



## **Diva-licious Nutrition Guide**

We're on a mission to help you get healthy, right now. (Yes, it's our mission!) And to do this, we're giving you simple yet practical nutrition solutions that will help you get more out of your training sessions. Our diva –licious nutrition guide contains a variety of tips and recipes along with TrainerDiva's No Excuses Move of the Day - all proven to help you achieve your fat loss goals.

Over 70% of weight issues in America are due to the inability to eat in moderation, make smart food choices and eat foods which fuel our metabolism throughout our day. There is no such thing as a good diet, diets simply don't work! It's a lifestyle choice, one that doesn't just happen overnight. So let's get started on a journey to a healthier you...

# Contents

|                              |           |
|------------------------------|-----------|
| <b>Recipes.....</b>          | <b>3</b>  |
| <b>Guidelines.....</b>       | <b>6</b>  |
| <b>Tips.....</b>             | <b>7</b>  |
| <b>Snack Ideas.....</b>      | <b>11</b> |
| <b>No Excuses Moves.....</b> | <b>12</b> |



## **Sassy Black Bean and Corn Salsa**

**Stuck for a great appetizer? Try our Sassy Black Bean and Corn Salsa for a healthy, low-fat, protein enriched appetizer for your next party!**

1 Can Black Beans  
1 Can Whole Kernel Corn (reduced sodium)  
1 Cup of Red or Green Bell Peppers (chopped)  
1/2 Large Red Onion Diced  
1 Handful Chopped Cilantro  
Lime Juice  
Pinch of Salt & Pepper  
Dash of Tabasco (optional)

Mix the above ingredients together, then add a dash of lime juice, salt, pepper, and if you'd like an added zing, try adding Tabasco sauce. Enjoy this low-fat snack loaded with protein and fiber along with a side of whole grain chips- GUILT FREE!



## Spicy Diva Hummus

- 1 – 29 oz can of Chick Peas
- 2 to 3 – cloves of garlic (peeled)
- 2 tablespoon olive oil
- Dash of lime (or lemon) juice
- 1/2 teaspoon of ground black pepper
- Dash or two of crushed red pepper (optional)

After draining chick peas, pour into food processor along with remaining ingredients. Add crushed red pepper for a spicy version! This recipe takes less than 5 minutes for a healthy, protein enriched, low fat snack. Eat with multigrain chips, wheat thins, or whole grain pita chips. You can also spread this on a sandwich.

**1/2 cup serving size:** approximately 125 calories, 6 grams of protein, 25% Iron



## Papaya-Berry Yogurt Parfait

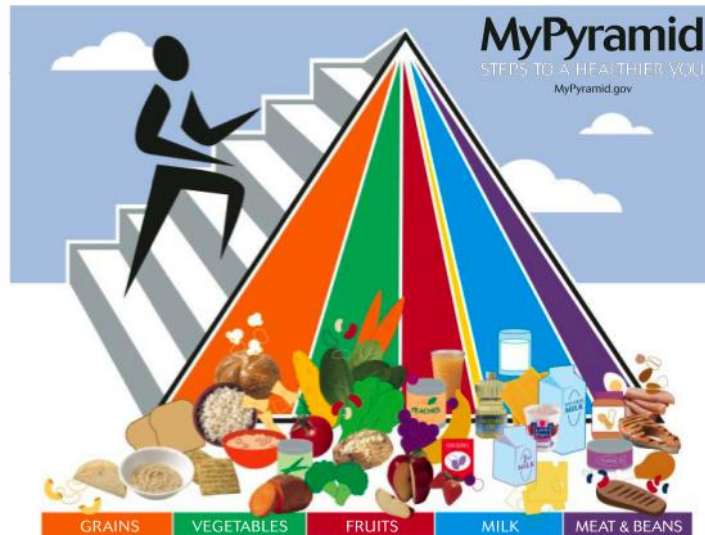
3 containers (5.3 ounces each) plain nonfat Greek yogurt  
5 tablespoons honey  
1 1/2 teaspoons grated lemon zest, plus 1 tablespoon juice  
1 papaya (1 pound), peeled, halved lengthwise, seeds discarded, cut into 1/2-inch cubes  
1 package (6 ounces) fresh blackberries  
1 package (6 ounces) fresh raspberries  
1/4 cup chopped fresh mint  
1/2 cup granola

In a small bowl combine yogurt, 3 tablespoons honey, and zest; set aside. In a medium bowl, add 2 tablespoons of honey and lemon juice, whisk to combine. Add papaya, blackberries, and raspberries and toss gently to coat. To serve: Spoon half the fruit and juices among 6 glasses or containers. Sprinkle chopped mint over fruit. Top with half the yogurt mixture and half the granola. Layer with the remaining fruit, yogurt, and granola.

**\*Makes 6 servings. Try separating into 6 containers and storing in your fridge. Voila! Healthy snacking for 6 days.**

Per serving: 164 calories, 5 g protein, 1 g fat, 38 g carbs, 5 g fiber

# General Guidelines for Nutrition



**We all learned about the food pyramid in grade school. So why is it that once we're all grown up, people seem to forget about the very basics of nutrition?**

So much attention is put on fad diets that all just contradict each other and cut out crucial parts of a well-rounded diet. Our country has such a problem with obesity not because people are eating carbs (you know, since carbs are evil...) but because they're eating processed, fake food. The food pyramid breaks it down and tells us exactly what fuel our bodies need on a daily basis. How much easier can it get?

**Grains:** Make half your grains whole; eat 6 oz. every day

**Vegetables:** Vary your veggies; eat 2.5 cups every day

**Fruits:** Focus on fruits; eat 2 cups every day

**Milk:** Get your calcium-rich foods; get 3 cups every day

**Meat and Beans:** Go lean with protein; eat 5.5 oz. every day

*Know the limits on fats, sugars and salt (sodium). Make most of your fat sources from fish, nuts and vegetable oils. Limit solid fats like butter.*

*Keep saturated fats, trans fats, and sodium low.*

# Every Diva Should...

## Read Labels.

The first information you should look at on a food package is the ingredients list. It's important that you look past calories and fat; the ingredients in your food matter even more. The list of ingredients provides you with the key information about what you're eating. **If you don't recognize or can't pronounce the ingredients, chances are they're not good for you.**

## Hydrate Often.

Surely you know that dehydration can be a problem during the summer months, but many people don't realize that it can happen in the winter too. What's more, you may think you're hungry when you're simply thirsty, which can lead to taking in more calories than you need. To prevent dehydration, drink plain tap or bottled water throughout the day. Or, if you like, have some unsweetened hot or iced tea.

## Splurge Sometimes.

If you don't allow yourself to partake in some treats now and then, you'll likely feel deprived and eventually overdo it on what you think is "forbidden fruit." Everyone's entitled to indulge once in a while – the key is savoring it and enjoying it in moderation. One thing to keep in mind – just because you worked out, doesn't mean you're entitled to extra treats.

# Break[ing the]Fast



We all know that breakfast is the most important meal of the day, right? Just eating breakfast in the morning will help boost your metabolism (it sleeps while you sleep!) and keep you from pigging out at lunch. So it's no wonder that breakfast eaters tend to lose more weight. **But, that doesn't mean to go crazy on portion sizes in the morning: a big breakfast may backfire.**

Studies have found that people who ate larger breakfasts didn't experience any greater energy level or a so-called hunger-blunting affect throughout the day compared to those who ate light breakfasts. And, the bigger breakfast eaters consumed 400+ more calories each day.

**The bottom line: Breakfast is healthy, but make sure you're eating some lean protein and whole grains, and try to keep your morning meal under 300 calories.**

# MMMM... Snacks



Snacking is such an important part of your day. You should never go more than 3 to 4 hours without eating, especially if you're working out in between meals. Here's some helpful tips to make snacking a healthy part of your day:

**Portion it out.** Divide your snacks up into plastic baggies (easy for on-the-go snacking!). This way, each bag can contain one serving.

**Snacks vs. Treats.** Know the difference! Snacks have nutritional value. Treats are usually full of “empty” calories, meaning they really don't add anything good to your diet. Ice cream, candy, and other “treats” should only be eaten every once in a while, not twice a day.

**Keep it between 150-250 calories.** That may seem small, but if you're eating nutritional, filling foods, it's pretty easy to stay below that 250 calorie mark. Snacks should not replace meals!



## **Your Blend of Spices for a Health Boost**

**Did you know that one of the healthiest things you can do when it comes to your nutrition, is to add herbs and spices to your foods?** Spices are nature's natural medicine cabinet! Sprinkling some on everyday foods adds flavor and a boost of health. Why not add more spice to your life?

**Cinnamon:** Can stabilize your blood sugar, helping you feel full longer and yes, help with weight loss!

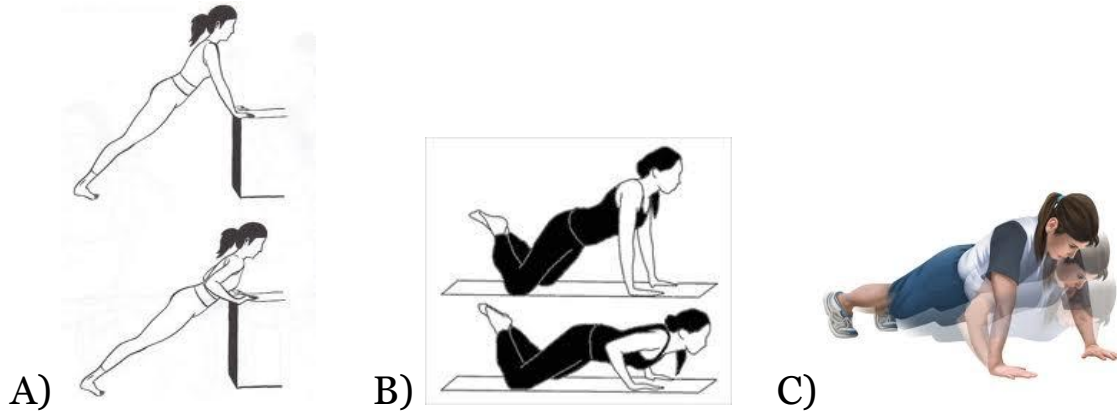
**Oregano:** Did you know that a sprinkling of oregano on your pasta or sandwich can deliver up 42 times the antioxidants that apples have. Wow, right?

**Other favorite spices:** Turmeric (put it in soup—researchers believe it has cancer-fighting properties), nutmeg (tastes good in pasta dishes (really) or sprinkled on any squash dish, and thyme (made for chicken).

# **10 Healthy, Diva-licious Snack Ideas**

- 1. Greek yogurt with berries (or try our Papaya-Berry Yogurt Parfait)**
- 2. Apple slices w/ peanut butter**
- 3. Veggies and Spicy Diva Hummus**
- 4. 1/2 oz 70% dark chocolate and 4 almonds, sliced**
- 5. 1 tsp. peanut butter and 11 mini whole grain pretzel sticks**
- 6. 1 oz. roasted pumpkin seeds**
- 7. 1 cup fresh or dried apricots**
- 8. Whole fruits**
- 9. Raw vegetables**
- 10. Whole grain crackers and low fat cheese**

# No excuses move of the day #1 PUSH-UPS



Push ups are one of the best sculpting exercises for the upper body!

For all Beginner Divas, use your counter top (Figure A) or your steps. Intermediate Divas should try to do an assisted pushup on your knees (Figure B). If you've graduated to the Advanced Diva status, go into a full pushup (Figure C).

Now, drop and give me twenty!  
(Do 2 or 3 sets of least 10, 3x a week)

## No Excuses Move of the Day #2 Triceps Dips



Ok ladies, get ready to lose that jiggle that makes every woman cringe! You know the place we're talking about- the too often neglected triceps.

All you need for dips is a sturdy chair, steps, or bench. If you're a beginner, start with your feet closer to your body. The more advanced you are, the further you can move your feet from your body. The further your legs are out, the more body weight you will be lifting with your arms.

\*If you're seriously advanced, try it with your feet up on a stability ball!

Do 2 to 3 sets of 8-12 reps, 3x a week

# No Excuses Move of the Day #3

## Squats

**TRAINERDIVA**



A)



B)

The squat (Figure A) – so simple, yet so effective. When performing a squat, you are using your own body weight. Make sure your knees stay in line with your ankles and do NOT go past your toes. Act as though you are going to sit in a chair behind you. Keep your chest up and your back straight. Focus on squeezing your glutes when pushing up out of the squat.

A great variation of the squat is the prisoner squat (Figure B). Hold your hands behind your head and squat with legs slightly wider than shoulder width apart with your toes pointed forward. The position of your arms in the prisoner squat changes the balance of your body and therefore changes the distribution of your weight.

## **No Excuses Move of the Day #4** **Planks**



Planks are one of the best moves to strengthen your entire core. To perform a correct plank, keep your belly button pulled back toward your spine and push your hips down so your entire body is in a straight line. If that is too advanced, try lifting your hips to the ceiling to avoid lower back pain or come up onto your hands rather than your forearms (making sure your hands are directly in line with your shoulders).

Hold for as long as you can! Start with 15 seconds, rest for 10 and repeat 4 times. Work up to holding it for a minute or more .