



You Are Ready!



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## Congratulations, you are about to change your body and change your life.

You deserve to live your life, eating until you are full and satisfied, while looking and feeling your best self. You deserve to shine from the inside out.

This program is designed to teach you how to eat and live a healthy and mindful lifestyle so that you can shed those unwanted pounds and exude more energy. It's time for you to experience the body you deserve.



Please follow these proprietary coaching methods which will guide you to find your best body. This program has no grey areas, follow the rules and you will succeed. I will teach you how to eat, plan, prepare, shop, read labels, dine out, socialize, overcome cravings and change habits that don't serve you.

This program is a gift for you, congratulations on embarking on a journey of change.

*DISCLAIMER: I am not a licensed nutritionist. The information provided for this program follows a nutrition framework established by nutritionists and doctors, but is not intended to diagnose, treat, or cure any disease. Individuals should consult a doctor or authorized medical professional before changing diet and/or medications.*



## Goal Sheet:

Congratulations, you have chosen to commit to changing your body and changing your life.

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

My current weight: \_\_\_\_\_

My goal weight: \_\_\_\_\_

Around my chest: Before \_\_\_\_\_

After: \_\_\_\_\_

Around my belly: Before: \_\_\_\_\_

After: \_\_\_\_\_

Take a before picture and then take one after the 42 days to compare.

Please write any non scale goals or reasons for doing this program below.



## No scales on this journey!

Ditch the scale for 42 days, seriously...

- Your scale weight fluctuates wildly. Over the course of just one day (even a few hours) your weight can fluctuate as much as 2-5 pounds. The scale doesn't represent body fat gained or lost. Weighing yourself daily won't give you the overall big picture.
- Your scale weight won't measure your body composition or let you know how your jeans are fitting. It won't tell you what your hormones are doing, your digestive system or your relationship with food. It won't tell you how removing all possible inflammatories affects your overall health.
- The scale affects our real results. When you obsess over the scale you lose the benefits of all the non scale benefits. People get so worried and worked up on the scale that they don't even realize the new found energy they have, that their face isn't bloated, their skin is clearer and their whole body has transformed, they lose the joy of celebrating the incredible health progress they have made.
- The scale affects your self confidence. It's not healthy to measure your success with health by a scale and that's exactly what you're doing every time you step on the scale. If the scale affects you having a good day or a bad day I would encourage you to ditch it for life.

Take your before picture. You will want that at the end of our journey, you won't want a \$20 piece of inaccurate plastic. Keep eating clean until those jeans fall off and it's time to get a new wardrobe to show off your new found best self.



No scales. It's a rule for a very good reason. You really don't need it. The results will come if you follow my guidelines.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
Finish!						

**Anything is possible in 6 weeks!**

Count the days and make it a memorable journey.



## Beyond Scale Benefits:

This is a list of actual reported Beyond Scale Benefits (BSB's) that have been recognized through my program and coaching; check off yours as you start to rediscover your body.

- More energy
- Clearer skin
- Improved sleep
- Better muscle definition
- More focus/clearer thinking
- More enjoyment of food
- Sense of empowerment
- More confidence
- Shinier hair
- Flatter belly
- Improved body image
- Less joint pain
- Stronger nails
- Less/no bloating
- Improved bowel regularity
- Fewer mood swings
- Improved cholesterol
- Improved blood pressure
- Elimination of canker/cold sores
- Improved depression symptoms
- Fewer cravings
- Higher productivity
- Reduction/elimination of menstrual cramps
- Healthier relationship with food
- Ability to read and understand food labels
- Fewer headaches
- Fewer colds/viruses
- Improved overall sense of happiness



With these basic guidelines, it's simple!

## YES

MEAT (no added ingredients)

SEAFOOD & Fish

EGGS (enjoy the whole egg)

VEGETABLES

NATURAL HEALTHY FATS

CERTAIN FRUIT (MELONS, BERRIES, APPLES)

## NO

SUGAR

GRAINS

LEGUMES

DAIRY

ALCOHOL





## HIDDEN ADDITIVES:

It is preferred not to have additives in our food but below is a list of the ones to avoid and ones that are acceptable while on the program. Read all your labels, and then reread them again...make sure you understand everything that's listed in the ingredients. If you aren't sure, leave it out. Go simple!

## AVOID THESE INGREDIENTS:

- **Carrageenan:** Thickening agent often found in almond milk and deli meats and many other things.
- **Corn starch:** A grain based thickening agent found in broths.
- **Monosodium Glutamate (MSG)** a flavor enhancer, often found in canned tuna and broth.
- **Soy Lecithin:** A soy based emulsifier found in almond milk, tea bags and in many other items.
- **Sulfites:** A preservative found in certain coconut milks (naturally occurring sulfites, such as in certain vinegars is fine).



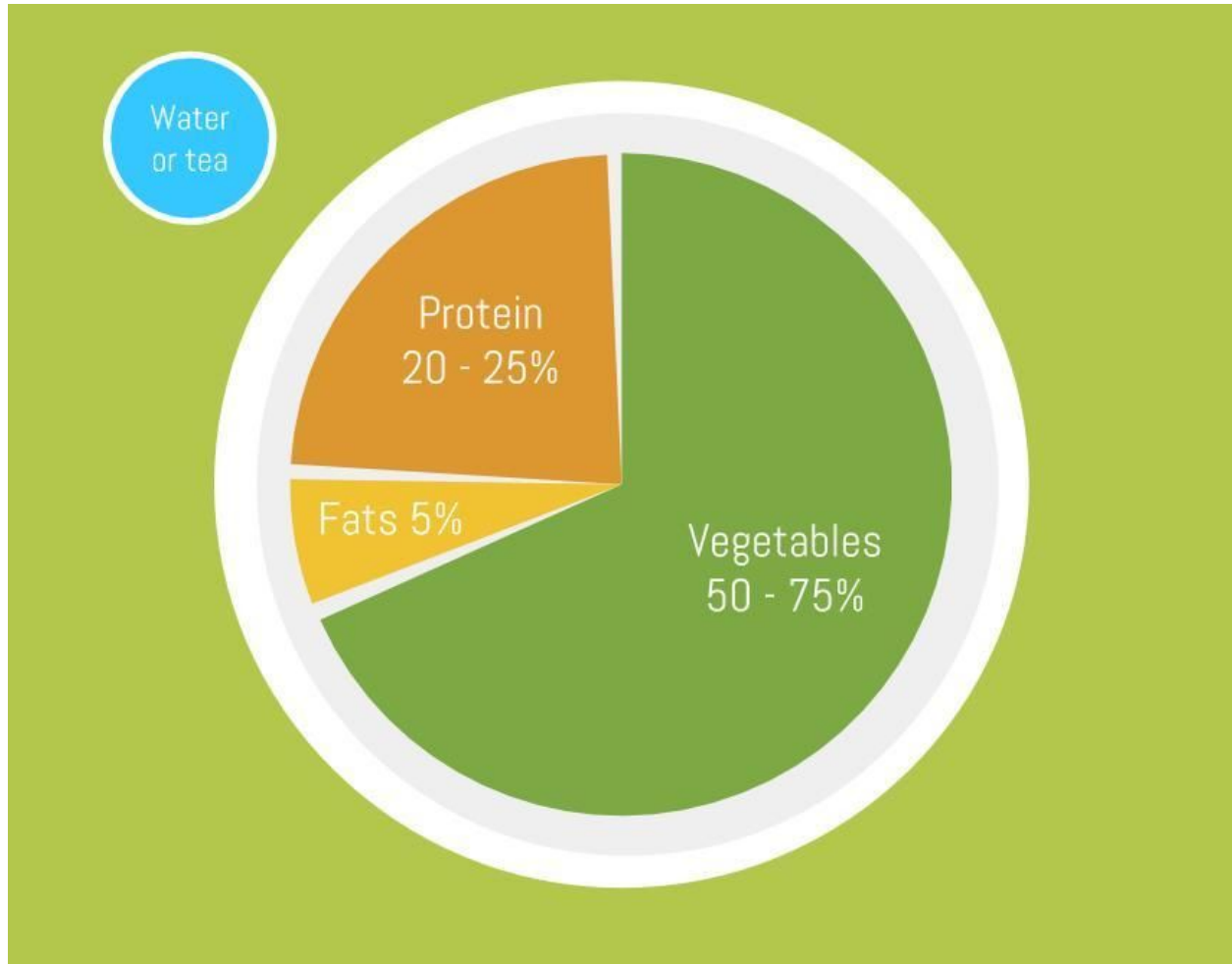
## THESE INGREDIENTS ARE ACCEPTABLE:

ALTHOUGH MORE NATURAL INGREDIENTS ARE PREFERRED

- **Acetic Acid:** A preservative or flavor enhancer found in vinegar and pickled foods.
- **Alpha Tocopherol (vitamin E) Antioxidant, nutrient.**
- **Ascorbic Acid (Vitamin C)**
- **Beta Carotene** Coloring agent.
- **Calcium Carbonate** A supplement found in almond milk.
- **Citric acid, sodium citrate** Preservative or flavoring often in canned tomatoes.
- **Gellan Gum** Thickening and stabilizing agent common in almond milk
- **Guar Gum** Thickening agent and stabilizer common in canned coconut milk.
- **Inulin** A fiber and fat substitute.
- **Lactic Acid** Produced by fermentation of carbohydrates.
- **Locust Bean Gum** Thickening and stabilizing agent common in almond milk.
- **Natural Flavors** Flavoring agent common in a wide variety of products.
- **Niacin (Vitamin B3)** Nutrient.
- **Pectin** Gelling agent.
- **Potassium Chloride** A salt substitute.
- **Potato Starch** Thickening agent.
- **Riboflavin (vitamin B2)** Nutrient.
- **Salt (Sodium Chloride)** Flavoring, preservative.
- **Sodium Nitrite** A preservative, coloring or flavoring agent.



## Your Ideal Plate:



Always strive for a plate with:

- 50-75% vegetables
- 20-25% protein
- and a palm full of healthy fat.

You won't be calorie counting, measuring or worrying about portions.

Keep your ratios and enjoy a meal mindfully until you are full and satisfied.



## Foods to Help Inspire Your Meals:

THERE ARE SO MANY OPTIONS—THESE ARE JUST A FEW.

Protein (25% of your plate)	Vegetables (50% of your plate)	Fats (25% of your plate)	Herbs and Spices. Enjoy them.
Chicken breast	Asparagus	Coconut oil	All Spice
Chicken thigh	Avocado	Olive oil	Basil
Flounder	Artichoke hearts	Macadamia oil	Cardamom
Snapper	Brussel sprouts	Avocado oil	Cinnamon
Trout	Carrots	Ghee	Celery Seed
Halibut	Celery	Make your own Mayonnaise	Dill
Bass	Zucchini	Cashew nuts	Fenugreek
Salmon steak	Egg plant	Walnuts	Garlic
Salmon fillet	Fennel root	Pine nuts	Ginger
Shrimp	Kale	Brazil nuts	Curry
New York steak	Chard	Almonds	Oregano
Rib eye steak	Spinach	Almond butter (check ingredients or make your own)	Cilantro
Eggs	Lettuce	Cashew butter (check ingredients or make your own)	Nutmeg
Ground Beef	Squashes	Macadamia nuts	Rosemary
Beef ribs	Napa cabbage	Coconut milk	Thyme
Rump roast	Yam	Almond milk (make your own or check ingredients)	Bay leaf
Beef stew meat	Sweet Potato		Salt
Pork chops	Red pepper		Black pepper
Lamb chops	Yellow Pepper		Chili powder
Bacon (check ingredients)	Green Pepper		Paprika

## 3 Keys to help success:



## WATER

Water is crucial for weight loss. This simple drink does so much. It helps our bodily fluids perform their functions which include digestion, absorption, circulation, creation of saliva, transportation of nutrients and helps maintain body temperature. Enjoy it with lemon, ginger, cucumbers, rosemary or mint leaves. Regular water is strongly encouraged as appose to bubbly seltzer/ soda water.

**The number of ounces of water you need to drink daily should be half your body weight in pounds.** Example: If you weigh 200lb you would drink 100oz a day, which is about 12 glasses. This excludes tea and coffee. Tea and coffee is allowed in limited amounts as the caffeine is a diuretic which means it doesn't hydrate you.

**A tip:** Start your morning off by drinking a cup of hot water with fresh lemon in it. This will help cleanse your liver which is the first step to successful weight loss and it kick start your metabolism. Wait 15 minutes before your first meal. This little tip will prep you for successful fat burning through out the day.

## SLEEP

8 hours of sleep is crucial to maximize weight loss. Sleep does so much for your body, it controls your appetite hormones and has a direct affect on your metabolism. Late nights can lead to an increased appetite and severe night cravings

## EXERCISE

Challenge yourself to move and do what you love! It can be to train harder, go for frequent walks, join a class, start a vegetable garden or take up a new found sport.



Whatever you do, make time to move.

Keeping active will help you...

- Lose body weight
- Increase lean muscle mass
- Increase definition
- Improve cardiovascular circulation
- Improve energy levels
- Sharpen your brain health and memory.

The saying “abs are built in the kitchen” rings true to me so always eat mindfully and move often enjoying and appreciating the body you are given.



## Examples of your three meals:

### MEAL ONE

Try and enjoy meal one before 10:00am. It sets the tone for your day and wakes up your metabolism. Meal one does not have to look like a typical breakfast, it can be non conventional as long as you adhere to the ratios.

Some examples of meal one are...

- 2 eggs, a plate of sautéed spinach and half an avocado
- A vegetable frittata made with coconut milk
- Smoked salmon, avocado, grilled tomato and sautéed peppers and mushrooms
- Soft boiled egg, peppers, celery, radishes, olives

### MEAL TWO

Meal two should be around midday, keep it simple and easy and execute mindfully whether you are at the office, golf course or at home.

Some examples of meal two are...

- Turkey burger with roasted vegetables and mayonnaise base dressing
- A chopped salad with mixed greens, peppers, cucumbers, artichokes and grilled shrimp
- Tuna salad with homemade mayo, chopped vegetables over arugula



## MEAL THREE

Meal three tends to be my favorite meal as the options are endless. Check out my Youtube channel for recipes and cooking methods for some of my favorites.

Some examples of meal three are:

- Shepherd's Pie with a cauliflower topping
- Stuffed peppers
- Turkey meatballs with zucchini noodles
- Cauliflower fried rice

## MINI MEALS

Hopefully, by adhering to the 3 meals with 3 ratios at good times, you won't need a mini meal every day as you'll naturally progress and won't be hungry between meals.

If you are hungry between meals (hungry = you could eat steamed fish and broccoli) that is usually a sign to increase your portions at your meals. If you are truly hungry, eat!

Mini meals include vegetables, protein and fat. No snacking or grazing

Some examples of mini meals:

- hard boiled egg, sliced peppers, 1 handful of olives
- tuna salad with mayo, tuna, chopped up celery and peppers (nice on an endive)
- salmon, avocado and cucumbers and peppers.





## Strict Guidelines:

This will help burn your body fat and fuel you efficiently:

- Eat at least three meals a day. Don't miss your meals.
- Eat your correct ratios: 50-70 % Vegetables, 25% Protein or less and 25% or less of healthy fat. This will help maintain and build lean muscle and balance sugar cravings.
- Plan your meals: It's easy to make the wrong choices if you don't have a plan. Always have your grab and go options readily available for you so you prevent failure.
- Drink water
- Keep it real. Nothing fake, no processed or chemical foods.



## What makes this Successful:

There are some popular elimination diets out there and many people start them, but not many finish on their own, and even fewer do on their first try. There are a few keys to success for this program that are really important to know.

**SUPPORT** – Find your support. I encourage you to share your goals and desires with the people who love you and with me through Instagram as having a supportive network is key.

**TOUGH LOVE** – Be passionate about eating clean and please keep your goal close to your heart in order to achieve success, praise yourself and be honestly brutal if your plate doesn't have the correct ratios. A little tough love can go a long way.

**TRUST IN THE PROGRAM** – Have faith and have a little mantra if that helps you. I trust that you will do it as you are committed to your body.

**BELIEF IN YOURSELF** – you need to believe you can do anything. It's just food and it's for a 6-week period.

**PLANNING AND PREPARATION** – I can't stress these two enough. Always have a plan – especially when socializing. It's too easy to be unprepared and give up. Many clients testify that after they finished the program they are shocked at how easy it became once they learned to plan and prepare.



## 5 tips for Planning and Preparation:

1. Find a day that you can commit to time in the kitchen. I usually plan and prepare my week on a Sunday. That's the day you go to the grocery store, come home and clean out the fridge and then chop and prepare for your week. Make a couple meals you will enjoy.
2. Chop Vegetables. As soon as you've come home from the market. Wash, chop and pack your vegetables into clear Tupperware (glass or plastic) or zip lock bags for a few days.
3. Make dressing & mayonnaise. Have your favorite dipping sauces and mayonnaise to dip your vegetables and to make chicken, tuna and egg salad. This will be your healthy fat.
4. Get your protein ready. Boil some eggs and grill some homemade burgers and/or grilled chicken for the week. You can also make a couple dishes in advance for your week.
5. Make a ginger and lemon shot to add to your water. It helps digestion and gets us drinking more.



## Advice for Dining Out

With these basic guidelines for dining out, you'll learn how to customize a clean meal at almost any type of restaurant.

Learning how to read and customize a menu may seem intimidating at first, but it's really quite simple once you've done it a few times. You can pretty much go anywhere out to eat. You must be able to go anywhere, because this is a lifestyle - not a quick fix diet that forces us to hibernate at home.

The first thing you should do to prepare is research the menu online. Almost all restaurants have menus online, and that's great for us high-maintenance eaters! Choose places with simple menus – these are often easier to customize. Also, when possible, choose restaurants that have high quality ingredients – extra bonus if you go to a farm to table!

If you end up at a restaurant that is challenging, try to eat something beforehand so you don't arrive starving and tempted to get derailed! This is not a sustainable option for all dinners out, but it occasionally has to happen when you are with a big group and someone insists on a place with fewer options for us. This is, of course, is not ideal. Usually in these situations we have to have a little talk with ourselves before (and sometimes even during) – that goes something like this... "Don't feel bad for myself. Don't feel deprived, as I am in control and I am making a choice not to eat badly. Nobody is forcing me to do this. I want to get up tomorrow morning, full of energy for my day and I don't want to look or feel terrible. I am working towards a goal and one meal or cocktail in a restaurant would not be worth ruining all my hard work. Think of how proud I will feel when I get home and have stuck to my plan."

Do socialize, do dine out but be prepared!



Here are some suggestions. Your food tastes may be different, so please just use this as a guide to make a menu work for you.

Scan menus for ingredients they have in the kitchen, even if they aren't listed in one dish. Look for salads with mixed greens, artichoke, asparagus, roasted tomatoes, spinach, mushrooms, broccoli, avocado...all the vegetables you already know we can have. Customize a salad with your waiter and ask them to dress it with lemon juice and olive oil. They are usually happy to do this.

If a menu has spinach anywhere on it, I like to ask for a piece of fish or chicken (grilled, roasted or sautéed) on top of sautéed spinach.

Cobb salads tend to be great but they require removing the cheese and bacon. Whenever I remove more than one thing, I often scan the menu for one other thing I can add so I don't end up hungry or with a really boring plate of food.

All seafood restaurants are great – you can start with raw bar – clams, oysters and shrimp. Then have a salad (again, with fresh lemon and olive oil). For the main meal ask the waiter for pan seared scallops or broiled fish over sautéed spinach.

Whenever you are dining out, spring for the fancy bottled water – I love Aqua Panna flat water, in a wine glass, with a lemon or lime. Drink the whole bottle while everyone else drinks their cocktails, dinner wines and after dinner drinks. It helps make me feel part of the party.

In general, I find that Mexican, Chinese, Japanese and Indian restaurants are the toughest, while American and Italian are the easiest.

Bare Burger and Chipotle are good convenience places. At Chipotle we can have the pork carnitas (the only meat not cooked in soybean oil), salad with lettuce, tomato, salsa and guacamole. Either no dressing or bring your own. If you are extra hungry order a double carnitas with your salad. At Bare Burger, order a collard green with avocado, any of your favorite vegetables and a grass fed burger patty. For other fast food restaurants, look for salads and grilled chicken. So many restaurants, even fast food ones, are finally responding to the demand for healthier options.



## Pre-start guidelines:

You've read the rules and now it's time to get going...

In preparation for day one, chop lots of veggies to have on hand. I like cucumbers, red and yellow peppers, celery, radishes. Keep some in ziplock sandwich baggies so you can easily grab them when you are on the run.

Be sure to have a healthy fat (avocado, olive oil, olives, coconut oil, coconut milk, nuts, etc.), an animal protein, and veggie whenever you eat. Occasionally you may need to eat a little unbalanced but shoot for this triple combo every single time (even for a mini meal)!

Boil some eggs to keep them in the fridge for a quick and portable snack – just add healthy fat like some nuts or olives and also some of those veggies you've chopped.

Grill or roast some chicken breasts, with herbs and spices, garlic and olive oil. If you are short on time pick up some store bought oven roasted chicken (check ingredients!). For example, Whole Foods has a delicious "simple" roasted rotisserie chicken which is just salt and pepper – you can use for chicken salad or just shred to pair with salads or other vegetables.

You should try make a homemade mayonnaise or Primal Kitchen sells an approved one. Even if you don't generally like mayo, I use it as a base for salad dressings and for making chicken, tuna and egg salads, as well as dips. Mayo can be tricky to make; it's a bit of a science experiment so definitely watch my video before trying yours.



Make sure you have:

- \* Lots of eggs (for scrambled, hard boiled, egg salad, fried, etc.)
- \* Ground beef (hamburgers are simple and easy to make)
- \* Ground turkey \*Chicken breasts
- \* Avocados
- \* Homemade salad dressing or Tessemae's dressing (find at Whole Foods or online)
- \* Lemons/limes (if you want to add flavor to your water)
- \* Coconut milk/ Almond milk or cashew milk (only full fat)
- \* Olive oil
- \* Avocado oil (another great oil to cook with)
- \* Nuts – turn them over and be sure they don't have rice bran oil or canola oil (many packaged nuts do!) & **no peanuts**, they are a legume!
- \* Lots of veggies! Leafy greens, peppers, carrots, celery, cucumbers, broccoli, spinach, kale, etc.!
- \* Approved store bought sausage (there are several at Whole Foods and one at Trader Joe's – will be posting pics of those labels or snap a pic when you're at the store and I'll get back to you immediately)
- \* Nut butter (Cashew or Almond butter, **NOT** Peanut butter)

\*KEEP IN MIND WE DO NOT CONSUME PEANUT, SAFFLOWER, CANOLA OR VEGETABLE OILS, unless you are at a restaurant and that's all they have to cook your food in. If it's salad dressing with any of these in a restaurant you must skip that dressing and just use lemon or vinegar and olive oil! Some people go out for dinner with a tiny container of their own dressing.



Here's an example of how my day might look:

Breakfast: I will likely have scrambled eggs, broccoli and spinach in an omelet with some avocado.

Lunch: Often a big salad with grilled chicken, shrimp or salmon.

Dinner: Varies daily! Many dinner recipes and pictures are on my Instagram and website and there's more to come but it's typically the easiest meal to figure out... Roast chicken and vegetables are a favorite in my home, grilled fish and steamed spinach with avocado, stuffed peppers, soups, grilled asparagus and brussel sprouts with lamb chops, I could go on and on listing all my favorite clean eating dinners, you'll discover yours.

Do not skimp on fats. You can definitely use fats to cook with and be generous rather than shy with them. If you make eggs with coconut oil for example, you will still need to add a fat (olives, avocado, etc.) and a vegetable to your meal. Let's get rid of all that fat free 90's mentality – your body needs fats and they will actually help you to lose weight!

Don't forget water, water and more water. Add lemon and some fresh peeled and chopped ginger for a spicy twist on your generic drink. I also like to add lime or cucumber, fresh mint and sometimes even rosemary.

Coffee is allowed: no sugar or artificial sugars of any kind and no dairy. I add coconut cream or almond milk (check ingredients) to my coffee in the morning with a little cinnamon.

Please don't drink seltzer or sparkling water in place of water. I encourage you to only drink bubbly water when you are out so that you can feel like you are still one of the crowd or having something a little more special. Seltzer is acidic and doesn't hydrate the way water does.

You really won't drink anything else other than water. No juicing your veggies or any other approved foods. We need to chew our foods, not drink them.





## REMEMBER TO READ LABELS BEFORE YOU EAT ANYTHING!

When at a restaurant ask about the ingredients before ordering if you aren't sure.

Try to start with very simple foods so it feels less intimidating. There will be plenty of time for fancy food later. You want to find your rhythm first.

Weigh yourself the day before you start. Write down the number and seal it in an envelope and do not open it for 4-6 weeks – then put your scale away, no scales on this journey! Some people like to tape it to their scale.

I strongly encourage you take a "before" photo of yourself as well – you can email it to me at [nikkigallias@gmail.com](mailto:nikkigallias@gmail.com) (I love to know who is doing the program so I can send you light and love during your journey.)

If you have ANY questions, please ask, [nikkigallias@gmail.com](mailto:nikkigallias@gmail.com)

Believe you can. Anything is possible when you believe and execute.

With love,

Nikki