

# 3 EASY STEPS TO UNLOCK OPTIMAL NUTRITION



## Water

Why do we need H<sub>2</sub>O? Water helps every cellular process in the body- brain function, waste elimination (going #1 and #2), and losing weight/burning fat. So how much water do YOU really need?

Here's an easy **formula**: Take your body weight (doesn't have to be exact if you're not into weighing yourself, just an estimate in pounds). Divide that number by 2 and this equals the minimum ounces per day.

***Your Weight(lbs)/2 = Ounces of water per day***

Don't love water? If you're a recovering soda addict like me, I've got the tips you need to finally LOVE water.

Diets don't work. I'm not just a doctor but also an ex-fad dieter. If you're ready to break free from the dieting mindset, this is the place for you. Strengthen your inner voice and get to the ideal body and mindset without a diet.

Sign up for your *FREE* discovery call to unlock your full potential.

Work directly with ME to push past your personal barriers and get to the best version of yourself!

**I'M READY**



## Protein

Protein is the fuel your body needs to keep you full and rebuild muscle. Common dieting culture and myths will tell you "protein is the only thing that matters," but that isn't true. It is important but as you shift your focus towards foods that nourish and heal your body, you will find that protein is found in several healthy, everyday foods. Not just powders! **The ideal amount of protein:**

**(Your weight in Lbs/2)-10=Grams of protein per day**

Don't stress about this. One cup of beans has more than 15 grams of protein!

## Fiber

Some ancient cultures believe the gut is the second brain of the body. A healthy gut is the cornerstone of a healthy weight. Fiber acts as a vacuum cleaner in the body to remove waste. Fiber also helps lower your insulin levels. Why does this matter? Insulin is a key hormone required to process food and maintain a healthy weight. **How many grams of fiber should you eat? Aim for 30 grams per day.**



Dive deeper into your healthy lifestyle journey with my book, *The 10-Day Total Body Transformation!*

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Want to work one-on-one? Sign up for a free discovery call to see if my plan is right for you!

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