

Make It Last

Your Post-Detox How-To Guide



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MAKE IT LAST: HOW TO TURN YOUR NEW HEALTHY HABITS INTO A LIFETIME OF HEALTH AND WELLNESS

How many times have you made resolutions or changed your habits for a cleanse or detox only to revert back to your old, unhealthy ways as soon as you hit a bump in the road? I created this handbook so you can move forward with your healthy habits rather than backslide into old bad habits. You'll find that this handbook contains everything you need to change your patterns and to really stick with your new, healthier lifestyle.

This handbook is divided into three different sections. First, you'll find a list of healthy habits you can work into your schedule on a daily, weekly and monthly basis. Next, you'll see three tools you need to continue your healthier patterns: a meal planning template, a pantry stocking guide, and a core shopping list. Finally, you'll see this handbook includes a worksheet on how you can recognize the signs that you're headed down the road of a backslide. The REAL trick to finding lasting health is not about always being perfect. Instead, it's about recognizing when you're about to move back into bad habits, and changing your patterns. When I work with my private clients, we focus more on mastering this skill than anything else.

With love and health,

Nan



DAILY HEALTHY HABITS - work on adding one of these to your daily routine each week, and before the year is over you'll have these under your belt.

- **Eat your greens.** Every day, make sure you have some form of leafy green vegetable. You can do this by adding spinach to your morning smoothie, having a salad for lunch, or by adding greens to your dinner plan. If I'm super busy or if I know I'll be eating out all day, I'll often add some form of a super green like chlorella, spirulina or blue-green algae as "insurance" to make sure I'm getting some high quality nutrition.
- **Build your meals around your unique power foods.** If you've learned that you need protein in the morning to feel great throughout the day, stick with that most days of the week. Pay attention to which foods give you energy and which drain you. Keep learning which foods make you feel great and which foods make you sleepy or bloated and focus on eating those that make you feel great.
- **Follow the 50% rule,** which means that at each meal your plate is 50% vegetables or fruit. This is a great way to make sure you are eating enough greens and vegetables, and by default, it helps you cut down on the other foods that don't support your body.
- **Drink pure, clean water.** You don't have to buy bottled water, and, in fact, it's probably better if you don't. Instead, invest in a water filter for your home and drink half your body weight in ounces each day. For example, if you weight 140 lbs, you'll need to drink 70 ounces of water per day.
- **Get moving.** It would be ideal if you could find a way to do physical exercise that you enjoy every single day, but for many of us that's just not possible. But that doesn't mean that you have to turn into a total couch potato – instead, work exercise into your daily routine. Get up from your computer and walk around the block a couple of times a day. Commit to doing 100 squats or 50 pushups every day. Remember, sitting is the new smoking, and some kind of movement is better than no movement at all. Sitting has been linked to obesity, heart disease, and even increased mortality, so make sure you move several times a day.

WEEKLY HEALTHY HABITS – tackle one of these weekly habits at a time until you've mastered it, then move on to the others.

- **Develop your stress relief strategy.** Stress is so dangerous for our bodies and it's really important to take time to discharge stress as often as possible. Too much stress leads to added cortisol production which encourages your body to store belly fat. This is not healthy for your cardiovascular system! And, on a more basic level, being stressed out isn't any fun. No one wants to be the stress case who's always complaining and never happy. Find ways to release stress on a regular basis, whether that's a weekly hike, daily journaling, or shutting the door to your bedroom and yelling for a few minutes.
- **Practice self-care.** This might be going to a yoga class, taking a bath, or it can be as simple as having an evening with no plans once a week. I practice self-care in 2 ways each week: Dance classes and infrared sauna time. Both of those things give me a little joy and a chance to recharge. Self-care is totally tied to stress reduction, and you can't really successfully do one without the other. It's time to realize that self-care isn't selfish! If you ever feel like spending time on yourself and with yourself isn't okay, please remember that when you don't recharge you're actually robbing those around you of your best self. When you don't stop and take care of yourself, you're actually a watered down version of yourself, and that's not fair to anyone. So please let me give you permission to practice self-care once a week – it's so worth it.
- **Create your weekly meal plan.** This step is so important because when you have a plan, you're very likely to stick to it. But without a plan, there's much more opportunity to give up and head out to eat, or pick up food from the Thai place up the street. This is true for me as well. Spend just 30 minutes each week on your meal plan and that will cut down on your time in the grocery store and on your grocery bill. It's a win-win.
- **Buy organic foods for the Dirty Dozen.** This one is really a no-brainer. When you buy the organic version of the 12 most pesticide-contaminated produce items, you cut 80% of the pesticides you eat out of your diet. I'm posting this in the weekly section so you can use it for your weekly shopping list, but really try and stick to this on a daily basis. You can find an updated version of the Dirty Dozen from <http://www.ewg.org/foodnews/>.
- **Get some serious exercise a couple of times a week.** You don't have to go for a 5 mile run daily, but you do want to push yourself a couple of times a week to get your blood pumping and your pores sweating. And the really cool thing about pushing yourself is that you'll discover that you are stronger than you thought you were – which is definitely good for your health.

ON A MONTHLY BASIS - set a date in your calendar to make time to work on these habits. If the beginning of the month is usually very busy for you, feel free to choose a date in the middle of the month – find a time when you'll be able to really consider these suggestions instead of feeling like this is adding an item to your to-do list.

- **Check in with yourself and see how you're doing.** Are you feeling calm and in control? Or have you thrown in the towel on making healthy decisions? One way to know if you're in this spot is if you are eating foods you normally wouldn't, if you're using food to self-medicate, or if you're using foods in response to emotion. If you're feeling off or if you're using food to deal with your emotions, get back to the basics and try to pay attention to why you're doing what you're doing. Take it one step at a time. No judgment, just get curious about what's happening.
- **What's happening when you eat out?** Are you splurging each night you're going out? Or are you using some of your eating out meals as 'convenience' meals, recognizing that it's simply a meal out to give you a break rather than a celebration meal? Check in with yourself and make sure you're using the 80/20 rule when you eat out, too. This means that 80% of the time you're sticking to your healthy eating guidelines, and 20% of the time you're treating yourself. There's nothing wrong with having a fun meal every now and then, but it can be easy to let your healthy commitments slide when you're eating out often. Get back on track by choosing salads with vinaigrettes, poached fish and chicken, and getting double orders of vegetables.
- **Stock your pantry.** My pantry comes to the rescue on nights when I'm tired and don't really want to cook. When I have a fully stocked pantry, I can easily whip up something yummy and healthy. I schedule a big shopping trip once a month to replace the essentials and make sure there's always a healthy, satisfying option for me to choose. It's much easier to stick to a healthy eating commitment when you have nutritious foods at your fingertips.
- **Practice extreme self-care.** Get a facial or a pedicure, enjoy a massage, have brunch with friends or spend half a day all by yourself in a coffee shop reading a book. Whatever you like to do to really recharge, allow yourself a quality "me-time" splurge once a month. Remember, when you do this everyone wins because you're able to be your best self.

BONUS QUARTERLY SELF-CARE:

Hit the re-set button on your eating habits and health by participating in a quarterly detox. This is something that I think is so important, and here's why: it takes time to develop really solid health habits. Each time I participate in a detox, I make sure to pick up one healthy habit, and to leave behind one unhealthy habit. By the end of the year, I've gained 4 new healthy habits and dropped 4 unhealthy ones, and that really adds

up! I'd love to have you join me on my quarterly detoxes – you can always find out more here: www.nanfosterhealth.com

HOW TO USE THE MEAL PLANNING TEMPLATE

This meal planning template is a tool I use in my own home to keep us all on track. Even better, I hang it on our fridge to cut down on questions about “what’s for lunch?” and “are there any snacks in the house?”

STEP 1: Pull out your calendar. Start by marking off any meals for the next week when you know you WON'T have to cook. This could be due to breakfast meetings, lunches with friends, or a date night with your sweetie. For example, if you know you have a business breakfast on Tuesday, lunch with a friend on Thursday and a happy hour date on Friday, you'd mark an 'X' in each one of those spaces on the meal planning template.

STEP 2: Make a plan for what you'll eat for dinner each night. You might decide to have grilled fish on Monday, chicken stir-fry on Tuesday, and fish tacos using the leftovers from Monday on Wednesday.

STEP 3: Fill in your lunches using any leftovers from dinners. For example, if you make chicken stir-fry for dinner on Tuesday, you can plan to have leftovers for lunch on Wednesday. You could also choose to use leftovers from Monday night's fish to make a big salad for your lunch on Tuesday. One thing I'll often do is to make a big pot of soup or a big salad to fill in lunches and dinners as needed.

STEP 4: Plan your breakfasts. Aim to eat something that has a combination of fat, fiber and protein to keep you full and satisfied through the morning. If you know you have busy mornings, plan ahead by pre-making hard boiled eggs or prepping the ingredients for a smoothie the night before.

STEP 5: Plan a few different snacks to have through the week, like veggies and hummus, home-made trail mix or even smoothies for the mid-afternoon. Prep the ingredients so they're always ready to go and easy to access – this will cut down on binge snacking on foods like candy and chips.

MEAL PLAN FOR THE WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

HOW TO USE THE STOCKING YOUR PANTRY GUIDE

A well-stocked pantry is a great tool to have in your toolbox! Taking the time to fill your pantry with delicious and healthy foods can mean the difference between relying on the drive-thru or takeout on a busy night and whipping together a quick meal that's delicious and good for you and your family, too.

Think about stocking your pantry in different sections: you'll want to consider what you always want to have on hand in your refrigerator, your freezer, in your dry goods (think whole grains, canned foods and oils) and flavoring agents like vinegars, spices and herbs.

If stocking your pantry feels overwhelming, simply start by adding one new item to your grocery cart each week when you go shopping. That way, you'll have time to experiment with each new ingredient and your budget won't get overwhelmed.

You can check out my blog for some more of my recipes with snack and pantry ingredient ideas here: <http://www.nanfosterhealth.com/the-blog>

STOCKING YOUR PANTRY

DRY/CANNED GOODS

- Jarred tomatoes, tomato sauce and tomato paste
- Variety of canned beans
- Dried lentils, black beans and other legumes
- Canned chilies and chipotle in adobo
- Artichokes in water
- Olives
- Sun dried tomatoes
- Canned wild salmon
- Onions and garlic

FLAVORS & SEASONINGS

- Apple cider vinegar
- Red wine vinegar
- Ume plum vinegar
- Rice wine vinegar
- Fish sauce
- Hot sauce
- Mustard – Dijon, stone ground, honey, spicy
- Organic ketchup
- Cold pressed extra virgin olive oil (for salads and dressings)
- Refined sunflower or sesame oil and unrefined coconut oil (for high heat cooking)
- Toasted sesame oil
- Nuts and seeds: walnut, hazelnuts, almonds; sunflower, pumpkin, chia and flax seeds
- Raw honey, stevia, blackstrap molasses or maple syrup
- Sea salt
- Pepper
- Broth
- Dried herbs and spices: paprika, chili powder, bay leaves, ginger, turmeric, thyme, oregano, cumin, coriander, curry, crushed red pepper, sesame seeds, gomasio, dulse, etc.

WHOLE GRAINS AND GRAIN PRODUCTS

- Brown rice
- Basmati rice
- Quinoa
- Whole wheat or brown rice pasta
- Couscous
- Cornmeal
- Oatmeal
- Organic tortilla chips
- High quality whole-grain crackers
- Whole grain flours

REFRIGERATOR

- Lemons and limes
- Lettuce
- Carrots
- Leafy greens
- Grass-fed dairy or milk substitute, including yogurt, butter and cheeses
- Organic mayonnaise
- Miso paste
- Free-range, organic eggs
- Sprouted corn tortillas
- Salsa

FREEZER

- Assorted organic berries
- Broccoli
- Butternut squash or sweet potatoes
- Peas
- Organic spinach
- Free-range, organic meats
- Wild caught and sustainable fish

HOW TO USE THE CORE SHOPPING LIST

If you're used to running to the grocery store each and every day to get what you need to make dinner, be prepared for your life to change! By using both the pantry stocking guide and the meal planning template, you'll find you spend less time and money in the grocery store. Even better, if you stick to the rules of the Core Shopping List, you'll cut your time buying groceries down even further. Just think of all the free time you'll have!

You'll notice the Core Shopping List is broken into sections – this is a core principle when it comes to speeding up your shopping. By dividing your list into sections, you won't find yourself running back and forth across the store to get what you need. There's a section for produce, pantry items, bulk purchases (think spices and grains) and refrigerated and frozen products. There's also a spot for staple items – these are the things you use day in and day out when cooking and are there to remind you to check what you have in stock before heading to the store.

I've created a Core Shopping List EXAMPLES page so you can see how I use the shopping list, plus a blank template that you can print and use again and again.

CORE SHOPPING LIST - EXAMPLES

FRESH PRODUCE

- Greens (kale, collards, bok choy, lettuce, etc.)
- Carrots
- Mushrooms
- Broccoli
- Organic strawberries
- Pineapple

REFRIGERATED/FROZEN

- Pastured eggs
- Organic boneless/skinless chicken breasts
- Wild caught shrimp or fish
- Frozen butternut squash

PANTRY

- Canned beans
- Jarred tomatoes
- Wheat-free tamari sauce

BULK

- Whole grains (quinoa, brown rice, etc.)
- Nuts and seeds (chia seeds, flax seeds, walnuts, etc.)
- Dried thyme
- Dried cranberries (no sugar added)

STAPLES

- Olive oil
- Rice wine vinegar
- Butter/ghee
- Spices and herbs
- Garlic and onions

CORE SHOPPING LIST

Fresh produce:

Refrigerated/frozen:

Pantry:

Bulk:

Staples:

MY BACKSLIDE HABITS WORKSHEET

This worksheet will help you develop an action plan to avoid backsliding into bad habits.

1. Before I made healthier changes to my diet and lifestyle, I didn't always feel healthy, happy, or satisfied with my life. The things that I USED to feel that I don't want to feel anymore are: (i.e.: sluggish, fatigued, moody, achy, etc.)

2. Now that I'm doing a better job with my healthy habits, I feel better, I have more energy and I'm better able to show up in the world for myself and for others. The things that I'm feeling now that I'm not willing to give up are: (i.e.: great energy, better sleep, sharper thinking, clarity of purpose, etc.)

3. When I make healthy changes to my life, the thing that usually knocks me back into my old habits is: (i.e.: an upsetting phone call, when I'm tired, etc.)

4. Boundaries are an important part of staying healthy. Creating some boundaries around backsliding into old habits will help you to stick with your new healthy lifestyle and eating plan. For example, if you're a hard-core coffee addict but you want to cut back, you might decide that you'll aim to stop drinking coffee after 10:00 AM. You'll also create a boundary that when you find yourself reaching for a cup in the afternoon, you'll know you need to go back to cutting coffee out for a while. This is an incredibly useful tool if you're used to 'giving up' once your bad habits start to creep back in. What are the boundaries that you need to create?

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

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