



A guide to KICKING YOUR CARB ISSUES

THE FEMALE FIT CLUB | MARABETH LUND

A guide to KICKING YOUR CARB ISSUES

THE FEMALE FIT CLUB | MARABETH LUND



Hey I'm Mara,
I'LL BE YOUR GUIDE

"There's no greater teacher than experience"

Isn't that the truth! The way I lost 60+ pounds and found more self-confidence was by discovering the feeling of **empowerment through my healthy choices.**

Learning about the food I was eating, and my body, helped me gain pride while choosing nutritious foods and making it easier to want them. I want that for you as well!

When you can feel pride instead of feeling deprived on your path to your goal it gives your healthy lifestyle longevity!

A guide to **KICKING YOUR CARB ISSUES**

THE FEMALE FIT CLUB | MARABETH LUND



Inside this guide:

- What are carbs?
Understanding carbohydrates, especially grains and how our body processes them.
- Why willpower is not the answer & the science behind it.
- What to look for when shopping and examples of food labels.
- Tips on switching to whole grains / complex carbs & getting your family on board.
- Building a healthy plate. Discover how and when to eat carbs to fuel your body and cut cravings.
- QUICK TIPS & RECIPES



A few things before we start:

- **Make sure to watch the linked videos.**

These will have a red play button but will open in another browser. This is where you will find my explanation on the topic.

After a video finishes: make sure to return to your guide. There are a total of 46 pages including examples of food labels and recipes at the end!

- This information is based on my own research and experiences. I am not a doctor, or medical professional, and nothing I share should be used as personalized medical advice. This guide is for informational purposes only and should not replace advice or treatment from your doctor. Please talk to your personal dietitian or doctor about what foods may be right for you.
- Any improvements or updates to this guide will be emailed to you.



Let's get STARTED



What are carbs?

Understanding carbohydrates & grains.

Carbs get a bad reputation. Let's change that!
Let's dive in and get a closer look at them



[CLICK TO PLAY 8:11](#)

Reminder: Return to the guide after the video

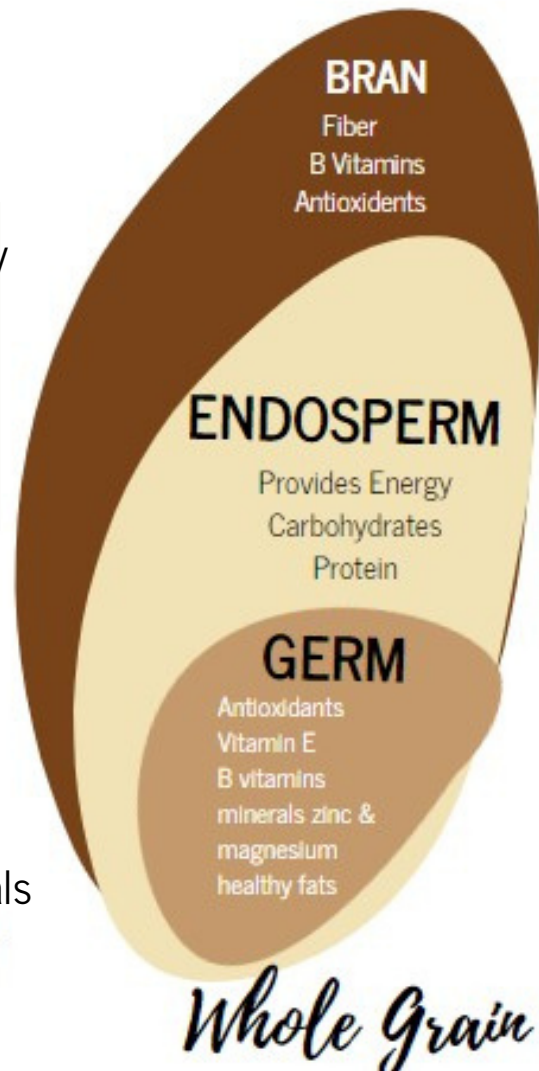
Carbohydrates

SIMPLE CARBS

- The body processes them quickly
- Quick usable energy
- Makes us hungry quicker
- Lacks nutrients

COMPLEX CARBS

- The body processes them slower
- Slow released energy
- Keeps us fuller longer
- Has vitamins, nutrients, & minerals



Stripping away parts of the whole grain turns a complex carb into a simple carb.

When the bran and germ of the grain are gone, so are most of the vitamins, and nutrients.

When eaten the body will quickly process what's left into glucose (sugar) to use as energy. If that energy is not used it gets stored in our body to be used later.

START TO: *become aware*

Start to notice WHAT KINDS of carbs and grains you're eating. Notice this WITHOUT JUDGMENT! What is in your typical daily diet and what category do those carbs fall in to?

STARCHY CARBS

Examples of common **simple carbs** (processed quickly)

- Bread/Pasta that is not 100% whole wheat/sprouted grain
- Bagels, muffins, flour tortillas
- White Rice
- Cakes, and pies with Enriched White Flour
- Cereal bars
- Most Cereals
- Crackers (depending on the kind)
- Pretzels
- Processed products with a lot of sugar (sodas/juices)
anything with an abundance of sugar will be high in carbs.

Some Examples of **complex carbs** (processed slower)

- Sweet potatoes
- Brown Rice/ Brown Rice Pasta
- Beans / Legumes
- Quinoa
- Whole Grain Bread/ Pasta
- Oats, oatmeal, rolled oats
- Whole-grain sorghum
- Buckwheat
- Millet
- Whole-grain barley
- Whole grain wheat

🍊 Why willpower is not the answer & the science behind it!

Do you ever feel like you have no willpower when it comes to certain carbs or sugary treats?

It's really not your fault! It's science.

Here I'll explain how these types of foods are processed in our bodies and the changes that happen to us physically and mentally.



[CLICK TO PLAY 6:30](#) Reminder: Return to the guide after the video

START TO: *notice how you feel*

When eating certain things start to pay attention to
HOW YOU FEEL & IF CRAVINGS FORM

take notice of your plate:

Do you have a combination of carbs, protein, and healthy fats, or is your plate imbalanced with a majority of carbohydrates?

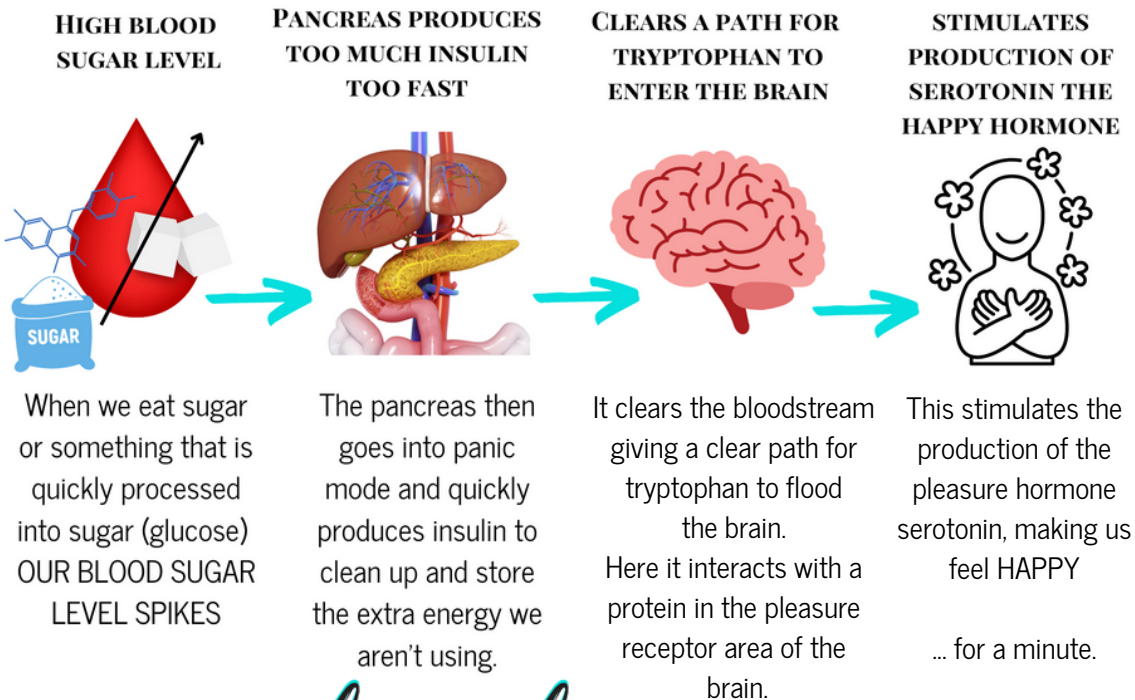
Eating a combination of foods at the same time is key to preventing cravings and the highs/lows of your blood sugar levels.

Remind yourself of the visuals on the next page and what I talked about in the video.

Start to fuel your body in a way that HELPS you eliminate the cravings instead of fighting against them!

Why we feel joy eating something sweet

THE SCIENCE BEHIND BLOOD SUGAR LEVELS, FEELING JOY, AND CRAVINGS





What to look for when shopping and examples of food labels.

We now know the difference between complex carbs and simple/refined carbs, especially in regard to grains. We also know how each impacts our blood sugar level.

So let's get to know what to look for when shopping.

Certain carbs like the ones listed below are straightforward. They are mainly items without packaging or an ingredient list, kept whole, and are not highly processed.

- | | |
|--------------------|-----------------------|
| ■ butternut squash | ■ carrots |
| ■ acorn squash | ■ peas |
| ■ turnips | ■ yams/sweet potatoes |
| ■ beets | ■ chickpeas |

With foods & carbs like these, you know they still contain their original vitamins, minerals, and fiber that will help nourish our bodies.

I find the confusion sets in when we start looking at the carbs that come with a nutrition label. Things like different breads, pastas, or crackers, can get confusing.

LET'S DIVE IN AND DISSECT A FEW LABELS.

First thing to notice:

When looking at the ingredient lists, notice if it lists the grain as **WHOLE**.

If it doesn't say WHOLE WHEAT or WHOLE GRAIN it means that the grain is NOT WHOLE. It has been stripped away of the bran, and the germ, along with the nutrients inside those parts of the grain.

That's not necessarily bad, or bad for you, it's just means that your body will process it quicker because it has less fiber and nutrients.

Thus, creating the rise and fall of your blood sugar level even quicker if not consumed along with a good amount of protein and/or fiber.

Lets go over some examples and look at food labels

Pasta EXAMPLES



INGREDIENTS: WHOLE DURUM WHEAT FLOUR. CONTAINS WHEAT.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container		Total Fat 1g	1%	Total Carbohydrate 38g	14%
Serving size 2 oz (56g / 1/8 package) dry		Saturated Fat 0g	0%	Dietary Fiber 4g	14%
		Trans Fat 0g	0%	Total Sugars 1g	0%
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 35mg	2%	Protein 7g	
		Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 80mg 0%			
Calories 200					

In these examples, both have 200 calories, but let's dive deeper and examine why calories aren't everything.

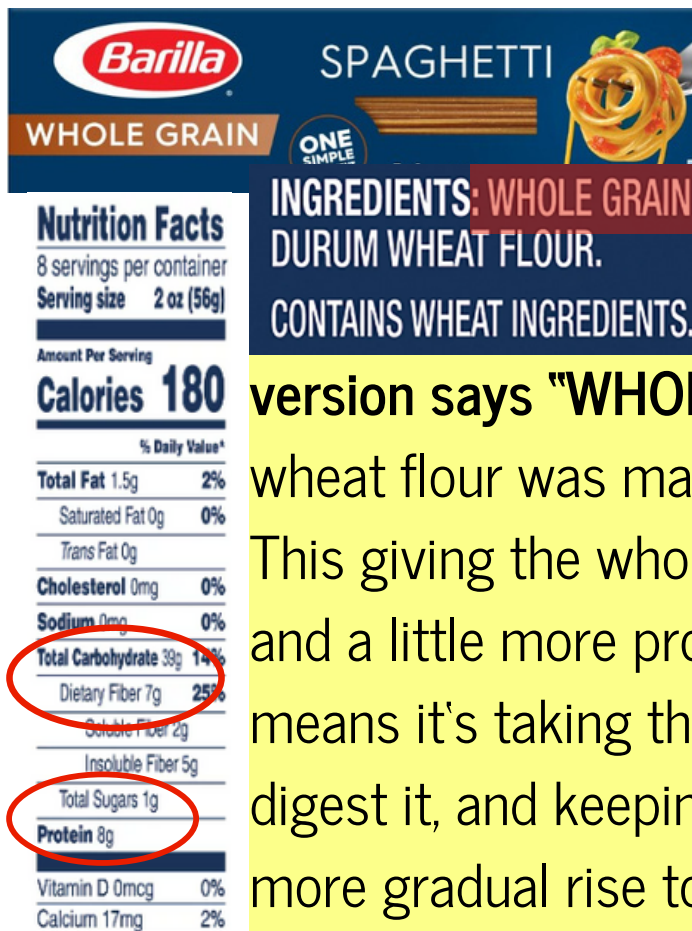


INGREDIENTS: SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. CONTAINS WHEAT. MAY CONTAIN TRACES OF EGGS.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
16 servings per container		Total Fat 1g	1%	Total Carbohydrate 42g	15%
Serving size 2 oz (56g / 1/16 package) dry		Saturated Fat 0g	0%	Dietary Fiber 2g	8%
		Trans Fat 0g	0%	Total Sugars 2g	0%
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 7g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0.8mg 10% • Potassium 110mg 2%			
Calories 200					

Here the **whole wheat version** has more fiber and less sugar.

Which will take longer to process in the body.



Barilla SPAGHETTI
WHOLE GRAIN ONE SIMPLE

INGREDIENTS: WHOLE GRAIN DURUM WHEAT FLOUR. CONTAINS WHEAT INGREDIENTS.

Nutrition Facts
8 servings per container
Serving size 2 oz (56g)
Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Soluble Fiber 2g	
Insoluble Fiber 5g	
Total Sugars 1g	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 17mg	2%

Here you'll notice listed in the ingredients they both have durum wheat flour.

However, the whole grain version says "WHOLE" meaning the durum wheat flour was made with the WHOLE grain. This giving the whole grain version more fiber and a little more protein per serving. This means it's taking the body a little longer to digest it, and keeping you fuller longer. With a more gradual rise to your blood sugar level.



Barilla SPAGHETTI 16oz

Nutrition Facts
Serving Size about 2oz (56g)
Servings Per Container: 8
Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Soluble Fiber 2g	
Insoluble Fiber 1g	
Total Sugars 1g	
Protein 7g	

Ingredients: Semolina (wheat), durum wheat flour.

Vitamins/Minerals: Vitamin B3 (Niacin), Iron, (Ferrous Sulfate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.

Contains wheat ingredients.

Not a significant source of added sugars.

This product is manufactured on equipment that processes products containing eggs.

What is Durum?

Durum is just another species of wheat.

Both durum and wheat are available in whole-grain or processed forms

What is Semolina?

Semolina a flour made from durum wheat

Pasta EXAMPLES

MADE FROM CHICKPEAS & DIFFERENT LEGUMES



Nutrition Facts				
4 servings per container				
Serving Size 2oz (56g) dry				
	Per 2oz Serving		Per 3.5oz Serving	
Calories	190	340		
	% DV*		% DV*	
Total Fat	3g	4%	5g	6%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	20mg	1%	40mg	2%
Total Carb.	35g	13%	60g	24%
Dietary Fiber	5g	18%	8g	29%
Total Sugars	1g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	11g	20%	20g	36%



CHICKPEAS

A type of legume. They offer a good source of plant-based protein, offering essential amino acids for muscle and tissue repair. They offer high fiber, helping to keep that blood sugar level more balanced, and support good digestive health. Vitamins such as folate, iron, and manganese are also found in chickpeas!

Pasta EXAMPLES

MADE FROM CHICKPEAS & DIFFERENT LEGUMES



INGREDIENTS:
RED LENTIL FLOUR.

Nutrition Facts			
About 4.5 servings per container			
Serving size		2 oz (56g)	
Amount Per Serving	per 2oz (56g)	per 3.5oz (100g)	
Calories	180	330	
	% Daily Value*	% Daily Value*	
Total Fat	1.5g	2%	3%
Saturated Fat	0g	0%	3%
Trans Fat	0g	0g	
Cholesterol	0mg	0%	0%
Sodium	0mg	0%	0%
Total Carbohydrate	34g	12%	22%
Dietary Fiber	6g	21%	39%
Soluble Fiber	3g	6g	
Insoluble Fiber	3g	5g	
Total Sugars	1g	2g	
Protein	13g	14%	25%



Ingredients

Lentil Flour, Pea Flour, Cauliflower Flour.

Nutrition Facts		Amount Per Serving	2 oz Serving	3.5 oz Serving	2 oz Serving	3.5 oz Serving
			% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Serving Size		2 oz (56g) Dry				
Calories		190	350			
2 oz Serving						
3.5 oz Serving						
Total Fat		0g	0%	1g	13%	63g 23%
Saturated Fat		0g	0%	0g	0%	6g 21%
Trans Fat		0g		0g		3g
Cholesterol		0mg	0%	0mg	0%	0g 0%
Sodium		15mg	1%	25mg	1%	23g 46%
Vitamin D		0mg	0%	0mg	0%	43mg 4%
Iron		3.1mg	15%	5.6mg	30%	470mg 20%
Total Carbs.						
Dietary Fiber						
Total Sugars						
Incl. Added Sugars						
Protein						
Potassium						

LENTILS

Another type of legume that is high in protein. Lentils also help improve and maintain heart health, support healthy blood sugar levels, improve digestive health and are a great source of protein, healthy carb, fiber, and rich in many nutrients.



INGREDIENTS

Semolina (Wheat), Durum Wheat Flour, Lentil Flour, Pea Protein, Chickpea Flour, Barley Flour, Spelt Flour

Vitamin & Minerals: Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid

Contains Wheat Ingredients

NUTRITION FACTS



Serving size: 2oz. (56g)

Servings per container: about 7

Amount / Serving	(% Daily Value*)
Calories	190
Total Fat	1g (1%)
Saturated Fat	0g (0%)
Trans fat	0g
Cholesterol	0mg (0%)
Sodium	0mg (0%)
Total Carb.	38g (14%)
Dietary Fiber	5g (18%)
Soluble Fiber	3g
Insoluble Fiber	2g
Total Sugars	2g
Protein	10g

Vitamin D	0mcg	0%
Calcium	16mg	2%
Iron	2mg	10%
Potassium	261mg	6%
Thiamin	0.5mg	40%
Riboflavin	0.2mg	15%
Niacin	5mg	30%
Folate	199mcg DFE	50%

Not a significant source of added sugars.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This pasta incorporates the wheat flour (not the whole wheat grain) BUT it also includes lentils, pea protein, chickpea, barley, and spelt.

With 10g of protein and 5g of fiber, it's a great option



Here is a great example of a complex carb pasta

BROWN RICE

still has the bran and germ parts of the grain that contain the fiber and nutrients.

The Nutrition Facts label is for 8 servings per container, with a serving size of 1/2 cup dry pasta (56g). The amount per serving is 200 calories. The label lists various nutrients and their daily values. A yellow oval highlights the Total Carbohydrate, Dietary Fiber, and Total Sugars section. Another yellow oval highlights the ingredients list below the label.

Nutrition Facts	
8 servings per container	
Serving size 1/2 cup dry pasta (56g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	

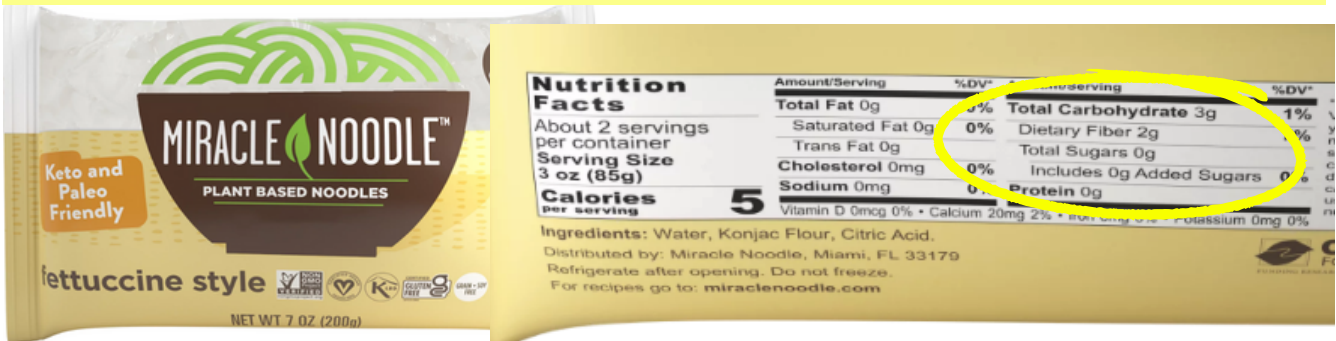
QUINOA

is a seed packed with protein. It's naturally gluten free, high in fiber, vitamins & minerals.



OTHER ALTERNATIVES TO TRADITIONAL PASTA:

These are low-calorie carbohydrates, but still contain some fiber and other healthy nutrients. Things like this will help add volume and bulk to your plate without the blood sugar spikes



Made with Konjac Flour: Flour made from the konjac plant native to southeast Asia.



Ingredients:
Sliced Hearts of Palm, Water, Natural Sea Salt, Citric Acid.



Hearts of Palm: the inner core of a certain species of palm tree.

Spaghetti Squash



Zucchini Noodles



Breads

When we look at carbs such as bread pay attention to the other ingredients listed.

Even if it says WHOLE WHEAT or WHOLE GRAIN, the other ingredients might make you want to pass.



Look for the word "WHOLE" in front of the wheat.

Remember that means they are using the whole grain (including the germ and the bran)

Sugar = do we need this in our bread?

Soybean oil = This can be ok in MODERATION. They have omega- 6 fats that cause inflammation in the body if consumed in abundance. Check how many other things you eat that use soybean oil. If not many, then no worries - if you see it a lot -cut back!



Vegetable Oil: This can be a variety of different oils, but is usually highly processed. These oils are cheaper and therefore used more often in our products. These highly processed oils create problematic inflammation within the body. They should be used SPARINGLY so take notice and if vegetable oils are in a lot of the things you consume CUT BACK.



Enriched Wheat Flour: This means the grain was stripped of the bran and germ with all its nutrients. They then added in certain nutrients that were lost during that process.

Natural Flavors: These can be ANY "flavor" that gets their flavor (or aroma) from a plant or animal source. It can be distilled, fermented, processed & manipulated in a lab.

The FDA does not require companies to disclose the ingredients of natural or artificial flavors on food labels.

MSG can be considered a natural flavor. MSG is a byproduct of a natural plant. MSG (monosodium glutamate) is an excitotoxin. It tricks our brain into wanting more and more of that item overriding any cues of fullness. Causing us to overeat and crave the product..



Nutrition Facts

8 servings per container

Serving size 1 bun (43g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 16g 6%

Dietary Fiber 15g 54%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

0%

4%

0%

0%

INGREDIENTS: BUN BASE (MODIFIED WHEAT STARCH, WHEAT GLUTEN, INULIN OR CHICORY VEGETABLE FIBER, OAT FIBER, WHEAT PROTEIN ISOLATE), WATER, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, DISTILLED VINEGAR, ASCORBIC ACID, FULLY HYDROGENATED SOYBEAN OIL, SORBIC ACID (MOLD INHIBITOR), CALCIUM PROPIONATE (MOLD INHIBITOR), ENZYMES.

CONTAINS: WHEAT

Hydrogenated oils: These are oils have had another hydrogen molecule added to them to make them more “shelf stable” and last longer. Good for the shelf life, bad for our bodies. This creates inflammation and build up in our arteries. We want to stay away from any hydrogenated or partially hydrogenated oils.



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, CULTURED WHEAT FLOUR, SALT, MONOGLYCERIDES, MONOCALCIUM PHOSPHATE, VINEGAR, SESAME FLOUR, ASCORBIC ACID, ENZYMES, SOY LECITHIN. TOPPED WITH WHEAT BRAN. 1806-082222
CONTAINS: WHEAT, SOY, SESAME.

Nutrition Facts

8 servings per container
Serving size 1 Bun (53g/1.9oz)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 0.7mg	4%
Potassium 130mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), CALCIUM CARBONATE, MONOCALCIUM PHOSPHATE, SESAME FLOUR, SORBIC ACID, SOY LECITHIN, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE). 681-081822
CONTAINS: WHEAT, SOY, SESAME.

Nutrition Facts

8 servings per container
Serving size 1 Bun (53g/1.9oz)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 4g	

Vitamin D 0.3mcg 0%	Calcium 40mg 4%
Iron 1.9mg 10%	Potassium 40mg 0%
Thiamin 0.27mg 25%	Riboflavin 0.17mg 15%
Niacin 2.2mg 15%	Folate 125mcg DFE 30% (65mcg folic acid)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Monoglycerides and/or Diglycerides:

the food industry started using these instead of trans fat. Trans fats are no longer recognized by the FDA as safe to use in food. Companies turned to these in replacement. **Mono and diglycerides may actually contain trans fat** but they are not required to be labeled as such. They are the byproduct of oil processing (which includes hydrogenated oils that contain artificial trans fat)

Trans Fats:

create plaque buildup in our arteries and cause inflammation. They increase your bad cholesterol, and they lower your good cholesterol.

*Always check the ingredients because industry standards only require the company to list any trans fats in the Nutrition Facts if it's over .5 per serving. So an item that is listed as 0 trans fats could still have .5 per serving and depending on how many servings you eat, and in how many products, you could be consuming more than you realize.

Not everything is harmful, certain things are fine in MODERATION, but that's the point, you have to make sure you're having them in moderation. If certain ingredients are found in multiple things you're eating throughout the day, and everyday... that is NOT moderation.

Ok lets look at some better examples

LOOK AT THE INGREDIENT LISTS:



INGREDIENTS:
WHOLE WHEAT FLOUR, WATER
CONTAINS LESS THAN 2% OF THE
FOLLOWING: SALT CULTURED WHEAT
FLOUR, YEAST.
CONTAINS: WHEAT

INGREDIENTS:
UNBLEACHED, UNBROMATED FLOUR,
WATER, HULLED MILLET, BROWN FLAX,
CRACKED BARLEY, CRACKED RYE,
CRACKED CORN, CRACKED WHEAT, RYE
CHOPS, SALT, CONTAINS LESS THAN 2%
OF THE FOLLOWING: CULTURED WHEAT
FLOUR, YEAST.
CONTAINS: WHEAT





Ingredients

Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Yeast, Organic Wheat Gluten, Sea Salt.

Just glancing at these ingredient lists, compared to the others, I bet you're breathing easier! So yes, Having a whole wheat or whole grain bread is nice, but it's not everything, **the other ingredients matter.**

fast shopping

Don't start thinking it will take you forever to shop now. Yes, looking at labels can be a little time consuming. However, once you find a brand that fits your needs and your budget you will be picking that one off the shelf just as quickly as you pick the one you do now.

How to switch from refined carbs to more whole grain carbs:

NOTHING SAYS YOU NEED TO
CHOOSE WHOLE GRAIN OVER
REFINED WHITE PASTA OR BREAD

THE FACTS ARE:

- #1 All carbs are energy. If the energy they provide is not used it will be stored in the liver, muscles, or fat cells.
- #2 Consuming them alone without other nutrients increases insulin at a fast pace and will spike blood sugar levels. This later causes them to plummet and spark cravings.

SO, THE REAL QUESTIONS ARE:

- #1 Do we need this energy right away?
How are we going to use this energy or are we ok with it being stored?
- #2 How can we slow down the process so we have a gradual rise in our blood sugar level (and a slower insulin release) so our body can process it without causing the crash and cravings?

THE ANSWERS:

- #1** If we do not require the energy, or are not going to use it right away, we can decrease the amount of carbs we are consuming at that moment. Increase the other nutrients on our plate instead.
- #2** This goes along with answer #1: To slow down the process, consume the carbs with other nutrients. Increase the fiber, protein, and healthy fats in the meal and keep the carbs in check, eating these first if possible. This will slow down the speed at which insulin is released to take care of the glucose (sugar) from the carb. Resulting in a more stable blood sugar level, and less cravings.

WAYS TO DO THIS:

Add in whole wheat and whole grain items that still have the fiber and nutrients of the bran and germ. Now there was no way I would be able to get my family to just switch over from white pasta to a whole grain or lentil pasta with a snap of a finger. So, here's what I did:

Slowly but surely

I slowly started adding more whole grain/whole wheat (and fiber-filled options) little by little. I incorporated this WITH the pasta and things we were currently eating.

Over time taste buds changed and I just kept increasing the more nutrient versions and decreasing the other. Start tipping the scales in your nutrition little by little and everyone wins.

EXAMPLES:

Start putting 1/4 pkg of whole wheat noodles in with 3/4 package of what you usually buy. Then start doing 1/2 and 1/2 keep increasing the whole grain each time you make that recipe. This will get your eyes and taste buds used to something different. Your family will be less resistant if it's less noticeable and done over time.

USED TO EATING

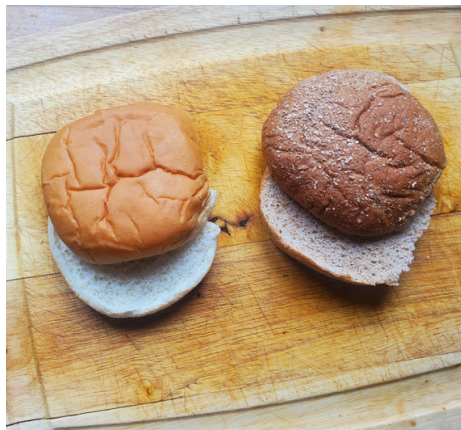


SLOWLY ADD IN
one of the many other options



Shhhhh..... they'll never know!

Instead of two packages of white buns, make one package a healthier whole wheat one. For your kids, put the burger on a whole wheat bottom and top with what you normally use. It will look the same but will offer a little more nutrition and start training their taste buds.



For yourself: Have this as a topless sandwich or make a burger bowl. Thus, decreasing the carb, increasing the fiber with the whole grain bun, while making the ratio of carb to protein better. We will discuss “food ratios” and building your plate next.

I hope you're realizing that

**CARBS ARE NOT THE ENEMY, AND YOU DON'T
NEED MORE WILLPOWER.**

IT ALL COMES DOWN TO:

1. What type of carb you're consuming
2. What you're eating **WITH** them (do you have a protein, some fiber, and/or a healthy fat to go with)
3. How much of them you're eating compared to how much energy you need

let's talk about #3



How many carbs should we be eating?

Now , if you've followed me for a while you may know I'm not one to count calories, weigh, or measure my food. Instead, I try to really listen to my body **WHILE EATING IN RATIOS.**

When viewing my meal

I SHOULD SEE:

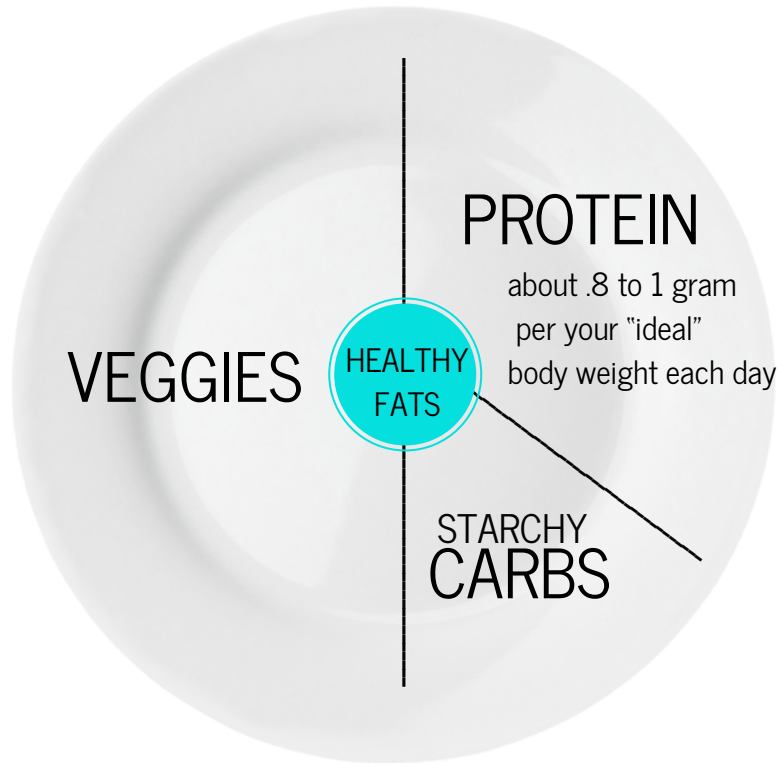
high **MOSTLY VEGGIES
AND PROTEIN
THEN CARBS
AND DRIZZLES OF HEALTHY FATS**
↓
low

No counting, no measuring, I just make sure my carbs are always paired with something else. **CARBS LIKE "FRIENDS" their friends are protein, veggies, & healthy fats.** I try to always have more veggies and protein than I do carbs on my plate.

WHAT DOES THIS LOOK LIKE?

BUILDING YOUR HEALTHY PLATE

Veggies, Protein, and Healthy Fats



high

Most: Veggies (fiber)
(broccoli, carrots, you know all the veggies)

Protein
(shrimp, scallops, beef, chicken, eggs, edamame, beans,
greek yogurt, cottage cheese, tofu)

Then: Healthy Fats
(cheese, hummus, nuts, seeds, olives, oils, butter)

& Starchy Carbs
(breads, pastas, crackers)

low

Finally: Sweets & Treats
(jams, cookies, cakes, pies)

EATING IN THIS COMBINATION WILL:

- ✓ Help Stabilize Blood Sugar Levels
- ✓ Extend Energy Release
- ✓ Balance Your Nutrient Intake
- ✓ Create Satiety & Fullness
- ✓ Improve Mood & Cognitive Function
- ✓ Reduce Cravings
- ✓ Help With Weight Management



I tend to eat most of my carbs earlier in the day rather than at dinner.

Carbs are great for energy, we do need them, but if they are not used they get stored (in our liver, muscles, or as fat). Since I don't need much energy after dinner or before bed, I keep those carbs for during the day when I can use that energy. Am I strict with that? NO, but I keep this as a general practice.

Building your Plate EXAMPLES

A GUIDE TO THE HEALTHY “UNBALANCED” PLATE



A PLATE OF SPAGHETTI

This has more pasta (starchy carb) than it does any other nutrient (protein, fiber, or healthy fat).

To change: add a protein like meatballs, ground beef/turkey, or chicken, maybe sprinkle with nutritional yeast. Add in veggies: substitute some of the pasta with zucchini noodles (or similar) and puree veggies in with the sauce. You could simply throw some spinach in there or have veggies on the side.



SHRIMP & FRIED RICE:

This looks like it has more rice than protein. The ratio of veggie, protein, and carbs are not going in the right direction.

To change: Replace SOME of the rice with cauliflower rice and/or the miracle noodle rice. Add in more veggies like zucchini, squash, or broccoli. Lastly, throw some more shrimp on there.



MIXED VEGGIES & MARINATED CHICKEN

This is a plate of mixed veggies with miracle noodles, black beans, and chicken, some seasonings, sauce, and cooked in avocado oil. Ratios look great! Lots of veggies, good amount of protein, and avocado oil as a healthy fat



ROASTED VEGGIES, BEEF & LENTILS

Half the plate is veggies, and then you have the protein of ground beef mixed in with the lentils, and a little cheese for healthy fat.



VEGGIE MIX WITH SALMON

Mostly veggies: spinach and other greens with thinly sliced cucumbers and bell peppers. Protein: nice piece of seasoned salmon Fats: cooked with a healthy butter and drizzled olive oil.



CHICKEN POWER BOWL

Great paring of all the good stuff. Veggies, Chicken, and Quinoa
Great combo of your nutrients and a good choice using quinoa

tips



Always ask yourself

"How can I get more veggies into this meal?"



Always do an open-faced sandwich so

your carb-to-protein/veggie ratio is better



If you're eating carbs ask yourself

"Where's my protein?"

Carbs like their veggie/protein as friends!

Now if you're having a donut I don't expect you to put some chicken on it. LOL However, just be aware that your blood sugar level will spike, so you will want to be prepared with protein to eat soon after (or ideally before) to help balance that out and cut cravings later.

**REMEMBER IT'S SCIENCE NOT WILLPOWER
SO WORK WITH THE SCIENCE!**

Recipes & Examples



EXAMPLES

Here are some examples of how you can pair protein with carbs & eat in a more balanced way:

Recipes & Examples

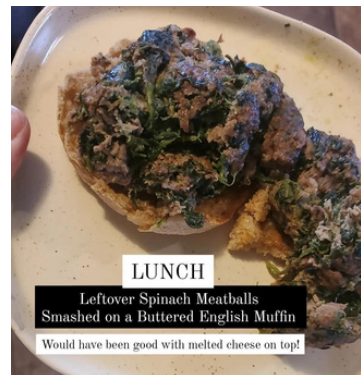
EXAMPLES: of how you can pair protein with carbs & eat in a more balanced way:



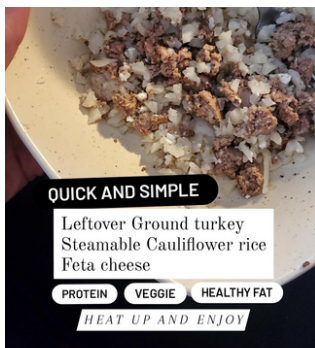
Waffles - Carb
Berry Greek Yogurt -Protein
Honey
Chia Seeds - Protein



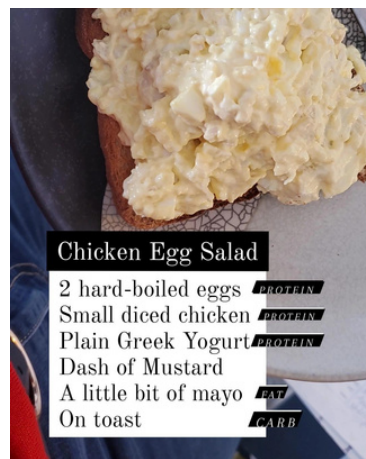
Making it open faced to get double the protein



Making it open faced to get double the protein



Mostly all Veggies,
Protein & Healthy Fat



Making it open faced to get double the protein
Ratio carb to protein is GREAT



Protein with a Carb
(I do prefer "lesser evil" brand pop corn)

Great Quick
Snack Combos:



Recipes & Examples



RECIPES

Here are some recipes from the
Female Fit Club Collection that
show how you can eat carbs in a
balanced way

Everything Protein Bagels

Recipe from a friend - thanks Cassandra!

Ingredients

- Whole Wheat Flour - 1 cup
- Unbleached White Flour - 1 cup
- Plain Greek Yogurt - 1 to 1½ cups
- Baking Powder - 1 TBS
- Everything Bagel Seasoning

Directions

1. Preheat oven to 375 F
2. Whisk together dry ingredients:
 - Both Flours
 - Baking Powder
3. Add Greek Yogurt - 1 cup
If consistency is too crumbly keep adding Greek Yogurt (probably close to 1.5 Cups)
4. Form into a ball of dough, separate into 6 segments
5. Form them into bagels.
6. Top with everything bagel seasoning (lightly push it into the dough)
7. Bake at 375 for about 20-30 minutes

Notes

This is a great way to add some protein in with your carb.
Best fresh or toasted if having the next day.



Open Faced Grilled Cheese

Ingredients

- Bread - Whole Grain/wheat or Sprouted
- Cheese (I used Monterey Jack here)
- Any Veggies you would want on a sandwich
Here I used:
 - Spinach
 - Mushrooms
 - Tomatoes
 - Onions would have been good too!!

Directions

- Butter the bottom of the bread
- Add to pan on low/med heat
- Place cheese on top
- Cook Spinach & Mushrooms on the side of the pan while the cheese melts on top of the bread
- When mushrooms and spinach are cooked to desired liking place on top of bread and cheese
- Topped with sliced tomato

Notes

TIP: Making this an open faced sandwich gives you a better Carb to veggie ratio
Optional: add shredded chicken for protein.



Always Aim For Lots of Veggies

Female **FIT CLUB**
CREATING HEALTHY HABITS FOR LIFE

Pasta with Veggie Sauce

Ingredients

- Pasta of Choice: I used a brown rice & quinoa pasta
- Squash - 1 bag - frozen
- Sweet Potatoes - 1 large or 2 small
- Zucchini - 1
- Red Bell Pepper - 1
- Garlic - 1 bulb
- Cherry Tomatoes - hand full

Directions

1. Pre-heat oven to 400F
2. Chop all veggies and place on baking sheet
3. Drizzle olive oil over veggies & sprinkle seasonings
4. Roast in oven for 30 min
5. Cook pasta
6. BLEND: Roasted veggies with 3/4 cup milk
7. Pour over cooked pasta

Notes

- Add cooked chicken if desired
- Add Spinach or Kale when combining with pasta for added nutrients

[CLICK HERE TO SEE HOW IT'S MADE](#)



Always Aim For Lots of Veggies

Female **FIT CLUB**
CREATING HEALTHY HABITS FOR LIFE

Burger Bowls

Ingredients

- Burgers: Beef, Turkey, or Veggie Burgers
- Lettuce
(any leafy greens you like for a salad)
- Tomatoes
- Ketchup
- Mustard
- Relish (or pickles)
- Shredded Cheese

Other Options:

- Onions
- Thousand island dressing
(mix of mayo, ketchup, sweet relish)



Directions

1. Cook burgers as desired
2. Build your salad bowl:
 - Lettuce
 - Tomatoes
 - Ketchup, mustard, relish... anything else you wish
 - Top with burger and cheese!

Notes

You can also use a dash of Thousand Island dressing for a taste of a 'BigMac' salad.

Make your own with a little mayo, ketchup, and sweet relish.

KIDS USUALLY HAVE THEIRS ON BUNS & I ASSEMBLE A SALAD

PREP TIP: use leftover hamburgers from another night, or cook extra to have again.

[CLICK HERE TO SEE HOW IT'S MADE](#)

Creamy Tomato Basil "Pasta" & CHICKEN

Adapted from recipe on -goodful

Ingredients - MAKES 2 SERVINGS

- Chicken breast, diced - 1
- Zucchini noodles (or other)
- Cherry Tomatoes, halved - 1 cup
- Salt & Pepper 1½ teaspoon
- Garlic Powder - ½ teaspoon
- Dried Basil - 1 teaspoon
- Avocado oil - 1 tablespoon
- Minced Garlic - 2 tsp
- Chicken broth - ¼ cup
- Greek yogurt - ½ cup
- Parmesan cheese, grated - ½ cup



Directions

- 1. COOK THE CHICKEN:** Add to a large Skillet & Cook until chicken is no longer pink
 - Avocado Oil - drizzle
 - Chicken Breasts (diced)
 - Salt & Pepper & Garlic Powder- about 1/2 tsp each
 - 2. ADD IN:**
 - Noodles (if not zoodle or other veggie pasta - cook it first to package directions)
 - Cherry Tomatoes - 1 cup halved
 - Dried Basil - 1 tsp.
- .Cook for a minute & and remove from heat (place in a large bowl)

4. MAKE THE CREAMY SAUCE:

Add to the skillet

- Minced Garlic - 2 tsp - cook for 30 sec. before adding broth
- Chicken Broth - 1/2 cup

Reduce heat to LOW *Important if the skillet is too hot the Greek Yogurt will curdle, so allow it to cook down before adding it in.

- Greek Yogurt - 1/2 cup
- Grated Parmesan - 1/2 cup
- Dried Basil - 1/2 tsp

Mix until well combined

Add in chicken & noodle mixture - and serve!

Notes:

Prep baked chicken ahead of time so you can skip to step 2 on a busy night

Ready to implement changes?

TAKE YOUR HEALTH TO THE NEXT LEVEL!

I'm all about practical solutions for implementing healthy habits into your life.

JOIN MY VIRTUAL FIT CLUB!

access to:

- A growing recipe box
- Simple trackers
- My favorite workouts
- Tips on: Food, Fitness, & Motivation
- **My Private Facebook Group** where I hang out, give tips, help you implement healthy habits, and offer accountability in a group setting.

[CLICK TO LEARN MORE](#)



VIP PERSONAL SUPPORT

Looking for more accountability & guidance?

Work with me on a personal level:

For details and to see if I have availability click below

[CLICK TO LEARN MORE](#)



Let's stay connected follow me on:



click



click