

“All About Weight” Daily Diet & Healthy Body Protocol

by Roz Mignogna, NTP, for grō Wellness

This protocol is designed around the principles and scientifically supported tips explained in the “All About Weight” class presented in the grō Wellness Facebook group. If you have questions about this protocol, please catch up on all the videos and posts in the “All About Weight” series by searching the group for all the “All About Weight” posts. Of course you can always contact us with questions or comments: gro-wellness.com/contact

NOTES:

*For help with recipes, or to download our free Blood Sugar Regulation Diet meal plan with recipes and a shopping list, visit gro-wellness.com/nutrition .

*You can also visit realfoodfamily.com and join the email list to receive a free REAL Food chart and meal planning/shopping list template. This includes healthy food options for fat, protein and carbohydrates, as well as meal suggestions for breakfast, lunch, snack and dinner.

*This plan is focused on diet, oils and supplements, but don't forget to schedule 3-6 appointments for exercise every week. For best results, create a balance of cardio, strength training, and stretch/stability workouts. Don't cancel on yourself! Have a friend or friends join you for accountability. Contact us if you need help with this! We have fitness experts on our grō Wellness leadership team who would love to help you.

*Do NOT get obsessed with this plan. Remember what we have taught about the importance of a healthy psychological relationship with food. If you feel in bondage to this “diet plan”, please make adjustments that work for your needs, as long as you are seeing results. If this plan is very different than your normal lifestyle, take a little time to work toward this plan so you aren't tempted to overthink food and develop emotional reactions. Of course, if you need to talk about it, contact us!

*Stress and sleep play a very important role in weight management. Use essential oils and oil blends to address your emotions and mental wellness throughout the day, as needed. Contact us if you need help with this!

Okay, let's get to the plan...

The Plan

When you wake up:

- Piece of cheese or full-fat unflavored yogurt (a little raw honey and cinnamon is okay)
- Full cup of water and/or half water, half cold-pressed organic vegetable juice
- Coffee (optional)- black or with full-fat milk or cream, no sugar but a little raw honey and cinnamon is okay
- Apply a drop each of peppermint and lemon oil on the neck and shoulders then cup hands in front of your face and breathe for 10-20 deep breaths. Use this time to pray, think about your daily goals, and/or think about what you are grateful for.

NOTE: If you don't get up early in the morning, consider combining these early morning food and drink options with breakfast at 10am to maintain a 16-hour fast between dinner the night before and breakfast.

10am:

Breakfast:

Protein + Fat + Carbohydrate Balanced!

- eggs, meat and/or cheese with vegetables cooked with butter or coconut oil
- slice of homemade or fresh REAL sourdough bread (flour, water, salt, sourdough starter) with a thick layer of butter (this is optional...if you have no issues with blood sugar or gluten and really want to eat bread)
- Add a Slim & Sassy Slim Shake (doTERRA) or for added nutrients and to stay full until the next meal (optional)
- Take first half of Lifelong Vitality Pack and PB Assist probiotic (doTERRA) and other recommended supplements and oils (such as Deep Blue anti-inflammatory supplement, copaiba oil, turmeric oil, yarrow/pom oil, frankincense oil)
- Apply Slim & Sassy oil to the lower neck over your thyroid gland, then add 2-3 drops to 20-24oz of water to drink between breakfast and lunch.

NOTE: Do NOT consumer calories until lunchtime.

1:30pm Lunch:

Protein + Fat + Carbohydrate Balanced!

- Mixed vegetable salad with hardboiled eggs, meat, and/or cheese and homemade salad dressing OR meat, fish or eggs with 2-3 vegetables cooked with and served with a fat like butter, coconut oil or homemade dressing or sauce
- Add a Slim & Sassy Slim Shake (doTERRA) for added nutrients and to stay full until the next meal!
- optional: full-fat unsweetened yogurt (or very lightly sweetened- more protein grams than carbohydrate)
- Refill 20-24oz of water with Slim & Sassy oil, or have plain water and chew on Slim & Sassy gum. If you don't like the Slim & Sassy flavor, you can also get the Slim & Sassy Metabolic Blend Softgels.

grō Wellness “All About Weight” Protocol

4pm: Afternoon Snack- ONLY if you need it because you work out heavily or have a long gap between lunch and dinner

Protein + Fat + Carbohydrate Balanced!

- Slim & Sassy Slim Shake (Add a little black coffee to the mix to add some flavor and afternoon caffeine, as long as this doesn't make you jittery or stressed or affect sleep.)
- Veggies with homemade salad dressing dip
- Apple with peanut butter or other protein/fat
- Low-carb protein bar (homemade- search “protein bar” at RealFoodFamily.com for a recipe)
- Full-fat unsweetened yogurt (or very lightly sweetened- more protein grams than carbohydrate)

NOTE: Remember that intermittent fasting is very effective for weight loss. If you can finish eating by 5:30pm then wait to eat again until breakfast around 9:30-10am, you will practice daily intermittent fasting of 16 hours. Consider eating a larger early dinner and avoid an afternoon snack.

5:30pm Dinner:

Protein + Fat + Carbohydrate Balanced!

- Mixed vegetable salad with hardboiled eggs, meat, and/or cheese and homemade salad dressing OR meat, fish or eggs with 2-3 vegetables cooked with and served with a fat like butter, coconut oil or homemade dressing or sauce
- Full-fat unsweetened yogurt (or very lightly sweetened- more protein grams than carbohydrate)
- Take second half of Lifelong Vitality Pack and PB Assist probiotic (doTERRA) and other recommended supplements and oils (such as Deep Blue anti-inflammatory, copaiba oil, turmeric oil, yarrow/pom oil, frankincense oil)

NOTE: If you have a heavy workout after dinner time and are hungry, you may consider having some cheese or full-fat unflavored yogurt (a little raw honey and cinnamon is okay) and large glass of half water, half cold-pressed organic vegetable juice. This will help keep blood sugar regulated and replenish your body's minerals until you eat again in the morning.

Before Bed:

- Apply essential oils to body or in a diffuser to support relaxation and healthy sleep, such as doTERRA's lavender, Serenity blend, Balance blend, Peace blend, Vetiver or Copaiba.
- Consider avoiding screen time (devices or television) 1-2 hours before bed to support healthier sleep, such as the ability to fall asleep quickly and stay asleep throughout the night.