



EAT WELL
FEEL GOOD
LIVE BETTER

21-DAY NUTRITION PLAN

by Jodelle Fitzwater

*“It’s not about me,
rather it’s about me helping you.”*

FROM THE AUTHOR

My name is Jodelle Fitzwater, and I am always a student first and a teacher second. I’m always learning so I can teach the truth about nutrition. As a Certified Nutrition Coach, Certified Food Psychology Coach, ACSM Certified Personal Trainer, eRYT-500 Yoga Instructor, nutrition educator, and nutritionally health obsessed “feel-good” enthusiast, I am passionate to learn all I can to help others feel good, feel better, and feel their best!

The human body was created with a way of healing itself given the right environment, nutrients, and circumstances. It is my job to be a “dis-ease” detective, listening and learning all I can about an individual whom I am working with to uncover the root of the problem and using REAL food and nutrients from the earth to begin the natural healing process. Taking a prescription pill or a diet pill will only mask the problem. It will always create more havoc under the surface unless addressed. Unless we listen and learn all we can about the messages the body is sending us, we will always have the cravings, we will always struggle with the symptoms, we will always have digestive issues, headaches, mood issues, or sleepless nights. And that’s not even the full list.

However, as we listen, learn, and set up the proper conditions for healing, we can ultimately set the stage to heal the issue rather than treat the symptoms. We create optimal health in a harmonious body. That’s what any publication, any meal plan, any book I put together is all about – using REAL food and REAL solutions to tackle the REAL root cause and leave you feeling REAL good.

Your biggest fan and nutrition coach,

A handwritten signature in black ink that reads "Jodelle Fitzwater". The signature is written in a cursive, flowing style with a large initial 'J'.

getfitwithjodelle@gmail.com
getfitwithjodelle.com

WHAT'S AHEAD

- 3 THE POWER OF THREE
- 5 THE OUT CROWD: FOODS TO AVOID
- 5 THE IN CROWD: FOODS YOU SHOULD BUY
- 7 WEEKLY PREP SUGGESTIONS FOR SUCCESS
- 8 THE MEAL PLAN
- 9 BREAKFAST
- 11 LUNCH
- 13 DINNER
- 15 SNACKS AND MORE
- 17 DINING OUT DELICIOUSLY



THE POWER OF THREE

Exercise is only a piece of the puzzle when it comes to optimal health. When given the proper conditions through sound nutrition, the body will have the fuel it needs to function optimally. Improper fueling of the body leaves you with lackluster energy as well as lack of motivation. After all, wouldn't it be great if you had abundant energy, sound sleep, and balanced moods without sacrificing real food and the pleasure of eating? This can be a reality when you understand how to balance the three macronutrients: **protein, carbohydrates, and fat**. Ultimately, a fully functioning body and brain will result in fat loss and optimal health, and it starts with the "**Power of Three.**"

1 The first component to the Power of Three is **three meals plus one snack**, going about **three hours in between** each meal and/or snack. However, it's imperative that you listen to your internal cues. If you're not hungry when you wake, don't force yourself to eat. If you don't feel hungry for a snack, don't eat one. If you need a bite before bed in order to sleep, have a bite. Eat when you begin to feel hungry, drinking water up to that point. When you do eat, choose one of this plan's meals.

2 The second part of the Power of Three is balanced meals. All meals should contain the **three macronutrients**:

Protein. To ramp up metabolism, every cell of your body need critical amino acids found only in protein. Protein speeds metabolism, repairs and regenerates new healthy cells, and is the building blocks for every organ of the body. We will review both animal and plant-based protein sources later on.

Plant-based carbohydrates. Foods grown by a plant (not made in a factory) are the most beneficial carbohydrates. Fruits and vegetables are the plant-based carbohydrates our bodies are programmed to harmoniously break down for energy as opposed to the processed carbs like cereals, breads, and crackers which quickly convert to sugar in the body. They also contain a decent amount of protein!

Good quality fats. The human brain is nearly 60 percent fat, thus for the brain to function optimally, we need to feed it what it's made of. In addition to providing the brain with fuel, healthy sources of fat help shed excess weight by telling your body, "It's okay to let go of stored body fat because ample, good fats are coming in."

3 The third component of the Power of Three deals with what three “foods” to avoid (note the quotation marks):

Gluten. Gluten is a major contributor to inflammation, which breaks down the delicate gut lining. In some individuals, gluten passes through unused. For many others, however, gluten can cause major damage and inflammation leading to chronic headaches, migraines, digestive upset, bloating, excess gas, constipation, excessive bowel movements, heart palpitations, anxiety, skin issues, such as eczema, and so much more! Ultimately, affected or unaffected by gluten, no one can digest it or break it down.

Sugar. Yes, we are talking the white stuff. Sugar also comes in other processed forms, though, such refined flours, chemicals, and starches. Even fruit is considered a sugar, and when ingested in excess, can cause inflammation, weight gain, insulin resistance, and more. The label might read “zero sugars,” and yet the nutrition facts show high carbohydrates with lots of processed ingredients. If you want to understand how much sugar a certain food converts to in the body, simply divide that number of carbohydrates by four. Sugar awareness and avoidance will allow your body to heal from chronic systemic inflammation and maximize your nutrient absorption for maximum results!

Splenda and other artificial sweeteners. Sucralose, aspartame, saccharin, acesulfame potassium, agave nectar, high fructose corn syrup, and other artificial sweeteners are factory-made chemicals that actually inhibit or slow the thyroid from functioning optimally. According to a 2016 Purdue [study](#), artificial sweeteners increase the risk of diabetes, metabolic syndromes, and cardiovascular diseases. Specifically, sucralose is extremely [detrimental](#) to your thyroid. Avoiding such sweeteners and opting for a natural sweetener like stevia is a safe way to sweeten foods you love without causing an inflammatory effect.



THE OUT CROWD

FOODS AND INGREDIENTS TO AVOID

To make this 21-day program effective and to allow your gut to heal, it's crucial you avoid pro-inflammatory foods. Pro-inflammatory foods inflame the colon, resulting in poor nutrient absorption. To avoid the three major inflammation culprits above, you should NOT eat:

- Bread (even sprouted and gluten-free)
- Cereals
- Pastas
- Muffins
- Pizzas
- Pastries
- Cakes
- Cookies
- Crackers
- Chips
- Condiments not labeled "gluten-free"
- Alcohol, especially beer, wine, and anything made from hops and wheat
- Oats
- Barley
- Couscous
- Tortillas
- Gravy
- Dressings, unless it states "gluten-free"
- Sauces
- Breakfast bars
- Granola bars and granola in general
- Protein bars
- Fried or breaded foods, including tempura
- Soy sauce
- Candy
- "Diet" foods made with artificial sweeteners
- Processed, sweetened yogurts and smoothies
- Yellow cheeses
- Any kind of cow's milk
- Ice cream
- Powdered and liquid coffee creamer
- Too much fiber and fruits
- Corn of any kind
- NSAIDS
- Pain medications
- Spices not labeled "gluten-free"

Acceptable dairy would be grass-fed butter or ghee, hard and aged cheeses like gouda or parmesan, and preferably raw cheese. Full-fat, unsweetened plain Greek yogurt is acceptable as well. The shopping guide will cover this more in detail in the next section.

While it may seem like we are "crowding out" a lot, there is still many more foods we can focus on! It's these real foods that will leave you feeling satisfied at meals, digesting well, achieving results, healing and regenerating new healthy cells, and becoming more energetic than ever!

THE IN CROWD

FOODS AND INGREDIENTS YOU SHOULD BUY

CARBOHYDRATES

Veggies: Any veggies you like – cooked or raw! My go-tos include sugar snap peas, cucumbers, zucchini, squash, broccoli, raw carrots, celery, and salad mixes like bagged dark leafy greens or spinach.

Fruits: Strawberries, blueberries, kiwis, lemons, limes. All other fruits should be avoided or limited to half-cup portions, only one to two times at most per day.

Grains and starchy carbs: Old-fashioned, gluten-free oats (only for pancakes), palm-sized potatoes and sweet potatoes, and in very moderate to small amounts, white rice.

PROTEIN

- Chicken breast
- Rotisserie chicken
- Nitrate-free bacon
- Lean, ground grass-fed beef, turkey, venison, or wild game like venison
- Eggs
- Whey protein powder (sweetened only with stevia)
- Organic deli meat or any other nitrate-free deli meat
- Nitrate-free beef jerky
- Canned meats like tuna, salmon, and/or chicken, sardines, shrimp and even crab legs
- All fresh, wild-caught seafood is welcome
- Vegan sources of protein could be organic beans, hummus (no soy ingredients), nutritional yeast, and pea or rice protein.
- Full-fat, plain Greek yogurt
- Organic or raw cheeses like parmesan, gouda, sheep's milk, goat cheese, and feta.

BEVERAGES

- Water
- Unsweetened sparkling spring water
- Low-sugar Kombucha
- Plain coconut water
- Unsweetened coconut milk
- Coconut kefir
- Lemon water with stevia as a lemonade alternative

CONDIMENTS

- Gluten-free seasonings for meat
- Gluten- and MSG-free ranch, French onion or fajita powder seasoning
- Sea salt
- Black pepper
- Salsa
- Low-sugar marinara sauce

HEALTHY FATS

- Avocado, and yes, delicious guacamole
- Organic or natural, grass-fed butter (ingredients: cream and sweet cream)
- Ghee
- Coconut oil and coconut butter
- Unsweetened, canned coconut milk
- Unsweetened shredded coconut
- Olive oil and olives of any kind
- Natural almond butter
- Egg yolks
- Nitrate-free bacon
- Preservative-free sausage or any kind

Be sure to stay away from items that have lots of preservatives and any words such as “partially hydrogenated” or those you can’t pronounce. Strictly avoid anything with “high fructose corn syrup” or “monosodium glutamate,” also known as MSG. We are trying to heal and detox the body, and these will only hinder that process.

- Green tea
- Herbal teas with stevia (see my Healthy Detox Drink mentioned later in the meal plan)
- Organic coffee
- Swiss water processed decaf in limited quantities (one to two cups per day)

- Mustard
- Soy-free mayonnaise
- Pepperoncinis or pickle spears (pickled products without food dye's like Yellow #1 and other food coloring)
- Balsamic vinegar
- Raw apple cider vinegar
- Stevia (liquid or packets)

Note: In certain people, dairy can be an inflammatory issue, so choose dairy-free options in the meal plan if constipation, bloating after meals, or post nasal drip occur after consuming dairy. If you have any other dietary restrictions, please adhere to them!

WEEKLY PREP SUGGESTIONS FOR SUCCESS

To make implementing the meal plan simple and stress-free, designate a “prep day.” Sundays are usually good days for this. Go ahead and make extra food for the week and package snacks and meals in to-go containers. Not only does preparing at home save time, but it also saves money! Instead of boxed crackers or chips that are easy to munch on yet cause inflammation and weight gain, plan ahead to have healthy whole foods like avocados, deviled eggs, and pre-cut veggies and dip. Here are some things to prepare on prep days (you’ll find that many coincide with the meal plan itself):

Deviled eggs. Deviled eggs are easy, healthy and a great to-go breakfast option. You can also try adding to hard-boiled egg whites either ready-made guacamole or tuna salad for a new healthy spin on an old favorite.

Chicken salad. Make a big batch of chicken, tuna, or salmon salad. It’s 2 cans of your choice of meat, 2 heaping Tbsp. soy-free mayonnaise, some natural pickle relish or chopped pickles, 2 stalks of chopped celery, some mustard, a splash of apple cider vinegar, and even 2 pieces of nitrate-free bacon chopped up. Mix together for 4 servings! Other add-ins include olives, capers, other chopped veggies, feta, or goat cheese.

Meat roll-ups. See meal plan for details, but this is a great recipe to prepare ahead of time.

Thick ranch dressing dip. This is ideal to make beforehand so that when you want to eat veggies, you already have dip. It’s 1 cup of full-fat Greek yogurt, 1 Tbsp. of soy-free mayonnaise, a fresh squeeze of lemon juice, parsley, sea salt, pepper, and a splash of apple cider vinegar. Mix and enjoy the whole dip!

Pre-cut veggies. Buy them pre-cut or cut them up yourself! If you’re cutting them up yourself, this is definitely a quick Sunday activity.

Chicken. Roast an entire chicken to munch on for the week or cook chicken breasts, thigh meat or legs.

Baked potatoes. Baked potatoes are easy! Plus, you can re-heat them later on with loaded toppings.

Dark chocolate. Buy a bar of 80 percent or higher dark chocolate and portion out dark chocolate squares for snacks. A portion is generally one or two squares.

Guacamole. Pre-make guacamole with mashed avocado, a fresh squeeze of lime, sea salt and pepper to taste, and some fresh cilantro.

Skewers. Stick olives, grape tomatoes, and hard raw cheese cubes on a toothpick or wooden kabab stick to take with you.



THE MEAL PLAN

Each meal contains six to seven different options since we are creatures of habit and tend to rotate five to seven different meal options throughout our typical week. Choose one option at each meal; the one that sounds most appetizing to you. Keep in mind that you can tweak recipes if some foods on the list don't seem to resonate with your body's innate food desires and tastes. However, you can only tweak these recipes with foods or ingredients from the list in the "In Crowd" list (pages 5 and 6). It's important to always listen to the body's cues and satisfy its needs.

Even if you have a single bite of something containing gluten during the 21-day detox, you will not see results. You will not get rid of your symptoms altogether. Remember: you can't completely dry off in the shower if the water is

still trickling. You must absolutely refrain from anything containing gluten for the entirety of the 21 days for best results.

It's best to make others aware so they know not to tempt you with gluten-containing foods. It's not forever; it's only 21 days. Also remember that at the end of the 21 days, if you have seen no improvement, you can always go back to what you were doing before or try eliminating a different food. For more gluten-free, simple, easy recipes, check out my "Get Fit with Good Food" cookbook [app](#).

BREAKFAST

GREEN WITH ENVY SMOOTHIE

One scoop of vanilla whey or pea (vegan) protein powder, 1 handful of spinach or kale, 1/2 of an avocado, 1/2 a cup of canned coconut milk, 4 to 5 ice cubes, and extra stevia if needed. Blend and enjoy!

Always remember water at breakfast! It's great addition to your meal since it aids in digestion. I recommend a cup of hot water with lemon squeezed in. Warm beverages should always be consumed with meals. Cool beverages are best consumed in between meals.



CHOCOLATE STRAWBERRY PROTEIN SMOOTHIE

Take 1/3 cup of unsweetened coconut milk or water, 1 to 2 Tbsp. of cocoa powder, 4 to 5 ice cubes, handful of frozen strawberries, 1 scoop of vanilla whey or pea (vegan) protein powder, a dash of lemon juice, and a little sprinkling of stevia if needed. Blend until smooth. If it's too thick, add a bit of water. When in doubt, always add a bit of water.

DECADENT YOGURT BOWL

One cup of plain, full-fat Greek yogurt mixed with a scoop of vanilla protein powder, 1 cup of berries, stevia, and a chopped-up piece of 80 percent or higher dark chocolate. You can also add 1 Tbsp. of almond butter chunked in or melted on top.

OMELET IN A MUG

Crack 3 whole eggs in a coffee mug and whisk them. Cook them in microwave for 1 minute, then add a thumb-sized portion of feta, some spinach leaves, and anything else you like in an omelet. Place the mug back in microwave and cook for 1 to 2 more minutes or until egg soufflés off the top of mug. Dump the mug onto a plate and enjoy! Or take the mug with you in car on the go! Also, include some grape tomatoes if you would like.

DEVEILED EGGS, SUGAR SNAP PEAS AND A BEEF STICK

An easy grab-and-go for out the door! Pack 4 to 5 deviled eggs (prepared beforehand), sugar snap peas, and a nitrate-free beef stick.

SPINACH SCRAMBLED EGGS, BACON AND FRUIT

This one is quick and easy! Scramble 2 eggs with spinach and sprinkle them with raw parmesan cheese. Cook one slice of nitrate-free bacon and include a 1/2 cup of strawberries.

LOADED BAKED POTATO BREAKFAST

Microwave a palm-sized potato and top it with 1 tsp. of butter, 1 chopped hardboiled egg, 1/2 an avocado, chopped, and sprinkle it with sea salt and pepper.

Try to remember to get all your caffeine intake done before 12 p.m., then only drink decaffeinated beverages after that, and only non-caloric beverages such as water or sparkling mineral water.

LUNCH

Eat lunch within 3 to 4 hours of breakfast! Prepare lunch the night before when cooking dinner so you can grab and go in the morning.

Remember to stay away from useless carbs and sugars such as ketchup, barbecue sauce, and go easy on your salad dressings, focusing on brands that do not contain soybean oil and which use less chemical additives.



MEAT ROLL-UPS

Nitrate-free deli meat spread with soy-free mayo or hummus, wrapped around a pickle spear. Three to 4 is a serving. Eat alongside raw or pre-cut veggies of your choice dipped in salsa or 1/3 cup of guacamole.

CHICKEN GUACAMOLE SALAD

Mix in 1 can of chicken or a palm-sized portion of shredded rotisserie chicken with either 1 whole avocado or 1/3 cup of guacamole. Serve over mixed greens salad or eat with celery and baby carrots. This can also be made with wild caught salmon, sardines, or canned tuna.

HEALTHY FRENCH ONION AND DIPPERS

Mix in 1/3 packet of ranch or French onion dip dry ingredients (preferably a brand without MSG and other unnecessary ingredients) into 6 oz. of full-fat, plain Greek yogurt. Enjoy with baby carrots, celery, broccoli, peppers slices, grape or cherry tomatoes, sliced cucumber, raw asparagus, and other veggies you like. This is a great way to introduce more raw veggies into your diet and get healthy probiotics. Unlike other dips, YOU CAN EAT ALL OF THIS! You can also try this with a taco seasoning packet for a healthy taco dip!

LOADED BAKED POTATO

Take a pre-cooked potato and toss on a palm-sized portion of chicken (or another pre-cooked meat you prefer), 1/2 an avocado, chopped, a handful of greens, and a dollop of salsa. Heat it up and enjoy! Enjoy with sugar snap peas on the side.

NO-MORE-BORING SALAD

Top 3 cups of dark, leafy greens with any of the following to add tons of pizzazz and flavor that you will look forward to: 1) Some form of protein, like canned tuna, chicken, chopped bacon, 2 hardboiled eggs, or any other meat source you like. 2) Next, add some sort of healthy fat, like 1/2 a chopped avocado, 2 Tbsp. of guacamole, 5 to 6 chopped olives, 2 Tbsp. of feta or crumbled goat cheese, a 1/4 cup of pumpkin seeds or sunflower seeds. 3) Finally, add some more flavor: artichokes, pepperoncinis or pickles, and capers. Salsa makes a nice salad dressing as does the Greek yogurt ranch dip mentioned in the cook day suggestions. Also, top with as many raw veggies and even leftover roasted veggies as you like!

VERY VEGAN VEGGIES

At 400 Fahrenheit for about 20 to 30 minutes, roast cauliflower, broccoli, and asparagus. Toss those with roasted sunflower seeds and olives in a bowl. Mix the following for dressing: 1 Tbsp. cumin, 2 Tbsp. nutritional yeast, 1/4 cup lemon juice, 3 Tbsp. olive oil, sea salt, and black pepper.

DINNER



MEAT AND VEGGIES

Grilled 4 oz. of lean steak, chicken, or fish, seasoned with sea salt and black pepper.
Add a generous helping of grilled zucchini or any other veggies you would like.

STACK BURGER AND FRIES

Grill a burger patty, seasoned with whatever seasonings you like, and get creative with toppings as you experiment with this plan's protocol. A slice of bacon, fried egg, slices of avocado, onion, slice of raw cheese, tomato slice, mustard, pickles – just don't use buns! Serve alongside oven fries. Chop palm-sized potatoes into fry shapes, toss with olive oil, sea salt, and pepper. Bake at 425 Fahrenheit until golden brown and crispy on the outside (but soft in the center)! Also, roast whatever other veggies you want and have those too.

If you order out, you could also order a burger with no bun but keep all the fix-ins. Opt for a side salad rather than fries when eating out.

GARLICKY BUTTERY SHRIMP

Preheat oven to 375 degrees Fahrenheit. Add 1 Tbsp. of minced garlic and 2 tsp. of unsalted natural butter to a glass baking dish and toss in uncooked peeled shrimp. Cook until shrimp is pink – about 8 minutes – then mix in 2 cups of spinach so it can heat and wilt and finally, serve with side salad.

VEGAN RICE AND BEANS

Palm-sized amount of rice mixed in with a palm-sized amount of beans, topped with a little avocado and salsa and unlimited non-starchy veggies. Of course always sea salt and pepper to taste.

SEAFOOD AND VEGGIES

Steam crab legs or cook any other kind of seafood and roast asparagus at 425 Fahrenheit (tossed with a little butter) 10 to 15 minutes or until its crispy on the outside and soft on the inside. Then add sea salt and black pepper. Serve alongside salad with chopped veggies and hummus for dressing!

NO-PASTA PASTA

Sauté chopped chicken in organic butter. In another skillet, sauté frozen broccoli and cauliflower. Cook until broccoli is bright green, then mix chicken and veggies together and top with your favorite low-sugar pasta sauce and some shaved or grated Parmesan. Serve with a side salad with balsamic vinegar for dressing.

Try to avoid sweetened beverages like lemonades, juices, sodas, and beer. They're full of empty calories and sugars that will expand the waistline. These sugars are also harmful to detoxifying the body.

SNACKS



Eat snacks as needed, but generally eat them 3 to 4 hours apart from meals. Try to drink as much water in between meals as possible. You can also try the apple cider vinegar detox drink, a natural pick-me-up in the afternoon: 20 oz. of water, 1 cap full of apple cider vinegar, fresh squeeze of lemon, and sweeten with stevia for a sweet drink! This will be a nice thing to balance blood sugar throughout the day.

- 1** One square of dark chocolate, 80 percent or higher with 1 Tbsp. of coconut oil or coconut butter on a spoon.
- 2** Two oz. of smoked gouda, Nitrate-free beef jerky or beef stick and sugar snap peas.
- 3** Raw veggies and dip. Any raw veggies you like dipped in 2 Tbsp. of guacamole (vegan) or a 1/4 of French onion packet mixed in 1 cup of plain Greek yogurt!
- 4** Half a cup of canned full-fat coconut milk mixed with 1 scoop of vanilla protein powder and cinnamon. Great for gut health.
- 5** Half a scoop vanilla protein powder mixed with 1 cup plain Greek yogurt. Add in some berries or eat by itself – a decadent sweet treat!
- 6** Protein shake. Blend 1 scoop vanilla protein powder, handful of frozen fruit of choice and water and ice.
- 7** Olive skewers. Stick grape tomatoes, raw cubes of cheese, olives, and basil leaves on toothpicks or wooden kabab sticks. Drizzle with balsamic vinegar. Quick and easy!

MORE RECIPES TO TRY

LEMON-Y CUMIN SALAD DRESSING

One-fourth cup lemon juice (to taste), 1/4 cup olive oil, garlic, cumin, sea salt, and black pepper mixed in shaker bottle. Use 2 Tbsp. for dressing or dip!

HEALTHY PROTEIN PANCAKES

Mix 1 egg, a 1/2 cup of gluten-free oats, 1/2 cup of plain Greek yogurt, a dash of cinnamon, and a little water if needed in a blender. They cook just like regular pancakes! Top them with 1 Tbsp. of melted coconut butter or almond butter. This makes one batch, so double or triple it if you want to make these pancakes for the rest of the week.

CHOCOLATE COVERED STRAWBERRIES

Melt 80 percent dark chocolate pieces over low heat on the stove or in the microwave, then dip strawberries in it. Let them harden in the fridge, then enjoy!

KALE CHIPS

Cut stems from kale. Then massage 1 bunch of kale with a bit of coconut oil. Sprinkle with sea salt and black pepper (option to add nutritional yeast to make them “cheesy”) and bake at 350 Fahrenheit for about 10 minutes until kale is crispy!

STIR FRY SHRIMP AND VEGGIES

Sauté some shrimp with 1 Tbsp. coconut oil or toasted sesame oil. Add 1 bag of frozen mixed vegetables in a separate skillet. Stir fry until cooked and sprinkle with 2 Tbsp. of sesame seeds, sea salt, and black pepper. Put it in a bowl over 1/2 cup white rice if you like and chow down!

ALMOND BUTTER ENERGY BALLS

1 CUP UNSWEETENED ALMOND BUTTER
1 CUP GLUTEN-FREE OATS
1 SCOOP VANILLA PROTEIN POWDER
SHREDDED UNSWEETENED COCONUT
STEVIA
SEA SALT

Mix almond butter, gluten-free oats, dash of stevia, pinch of sea salt, and protein powder together in a large mixing bowl. Form balls by hand. Add more almond butter if they're too dry or add more protein powder if they're too sticky. Then pour out some coconut on a plate and dip each ball in coconut and chill until ready to eat! High in protein and delicious, but remember: 2 balls are a serving.

DINING OUT DELICIOUSLY

STRATEGIES AND TIPS FOR EATING OUT

Just because you're eating well doesn't mean you can't eat out with friends, family, or for business. Our culture embraces eating out, so it's going to be impossible to avoid. Keeping in mind our culture's fast-paced, restaurant-friendly society, here are some strategies to remember to allow yourself the freedom to indulge while out and about without packing on the pounds. You may even lose a few!

1 Check (online menus) yourself before you wreck yourself. Before trekking to pick up lunch somewhere, look at the menu online to see what gluten-free, plant-based entrées the restaurant offers. But don't set yourself up for disappointment! Make sure your restaurant of choice has a few things you would enjoy just in case they're out of something or no longer carry a certain menu option.

2 Don't be a chicken. Just order one as a substitution! Perhaps someone has chosen a restaurant that doesn't offer the food combinations you desire. Simply take note of all the sides and entrées available and order an alternative based on the given selection. For example, ask for a burger with no bun and see if you can order the side of roasted veggies instead of the fries. Or if you notice they have both chicken tenders and a side salad, ask to have the chicken tenders on or alongside the side salad. Most all dining establishments will be happy to cater to your needs.

3 Pick sides. When all else fails, check out the sides and appetizers menu. Most of the time, ordering several sides or small plates will fill you up. For example, maybe a restaurant offers a side of hummus and veggies, a side of steamed asparagus, and an appetizer of steamed mussels. Order all three for a healthy, macro-balanced meal (not to mention delicious) meal. If the menu doesn't list sides, simply ask.

4 Simplify your salads. Most dining venues will offer salad options, yet most salads have such a vast array of different toppings on them that they tend to carry more chemicals and calories than the greasy cheeseburger and fries. Make sure to mention you do not want any of the following:

- Croûtons, breadsticks, or tortilla strips
- Dried fruit of any kind
- Candied nuts (regular nuts and seeds are fine)
- Yellow cheese (most contain gluten)
- Fried or tempura-battered meats

5 Quit wining or at least try to minimize it. When alcohol is consumed in any amount, it's immediately metabolized by the liver. It's not used for energy, leaving all the food we consume along with it to be stored rather than metabolized, which makes alcohol problematic for those trying to lose weight in their midsection. Even more, alcohol induces cravings for sugary foods and processed carbohydrates, leading to more health issues and weight gain. It also lowers your inhibitions, so not only are you craving sugary carbs, you're not stopping yourself from indulging in them, either. But again, moderation is key. During the 21 days, avoid alcohol if possible or save alcohol consumption for special occasions. Stick to one drink, nurse it for a while, then opt for sparkling water, club soda, or plain water with lime after that.

HYDRATE RESPONSIBLY

Water is a key component of proper nutrition, but there is a right way and a not-so-right way to do it. Contrary to popular belief, drinking cold water with your meal can actually diminish digestion and cause discomfort, gas, and bloating later on. The best way to sip water with meals is with a hot or warm cup of water with lemon to increase stomach acid production, keeping that stomach stew pot boiling to digest your meal. Cool or cold water should be consumed one hour before or after meals or in between meals. Hot herbal teas are also a great beverage to sip at meals as is black coffee (as long as it's not too late in the day which could affect your sleep later). But no matter what time of day, try to avoid soda, juice, and iced tea as the chemicals, sugar, and über cold temps can halt digestion. Plus, they contain excess sugar and calories that can result in fat gain instead of fat loss.

STAY GLUTEN-FREE FOR EVERY FOOD GENRE

Mexican. Ask for fajitas with your favorite meat or veggie source. No tortillas or sides like beans and rice, though. Instead ask for a side salad and guacamole for dressing.

Thai. Many offer curry dishes, so you could request a healthy meat, rice, and veggie in coconut milk to the curry's with sugar-laden ingredients. Satay (grilled meat skewers) and a salad would also be a good option.

Indian. Watch out for Korma, Biryani, and Tikka Masala type dishes. Rather, choose Tandoori, Saag, Rogan Josh or some healthier sides like chickpeas, stir fries, and roasted veggies. Ask the server if they can cook your meal in ghee rather than oils.

Italian. Say Ciao for now to the bread and breadsticks and opt for a fish dish with a side of veggies of your choice or perhaps a Charcuterie plate instead. These two dishes are actually more traditional than even spaghetti.

Pizza. Most pizza places offer salads, so get a salad with pizza toppings you enjoy from the In Crowd (pages 5 and 6). All the flavor without the guilt!

Chinese. Generally speaking, General Tsao is out and steamed meat and veggies are in. Ask that they do not cook your dish in any sauces or oils unless they have butter on hand. Or simply ask for everything steamed!

Breakfast diners. Nothing wrong with eggs and bacon, just avoid the toast and jam. Pancakes are out as well, but omelets are in. Sides of cottage cheese and a small bowl of oatmeal are also an acceptable choice — just beware of the sugar and raisins they may bring out with the oatmeal.

Fast food. Think outside the norm. Local grocery stores and natural markets often have fresh salad or hot bars. You can build your own salad, grab some roasted or steamed veggies, and a meat or vegan protein source, like a chickpea salad. Other options include a container of hummus and pre-cut veggies, a small container of deviled eggs, a bag of sugar-snap peas, nitrate-free beef jerky, baby carrots, or perhaps a quick dinner option of rotisserie chicken and bagged salad to take home and throw together.

WHEN ALL ELSE FAILS, FAST INSTEAD

There's nothing wrong with going out to eat with a group and ordering water or coffee only, using the meal as an opportunity to intermittent fast. [According](#) to the Canadian Medical Association, intermittent fasting, which means going non-consecutive meals throughout your week without eating, can actually set the stage for your body to clean house through a process called autophagy. During autophagy, damaged cells are cleared out to make room and energy for a regeneration of new, healthy cells. For example, eat balanced, plant-based meals throughout the course of your day every 3 to 4 hours, and then at dinner you decide to just order club soda and indulge yourself in good conversation instead.

Please consult your physician before implementing any meal plan or nutrition program. This meal plan is for educational purposes only and should be not viewed as medical advice. Jodelle Fitzwater makes no claims of curing any health issue, but does know and has seen firsthand the benefits of nutrition for optimal health and wellness!

