



*The* **FAT**  
**BURNING**  
**CODE**

Diana Keuilian

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## Hello Friends,

If you're reading this book, then chances are good that you want to lose fat and inches from your belly, arms and thighs. You want to increase your energy, stamina and the way that you look and feel.

Whether your motivation is weight loss, diabetes prevention, heart disease prevention or simply overall health and well-being, you've come to the right place.

*I'm so happy to be here with you as you begin your journey to a diet filled with real, wholesome foods.*

A desire to educate myself as to what I should eat to burn fat propelled me to read dozens of nutrition books and spend hours in the kitchen, experimenting with new ingredients. Six years, dozens of books researched and hundreds of healthy recipes later, I'm in a position to share with you all that I've discovered on how to cook and serve fat-burning meals.

**Congratulations** for putting in the time and effort to improve your diet. What a wonderful gift to give yourself.

I'd love to get your feedback on this book! Reach out to me at [RealHealthyRecipes@gmail.com](mailto:RealHealthyRecipes@gmail.com). Also, let's be friends on [Facebook](#).

Happy Cooking :)

Diana Keuilian

P.S. 'Like' the Real Healthy [Recipes Facebook Fan Page](#) for support, motivation, healthy eating tips and lots of new recipes!



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# WE ARE FAT, SICK, AND BLOATED

## It's time to wake up and face the music...

- More than one-third (34.9% or 78.6 million) of U.S. adults are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008; the medical costs for people who are obese were \$1,429 higher than those of normal weight.

The current state of obesity and health crisis in our society makes it pretty clear that our modern diet is doing a lot of harm. As obesity becomes the norm, we have to ask ourselves what we are collectively doing wrong when it comes to the foods that we choose to eat.

The first step in your journey back to nutritious eating is to eliminate the harmful, fattening things in your diet. Some of the items on this elimination list may surprise you, but don't take my word for it.

Before you give in to skepticism, take the next 30 days to give it a try. After 30 days of not eating the foods on this list, decide for yourself. My guess is that after only a week you'll feel and see a difference that will propel you to make this way of eating a lifestyle.



# THE SECRET TO A LIFETIME OF WEIGHT LOSS

The secret to lifetime weight loss is to eat in a simple, nutritious way. This starts by eliminating the following items from your diet.

## Sugar (And All Its Aliases)

If I were to give a single food item the Makes Us Fattest Award, hands down the winner would be simple sugar - under all its aliases.

Sugar consumption has steadily been on the rise over the last 200 years. In 1822 the average person consumed 6.3 lbs of sugar per year, compared to 130 lbs of sugar in 2012. Yikes, that's more than 20 times as much sugar! No wonder we are facing a health crisis.



The sad fact is that we are not aware of how deadly sugar is - both in causing rapid weight gain and in degrading our health by damaging all our major organs. Here's a breakdown on sugar's nasty little secrets:

### **SUGAR CAUSES THE MOST EFFICIENT FAT STORAGE**

In a society in which weight loss is a multi-billion-dollar obsession, it's heartbreakingly ironic

that nearly all popular foods contain sugar, which is quite literally the fastest way to get fat. The pure high-glycemic-index carbs in sugar promote insulin resistance and rapid fat storage.

## **SUGAR WEAKENS YOUR IMMUNE SYSTEM**

Think I'm kidding about this? As if rapid weight gain wasn't enough, sugar also feeds off the bacteria in your body - a process that increases your risk of any and every disease out there. It's even been shown to feed cancer cells. We put so much effort into getting fit - and yet the sugar that's in nearly everything we eat is a Trojan horse, cutting our health-promoting efforts off at the knees.

## **SUGAR SPEEDS UP THE AGING PROCESS**

Sugar, that little devil, speeds up the aging process by creative oxidative stress. Not cool! Like most people, I'm doing what I can to slow the aging process. I stay hydrated, moisturize my skin twice a day and - my secret weapon - I don't eat sugar or processed foods.

## **SUGAR IS AS ADDICTIVE AS HARD DRUGS**

With all these negatives aspects to sugar, you've got to be wondering why we still consume it in such increasing quantities. The answer to this puzzle is in the addictive nature of sugar. Studies have drawn links between the highs and lows of hard drug addiction and the highs and lows of sugar addiction.



With these cold, hard facts it only makes sense to cut sugar out of your diet. If you aim to cut it out completely, you'll still end up getting a moderate amount (think 1822 levels), as sugar in some form is added to nearly every packaged, premade or restaurant food.

## **SUGAR BY ANY OTHER NAME**

I wish that I could tell you that every ingredient list made it simple by calling sugar by its most common name (sugar!) but food companies are far slicker than that.

*All of these names describe sugar:*

- × Sugar
- × Brown Sugar
- × Raw Sugar
- × Turbinado
- × Demerara
- × Muscovado
- × Barley Malt Syrup
- × Corn Syrup
- × Evaporated Cane Juice
- × Dextrose
- × Fructose
- × Saccharose
- × Caramel Color
- × Treacle

## Grains (Yes, Even Whole Ones)

The mainstream media has painted quite the rosy picture of “Whole-Grain Goodness.” No wonder most people are shocked to hear that their wheat bread is in fact contributing to the obesity epidemic.

Here are some dirty facts about our beloved bread.

### **MOST BREAD IS JUST LIKE SUGAR**

Refined flour, found in 73% of all breads in the US, has been stripped of all fiber and nutrients. What’s left? As far as your body is concerned, the effect of bread is the same as that of pure sugar. Your blood sugar spikes and fat storage is promoted.



*Bread comes with a LAUNDRY LIST of harmful ingredients.*

Take a closer look at the ingredient list on breads, pastas and other grain-based foods and



what you'll find is quite the laundry list. Sugar, HFCS, refined vegetable oil, refined salt, soy protein, synthetic vitamins, asodicarbonamide (banned in Europe, but still in US bread), potassium bromate (also banned in Europe, Canada and other countries) and artificial coloring and flavors.

As if the refined grains (sugar) weren't doing enough damage to your weight and health, those added ingredients pack their own deadly punch.

*Think your bread is whole grain? THINK AGAIN*

So what about whole, unrefined grains? While these have a less detrimental effect on your body, good lucking finding it.



Bread with these seemingly wholesome names are actually still made with mostly refined grains:

- × Wheat
- × Whole Grain
- × Multi Grain
- × Stoneground
- × Whole Wheat

You may have the best intentions but end up doing the same damage as if you were eating white bread. Now you're catching on to why I say we should avoid grains.

### **THE WHOLE-GRAIN PORTION PROBLEM**

It's really not our fault. We've been told for years to eat eight servings of grains daily. The sheer volume of that figure, promoted by the US government, is crazy.

*Add to that the fact that grains, in the form of breads and pastas are a trigger food for*

*many, causing them to overeat in general. When health and a lean body are your goals, any portion of grains may be too much.*

When are grains OK? I believe that for a staggering majority of the population grains should be completely eliminated from our diets. The exceptions would be healthy, very active people with zero intolerance to gluten who could gain a benefit from the complex carbohydrates in sprouted grains. Sprouting grains increases the protein content and makes it more digestible. Think growing kids and competitive athletes.

The rest of us are better off without.

## White Potatoes (Yams Are Better)

While potatoes are a vegetable, it's worth noting that these aren't your typical vegetable. This starchy root can do some serious damage to your fat-loss progress.

### **BEWARE OF POTATO PREPARATION**

White potatoes are often prepared in ways that turn them into fat traps: mashed potatoes with butter and cream, fries with harmful fats, chips that contain carcinogens and baked potatoes topped with sour cream and cheese.



### **BEWARE OF POTATO TOXINS**

Contrary to the popular belief that potato skins contain all the nutrients, the peel is actually filled with lectins and glyoalkoids.

These cause inflammation and discomfort in certain people.

### **BEWARE OF POTATO SIMPLE CARBS**



One medium potato packs 37 grams of carbs, in simple form, which is dangerous if weight or weight loss maintenance is your goal.

You may have heard that sweet potatoes are healthier than white ones, and it's true. Orange-flesh potatoes contain up to four times the antioxidants, zeaxanthin and lutein as white ones. The antioxidant scores of sweet potatoes are equal to that of Brussels

sprouts, kale and spinach. Also these contain fewer toxins and more vitamin A.

If you are at a healthy weight, then feel free to incorporate the occasional healthfully-prepared potato into your diet. Eat more orange-fleshed than white-fleshed and balance the simple carb load with the rest of your daily intake.

## Bad Fats (Refined & Hydrogenated)

Back in the 90s I was convinced that all types of fat were bad.

The media was constantly harping on us to rid our diets of any and all fats. Of course in time we saw that, despite our low-fat diets, obesity rates continued to rise.

*The fat-promoting culprit wasn't fat in general, but had (and still has) much more to do with sugars and simple carbs.*



Today we are still recovering from the fat-phobia, with many still hesitant to include any fat at all into their diet. In fact, 51% of Americans claim to limit their consumption of fat. It's dan-

gerous to lump all fats together, as certain fats are essential to build lean muscle and promote optimal health. Some fats, on the other hand, are harmful and should be avoided.

### THREE REASONS TO NOT FEAR FAT

- 1. Fat Is Essential.** Your body requires a certain amount of fat to function properly. Fat is needed to prevent deficiency of fat-soluble vitamins K, E, D and A.
- 2. Fat Isn't Fattening.** Forget everything you learned in the 90s about how fat will make you fat. In reality, healthy fat is no more fattening than carbs or protein. Emphasis on the word "healthy", since harmful trans-fats and refined vegetable oils do create inflammation, which can add pounds.
- 3. Fat Helps Burn Fat** It's true, fat-burning meals contain a healthy portion of good fats. These good fats help curb your appetite, improve overall health and encourage fat-burning and muscle building.

## Beware Of These BAD FATS

### TRANS FATS

There's a good chance that you've heard how harmful trans fats are. This form of fat is the absolute worst.

*Here's why trans fats are so bad:*

- Consuming 4-5 grams of trans fats per day has been shown to double your risk of heart disease.



- Trans fats encourage chronic inflammation, which is a condition that negatively affects all bodily systems – as well as makes it hard to lose weight.
- Even the Food and Nutrition Board recommends zero consumption of trans fats. That's when you know it's bad!
- Among other risks, trans fat consumption is linked to Alzheimer's, obesity and infertility in women.

*These foods contain trans fats:*

- × Margarine Spreads
- × Cake Mixes
- × Soups
- × Fast Food
- × Frozen Food, like pizzas, pies, waffles and others
- × Commercially Baked Products, like donuts, cakes and cookies
- × Chips and Crackers
- × Breakfast Cereals
- × Candy
- × Premade Dips and Whipped Toppings

## **VEGETABLE OIL**

I used to do all my cooking and baking with vegetable oil. But once I started to read about how harmful these oils are I quickly stopped using it.

*Here's why vegetable oils are bad:*

- The polyunsaturated and monounsaturated fats in vegetable, canola, soybean, corn, cottonseed, safflower and sunflower oils are very fragile. Exposure to heat, air or daylight can cause inflammatory compounds to form and healthy nutri-



ents to be destroyed.

- These oils have been highly processed, filtered, bleached and deodorized. This refining process creates free radicals that promote aging.
- Every bit of nutrition in the oils gets destroyed in the refining process, leaving behind inflammatory compounds.
- Nearly 100% of the corn and soy grown in the US is GMO (genetically modified), so that's what makes it into your oil.
- The processing of vegetable oils has been shown to create some trans fats, though you won't see that explained on the label.
- Studies show that the average American gets 10% of his or her daily calories from soy bean oil.

### *Oils to NEVER Use:*

- × Corn Oil
- × Soybean Oil
- × Canola Oil
- × Sunflower Oil
- × Cottonseed Oil
- × Safflower Oil
- × Peanut Oil
- × Grapeseed Oil
- × Soybean Oil

## A Word On Good Fats

The best fats to include in your diet are monounsaturated fats (nuts, olives, avocado), essential fatty acids (fish, flax-seeds, nuts and seeds) and saturated fats (animal products).  
Wait, what?!?

Saturated fats are good?

Yes, saturated fats from healthfully raised meats are beneficial to your health.



## *Here's Truth On Saturated Fats:*

- Human breast milk is 50% saturated fat. That should have been our first clue that saturated fat isn't the devil that we've painted it to be. Saturated fat consumption in the US was down 21% between 1910 and 1970, while heart disease, obesity and diabetes still rose dramatically.
- Unlike refined vegetable oils, saturated fats are stable under heat and do not oxidize easily.
- Studies of tribal people show that their diets of 50% saturated fats resulted in superior cardiovascular health over diets low in saturated fats.

## **OLIVE OIL**

You've probably heard that olive oil is healthy and may even believe that it's the weight loss secret of those lean Europeans.

While it is a good choice, follow these guidelines to be safe.

### *About Olive Oil:*

- Some olive oil sold in the US is actually a blend of olive oil and other, less stable, vegetable oils. Here's how to test if your olive oil is real or fake. Place ½ cup of oil in a cup in the fridge for 24 hours. If your oil is solid then it's real, and those monounsaturated fats have hardened. If your olive oil is still liquid then there's a good chance that your oil is not 100% olive oil. \*This test works most of the time.
- Olive oil is fragile and prone to oxidation, so take these precautions: buy olive oil in dark glass bottles, use within 2 years of the harvest date printed on the bottle, cook no higher



than medium heat to preserve the nutrients and always close the lid tightly.

- When purchasing olive oil select extra virgin, cold pressed.

## COCONUT OIL

If you've browsed through my recipes then you know that I LOVE coconut oil! And for good reason - this stuff is a superfood.

### *About Coconut Oil:*

- Coconut oil is healthy and stable.
- Coconut oil contains lauric acid, which boosts the immune system and helps ward off infections.
- Coconut oil has been shown to increase metabolism and thyroid activity, which boosts fat burning.
- Organic, virgin coconut oil has a pleasant coconut flavor.
- Organic, expeller-pressed coconut oil does not have coconut flavor.



## Artificial Sweeteners (These Are Fattening)

Just because artificial sweeteners are zero calorie, don't underestimate their ability to help you pack on the pounds. Yes, artificial sweeteners not only thwart your weight-loss efforts, but they also cause serious side effects that can damage overall health.

### *Here's The Problem With Artificial Sweeteners:*





- Artificial sweeteners have been shown to promote weight gain.
- Artificial sweeteners have been shown to damage the power of your immune system.
- Some artificial sweeteners are linked to irritable bowel syndrome (IBS) and damages to gut flora.
- Artificial sweeteners have been shown to increase sugar cravings.
- Artificial sweeteners are a source of carcinogenic compounds.
- Artificial sweeteners may reduce insulin sensitivity, which slows fat loss by spiking blood sugar just as regular sugar does.
- Artificial sweeteners have been shown to trigger migraines and have been linked to brain damage and cancer.

### *The Many Names of Artificial Sweeteners*

Avoid products that are advertized as sugar-free, as these often contain artificial sweeteners. All of the following are different names for artificial sweeteners:

- |                |                                       |
|----------------|---------------------------------------|
| × Ace-K        | × Amino Sweet                         |
| × SweetOne     | × Equal                               |
| × Sunett       | × NutraSweet                          |
| × Necta Sweet  | × TruSweet                            |
| × Sugar Twin   | × Sucralose                           |
| × Sweet Twin   | × Acesulfame-Potassium (Acesulfame-K) |
| × Sweet 'N Low | × Aspartame                           |
| × Splenda      | × Saccharin                           |
| × Neotame      | × Sodium Cyclamate                    |

# WHAT MAKES A FAT-BURNING MEAL?

A fat-burning meal has the following four main components: veggies, protein, a lack of grains and starch and fruit for dessert.

## IT'S 80% FIBER & VITAMIN-PACKED VEGGIES

A truly fat-burning meal is planned around a pile of fresh veggies in some form or another. If your experience with veggies is limited to the grayish, lifeless ones from a can, then you're in for a treat. Organic, locally grown vegetables are such an overlooked part of our Standard American Diet (SAD).

What surprises most non-veggie lovers is how flavorful and delicious fresh, healthfully prepared vegetables can be. Keep reading for some fun, innovative ways to incorporate fresh vegetables into all your fat-burning meals. (Like those 'noodles' in the salmon bowl. Those are actually zucchini!)



## IT'S 20% LEAN PROTEIN

After the fresh veggies, your next focus is including a quality source of lean, organic, hormone-free protein. Chicken, turkey, pork, fish, beef, lamb, bison, duck, shellfish and eggs are all wonderful sources of protein. Avoid processed meats, like lunch meats, as these contain potentially harmful additives and lots of salt. Also avoid highly processed soy fake meats.



## IT'S LACKING GRAINS AND STARCHES

A fat-burning meal does not contain a serving of grains or starches. Yes, I realize that this goes against everything that we have been taught or experienced with dinners. Most meals are plated with a jumbo serving of noodles, pasta, potatoes or rice has been breaded or is served with bread, tortillas, chips or buns. These carbs are more than we need, and end up being stored as fat. And, yes, it is possible to create fat-burning dinners that satisfy even the hungriest meat-and-potatoes members of your family. (They will love this cauliflower rice!)

## DESSERT IS FRESH FRUIT

When was the last time you took a bite of fresh, organic, perfectly ripe fruit? Delicious, wasn't it? As a society we overlook fruit as the perfect dessert that it is, and instead turn to artificially flavored, cane sugar sweetened, processed desserts that encourage rapid weight gain and declined health.

Let's bring fruit back to its rightful place as our favorite, most popular after-dinner sweet. Out with the refined sugar and corn syrup and in with nature's sweetest gift...fresh fruit.



*This sweet cake is 100% fresh, organic fruit!*

# FAT-BURNING RECIPE HACKS

*Wondering what to replace your rice, noodles and bread with? I've got you covered with these new ingredients to love.*

## CAULIFLOWER RICE

 SERVES  
4

### Ingredients

1 head organic cauliflower  
1 tablespoon coconut oil  
Salt and pepper



### Instructions

1. Wash cauliflower, discard the leaves and chop into small pieces. Grate the pieces with a food processor.
2. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice.

# ZUCCHINI PASTA SALAD

 SERVES  
4

## Ingredients

3 organic zucchini  
½ cup organic cherry tomatoes,  
quartered  
2 tablespoons olive oil  
1 clove garlic, crushed  
Juice from ½ a lemon  
1 teaspoon dried basil  
Dash of salt and pepper



## Instructions


1. Trim the zucchini ends. Peel down the length of each zucchini until you reach the seeded center, creating long noodle strands.
2. Place the noodles in a medium bowl, add the quartered cherry tomatoes.
3. In a small bowl combine the oil, garlic, lemon juice, dried basil, salt and pepper. Pour over the noodles and mix to combine. Chill for at least 20 minutes in the fridge.

# BIG LETTUCE

Instead of using slices of bread, make it a habit to wrap sandwich fillings in big lettuce leaves. You'll soon learn to love the crunchy texture and you'll certainly love how quickly your body transforms and becomes leaner!



# COCONUT FLOUR TORTILLAS

 MAKES  
12

## Ingredients

- 6 eggs
- 1 (13.66 ounce) can of coconut milk, full fat
- ¼ cup coconut flour
- ¼ cup flax meal
- ½ teaspoon baking powder
- ½ teaspoon salt



## Instructions

1. Preheat a medium-sized, non-stick skillet over medium-low heat.
2. Combine all of the ingredients in a high-speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour ⅓ cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter - should make 12 tortillas.



# BED OF MIXED GREENS

When in doubt, serve your main protein over a bed of mixed greens with lots of colorful veggies added on top.



# SAUTÉED VEGGIES

Chop fresh, seasonal vegetables and sauté in a skillet with olive oil. Use these veggies as the base for your protein.



# FRESH FRUIT

Not only does fresh, seasonal fruit make a delightful dessert, but it's also a wonderful addition to your meal. Incorporate fresh fruit whenever possible.



# THE POWER OF FAT-BURNING FOODS: MY STORY, YOUR OPPORTUNITY

I'm giving you permission to be free.

It's natural to feel trapped in the body you have. The flabby stomach, squishy arms and frightening thighs.

You start a diet only to indulge a week in. The number on the scale creeps up and your hope plummets. Is there any escape?

I know that struggle well. I lived it for 10 years.

In college I trained for marathons and had an active job as a personal trainer, often running the three miles to work and back. That active life, along with a fairly low-calorie diet made it easy to maintain a weight of 110-118.

I graduated a semester early and then a couple months after turning 22 I got married. Bedros and I immersed ourselves in our new business and found comfort in Chinese takeout, late-night breakfasts, fatty style burritos and chips and milkshakes from the Jack n the Box down the street. Though we indulged often we still exercised everyday and I continued to run marathons.

Within a year my weight was close to 130.

Another year passed and I became pregnant with our son, Andrew.

Pregnancy was just the excuse I needed to eat any and everything imaginable. And to stop exercising. The most activity I got in those nine months was our nightly strolls through the neighborhood, often doing a small loop around our street so I could run in to pee each time we passed the house.

My weight while being admitted to the hospital to give birth topped off at 185. On my small frame it did not look or feel good.

When we left the hospital something clicked in my mind. I would drop the extra weight - fast.

We worked from home at the time, so I would nurse the baby and leave him in daddy's care, taking to the road for hours at a time. At my six-week check-up I was daily running 9 miles and my weight was back down to 130.

Two years later I was pregnant with our daughter, Chloe, and despite my attempt to eat cleaner, the scale at the hospital once again hit exactly 185 on the day I gave birth.

Ugh. Leaving the hospital with a beautiful newborn daughter I felt gigantic and uncomfortable. At home things were different this time. Bedros was working from an office away from the house and I had a 2-year-old and an infant to care for, as well as work to do from home and a brand new house to move us into.

No more leaving on two-hour runs. No more rapid weight loss.



The next few years I exercised sporadically, trained for marathons sporadically and dieted sporadically. My weight inched down to the mid 140's where I then gained and lost the same 10 pounds about a dozen times.

It wasn't until I dedicated myself to a diet filled with only real, wholesome foods that I ended my struggle with excess weight, once and for all.

Food has been a passion of mine since I can remember. I started baking when I was around 10 years old, and since then my most tranquil, pure-enjoyment moments happen when I am in my kitchen, in the zone, making magic happen.



Baking and cooking really is magic. You start with an assortment of ingredients, each nothing special alone, and in no time at all you create something delicious. I love the way the house smells when I've been cooking – walking in from outside in the cold to a warm kitchen that has swirls of yummy aromas in the air – that is heaven.

In 2009, as the mommy of a 4- and 2-year old, I had a huge aha moment while doing research on an article I was writing about the harm of sugar. As I read about the way sugar strips nutrients from our bodies, tears streamed down my face. How come no one told me that sugar was so awful? I was feeding my kids sugar – and I had just shopped for Easter candy that day.

In a passion-fueled 20 minutes I took a garbage bag to the kitchen and threw out every item that contained sugar - even the brand new bags of Easter candy. My husband came home to find me, tear-streaked face, ravaging around with my garbage bag! That year the kids ended

up with dried fruit in their Easter eggs.

A seed had been planted. I had begun my real food journey.

Fast-forward to December of 2012. I was eating about 80% real food, with a continued weakness for diet soda, popcorn and 'skinny' cocktails. My weight was 140, still more than 20 pounds from my goal weight of 118.

My son, 7, came home with a bag of chips given to him from one of his friends. I felt irritation rise up inside of me. How dare people give my child harmful, processed food! How dare the Doritos advertisers make the bag look so fun and cool, compared to my home-packed healthy lunches. I started to tell him that it was NOT OK to eat chips like that and he looked at me, with the beautiful innocence of a 7 year old, and said "But mom, you eat Pirate's Booty."

Gulp. Son, you have a point. I do eat Pirate's Booty.

In that moment I realized that even though the bulk of my diet was real, wholesome food, my kids were paying attention to the exceptions that I was allowing into my life. It was time to practice what I preach, and to say goodbye to processed food completely.

I was in for a surprise at how fully and completely this simple decision transformed my life.

I've written this book to share with you the huge aha moment that changed my life and body forever – and to lead the way so that you experience this amazing change in your life.



We aren't so different, you and I.

Sure, I now live my life in a rocking body that most women would kill for. But it wasn't always like this.

You, too, have a rocking body inside of you. She's in there. All she needs is to be fed the right foods so that she can be unleashed. I'm going to show you how.

I've struggled with my weight, put myself on crazy diets, fasted for days at a time, exercised compulsively and nothing worked.

Until I started only eating real foods.

I've learned that eating only real food is an amazing and satisfying way to eat. Each and every piece of food that you are putting in your mouth is fresh, natural and amazingly flavorful. I found that a lot of my old diet was filled with grains and dairy out of convenience. Grain-based snack foods, cheese or yogurts - these items are so quick to grab from the pantry or fridge, but what you're really doing is eating a food that will cause inflammation and weight gain for so-called convenience.

Real food can be as convenient as you make it. Have hard-boiled eggs in the fridge, have quality nuts stored in small bags, have egg muffins baked, have containers of prepared meat, have whole ripe fruits, have sliced vegetables and a tasty homemade dip.

The biggest lesson I learned was that we decide what diet is convenient by the way we shop and what we prepare in our kitchens. There's no validity behind the excuse that the SAD is what we have to eat. That's a cop-out. No one has a gun to your head, and no one had a gun to my head. We decide what to put in our mouths, and what we put in our mouths determines our weight, our health and our overall feeling of well-being.



*“Being lean, healthy and vibrant is so easy when real foods are all that our diet is filled with.”*

Today I am proud of my body and I truly feel at home in it. No, it's not perfect! I still have those pregnancy racing stripes down my lower abs (thanks for those, kids) and there are other imperfections, but it's strong, it's lean and it's hot.

I used to spend a lot of time thinking about what I was going to wear since nothing fit correctly. Now I feel more confident and I look better in a simple tank top and shorts than in the past when I would wear designer clothes.



Don't get me wrong, I still love designer clothes! And now they look so much better on me. It's not all about vanity and enjoying how my body looks in the mirror. Since my body fat is in an ideal range and I've eliminated all of the harmful things from my diet, I am in better health than ever in my life.

The older I get the more value that I place on my health.

When your confidence is high, relationships are easy. When you are taking good care of yourself, relationships are easy. When you respect yourself, relationships are easy.

Back when I would abuse food for emotional comfort, I would often isolate myself from people, shutting them out physically and emotionally. Now that I've locked on to good eating habits, I don't have the urge to hide. I'm out in the open and loving it.



The day I decided to cut out all processed foods and to eat a diet of only real food, I started posting to my fan page [“Real Healthy Recipes”](#) a few times each day. I would put up an inspirational quote about healthy eating, an image that illustrated something to do with healthy eating and I would post snapshots of the real food meals that I was making and eating.

Immediately the page began to organically grow – people loved the encouragement and shared it with their friends. I was also posting new recipes on my blog, [RealHealthyRecipes.com](#), and that list of readers also began to grow. By helping myself I was helping others.

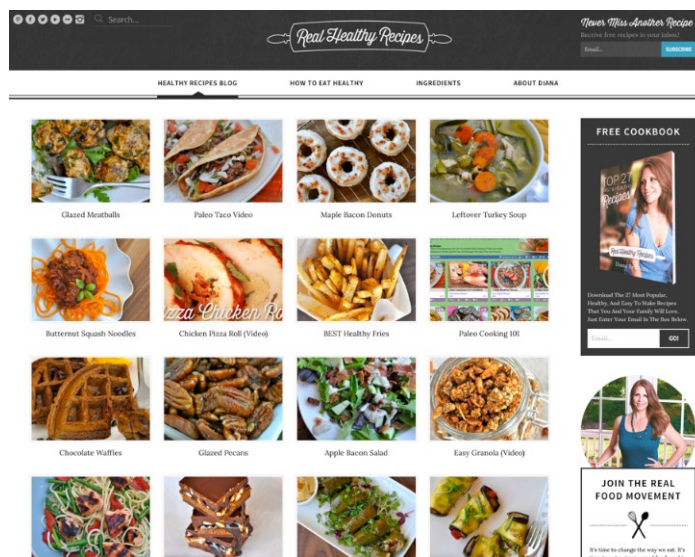
Once I saw that my journey was having a positive impact on others, my entire focus shifted from myself to the people that I was able to inspire. Eating a diet of only real foods was the catalyst for my real life to start. I found my purpose. For this I will be eternally grateful.

I think it’s easier to go full out on something than to just dabble. This especially applies to eating. In the past when I’ve “eaten healthy” my results were always lackluster, due to less-than-healthy snacking and the occasional indulgence.

When I decided to fully give up processed foods, gluten, sugar and soy, it became super easy

to just block all of those things out as non-food-items. When a moment of late-night-that-time-of-month craving hits me, I know what ingredients are OK to use to make my chocolate mug cake (yes, I just said chocolate mug cake).

At the end of this book I have a commitment page that I crafted just for you.



## A Day In The Life: Eating Real Food

A big shift that happened when I started eating real food was going from eating on the fly most of the time (i.e. grabbing dinner out, bringing home take-out, getting something pre-made from the grocery store that just needed to be reheated) to planning dinners ahead of time and making them at home. I went from eating out at least four times a week to having whole months pass without a meal eaten out.



Another change that came with eating real, whole foods was that I found myself eating much less frequently. A solid meal in the morning and then dinner would more than satisfy, while my previous diet had me constantly snacking on gluten and sugar-filled snacks between my three square meals.

Many days, on the real food diet, I

found it comfortable to skip the morning meal entirely, and eat for the first time at around 4 p.m. This intermittent fasting came as a natural byproduct of being well fed and nourished. My body just doesn't have a constant need for food. The benefit is that my digestive system gets a break and the fasting promotes fat loss.

On the real food diet I really listen to the needs of my body, which can differ from day to day. I do not find it compelling or pleasant to over-eat – something that I did *plenty* of when eating gluten, grains, sugar and dairy.

## GROCERY SHOPPING

These days when I shop my cart looks a lot different than it used to. Gone are the bags of snack foods, gone are the cereals and grains, gone are the soda pops, gone are the packaged sweets and gone are the yogurts and milk.

My Cart Is Filled With:

1. Lots and lots of fresh, organic produce, 70% vegetables and 30% low-glycemic fruits.
2. Fresh, organic meats and eggs.
3. Nuts and seeds.
4. Spices, healthy oils and some wholesome sweeteners.



That's it! There's nothing else that I need, so really, shopping just got a whole lot simpler. I stick with the outside of the store - produce, eggs and meat, and then only venture into the aisles for nuts and seeds.

Cooking with real foods is so enjoyable.

*“When your ingredients are fresh, organic and have delightful natural flavor then you’re bound to make culinary magic happen.”*

In the past I would center my meals around grains, which would result in a heavier, starchy meal. Now my cooking is all about fresh vegetables, meats, fruits, nuts and seeds and the end results are delicious yet light in starch so you aren’t left with a bloated, full feeling.



**My fridge is always stocked with:** Organic brown eggs-raw, organic brown eggs-hard-boiled, seasonal fruit, seasonal veggies, organic whole nuts, a homemade sauce to be used on eggs and meat, cooked chicken to add to omelets, salads and soups, a container of egg muffins and a loaf of almond bread.

**My pantry is always stocked with:** Coconut oil, coconut milk, flaked unsweetened coconut, stevia in the raw, unsweetened cocoa, almond meal, raw honey, onions, sweet potatoes and spices.

**My counter is always stocked with:** Organic avocado, organic grapefruit, organic bananas and organic oranges.

## **ON-THE-GO SNACKS**

Having grab-n-go snacks is a must, since temptation hits hardest when you’re feeling hungry with no immediate options. Raw organic nuts, a piece of travel-friendly seasonal fruit, a

small amount of dried fruit (occasionally), sliced veggies, hard-boiled eggs, a caveman cookie, an egg muffin and a large container of spring water.

## **EATING OUT**

Eating out while on the real food diet is not difficult, but there are some ground rules.

I've found that the nicer the restaurant, the more likely they are to be serving whole, real foods. Go to a five-star restaurant and you'll see savory cuts of meat served with veggies and salads. The things that you'll need to pay attention to is the sauces that your meal is cooked in and served with.

Get used to asking for things to be cooked without sauce and to be served with some balsamic vinegar and olive oil. Sauces may seem like an innocent enough transgression, but once your body is used to eating wholesome, clean foods you will feel a reaction to a sugar-laden sauce.

When I accidentally eat something that has been cooked with sugar I immediately notice that my body feels different. There's a heaviness that sets in after the meal, a bloating in my gut. After months of eating only real food, which give zero negative body reactions after eating, I began to seriously resent foods that gave even the slightest 'food hangover'.

Also you'll need to steer clear of the bread bowl, starchy sides like potatoes, pasta, rice or risotto, and for dessert stick with fresh, seasonal fruit and herbal, caffeine-free tea. Carry your own packets of stevia with you to avoid using a chemical sweetener or real sugar.

## **REAL FOOD COOKING**

Cooking is a central part of this diet, and it's important to be the one who is preparing your own food. If you cook the food, then you know exactly what you've put into it and you are able to avoid harmful ingredients. If you seriously don't have time, you could construct your lifestyle around eating out and cooking less. It would simply mean learning how to order real food at the places that you frequent.

I typically cook five main meals per week and two extra items like egg muffins, almond bread or caveman cookies. Then for breakfasts and lunches there are plenty of egg-based meals as well as leftover meat and veggies thrown on a bed of greens.



## SOCIAL SITUATIONS

I don't recommend going around broadcasting your new way of eating. When you do it usually puts people on the defense about their own eating habits.

Let's face it, people hold a lot of guilt about what they eat. I certainly used to feel guilty about what I ate nearly every day. The people who are interested and open to learning about your new way of life will make a point to ask you about it. Take these opportunities to, in the words of Rebel Wilson, share your wisdom.

Let interested friends and family members know about all the wonderful things you are experiencing as a byproduct of your new diet. You will be a motivation and an inspiration to many, and that feels really good.

*First rule of handling social situations: Never compromise your diet due to peer pressure.*

Remember all those anti-drug campaigns back in school? Just say no, stick with your guns, do what you know is right. The good news is that you can stick with your diet without hurting anyone's feelings.

**1. Birthday Cake.** When I'm at a birthday party and someone is handing me a large slice of cake that they made and are bursting with pride over, the first thing I do is compliment

their creation. “Wow, that cake looks amazing! Did you make it? I wish I could try it, but I do not eat gluten.” As hard as your real food diet may be for people to comprehend, one thing most people these days understand is gluten sensitivity. Throw out the gluten card and along with sincere compliments of their baking and cake decoration



and you'll be in the clear. If they've never heard of gluten or gluten sensitivity, give a short and sweet explanation that wheat products give you a stomachache. Even if you don't have celiac disease, after going off of gluten for any length of time you will certainly have a stomachache after a piece of traditional cake – trust me!

**2. Dinner Party.** Going over to someone's house for a dinner party can be awkward. Imagine sitting down to a table filled with pasta, bread and oily salad. What do you do? First thing that I do is call ahead of time to let the hostess in on my diet. “Hi so-and-so, thanks so much for the invitation for dinner! I'm really looking forward to it. There are a few limitations to what I can eat that I wanted to let you know about.” At this point, rather than listing off the things on my “I can't eat that” list, I offer to bring over a dish or two to add to the dinner that fit within my dietary limitations. Most hostesses at this point will thank you for your offer and will be relieved that they have less food to prepare.

**3. Going Out To Eat.** Eating out is actually very simple. You can order meat with a side of salad, no dressing. You can order fruit for dessert and caffeine-free herbal tea. You drink water with your meal. I've found that when I do go out, the higher the quality of restaurant really makes a huge difference. When you are cooking most of your meals at home, using organic, quality ingredients, you really taste the difference when going out and eating something of lesser quality. Also the higher-end restaurants mainly serve real food. It's meat, veggies and salads that are the mainstays on the menu. Watch out for dressings and sauces, but other than that it's easy.



## **AWKWARD SITUATIONS**

Humor is always the best way to deal with any awkward situations that may arise regarding your eating habits. Just laugh it off. When it really comes down to it we are talking about food – the stuff that you put in your mouth and chew up.

It's not religion, it's not politics, it's not emotional, it's just food. Food keeps us alive, it gives our body fuel and it brings us some pleasure. It should not cause fights or problems with others. Be very respectful of other people's eating preferences and you will find that others are more likely to respect yours.

I prefer not to bend the rules when eating socially, because for me it is a slippery slope. In the past, before I went 100% real food, I would fluctuate between eating very clean and eating junk. Today it's not worth it to risk losing the wonderful relationship that I now have with food and with my body on a pressure-induced social situation. If you do decide to indulge while out once in a while, know that you will not feel good afterwards. Your body will quickly let you know that you ate something that is difficult to digest.

Is it worth it to you? It's not to me.

## **CONVERTING OTHERS**

Sharing your new eating habits with those that you love is an exciting and fulfilling thing, however I do not recommend that you try to 'convert' people to the real food diet.

Let's face it, people are going to eat the way that they want to eat. I sure did. Until I internally made the decision to eat healthy 100% of the time, I would have resented the heck out of anyone who tried to change my eating habits.

I still remember being about seven months pregnant and telling B I wanted to stop for a burrito on the way home from work. He gently tried to tell me that I should slow down on the burritos – maybe take a day off from Taco Bell. But his resistance only made me want that seven-layer burrito that much more. Don't get between a pregnant lady and her burrito – lol!

Let's not tell others what to eat, just worry about your own diet. Those who are interested will ask you to share with them – that is when you divulge all of your excitement about your diet.

You CAN Do This!

Eating zero processed foods is very possible, and once you are prepared it is even practical.

Most of us are creatures of habit. We eat pretty much the same foods over and over and over.

- You have your go-to fast dinner place where you order the same thing. For me it was a burrito bowl from Los Primos or fish tacos from Senor Baja.
- You have your favorite packaged snack selections, which you keep stocked in your house. My weakness was Pirate's Booty, Snapea Crisps and popcorn.
- You make the same basic repertoire of breakfast, lunch, dinner and dessert recipes that you make at home.
- You have your favorite indulgent meals that you turn to in times of stress and relaxation. We would order take out from Chopstix House or pizza from BJs.

When I switched over to eating only real food, my eating habits didn't change – I still had a go-to fast meal, my favorite quick snacks, basic meal recipes and even favorite indulgences.

The only difference is that my new "same foods" don't promote weight gain and are better for me.

It's really cool when you begin to love the new, real food options more than your old unhealthy ones.

Eating real food is not boring. If I want a piece of bread I simply make some almond bread and enjoy one small slice. If I want a brownie I make it with a bit of raw honey and nuts and coconut. Real food dishes are delicious!

Sure everything tastes a little different the first time you tried it but once you get used to it

as a lifestyle, you're enjoying all of your favorite foods and living life at your ideal weight in perfect condition.

## You Can Do This!

Eating only real foods may seem extreme to you at first. I think of the alternative. When you eat the SAD diet you're putting chemicals into your body. You're putting gluten and legumes and grains that are that your body is not prepared or capable of digesting properly.

*Real food is what your body was designed to eat.*

*Real food is what your body was designed to digest.*

*Real food is what your body is going to thrive on.*

Whether you take this real journey for your vanity, because you want to lose weight and look amazing for the first time in your life, or if you're doing the real food diet because you were concerned about your health, the results will be spectacular and you'll be very glad you began.

Don't look at it but as giving up something you should have. Look at it as giving up something that you shouldn't be eating in the first place.

Sure, everyone else around you is eating it, too. Look at them. Do you want to look like them? Do you want to feel like that I didn't think so.

When you eat the SAD diet you're going to put on weight, weight is going to be a struggle for you and you are going to have to count calories.

**It's NEVER going to be easy on the SAD diet.**

Eating real foods is eating the way we were designed to eat. It takes the struggle out of maintaining your ideal weight. Eating real foods is the only diet that makes any long-term sense.

Your health benefits. Your vanity benefits. And most of all you lose that struggle with weight that you've carried for so long.

Put the burden of your weight down. That's not something you should spend your life focusing on. Eating real foods has allowed me to live my life without constantly worrying about my weight. I want the same for you.

## Overcoming Self-Sabotage

Before you begin...

You could have all the good intentions in the world and feel like you're ready to finally change your body and to transform, but if you're prone to self-sabotage then that's where you need to begin.

I know self-sabotage.

For years I had all the knowledge and tools to lose weight and to excel in other areas, but time and time again I would prematurely cut my progress short and revert back to my old eating habits.

Something inside of me didn't want to succeed.

I went to a therapist for seven months and really dug deep to expose beliefs that I held about myself that had been formed in childhood. Letting go of the belief that I wasn't supposed to succeed was key in my being able to stick to the real food diet without getting drawn back in to tempting foods.

You may benefit from working with a therapist, or you may already have all the inner tools you need to succeed.

Either way I highly recommend listening to Psycho-Cybernetics by Maxwell Maltz, edited by

Dan Kennedy. This life-changing book also played a part in preparing my mind for success. I've listened to it about 2 dozen times while going on runs and working in the kitchen.

Gay Hendricks also has wonderful books, like *Conscious Living* and *The Big Leap*, that help lay the groundwork for life successes.

Steven Pressfield's description of 'resistance' in his book *The War of Art*, when describing what prevents an artist from doing his life's work, is a compelling comparative to the self-sabotage that we experience when trying to eat healthier.

Self-sabotage comes from within you. It whispers in your ear that you NEED to eat that burrito. It urges that you DESERVE to have a slice of cake. It laughs at your ambition to eat only real food.

But it's really you.

### **That little dark voice inside of you can only be shut up by YOU.**

The cool thing is that once you get your footing and put yourself on top of self-sabotage, it loses 99% of its power.

When you say "I'm done with processed foods," and you haven't had a bite of bread or pasta for 40 days, it's much easier to walk past the sample of free pizza than if you had just eaten a huge muffin for breakfast that morning.

Very much like an addict who counts the number of days that he's been clean, you will begin to feel much pride over each day that you avoid those self-sabotaging foods.

And, also like the addict, if you take one bite, that could be all it takes to send you spiraling downward, back under the suppression of self-sabotage.

### **Don't let it win. Stay on top.**

# COMMITMENT PAGE

I, \_\_\_\_\_, on the \_\_\_\_ day of \_\_\_\_\_ in the year of \_\_\_\_\_ commit myself to a diet filled with real, wholesome food. I will not eat non-food items that have been processed, packaged and pumped with calories. I will pass on gluten, sugar, soy and grains. I'm done with the drive-thrus, the convenience store runs, the bags of chips, cookies and popcorn. I have drunk my last soda, downed my last milkshake and kissed my mocha-frappe-lattes goodbye.

I make this exciting change because I deserve to eat a diet that is ideal for my miraculous human body. The foods that I now eat include organic and naturally raised meats, eggs, vegetables, fruits, seeds and nuts.

The positive changes in my body that I foresee include fat loss, muscle gain, strength and an overall lean physique. Emotionally, my confidence will increase as will my respect and love for myself.

I know that it will not always be easy, as temptations are everywhere, but these temptations will only hurt me and go against my goals. I will stay the course, I will change my life for the better and in my own way will improve the world in which I live and breathe.

I no longer "TRY" to eat healthy. I eat healthy. PERIOD.

Signed: \_\_\_\_\_

Witness: \_\_\_\_\_

*Congratulations! You're about to begin an exciting and rewarding adventure. I applaud you for your enthusiasm and for the faith that you have in yourself. I know that you can do this, and that you're life will be richer and healthier every day from here on out.*

**Your friend, Diana XO**

P.S. Let's be friends on Facebook! Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Now go eat some real, wholesome food :)