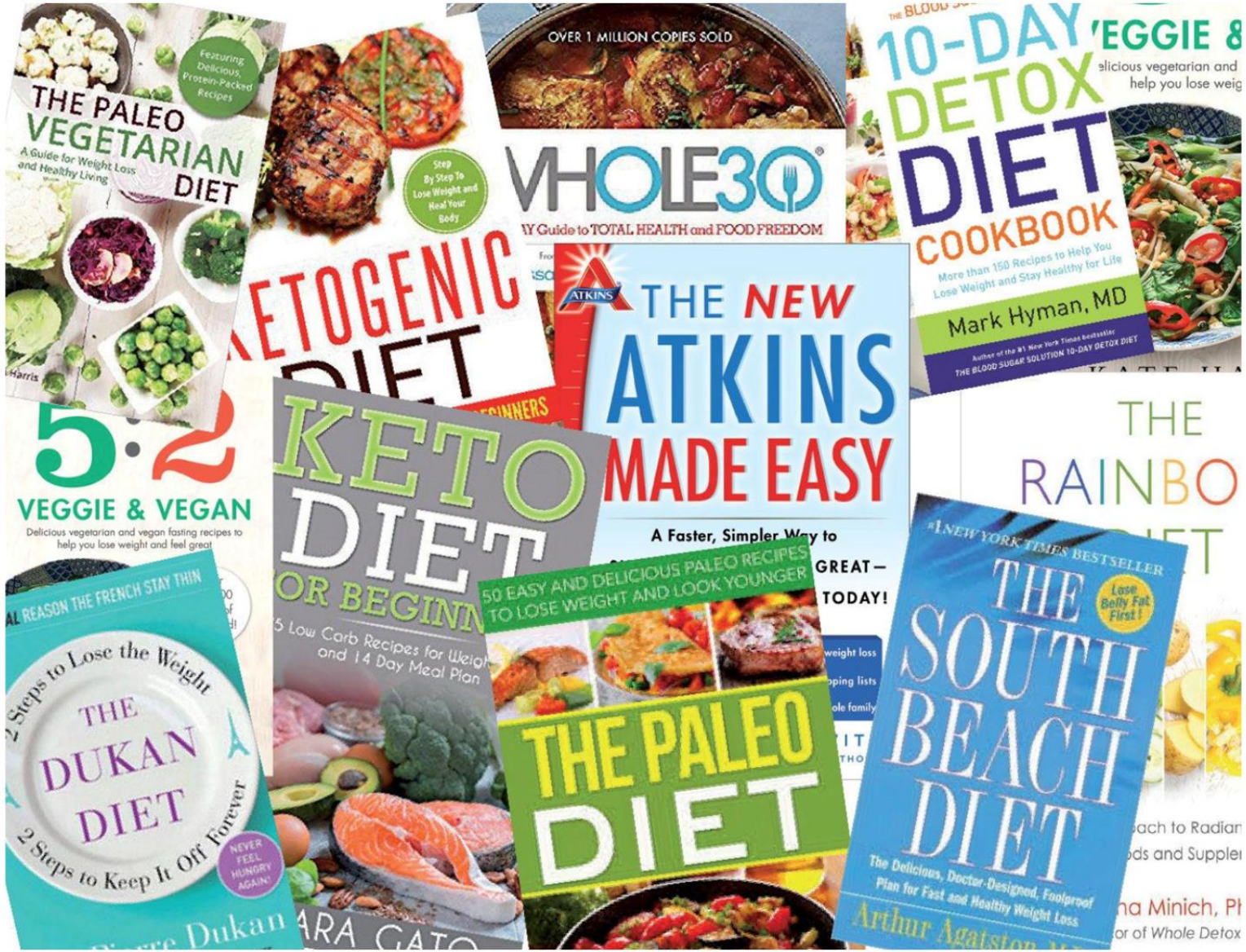
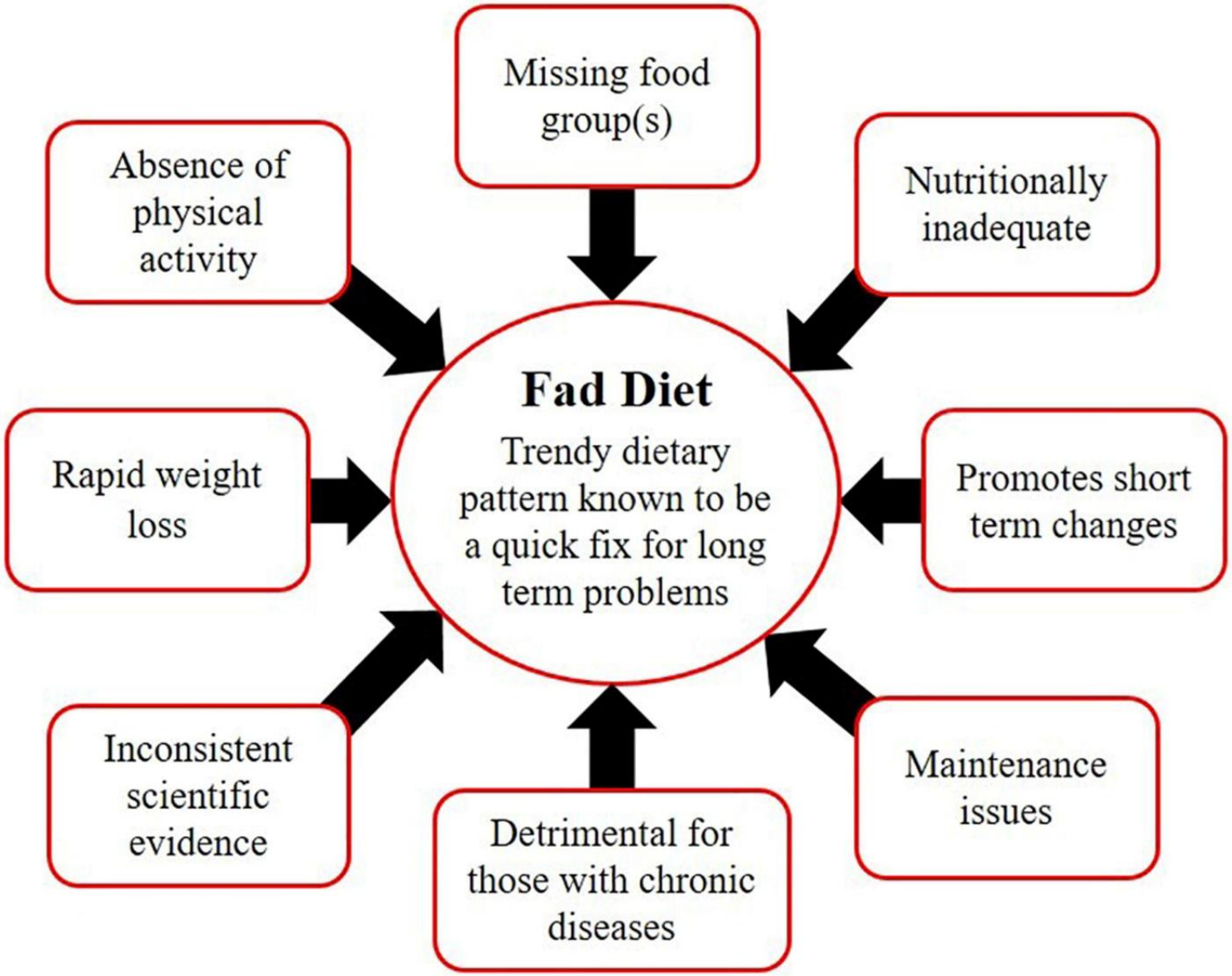
Nourish Your Workday

Joe Chism RD, LD

Fad Diets


THE PALEO VEGETARIAN DIET
A Guide for Weight Loss and Healthy Living
Featuring Delicious, Protein-Packed Recipes
OVER 1 MILLION COPIES SOLD
WHOLE30
10-DAY DETOX DIET COOKBOOK
More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life
Mark Hyman, MD
THE NEW ATKINS MADE EASY
5:2 VEGGIE & VEGAN
Delicious vegetarian and vegan fasting recipes to help you lose weight and feel great
KETO DIET
5 Low Carb Recipes for Weight Loss and 14 Day Meal Plan
50 EASY AND DELICIOUS PALEO RECIPES TO LOSE WEIGHT AND LOOK YOUNGER
THE PALEO DIET
THE DUKAN DIET
2 Steps to Lose the Weight
2 Steps to Keep It Off Forever
NEVER FEEL HUNGRY AGAIN!
Pierre Dukan
#1 NEW YORK TIMES BESTSELLER
THE SOUTH BEACH DIET
Lose Belly Fat First!
The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss
Arthur Agatston

Fad Diets Cont.



Intuitive Eating is:

- An evidence-based framework
- A non-diet approach to promoting health
- Focused on attunement with your body's signals
- More than eating when you're hungry and stopping when you're full
- A combination of head, heart, and body wisdom
- NOT about weight loss
- An ongoing, lifelong practice

Mindfully Well

10 Principles of Intuitive Eating

reject the diet mentality

discover the satisfaction

honor your hunger

honor your feelings

make peace with food

respect your body

challenge the food police

move your body

respect your fullness

honor your health

WORK ON FUELING

FOOD PLATE BALANCE



MAINTAIN
-or-
MODERATE WORKOUT

50% Veggie/Fruit
25% Protein
25% Starch



GAIN MUSCLE
-or-
HEAVY TRAINING

33% Veggie/Fruit
33% Protein
33% Starch



LOSE WEIGHT / LEAN OUT
-or-
REST DAYS

50% Veggie/Fruit
35% Protein
15% Starch

Healthy eating doesn't have to mean cooking every meal from scratch.

Use convenience foods strategically. Frozen, canned, pre-cut, and ready-to-eat foods can all be part of a nutritious pattern.

THE BUSY-DAY PLAN

1. Keep a backup snack
2. Choose a few easy staples
3. Repeat meals you like
4. Make the next choice easier

Small, repeatable systems beat ambitious plans that are hard to maintain.

Quick options for real schedules

Mix and match based on what you have, what you enjoy, and what fits your budget.

BREAKFAST

Greek yogurt + fruit + granola • Overnight oats • Whole-grain toast + egg

LUNCH

Bean or chicken wrap • Leftovers • Bagged salad + beans or tuna + whole-grain bread

DESK / BAG SNACKS

Fruit • Nuts • Whole-grain crackers • Roasted chickpeas • Shelf-stable milk

TIME-SAVING STAPLES

Frozen vegetables • Canned beans • Microwave grains • Pre-cooked proteins • Canned soup

Budget-friendly tip: Build meals around a few flexible staples, then vary the sauces, seasonings, vegetables, or protein.

A flexible formula for a balanced meal

Think in components—not rules. You can use this at home, in a cafeteria, or when ordering out.

1. PROTEIN

Chicken, fish, eggs, tofu, beans, lentils, yogurt, or canned tuna

2. PRODUCE

Fresh, frozen, or canned fruits and vegetables—all count

3. GRAIN / STARCH

Brown rice, quinoa, whole-grain bread, potatoes, pasta, or tortillas

4. FLAVOR + SATISFACTION

Olive-oil dressing, avocado, nuts, seeds, herbs, spices, or a favorite sauce

Example: microwave brown rice + canned beans + frozen peppers + salsa + avocado.

WRAP-UP

Choose one small step for this week

Healthy habits work best when they're specific, realistic, and repeatable.

ENERGY

Pack a snack that combines protein and fiber for your usual afternoon slump.

BUSY DAYS

Choose one quick breakfast or lunch you can repeat when time is tight.

NUTRITION INFO

Before changing your diet based on a claim, check a reliable source or ask a qualified professional.

What is one change you feel confident trying?

Questions?

Questions?

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