

# The Ultimate Cheat Sheet For Weight Loss Foods



# *The Courtney Oribari Guide* To Weight Loss Foods

In today's world too many people are obese, sick and dying. Now is the hardest time ever to be healthy because of the modern world's supply of nutritionally bankrupt foods that are so cheap and convenient to buy.

Most people know someone who is ill with disease or dying from poor health. And I do think the epidemic is going to rise if people don't get educated about the foods they eat.

For the longest time, I didn't know how to be healthy and rise above the toxicity of America so I wanted to put this document together.

Now as a Health and Wellness Expert I've learned one major thing: one must learn to eat with care and mindfulness to thrive in this world.

So, Ok! Let's get started. This is the advice that I do and follow and it works for me and the people I work with.

## **A) Why Should I Buy Organic?**

- Opting for organic foods is a smarter choice for personal and planetary health because they are free of harmful chemicals, more nutritionally dense, taste better, reduce environmental pollution, you avoid hormones in animal products that have been directly linked to cancer and keep our families safe.

## **B) Why Should I Buy Grass-Fed?**

- Grass-fed beats grain-fed because it offers lower levels of unhealthy fats, higher levels of omega-3 fatty acids, lower levels of cholesterol and twice the amount of conjugated linoleic acid which may have cancer fighting properties, lower the risk of diabetes and other health problems.

## **C) What Organic Veggies Should I Eat?**

- Mushrooms
- Broccoli
- Spinach
- Kale
- Cucumber
- Avocado
- Celery
- Zucchini

- Onion
- Asparagus
- Bell peppers
- Arugula
- Romaine

#### **D) What Oils & Healthy Fats Should I Eat?**

- Extra Virgin Olive Oil
- MCT Oil
- Coconut Oil
- Sesame Oil
- Raw Almond Butter
- Grass-Fed Butter
- Organic Peanut Butter

#### **E) How Much of Oils & Healthy Fats Should I Eat Per Day?**

- Oil & Healthy Fats - 6-10 servings

#### **F) What Proteins Should I Eat?**

- Wild Salmon
- Grass-fed Beef
- Eggs
- Tilapia
- Free Range Chicken
- Organic Eggs
- Undenatured Vanilla and Chocolate Whey Protein

#### **G) How Much Protein Should I Eat Per Day?**

- Protein - 4-6 servings

#### **H) What cheeses are ok to eat?**

- The only cheeses I recommend eating are fresh cheeses in moderation and using small portions.
- shredded parmesan
- feta
- mozzarella
- goat cheese

#### **I) What are the friendly fruits for weight loss?**

- Apples
- Strawberries
- Blueberries
- Lemons
- Oranges

## **J) What should I eat if I have a sweet craving?**

- If you absolutely need something sweet have 1 square of at least 70% cacao dark chocolate.

## **K) Why is eating healthy fats important?**

- Adding healthy fats to your diet will be your savior. To help reduce the edge from eliminating sugar from your diet and kill hunger add healthy fats such as organic grass-fed butter, avocado, nuts, coconut oil, MCT oil and olive oil to your cooking and coffee. Healthy fats play a pivotal role in sending this important message to your brain: stop eating, you're full!

## **L) What are ok condiments to eat?**

- Dijon Mustard
- Mustard

## **M) What seasonings and spices should I eat and cook with?**

- Cayenne Pepper
- Garlic Powder
- Cinnamon
- Stevia
- Pink Himalayan Salt
- Black Pepper
- Organic Vegetable Stock
- Dried Thyme
- Minced Garlic
- Organic Vanilla Extract
- Organic Vanilla Powder
- Braggs Amino Acids
- Cilantro
- Ginger Powder
- Cumin
- Curry Powder
- Dried Parsley
- Balsamic Vinegar
- Red Wine Vinegar
- Paprika
- All spice

## **N) What superfoods should I eat?**

- These are found at your local organic food store or online
- Organic Cacao Powder
- Maca Powder

## **O) What nuts and seeds should I eat?**

- Chia Seeds
- Raw Almonds
- Raw Walnuts
- Pistachios
- Raw Macadamia
- Raw Cashews
- Pecans

## **P) Should I eat starches or carbs when trying to lose weight?**

- NO, if it's a brown or beige food then it will slow your weight loss progress. So slow down on the carbs. If you have to eat a carb then have a gluten-free tortilla.

## **Q) What are ok beverages to drink?**

- Organic Coffee
- Organic Unsweetened Almond Milk
- Organic Unsweetened Coconut Milk
- Filtered Water

## **R) How much of organic veggies should I eat per day?**

- Organic Veggies - 6-11 servings

## **S) How much fruit should I eat per day?**

- To accelerate your weight loss process I recommend cutting out all fruits from your diet for a minimum of two weeks if you can but if not then limit yourself to 1 serving per day.

## **T) Should I eat dairy?**

- The only ok dairy I recommend eating are the fresh cheeses listed above and grass-fed butter.

## **U) What's in it for you?**

- Eating right is the most powerful investment you can do with your life. You can always make money but when you've lost your health nothing else matters. Your life is gift. Everyday love yourself enough to honor the body you've been given and give thanks for being alive. Live well and enjoy your life!

\*Cortney Cribari is a life student and servant, who shares what she knows, has learned and experienced. Cortney is not a registered dietician or certified nutritionist. In-spiro LLC or Cortney Cribari is not responsible for what happens in your life as a result of this guide. The premise of the information is your health is based on personal experience, discipline, medical history and commitment levels.

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