



2020 Healthy Reset

General Caloric Restriction: Reducing average daily caloric intake below what is typical or habitual, without malnutrition or deprivation of essential nutrients. It's a constant guessing game as to how much you take in and what you use. The rest gets stored in your body.

Zone Diet: (Macro proportions) Focus on balancing calories from Protein, Carbohydrates and Fat at every meal, to reduce inflammation and minimize hormonal response to eating. Once a balance is reached, you adjust %s up/down to support your goals and activity level.

Paleo: (Food quality) A paleo diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era. Also known Stone Age diet, hunter-gatherer diet and caveman diet. Avoids all processed foods, including grains, dairy and legumes.

Whole 30: A strict form of a Paleo diet for 30 straight days with no cheating allowed. The primary objective is to eliminate anything potentially unhealthy or inflammatory in your diet. It's designed to "change your life," the founders say, by eliminating cravings, rebalancing hormones, curing digestive issues, improving medical conditions and boosting energy and immune function. *(We've done it three times.)*

Keto & Low Carb: Two popular ways of eating that involve restricting your carb intake. A **Ketogenic diet** restricts carbs to 50 grams or fewer per day. This puts your body in a state of nutritional ketosis, which promotes the use of fat as a primary fuel source. In this state, your body produces ketones from fat in your liver and uses fat as its main fuel source instead of carbs. A **low carb diet** is a way of eating that restricts dietary carbohydrates, mainly from grains, sugar-sweetened beverages, and bread. It's common to increase your intake of protein, healthy fats, and vegetables to replace the carbs and promote fullness. By restricting carbs, you eliminate many high calorie foods from your diet. Low carb diets typically restrict intake to 50-150 grams per day.

Plant-based: A plant-based diet is a diet consisting mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits, and with few or no animal products. A plant based-diet is not necessarily vegetarian.

Vegan: A vegan diet focuses on plant-based foods and beverages and eliminates all animal products. If it had a mother, you don't eat it.

Intermittent Fasting: Also known as "time-restricted eating", you cycle between voluntary fasting and non-fasting over a given period. One popular method is consuming your meals and beverages within a 6 to 8 hours window, with the objective of decreasing insulin resistance and promote the burning of dietary and stored fat more than glucose. It also gives your digestive system a break.

Bill's approach: Eat when hungry. Zone proportions at every meal, 30% P - 20% C - 50% F, limits processed food to a minimum, will eat breads and pasta, NO REFINED/PROCESSED SUGAR. Drinks distilled spirits with zero-sugar mixes.

Staci's approach: I.F. / Time-restricted eating, 14 hour window of fasting. Fairly strict Paleo, in Zone proportions at every meal, 40% P - 20% C - 40% F, limits processed food, breads and pasta to a bare minimum. NO REFINED/PROCESSED SUGAR. Drinks wine and distilled spirits with zero-sugar mixes.

Stop Eating Crap. Eat Real Food