

JENN MARASCO

— wellness —

Common Questions

What Whole Grains can I have?

- Brown rice
- Quinoa
- Corn (popcorn, corn tortillas (make sure they don't have sugar))
- 100% whole grain pasta
- gluten free pasta is fine as long as it doesn't have added sugar
- 100% whole grain bread (Check it make sure it's NO sugar)
- Ezekiel bread or sprouted whole grain breads

Read labels. You will find what products you like that your usual store carries. Most stores in the US have these options now. If you are having trouble finding them please reach out and I'll do research on options in your area.

Do sweet potatoes count as a grain?

No. Sweet potatoes are amazing nutrient dense carb, but they are not a grain. You can have a sweet potato and a grain in the same day!

Can I have white potatoes?

Yes, as long as they aren't fried or cover in foods that we are eliminating.

Can I have Popcorn?

YES! Popcorn is a WHOLE Grain! Remember to following the serving size and find a popcorn that doesn't have a bunch of added junk! We love Skinny Pop around here or making our own on the skillet with kernels, coconut oil, and a little salt.

Why do we eliminate fatty cuts of Red meat?

Red Meat is food group in our culture that we have very little healthy boundaries with. We have diets that restrict us from eating it at all to diets that make us believe it's healthy to eat at every meal. As Americans, we don't really know when and how to eat red meat well. In our cheeseburger loving culture, red meat is a food that we often over indulge in. In this plan we remove it from our diet to RETRAIN OUR MINDS on when/how much/ and often red meat is good for our bodies. As a culture will fill up on carbs and meats and rarely give our bodies the veggies, lean proteins, and healthy fats they need.

I need more snack ideas?

Snacks are tricky. The reality is when you are trying to eat healthy there are only so many snacks options. You have to retrain your view of snacks. We think of snacks as being carbs and sugar. When in reality our snacks should be veggies, fruits, good proteins, and healthy fats! I will help you find creative ways to eat healthy foods and

new healthy food ideas, but at the end of the day we have to start thinking of snacks in a new way. They are your in between meals FUEL! They give your body what it needs to keep your energy up throughout the day!

Can you explain why the plan cuts dairy the first two weeks?

There are two reasons. 1. Dairy is a common food that we overeat on or add to foods unnecessarily and increase our daily calorie intake. I'm a dairy fan. I think there are good health benefits to moderate dairy consumption. The goal is 1-2 servings with servings being 1 cup or 1.5 to 2 ounces of cheese. We often over do that pretty quick! We typically eat way more dairy then veggies, etc! Since our focus is retraining our minds and habits...I encourage you to remove it for two weeks and learn how to enjoy foods without it and then as you return to dairy be more careful about when you eat it! 2. Dairy can cause a lot of digestive and even skin issues for people. I encourage everyone to try taking it out for a bit and see if you see an improvement in feeling less bloated, clearer skin, etc.

What fitness tracker should I use?

I recommend My Fitness Pal or Lose it as your best free options! My fitness pal and lose it both have a premium option, but it isn't necessary for our group. There other apps called fat secret and cron-o-meter that you could try.

My fitness app adds calories for my day based off my estimated burned calories for my workout. Do I use that calorie goal or the one you gave me?

I accounted for your workouts in your calorie goal. I prefer you stick to the goal I gave you, except for adding more calories when needed after a tough workout. Feel what your body needs. If you are shaky and low on energy then add 200-300 calories. If you just want more food because your bored then don't eat those extra 200-300 calories. We want to learn to mindful of when we need to fuel and when we are full.