



WEEK 1

The Basics of Clean Eating

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WELCOME!

Hi! Welcome to The Sober Club cleaning eating plan. I am so excited you are making the choice to embrace your health and live a vibrant, thriving life! By following this plan, you'll re-introduce your body to nutrient-dense, clean foods that provide relief from the chronic symptoms that are holding you back from living your best life. For those of you in the early stages of ditching the booze, it's critically important to eat good quality nutrient dense foods to support your mood and help with brain chemistry.

Over the next four weeks, you may experience overwhelm or stress about making lifestyle changes. That's all perfectly normal! I want you to focus on taking each day as it comes and reach out for support, whether that's in our community or contact me directly! I am here to guide you on your journey to better health and am happy to answer any questions and help you achieve improved health and wellness!

Are you ready? Let's begin!

UNDERSTANDING THE BASICS OF CLEAN EATING

Creating a healthy meal-plan feels impossible when you don't really know much about nutrition. To compensate, we find things that are "quick and easy" with preparation, but heavy in undesirable ingredients. Soon enough, we're eating cheese-laden, grain-loaded foods that are excessive in carbohydrates, fats, and "bad" cholesterols.

The result? Well, the short-term consequences are bloat, fatigue, and perhaps some discomfort accompanied by indigestion. However, if you allow your eating habits to remain poor for a long enough period, you could find yourself with more severe issues like high blood pressure, obesity, and diabetes.

You've only got this one body to live in for the rest of your life and taking care of it is essential to ensuring that you've got plenty of years to look forward to.

You've probably heard that the healthiest way to eat is to go for real foods, avoiding too much of anything processed. I'm sure you know the lovely quote:

'Eat Food, Not too Much, Mostly plants' Michael Pollan

When we do not actively and intentionally take care of our bodies, it can become very challenging to handle what life throws at us. We have little energy and motivation; issues feel more prominent than they are. For those people wanting to lose weight and maintain their ideal weight there are emotional factors that come into consideration too, so it's complex, but it's always beneficial to focus on good nutrition rather than faddy diets that don't work long term.

I've tried every diet going in the past, from fasting, the cabbage soup diet, the 'F' diet, (stands for fart if I remember rightly) the grapefruit diet. In some cases I lost a few pounds but put them back on, and more within a few weeks when normal service resumed. You see I hadn't started with getting my mindset right, and going back to basics on what real food is and how it can support us.

With many of my clients who are ditching the booze, they expect to lose weight the day after they stop drinking alcohol. Sadly it doesn't work quite that way, and to try and force it is hopeless. What's really needed in the first few weeks of quitting is great nutrition so that you can support your mood. It's likely you could be deficient in Serotonin, GABA and Dopamine. The good news however is that these deficiencies can be eased by good quality 'real' food.

In this plan, you will learn the foundational tips to integrate grain-free and dairy-free foods into your daily life. Don't worry; we aren't going to try to implement everything at once. We are going to build our way up to trying a few things at a time! Then, we'll add some more steps to see what works for you and your routine and do what feels right. You are worth this time and devotion! When we take intentional and loving care of ourselves, we are better able to serve and support others.

So, dive in and be sure to reach out to me if you need additional support. I am here to help you live a life filled with vitality and joy! (sans the booze of course!)

Janey

WHY SHOULD I START EATING CLEAN?

Clean eating involves removing the endless list of processed and man-made foods that exist within our diets. The goal is to eat as naturally as possible and avoid consuming things that result in excessive water retention, drained energy, inflammation, and the list goes on.

Foods that are saturated in fats and heavy in sugar are bad for us, something you probably already know. However, they can also be highly addictive, and because our bodies are designed to conserve energy, we receive a signal from the brain to eat more and more. We become dependent on these processed ingredients, much like we would with a drug.

This puts your body in a constant state of distress, not only due to the lack of quality in your nutrition but also because there are unknown allergens lurking about like dairy and gluten. In response to this distress, your immune system releases white blood cells in a near-constant response to attack what it sees as a danger.

However, if there's no infection or illness, the white blood cells form an autoimmune reaction and begin attacking healthy tissues. Over time, this causes serious tissue damage, debilitating symptoms, and can lead to numerous serious diseases.

An added issue with food sensitivity is that a damaged intestine is less effective at digesting food properly, leading to an inability to absorb vital nutrients and vitamins. Vitamin and mineral deficiencies lead to additional serious concerns, along with hormone imbalance and poor immune health.

If you continue down this road for a long enough time, you're also at risk for diseases like...

- Heart disease
- Cancer
- Digestive health issues, including irritable bowel disorder
- Obesity
- Diabetes
- Depression
- Alzheimer 's disease
- autoimmune diseases (We will look deeper at those later in the book)

CLEAN EATING IS SIMPLE

Eating healthy doesn't mean you're stuck with boring spinach salads every night and fruit infused waters. It means that you know how to read nutrition labels, it means understanding portion sizes.

Cleaning up your diet means you know **exactly what you're putting into your body.**

We'll do this by...

- Covering heating methods that allow you to eat warm meals without cooking all the nutrients out of the food
- Portioning meals based on your energy requirements throughout the day
- Learning about flavour profiles and how to use spices, instead of excessive salt and sugar to create delicious meals
- Learning exactly how to avoid processed food (cans, boxes, and pre-packaged foods)

Many of us associate a change in our diet with negative experiences. We assume that everything we eat is going to be a tasteless, boring meal that leaves our bellies unsatisfied. Not to mention the disappointment of failing over, and over again.

From this moment on, you're going to stop feeling discouraged and start getting excited about your transition into a happier, healthier you!

You can start the clean eating process **today** with simple, yet powerful lifestyle changes. Next week, we're going to really dive into how to eat and nourish your body and avoiding the foods that trigger or worsen conditions that you are at risk for, or already have. If you'd like to get a head start, this is a great time to begin eliminating processed sugar and processed foods from your diet. It will make next week a breeze!

If you have any questions or concerns, please don't hesitate to reach out.

WEEK 1 HOMEWORK

How does poor diet affect your life? What symptoms do you experience that are holding you back from living life fully?

What are your goals for this program? Think about what true health and wellness looks like for you.

PRACTICE MINDFUL EATING!

*Begin removing processed foods
and processed sugar from your diet.*

DISCLAIMER

The information contained in this document is being provided to you for informational purposes based on my personal knowledge, opinions, and experience as a holistic health coach only. It is not intended to prevent, diagnose, treat, or heal disease nor replace medical advice or instruction from a licensed professional. I am not a medical doctor and make no claim to specialized medical training. Please consult your doctor if you have any questions regarding the suggestions made in this content, and make your own well-informed decisions based on what is best for your physical needs.

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