

MINDFUL LIFESTYLE GUIDE



**MINDFUL
OR
MINDLESS?**

THE CHOICE IS
YOURS!

HEALTHY LIVING IS A FORM OF SELF-LOVE & SELF-CARE

30 Days to a Healthier & Happier You!

MINDFUL LIFESTYLE GUIDE

Developed by Ariani (Anri & Dr Arien)

Compiled & Written by Anri, Edited by Dr Arien

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Ariani

**HEALTH
SOLUTIONS**

Science & Nature in Balance

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WELCOME

This Mindful Lifestyle Guide was created by Anri van Rooyen (health, fitness and fat loss expert & scientist as well as international fitness trainer) and Dr Arien van der Merwe (author and medical doctor specialising in natural medicine, metabolic syndrome, diabetes and fat loss). Please respect our work and do not share it with anyone. Many years of research, experience and studying went into developing this Mindful Lifestyle Guide.

This guide is aimed at helping you lose fat, improving your energy, immune function, getting you toned and fit. We developed this guide to give you a complete online experience to assist you with your fat loss journey, in the comfort of your own home, while still receiving personal motivation, health education, expert advice and support from our team on a weekly basis, for a month (or up to 3 months - depending on the option you chose).

I know how you feel and we have been there! We all realise at some point (and especially now) that our health is the most important aspect of our life and should be our number 1 priority! We only have one body in this world and now is the time to listen to your body and to guide it to become healthy and happy once again! You are not alone, we are here to support you!

Start with your reason why! We all have different reasons for wanting to lose weight. Yours may be: That you have always struggled and are fed up? Or would you like to play with your children comfortably? Do you want more energy/a new zest for life? Do you want to feel better about yourself? Do you want those old pants to fit? Whatever the reason, keep it in mind constantly when adopting a healthy lifestyle.

We are going to push you, in order for you to grow holistically (i.e. physically, mentally and emotionally)! We will provide you with all the tools, tips and scientific methods to reach your goal, but you need to take action and accountability for your own health to reach your goal! Please contact us for any enquiries, we are here to motivate you every step of the way! Our passion in life is health education for all & we are looking forward to walking this lifestyle journey with you!



We have added links to this Guide for your convenience. [Click here](#) to read more about us (incl. our short bio's)

Lots of Love,

Ariani (Anri & Dr Arien) xxx

'To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.' -William Londen

CONGRATULATIONS

'You can't spell challenge without change.'

Congratulations and well done on your decision to commit to Mindful Living & more importantly to improve your health!

Well done on this huge decision to transform your body! The journey is not always going to be easy, but I can guarantee you that it will be worth it! At times it will be difficult, just keep going! **You CAN do this!** Always remember that you did not put on weight overnight, so do not expect to lose weight overnight. **It is a journey with many challenges, but the reward is so worth it.**

With every choice you make comes another. Always bear in mind **why** you are doing this (write it down on a sticky note and paste it where you can see it, so that you can refer to it at any time), as this in itself is a massive motivator. Remember, the body achieves what the MIND believes, so get your mind in the right place before you start. **Do not wait for motivation, take action and the motivation will follow.**

Preparation and consistency is key to your success! Nourish your body with wholesome food – you are what you eat (food is there to fuel your body, not to fill you up) – and you will quickly realise how amazing you feel, full of energy and a new zest for life!

Self-love and self-care is crucial to improve your health and body image. Write down 3 things, every day, that you are grateful for/ that you love about your body. It can be anything (more details to follow later in this Guide), the sky is the limit! It can be difficult when you start, but just keep going for the next 30 days. You can even put it in a jar and take one out if you feel demotivated/if you are having an 'off day'. You will be amazed how gratitude lifts your spirit instantly and you realise how much you have to be grateful for!

Mindful Living:

Start date: _____

End date: _____

Commitment to myself:

I, _____, promise to take care of my body for the duration of my journey. I will eat wholesome, tasty and nutritious food and do exercise sessions consistently on a daily basis. I love my body and do what's best for it by making healthy choices.

Sign: _____

Date: _____

'Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.' – B.K.S. Iyengar

SUPPORT & INFO



Please join our online community for additional support and practical health tips, tools and tricks.

1. Follow us on:

- Facebook: [Ariani Health Solutions](#) AND [Playfun-fitness & FitFood with Anri](#)
- Instagram: [@arianihealthsolutions](#) AND [@fitfood funfitness](#)
- YouTube Channel: [Click here](#) to subscribe

We share health education videos, articles, tips and

tricks; on many different health topics.

2. Join our private Facebook Group: Mindful Health & Happiness ([Click here to join](#)). This an interactive group and we also use this as our health education platform. Participate and engage in this group, ask questions and comment, let us know what works for you etc. This is a great place to get assistance from like-minded people.

3. Weekly emails will be sent to you with all the info (for as long as you are joining), please check-in by replying to these emails. We would love to hear how you are doing and we are here to support you on your journey. Email us on info@DrArien.co.za.

4. You have to attend your weekly online consultations with Anri (this shows your commitment to your goal) - remember to book (you can book all 4 sessions in advance) by emailing [in-fo@DrArien.co.za](mailto:info@DrArien.co.za)

5. If you exercise hard and eat healthy your total weight might not shift, as your fat is decreasing and your muscle is increasing, aka body composition changes. Read my article: [Top 10 Reasons Why You are Not Losing Weight on A Low Carb Diet](#)

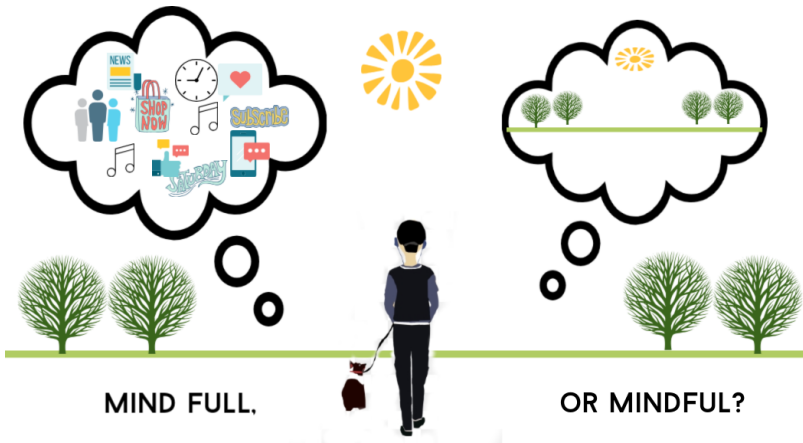
Optional: we do Body Composition Scans at both our branches (Pretoria & Hermanus), if you would like to see your body composition changes (fat, water, protein and water content). You'll receive 10% discount.

6. Your Feedback: we would really appreciate your feedback. Please share your journey with us.

7. Incorporate mindfulness in everything you do for a fuller, healthier and happier life! [Click here](#) to read my article on mindful movement and munchies.

'A year from now you will wish that you started today, so just do it!'

MINDFUL GUIDELINES



Check-ins

- Fill in your all measurements on the table in this Guide– to determine progress (do this every 30 days)
- Remember to take a **before and after photo**, every 30 days too. You might not want to, but you will be disappointed if you don't. It is amazing to see how far you've come. Also do your measurements and fitness tests on these days (fitness tests are optional, but it is great to see how your fitness improves). We would love to see your progress, please send it to us. We

want to celebrate with you.

- Don't be unrealistic with your expectations! It is a journey, so be patient with yourself!

Measure your Progress

'Successful and unsuccessful people do not vary greatly in their abilities, they vary in their desires to reach their potential'

Having a tangible measure of your progress is super rewarding and shows efficacy of the program. Do your pre- and post-measurements and fitness tests. You are not going to compare it to norms, you will compare it to yourself, every 30 days (set reminders on your phone calendar in advance, this will ensure that you don't forget - it is an extremely important meeting with yourself!). Go do it now.

DO NOT GET OBSESSED WITH THE SCALE AND MEASURING YOURSELF, THIS WILL SERIOUSLY DEMOTIVATE YOU! OBSESSION HAS, AND WILL, NEVER FORM PART OF A HEALTHY LIFESTYLE TRANSFORMATION.

You will also miss out on all the other benefits of this journey (incl. improved energy, immunity, self-esteem, sleep and more), if you become obsessive. Only weigh yourself, take photos and perform measurements every 30 days, no more! Remember this is a journey and do not expect results over night. **IF YOU WORK HARD AND STAY CONSISTENT YOU WILL SEE RESULTS!** So just hang in there and do not be so hard on yourself. We are our own worse enemies.

'3 Months from now, you will thank yourself.'

MINDFUL GUIDELINES

Gratitude List for A Positive Body Image

This is a must for your psychological, spiritual and emotional health! Negative self talk is so damaging to your health (it literally puts the body in stress and in the long run it increases [cortisol](#) levels) and we tend to speak or think such ugly thoughts when we had a rough time and picked up weight (e.g. you look in the mirror and say/think: you are so fat, you are so ugly, you are useless etc.). We won't even say that to our enemies, but we think it is okay to say it to ourselves. Stop this and bring back the self love!

Write down 3 things daily, that you are **grateful for or love about your body** and put it in a jar (for the next 30 days at least). Every time you feel demotivated or depressed about your body, take one out of the jar and see how great you feel. We tend to focus on all the negative things about our bodies and forget all the amazing aspects we need to be grateful for. Some examples (from my list):



I love/am grateful for:

- 1) every single cell working tirelessly
- 2) my waist
- 3) my soft skin
- 4) my bootylicious bum
- 5) my legs, for allowing me to walk this earth etc.

It is important to realise that this is not being full of yourself, it is loving yourself again and it is crucial for your mental health, self acceptance and long term results! Nobody needs to know what you write!

Many factors (physical, mental, emotional, stress, metabolic etc) play a role when it comes to fat gain. It is an intricate web and there is often multiple reasons for gaining weight and never being able to reach your goal or going back to old habits as soon as your 'diet' is done. This is why we call it a lifestyle plan (not a diet), as it is holistic lifestyle changes for long term, forever results!

If you are an emotional- /stress- or binge eater, you should consider [Dr Arien's Mind Solutions Course](#) (online), to finally understand why you do it and then how to release these deeper feelings and emotions, to give rise to a mentally and physically healthier you.

It is crucial to remember that we are all wonderfully unique with different shapes, sizes and body types. Accepting your shape is one of the most important things you can do in your life!

Do not compare yourself to others, if you do so you are setting yourself up for failure!

Your goal should be a healthier and happier YOU, where you embrace and love everything about you!

'Look in the mirror, that is your competition'

MEASUREMENTS

Height: measure your height by standing against a door and using a pencil to mark where your head ends. Measure height to the nearest 0.1 cm (for e.g. 167.2 cm) by using a measuring tape.

Weight: use a scale or go to a pharmacy or clinic to weigh yourself.

Body mass index (BMI): $BMI = \text{weight (kg)} / \text{height (m)}^2$ (e.g. $60(\text{kg}) / 1.67(\text{m})^2 = 60 / 2.7889 = 21.51$). A BMI of 18.5 to 24.9 is normal, 25 to 29.9 is overweight and over 30 is considered obese.

Measurements: you need a measuring tape and someone to help you or a mirror if you want to do it on your own. Do your measurements 3 times and take the average, make sure you keep the tape straight and tight.

- **Waist (No. 1 on image):** measure your waist at the smallest part of your middle section. If you do not have a natural curve in your middle, then measure it at the level of your belly button.
- **Hip bone (No. 2 on image):** place the measuring tape on your hip bone and measure the circumference around your body
- **Chest (No. 3 on image):** measure the circumference at the level of your nipple
- **Buttocks (No. 4 on the image at the back):** measure the buttocks circumference at the widest part
- **Right thigh (No. 5 on image):** first measure the distance from your right hip bone to your right knee. Then take the middle point and measure the circumference at this point.
- **Right arm (circumference at approximately number 3 on the right arm):** first measure the distance from your shoulder bone to your elbow. Then take the middle point and measure the circumference at this point.

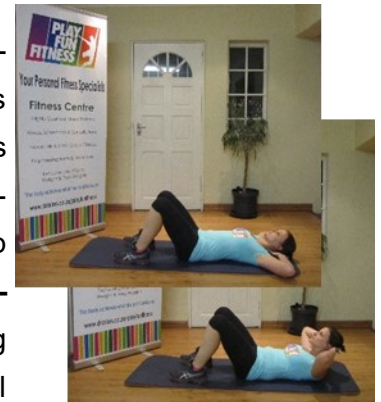


FITNESS TESTS

The fitness tests below will measure your muscle strength and endurance, cardiorespiratory fitness, flexibility and balance. This will give you an indication of your muscle strength, flexibility and balance as well as how these improve after the 6 weeks and then after 12 weeks. Perform each test 3 times and record the average.

- **Muscular strength and endurance:** perform as many as you can of the following in one minute and record it on the table below. If you cannot perform the exercises for one minute (which is normal for beginners), then just do as many as you can and then stop and record that number. Refer to 'Exercise Library' for proper form, technique and execution of exercise moves.

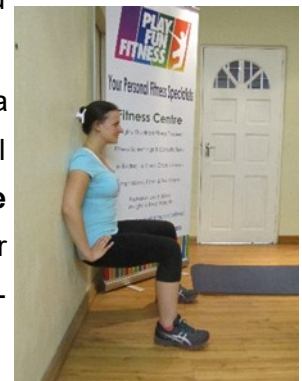
- **Crunches per minute:** The crunch test is performed to assess the development and strength of the abdominal/core muscles. Lie on your back, knees bent, both feet flat on the floor (30-45cm from the buttocks) with arms crossed on the chest and fingertips on the shoulders. Lift only your shoulders off of the floor while keeping the lower back on the floor and looking up to the ceiling at all times. Breathe out and **make sure you use the abdominal muscles when lifting the shoulders**. Breathe in while lowering down to the floor again. Your neck should be aligned with the spine at all times.



- **Push-ups per minute (wall/bent-knee or full):** This test is used to assess upper body strength. If you are at beginner level you may perform wall push-ups: stand about one meter away from a wall, place your hands directly at shoulder level and shoulder width apart. The fingers should face up on the wall and **your body should be straight at all times**. Inhale while you lower yourself towards the wall (bend your arms at a 90° angle), then exhale as you push yourself back (while maintaining control). Repeat for one minute.



- **Wall squats per minute:** this test assesses lower body strength. Stand against a wall with feet about a meter in front of you. Press your back against the wall at all times and hands on the hips. Then lower down until knees are bent to 90°, **make sure your knees are aligned with your ankles** (if not, move feet forward more or backwards accordingly). Put all your weight on your ankles and press from the ankles to the start position.



- **Cardiorespiratory fitness – Step test:** you will need a stop watch and a step/stair. Step onto and off of the step/stair, one foot at a time: up-up; down-down. The test continues for the duration of three minutes at a pace of 30 steps per minute. Don't worry if you can't step for 3 min (just try for as long as you can). After the completion of the test, take your carotid pulse (on your arm or in your neck) for a total of 15 seconds. Write down the number of beats when the 15 seconds are done and multiply by 4 to get the heart rate per minute. The norm for this test is a heart rate of 93 beats per minute (bpm).

FITNESS TESTS

- **Flexibility—Sit & reach test:** The aim of the sit and reach test is to determine lower back and hamstring flexibility. Remove your shoes and sit on a mat, legs together, as straight as possible and extended out in front of you with toes pressed against a wall/box. Reach as far as possible towards your toes while keeping the knees straight with arms evenly stretched and palms facing down. You will then either be able to touch your thighs, shins or toes. The position needs to be maintained for at least 2 seconds and the distance that the fingers are from the toes are then measured and recorded.
- **Flexibility—Hands behind neck:** The aim of this test is to determine shoulder flexibility.
- **Balance—One leg balance:** lift your right leg in the air and try to hold it up for one minute, with your hands on your hips. If you lose your balance before one minute, record that time.



'Our bodies are capable of anything, it's our minds we have to convince.'

PHOTOS

I know before photos can be daunting, but you will be glad you did it afterwards. Please take your photos with swimwear (females: bikini/short & sport bra; males: short). Don't pull in your tummy or 'cheat', you will just be fooling yourself. Remember that progress is progress no matter how small. Please send it to us with the date taken.

Take all your angles with natural light, on an empty stomach at the same spot for each check-in (front, back and side); with our graphics on the following pages (Day 1, Day 30, Day 60 and Day 90). Here are some of my personal before & after photos (after 14 days):

FRONT:

SIDE:

BACK:



FITNESS/PROGRESSION FORM

Name:	Date of birth:
Email:	Gender:
Height (m):	

Your Measurements

Measurements (cm)	Day 1:	Day 30:	Day 60:	Day 90:
Total body weight (kg)				
BMI (kg/m ²)				
Waist				
Hip bone				
Chest				
Buttocks				
Right thigh				
Right arm				
Fitness Tests				
Muscular strength & endurance				
Crunches/min				
Push ups/ min				
Squats/ min				
Cardiorespiratory fitness				
Steps/min				
Flexibility				
Sit & reach test				
Balance				
One leg				
Sizes				
Pants size				
Shirt size				

THE YAY'S & NAY'S

EatSMART Guide

When in doubt: closest to nature is always best!

Refer to your [EatSMART Guide](#) for more information. After doing a [Genetic Screening](#), we can alter the eating plan for you. You will see the best results when following the EatSMART Guide. However, due to the workouts in this plan, your energy expenditure will increase and you will burn more calories, therefore we will adjust the program slightly. Just to summarise the do's & don'ts:

- **Drink enough water!** 250ml per kg body weight per day. Liquids incl. water, herbal teas. Diet soft drinks are unhealthy, but if cravings are intense, you can use it. Try Sprite Zero and mix it with sparkling water (add some mint and lime/lemon), as a slightly healthier alternative.
- Drink **2 cups** of good quality filter/plunger coffee/ normal tea daily. This doesn't count as water.
- **No sugar!** You can use aspartame-free sweetener if you need to, (e.g. stevia or xylitol). If there are added sugars in the ingredient list of any food, then it is a NO!
- **Herbs and spices** can be used freely to flavour meals.
- **Milk (optional).** Only consume 250ml/1 cup per day. You can also choose sugar-free almond or coconut milk. If you don't use all your milk with coffee/tea, try my [Legit Hot Chocolate](#) recipe.
- Use **3 tablespoons of healthy oils** per day: organic extra virgin olive oil (or 10 olives), coconut oil (great for use on stove tops and stir-fry's), butter, avocado oil (or half an avo). Try this delicious and easy [salad dressing](#).
- [Intermittent Fasting \(IF\)](#) is a great tool to lose fat faster. We recommend the 16:8 method. If you don't do IF, just make sure to eat dinner before 19h00.
- **Preparation** is the most important thing! Buy and prepare food in advance. Get rid of unhealthy foods as it is a unnecessary temptation. Make extra food for busy times. This will ensure correct eating. Make the same food for the entire family, it is healthy for everyone!
- Make sure you [sleep](#) 7-9 hours every day (restful sleep in a dark room). The body recovers when you sleep and cortisol (stress hormone – the culprit for weight gain in the long run) also decreases. If you struggle to sleep/have muscle spasms, use [Calcium & Magnesium Balance](#)
- **Probiotics** are recommended if you struggle with [gut-related](#) issues (incl. bloating, gas, [IBS](#)). Always use a good quality, liquid probiotic. For more info read Dr Arien's article: [Microbiome](#).
- **Constipation** is likely, if you do not drink enough water and consume enough oil. Refer to our EatSMART Guide for our anti-constipation recipe.
- For the best results we recommend **NO alcohol, sweets, sauces, dips, chocolates, junk food or cheat meals**. This will only set you back! Talk to us during consultation times if you struggle to stick to the plan, due to this (we can help). Try my [Legit Chocolate](#) recipe, it is a lifesaver.
- You can use sugar-free sauces (limited), Dijon mustard and full/ double cream yoghurt to prepare meals. Refer to eating plan, as moderation is key.
- **LEARN TO SAY NO!** This is your health and your journey. Stop defending or explaining your life-style choices! Say NO, when people pressurise you. You are an adult, take responsibility.

'You can't control what goes on outside, but you CAN control what goes on inside.'

MEAL GUIDE

Daily: Eat 3 Meals (OR 5 Smaller Meals OR 3 Small Meals + 2 Snacks) + 1 Protein Shake (optional) + 2-3L Water

Choose your foods from the lists provided on the following pages (serving sizes are specified on the lists). If you are doing IF and you are not hungry three times a day, you can eat two meals as one for brunch (Meal 1 & 2) and then dinner (Meal 3). You can mix and match the options, but don't eat more or less than specified (e.g. Meal 2 can be eaten first etc). If you prefer to eat 5 Smaller Meals (OR 3 Small Meals & 2 Snacks) make sure you stick to the food servings specified below (i.e. consume - 3 Proteins + 3 Veggies + 3 Fats + 1 Complex Carb + 1 Milk - per day). **There are also unlimited options that you can use in any quantity throughout the day (in the lists provided).**

If it is too much food, use one of the healthy oils as your fat (instead of half an avo or 10 olives). **Healthy food does not have to be bland!** Get creative and make your meals taste great! I'll be sharing meal plans for ideas.

[Optional - add 1cup/250ml of full cream milk per day for coffee & teas]

MEAL 1:

Protein (1 serving) + Veggies (unlimited options AND 1 serving as specified—you can mix and match veggies, just take less of each then) + Fat (1 tablespoon oil or half avo).

Example:

Spinach & Feta Omelette & Avo: 1x Egg (Large) + 30g Feta + 1 cup Spinach + Avo (half)

MEAL 2:

Protein (1 serving) + Veggies (unlimited options AND 1 serving as specified—you can mix and match veggies, just take less of each then) + Complex Carb OR Fruit + Fat (1 tablespoon oil)

Example:

Biltong Quinoa Salad: Biltong (100g) + 5 Rosa tomatoes (½ veggie) + Unlimited options (peppers, cucumber etc) + Quinoa (50g) + 10 Kalamata Olives

MEAL 3:

Protein (1 serving) + Veggies (unlimited options AND 1 serving as specified—you can mix and math veggies, just take less of each then) + Fat (1 tablespoon oil or 10 olives)

Example:

Salmon/Trout (100-200g) + Asparagus (6) + 5 Rosa tomatoes (½ veggie) + unlimited options + 1 tbsp olive oil (to cook fish in foil). I add peppers, onion & tomato to cook with fish.

PROTEIN SHAKE (Optional):

Use 1 scoop of the [Invictus Shake](#) (use this code to receive 10% discount: LLLC10). We searched for approximately 3 years to get a shake that only contains natural sugars and is completely natural and vegetarian. Therefore, we only recommend this one. Add some milk (from your allowance) to the shake or eat less yoghurt (if chosen) for a meal and add the rest to your shake. Don't consume with water only, as the protein is better absorbed when taken with other food. If you don't choose a carb you can add the fruit here, then it is a delicious smoothie.

THE MINDFUL EATING PLAN

Please follow the **Low Carb** eating plans in our EatSMART Guide for optimal results. I've made it easier to follow by giving you lists and you can simply mix and match. **No need to count calories**, if you follow this meal plan to the tee. **Only follow this plan instead of the EatSMART Guide, if you follow all the workouts as set out in this Challenge.** Download the 'Calorie Counter by FatSecret' App to help you log meals (not for counting). Add me under Health Practitioners (use: info@DrArien.co.za) and I will receive weekly updates and can look at it during our scheduled weekly online consultation, making personal advice and guidance easier.

BUILD YOUR OWN MEAL PLAN:

I'll be sharing meal plans with you for ideas, however you do not have to follow them, you can build your own, by using my easy Meal Guide (previous page) and lists provided below:

COMPULSORY FOOD LIST

Choose **ONE** of the following for each meal (3 meals/day). You can mix and match protein types, but then half the serving of each type [e.g. 1 Egg + 30g Cheese (=1 Protein)]

(Be careful not to eat too much of **ONE** specific food type)

PROTEIN (serving size = raw weight. females = F; males = M)

Meat types (F: 100-150g; M: 150-200g) - no fat	Fish types (F: 100-150g; M: 150-200g) Min 3 times a week, daily if possible
Beef (incl. lean mince, biltong etc), Veal, Lamb/ Mutton, Chicken (without skin), Ostrich, Pork	Tuna, Kingklip, Hake, Salmon/Trout, Sardines, Mackerel, Pilchards Fresh fish is always better, but not always accessible. Make sure tinned fish is in brine/ salt water.
Pulses/ legumes/ beans	Dairy types Max dairy per day: 250ml milk + 30g Cheese +
Chick peas (100g) Cooked lentils—red, brown, green (1 cup) Soybeans (1/2 cup)	Full/double plain cream yoghurt (F:150-175 ml; M: 175-200ml) Milk (F&M: 1 cup) - optional (incl. use for coffee/ tea) Cheese - gouda, cheddar, haloumi, cream cheese, cottage cheese, feta (30g-60g, depending on daily dairy intake).
Other	Other seafood types
Egg - Large (F: 1-2; M: 2-3) 2x Egg whites (only add it if lower limits of egg is used - above; i.e. 1 for F/ 1-2 for M)	Prawns (150 g raw / 3-4 prince prawns) Calamari (150g raw)

THE MINDFUL EATING PLAN

UNLIMITED OPTIONS

Can be taken in any quantity with every meal or as snacks

Lemon, Lime, Celery, Cucumber, Greens (lettuce, basil, rocket, mint, watercress, parsley etc.), Onions (any type), Sprouts (incl. wheat grass) and Peppers (green, yellow, red).

HEALTHY OILS/FATS

Consume 3 Healthy Fats per Day (1 serving = 1tablespoon or as specified)

Cold Pressed Extra Virgin Olive Oil (good for oven cooking), Coconut Oil (good for stove top cooking), Avocado (half, small), Olives (x10). If chosen, use these oils fresh over salads/veggies: Pumpkinseed Oil, Avocado Oil, Grape Seed Oil. **Do not exceed half an avocado a day.**

ADDITIONAL FOOD LIST

Choose between the options below

Fruit & Nuts

DO NOT EXCEED MORE THAN 2 FRUITS PER DAY. When choosing Complex Carbs, only consume 1 portion of fruit, i.e. one fruit only and 1 serving complex carb per day. Choose from the following:

Strawberries (1 cup)

Apple x1

Cherries or Berries or Mixed (100g)

Grape fruit x1

Plum x1

Optional - Mixed nuts (30g):

Almonds, Brazil, Macadamia, Pecans, Seeds, Walnuts.

Only consume every 2nd or 3rd day (instead of 1 tbsp of oil and use minimum protein and carb requirements when consuming nuts)

Other Vegetables

Artichoke hearts (1/2 cup)

Asparagus x 6

Baby marrows (1 cup)

Bean sprouts (1 cup)

Brinjals (1 cup steamed)

Broccoli (1 cup)

Brussel sprouts (1 cup)

Cabbage (1 cup)

Cauliflower (1 cup)

Gem squash (1 cup)

Green beans (1 cup)

Leeks (1 cup)

Mushrooms x 10 small or 1 big

Radishes x 5

Sauerkraut (1 cup)

Spinach (1 cup)

Tomato (x1 medium)/ Rosa tomatoes x10 /
Cherry tomatoes x8

THE MINDFUL EATING PLAN

COMPLEX CARBOHYDRATES

Rather choose carbs that are found in nature as is (quinoa, sweet potato, oats)

Maximum one (1) serving per day. On carb days: do not consume fruit (OR do half a portion each to make up 1 CC); dairy for the day should be equal to maximum 1 cup of milk AND 30g of cheese OR 100ml Yoghurt.

If you do not consume milk, you can add an additional Complex Carb (i.e. 2 Servings/Day)

Your total carbs per day should not exceed 70g (you can use the FatSecret App - optional)

Raw steel cut wholegrain/ rolled oats x ½ cup (then cooked)

Low GI/whole-wheat/whole grain/rye bread x1 slice

Provitax x3

Wheatsworth biscuits x4

White/brown basmati, brown, wild rice (cooked) x ½ cup

Potato (boiled) x100g (1 small)

Sweet potato x100g

Barley (cooked) x ½ cup **[high protein option]**

Spelt x100g, cooked **[highest protein, lowest carb content option]**

Quinoa x ½ cup (cooked) or 30g (raw) **[high protein option and naturally gluten-free]**

Split peas x35g (raw)

‘EAT to nourish your body not to fill you up

Always IGNORE the haters, doubters & unhealthy examples that were once feeding you.

YOU ARE WORTH MORE THAN YOU REALISE’

UNDERSTANDING FOOD LABELS

It is critical to understand food labels; this section is here to make it easier for you to use food labels to make quick informed decisions that will help you improve your health. If you have never compared food labels, then start now. Every time you shop, choose the healthier options by comparing food labels of similar products.

<p>Serving size: standardised amounts to compare similar products. (metric/household meas-</p>	<table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		Calories: 2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g	<p>Start here</p> <p>Check calories</p> <p>Quick guide to % DV</p> <p>5% or less is low 20% or more is high</p> <p>Limit these</p> <p>Get enough of these</p> <p>Footnote</p>
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<p>Calories (Cal): measure of the amount of energy you get from this food. Counting calories can help you manage your weight. If you eat 2 cups, therefore 2 servings you will consume 500 Cal and double of all the nutrients on the nutrition facts label (e.g. 24g of fat). ½ cup will be 125 Cal and half the amount of all the other nutrients (e.g. 6g of fat).</p>																							
<p>% Daily value (%DV) or nutrient reference value (%NRV): how much a specific nutrient in one serving of a food contributes to your daily diet's energy or fuel needs. %DV is based on a 2000 Cal diet. E.g.: one serving of this food already accounts for 18% (out of 100%) of your daily fat intake. Therefore, you can still consume 82% fat during the rest of the day</p>																							

How do you know what values are high or low? Here are a few guidelines:

It is important to try and stay away from foods that are high in sugar, fats (especially saturated and trans fats), cholesterol and salt/sodium.

Total fat per 100g

High: 17.5g or more
Low: 3g or less

Saturated fat per 100g

High: 5g or more
Low: 1.5g or less

Salt/sodium per 100g

High: 1.5g or more
Low: 0.3g or less

Sugar per 100g

High: 22.5g or more
Low: 5g or less

Calories per serving

40 Calories is low
100 Calories is moderate
400 Calories or more is high

Be aware of added sugar: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey (excluding real raw honey), and maple syrup.

Food labels are great to help you limit nutrients you need to decrease, but it is also great to help you increase the nutrients you

need to consume more of. E.g. fibre, vitamin A, vitamin C, calcium and iron. Most of us generally don't consume enough of these nutrients.

These nutrients can improve your health (supplements should be used if you don't get in enough): calcium may reduce risk of developing osteoporosis, fiber improves digestive health - normal bacterial balance in gut and bowel functioning. A diet rich in fruit, veggies, soluble fiber and low in sugar, saturated-, trans fats & cholesterol may lower risk of developing heart disease and diabetes mellitus.

HERBSMART

Nature's Pharmacy

Food Supplements to Support Weight/Fat Release



We recommend our [Rapid Fat Burner Bundle Supplements](#) to reach your fat loss results faster. They are not magic pills, but they will help speed up your metabolism, improve your energy, recovery and more.

All supplements were formulated by [Dr Arieni](#) and are completely natural with little to no side effects. **Our Rapid Fat Burner Bundle Supplements include:**

1. Appetrol: Natural Appetite Suppressant

- Suppresses appetite, sugar cravings & prevents emotional eating
- Increases energy levels &
- Improves mood through increased serotonin levels
- Promotes restful and refreshing sleep
- Improves memory, concentration, vitality and wellbeing
- Prevents fat synthesis from carbohydrates

3. Heart-Brain-Body Support and Antioxidant

Green Tea Extract

- Stimulates metabolism & can reduce fat
- Suppresses appetite
- Improves the immune system and keeps the body young
- May lower LDL cholesterol and total cholesterol

Co-enzyme Q10

- Improves oxygen consumption and energy levels
- Prevents and treats obesity
- Enhances metabolism

2. Herbal Fat Loss Drops

- Improves fat metabolism
- Supports thyroid gland function
- Boosts metabolism
- Support glucose, insulin and energy balance
- Assists with liver function

Vitamins A, C & E

- Powerful antioxidants, reduces cell damage (anti-aging) and insulin requirements in diabetics
- Improves glucose tolerance and liver function

B-complex vitamins: choline, inositol, B3, B5, B6, B12, folic acid, biotin (optimal quantities is essential: 50mg each daily)

- Increases energy levels
- Improves glucose and fat metabolism

Astragalus membranaceus, Ashwaganda root and Angelica sinensis

- Supports all endocrine glands, incl. thyroid and adrenal glands for optimal metabolism and distressing, as well as DNA rejuvenation through DNA telomerase reactivation

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Other Food Supplements

As an added benefit, you will also receive 10% discount on the following health products. Use this unique code (LLLC10).

Simply click on the products below and it'll take you to our Online Health Shop

Super Omega

- Important for heart health
- Important for optimal joint and bone health
- Optimal immune, endocrine (hormonal) and nervous system (mental) health
- Lowers cholesterol levels
- Skin and hair health – cellular formation and growth

Milk Thistle

- Liver detox and blood sugar support

Collagen (hydrolysed)

- Treats osteoarthritis
- Improve gut health
- Aid in reducing joint pain and discomfort
- Builds muscle and repairs tissue
- Promotes deeper sleep
- Repairs and strengthens skin, nails, hair, muscle, immune system
- May aid it weight loss

Calcium & Magnesium

- Essential for bone health
- May improve sleep
- May improve muscle functioning
- Prevents osteoporosis & muscle injury
- Now with more Vitamin D3

Female Balance

- Enhances the body's own normal female hormonal functioning
- Improves libido
- Controls hot flushes and night sweats
- Support for pre-menstrual syndrome, menopausal symptoms, irregular or painful periods and endometriosis

Invictus Protein Shake

- Boosts your metabolism
- Assists with weight loss and muscle building
- May be used as a meal replacement
- High in amino acids (the building blocks for protein)
- Low in sugar