapefruit (½ medium)	Alaskan Cod	
Pitted Prunes (6)	Arctic char	
Kale (1 cup cooked/ 2 cups raw)	Rainbow Trout	
Eggplant (1 cup)	Mussels	
Bell Peppers (1 cup, cooked or raw)		
Mango (½ medium)		
Cherries (10 large)		
Whole grain pasta (1 cup cooked)		
Spinach (1 cup cooked; 2 cups raw)		
Artichoke		



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Snacks

To keep your appetite in check, make sure those 100 to 200 snack calories contains a bit of protein, fiber, and fat, along with some carbohydrate. These kinds of balanced snacks -- like peanut butter on an apple, for example, or a string cheese with a pear -- will satisfy your appetite as well as help reduce the amount of food you'll eat at the meal that follows. Note, 1 nut is approximately 7 to 9 calories, so if you are eating large handfuls of nuts, the calories will add up quickly. Again, be mindful of portions.

In between your meals, which will roughly hover around 300 to 400 calories (x 3=900 calories) will be 2 snacks. Aim for about 200 calories for each snack. Besides grab and go snack bars (read labels if you are eating many of these and beware of hidden ingredients like high fructose corn syrup and partially hydrogenated oils) here are some other whole food options:

100 +/- calorie snacks:

- 1 piece string cheese
- 1 cup grapes
- 1 cup strawberries
- 1 large apple
- 10 baby carrots with ¼ cup hummus
- An orange and 5 or 6 almonds
- 10 cashew nuts
- 10 almonds
- 2 ounces of lean roast beef or turkey
- Half a small avocado
- 1 hard boiled egg, ½ sliced cucumber
- ¼ cup brown rice with 1 fresh tomato and ½ ounce hard cheese
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
- ¼ cup fat-free ranch dressing with mixed raw veggies
- 1 small baked potato with ½ cup salsa and 2 tablespoons of fat-free sour cream
- 1/3 cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking
- A 5-ounce tossed salad with lettuce, tomato, cucumber and ¼ cup fat-free dressing
- 10 ounces coconut water
- ¾ cup cooked edamame
- Nonfat or soy latte (no flavor syrups or sugar added)



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200 +/- calorie snacks:

25 almonds

¾ cup strawberries with ½ cup nonfat cottage cheese

4 ounces grilled chicken

Turkey and cheese roll-ups (144 calories) Cut one part-skim mozzarella cheese stick in half lengthwise. Roll about 1 ounce of sliced roasted turkey breast around half of a part skim mozzarella cheese stick and repeat with the remaining cheese and turkey to make a total of two roll-ups.

3 ounces deli turkey slices with an ounce of lowfat cheddar cheese

1 apple with 1 tablespoon plus one teaspoon peanut butter or almond butter

2 tablespoons hummus with 6 raw or whole grain crackers

½ cup slow cooked oatmeal with ½ cup nonfat milk

6 whole wheat or multi-seed gluten-free crackers with two teaspoons of peanut butter (or any nut butter)

½ baked sweet potato

1 whole wheat english muffin with 1 hard boiled egg, sliced tomato, lettuce and onion

1 small (4 in. diameter) whole wheat pita with ¼ cup babaganoush

2 ounces shrimp cocktail with ¼ avocado and 1 tablespoon cocktail sauce

Portion Control

Portion control is essential during all phases of the program and again, for the rest of your life. We recommend picking up a small kitchen scale that you can find at most grocery stores.

- 3 to 4 ounces of meat, poultry, or fish are about the size of a women's palm, or a deck of playing cards (or a cassette tape)
- An ounce of nuts (25 peanuts, 17 almonds, 5 walnuts)
- 1 cup of milk, yogurt or chopped fresh greens is about the size of a small hand holding a tennis ball
- An ounce of cheese is about the size of your thumb (or 4 dice)



Glossary

Agave or agave nectar (or syrup) is a sweet substance, similar in taste and texture as honey, just a little sweeter with a thinner consistency. Agave nectar is made up primarily of glucose and fructose and is considered a lower glycemic sweetener. It is a great honey substitute for vegans, but due to the high fructose content, it may not be good for those with metabolic syndrome or diabetes.

Amaranth is a gluten-free seed grain raised around the world, primarily in Asia, North and South America. Amaranth is high in complete protein, especially the amino acid lysine. Amaranth has a nutty flavor and is great cooked up as a breakfast cereal or side dish and the flour makes a great addition to any gluten-free baking mix.

Antioxidants are chemical substances that help protect the body from the adverse effects of oxygen. While it is true that oxygen is an essential energy source for our cells, unstable oxygen can actually be toxic and damaging to our bodies. Unstable oxygen is what we have in free radicals. Free radicals are formed as a result of factors like excess exposure to the sun, cigarette smoke and air pollution, excess alcohol, and even x-rays. Free radicals can damage the body's cells and DNA, and interrupt the normal ability to reproduce healthy cells. Antioxidants fight back against free radical damage, which is why they are essential for almost everyone. We can find antioxidants within the body or we can find them in the foods we eat or supplements we take. Green tea is one example a beverage that contains naturally occurring antioxidants.

Curry is best classified as a variety of spices that often includes curry leaves, turmeric, coriander, cumin, and red pepper – but the combination of spices can vary considerably depending on the type of cuisine. Curry powder is available commercially, as is curry paste. The bright yellow color of curry powder is due to turmeric, which is known as a powerful anti-inflammatory agent.

Edamame is soybeans, still in their pods. They are usually boiled or steamed before eating and sprinkled lightly with sea salt. Edamame is found in most grocery stores and Asian markets in the frozen food section. It may also be found near the prepared food section, especially if the grocer offers sushi.

Essential Fatty Acids (EFAs) are necessary fats that humans cannot synthesize, and must be obtained through diet. EFAs are long-chain polyunsaturated fatty acids derived from linolenic, linoleic, and oleic acids. EFAs support the cardiovascular, reproductive, immune, and nervous systems. Flaxseed oil has the highest linolenic content of any food. Flaxseeds, flaxseed meal, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, some dark leafy green vegetables (kale, spinach,



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purslane, mustard greens, collards, etc.), canola oil (cold-pressed and unrefined), soybean oil, wheat germ oil, salmon, mackerel, sardines, anchovies, albacore tuna, are all examples of foods containing EFAs.

Fiber is a type of carbohydrate that moves through the digestive tract basically unchanged. Fiber helps us feel more full and more satisfied because it slows digestion and absorption so that sugar (glucose) enters the bloodstream more slowly. There are two main types of fiber, soluble and insoluble. Soluble fiber dissolves in water and has a positive effect in the body including lowering bad cholesterol and blood sugar levels. Insoluble fiber cannot be dissolved in water and helps with regularity/elimination. Adults would do well to eat at least 28 grams of fiber daily.

Free range is a marketing term used to describe a method of raising livestock where the animals are permitted to roam freely as opposed to being contained. It may also imply other meanings including grass fed, humanely raised, or pasture raised. It is assumed that free range meats and eggs come from animals allowed to graze on grasses, rather than corn fed.

Gluten is a starchy wheat protein, made from the proteins gliadin and glutenin, present in many grass grains including wheat, rye, barley, kamut, and spelt. It is estimated that approximately 1% of the United States population has an adverse immune (autoimmune) response to gluten, labeled celiac disease. When individuals with celiac disease eat foods that contain gluten, damage can occur in the small intestine. This can then lead to malabsorption of essential vitamins, minerals, and other nutrients, which then can cause other health problems.

Glycemic Index (GI) is a ranking (0 to 100) of foods according to their effect on blood glucose levels. High GI foods (ranking of 70 and above) are quickly digested and can result in wacky blood sugar fluctuations. Low GI foods (55 and under) are digested and absorbed more slowly and have been shown to be beneficial to people with both type 1 and type 2 diabetes. Low GI foods also help with weight management and appetite control. Examples of low GI foods include dark green leafy vegetables (broccoli, cabbage, lettuce, kale), onions, carrots, peas, cherries, plums, grapefruit, peaches, apples, pears, coconut, grapes, berries, whole milk, yogurt, legumes, brown rice, wheat tortillas, buckwheat, new potatoes, sweet potatoes, whole grain pasta, rolled oats, oat bran, nuts, and seeds.

Greek-Style Yogurt is a thicker, creamier, richer style of yogurt that has higher protein content than most regular style yogurts.



Greens or Powdered Greens are generally a powdered form of phytonutrients made from foods like fruits, vegetables, seaweeds, herbs, and/or grasses. Nutritional information and taste can vary considerably between greens products. Look for greens that do not contain artificial sweeteners, colors, or flavoring agents.

High Fructose Corn Syrup (HFCS) is a sweetener to avoid. It is a highly refined sugar that the body doesn't metabolize very well. HFCS is added to a wide array of foods ranging from sweets to condiments. It has been linked to increased rates of obesity. HFCS is made by milling corn to produce corn starch, which is made into corn syrup, which is roughly total glucose, and then changing the glucose into fructose through an additional process. It is often added to foods you wouldn't suspect, so please read labels.

Phytonutrients are chemical-like compounds found in plants that have shown promise in disease prevention. They can be further classified into different antioxidant groupings including flavonoids, carotenoids, isoflavones, lignans, saponins, and indoles.

Polyphenols are chemical compounds found in certain foods that may be beneficial to our health. Polyphenols have antioxidant activity that may help reduce the risk of heart disease and certain cancers. Food sources include tea, red wine and grapes, berries, cocoa, walnuts, pomegranates, peanuts, prunes, raisins, blueberries, kale, strawberries, spinach, raspberries, Brussels sprouts, plums, broccoli, beets, oranges, red grapes, red bell peppers, cherries.

Whey Protein Powder is typically available in/as three major forms: concentrate, isolate, and hydrolysate. It is a very well digested protein. Whey protein concentrate contains a fairly low level of fat and cholesterol, lactose, carbohydrate, and can fluctuate considerably in protein content. Whey protein isolate has typically had the fat and lactose removed. Isolates have a higher percentage of protein by weight. Whey protein hydrolysates are the most easily absorbed and least allergenic varieties of whey protein. Both whey protein concentrate and isolate have a milky flavor, while the hydrolysate form has a more bitter taste.

Whey protein contains branched chain amino acids (BCAAs), which are used to build and fuel muscles. Whey protein contains amino acids like cysteine and glutamine, which can be used to synthesize glutathione in the body. Glutathione is a powerful antioxidant that may help protect against certain types of cancer.

Soy protein is a popular protein choice among vegans. Soy protein isolate comes from defatted soy flour which has had most of the non-protein components, fats and



carbohydrates removed. It contains roughly 90% protein by weight. Because of this, it has a neutral flavor and will cause less flatulence due to bacterial fermentation. Soy protein concentrate preserves much of the fiber of the original soybean, and contains about 70% protein.

Both whey and soy protein powders are widely available at most grocery stores and natural food stores. Other forms of protein powder that are available but sometimes more difficult to find, include hemp protein, brown rice protein (and sprouted rice protein), pea protein, and egg white protein.

Quinoa is a higher protein "ancient" seed-grain, naturally gluten-free, and really not a grain or a seed, but rather a fruit. There is a natural, bitter saponin residue that coats the seeds so the quinoa needs to be well-rinsed prior to cooking. Quinoa (pronounced Keen-wah), is a relative of spinach and Swiss chard. It is high in complete protein, magnesium, manganese, iron, tryptophan and fiber.

Tamari is Japanese soy sauce made using traditional brewing methods. It tastes basically the same as soy sauce. We always use San-J Organic Wheat-Free Reduced Sodium Tamari that is a certified gluten-free product.

Teff is a tiny little nutty grain that is high in protein, calcium, and iron. It is found in the form of flour or as a whole grain and is naturally gluten-free.

Tempeh is a soy food made from partially cooked and fermented soybeans. It has high protein content and can be marinated, stir fried, baked, or stewed.

Tofu, also known as bean curd, originated in China and is made by coagulating soy milk. Tofu is a decent source of protein, is high in iron, and usually a good source of magnesium and calcium, depending on how it was processed.

Trans Fats may occur naturally in meat and dairy products, but they are also produced during the process of hydrogenation of oils. Partially hydrogenated oils add shelf life to processed foods, but they also increase the risk of coronary heart disease and metabolic syndrome. Avoid as much as possible.

Tryptophan is an amino acid found in poultry, red meat, eggs, chocolate, oats, dates, mangoes, dried dates, milk, yogurt, cottage cheese, red fish, chickpeas, sunflower seeds, pumpkin seeds, sesame seeds, and peanuts. Tryptophan has been used as a sleep aid and as anti-depressant in mild depression and seasonal affective disorder.

