

Includes Recipes That Taste Great and
Are Healthy, Too!

Digital
Edition!

The Habits of Healthy Eating

The New Way to Think, Eat, and Live the Life
You've Always Dreamed Of!



By Evan Mestman, MS, RD, CDN

Acknowledgments:

I am grateful to all the people who helped me bring this book to life.

Special thanks to Lena Stoots for helping me bring this to the digital world. And to Louise Henline who made the final and most important edits to make this book a reality.

I am grateful for my wife, Robyn Joseph, for believing in me even when things were toughest. And for my son, Hunter Mestman, for making me laugh when I needed it most.

Lastly, I want to thank you. Thank you to the thousands of clients who've trusted me to help them transform their lives with the power of thought, food, and actions. Habits are an essential part of our lives every day. Using the B3 Way to Wellness has transformed my life as well.

**Become. Be Strong.
Be Grateful.**

It's time to learn the habits of healthy eating. The tools discussed in this book will give you the knowledge and the skills to create healthy eating habits.

By the time you finish reading, you will have a better understanding of what these tools are and how to use them.

Take your time.

This is for the rest of your life!

Enjoy!

Evan L. Mestman, MS, RD, CDN, CWCA

ProAttitudes

www.ProAttitudes.com

©2021



Eating has become a recreational sport in America. You can always find an excuse to eat. Popcorn and candy at the movies, going to dinner with friends, indulging at a wedding smorgasbord, grieving with loved ones over cake and coffee at a funeral, and even while you are reading this booklet. Food should be enjoyed. That's why we have taste buds, but Americans don't always think about the consequences of their eating habits.



The key is to get in the habit of healthy eating to enjoy life-long benefits.

It's OK to eat what you like, as long as you understand why following the habits of healthy eating is so important. If you are ready for a change, you already know why you'll benefit from these habits. For those of you who aren't sure, try the quizzes on the following pages to see if you are prepared to follow the habits of healthy eating. Use the habits to guide you. This is your map to living a healthier and more fulfilling life.

Why should I eat according to the habits of healthy eating?

Healthy eating can make your life better in many ways.

Healthy eating habits will...

- lower your blood pressure,
- improve your cholesterol levels,
- help you live longer,
- reduce your risk of diabetes,
- increase focus and productivity,
- reduce your stress and
- help you reduce your weight.

Do you get the picture?

Let's see how your eating habits are affecting your health.



The first quiz is a way to tell you whether you need to talk to your doctor or registered dietitian about your diet. Answer the questions. For every yes, circle the number. Then, add up and see how you scored. The second quiz assesses some of your current eating habits and where some improvements might be made.

Nutrition Risk Quiz

(True or False)

Circle the statements that are mostly true.

I prefer to drink water over any other beverage. 0

I grab a bagel, donut, or fast food for breakfast most mornings. 1

If I eat one piece of fruit a day I'm lucky. 1

When I get stressed, I open the fridge or cupboard to look for something to eat. 1

I limit my coffee to 1-2 cups per day. 0

My idea of exercise is picking up the remote. 1

I normally take in more meals than I cook in a week. 1

I eat luncheon meats 4 or more times per week. 1

Bacon is a major food group for me. 1

I take medication to lower my blood sugar. 1

I take medication to lower my blood pressure. 1

I take medication to lower my cholesterol. 1

I drink 3 or more drinks of beer, liquor, or wine almost every day. 1

Results Key

0-2 Home run!

You're winning the ball game!

3-5 Foul ball!

Don't be discouraged. Make a few changes and we'll be calling you slugger!

6 or More Strike!

It's a good thing you're reading this. You're making major withdrawals from your health account. It's time to consider making some deposits. The first step is to make an appointment to see your doctor if you haven't done so in the last year. The second step is to consider if you need a health and wellness coach to get you on the right path.



Picture Your Plate Quiz

Test yourself to see whether your food choices need improvement and whether you understand the principles of healthy eating.

Give yourself one point for every true answer.

1. I think I meet all of my nutrition needs with the food choices I eat every day.
2. When I eat bread, grains, and cereals, I mostly choose whole grains.
3. I eat at least two pieces of fresh fruit per day.
4. I include salad at dinner on most nights.
5. Vegetables fill half my plate at dinner most nights.
6. I eat protein from animals at least twice per day.
7. I limit my starchy food intake, especially when I don't work out.
8. When I eat fat, it's mostly fats found naturally in foods and extra virgin olive oil, nuts, and seed.
9. I rarely eat cake, cookies, and junk food.
10. I include beans, high-fiber starchy vegetables, and other high-fiber foods every day.



Results Key

0-3 Time for a new focus on your plate!

4-7 You can make some changes that will improve your food choices.

>7 You're picture perfect when it comes to food choices! Great job!

Can I change a lifetime of lousy eating habits?

Yes, you can!

All it takes is a combination of three ingredients:

1- What to do

2- How to do it

3- Attitude to change

A habit is something that takes effort to create an even greater effort to break. Look at the circles on the next page. Where the three circles intersect, you have a habit. It takes all of these components to make a habit. If you ignore one, you won't have a lasting habit. For example, consider the habit of smoking. When you try your first cigarette, your attitude is what drives you to smoke. You know how (inhale), you know what (your friend's cigarette), but it's your attitude (it'll be hip and cool) that gets you to try it. You make your habits by what motivates you. Without the "why," would you start smoking? After the "hipness" wears off, why does someone still smoke?



Once you make habits, the habits then make you! Some people smoke out of boredom, loneliness, stress, or because they're having a cup of coffee. Smoking becomes linked to other stronger needs, which make it very difficult to stop. In order to create a new habit, you must have the knowledge, skill, and attitude to change.

What to do = KNOWLEDGE

Most of you probably know what healthy eating is, but don't necessarily have healthy eating habits. You may have raised children to be strong and healthy. You've read the science section of the newspaper for years. You've watched TV news talk about the link between food and heart disease, diabetes, cancer, and osteoporosis. But even after a lifetime of information, you may not be sure what to do about your eating habits. It's time to separate fact from fiction, and your eating habits from what you eat.

Here's the scoop on healthy eating. It's easy. There's no such thing as good or bad food. The best way to eat is to include all foods that you like. Remember what you've heard, everything in moderation.



Do you know if you have healthy eating habits?

Make a list of the top 15-20 foods you eat regularly. Fill in the blanks on the next page. In the first column, list the foods you eat that have the most nutrition and least amount of fat, sugar, or sodium. These foods are high-power foods. In the second column, make a list of all the foods you eat that are high in sugar, fat, or sodium. These foods are low-power foods. Next to each food, code it with the frequency that you eat it:

D+ = more than once per day

D = no more than once per day

W+ = more than once per week, but less than once per day

W = no more than once per week

M+ = more than once per month but less than once per week

M = no more than once per month

High-Quality-Calorie Foods
(low fat, low sugar, high nutrition)

•

•

•

•

•

•

Low-Quality-Calorie Foods
(high fat, high sugar, low nutrition)

•

•

•

•

•

•

Compare the lists to see how your choices rate. It's easy to know what to eat for health, but not so easy to follow. You've read about it for years: Eat low fat, high fiber, less processed meat, more fish, more vegetables, more fruit, less sugar, less salt, less alcohol, etc. It's time to practice what's been preached. If you're having trouble eating high-power foods, read on. It's easy to practice healthy eating habits.



How to do it = SKILL

In the preceding list, you identified what's wrong with your food choices (for example, the foods are too high in fat). Now you've got to work on the skills that will help you change your ways. You can't play the piano by reading a book. You've got to practice, practice, and practice! This isn't about dieting for a short time and then returning to your old habits. It's about learning new ways to take better care of yourself. Skill-building takes time, effort, and motivation. Since motivation is fickle, let's focus on eliminating that from the equation by making your changes super easy and enjoyable.

Here's a way to build a new skill. First, decide what skill you want to develop. For example, you might realize that from the list of foods you made, you choose too many low-power foods on a daily basis or mostly on the weekends.

These skills take time to develop. It's not necessary to change your eating habits overnight. Set simple goals to help make the changes gradual but permanent. Develop the skills over a period of four to six weeks, and your chances of success increase dramatically.

Some of the skills that would help you improve the quality of the food you're eating might be to:

1. Keep a fat budget that lowers your fat intake to 30% of your calories.
2. Pick two days of the week that you will have limited amounts of sweets (try 100 calories of dark chocolate). Keep the other days filled with high-power foods and no sweets.
3. Focus on reading food labels when you shop. Keep sugar out of the first four ingredients to lower your refined carbohydrate intake.
4. Pick three foods that you know are low-power foods and list them below. Consider alternatives to these foods that satisfy you but are higher-power foods.

Instead of eating this...

- 4 cups of coffee w/sugar
-
-
-

I'll choose to eat this...

- 2 cups w/ a no-calorie sweetener
-
-
-

Here's an example. You fill in the rest.

Attitude to change = WHY

If you have the knowledge and the skill to do something, then all it takes is the right attitude! Your attitude is what makes or breaks your habits. Motivation and desire come from attitudes. An attitude is a product of your beliefs. Your upbringing, schooling, values, experiences, readings, and expectations all influence your attitude. If you've got the right attitude, you can do anything. On the other hand, if your attitude is preventing you from changing, consider this — The easiest way to see fast results is to have the right attitude. To understand what it takes to address a self-defeating attitude, think of your attitude as a typewriter whose keys aren't hitting. If you wanted to type a letter but every time you hit the letter "e", it didn't type, your letter wouldn't read correctly. How do you change the letter? Fix the typewriter. It's not the paper or the ink or the time of day that you are typing. With eating healthy, it's not the food, but the attitude.



Here are some attitudes that need to be reprogrammed:

Self-Defeating Attitudes

- I feel powerless
- I can't change the way I am
- My spouse makes me feel frustrated
- I have to do that
- I ought to say yes
- I can't say no
- If the only cake had no calories

Effective Attitudes

- I am in control
- I can choose differently
- I am master of my feelings
- I choose to do what I want
- I can say no gracefully
- I will do what I can
- I consider the consequences

If you see the world through self-defeating eyes, you'll be a slave to those attitudes for the rest of your life. Change your attitudes, and your unhealthy eating habits will change more easily. Consider what attitudes you have that need shifting. The habits of healthy eating are based on effective attitudes. Without effective attitudes, you can't see lasting results. Imagine trying to manage your high cholesterol if you feel powerless.

How do I get started?

Step One

The best way to begin is with the first step. If you haven't had a physical recently, visit your doctor. Discuss your health issues and determine what changes in your diet might help optimize your health. Some conditions might warrant special dietary intervention.

These might include:

- Obesity
- High cholesterol
- High blood pressure
- Diabetes
- Heart condition
- Kidney disease
- Cancer
- Chronic respiratory problems
- Any chronic condition that affects or is affected by your eating habit

It's always a good idea to visit your doctor before you make any changes in your lifestyle. After you get the green light, consider working with a nutrition expert, a registered dietitian/health/wellness/mindset coach, like me. I have had specialized training in nutrition, mindset psychology, and metabolic diseases and can develop a plan that will accommodate your personal lifestyle.

Step Two

To solve a problem, it's important to be aware of what your limiting beliefs are. Limiting beliefs are the old stories that you hear in your head that prevent you from solving the problem. Awareness is a very important tool that helps you shift your beliefs to take action. One of the best tools for awareness is journaling. Writing it down will reveal obvious and not so obvious issues you are having with your eating. Use the sample on the next page to track your eating for at least one week.

Record the time you eat, portion sizes (measure the first time and guesstimate the rest), motivations, attitudes, and enjoyment level. Then, use the questions below to determine what needs improvement. Some examples are offered to get you started on the right track.

There are many reasons to eat besides hunger. Most of these reasons are learned. New habits can be learned to take the place of the older, self-defeating habits.

An example of a low-variety diet:

- A bagel w/ cream cheese and a cup of coffee for breakfast
- Ham and cheese and an iced tea for lunch
- Pretzels for a snack
- A bowl of pasta with tomato sauce and a slice of Italian bread with a glass of wine for dinner
- A cup of ice cream for dessert

This diet is very low in fruit and vegetables, but high in starchy/processed foods. If changes were made to increase the variety of the foods, it would look more like this:

- T2 eggs, spinach, a slice of bakery rye bread, and orange, with coffee for breakfast
- Turkey and Jarlsberg Swiss cheese with roasted peppers, tomatoes, chickpeas, romaine lettuce, and sprouts with orange-flavored seltzer (no sweetener)
- Fresh apple and 6-8 roasted almonds for a snack
- Grilled chicken with chopped zucchini, tomatoes, mushrooms, and peppers with 1/2 cup pasta (7:1 ratio of vegetables to pasta). A green salad with EVOO and balsamic vinegar.
- Fresh blueberries with a dollop of plain Greek yogurt for dessert

The trick is to:

1. Add variety to meals that lack it
2. Eat less low-quality calorie foods to make room for more high-quality calorie foods.

Eat more high-quality calorie foods

Americans eat more low-quality-calorie foods now than ever before. A quality-calorie food is loaded with empty calories from fat, sugar, or white flour and/or is high in sodium. If you choose more low-quality-calorie foods, you'll have to eat more calories than if you ate more high-quality-calorie foods. Since high-quality-calorie foods are loaded with nutrition, you'll get more with less. More food, fewer calories. More nutrients, less fat. More vitamins, less sugar. More minerals, less sodium. The key is to find a balance between low and high quality calorie foods.



Find out what motivates you to eat:

1. Most people eat out of boredom, frustration, convenience, routine, taste, frugality, and, lastly, health. What is the most common factor influencing your food choices?
2. Information drives us to do things. A report on the news about a recent study that claims broccoli prevents cancer might influence what vegetable you buy for dinner that night. What types of information do you use?
3. How many times did you eat for reasons other than physiological hunger?
4. How many times did you eat something that you didn't really enjoy?
5. How many times did you eat something because someone else was eating?

Now that I identified some of the problems, how do I solve them?

It's time to learn the habits of healthy eating. These tools will give you the knowledge and the skills to create healthy eating habits. Remember, practice for progress, not perfection. It only takes a few weeks of using these tools to see significant results.

Food has to taste great

The first habit of healthy eating is the most important. We have taste buds for a reason. Food should be enjoyed. If you enjoy what you eat, you will be less likely to cheat. Consider the alternative. What if all the foods you ate were low-fat and healthy, but tasteless. You'd feel deprived. Research suggests that one of the main reasons dieters fall off the bandwagon is deprivation. If you restrain your eating, you are much more likely to overeat later, regardless of your weight. Deprivation leads to overeating. It's time to start enjoying your meals, regardless of your dietary restrictions. This will help you choose healthier foods, lose or maintain a healthy weight, and improve your level of satisfaction with each meal.

Eat a variety of foods

How often do you eat the same foods for breakfast or lunch? Do your snacks vary from day to day, or do you eat pretzels every day? The human body requires a multitude of nutrients to keep it in tiptop shape. When you eat the same foods over and over, your chances of getting all the nutrients you need decrease. Variety in our food choices is a simple way to ensure that you get all the nutrients that the body demands. When variety is lacking, cravings can set in.

Take some time to review the following list of foods showing high-quality-calorie substitutes for some common foods.

Instead of this:

Starchy Foods

plain bagel
corn flakes
pita
pasta

doughnut
white rice

Choose this:

pumpernickel bagel
bran flakes
whole-wheat pita
pasta with beans
(same portion)
whole wheat waffle
Whole grain (kamut,
quinoa, or millet)

Instead of this:

Fruits

orange juice
canned fruit in syrup
apple pie
raisins

Vegetables

french fries

canned soup
iceberg lettuce
ketchup
fried zucchini sticks
fried onion
mashed potatoes

Meat and meat substitutes

3-egg omelet

pork sausage

t-bone steak

chicken thighs
chopped chuck

fried flounder

Choose this:

fresh orange
canned fruit in juice
baked apple
grapes

baked Yukon gold
potato
fresh soup
any colored lettuce
fresh tomatoes
sautéed zucchini
grilled onions
mashed sweet
potatoes

2 egg omelets with
 $\frac{1}{2}$ c spinach
vegetable or turkey
sausage (nitrite free)
London broil or flank
steak
chicken breast or leg
chopped turkey or
ground round
grilled shrimp

Instead of this:**Dairy**

whole milk

cream evaporated

ice cream

full-fat cheese

butter

Fat

cream cheese

corn oil

butter or margarine

salad dressing

sour cream

Choose this:

1% or skim milk or 1% kefir

skim milk or cream alternative (non-hydrogenated)

gelato

part-skim cheese

butter/olive oil blend

low-fat cream cheese or peanut

extra virgin olive oil (EVOO)

any nut butter or butter/olive oil blend

Homemade dressing

Plain Greek yogurt

It takes time to find the substitutes that will work for you. Try picking three foods per week that you could work with. Find several substitutes that are from the high-quality calorie group. Don't violate the first habit of healthy eating —it's got to taste great. In three weeks, you'll be surprised how easy it is to eat higher-quality calorie foods. There are so many great-tasting, high-quality calorie foods to choose from in supermarkets.

How do I figure out if a food is a low quality or high quality?

If you want to learn more about food, you can read the food label. Since 1994, manufacturers have been providing information on food packages that let you know more about the foods you eat. There are several things to consider when looking at the food label.

The nutrition claims.

The front of the package has more than the name of the product. If the manufacturer wants to claim a product is low fat, high-fiber, or lowers your risk of heart disease, it has to be supported by scientific research. Now you can trust some of what you read on a package because it's the law. This can save you time when shopping for high-quality foods. The chart on the right lists some of the most common claims and what they mean when they appear on a food package.



Learn the label lingo, look for words like: (chart)

Label	Definition
High	20% or more of the daily value of a nutrient
Low	Low fat — 3 grams or less or serving Low Saturated Fat — 1 gram or less per serving Low Sodium — 140 mg or less per serving Very Low Sodium — 35 mg or less per serving Low Cholesterol — less than 20 gm per serving Low Calories — 40 calories or less per serving
Lean	Less than 10 grams of fat per serving Less than 5 grams of saturated fat per serving Less than 95 mg of cholesterol per serving
Extra Lean	Less than 5 grams of fat Less than 2 grams of saturated fat Less than 95 mg cholesterol per serving

Learn the label lingo, look for words like: (chart)

Label	Definition
Reduced	Food that was altered to have 25% less than its original form
Less	5% less than the original food
Light	Fewer calories, 1/2 of the fat, or 1/2 of the sodium
Good Source	10% - 19% of the daily value
More	10% more of the daily value than the original food
High	20% or more of the daily value
Fresh	Raw food that has never been frozen or heated

These words don't guarantee that food will be of high quality, but they will help you to make an educated decision.

How do I figure out the nutrition facts label?

Although there are many bits of information to read on the label, this guide will help you use the label to track your total fat, saturated fat, cholesterol, and sodium intakes. Use only the parts of the label that are important to you.

“Nutrition Facts”

Example label- see any food label for reference

Serving Size 2 cup (114 g)
Servings Per Container 4
Amount Per Serving
Calories 90 Calories from Fat 30
% Daily Value*

Total Fat 3g 5%
Saturated Fat 0g 0%
Cholesterol 0mg 0%
Sodium 300mg 13%
Total Carbohydrate 13g 4%
Dietary Fiber 3g 12%
Total Sugars 3g
Includes 3g Added Sugars 23%
Protein 3g
Vitamin A 80% Vitamin C 40%
Calcium 4% Iron 4%

* Percent Daily Values (DV) tells you how much of a nutrient in a serving contributes to a daily diet, 2,000 calories a day is used for general nutrition advice. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000
Total Fat Less than 78g
Sat Fat Less than 20g
Cholesterol Less than 300mg
Sodium Less than 2,300mg
Total Carbohydrate 275g
Added Sugars 50g
Fiber 28g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Serving Size

The amount of each nutrient on the label is based on the serving size listed here. If you eat double the serving size, double the nutrient and calorie values. If you eat half the serving size, cut the nutrients and calories in half.

Calories/Calories from Fat

When choosing foods, you should try to limit your calories from fat. Look for a big difference between the number of calories and the calories from fat. The bigger the difference, the lower the fat content.

Total Fat

Most Americans eat too many calories and many of them come from fat. Too much fat can lead to obesity and other health problems. Keep fat to no more than 30% of your daily calories. Fat budgeting will help you to count fat grams. A registered dietitian/health coach can help you with this.

Saturated Fat

Saturated fat is only ONE type of fat. This fat may play a key role in raising blood cholesterol levels but the research isn't conclusive on its impact on your health and longevity. It's a good idea to limit saturated fat to less than 10% of total calories.

Cholesterol

This is another nutrient that can raise blood cholesterol but the research isn't conclusive on its impact on your health. It's recommended to limit your intake to no more than 300 mg per day.

Fiber

It's clear that we need to eat more fiber. More than 95% of Americans don't eat enough fiber. The average American gets 10 grams or less per day. Look for at least 3 grams of fiber per serving.

Sodium

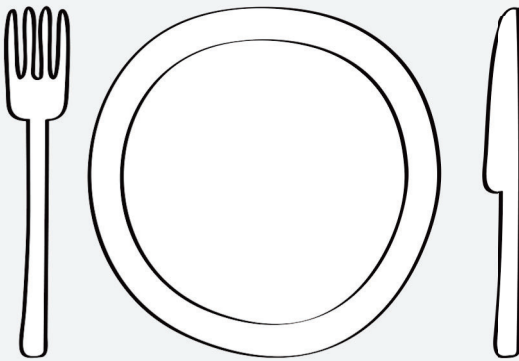
Sodium comes from salt and other ingredients. Eating too much may cause high blood pressure in some people. Aim to eat 2,300 mg or less each day. Since the average American eats about 20 foods per day, keep the average to 120 mg per serving, or balance a 300 mg-per-serving food with a very low-sodium food (less than 20 mg per serving).

Percent Daily Value

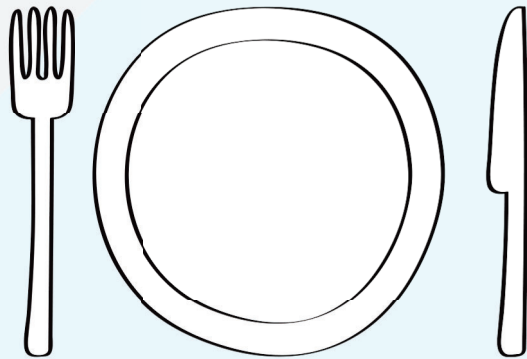
Percent Daily Value shows how much you need of a total day's nutrient and compares it to one serving of the food product. The Percent Daily Values listed in this column are based on a 2,000-calorie diet. Your daily values may be higher or lower, depending on your calorie needs. For most people, this section can be confusing. If you need help, ask your dietitian/health coach to determine your daily values.

How do I put these guidelines into action?

It's easy to improve your eating habits if you have the right tools. Use the next tool to get lots of high-quality calorie foods in your diet without excess calories. It's based on the exchange system of meal planning, however, you don't eat from an exchange. You eat from a plate. Therefore it's called ROUND OUT YOUR PLATE.

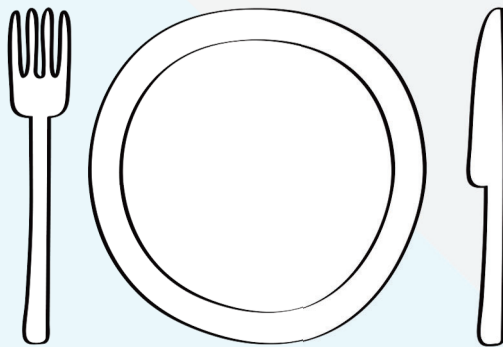


Breakfast



Lunch

Each plate will be proportioned with food based on the six food groups. All foods are placed into these groups based on their similarities. Rather than focus just on portions, you can fill your plate with the foods mentioned, eat until you are satisfied, and know you are getting the nutrients you require for good health. Remember, it's not the "clean-the-plate" rule. Rather, it encourages you to eat a variety of high-quality-calorie foods until you feel satisfied. This way of eating will help you lose weight if you are overweight, decrease your blood pressure, help control diabetes, and help you get the nutrition you need if you struggle to eat enough. Don't forget to enjoy all that you eat. The other habits of healthy eating still apply.



Dinner

Round Out Your Plate (original)

1. Using a pen or pencil, cut the breakfast circle in half. Write the words "starchy foods" in one half of the circle.
2. Cut the other half of the circle in half to make two quarters. Fill one quarter with the word "protein".
3. Cut the other quarter into thirds. In each space fill with the words, "milk" "fruit", and "fat", respectively.
4. Cut the lunch and dinner circle in half. Write the word "vegetables" in one half of the circle.
5. Cut the other half of the circle in half to make two quarters. Fill one quarter with the word "protein" and the other with "starch foods".
6. Draw a sliver off of vegetables (about the same size as the sliver for fat at breakfast). Write the word "fat" in that sliver.
7. Cut one small circle in half and write the word, "milk" in one half and "fruit" in the other.
8. In the other small circle, write the words "green salad".

For faster weight loss:

Use salad plates for 2 weeks instead of normal dinner plates.

For High Protein/Paleo:

Eliminate the dairy and starchy foods from the equation and add more vegetables and protein. Fat can be used more liberally, but stick to high-quality-calorie fats such as EVOO and avocado.

For controlling blood sugar:

For breakfast, fill only one quarter of the plate with starchy foods. Keep starchy foods off your lunch and dinner plates and eliminate fruit for at least 2 weeks until your blood sugars are at your goal level. When your blood sugars are better controlled, add one serving of berries per day. Starchy foods can be added based on your blood sugars. Work with your nutrition professional to find optimal proportions for your plate.

What are the six food groups?

In the past, there were only four food groups. To encourage Americans to eat more fruits and vegetables, nutrition experts developed six food groups and put an emphasis on foods with lots of nutrients and fewer calories from fat and sugar. ROUND OUT YOUR PLATE is based on the many different concepts found around the world. ROUND OUT YOUR PLATE will help you understand the food groups and how to plan your daily meals.

The foods groups are:

- Starchy foods
- Vegetables
- Fruits
- Milk
- Protein
- Fat



What counts as a starchy food?

The majority of foods in your diet should come from this food group. High-quality calorie starchy foods include all products made from whole grains, starchy vegetables, and legumes. Choose from the list below:

High-power starchy foods

- All beans
- Whole grains like oats, barley, millet, buckwheat, rye, amaranth, corn, quinoa, wheat, and millet
- Sweet potatoes (with skin)
- All potatoes (with skin)
- Peas
- Corn
- Bran cereals
- Whole grain bread
- Whole wheat pasta and couscous

A serving:

- A slice (1 ounce) of bread
- 1/2 cup (4 ounces) of cooked grain, rice, or pasta or cooked cereal
- 3/4 cup flake-style cereal

Your goal is 5 to 9 servings of high-quality-calorie starchy foods per day.

What counts as a vegetable serving?

A serving of vegetables is equivalent to 1/2 cup of cooked vegetables or 1 cup of raw. The key to ROUND OUT YOUR PLATE is to fill 1/2 of your plate with vegetables at lunch and dinner.

Vegetables are high-quality-calorie foods but most Americans don't eat enough of them. To help your kids eat more vegetables, puree a carrot and a small zucchini into tomato sauce for more nutrition and more flavor. It's easy to meet all your nutrition needs when you learn to fill your plate with a variety of vegetables. Here's a list of some All-American winners:

High-quality-calorie vegetables (most to least)

- Collard greens
- Romaine lettuce
- Spinach
- Snow peas
- Kale
- Asparagus
- Swiss chard
- Endive
- Red pepper
- Tomato
- Carrots
- Broccoli
- Cauliflower
- Brussels Sprouts
- Boston bib lettuce

The list shows the vegetables with the most carotenoids, vitamin C, fiber, folate, potassium, calcium, and iron. They tend to be the ones with the greatest variety of color. People who eat more of these vegetables have a lower risk of cancer, cut their risk of heart disease, lower their likelihood of having a stroke, and decrease their chances of going blind. There are lots of clues from research, so much so that the majority of scientists recommend more than 5 servings of vegetables daily. The more you eat, the more likely you are to get all the protection you need. There are many other nutrients found in these vegetables, but research hasn't been done on them (and probably never will, there are so many!) New research will reveal that other vegetables are a source of life-saving nutrients, so be sure to eat a variety of vegetables every day. Shoot for a few new colorful vegetables every week.



What counts as a fruit serving?

A fruit serving is a four-ounce piece of fruit (about the size of a tennis ball), $\frac{1}{2}$ cup of canned-in-its-own juice fruit. Fruits are a great way to get high-quality-calorie nutrition without empty calories if you eliminate juice. The fruits below are packed with vitamin C, flavonoids, carotenoids, potassium, and fiber.

High-power fruits (most to least)

- Strawberries
- Tangerine
- Orange
- Mango
- Cantaloupe
- Peach
- Papaya
- Guava
- Nectarine
- Apricot
- Apple

All fruits have nutrients, but those above are highly concentrated with cancer-protective and heart-smart photochemicals. Leave room for one to three fruit servings per day.

What counts as a protein serving?

A serving of meat, chicken, or fish is three ounces or the size of a deck of cards. Most restaurants offer 20-ounce steaks, which cook down to 17 ounces. That's five times what's recommended. Keep protein portions to 1/4 to 1/2 of your plate, which amounts to 1-2 ounces for breakfast and 3-8 ounces for lunch and dinner. Here's a list of high-quality-calorie protein foods that are low in fat.

High-quality-calories protein foods

Soy	Tofu, tempeh, soybeans, TVP (texturized vegetable protein)
Beans	Black, kidney, lima, navy, white, green peas, lentils, and legumes
Fish	Mackerel, sardines, salmon, tuna, sole, flounder, snapper, shellfish
Poultry	White meat chicken and turkey without the skin
Meat	Lean cuts of beef, pork, lamb, and veal, such as center-cut chops, top round, sirloin, tenderloin, and leg
Cheese	Lower-fat varieties of any cheese
Nuts	Pistachios, peanuts, almonds, hazelnuts, and any nut butter, preferably natural peanut butter (without hydrogenated fat), PB2 (dried)

What counts as a milk serving?

Milk and milk products are the major sources of calcium in the American diet today. Humans are the only mammal that continues to drink milk after weaning. Consider using cultured milk products which give you a 2-fold benefit. They have gut bacteria that help feeds your colon cells and are more easily digested since there is less lactose. To make sure your calcium intake is adequate, you should include three servings of milk or milk substitutes daily. Make sure you choose cultured low-fat dairy products to keep your fat intake on target and promote a healthy gut microbiome. An eight-ounce glass of whole milk has over eight grams of fat, and sixty percent is saturated fat. That's the equivalent of 2 pats of butter floating on a glass of fat-free cultured milk. A slice of whole cheese has as much as 10 grams of fat. However, yogurt is a great-tasting, calcium-rich food. Greek yogurt is even creamier and higher in protein. Take your pick. Eight ounces of low-fat milk or yogurt are considered a serving. If you are lactose intolerant, try milk substitutes, such as unsweetened fortified soy milk, oat milk, or nut milk. Make sure they have at least 30% of your calcium needs per serving (check the Nutrition Facts label)

What counts as a fat serving?

Eating too much fat and sugar are two of the top reasons why many Americans are obese and suffer from many chronic illnesses. It's the type of fat that Americans eat that causes problems. A simple rule to follow—eat less fat. It's best to choose from the high-quality calories fats to keep saturated fat and hydrogenated fat (the fats that are responsible for high blood cholesterol) down. Eat more monounsaturated fat, like extra virgin olive oil, nuts, seeds, and avocado. Fat from fried foods, bakery products, snack foods, salad dressings, commercial (not natural) peanut butter, crackers, and commercially prepared foods are usually hydrogenated and should be used sparingly. Other fats to limit because of their high saturated fat content include butter, cream cheese, mayonnaise, margarine, bacon, cream, shortening, and sour cream.

A serving of fat is:

- 1 teaspoon of oil, butter, or margarine
- 1 tablespoon of nuts, seeds, reduced-fat butter, reduced-fat margarine, reduced-fat mayonnaise, reduced-fat peanut butter, or full-fat dressing
- 2 tablespoons of cream cheese or reduced-fat dressing or sour cream
- 1/6 avocado

What is the best time to eat?

Many people treat their cars better than they treat themselves. If you had an empty tank, you'd fill it. But when it comes to feeding your body, most people skip meals, eat too little, eliminate whole food groups from their diet, or a combination of all of these. To keep your body running like a well-tuned car, feed your body before your gas tank hits empty. Follow a schedule for breakfast, lunch, dinner, and snacks so that you eat most of your calories before dinner. If you eat a snack, first make sure you are hungry. If you snack an hour or two after dinner, you're not really eating out of hunger. Make dinner your last time for eating. If you do snack, keep it to no more than 200 calories and rarely have one before bed unless directed by your dietitian or doctor. Some conditions, like diabetes, may require a special schedule of meals and snacks. If you're not sure, ask your doctor for a referral to a registered dietitian in your area or make an appointment with me to review your specific needs at www.ProAttitudes.com.

Intermittent fasting is another option. Overfeeding is a significant problem today. It leads to weight gain, insulin resistance, and can cause mood swings as well as wane in your energy. 16:8 is a very popular way to manage all of these things. Abstain from food for 16 hours (water, coffee, tea, and non-caloric drinks are allowed but avoid artificial sweeteners) and keep your eating to a window of 8 hours. When you are in the fasting state, you are encouraging the body to pull energy out of storage, which is how our bodies evolved. It is only in the last 150 years or so that food has become so abundant.



How much water do I need to drink?

Water is a necessary nutrient to keep your body working well. Without water, your body can't function. Water is essential for every bodily function, from muscle movement to thinking. It's easy to get all the water you need on most days if you drink 8 to 10 glasses of water per day. Coffee, juice, and drinks don't contribute enough water to meet your entire quota because these liquids need water to be absorbed and metabolized. On hot days or days that you exercise, your needs may be even higher. If you eat too much salt or protein, your needs will also increase. Never use thirst to judge whether you should drink water. Thirst will occur only after you have lost 2% of your body's weight in water which can lead to dehydration. Some people have special medical needs that require a restriction of fluids. Most people need a $\frac{1}{2}$ ounce -an ounce of water per pound of desired body weight. Talk to your doctor or dietitian if you have any concerns about your water needs.

How much water do I need to drink?

Benefits of Water

Rids the body of waste products

Keeps the body at the proper temperature

Keeps your muscles working well

Lubricates joints

Transports minerals in the body

Improves kidney function

Allows us to use our senses of sight, taste, smell and sound



What is the best way to lose weight?

There are practically as many weight-loss diets as there are people who give advice. Unfortunately, grapefruits, cabbage soup, and fat-melting pills don't work. There are no shortcuts to losing extra pounds. Pills, drinks, or diets are a Band-Aid approach to an epidemic in the U.S. Being overweight has its risks. It increases your chances of getting high blood pressure, diabetes, heart disease, and some types of cancer. Losing weight and maintaining a healthy weight can give a boost to your health. There are really only two ways to lose weight. Eat less and exercise more. It's important to have a healthy attitude towards losing slowly. It's easy to underestimate the tiny changes you make every day that have a big impact over time. There are some diets that claim you can lose 30 pounds in 30 days and you'll gain it back as soon as you're back to your old habits. Diets are self-defeating and unhealthy.

Here are some weight-loss goals to shoot for when you are ready to lose weight:

Take your time to lose.

Obesity is an epidemic in the United States. If you aren't sure whether you need to lose, take this test. If your waist size is larger than 36 inches for men or larger than 32 inches for women, it's time to consider losing some body fat. It takes about 3,500 calories to burn a pound of fat. That means that if you cut out 500 calories daily from your diet, you could lose about one pound in a week. Many unhealthy diets promote fast weight loss, but this is primarily due to water loss. A high-protein diet causes your body to lose up to seven pounds of water in the first week.

Unfortunately, the weight will return as soon as you resume eating starchy foods, fruit, sugars. Expect a one-half pound to one pound weight loss (primarily fat) per week. The longer it takes to take it off, the longer you'll keep it off.

Have a Healthy Attitude

It's easy to lose your perspective when you're eating carrot sticks and diet Jell-O all day. The leading cause of binge eating is deprivation. Diets always deprive you of your favorite foods. No bread, no pasta, no sweets. There is a better solution. Try a healthier attitude.

Consider this example.

It is safer to say,

"I am not a responsible eater when I eat out"

Than to say,

"I'm irresponsible with my eating when I eat out."

That's tough to swallow. By saying you're irresponsible, you have to accept that you're taking part in your failure to improve your eating habits. Work on the one thing over which you have total control—yourself.

Instead, take control and say,
"I can choose to eat fish or chicken when I go
to the restaurant."
"I really want to improve my health."
"Eating low fat-foods at the restaurant can still
taste great."
"I can ask for the waiter not to bring the bread
basket to the table."
"If I share my meal with a friend or spouse, I
can eat less but get what I want."
"I can focus on the company instead of the
food. It's just like any other meal."



Have a plan

This book is designed to plant the seed of motivation. If it's important enough, you can do anything you put your mind too. Create your success in your thoughts. Look in the mirror and decide what needs to change. See yourself one year from today. Who will the new you be?

- Your habits?
- Your attitudes?
- Your waistline?
- Your relationships?
- Your health?
- How can I climb the ladder to success?

It's time to get started. Start with goals, and you'll achieve anything to which you put your mind.

STEP ONE: Identify the problem

Consider what the problem is, and write it down. If you can't decide on one, pick one from this list:

- your portions are too large
- you eat when you're not hungry
- you skip meals but overeat at dinner or other meals
- you eat too fast
- you eat when feeling out of control
- you tend to sneak food, especially low-power foods
- you don't have enough time for yourself
- you're too tired to exercise

MY TOP 3 PROBLEMS ARE:

•

•

•

STEP TWO: Identify the solution

The solution to the problem is the opposite of it. For example, if you don't have enough time for yourself, the solution would be to make time for yourself. Start with the one problem you want to change first.

THE SOLUTION TO MY PROBLEM IS:

-

-

-

STEP THREE: Climb the ladder (Goal Setting)

Take some time to consider what goals you'd have to take to make STEP TWO a reality. Write them down with the intent of committing to at least one goal per week.

STEPS THAT WILL HELP ME SOLVE MY PROBLEM (start with one problem):

-
-
-

Make sure the goals (or steps) are trackable. For example, to make more time for yourself, you might get up earlier. To track your success, you could pick a specific time to get out of bed and see how successful you are. "I will get out of bed at 7 AM every day."

Use the SMARTER Rule when planning each step:

Specific

Every step you take should be very clear and precise so you know exactly what to do. If you gave your goal to twenty people, they would all do exactly the same thing.

Measurable

Keep your goals measurable so you can track them.

Attainable

The main reason people fail with goals is that they are unattainable. Lower your expectations and increase your commitment. You'll get great results.

Realistic/Relevant

Every goal has to have a reason behind it or it won't stick. It also has to be doable. Don't say you can drink eight glasses of water per day when you're only drinking one. Take baby steps each week to see progress.

Timely/Trackable

The best way to see results is to set deadlines for your goals and track them. If you want to limit fat to 45 grams per day, write down your intake for a day, and count the fat grams. This will ensure that you are following through with your commitments.

Enjoyable

Change has to feel good. If you're not enjoying the change, it won't last. Make sure you've set up a way to feel that the change is fun and satisfying. For example, if you're going to exercise as a goal and you hate group classes but love to hike. Choose hiking.

Rewarding

Even the smallest, tiniest changes matter. By making each change rewarding you'll be paving new neural pathways in the brain that are positive and productive. Why? Because when a goal is rewarding, you get a dose of neurochemicals called dopamine. These make you feel great! In the beginning, just putting on your sneakers every day could be a great goal but you might not feel like it's something to celebrate. But it is. It's the first tiny step in your new attitude towards optimizing your health. Make it a point to celebrate even the smallest changes and you'll be blazing a new trail towards a lifelong healthy habit.

What if I have special dietary needs?

Sometimes you can't get all your nutritional needs from food due to an illness or other reasons. Many Americans suffer from one form of chronic disease or another as they age. Having healthy eating habits will only help. Special foods are not necessary if you're following the habits of healthy eating. A healthy attitude is. You may have certain dietary restrictions to better cope with diabetes, heart disease, high blood pressure, cancer, kidney disease, or osteoporosis. While your personal needs are best addressed by a consultation with a registered dietitian, the habits of healthy eating with the necessary restrictions on fat, saturated fat, refined sugar, and sodium are appropriate for most. Schedule a complimentary appointment with me at your earliest convenience at www.ProAttitudes.com.

Should I take vitamins?

While over 85% of Americans say they take vitamins and supplements, certain medications and medical conditions increase or decrease their effectiveness. If you're not sure about what to eat or what vitamins might help, make an appointment with a doctor or a registered dietitian for reliable information.

Bottom line

The roadblocks of yesterday are the opportunities of today. Plan to look at obstacles differently. Decide to succeed. It's not a question of willpower or won't power. A plan will be your map when you wander off the path. Keep a positive attitude and remember what is truly important to you—your health. You can optimize your life, one choice at a time!

**Yes, I'm ready
to make an exciting change
to my mindset!**

For more information:

There is an abundance of information available to consumers today. Here is a list of websites and organizations that can offer you sound nutrition information.

Website: www.ProAttitudes.com

American Dietetic Association

216 West Jackson Blvd.

Chicago, IL 60606-6995

1-800-366-1655

Web site address: www.eatright.org

American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

1-800-232-3472

Web site address: www.diabetes.org

Schedule a complimentary consult with me.

<https://letsmeet.io/contactevanmestman/free-lifestyle-consultation>

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231 1-800-549-6711

Web site address: www.Americanheart.org

Center for Science in the Public Interest

1875 Connecticut Avenue, N.W., Suite 300

Washington, DC 20009-5728 1-202-332-9110

Web site address: www.cspinet.org

Huberman Lab, Dr. Andrew Huberman

www.hubermanlab.com

Youtube

Podcast



GRILLED CAESAR SALAD WITH CHERRY TOMATOES

Ingredients:

Salad

- 4 hearts of romaine lettuce, halved lengthwise
- 12 cherry tomatoes
- 2-3 T extra virgin olive oil (EVOO)
- Kosher salt to taste
- Black pepper to taste

Dressing

- 2/3 cup extra virgin olive oil
- 3 T avocado mayo
- 1 tsp Worcestershire sauce
- 1 tsp capers
- 1 tsp. anchovy paste
- 2 Lemons, juiced
- 1 T Dijon Mustard (Grey Poupon is best)
- 1 tsp Balsamic vinegar
- 3 cloves garlic, minced
- 1/4 cup Asiago cheese, freshly grated
- 1 tsp. sugar

I was first introduced to simple but delicious salad in a wonderful restaurant in Portsmouth, NH more than 20 years ago. The flavors really come together with a drizzle of homemade dressing. I've enjoyed reimagining this dish ever since. It's become a family favorite as a side salad with dinners or at a BBQ with my favorite friends. Enjoy!

Directions:

1. Coat 4 halved romaine lettuce hearts with 2-3 T olive oil, salt, and pepper.
2. Preheat grill to medium-high heat.
3. In a bowl, add all the dressing ingredients and whisk until thoroughly emulsified about 2 minutes.
4. Grilled each 1/2 Romaine heart and cherry tomatoes for 1-2 minutes on each side until desired grilled marks and doneness.
5. Either serve each heart whole or chop and toss with tomatoes and dressing.

Season with salt and pepper to taste.

(Optional) Grill a slice of crusted sourdough brushed with EVOO and rubbed with garlic. Top with additional shaved parmesan.

PREP TIME: 20 minutes

COOK TIME: 2 minutes

TOTAL: 22 minutes

Nutrition facts: The nutrition facts provided below are estimates for 1 serving

Serves 8 (without optional croutons and parmesan)

NUTRITION PER SERVING:

CALORIES 271 / TOTAL FAT 26.5 G / SAT 4.5G
/ SODIUM 282MG / CARBOHYDRATE 10G /
DIETARY FIBER 3.5G / PROTEIN 4.1G

GOOD SOURCE OF CALCIUM AND
POTASSIUM



CREAMY CUCUMBER, RADISH & SCALLION SALAD

Ingredients:

- 3 medium cucumbers, peeled, chopped
- 7-8 radishes, sliced
- 1 bunch scallions, cleaned and chopped
- 1 cup cottage cheese,
- salt and pepper to taste

Directions:

Mix all ingredients in a bowl, season with salt and pepper, and enjoy!

My grandfather used to sit down to this meal often and ate it with gusto. I never knew how good it was until I took my fresh-picked garden vegetables and shared this meal with my son recently. It was great to pass this down to the next generation.

PREP TIME: 15 minutes

COOK TIME: 0 minutes

TOTAL: 15 minutes

Nutrition facts: estimates for 1 serving
Serves 2-3

NUTRITION PER SERVING:

CALORIES 1940 TOTAL FAT 3.3G / 2G SAT
FAT / SODIUM 490MG / CARBOHYDRATE
19.3G / DIETARY FIBER 2.6G / PROTEIN
23.4G

GOOD SOURCE OF CALCIUM, IRON, AND
POTASSIUM



SMASHED GARLICY CHICKPEAS

Ingredients:

- 1 1/2 tsp cumin seeds, ground coarsely
- 1 1/2 tsp fennel seeds, ground coarsely
- Kosher salt and pepper to taste
- 2 15 1/2-ounce cans chickpeas, drained but not rinsed
- 2 cloves garlic- minced
- 4 T extra virgin olive oil (EVOO)
- 1 bunch of scallions, thinly sliced
- 2 tsp grated lemon zest
- Juice of 2 lemons

If you want to bring out the best in chickpeas, you need to smash and char them. Add some EVOO and distinct spices, and you have a real easy winner.

This recipe works as a side dish or a vegan main entree. Enjoy it warm!

Directions:

1. In a bowl mix together cumin, fennel, and 1/2 tsp each of salt and pepper.
2. In another large bowl add 2/3 of chickpeas and garlic. Roughly mash with a potato masher. Stir in remaining chickpeas
3. In a large cast-iron pan, heat EVOO until just before it begins to smoke.
4. Add chickpeas and 1/2 spice mixture and after stirring, let it brown- 2-3 minutes. Add 1/2 scallions and remaining EVOO. Stir until combined and heat through- 1-2 minutes.
5. Remove from heat. Add lemon zest and juice, then remaining scallions. Season with additional salt and pepper to taste.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

TOTAL: 30minutes

Nutrition facts: The nutrition facts provided below are estimates for 1 serving

Serves 4

NUTRITION PER SERVING:

CALORIES 285 / TOTAL FAT 15.7 G / SAT 2.2G /
SODIUM 186MG / CARBOHYDRATE 25.9G /
DIETARY FIBER 6.4G / PROTEIN 8G
GOOD SOURCE OF POTASSIUM, CALCIUM
AND IRON



FISH TACOS WITH LIME CREMA

Ingredients:

- 24 small White corn tortillas
- 1 1/2 lb White fish (tilapia or cod)
- 1/2 tsp Ground cumin
- 1/2 tsp Cayenne pepper
- 1 tsp Salt
- 1/4 tsp black pepper
- 1 Tbsp Olive oil
- 1 Tbsp Butter
- Fish Taco Toppings:
- 1/2 small Purple cabbage
- 2 medium Avocado sliced
- 2 Tomatoes diced (optional)
- 1/2 diced Red onion
- 1/2 bunch Cilantro, chopped
- 4 oz Cotija cheese, grated
- 1 Lime cut into 8 wedges to serve
- Fish Taco Sauce Ingredients:
- 1/2 cup Greek yogurt, non-fat or sour cream
- 1/3 tsp Dijon Mustard

Ingredients: (continued)

- 1/3 cup Mayo
- 2 Tbsp Lime juice from 1 medium lime
- 1 tsp Garlic powder
- 1 tsp Sriracha sauce or to taste

This fish taco recipe is better than most restaurants! We love this dish at home. Even my 98-year-old Mother-in-Law raves about it. It works well for a weekday easy meal or for entertaining a large crowd. It's loaded with quality calories as well as incredible flavor. Enjoy!

Directions:

Line large baking sheet with parchment or silicone liner. In a small dish, combine seasonings: 1/2 tsp cumin, 1/2 tsp cayenne pepper, 1 tsp salt, and 1/4 tsp black pepper and evenly sprinkle seasoning mix over both sides of fish (tilapia works well)

Lightly drizzle fish with olive oil and dot each piece with butter. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired.

Combine all Taco sauce ingredients in a medium bowl and whisk until well blended. To serve the tacos, toast quickly toast the corn tortillas on a large dry skillet or cast-iron griddle over medium/high heat.

PREP TIME: 30 minutes

COOK TIME: 25 minutes

TOTA: 55 minutes

Nutrition facts: The nutrition facts provided below are estimates for 1 taco.

NUTRITION PER SERVING: SERVING SIZE 1

TACO/ CALORIES 135/ TOTAL FAT 5.9G / SATURATED FAT 2.4G / CHOLESTEROL 24MG / SODIUM 220MG / CARBOHYDRATE 13.5G / DIETARY FIBER 2.1G / TOTAL SUGARS 21.1G / PROTEIN 8G



TANDOORI PASTE AND GARLIC GINGER PASTE

These are a base for marinating chicken, fish, and other meats.

Ingredients:

GARLIC GINGER PASTE

- 1 C fresh ginger root, rinsed and peeled
- 1 C garlic cloves, peeled
- 3 T extra virgin olive oil (EVOO)
- 1/2 tsp salt

TANDOORI PASTE

- 1 tsp ground turmeric
- 1 ½ tsp ground coriander
- 1 tsp garam masala
- ½ tsp ground fennel seeds
- ½ - 1 tsp Kashmiri chilly powder
- ½ tsp ground black pepper
- 3-4 tsp paprika
- 2 tsp garlic-ginger paste
- 2-3 tbsp yogurt
- Juice of one medium-sized lemon
- 1 tsp dried fenugreek leaves
- 2 tbsp extra virgin olive oil (EVOO)

Directions:

GINGER PASTE

1. Combine all ingredients in a food processor and mix until smooth, about 1-2 minutes.
2. Store in a glass jar in refrigerator for up to 45 days (if you don't use it up right away!)

TANDOORI PASTE

1. Combine all ingredients in a food processor and mix until smooth, about 1-2 minutes.
2. Store in a glass jar in refrigerator for up to 45 days (if you don't use it up right away!)

Make sure you wake up the spices first! Add the dry spices to a saucepan over medium heat for 1 minute to release their true flavors.

PREP TIME: 15 minutes

COOK TIME: 0 minutes

TOTAL: 15 minutes

Nutrition facts: estimates for 1 serving
Serves 4

NUTRITION PER SERVING:

CALORIES 80 TOTAL FAT 7.5G / 1.2G

SAT FAT / SODIUM 590MG /

CARBOHYDRATE 3.9G / DIETARY FIBER

1.1G / PROTEIN 1.1G



TANDOORI CAULIFLOWER

The 'wow' factor of this dish is when you present a big whole-baked cauliflower, golden brown in color.

Ingredients:

- 1 whole cauliflower
- 1/2 C tandoori paste*
- 2/3 C greek yogurt
- 2 T extra virgin olive oil
- 1 lime, juiced
- fresh cilantro or mint
- 1/4 toasted pistachio nuts
(optional)

*Store-bought tandoori paste will work fine but my recipe of it makes cauliflower worthy of being the main dish.

Directions:

1. Preheat oven to 400°F. Spray 9-inch pie plate or small baking dish with nonstick spray.
2. Remove and discard outer leaves and core of cauliflower, keeping head intact. Place cauliflower in prepared pie plate. Whisk together yogurt and tandoori paste in a small bowl. Spread yogurt mixture all over cauliflower.
3. Drizzle EVOO over top of cauliflower at 30-minute intervals to get the best browning.
4. Roast until a small knife inserted into the center of cauliflower goes in easily and yogurt topping is browned, about 1½ hours, rotating pie plate once or twice during roasting time so cauliflower cooks evenly.
5. Let cauliflower stand 10 minutes to cool slightly. Sprinkle with lime juice, pistachios, and cilantro. Cut into 6 wedges.

PREP TIME: 10 minutes

COOK TIME: 90 minutes

TOTAL: 100 minutes

Nutrition facts: estimates for 1 serving
Serves 6

NUTRITION PER SERVING:

CALORIES 96 TOTAL FAT 6G / .7G SAT
FAT / SODIUM 554MG /

CARBOHYDRATE 7.5G / DIETARY FIBER
2.1G / PROTEIN 4.7G



PROATTITUDES SMOOTHIE

Ingredients:

- ½ cup nonfat Greek plain yogurt
- 2 T PB2
- 1-2 scoops of Protein Powder
- ½ banana or 1/2 cup blackberries
- 1-2 cups of ice
- 1 T flax seeds
- 1 cup of baby spinach or kale (optional)

Everyone always loves a smoothie but not all recipes provide the right balance of protein, fat, carbs, and fiber. This is my favorite after workout or breakfast smoothie to date. Let me know what you think!

Directions:

Add all ingredients into a high-quality blender and mix on high until desired consistency. If you want it to be thicker, add more ice. Carbohydrates will vary based on the protein powder used.

PREP TIME: 5minutes

Nutrition facts: estimates for 1 serving
Serves 2

NUTRITION PER SERVING:

CALORIES 199/ TOTAL FAT 3.6G (SAT .6G) /
SODIUM 167MG / CARBOHYDRATE 20.8G
/ DIETARY FIBER 4.2G / PROTEIN 23.5G
GOOD SOURCE OF CALCIUM, IRON, AND
POTASSIUM



Oat Coconutty Bars

Enjoy these treats as a guilt-free quick breakfast bar or snack in between meals.

Ingredients:

- 1 cup old-fashioned rolled oats, cooked*
- 1 cup steel-cut oats, go for gluten free for both, cooked*
- ½ cup peanut butter or any nut butter you prefer
- 2 ripe bananas, mashed
- 1 tablespoon maple syrup or dark agave nectar
- ¼ cup walnuts or pecans roughly chopped
- ¼ cup coconut flakes (sweetened)
- (optional) ¼ cup chocolate chunks or chips

*follow the directions for cooking oat but stop halfway to get the most chewy bars.

Directions:

1. Preheat the oven to 350 F.
2. Cook oats halfway
3. Line an 8 x 8-inch glass baking dish with parchment paper and spray with non-stick cooking spray and set aside.
4. In a med-large mixing bowl, mix together the oats, mashed bananas, peanut butter, maple syrup and nuts until fully incorporated.
5. Transfer the batter in the prepared pan and spread out on an even layer. Top with coconut (and chocolate if desired), then bake for 20-25 minutes until golden.
6. Allow the bars to cool in the pan, before transferring to a wire rack to cool completely.

Servings 9

NUTRITION PER SERVING:

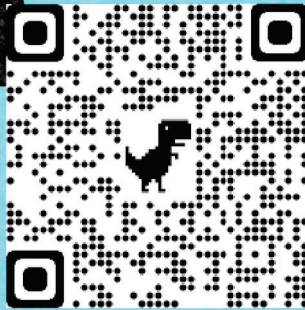
Calories 207 / Total Fat 9.9 g / sat 2.1G / Sodium 71mg / Carbohydrate 25.2g / Dietary Fiber 4.2g / Protein 6.8g
good source of iron, and potassium

"This book helped me
break out of my diet
prison, Evan.
Thank you!"
-Ann Gaetani

THE HABITS OF HEALTHY EATING

EVAN MESTMAN

PROATTITUDES.COM



Learn More by
Scanning This Code!!



ProAttitudes