



THE GLOW PROJECT
mind, body + soul transformation

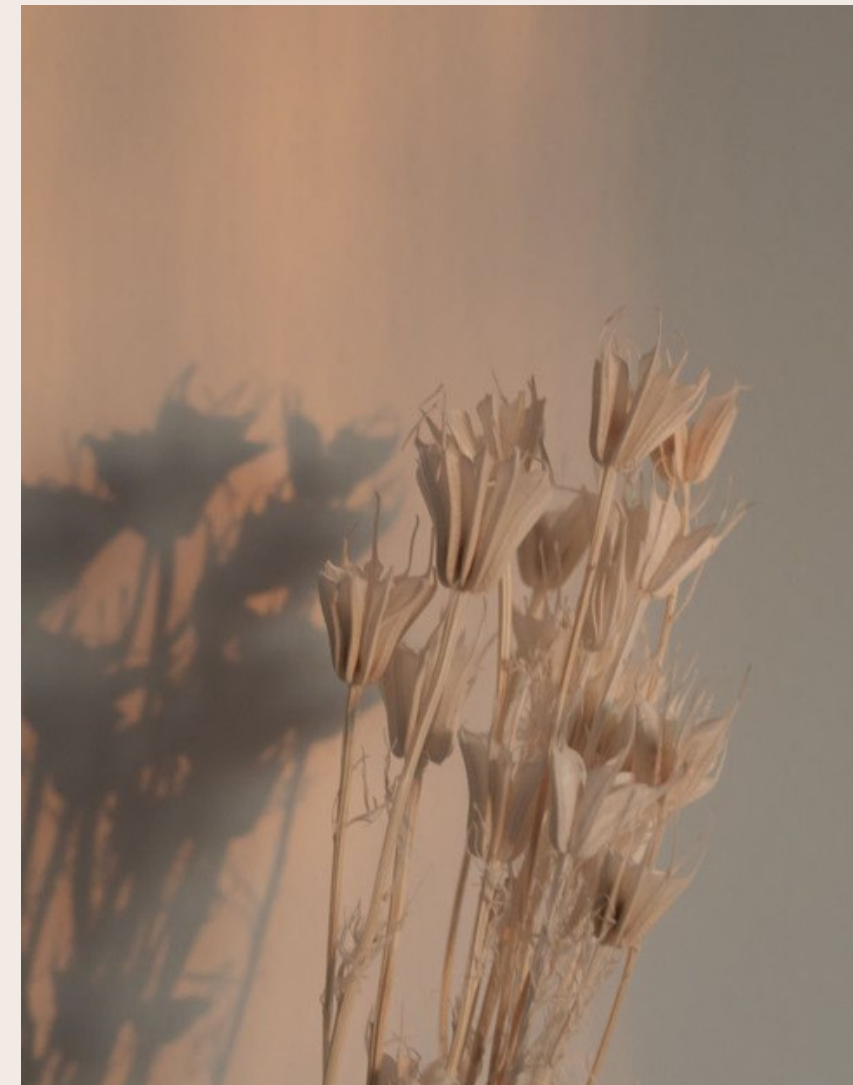


@WELLWITHCOURTNEY

MODULE TWO:

nourished from the inside, out

- Breaking up with dieting for GOOD
- Redefining what nourishment looks like for you
- Food is fuel
- Macros and micros 101
- Intentional eating practices
- Foods to help you glow
- Hydration hacks
- Getting in tune with your body





Are you ready to
really do the work?

i know you are,
so let's dive in.

Let's talk about nourishing your body.

This module is all about teaching you how to shift your relationship you have with food, how to start fueling and nourishing your body from the inside, out, how to fuel your body for your goals and ultimately get that glow back, through healthy, balanced, sustainable and intentional nutrition.



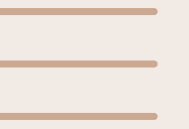


It's time to break up with dieting, for good.

Before we can talk about how much to fuel our body with and what foods we should be fueling our body with, we have to take a step back and really look at our relationship with dieting leading up until this point. We have to let go of the part of us that "dieted" because those old tendencies will creep up in the future and sabotage your progress within your wellness journey. You've graduated from that, remember? I want you to write a letter to dieting and break up with it for GOOD, then burn the letter.

Inside this letter,

i want you to reflect on three things.



01

mindset.

Write down how you feel like your mindset has been around dieting and nutrition. Write out any stories you tell yourself about nutrition/dieting and how you've felt about it up until this point.

02

history.

I want you to elaborate on your history with dieting, how long you dieted for, what diets you tried, how they worked and how much time, energy and money you spent on diets in the past.

03

reflection.

Reflect on why you really stuck to and tried those diets out, identify what you were looking for from those diets and if you ever got what you were looking for from those old ways.



Set it *free*.

After you write your letter to dieting, I want you to close it out with a promise to yourself to never look at, or pick up, another diet ever again.

If you want to make room for the new, we have to clean out the old. This means identifying what old patterns, mindsets and beliefs you have around dieting and shifting your focus from "dieting" to nourishing your mind, body AND soul,

in a healthy, holistic, *sustainable* way. That can only happen once we've given up dieting for good.



Once we realize that dieting has never, and will never serve us, we can actively choose a new path for ourselves and our bodies.



Redefining what nourishment looks like for you.



Now that we've graduated from our obsessive, restricting, unsustainable dieting era, we can focus on taking a different approach to healing and fueling our bodies because ultimately, food can and *will* heal your body.

It's our job to create this healthy, loving relationship with your food and eating habits because we need this skill for the rest of our lives. We need to learn how to fuel our bodies, how to give our bodies the nutrients it needs, how to heal our bodies through healthy foods and practices so we can get that energy, that fuel and that *glow*. It *all* comes from nutrition.

So as you move throughout this journey, remember that food is your friend, not your enemy. It's the gasoline to your car. Restricting, cutting out food groups, hopping from diet to diet, it didn't serve you then and it won't serve you now. It's time we focus on creating a *new, healthy* relationship with our food and our "diet" that actually feels good and gives us the results we're looking for.

Food is FUEL.

We have to remind ourselves every single day that food is fuel. Without food and nutrients, nothing else matters. You cannot and will not outwork a poor diet.

Whether your goal is to lose weight, gain muscle or even sustain where you're at, 80% of your results are going to come from nutrition. That means learning to *trust* food again, not restricting ourselves or avoiding eating because we "have goals and want to see results."

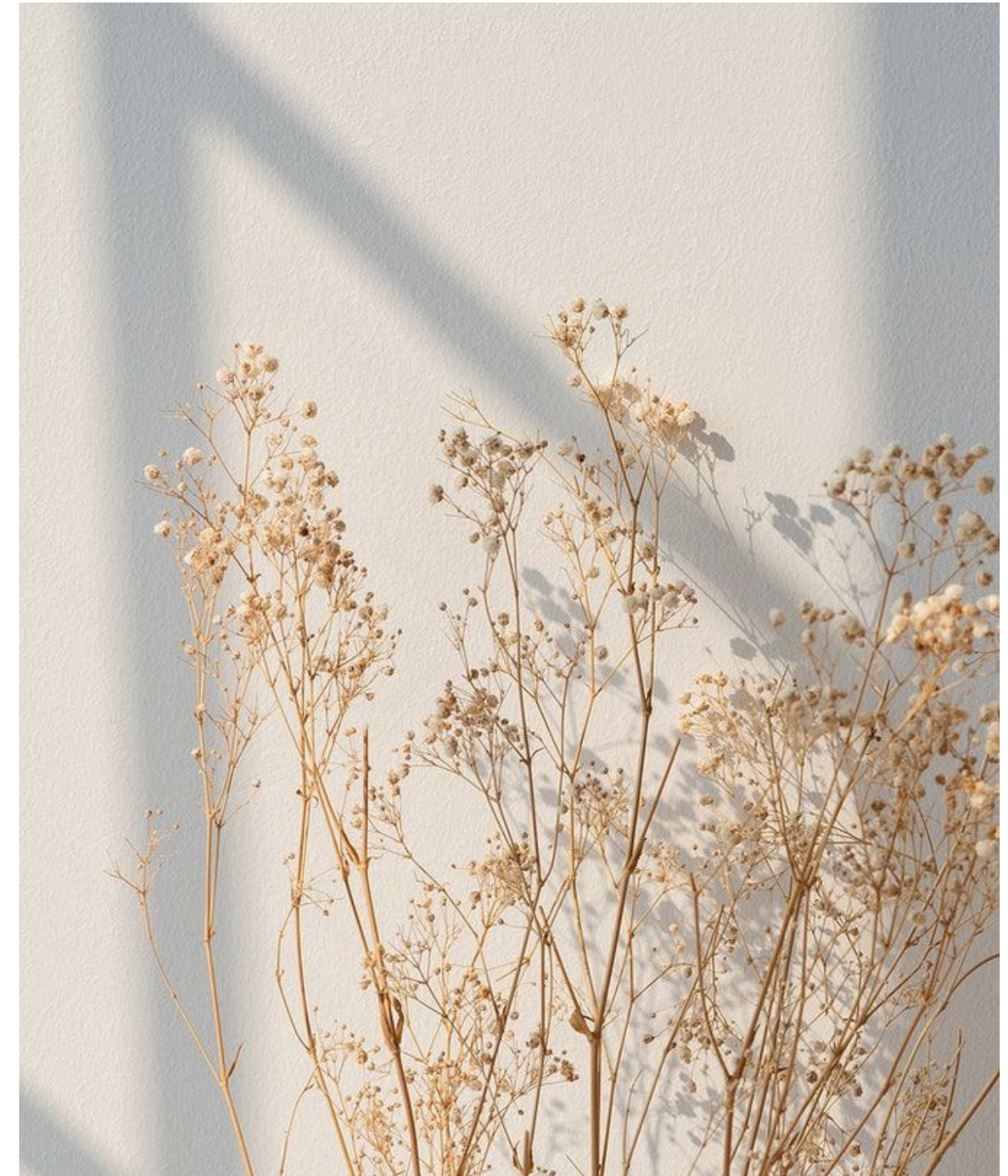
The key to the results you're looking for is in this mindset shift right here: *food is fuel*. Never forget that food is an essential tool for you to reach your goals and sustain your progress.

When you start to look at food as nourishment, for the mind, body and soul, we can make more intentional choices about what kinds of foods will help us *feel our best*.



Let's talk about *the main areas to work on* when it comes to *nourishment*.

- Prioritize your *macronutrients* everyday, your protein, fats and carbohydrates
- Focus on hitting enough *micronutrients* in the day, as well, like fruits and veggies
- Avoid *processed foods* with extra added chemicals, fillers, sodium and salt
- Make sure you're getting enough *fiber*
- Prioritize getting enough *water* and staying hydrated



Let's dive into each category and break it down a bit more.



Prioritizing your macronutrients.

There are three main macronutrients that your body needs to thrive. The three macros are carbohydrates, fat and protein. Your cells are literally made up of these three macros so yes, your body does need an adequate amount of ALL three.

Each macronutrient is going to be responsible for something else inside of your body. Most people focus on one specific macro and forget to prioritize the other two, which leaves their body feeling imbalanced.

Pr, on the opposite side of that, people are terrified of certain macros because they've been taught that "fat makes you fat" or that "fruit has too much sugar in it and carbs and sugar are bad for you". These unhealthy restrictions are just delaying your health and your happiness. We need to learn to incorporate and balance all three nutrients in our bodies.



The three main macros + their purpose in your body.

01

carbohydrates.

Carbs are going to be your main energy source. They are what carry the fiber, the vitamins and the minerals that your body needs to survive, to be energized and glowy.

02

protein.

Protein is going to help you feel full and satiated, it's going to feed your lean muscle tissue and will also help you have healthy hair, skin and nails which is important for that glow!

03

fat.

Fat is especially important for your brain, for helping you focus, for storing energy and for absorbing vitamins and minerals.



With your meals,

I want you to start remembering all three of these main macronutrients and build your plate and food for the day around these three nutrients.

There are plenty of calculators and formulas that can help you find your exact macros that are right for you. While those calculators are helpful, sometimes they just don't know your history well enough. They don't take into account dieting history, metabolic damage, stress levels, auto immune issues, hormonal issues. It's not like they're wrong or don't work, but I want to encourage you to start thinking differently and just thinking more intentionally.

Start to have one source of each macronutrient at each meal. Break it down into thirds in your mind and always ask yourself, *"Does this have a good balance of the nutrients and nourishment my body needs and deserves to feel its best?"*



Sources of Carbohydrates.

- Fruit
- Whole grain/protein pastas
- Whole grain cereal
- Oatmeal
- Whole grain bread
- Protein pancakes
- Jasmine rice/brown rice
- Quinoa
- Rice cakes
- Russet potato/sweet potato
- Dates
- Beans
- Dried fruit



Sources of Protein.

- Chicken
- Beef
- Salmon
- Ground turkey
- Tofu
- Tempeh
- Edamame
- Whey protein powder
- Plant protein powder
- Protein pasta
- Beans
- Collagen
- Peanut butter/powdered peanut butter



Sources of Fat.

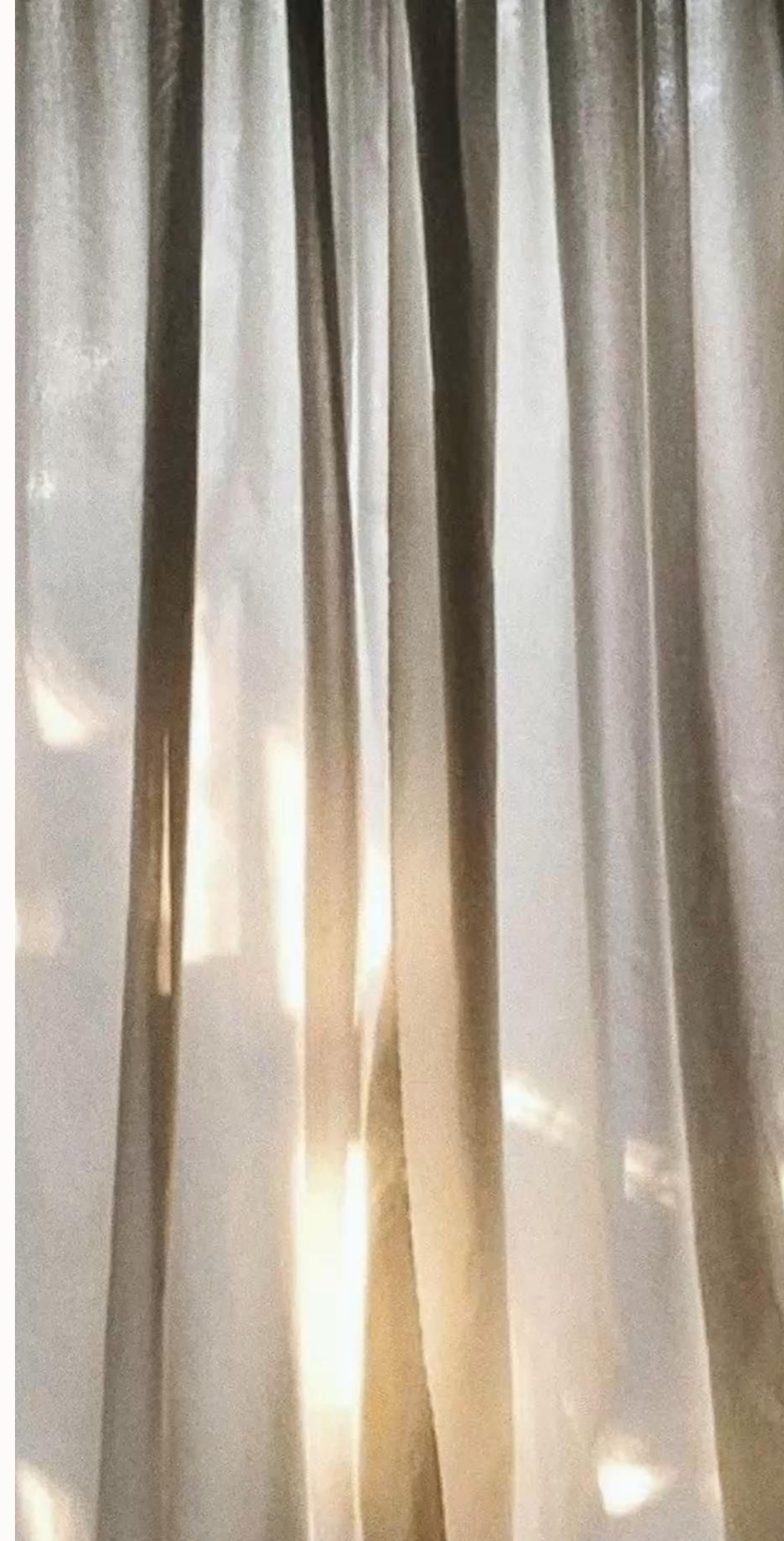
- Avocado
- Light butter
- Vegan butter
- Nuts
- Peanut butter
- Salmon
- Olive oil
- Cheese
- Coconut oil
- Chia seeds
- Eggs
- Seeds
- Regular dairy

Knowing exactly how much to eat of what.

A lot of people want to know exactly how much and of what foods they should be eating and the truth is, it's different for everybody! Some women come into their journey with a more damaged metabolism and have to take a more slow and steady approach. Some women are coming in with auto immune issues and things that they have to consider. Everybody is different and every *body* is different. This is about tuning into what *your body* needs.

As I'm not a registered dietician, legally, I cannot tell you exactly what to eat and how much of what foods to eat. It's my job and my goal to help you start intuitively learning what foods your body needs in that moment to feel good, nourished and energized.

So take notes on the main benefits of each macronutrient and start asking yourself, "*what does my body need and how can I nourish it to the best of my ability?*" I want YOU to start to learn what your body needs and how you can honor that.





Tips on balancing your macronutrient intake.

- Have carbohydrates, fat and protein with each meal
- Get your sources of each macro from whole foods made from the earth
- Use a tracker like My Fitness Pal for a bit to understand portion sizes
- Start noticing how you feel eating each macro and how it benefits your body
- Make a plan for each day planning out how you're going to fuel yourself
- Eat about 20-40 grams of protein per meal
- Start paying attention to nutrition labels and ingredient lists
- Find some staple meals you know are balanced that you can rely on
- Have your SOS meals and restaurants
- Play around with the amounts of each macro you consume
- Give yourself time to focus on nourishing your body this new, intuitive way

Prioritizing your micronutrients.

First we have our main macronutrients, then we have our main micronutrients, both are equally as important for your health, wellness and transformation.

Your micronutrients are going to be your vitamin and minerals, essentially your fruits and veggies. These micronutrients are really going to be the key to you getting that glow. Vitamins and minerals are essential for your immune system, for your digestion, for focus, energy, to decrease bloating, to clear up your skin. It all comes down to the fruits and vegetables that you're putting into your body in a consistent, daily basis.

Most people get tripped up and only focus on hitting their protein, or carbs, or only hitting a certain number with their macros but these vitamins and minerals are a true test of health and wellness, from the inside, out.



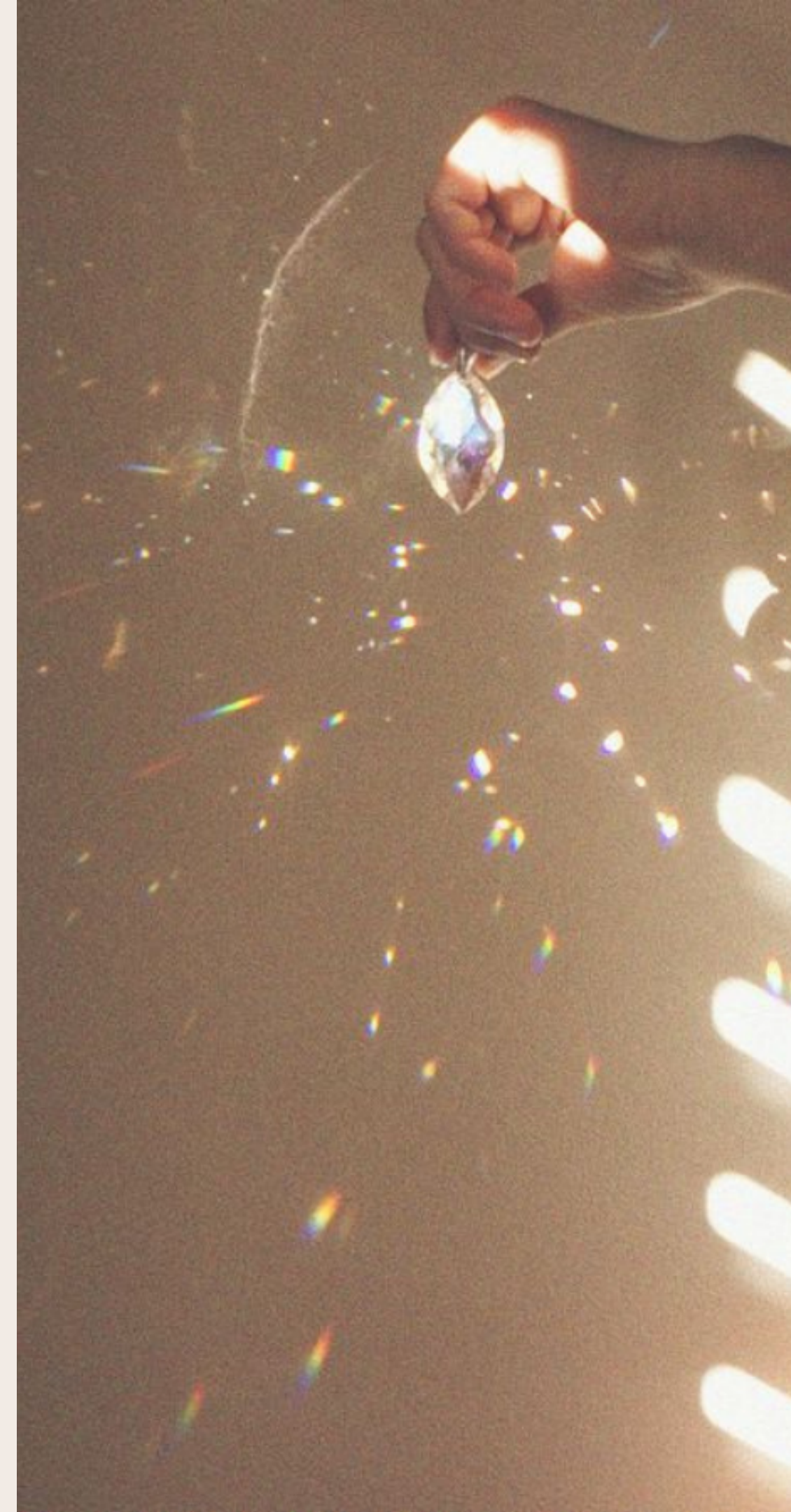
Vitamins + Minerals.

The thing with these vitamins and minerals is, they are essential to our health but our bodies don't always produce them or make them how they should. That's why it's so important to focus on fueling and *nourishing* our bodies with those minerals it needs.

Vitamins: vitamin A, vitamin D, vitamin E and vitamin K, vitamin C, vitamin B-12, B-6 and Folate.

Minerals: Calcium, sodium, potassium, copper, iodine and zinc and magnesium.

When you put enough intentionality and focus into the foods you choose to fill your body with, if you're eating enough whole grains, fruits, veggies and fiber, you should be getting most of these nutrients from your diet.





getting more micronutrients in.

It's your job and your responsibility now to fuel your body with the nutrients it needs. Here are a few tips on increasing that micronutrient intake so you can feel the benefits in your body, energy and glow.

- Snack on fruit and veggies throughout the day, at work or for dessert
- Have a smoothie/smoothie bowl everyday
- Make a salad once a day for either lunch or dinner to cram in extra nutrients
- Take a multivitamin or supplements based on what your doctor says you need
- Take a greens powder every morning

Limiting processed foods + choosing more intentionally.

I am not going to say that "junk food is bad for you". When we put blanket statements like that on certain food, it is just going to cause a rebellion in us and cause us to want it even more.

It's all about balance. It's about choosing healthy, nutrient dense foods 80% of the time and then being able to enjoy yourself and indulge a bit when you feel like it. So most of the time, i want you to limit your processed food intake, like candy, chips, fast food, etc.

Even just for these 6 weeks, limit it in your diet and see how good you can feel by focusing on more nutrient dense, holistic foods that will actually give you the energy and results you're looking for.





Tips for limiting processed foods + making smarter choices.

- Choose one or two days a week that you go grocery shopping to make sure your house is stocked with healthy, delicious options that will help you look and feel your best so you never feel that ravenous state come on
- Have meals prepped and ready to go, and snacks too, so you can just open your fridge or pantry and have something yummy to eat
- Limit sodium to 2,000 to 2,300 mg a day
- Find healthier, more natural alternatives to the more processed items you might be craving, you can use Pinterest to find some awesome healthy treats and finds!
- Choose one or two days a week where you give yourself permission to go get something you've been craving so you can indulge a bit but also stay in control



Once we realize that food is fuel and ultimately, food is medicine, we can make more intentional choices and opt for the more natural choices. Those are going to be what help you feel and look your best.

Getting enough fiber.

One of the most underrated aspects of health is your gut health. Your gut is essentially your second brain. It's responsible for so many aspects of your health and wellness. Gut health can either make or break whether you see progress and feel good in this journey.

That's why it's so important to make sure you're getting enough fiber every single day as well as focusing on more gut friendly foods/practices.

Maintaining a healthy gut will help you feel less bloated, feel more energized, help you with focus, with your skin and with getting that *glōw* back.

On the opposite end of that, if you have poor gut health, you might find that no matter how good you eat, no matter how hard you workout, your body is just not doing what you want it to. That's why it's so important to talk about maintaining good gut health and getting enough fiber so your brain, body and stomach are all in check!

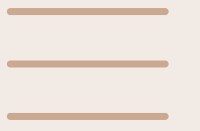


an unhealthy gut can lead to...

- Obesity
- Anxiety
- Depression
- Acne
- Chronic inflammation
- Poor immune function
- Cardiovascular disease



Gut health simplified.



01

fiber.

Make sure you're getting between 20-35 grams of fiber a day from whole, nutrient dense sources to maintain good digestion.

02

managing stress.

You have to find ways every single day to manage stress, or cortisol, to make sure your body is in a happy, calm state so it can do its thing.

03

gut friendly practices.

Follow a gut friendly protocol like on the next page to make sure you're taking care of that second brain of yours which will help auto immune issues, sleep, skin, fat loss, etc



Ways to Improve Your Gut Health Overall.

- Reduce stress where you can, incorporate mindful practices everyday that lower that cortisol hormone in the body so you body can stop being in fight or flight
- Avoid processed, refined sugars and oils that wreak havoc on your gut lining
- Reduce caffeine and stimulants that add more stress to the body, not eliminate, just reduce
- Take pre and probiotics to help maintain a healthy gut
- Limit antibiotic use unless it's absolutely necessary
- Prioritize getting a solid 7-9 hours of quality sleep a night
- Practice slowing down eating your food, really chewing every bite, eating undistracted and fully breaking down your food
- Drink water and/or hot lemon water before coffee in the mornings

Staying hydrated.

One of the last components of nourishing your body from the inside, out is staying hydrated! SO many people don't pay enough attention to the importance of staying hydrated, which helps with not just weight loss, but dark circles under your eyes, clear skin, proper digestion having enough energy, and much, much more.

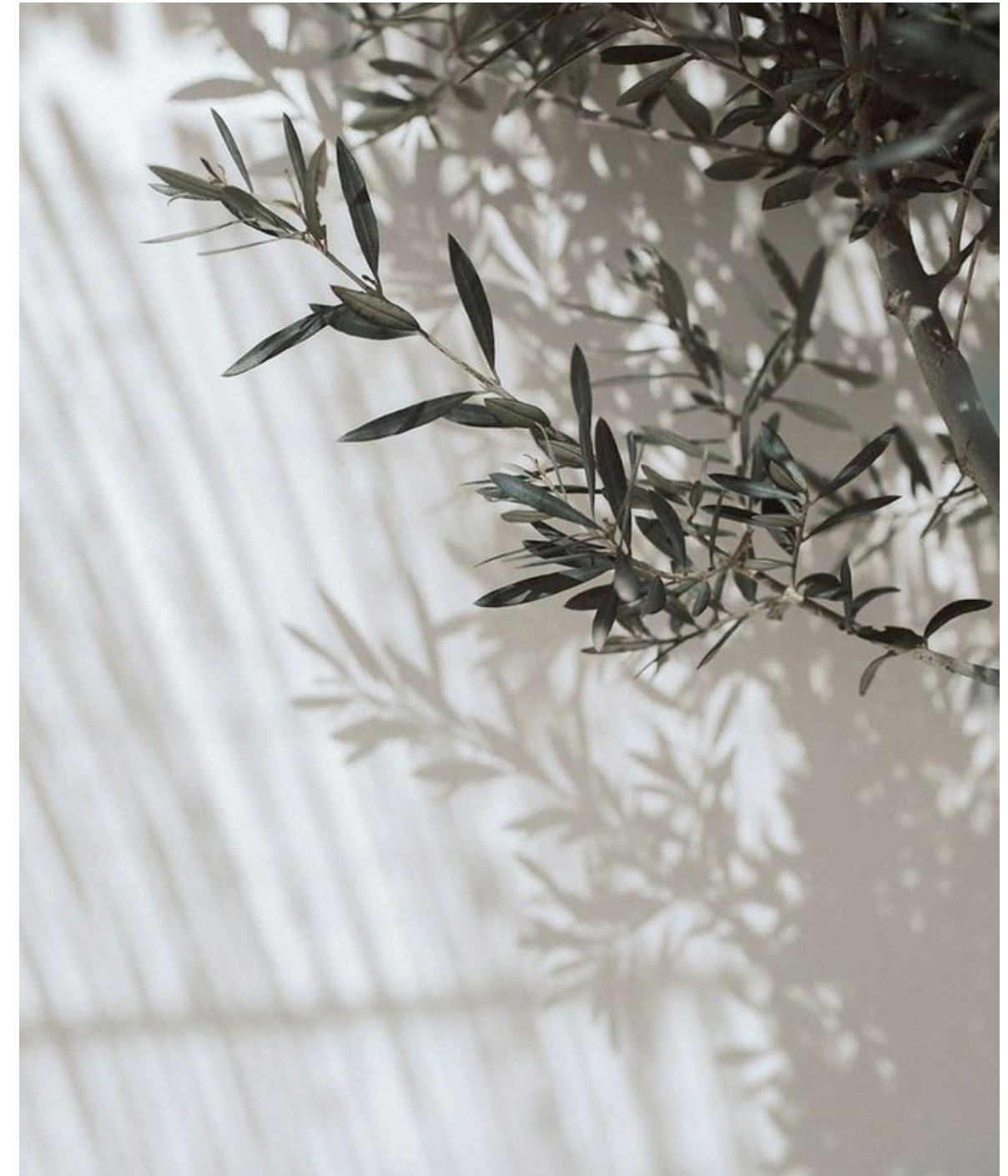
Drinking enough water and staying hydrated helps even deeper functions inside of the body like your ability to deliver nutrients to cells in the body, to regulate body temperature, to keep your joints lubricated, prevent infections and just have your organs and cells functioning optimally.

It all comes down to how hydrated you are. So let's chat about some ways you can stay hydrated and even increase your water intake to feel some of these benefits.



Hitting your water goal everyday.

- Get a big, new water bottle that holds at least 32 oz if not 40 oz or above so you don't need to fill the water up as much
- Shoot for 100 oz of water a day, a gallon is 128 oz which isn't always necessary, get as close to 100 oz as you can everyday
- Add fruit to your water to sweeten it up
- Add lemon, mint or cucumber to get the hydration plus the benefits of some of the vitamins coming from those foods



Intentional eating practices.

- Have a designated spot where you can eat uninterrupted and be mainly be distraction free so you can focus on chewing each bite intentionally and paying attention to your hunger cues for when you're getting full
- Don't eat with your phone or a screen to get in tune with these hunger cues
- Try to keep your eating times the same and start to build consistency around those times so your body can start to rely on that fuel and nourishment
- Keep a food journal to assess how you feel before and after each meal
- Make reminders in your phone or calendar to keep you aware of your meal times and goals so you don't go over or under on your nutrition
- Have water before, during and after your meals to help with digestion
- Slow down your meals and give yourself enough time to be present and slowly, fully chew each bite





Foods to help you GLOW.

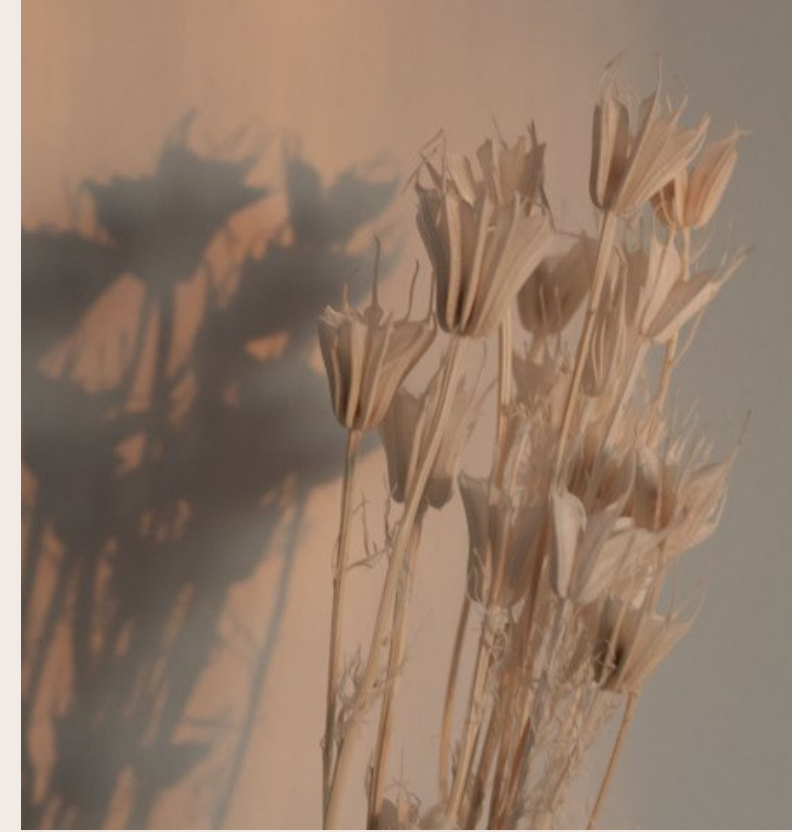
Like I mentioned before in this training, food can and will heal your body if you approach it the right way. And in order to glow up, we have to focus on foods that will help bring that glow to the surface so we can have radiant skin, energy and bodies.

You want to pay attention to foods that are rich in antioxidants, vitamins and other nutrients to get that glowing skin. Foods like avocado, blackberries, strawberries and blueberries, celery, lemon, red bell peppers, edamame, green tea, oranges, cucumber, grapefruit, beans, salmon, carrots, walnuts, collagen, sweet potato, these are all sources of nutrients, collagen, protein and minerals that will help bring that glow out.

Notice how all of the items listed are just fruits or veggies? That's because the foods that are going to serve your body the most are the ones from the earth!

MODULE TWO:

homework



- Write your letter to dieting, break up with it for good and then burn the letter once you're done
- Focus on practicing more loving, empowering thoughts around your nutrition and nourishment
- Start creating balance within your meals and days, prioritizing getting each macronutrient in
- Incorporate at least 2-3 servings of fruit and veggies each per day to get those micronutrients in
- Declutter your kitchen and pantry and eliminate any processed foods that don't have the healthiest ingredient list or macro breakdown
- Be mindful of your fiber intake everyday, hitting your goal and practicing more gut friendly meals and practices
- Make a grocery list broken down by the three main macro categories and start playing with your meals and snacks to find that balance within those meals
- Start a food journal to assess how you feel after certain foods
- Dedicate two days a week to preparing food and going grocery shopping
- Get a big, new, exciting water bottle and experiment with ways to get more water in
- Create an intentional eating time and space for yourself
- Focus on incorporating those foods that will help you glow everyday