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Welcome to the Healthy Habits Nutrition Program. This program is designed to address the *whole* person, emotionally and physically. You will be provided with all the tools necessary to complete the program, as well as a full support system to encourage you every step of the way. You will learn a lot about food and its effects on your body, attitudes toward food and how to change these behaviors. We believe that we have a responsibility to cherish and nurture our bodies, instead of neglecting them with bad nutritional habits and lack of exercise. With Healthy Habits, it is our hope that *what* you learn, will be shared with your family so they too can live healthier, longer lives. We hope you'll take the next step in transforming your life with Healthy Habits.

Q: Who is Healthy Habits for?

A: Healthy Habits is for individuals over the age of 18 who have a desire to change their lives. This program is *not* for pregnant women or individuals under the age of 18.

Q: What dietary changes will need to be made to follow the Healthy Habits Nutrition Program?

A: You will need to eliminate sugars (except natural sugars found in fruits), white flour products and hydrogenated fats from your diet. You will need to limit calories as well.

Q: How long does the Healthy Habits Program take to complete?

A: The initial phase of the program lasts 28 days. In which you will be replacing old habits with new, healthy ones. Since the Healthy Habits Nutrition Program is a lifestyle change; it is designed to last throughout your whole life.

We also have to add the following legal disclaimers:

- The Healthy Habits Nutrition Program, its owners, employees and group leaders do not provide medical advice.
- Always check with your doctor before starting any weight loss/nutrition program.
- Nursing women may participate with a doctor's approval and modification.

Healthy Habits Guidelines:

1. Keep your food journal up to date. The program leader will sign off on your food journal each week.
2. Follow the caloric ranges daily.
3. 30 minutes of exercise daily (at ½ Hour Fitness, of course)
4. Drink 64 ounces of water daily.
5. Take multi-vitamin daily.
6. Complete your daily lessons.
7. One *free* meal, once a week.
8. 80% of food should be 100% natural.
9. Have fun and be happy!

The Healthy Habits Food Guide

Grains	Up to 2 servings of: Sugar Free Cooked or Cold Cereal, 1 Cup Cooked Rice, 2 Large, unflavored Rice Cakes
Fruits & Vegetables	Any Fruits or Veggies without added Sugar (except potato's)
Protein	Any Meat, Beans, Legumes, Lentils without added sugar
Dairy	Any Dairy without added Sugar

Program Guidelines

All leafy green vegetables are free!!! Eat as much as you want. Don't count the calories in the vegetables	Women: 1000 – 1200 calories per day Men: 1300 -1500 calories per day
Get at least 2 Tablespoons of Omega 3 or Omega 6 oils. Preferably not cooked. These oils include: Olive oil, Peanut oil, Safflower Oil, Grape seed oil, Flaxseed oil. Don't count the calories in the oils.	Big No Nos!!! Chips, Potatoes, Popcorn, Crackers, Bread, (Comfort Foods) Anything with flour, sugar (sucrose, fructose, dextrose, maltodextrose, glucose, and/or corn syrup), or hydrogenated oils,

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

Each New Year is a fresh start, and each new day, hour, and second is unlike the last. I live in the present moment, and by intent I have the power and ability to become brand new at any time.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am aware that my best teachers are often those who give me my greatest challenges. I am grateful for all lessons I receive, and I thank all of my teachers for showing me the way.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Day 3: Setting Goals

If you fail to plan, you plan to fail.

Setting goals and planning ahead to achieve those goals are EXTREMELY important to succeed. By having a set goal, you can prepare mentally and physically to achieve that goal. With Healthy Habits, planning your menus, making shopping lists, scheduling your exercise time, doing your daily reading and journaling, all need to be planned out and organized in order to succeed. If you don't know what you are going to eat for dinner, and you don't have all the ingredients to make that meal, chances are, you will reach for an unhealthy alternative or fast food. But, if you are prepared for your meals and exercise, it is much easier to stick to the plan. This is probably one of the hardest parts to achieve in the Healthy Habits program. But if you can be organized and mentally prepared, you WILL succeed.

QUESTIONS:

1. What part of the Healthy Habits program will be the hardest for you to plan? Why?

2. What steps can you take to make that part of the program easier for you to achieve?

3. How would planning out and setting goals help in other areas of your life?

Today's High:

Today's Low:

Daily Inspiration

Today I am able to take the first steps toward making positive new changes in my life.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
Lunch			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
Dinner			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
Snacks			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
Alternatives to following your			

Today's High:

Today's Low:

Daily Inspiration

When I believe something with my whole heart, it is made manifest.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I love, bless and thank the foods that I choose to eat, and I intend that whatever I consume provide me with positive, healing energy.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am honest and compassionate towards all others and myself.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I choose to go forward and face today, and I am ready to continue on my life's journey without fear.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Day 8: Follow Your Instincts

We are presented with many decision-making opportunities each and every day. How we make decisions can be a very delicate balance of instinct and logic (or heart and mind.) Your brain thinks with logic or with facts. Your heart thinks with emotions and instinct. This wonderful combination is what makes us different from all other creatures on earth. For instance, a cow can't decide what she's going to eat for breakfast; she just eats to live. She listens to her natural *instincts*. Humans on the other hand, tend to ignore those instincts and live to eat. We have the capability to make decisions on what to eat and when to eat, but lack the ability to know what we should eat and how much. Have you ever had a hard time deciding on something, but you know deep down inside what you *should* do? That is your heart deciding, your instincts. Always follow that instinct. We need to listen to our bodies when it comes to eating. It tells us when we are full, when we are hungry, even what its hungry for. We can't afford to ignore these signs anymore.

QUESTIONS:

1. Do you find yourself eating when your body hasn't given you any indication that it needs food?
2. If so, why do you think you want to eat? Boredom? Stress? Loneliness?
3. Have you kept on eating after you are full? And Why?

Today's High:

Today's Low:

Daily Inspiration

I am open and receptive to new possibilities, which come my way, and I intuitively know which ones are best for me.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am brand new with every breath I take; therefore the power to change is within me at all time.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Day 10: One Step At A Time

When making a change in your life, like your diet, it can be very overwhelming and seem impossible to accomplish. But if you break up the challenge into smaller, easier to achieve goals, you can have a much better chance to succeed. For example: You want to lose 50 pounds, that seems overwhelming and you find yourself discouraged before you even start. But, if you change it to 10 pounds, it makes it much more realistic to achieve that goal. You can then tackle another 10 pounds and so on, until you reach your ultimate goal.

By having many small accomplishments on your way to your Ultimate Goal, you are giving yourself that ego boost needed to keep on going. This strategy works with any goal or challenge that life can give you.

QUESTIONS:

1. List at least one time in your life that a situation seemed overwhelming or impossible to confront.

2. By breaking that situation up into smaller, easier to manage parts, could the situation have been handled better and had a better outcome?

3. Would using this method work in other areas of your life? How?

Today's High:

Today's Low:

Daily Inspiration

*With each new day, I am always more positive than I was the day before,
and I am grateful.*

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's Low:

Daily Inspiration

I am open to the concept that all things are possible, and I trust that I am always in the right place at every moment.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Day 12: Endings are New Beginnings

In order to start something new, you need to end the old. This is a grieving process that will have you going through many different emotions. By saying goodbye to your old habits and saying hello to your new ones, you will find the transition similar to the emotions you feel when you grieve. Though not as strong, you will need to go through the process: sadness and hopelessness; anger and resentment; relief and restored hope.

Once your new habits have taken over, and you're comfortable and confident in your new ways, the old ways will disappear completely.

QUESTIONS:

1. Are there other things in your life that you've had to change? Have you gone through the process for that instance and moved on?
2. By changing your eating habits, what benefits do you expect?
3. What will be the hardest thing for you to change?

Today's High:

Today's Low:

Daily Inspiration

New beginnings are always exciting and positive experiences for me.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I now step forward onto a path of my own making, for I know that the path I forge is as unique and as beautiful as I am.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I always attract positive people into my life.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I love to experience new things, and welcome these into my life as part of my continued growth.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I believe that all things are possible, and with this understanding I now create my own vibrant good health.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am listening to my body and I know what is perfect for me in each moment.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Day 18: Cracking to Peer Pressure

As adults, we have matured enough to learn how to deal with peer pressure, though we are still subjected to it on a daily basis. It is human nature to want to “fit in” at any age.

How many times do we commit to something we don’t really want to do or shouldn’t do, just because we’re talked into it? For instance, committing to go out for an evening with friends, when you know you can’t afford it, or committing to making 8-dozen cookies for the bake sale, when you know you won’t have time to do it. These are adult forms of peer pressure that we deal with on a daily basis. We need to learn to say “no” and know that nobody will think less of you for doing so. You wouldn’t think less of your friends if they said “no” right? Remember that the next time you feel obligated to do something you don’t want to. Take control and say “NO”!

QUESTIONS:

1. Name three situations that peer pressure forced you to do something you really didn’t want to do.
2. By standing your ground to the above situations, would it have negatively affected your relationships with these people? If so, are they truly your friends and is it worth the energy to worry about it?
3. How will you handle this situation next time?

Today's High

Today's Low:

Daily Inspiration

I create my own destiny; therefore, with each new day I create only peace, love and prosperity in thought, word, feeling and action.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I choose to begin the process of well-being and good health by loving my past, present and future self.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am ready to accept positive changes in my life now.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

Believing is seeing. I know that I create my good health and wellness at every level. I see this now.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

Each day my life is filled with wonders and magic. I feel my divine connection to everyone and everything, and I am grateful.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I listen to each new beat of my heart and I am so grateful for my body and my life. I am a miracle.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am creating a center of peace, harmony and love within my heart and I radiate this essence to all.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am attracted to the wellness of being and I love my body, mind and spirit, unconditionally.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am aware that there are many healing paths available. I choose to accept the healing path that resonates with me.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

I am now holding the perfect vision for me.

Daily Food Log

Date:

Time	Food	Calories	Followed Plan
Breakfast			
Lunch			
Dinner			
Snacks			
Alternatives to following your plan.			

Today's High:

Today's Low:

Daily Inspiration

By putting light, and love, and laughter around things, I create positive magic in my life.

Caloric Exchange List

Vegetables contain 25 calories and 5 grams of carbohydrate. One serving equals:

- | | |
|---------|--|
| 1/2 cup | Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.) |
| 1 cup | Raw vegetables or salad greens |
| 1/2 cup | Vegetable juice |

If you're hungry, eat more fresh or steamed vegetables.

Fat-Free and Very Low fat Milk contains 90 calories per serving. One serving equals:

- | | |
|---------|----------------------------------|
| 1 cup | Milk, fat-free or 1% fat |
| 3/4 cup | Yogurt, plain non fat or low fat |
| 1 cup | Yogurt, artificially sweetened |

Very Lean Protein choices have 35 calories and 1 gram of fat per serving. One serving equals:

- | | |
|---------|--|
| 1 ounce | Turkey breast or chicken breast, skin removed |
| 1 ounce | Fish fillet (flounder, sole, scrod, cod, etc.) |
| 1 ounce | Canned tuna in water |
| 1 ounce | Shellfish (clams, lobster, scallop, shrimp) |
| 3/4 cup | Cottage cheese, non fat or low fat |
| 2 each | Egg whites |

1/4 cup	Egg substitute
1 ounce	Fat-free cheese
1/2 cup	Beans- cooked (black beans, kidney, chick peas or lentils): count as 1 starch/bread and 1 very lean protein

Fruits contain 15 grams of carbohydrate and 60 calories. One serving equals:

1 small	Apple, banana, orange, nectarine
1 medium	Fresh peach
1	Kiwi
1/2	Grapefruit
1/2	Mango
1 cup	Fresh berries (strawberries, raspberries or blueberries)
1 cup	Fresh melon cubes
1/8 th	Honeydew melon
4 ounces	Unsweetened Juice
4 teaspoons	Jelly or Jam

Lean Protein choices have 55 calories and 2-3 grams of fat per serving. One serving equals:

1 ounce	Chicken- dark meat, skin removed
1 ounce	Turkey- dark meat, skin removed
1 ounce	Salmon, Swordfish, herring
1 ounce	Lean beef (flank steak, London broil, tenderloin, roast beef)
1 ounce	Veal, roast or lean chop
1 ounce	Lamb, roast or lean chop
1 ounce	Pork, tenderloin or fresh ham
1 ounce	Low fat cheese (3 grams or less of fat per ounce)
1 ounce	Low fat luncheon meats (with 3 grams or less of fat per ounce)
1/4 cup	4.5% cottage cheese
2 medium	Sardines

Medium Fat Proteins have 75 calories and 5 grams of fat per serving. One serving equals:

1 ounce	Beef (any prime cut), corned beef, ground beef **
1 ounce	Pork chop
1 each	Whole egg (medium)
1 ounce	Mozzarella cheese
1/4 cup	Ricotta cheese
4 ounces	Tofu (note this is a Heart Healthy choice)

Starches contain 15 grams of carbohydrate and 80 calories per serving. One serving equals:

1 slice	Bread (white, pumpernickel, whole wheat, rye)
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2 slice	Reduced calorie or "lite" Bread
1/4 (1 Ounce)	Bagel (varies)
1/2	English muffin
1/2	Hamburger bun
3/4 cup	Cold cereal
1/3 cup	Rice, brown or white- cooked
1/3 cup	Barley or couscous- cooked
1/3 cup	Legumes (dried beans, peas or lentils)- cooked
1/2 cup	Pasta- cooked
1/2 cup	Bulgar- cooked
1/2 cup	Corn, sweet potato or green peas
3 ounce	Baked sweet or white potato
3/4 ounce	Pretzels
3 cups	Popcorn, hot air popped or microwave (80% light)

Fats contain 45 calories and 5 grams of fat per serving. One serving equals:

Teaspoon	Oil (vegetable, corn, canola, olive, etc.)
1 teaspoon	Butter
1 teaspoon	Stick margarine
1 teaspoon	Mayonnaise
1 Tablespoon	Reduced fat margarine or mayonnaise
1 Tablespoon	Salad dressing
1 Tablespoon	Cream cheese
2 Tablespoons	Light cream cheese
1/8th	Avocado
8 large	Black olives
10 large	Stuffed green olives
1 slice	Bacon

Source: Based on American Dietetic Association Exchange List

Daily Food Log

Date: 12/15/03

Time	Food	Calories	Followed Plan
Breakfast			<input type="checkbox"/>
6:30	1 slice bacon	45	<input type="checkbox"/>
	1 poached egg	75	<input type="checkbox"/>
	1 banana	109	<input type="checkbox"/>
			<input type="checkbox"/>
Lunch			<input type="checkbox"/>
12:00	3oz chicken	141	<input type="checkbox"/>
	2c lettuce	14	<input type="checkbox"/>
	1T oil	0	<input type="checkbox"/>
	1T vinegar	4	<input type="checkbox"/>
	½ c pinto beans	113	<input type="checkbox"/>
Dinner			<input type="checkbox"/>
6:00	*Beef Stew	349	<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
Snacks			<input type="checkbox"/>
10:00	Brown Rice Cake	35	<input type="checkbox"/>
	1T Peanut Butter	100	<input type="checkbox"/>
2:30	Apple	72	<input type="checkbox"/>
	Total Calories	1057	
Alternatives to following your plan.			

Beef Stew

2T Corn Starch
1 pound beef or pork stew meat
2 tablespoons cooking oil
3½ cups V8 vegetable juice
½ cup chopped onions
2 teaspoons instant beef bouillon granules
2 cloves garlic, minced
½ teaspoon dried basil, crushed
½ teaspoon dried thyme, crushed
2¼ cups cooked brown rice
2 cups sliced carrots
1 cup sliced celery

Place cornstarch in a plastic bag. Add meat cubes, a few at a time, shaking to coat. In a large saucepan or Dutch oven brown meat, half at a time, in hot oil. Return meat to saucepan. Add V8, onion bullion granules, garlic, basil, and thyme. Bring to boil; reducing heat. Cover; simmer 1 to 1¼ hours for beef (30 minutes for pork) or till meat is nearly tender. Add rice, carrots, and celery. Cover; simmer 30 minutes more. Skim fat. Makes 4 main-dish servings.

Weight and Measurements Chart

	Start of Week 1	Start of Week 2	Start of Week 3	Start of Week 4	Final Measurement
Bust					
Waist					
Thigh					
Hips					
Weight					
Body Fat %					