



WELLNESS

Blueprint for Success

www.hsquaredwellness.com



Hello!

Thank you for trusting me to help you get to your goal weight! This blueprint will help you choose the right foods to help you lose the unwanted pounds.

There's a lot of conflicting information out there. "Don't eat carbs," "don't eat fat." Its no wonder you're confused!

Here's an insider secret: You just need to reduce your calories and any diet will work! The problem lies in if the diet is sustainable.

If you don't learn how to eat to maintain the weight you'll gain it all back and then some. For example, if you drink 2 meal re-placement shakes and a sensible dinner, then what happens when you stop having the shakes? They work for a purpose and you must learn to eat to maintain your weight.

There is nothing wrong with the meal replacement shakes. They can work. You simply must learn how to eat after you stop drinking them.

In this guide, I have grouped foods together so you know which foods have which macronutrients in them.

Macronutrients are proteins, fats and carbohydrates, which our bodies needs in larger quantities. Micronutrients are the vitamins and minerals in foods and our body needs in small-er quantities.

To make it easier to lose weight, I have taken the guessing out of it.

There are 3 types of meals for you to have 4- meals per plus a snack.



If you want only 3 meals per day, you will have to eat larger protein portions. Balanced meal: 1 serving protein, 1 serving fat and 1-2 non-starchy carbs

Pre-workout: 1 serving of protein and $\frac{1}{2}$ serving starchy carbs, $\frac{1}{2}$ serving non-starchy, very low fat - lifting or HIIT only

Post workout: 1 serving protein and 1 serving starchy carbs- very low fat - lifting or HIIT only

Morning workout plan:

Day 1

Pre
Post
Lunch-Balanced
Snack
Dinner-Balanced

Day 2

Breakfast-Balanced
Snack
Lunch-Balanced
Snack
Dinner-Balanced

Day 3

Pre
Post
Lunch-Balanced
Snack
Dinner-Balanced



Day 4

Fasting
Lunch-Balanced
Snack
Dinner-Balanced

Day 5

Pre
Post
Lunch-Balanced
Snack
Dinner-Balanced

Day 6

Pre
Post
Lunch-Balanced
Snack
Dinner-Balanced

Rest

Breakfast-Balanced
Snack
Lunch-Balanced
Snack
Dinner-Balanced



Evening workout plan:

Day 1

Breakfast-Balanced
Snack
Lunch-Balanced
Pre
Post

Day 2

Breakfast-Balanced
Snack
Lunch-Balanced
Snack
Dinner-Balanced

Day 3

Breakfast-Balanced
Snack
Lunch-Balanced
Pre
Post

Day 4

Fasting
Lunch-Balanced
Snack
Dinner-Balanced

Day 5

Breakfast-Balanced
Snack
Lunch-Balanced
Pre
Post

Day 6

Breakfast-Balanced
Snack
Lunch-Balanced
Pre
Post

Rest

Balanced **Snack** Lunch-Balanced **Snack** Dinner-Balanced

Pre-workout meals

- » Fat free Greek yogurt with ½ cup of berries
- » Low fat cottage cheese with ½ cup berries
- » Quest bar
- » Protein Pancakes
- » Berry Smoothie
- » Lox and fat free cream cheese roll ups on 1 piece of toast + cucumber and tomato

Post-workout meals

- » Sandwich – 2 slices of bread (approximately 13g of carbs per slice) turkey and lots of veggies – spinach, cucumber and a little tomato
- » ½ -cup dry oatmeal cooked plus ¾ scoop protein powder or ¾-cup egg whites
- » 3 ounces of chicken and 4 ounces of sweet potato (approx. ½-cup) + 1-cup broccoli
- » 3 ounces shrimp plus ½ cup brown rice and 1 cup cauliflower

Balanced Breakfast

- » 2 poached eggs on whole wheat English muffin with spinach
- » Berry smoothie
- » 1-cup low fat Greek yogurt + ¾ cup berries
- » 1-cup cottage cheese + ¾ cup berries
- » Frittata + grapefruit or ½ cup berries
- » Mocha smoothie

Balanced Lunch options

- » 2-3 ounces baby greens, romaine, or spinach or a combination, ½ cup peppers, tomatoes, ½ ounce feta cheese, 1 tablespoon balsamic, and ½ tablespoon olive + 3 ounces of lean protein
- » 3 ounces chicken and 1-cup broccoli
- » Ground turkey meat balls and 1-cup cauliflower rice
- » 3 ounces fajita roll ups
- » Tuna salad with Greek yogurt + salad
- » Tuna salad with balsamic + salad

Balanced Dinner options

- » 3.5 ounces lean meat, 3 ounces salad with peppers, olives and tomatoes with 0.5 ounce cheese – use balsamic and olive oil or low fat dressing
- » 3 ounces of chicken stir fried with peppers and onions – can add cauliflower rice
- » Cilantro lime turkey and salad
- » Ground buffalo taco salad

Snacks

If having 2 snacks in a day choose one snack with an * and one without

- » $\frac{1}{4}$ cup almonds * - 2 fat servings
- » $\frac{1}{2}$ cup pistachios in shells * - 2 fat servings
- » Mozzarella cheese stick and 10 almonds - 2 fat servings
- » Celery with 1 tablespoon peanut butter * - 1 fat
- » 1 medium apple or 2 clementines - 1 starchy vegetable/fruit (non workout day snack)
- » 1 ounce of dark chocolate - 1 fat
- » Peppers, cucumbers, and tomatoes with 2 tablespoons of light dip or hummus -1 non starchy carb + $\frac{1}{2}$ fat servings

Food choice will make or break your weight loss. There is nothing really that is off limits, however, if you eat a doughnut you can plan on eating lettuce and a little protein for the rest of the day.

You have a daily budget for what you can consume. Spend it all on low quality foods - ones with little nutritional value and high calories - and you will be deficient in many nutrients and generally feel like crap. Make sure the supplements are of good quality. I have links to high ranking quality supplements.

- » Focus on getting in whole foods that have been minimal-ly processed
- » Get enough water - if you already drink $\frac{1}{2}$ your weight in ounces add more to replace the water lost from sweating
- » Take fish oil supplement - [Nordic Naturals](#)
- » Multivitamin - [Garden of Life](#) or [for men](#)
- » Calcium - [Garden of life](#) or [BlueBonnet](#)

Portion Guide

- » Protein portions should be size and thickness of your palm
- » Starchy carbs and fruit portions would fill your cupped hand
- » Vegetable portions are the size of your fist - lettuces 2 fists
- » Fats are the size of your thumb - the length and width
- » Drink $\frac{1}{2}$ your weight in ounces. For example if you weight 180 pounds drink 90 ounces of water



Fasting

Once a week fast

- » On a night that fits into your schedule stop eating after dinner
- » Fast through the night into the morning.
- » Go as long as you can without eating or drinking anything but water, black coffee or unsweetened tea.
- » Break the fast before you get overly hungry and binge
- » Pick up with the next meal - if you fast until noon then have lunch
- » Add $\frac{1}{2}$ -1 hour each week up to 24 hours
- » If you don't feel great you can break the fast early
- » Don't try to add in all your macros - just eat your next meal
- » You will be cutting out calories on this day
- » Fast once per week - unless doing the I-Fast system
- » Can use if you are going out with friends or have an event and know your nutrition will be off
- » Fasting day add in your fasted cardio

You can make your own meals using the food options listed below.

Proteins:

- » When eating a fatty type of meat eliminate a fat choice from your meal. For example you are having steak don't add cheese or olives and use a light dressing
- » Make enough lean protein for more than one meal to make meal planning easier

Vegetables:

- » Get plenty every day. Try to incorporate a serving at least one serving with every meal
- » Aim for 8 servings per day
- » Starchy vegetables are only in pre and post workout meals and listed below

Fruit:

- » A cupped handful of berries is best or a medium apple
- » Can have a $\frac{1}{2}$ grapefruit
- » Pre workout meals
- » Balanced breakfasts

Carbs:

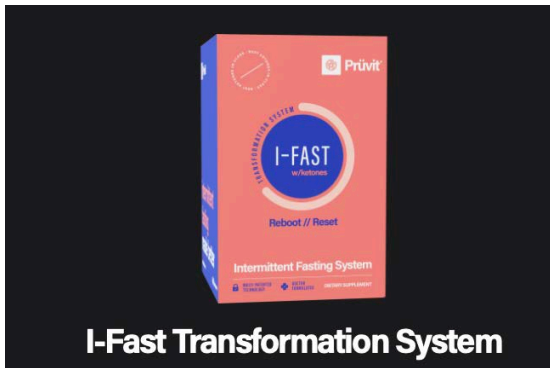
- » Post workout only
- » Stay away from refined sugars - like white bread and prepackaged foods.



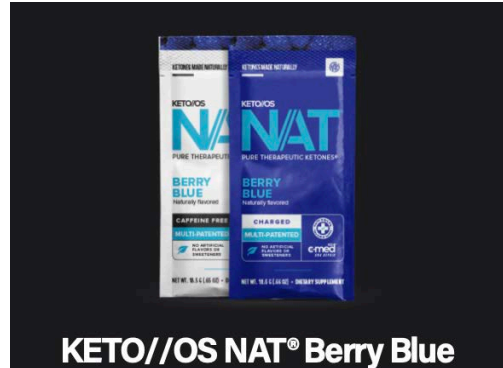
Intermittent Fasting — Quick Start and the 60 hr. Reboot*

*These are not necessary but have helped keep my weight in check while going through hormonal changes.

- » Use Prüvit I-Fast for 5 days to get a start on your weight loss. They call it the Belly Buster for a reason. It is a 5-day Intermittent Fasting system with all you need for the 5-day quick start.
- » The Reboot is a 60-hour fast to help you create a healthier relationship with food.
- » My favorite thing from Prüvit is the Ketones supplement. It curbs my appetite, but the best thing is that it makes me think clearly. My brain feels younger!



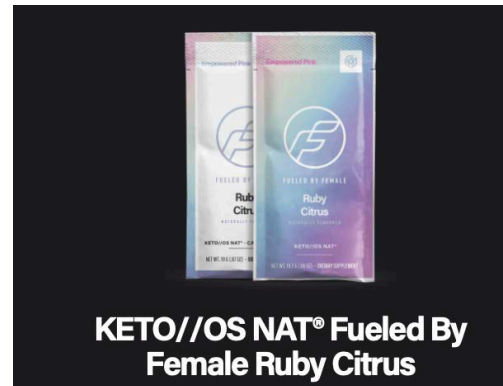
I-Fast Transformation System



KETO//OS NAT® Berry Blue



Keto Reboot® System



KETO//OS NAT® Fueled By Female Ruby Citrus

Food Tips

- Eat slowly - take smaller bites, chew longer and more slowly and take time to eat. You can eat with chopsticks to slow yourself down.
 - For salads use balsamic and olive oil. You can pre-make the dressing with 2 to 1 ratio balsamic to olive oil. Can season with salt and pepper.
 - If using a wrap, use a low carb version like La Banterita Xtreme fiber or Low Carb tortillas
 - Use the guide to trade out proteins, fat and carbs
 - Quest bars are great in a pinch
 - Try to skip sugar in the coffee or use stevia
 - Can use $\frac{1}{2}$ and $\frac{1}{2}$ in coffee - count it as a fat serving for breakfast or use non-dairy coffee creamer
-

Meal Timing

- Eat 30-90 minutes before your workout unless that makes you feel sick just have a protein shake before your workout or before bed if you workout early in the morning.
 - Eat after your workout - can be as soon as 30 minutes this is where you will eat your starchy carbs and protein.
 - I suggest 4 meals a day to allow for optimal hormonal response. That's not set in stone - do what will make you more successful. You can 3 slightly larger meals or break up your balanced meal options into smaller more frequent meals. Keep the pre and post workout meals as is.
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Workouts

Make sure to make all the workouts. If you miss a day you can move to another day.

- » 4 workout days
- » 2 cardio days
- » 1 fasted cardio day with contemplation

Warm up

- » Watch the RPR (Reflexive Performance Reset) warm up video and perform the warm up drills before each workout.
- » This makes your body more ready to exercise and activates your muscles
- » Can do body weight squats and lunges or 5 minutes of walking to warm up

Lifting

- » Start with a weight where you can do all the repetitions prescribed but still feel challenged to finish. If you can easily do more, increase the weights.
- » Make sure your form is very good. Watch the videos and carefully perform the exercise - watch yourself in a mirror to make sure you are performing it correctly.
- » Use very little rest between sets
- » Tempo: quick contraction of the muscle (lifting the weight) and a slow release of 3 counts

Tabata

- » Use the built in timer or use a Gym Boss timer App
- » You can jump rope the work portion if unable to get to the gym

Fasted Cardio

- » Low to moderate cardio
- » Jog or walk outside
- » ~~Use any~~ cardio equipment at the gym - rowing is always a great option

Mindset

- » This is a lot of change at once - don't feel like you failed if you have a bad day.
- » Make sure to attend the contemplation sessions.
- » Focus on one day at a time - make it a win
- » If you "fail" - get back on track ASAP
- » Post in the group for support! We are there for you!!!

Adding in wine/alcohol

- » Wine is about 125 calories per glass and vodka/gin/tequila/rum is about 95 calories per serving.
- » Opt for dryer wines or extra brut champagne
- » Use soda water for a mixer with a twist of lime or diet soda/tonic
- » Avoid the mixed drinks that are sweet - the calories go through the roof!
- » Have a glass of water in between each drink
- » You'll have to eliminate almost 14g of F or 31.25g carbs per glass or a combination of the 2. For example 6g F and 18g C - You can do this for by removing your snack and some fat from one of the balanced meals
- » Fasting on the day you are planning to have some drinks really helps
- » You can also eat breakfast fast until before the event or night out, have a serving of protein (30g) before you go out. This will make you less hungry and help prevent overeating when out.

Products I use to help me be successful:

Quest Bars - I eat these for breakfast or if I'm in a pinch and need something good. I love the chocolate chip cookie dough and cookies and cream the best.

Collagen Supplement - Helps rebuild soft tissue can take it before workouts. It also helps skin, hair, nails, digestive system.

Ketones - I recently started using ketones and I-Fast to jump start the weight loss. They clear the brain fog, give you energy and curb your appetite.

Quest Cravings Peanut Butter Cups - These are great for cravings! It is half a serving of protein and one serving of fat per cup

Beverly International - Lean out and UMP - Lean out for help burning fat and my favorite Ultimate Muscle Protein (Chocolate) it can be used in so many ways. Mix it with just a little water to make a pudding like texture and add it to oatmeal, cottage cheese or eat on rice cakes.

[Vegan Protein](#) - This protein has no dairy or soy. Comes in vanilla and dark chocolate

[Nugo Vegan Protein Bars](#) - these taste like candy bars. They have a little protein and moderate carbs, but much better than a candy bar. Contains soy.

[Wilde Protein Chips Made with Chicken](#) - I like the Nashville Hot and the Buffalo best. All are decent I prefer spicy and it does the trick when I have a chips craving.



Protein Pancakes

2 egg whites
1 egg
½ cup oatmeal dry
½ cup higher protein cottage cheese
¼ baking powder a dash of salt
Cinnamon to taste
Combine all ingredients in a blender and puree. Pour out onto a hot griddle. Serve immediately. Makes 1 serving

Berry Smoothie

1 scoop of vanilla whey powder – 1 serving of protein
1/2-mixed berries – 1 serving of starchy carbs
.5-tablespoons coconut oil – ½ serving of fat

Chocolate Coffee Smoothie

1 scoop chocolate whey powder – 1 serving protein
1 tablespoon cocoa powder – 1 serving fat
6-8 ounces of coffee (cooled)

Mediterranean Frittata

6 servings can be made in muffin tins or 9X13 pan.
Can be wrapped and frozen.

Preheat oven to 400
2 -cups egg whites
2 whole eggs
0.5 oz feta
2 cups spinach
1-cup red pepper chopped
salt and pepper

1. Beat eggs together in a large bowl salt and pepper to taste set aside
2. In a skillet spray with Pam or similar and sauté peppers until tender, add spinach and cook until wilted.
3. Spray 9X13 pan with non stick spray
4. Add vegetables and feta to egg mixture and stir
5. Pour into pan and bake for 20-30 minutes until firm.

If using muffin tins, spray 6 with non-stick spray. Mix eggs and cheese together and fill muffin tins. Divide and spoon vegetables into tins and bake 25-30 min.

Ground Turkey Frittata

8 servings can be made in muffin tins or 9X13 pan.
Can be wrapped and frozen.

Preheat oven to 400

2.5 cups egg whites
4 eggs
1-lb of ground turkey (lean)
1-cup spinach
1-cup chopped mushrooms
1.5-ounce feta

1. Brown the turkey and drain.
2. Sautee the mushrooms and wilt the spinach
3. Mix the eggs and egg whites
4. Spray 9X13 pan with non stick spray
5. Add vegetables, meat and feta to egg mixture and stir
6. Pour into pan and bake for 20-30 minutes until firm.

Steak Fajita roll-ups

Sirloin cut into 6 in long strips – pounded out

Seasoning

Peppers sliced

Onions sliced

Juice of one lime

Cilantro chopped

1. Season both sides of the sirloin
2. Sauté peppers and onions with cooking spray until soften a bit
3. Roll some peppers and onions within the meat
4. Cook the roll 2 minutes per side

Greek Yogurt Tuna Salad

Can of tuna

Chopped red onion/ celery / pickle – whatever you like in your tuna

2-4 tablespoons Greek yogurt

Mustard to taste

Makes 1 serving

Tuna salad – with balsamic

Can of tuna - drained
Chopped red onion
Cherry tomatoes sliced in quarters
Balsamic vinegar 1-2 tablespoons depending on taste
Olive oil .5 tablespoons

Combine all ingredients except oil and vinegar. Combine Oil and vinegar with salt and pepper. Shake well and top salad. Can serve over lettuce, add cannellini beans or eat plain.

Makes 1 serving.

Cilantro Lime Turkey

1 lb lean turkey
1-2 cloves of garlic
¼ cup cilantro – reserve some for garnish
Juice of 1 lime
1 tablespoon olive oil
red pepper flakes
salt

1. Cook the turkey almost all the way through and drain.
2. While the turkey is cooking combine the other 6 ingredients into a blender and emulsify.
3. Add mixture to the pan and heat through.
4. Eat alone and add tomato, serve over a salad, put in a wrap
5. Place in a zucchini boat and bake in oven (350) for 7- 10 minutes

Makes 4 servings

Ground Buffalo Taco Salad

1 lb. ground buffalo
Favorite salsa
Tomatoes
Avocado
Salad stuff or grilled veggies
(beans if you like)

1. Cook the meat and drain
2. Add salsa – you may have to drain some of the liquid first
3. Heat through – can add beans at this point if you like
4. Serve over a salad, in a wrap, in an avocado – eat plain and garnish with tomato and avocado

You can also cook an acorn or butternut squash and serve the meat in the squash

To cook the squash- cut in half, remove seeds, add some olive oil and salt and pepper. Cook at 400 for about 30-40 minutes.

Makes 4 servings

Beef/Turkey Buffalo Meatballs

1 lb. ground meat
1 medium onion
Olive oil to sauté onion
Rosemary 1½ tablespoons
Sage 1 tablespoon
Ground coriander 2 teaspoon
Salt and pepper

1. Preheat oven to 400F (204C). Line a sheet pan with foil or parchment paper and set aside.
2. In a large skillet over medium heat, sauté the onion in oil until softened, about 5 minutes. Let cool.
3. In a large bowl, combine the ground meat, onions and all the spices using your hands. Form into 2-inch balls and arrange on sheet pan.
4. Bake for about 20 minutes or until cooked through.

Makes 4 servings

Shrimp with Vegetable Noodles

8 ounces of raw shrimp (can use chicken as well)
1-2 tablespoons olive oil
4-5 cloves of garlic or less if desired
1-2 teaspoon crushed red pepper or to taste
5-6 ounces baby bella mushrooms
4 cups spinach
10 ounces beet or zucchini noodles
2 tablespoons lemon juice

Slice mushrooms
Heat olive oil over medium or medium-high heat
Sauté mushrooms until leave release their water
Add shrimp and cook for a few minutes
Add garlic and red pepper and stir until fragrant
Add beet noodles and heat for 1-2 minutes
Drizzle the lemon juice over the mixture
Add the spinach and wilt
Divide between 2 plates and serve

Food Guide for Macronutrients

LEAN PROTEINS

Chicken Breast
Pork Chops
Pork Tenderloin
Turkey Breast
Beef

- Sirloin
- Tenderloin
- Flank Steak
- Lean Hamburger

Eggs Whites
Soy/Tofu
Nonfat Cottage Cheese
Low-fat Cottage Cheese
Non-Fat Greek Yogurt
Low-Fat Greek Yogurt
Part Skim Mozzarella
Non/Low Fat Ricotta
Protein Powder
Canned Tuna
Tilapia
Cod
Haddock
Orange Roughy
Grouper
Mahi Mahi
Tuna
Wild Catfish
Swordfish
Trout
Halibut
Shrimp
Scallops
Crab
Lobster
Venison
Buffalo
Elk

CARBOHYDRATES

Significant Amounts of Carbs

Fresh Fruit
Dried Fruit
Potatoes
Oats (Slow Cooked Preferred)
Sweet Potatoes
Yams
Fiber One Cereal
Carrots
Corn
Green peas
Parsnips
Pumpkin
Plantain
Taro
Beets
Beans/Legumes
Winter Squash
Spaghetti Squash
Whole grain breads, Pitas
Spouted Grain Bread
Brown Rice
White Rice
Honey
Maple Syrup
Tortillas
Popcorn
Jelly
Jam
Gummy Candy
Kombucha
Juice
Sports Drinks
Soda

NON-STARCHY CARBS

Less Carbs Per Serving

Alfalfa Sprouts
Artichoke Hearts
Asparagus
Bean Sprouts
Beet Greens
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Kale
Lettuce
Mushrooms
Olives
Onion
Peppers
Radish
Sauerkraut
Snow Pea Pods
Spinach
String beans
Summer Squash
Tomato
Turnips
Water Chestnuts
Wax beans
Zucchini

Food Guide for Macronutrients

FATS

Butter
Walnuts
Brazil Nuts
Olives
Coconut Oil
Coconut Milk
Olive Oil
Fish Oil
Sesame Oil
Mayonnaise
Avocados
Heavy Cream

FAT + PROTEIN

Whole Milk
Cottage Cheese
Greek Yogurt
Cheese
Whole Eggs
Steak
Nut Butters
Nuts
Dark Meat Chicken
Dark Meat Turkey
Sardines
Fatty Tuna
Mackerel
Salmon
Hummus
Bacon
Sausage
Hot Dogs

PROTEIN + CARBS

Non/Low-Fat Flavored Yogurt
Oats and Protein Powder
Protein Fruit Smoothie
Beans
Quinoa
Veggie Burgers
Non/Low Fat Chocolate Milk

Any combination from protein
and carbs column

CARBS + FAT

Avocado
Avocado Toast
Olives
Soft Cheese and Crackers
Chips
French Fries
Ice Cream
Dark Chocolate
Nut Butters
Popcorn + Butter
Full Fat Flavored Yogurt (Not
Greek)
Cakes
Cookies
Doughnuts

HIGH VOLUME

Anything From Non- Starchy
Carbs
Grapefruit
Pickles

Drinks
Black Coffee
Hot Tea
Unsweetened Tea
Seltzer
Cashew Milk
Almond Milk
Infused Water
Chicken Broth
Beef Broth
Kombucha

CONDIMENTS

Salsa
Mustard
Vinegar
Coconut Aminos
Soy Sauce
Fish Sauce
Hot Sauce
Horseradish
Sugar Free Syrup
PB2
Fat Free Dressing

