



Lose Weight by Increasing Your Healthy Fat Intake:

Kick-start your weight loss the easy, natural way



I personally travelled the health continuum from active, enthusiastic, three-sport high school varsity athlete to overweight adult with serious health issues. In my 30's, I was smacked by the reality stick of autoimmune diseases (Hashimoto's hypothyroid and Meniere's disease - and I learned that if you have one autoimmune disease, you're way more likely to get more) and then the Big C came to visit me when I was 44 in the form of breast cancer.

Those diseases were enough to motivate me to start looking to make changes.

It was the everyday issues that really got me over the hump and ready to integrate the long-term changes that make such a difference. Basically, I finally got sick and tired of being sick and tired. I had (literally) a gut full of it! I was tired of looking into my closet and not being able to wear half of the things I owned because I was too fat - either my belly "muffin top" would hang over my pants or I'd have that lovely gap in my blouses or both. Even if I found some jeans to wear for the day that felt ok, by after lunch, they'd start feeling tight and miserable and I'd have to at least loosen my belt if not unbutton my jeans. Then of course, I'd have to either un-tuck my shirt to cover up my makeshift pants situation or do that kind of fluffing over tactic. You know the one I'm talking about where you pull out most of your tucked in shirt so that it covers your bulging belly while still technically being tucked in.

One day, I was just over it. If you're reading this, you're probably there or getting there too. I knew I wasn't doing the right things to help me get fit and healthy but on the other hand I thought I was. I mean, I would read stories in the paper or online that would say do this and don't do this. The problem was they were too general and didn't give any "how to" steps. My head was spinning and there were too many paths to take and choices to make. Where to start?!

That's what this Kick-Start plan is here to help you with!

Today, I really do wear Skinny Jeans and Skinny Shorts and sometimes I even wear a Skinny LBD. I lost 27 pounds/12 kilos (that translated to 18% of my body weight). I now feel energized throughout the day and as a bonus my health issues are barely a blip on the screen. My doctors tell me my blood work looks fantastic and to keep on doing what I'm doing. Okay then, that's what I'm doing!



I am going to share with you a 3-step process to kick-start your weight loss.

I'm going to give you some of those starter "how to" steps. I use this process with my family, my clients and myself. I call this the "Healthy Fat Weight Loss Kick-Start Plan". Fats have been vilified over the years and some of them, rightfully so. What I'm talking about here are the healthy fats that are actually good for us. As a matter of fact, these are one of the most important foods for our best health. And hooray, healthy fats actually help us lose weight not gain weight. We have been taught that fat is bad for us, but that myth is being debunked in all sorts of studies. Here are some quotes from a couple of these studies supporting healthy fats:

"Reduced fat and caloric intake and frequent use of low caloric food products have been associated with a paradoxical increase in the prevalence of obesity."

-A.F. Heini and R.L. Weinsier, "Divergent Trends in Obesity and Fat Intake Patterns: The American Paradox," *American Journal of Medicine*

"The commonly held belief that the best diet for prevention of coronary heart disease is a low saturated fat, low cholesterol diet is not supported by the available evidence from clinical trials."

-L.A. Corr and M.F. Oliver, "The Low Fat/Low Cholesterol Diet Is Ineffective," *European Heart Journal*

I'll go over a list of the healthy fats in step #2.

Some of the many benefits of eating healthy fats include:

- Turning off those pesky sugar cravings
- Filling and satisfying – it's hard to overeat healthy fat
- Energizing - more energy per gram than any other nutrient
- Keeping insulin levels in check – doesn't spike it like sugar does
- Keeping the stress hormone, Cortisol, in check
- Maintaining healthy hormones – building blocks
- Supporting digestion
- Helping increase the efficiency of metabolism - Losing weight!

So now that we've gotten a nice overview of healthy fats, let's get you on your way to fitting into YOUR Skinny Jeans by following the following 3 easy steps!

Step 1

List out your top 5 favorite “cheat” foods that make you tired.

Think about what foods really drag you down after you eat them. You might notice the tiredness right away or few minutes or few hours afterwards. Everyone is different so some foods that make others tired may not make you tired. Just zero in on the foods that make you tired or foods you know you’d like to cut out. Circle five of the below mentioned foods or fill in your own.

Here are some examples from my clients and myself:

Sugary foods such as:

- Candy (my favorites were Jelly Bellies and Hot Tamales)
- Cookies
- Cakes
- Ice Cream
- Other: _____

Fried foods such as:

- French Fries
- Chips
- Deep fat fried Snickers Bars (to cover sugary AND fried)
- Other: _____
- Pizza
- Pasta

• Breads

- Soda
- Others that you think of as “cheat foods” and/or you’d like to cut out of your diet:
- _____
- _____
- _____

So you have your 5? Great! You’re doing fantastic.

Step 2

Now I’m going to share with you a list of healthy fats that contain all those wonderful benefits I discussed earlier.

Please circle 5 of the following foods on this list that you like or would like to try in your diet:

- Virgin Coconut Oil (ooh, ooh pick me, pick me!)
- Coconut Milk (make sure you get the whole fat variety!)
- Grass-fed Meats such as beef and lamb (fat)
- Wild Caught Fish
- Pasture Raised Eggs
- Cocoa Butter

- Avocados
- Grass-Fed Butter (such as Kerry Gold)
- Grass-Fed Ghee (butter substitute if you don’t do dairy)
- Macadamia Nuts
- Almonds, Hazelnuts, Walnuts, Cashews

• Nut and Seed Butters:

- Almond
- Cashew
- Walnut
- Tahini (Sesame Seed)
- Coconut
- Olives
- Extra Virgin Olive Oil

You are cruising! Good Job.

Alrighty then, now that you’ve circled the 5 healthy fat foods that you’re going to incorporate into your everyday eating and you’ve chosen the 5 “cheat foods” let’s get onto step 3.



SKINNY JEANS
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Step 3

I now invite you to take 7 days to incorporate these steps.

During those 7 days, cut out your 5 cheat foods and add in the 5 healthy fat foods you chose into your everyday eating. You can give yourself the latitude to do this Healthy Fat Weight Loss Kick-Start Plan within the next few weeks.

Pick a date right now and put it on your calendar! Get to the store and pick up your healthy fat foods and do a “cheat food” clearing out of your pantry and refrigerator the couple days before your start date.

Here are some tips and ideas to make this as easy as 1, 2, 3!

- If you just happen to have chosen coconut oil (wink, wink), a really effective tip is to add 1/4 teaspoon up to 2 tablespoons into some hot herbal tea or hot water 20 minutes before each meal. Work your way into this. Start with a smaller amount of oil and build up into more as you feel comfortable. If you don't like coconut oil, try adding the grass-fed butter to your tea, hot water or even your coffee. This tip will help you start to get satiated with a very nutritious food even before you eat. You'll eat less at your meal!
- Pack any nuts you've chosen into your bag or stash some in your office desk and carry some nut butter packets with you so when you feel hungry, you can pop one open and enjoy. I like the Artisana brand of nut butters: <http://www.artisanaorganics.com/nut-butters/>
- It's time to celebrate your uniqueness! Everybody has different tastes and likes. Go on the internet and look for recipes that incorporate your chosen healthy fat foods. There are literally 1,000's of websites out there to choose from. Make this an adventure and empower yourself to take control of what you're cooking.



Here are a couple of my quickie, go-to meals I'd like to share with you:



Breakfast: “Aussie Brekky”

When I lived in Australia, this breakfast could be found many places and was my fave!

- 2 Poached or Scrambled Eggs (use coconut oil or grass-fed butter)
- Sautéed Spinach in grass-fed butter or ghee
- Sliced Avocado
- A couple of links of chicken sausage

Yum! That gets me through to lunch.

Lunch: “Easy Coconut Chicken Soup”
(adapted from Dr. Mary Enig)

- 1 Can whole coconut milk
- Juice of 1 lemon or 2 limes
- 3 Cups Chicken Broth
- 1 teaspoon dried basil
- ¼ teaspoon crushed red chiles
- 1 Cup chopped cooked chicken
- 1 teaspoon salt
- 1-inch piece ginger-peeled & chopped
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Place all ingredients except chicken in a medium pot over high heat, bring to a boil, then reduce heat and simmer about 30 minutes. Add the chicken about 15 minutes before serving.

Dinner: “Bone or Vegetable Broth”

A simple bone or vegetable broth with a little butter or coconut oil added in. You can make your own broth or you can buy some at your natural foods grocery store.

Based on the above meal ideas I've shared, there is a nice rule of thumb that I like to share:

Super Bonus Weight Loss Tip:

Try eating with the rhythm of the day – eat like a Queen for breakfast, a King for lunch and a Pauper for dinner. Give it a shot and see what happens. What have you got to lose? Oh yeah....Weight!

So there you have it! This Kick Start Plan will get you on your way to healthy, natural weight loss. WooHoo!



About Susan Nagl

Susan is a certified health coach and the founder and owner of Skinny Jeans Health Coaching. She got into health coaching after being inspired through working with a health coach herself due to some serious health challenges and being fed up with her ever tightening clothes and general lack of vitality. She graduated from the Institute for Integrative Nutrition, the world's largest nutrition school. She also completed the Become a Health Coach program through The Health Coach Institute. She's studied at the Coaches Training Institute. She is certified in the Transformational Coaching Method through Holistic MBA and went on to receive Mastery Certification in the Transformational Coaching Method recently. She is accredited by the American Association of Drugless Practitioners and is a member of the International Association of Health Coaches. Susan has a Bachelor of Science degree from the University of Colorado at Boulder and graduated cum laude from the Leeds School of Business.

Through her coaching programs, Susan helps women and men boost their energy, feel more alive and fit into their clothes more comfortably so they can look and feel awesome without fad dieting, deprivation or military type exercise. Her clients experience transformation and create sustainable healthy habits that carry them forward in life.

They "Make Their Health a Habit"!

Disclaimer: I am not a health care provider and do not give medical advice. Before any change you decide to try, you should check with your medical doctor or practitioner.