

# Sophie's FEEL GREAT IN YOUR SWIMSUIT 30-DAY PLAN

## HIYA GORGEOUS!

My 30-day plan is a wake-up call for your body. It's my alternative to all the crazy "Get Flat Abs in 2 Weeks!" plans, which are unrealistic and sets us up to fail.

Let's shift the focus from weight-loss to health, from self-loathing to self-acceptance. Summer is already almost here, and there's no reason or logic behind suddenly switching to diet foods in the hope that you'll look better in a bikini. Trust me, the only thing that will make a difference is the way that you feel inside, the way that you walk, the way that you shine. And, the way to achieve this is by cleaning up your diet, adding in a bunch more exercise, and letting go of any shaming beliefs and lies that you tell yourself on a daily basis.

Enjoy taking care of yourself because my plan is all about self-care. It's only when you truly take care of yourself that you can take care of others.

Love & Light

Sophie xx

## YOUR SIMPLE EATING PLAN AND WHAT TO AVOID

**1. AVOID ALL REFINED SUGAR.** Sugar comes in so many different disguises and has so many different names on ingredient lists that you have to be a bit of a detective. Here are the many names of refined sugar.

- Agave Nectar
- Barley Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Juice
- Cane Juice Crystals
- Cane Juice Solids
- Caramel
- Carob Syrup
- Corn Syrup
- Corn Syrup Solids
- HFCS
- Crystalline Fructose
- Dehydrated Cane Juice
- Dehydrated Fruit Juice
- Dextran
- Dextrin
- Dextrose
- Diastase
- Diastatic mal,
- Ethy Maltol
- Florida Crystals
- Fructose
- Fruit Juice Concentrate
- Fruit Juice
- Fruit Juice Crystals
- Galactose
- Glucose
- Glucose Solids
- Golden Syrup
- Lactose
- Malt Syrup
- Malodextrin
- Maltose
- Maple Syrup
- Molasses
- Brown Rice Syrup
- Sorbitol
- Sorghum Syrup
- Sucrose
- Treacle
- Turbinado Sugar
- Raw Sugar
- Soda

## ARTIFICIAL SWEETENERS

(NutraSweet, Splenda, Equa, Diet Soda, etc) Yes sorry guys, but I want you to stay off most artificial sweeteners for 30 days. They have been linked to so many health problems including obesity that I think it's a great opportunity to detox. And BTW, you can live without Diet Coke for 30-days! You will be so much better off without, I promise.

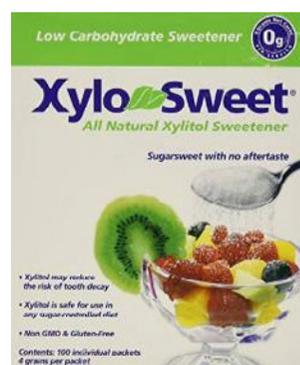
## SWEETS THAT YOU CAN EAT!

All fresh fruit (but stay away from dried fruits with the exception of dates for 30 days). Date Sugar (this is the healthiest "sugar" and I am fine of you using this in baking). Dates – in moderation. Dates are so packed with fiber and nutrition that I am okay with you eating two or three a day – but not if you are pre-diabetic or diabetic.

**FACT:** A glass of orange juice will send your blood sugar sky high, whereas an orange will not. This is because the fiber and the water in the whole fruit, slow release the natural sugar.

**MARTY:** *I have a really sweet tooth Sophie, what can I do? I'm not sure if I can survive without my artificial sweeteners?*

**SOPHIE:** *Don't freak out, I recommend either:*



### XYLITOL POWDER

(This is a sugar alcohol, which has 40% less calories than sugar, and will not spike your blood sugar at all). It looks and acts just like sugar.



### STEVIA.

Not everyone likes Stevia, but the flavored Stevia Drops are doable for most.

**TIP:** Try substituting applesauce, banana or pumpkin puree for sugar when baking.

## 2. AVOID WHITE FOODS

I'm talking about two different kinds of white foods here, but the first, and most important is refined flour. When a wheat kernel is stripped of its outer kernel, refined and bleached into white flour, it not only loses almost all of its nutrition, but it also spikes your blood sugar. Remember, it's the fiber in a whole food that mitigates a blood sugar spike, and when a grain is refined, that fiber is gone.

### AVOID:

- White flour and all baked goods such as croissant and bagels, which are baked with white flour.
- White Pasta
- White Rice

### INCLUDE:

- Whole Grain Bread (It needs to say 100% Whole Wheat on the ingredient label)
- Sprouted Grain Bread
- Whole Wheat Pasta
- Brown Rice Pasta

Eat gluten-free baked goods in moderation. Many of them contain a bunch of starchy flours and sugars. Gluten-free doesn't mean it's healthier!

## OTHER WHITE FOOD HEALTHY SWAP-OUTS

What about dairy products? They're white, right? Here's the deal - most of us feel better without dairy products. It's too long a topic for me to delve into here, but suffice to say that if you suffer from any digestive issues, you might feel better without. That said, you don't have to go to extremes: A little goat cheese (more digestible than cow's milk), or plain yogurt has its place in a healthy diet. The key is that you don't eat sweetened or additive-filled yogurt.

Swap Sweet Potatoes for White Potatoes

Swap Almond Milk for dairy milk



Swap a healthy vegan spread such as **MELT** or **EARTH BALANCE** for butter.

Try the following delicious vegan cheeses:



**JUST MAYO** for regular egg Mayo (it's insanely good!)



KITE HILL



TREE LINE CHEESE



MIYOKO'S KITCHEN

**JAN:** Sophie, I am allergic to nuts and soy but want to eliminate dairy products. Any suggestions for milk subs?

**SOPHIE:** Yes, try a pea protein milk, such as Ripple.



**FRANCINE:** What about meat and alcohol???

**SOPHIE:** If you want to eat a little meat, that's fine. However, all meat should be USDA certified organic, which makes it an expensive choice. Think of meat as a condiment, rather than the main part of a meal - this way it becomes affordable. Alcohol? Okay, a little is okay (maybe a couple of glasses of wine on the weekend), but remember alcohol turns to sugar in your body, and is extremely calorific.

## 3. RETHINK YOUR FATS

We need fats for a healthy brain, and for many of our biological processes. We also need good fats for our skin, hair and nails. Fat is also satisfying and helps to make us feel full. This is why so many diets and diet foods fail. Never eat low-fat foods - they don't taste good, and don't do you any good.

### • SATURATED FATS:

Saturated fat is fat that goes solid at room temperature (lard, butter, coconut oil etc). A little good quality saturated fat won't harm you but I recommend dialing down your consumption. A couple of spoons of coconut oil in a baked good, or a tiny bit of butter isn't going to kill you, but I recommend avoiding where possible.

### • TRANS FATS

(hydrogenated or partially hydrogenated oils): These are now known to be silent killers. They are typically found in crackers, cookies, chips, and anything in the packaged aisle. It's hard to tell if the food contains trans fat, as it's not listed, however, Dr. Michael Roizen, M.D suggests this:

*On the information label, find the total fat content. Then, subtract the saturated fat and the mono and polyunsaturated fats. This leaves the trans fat. So, for example, if chocolate chip cookies have 12 grams of fat per serving and the label lists 4 grams of saturated fat, the cookies also have 8 grams of artery-aging trans fat.*

*Another way to tell is to look at the list of ingredients. A food label must list the ingredients in order of quantity, from most to least. If hydrogenated or partially hydrogenated oils are listed early on the list and before polyunsaturated or monounsaturated oils, you know the product contains lots of trans fat. If the label lists unsaturated or monounsaturated oils, olive oil, or canola oil first, the fats are probably okay.*

**HEALTHY OILS FOR COOKING:** Grapeseed, Avocado, Rice Bran, and Olive

**TIP:** Instead of frying or sautéing food such as onions with oil, try a steam sauté with 2 tbsp of water. You sauté on a much lower heat for a longer time, but the result is surprisingly similar.

**FATS TO INCLUDE:** Avocados, flax oil, raw nuts, raw seeds. These are the healthiest fats you can eat. They contain tons of healthy Omega 3 Fatty Acids, and other cancer-preventing compounds.

**WARNING:** Warning: A lot of low fat or reduced fat salad dressings contain soy bean oil and corn syrup, you are much better off making a simple oil and vinegar dressing, or my homemade ranch.

## RANCH DRESSING

### INGREDIENTS:

- 1/2 cup cashews soaked 2 to 4 hours, drained and rinsed
- 1-2 tablespoon lemon juice
- 1/2- 3/4 cup unsweetened almond or soy milk (could use Buttermilk if not lactose-intolerant)
- 1/2 teaspoon sea salt
- 1/4 tsp ground black pepper
- 1/4 to 1/2 teaspoon onion powder
- 1/4 to 1/2 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 tablespoon fresh or dried chives

**Blend everything until smooth, except for the dried herbs.**