

YOUR FRESH START GUIDE

Simple Secrets To Looking + Feeling Great Long-Term

(WHY FINDING YOUR TRUE "FOOD GPS"
WILL REPLACE EVERY DIET YOU'VE EVER TRIED!)



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Get Ready!

In this guide you are about to learn these important secrets:

You are UNIQUE, and that's why diets haven't worked for you in the past.

All of these diets out there preach a certain rigidity and restriction around food – and are so confusing! In one diet, you're supposed to eat lots of meat, and in some diets you're supposed to eat none. There's a reason why these diets don't work over the long term. (And also frankly, some of these diet companies make MONEY when you don't succeed, and need to keep coming back for help! Let's just be real).

It's not you who's been doing it wrong – it's THEM who have been teaching it wrong.

It can be EASY (YES REALLY EASY!) to find your own unique food path that helps you LOOK + FEEL GREAT forever.

You don't need to work harder at this food stuff. If you're like all of my clients, you're probably already working and stressing too hard about food. Again, our culture has really lost some key principles about FOOD WISDOM, and that's why so many people are struggling.

Knowing how to eat the right way can be
EASY + SUSTAINABLE for you from now on!

You also get to "OFF-ROAD" from your food path – eating becomes an enjoyable adventure on a regular basis!

One of the surprising keys to staying on a really sustainable, healthy food path – is realizing that you actually SHOULD veer off of it sometimes! This isn't "cheating" – this is actually part of what keeps you healthy and happy over the long term. Just like French women are known for eating bread and chocolate, you should also savor what you love.

When your food path has great fuel
AND enjoyable adventures,
you won't leave it!

YOUR FOOD PATH....

YOU'RE ALWAYS HEADED TOWARDS HEALTHY VITALITY

BUT YOUR PATH HAS PLENTY OF
OFF-ROADING ADVENTURES!

BUT THE KEY IS:

YOU LISTEN TO YOUR GPS AND ALWAYS GET BACK ON PATH!



DATE NIGHT
WITH EXTRA
BREAD AND
WINE

THE ART OF “OFF-ROADING” WITH FOOD:

➤ **Don't judge yourself, just re-route yourself like GPS does, and get back on your path!**

When you're driving in a car and make a turn off from your route, your GPS doesn't start shaming you for going off track – it simply re-directs you back on your path.

Similarly, that's what you need to do. Gently and kindly redirect yourself back on your path. No matter what. No drama, just re-routing.



➤ **Use food adventures as a way of learning about what your body actually needs (and doesn't need)!**

I had a client who was trying so hard to “eat healthy” that she was trying to only eat spare salads every day. Instead she switched to eating a chicken avocado sandwich on BREAD (which she thought was terrible for her), and actually she felt GREAT on this!

Sometimes you think something is bad for you, when it really isn't.

And sometimes you also learn the hard way. For instance, I know now that if I order a strawberry milkshake and drink the whole thing, I'm going to feel sick all night. But if I drink half and give my husband half, I'll feel really happy after that meal.



And Finally: Get curious about WHY + WHEN you decide to off-road!

Okay, so this is a big one for all of us!

Do you start to notice a pattern that you crave sugary foods when you're had a really overwhelming day at work? Do you notice that you drink more wine when you're lonely?

Do you get a craving for snacks at 3pm when you're tired? Or do you eat ice cream when you're sad?

Cravings are actually both physical AND emotional in nature.

Physical: Cravings can be a sign of nutritional deficiency (such as craving sweet stuff when we haven't had enough protein).

Emotional: Cravings can also come from when we are feeling low emotionally about something in our lives, and we are looking for a "dopamine" hit from fries, shakes, etc.



2 KEYS TO FOLLOWING YOUR HEALTHY FOOD GPS FOR LIFE!



Most of the time you're steering yourself towards a HEALTHY PLATE.

What does a healthy plate look like?

The basic idea is: VEGGIES, PROTEINS, FATS, FRUITS + CARBS. :)

List of Protein Sources

Plant-Based Proteins:

Tofu
Tempeh
Edamame
Lentils
Chickpeas
Black Beans
Kidney Beans
Pinto Beans
Navy Beans
Lima Beans
Peas (green peas, split peas, etc.)
Quinoa

Nuts (almonds, walnuts, cashews, peanuts, etc.)
Seeds (pumpkin seeds, chia seeds, sunflower seeds, flaxseeds, hemp seeds)
Nut Butters (peanut butter, almond butter, etc.)
Seitan
Plant-Based Meat Substitutes (veggie burgers, soy-based products, etc.)

Animal-Based Proteins:

Chicken (breast, thigh, wings, etc.)
Turkey (breast, ground)
Beef (steak, ground, ribs, etc.)
Pork (chops, tenderloin, ham, etc.)
Lamb (chops, leg, shank, etc.)
Veal
Duck
Fish (salmon, tuna, cod, trout, etc.)
Shellfish (shrimp, crab, lobster, scallops, etc.)
Eggs
Dairy Products (milk, cheese, yogurt, cottage cheese, etc.)
Game Meats (venison, bison, elk, etc.)

Other Protein Sources:

Protein Powders (choose high-quality)
Greek Yogurt
Kefir
Collagen Supplements
Bone Broth
Jerky (beef, turkey, etc.)

List of Complex Carbohydrate Sources

Whole Grains:

Brown Rice
Quinoa
Oats
Barley
Whole Wheat
Spelt
Millet
Buckwheat
Bulgur (Cracked Wheat)
Farro
Wild Rice
Amaranth
Teff
Sorghum

Starchy Vegetables:

Sweet Potatoes
Potatoes
Butternut Squash
Acorn Squash
Corn
Parsnips
Plantains
Yams
Cassava (Yuca)
Beets

Whole-Grain Products:

Whole Wheat Pasta
Whole Wheat Bread
Oatmeal
Whole Wheat Crackers
Brown Rice Pasta
Quinoa Pasta
Whole Grain Tortillas
Whole Wheat Pita
Barley Flour
Rye Bread

Legumes:

Lentils
Chickpeas
Black Beans
Kidney Beans
Pinto Beans
Navy Beans
Lima Beans
Peas
Edamame
Mung Beans
Adzuki Beans
Fava Beans
Cannellini Beans

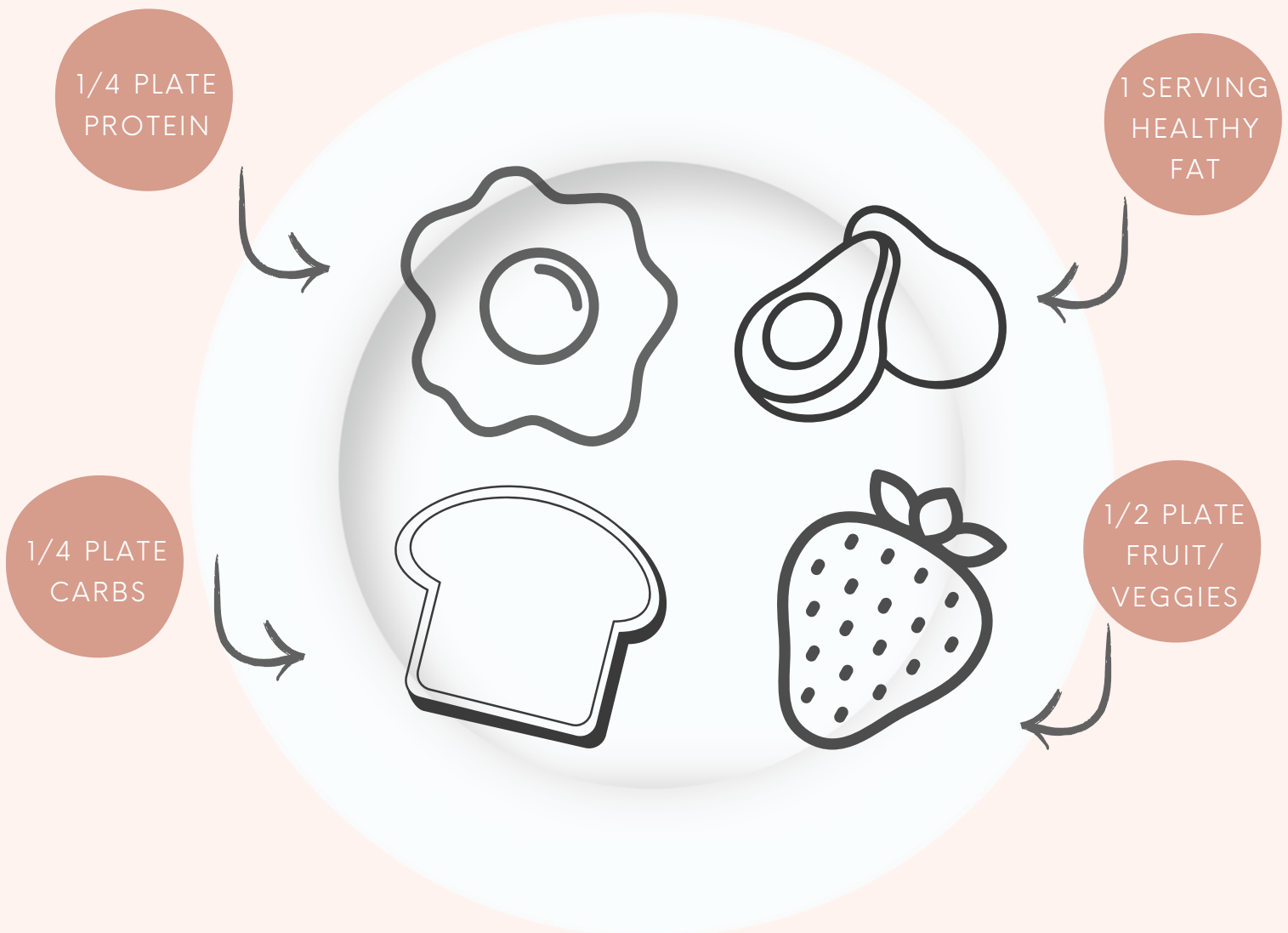
YOUR HEALTHY PLATE

FAVE VEGGIES: WHAT HAVEN'T YOU TRIED IN A WHILE?

FAVE PROTEINS: EXPLORE SOME NEW OPTIONS!

FAVE FATS: GIVES YOU FLAVOR AND KEEPS YOU FULL!

FAVE FRUITS + CARBS: ROUND OUT YOUR MEAL!





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And....you're also a master in the ART OF OFF-ROADING with food!

What does "off-roading" with food actually mean?

"Off-roading" means when you leave your "healthy plate" path temporarily – and veer off!

→ This could look like a fun food adventure – such as a big pasta meal at a special restaurant!

→ But equally, it can also just look like eating your kid's leftover chicken nuggets without thinking about it! (I've been there so many times!)

Here are some of my other fave off-roading examples:

- Eating my mother's sugar cookies
- Drinking wine at a restaurant
- Eating birthday cake at a party
- Getting pizza on Friday night
- Getting popcorn at the movies
- Having the best pasta of your life in Italy...
- Stealing some of your kid's Halloween candy
- Finishing off the brownies after the party
- Ordering a shake along with my burger
- Getting a refill on your bread basket at dinner

TRUTH: It's actually **IMPORTANT** that you eat these things sometimes! This is part of what creates a healthy and balanced life.

Yes, it might sound crazy at first – but I **WANT YOU TO EAT THESE THINGS.**

Because this is how you **KEEP** your "healthy path" sustainable over the long term!

I just want you to know **HOW** to eat these things, so you don't feel guilty or go off balance.

EXPLORE YOUR FOOD GPS ON YOUR OWN.

Now that you have the basic principles of a healthy plate, start to get curious about WHY + WHEN you start craving some "off-roading" with your food choices!

My off road moments this week...

FOOD	FEELING BEFORE	FEELING AFTER	WHY I ATE IT	HOW I PLAN TO RE-ROUTE



Want help in finally understanding your cravings?

Want to end “all or nothing” diet plans and feel great for life?

In a free, 20-minute session, we can talk compassionately about your cravings, and I'll help you with the first steps of getting on your unique food path – for good!

GET YOUR FREE MINI-SESSION ASAP!

When you follow your Inner GPS:

**THIS MOMENT IS
YOUR FRESH START!**

Christy
www.christyventer.com





Get personalized 1:1 health coaching

The first step in the Fresh
Start Plan

WHAT YOU GET:

- ✓ We'll spend 1.5 hours exploring your relationship with food, and helping you find clarity about how you want to move forward towards your goals.
- ✓ I'll recommend a customized plan for your own unique food lifestyle.
- ✓ Plus you'll receive a personalized recommendation for your next steps

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LET'S WORK TOGETHER