

Breakthrough Results Session Two Notes

Session Review:

Session Two started off looking at the chemistry and physiology of how fat gets burned in the body. My basic argument is that fat loss is really more about eating healthfully and building healthy organs and glands, and isn't really about eating fewer calories. From this base we talked about the right way to think about whole food nutrition and practical ways of eating a "cave man diet" most of the time. I introduced the idea of a "diet of abundance", which refers to a philosophy of eating that focuses on enjoying healthy food rather than restricting unhealthy food. We talked a bit about how much we can change our bodies by changing our lifestyle (from the genes up!) and finished with questions about practical food choices. The main focus for this week is to learn the ultra-simple healthy food cooking system we discussed (overview attached separately) by making some of the recipes attached to this email.

Beyond this, here is a quick review of a few topics we went over on the call:

Navigating Restaurants and "Eating on the Go"

Here are a few tips to keep to a mostly whole foods diet when you have to eat on the fly, at restaurants, at dinner parties, or on other potential "trouble" situations.

- Never eat processed carbs on an empty stomach. Foods like bread, chips, or anything with sugar will actually increase your appetite and lead you to crave more carbohydrates.
- If you need to eat some sort of fast food, Mexican restaurants like Chipotle and Baja Fresh can be really healthful. It's easy to get a burrito bowl (no bread) with veggies and black beans or chicken. Hold off on the cheese, and get guacamole for extra flavor.
- Always choose salads when possible, and if you find salad a bit boring treat yourself with something afterwards. Don't eat sandwiches if you can avoid them. Bread really undermines your metabolism.

What Produce to Buy Organic

Here is a list of the 13 fruits and vegetables generally considered to retain the highest levels of pesticides. It's a good idea to consider buying these organic or soaking them as well as washing:

- Peaches
- Apples
- Bell Peppers
- Celery
- Nectarines
- Strawberries
- Blueberries
- Cherries
- Lettuce
- Grapes
- Pears
- Spinach
- Potatoes