

# Episode 42: Using the 30 Day Your Way Meal Plan to support your health

MERYL: Hello everyone. And welcome back to the Rebel Nutritionist Podcast today. Yours truly me is doing the podcast all by my lonesome, actually not so lonely. A rare treat that I get to do them all by myself.

So, and the whole reason I am actually doing this today is because I am really excited about our new program, which is the **Rebel Nutritionist 30 day Your Way meal plan program**. And we will be launching that on February 1st. So if you're wondering why February 1st and why we're kicking it off then, because hopefully by now you're realizing that those gimmicky new year's resolutions just don't stick.

And so what we wanted to offer. Was not an alternative gimmick plan, but really some kind of let's call it **clean eating program** that helps you **fill your plate with real food** and helps keep you satisfied and realize that making these small changes isn't so hard and adopting new routines to really make a shift in your health and wellbeing.

It doesn't have to be a gimmick to stick and that you can see results as you pace yourself through this. So we're really excited to be, to be doing this. I mentioned clean eating, like there's clean and dirty foods and that's not the case, but. Really **when we're talking about clean eating, we are talking about filling the plate with healthy whole foods**.

Like your whole grains, fruits, vegetables, lean proteins, your healthy fats, your legumes, all foods that give or provide nutritional density that are nutritionally supportive to your body. These are all foods that talk to the cells in your body, and that's the fuel that your body needs to run on.

And so things like **fiber and your antioxidants and vitamins and minerals and all of these nutrients are crucial** when we talk about maintaining a healthy well-optimized diet, and the goal of this plan is to help you feel your best. Sometimes we do need a little bit of a push. We need some motivation to get us going, and whether you're new to cooking or you're feeling the overwhelm of life right now we're winding down from the holidays, winding down from the new year. Things are getting a little busier with work, perhaps, and you're finding that you are lapsing back into those old, unhealthy routines.

This is a **great plan to help jumpstart you in focusing on some ways that you can support your health**, where you can better support your health.

What we focus on are **really simple recipes**. I'm really excited about this plan because it is designed to be simple, easy to follow, short lists of ingredients. And we've got lots of things in terms of your staples, what you can find in the frozen section. And so you don't have to feel like you need to be in the grocery store.

And **the goal is to streamline your time in the kitchen**. And have you not feeling like a slave to that dinner rush time hour, especially for those of you that are cooking for families. So, whether you're making one recipe, whether you're making a whole bunch of the recipes and following it as is, this is **designed for anyone that needs some new recipes in their repertoire**, someone who is looking for some more structure, we hear this all the time.

People are like, I want to follow a structured plan. And while I am not a stickler or while I don't always encourage the fact that you should have designated restrictive plan. I think having some kind of plan to follow, especially if you're that kind of person that needs to know or wants to know what to be making for your breakfast, lunch, and dinner, and have time to plan accordingly and be able to shop accordingly.

This is an awesome plan to do that. **You get to choose between options, different options for your breakfast, lunch, and dinner**. So that it doesn't become redundant. And so that you don't find these meals boring. And the nice thing is that **each week you are getting three or four new recipes** for a breakfast, for lunch, for your snacks.

So by the time, the end of the month comes, you have a plethora of new recipes and healthy recipes and delicious recipes to follow. So the other thing that we want to, I want to really impart is that **eating healthy does not need to be complicated**. And it definitely doesn't mean that you're going to be hungry all the time.

As a matter of fact, you should feel satisfied and you should feel comfortable when you eat. Right. We don't want you to walk away feeling starved, and I don't want you walking away feeling full. And I don't want you feeling hungry in between. This is not about deprivation. **I always say a good plan should not be about deprivation or starvation**.

You should be able to enjoy the foods that you like. And part of introducing this plan is to also **provide a better balance** because clean eating doesn't only mean that you're

eating fruits and vegetables, but it does mean that you're swapping out some of those processed foods for more high fiber foods.

And that's what we really try and do in this plan is really **give you more high fiber, whole grains, legumes, healthy fats, healthy proteins**. And we really try to encourage you to skip the added sugar. We know that Americans, this is a crazy statistic. **Americans eat about 28 teaspoons, 28 teaspoons of added sugar per day.**

That is way more than what's recommended. Believe it or not the recommended amount is no more than six teaspoons a day for women. And let's say nine for men. So most of that sugar, most of that added sugar comes from non-dessert foods. Things like cereals and your so-called protein bars, or even granola bars.

And so we try and **find ways for you to add in healthier snacks without the sugar**, because the more sugar you eat, the more cravings you will end up with. So the idea is that this plan will leave you feeling satisfied. Because it includes plenty of nutrients that keep us full. Like I said, from your fruits and your vegetables, your proteins and things like that, your healthy fats.

And the other thing is that we know regular meals, regular snacks from nutritious sources, of course, plenty of water to keep you hydrated movement, daily movement. And good sleep will provide you with lasting energy. And after all, isn't that part of what we want. We want to feel good. And we want to have energy to do the things that we enjoy.

And this is what that plan is designed to do. **Who is the 30 Day Your Way for?** Well, it is for the busy person who may not be so good in the kitchen. Who, like I said, come dinner time, panics, because you don't know what to put on the table, or you're stressed out from a busy day of work and just don't want to have to think.

So this is perfect for you. Or like I said, anyone who's looking to include some great new recipes that are healthy, delicious, and nutritious. The 30 day includes, as I mentioned previously, you get your menus, you get all of the recipes, you get a meal planner guideline. You are going to get recommendations.

You are going to **get a pantry list and a grocery list**. So chock full of great resources and great information. The program is designed to be as structured as you want, or as flexible as you want. And that's really why we call it the 30 Day Your Way, because **you**

**can choose how you want to use this in your life** and made for plenty of flexibility or as much structure as you desire.

And. The other nice thing that we include is really pictures and visuals of how to set up your plate. We get asked this question all the time. What should I have? How much should I be eating? And while I do not want you weighing and measuring, **we do love the visual cues of how to set up your plate** and what the vegetables should look like, how many vegetables you should have on your plate.

What the allocation is. Yeah, it shouldn't be half of your plate and what a starchy vegetable is and what that looks like. So if it's a sweet potato, how does it set up on the plate? And so it'll help with the visual and the graphic of explaining portion sizes and how it's so important. Because that does matter in terms of how much food you are taking in.

And the nice thing is, is that **this is designed to be a self-paced program. The beauty is that we do have coaching available.** And I do think for so many people, this is such a worthwhile add on it is a great investment in your overall success because then you have someone who can walk you through. How to set things up.

It's a little bit more individualized and personalized that way. And for a lot of people, that can be the difference between success on a given program or not. Of course, if you choose not to do that again, this was designed to be self-paced, self-motivating a self-learning program. So feel free to use it as is.

But I want you to know that we really have the coaching available for you and it is for a minimal investment, you certainly get a lot of guidance, a lot of support, and **it can be a game-changer as it has been for so many of our clients.** I always say anybody can follow a plan. It's your ability to stay motivated.

And sometimes it's those tiny little tricks and those tiny little tips, and sometimes even just know. You have someone there who is your cheerleader? So I think that that is so important. Like I say, everyone needs a coach at some point in their life, even coaches need coaching. And I certainly subscribe to that fact.

I always say it takes a village and I am no different. I've got coaches in my corner and thank God for my coach. So my own personal coaches, of course, we have coaches here as well, which is a little different. But really that's the down. If you have any questions as always feel free to reach out, and we are happy to answer those and look in the coming

weeks for lots of good promotional videos, some nice little tidbits and even a recipe or two from our Rebel Nutritionist 30 Day You Are Way.

Make it a great day. Everyone make sure to check out our posts on this and our information and we will see you soon. This is the Rebel Nutritionist signing off.