

DIET

FIT FOR BUSINESS GUIDE

WWW.ANGIENUTTLE.COM | FOOD FIGHTERS

ANGIE'S DETOX DIET

WIN THE FOOD FIGHT &
TAKE BACK YOUR BODY



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A NOTE FROM ANGIE NUTTLE

I'm excited to share a powerful and life-changing detoxification diet with you-one that I rely on personally.

As a women's business coach, I relate to the stories and woeful tales of emotional eating from incredible women who are successful, but feeling frustrated and drained. Hearing their challenges inspired me to research and discover the secret to winning the war on weight.

Diets are great, but it's our RELATIONSHIP with food that causes us to end up in physical disrepair.

The realization of this truth led me to create a "Food Fight" formula that helps my coaching clients take back their bodies and regain the emotional confidence needed to maximize their potential. When you follow the plan, you'll begin to:

- Change your relationship with food
- Find exceptional clarity in your thinking
- Experience glowing skin and a healthier weight

I won't sugar coat this-it will take discipline. I have faith in your power to fight for this! You can do this!

Angie

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BEFORE YOU DIET

A recent study from the University of California shows that you can do a **Fast-Mimicking Diet in intervals of 5-days a month for three successive months and create anti-aging effects like reduction of body mass, lowering of glucose, triglycerides, and cholesterol.**

Another long-term and in-depth study by Washington University in St. Louis, and the Pennington Biomedical Research Center has shown that **by cutting caloric intake by 25% you'll dramatically reduce the chance for common diseases related to your major organs to develop, and even reduce tumor and cancer formulation. Two major outcomes have turned up for a healthier body in which anti-aging has kicked in, as well as a much more vigorous energy level.**

If you want to learn more about this interesting study, visit <http://www.nytimes.com/2009/10/11/magazine/11Calories-t.html>

A pair of red boxing gloves with black accents is positioned on the right side of the page. The gloves are set against a dark, textured background that resembles a wall or concrete. The lighting creates highlights on the gloves, emphasizing their shape and the texture of the material.

PREPARE FOR A FOOD FIGHT

DEAL WITH YOUR EMOTIONS AROUND FOOD

You've probably tried all kinds of fad diets that ended in failure. Maybe you dieted successfully, but then it stopped working for you. Your body changed, you got older, your life became more stressful...

Women develop 5 behavioral eating patterns:

1. We typically eat based on how we feel.
2. If we aren't feeling good, we eat more sugar and carbs.
3. When we are feeling really good (in celebration mode), our diet defenses go down, and we are more likely to eat more sugar, carbs, and consume more calories in general.
4. In times of high stress, we eat more, drink more alcohol, and feel more sluggish.
5. When we feel helpless or depressed, we tend to eat as a way to control something, and we choose food.

What you eat influences your emotions, cognitive processes, and behavior. When you eat more than you need, your brain gets cloudy and overcast, and your reactions will reflect this. When you eat lots of sugar and empty calorie carbs/fats, it's like putting sugar into the gas tank of your car. The result is a stopped up engine that won't go.

So what do you do?

NOTICE THEM. Start catching your emotional triggers in the act and fight them. Journal and reflect on them. Rewiring your experiences and beliefs around your emotional triggers is a key goal.

EATING HABITS ARE TIED TO EMOTIONS. THIS IS THE SINGLE MOST IMPORTANT POINT TO UNDERSTAND.

Write down what you believe now, and what you want to change. Then, **START SPEAKING THE DESIRED BELIEF OUT LOUD!**

RESTRICT YOUR DIET. I've found that when you do this, you are less reactive and emotional. In fact, you have a nice layer of calm when you are in the proper dieting zone. It's time to shift your perspective of the word, "restrictive," to a positive, structured, and safe word. Recognize that discipline brings freedom.

REFLECTIVE QUESTIONS TO ASK YOURSELF

- What do your eating habits look like? (or sound like ??)
- What are the results of those habits?
- How do you feel after you eat?
- Have you tried to curb them or diet?
- What was the result?
- What triggers you to lose control?
- What beliefs will you choose to speak life into?



THE FOOD FIGHTER STRATEGY

ANGIE'S DETOX DIET™



The diet works in 3 phases. Before you start Phase I, you will want to have 2 full days of eating everything you want. Eat until you cannot eat anymore- carbs, fats, proteins, anything. Once you start, stick to what is in the plan- don't go over 2 cups of anything. The ONLY exception to the plan is eating unlimited dill pickles when you are super hungry.

Phase I: Choose an 11 day or a 21 day cycle and mark your calendar.

Everyday, follow the plan:

Drinks: Stick with water, unsweet tea, black coffee, or lemonade made with Truvia or Stevia only.

Morning: Choose an apple, orange, grapes, or strawberries (max 2 cups)

Lunch: Lean white protein (nothing fried), Chicken breast, Turkey, Fish, and a large portion of broccoli, green beans, or salad lettuce with 1 tbsp of dressing.

Afternoon: Same fruit that you had in the morning

Dinner: Same as you had at lunch.

Phase 2: On Day 12 or 22, follow this plan for 3 weeks.

Drinks: Same as Phase 1.

Breakfast: Adkins style meal like eggs and bacon or sausage, or skip to morning snack.

Morning Snack: Choose an apple, orange, grapes, or strawberries (max 2 cups)

Lunch: Add beef into the diet and stick with green veggies.

Afternoon: Same fruit that you had in the morning

Dinner: Same as Lunch, add 1 pasta serving. You may have cheese.

Phase 3: Slowly incorporate new veggies, carbs, and fats into your diet.

•Introduce something new into your diet everyday, just keep portion sizes in check.

•1 Day per week, have a cheat day where you pick 1-2 things to eat that you enjoy. Make sure this is the same day every week.

•Wait a minimum of 6 weeks before you start the cycle over.

Want more details? Go to the next page.

YOU HAVE THE PLAN NOW, BUT...

...Executing the plan is challenging, especially if you are not confident that you can follow through. Situations (and people) get in the way of you taking care of yourself.

That's why I recommend that you join the **Food Fighters Circle**, a monthly ongoing coaching circle for women who are serious about winning the war on weight, food, and health.

What is the Food Fighter Circle?

- Monthly small group coaching sessions consisting of 3-6 women who want to take back control of their bodies and their health
- Facilitated sessions with a certified coach and peer coaches to help you stay on track and recondition your relationship with food
- Includes private facebook group, podcasts, encouraging monthly newsletter

What is the cost?

- The Face to Face Circle is \$59 per month.
- The Online Circle is \$39 per month.

How do you sign up? IT'S EASY!

Schedule a call with Angie Nuttle for a complimentary consult and to get registered at
www.angienuttle.com/schedule-a-call

