

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?
6. How did you challenge yourself this week?

Session 5 Review:

1. CHECK-IN
2. TOOL BOX: Motivation / Will Power
 - Keep finding ways to challenge ourselves
 - Being comfortable with the uncomfortable
 - To do the things we have a little resistance to do: finding daily micro-sucks will enhance the part of the brain responsible for will power.
3. TOOL BOX: Habit Tracking
 - To see and celebrate the small wins
 - Tracking = Dopamine hit = feel accomplished = going back for more
4. INFORMATION: FATS:
 - We need fats to survive and thrive
 - Eat less of saturated fats
 - Eat less of industrial processed oils / fats
 - Eat less of trans fats
 - Eat more of naturally occurring plant-based fats
5. QUESTIONS:
 - Mediterranean Diet
 - Calorie counting.
6. RECIPE RESOURCES
7. GOAL: Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well?
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience?
6. What got in the way? What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.

TOOLS / STRATEGIES:

PERFECTION:

- Let go of perfection
- Baby Steps
- 80/20 rule
- Mantra: Progression not perfection. 1% better.

Make the DECISION ONCE:

- New behaviors take time to become habits.
- Decision making can get in our way
- Make the decision once and be done with it
- Tomorrow I will... (Intention setting)
- Set yourself up for success: plan, prep, tweak your environment.

ORGANIC vs NON-ORGANIC



What changes are you interested in experimenting with organic vs non-organic? Think baby steps.

The graphic features a red circle with a white 'B' on the left, followed by the text 'Healthy Gut Microbiome' in white on a teal background. To the right is a photograph of various fiber-rich foods including broccoli, almonds, lentils, quinoa, bread, and fruits. A wooden sign in the photo says 'FIBER'. Below this is a teal box containing a list of recommendations:

- 1. Fermented and cultured foods (Pro-biotic)
 - Yogurt, sour cream, cream cheese, etc.
 - Kombucha, Kefir
 - Sauerkraut, kimchi, etc.
 - Sourdough bread, crackers.
- 2. Fiber (Pre-biotic)
 - Grains, seeds, vegetables and fruits
 - 40g a day of soluble and insoluble fiber

Insoluble Fiber 20g / day:

Whole grains

- Whole wheat flour 1 cup = 12g,
- brown rice 1 cup 4g,
- wheat bran 1 c = 24g
- Quinoa, dry 1/2c = 2.5g

Nuts/Seeds

- 1/4 c almonds = 3g
- Walnuts 1oz = 2.5g
- sesame 1/4c = 3g,
- Sunflower 1/4c = 2g,
- flaxseeds 2 tbsp = 2g

Beans

- black beans or kidney beans cooked 1/2 c = 3g
- Chick peas cooked 1/2 c = 3g
- Lentils, Cooked, 1/2 c = 4g

Veggies

- Carrots 1 large = 2g
- Parsnips,
- potatoes medium = 2.5g
- sweet potato medium = 2.2g
- Kale cooked, 1C = 5g
- Brussel Sprouts 1 c = 2g

Soluble Fiber 20g / day:

- Broccoli ½ c = 1.2g
- Apples and pears 1g
- Citrus fruits 1.8g
- Barley 1 c = 1.6g
- Flax seeds (2T = 6g) and sunflower seeds (1/4 c = 3g)
- Black beans: 5.4 grams in 3/4 cup
- Lima beans: 5.3 grams 3/4 cup
- Soy nuts: 3.5 grams in 1/4 cup
- Navy beans: 3.3 grams in 3/4 cups
- Pinto beans: 3.2 grams in 3/4 cup
- Purple passion fruit: 6.5 grams in 1/2 cup
- Oat bran: 2.2 grams in 3/4 cup, cooked
- Oatmeal: 1.4 grams in 3/4 cup, cooked
- Avocado: 2.1 grams in 1/2 fruit
- Brussels sprouts: 2 grams in 1/2 cup, cooked
- Dried figs: 1.9 grams in 1/4 cup
- Oranges: 1.8 grams in one medium fruit
- Sweet potato: 1.8 grams in 1/2 cup, cooked, without skin
- Asparagus: 1.7 grams in 1/2 cup, cooked
- Turnips: 1.7 grams in 1/2 cup, cooked
- Broccoli: 1.2-1.5 grams per 1/3 cup, cooked
- Apricots: 1.4 grams in three fruits with skin
- Nectarines: 1.4 grams in one medium fruit

Variety is key:

- 3 colors on your plate
- Variety: Spinach vs Kale vs Swiss Chard
- Challenges: 20 veg / week
- Buy a fruit or veg you've never had before



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radichio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
corn
grapefruit
lemons
mangoes
nectarines
oranges
acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

QUESTIONS:

How to offset the cost of quality food:

- Reduce waste by planning. Menu planning goes a long way.
- Reduce waste by learning how to store foods
- Buy in bulk (share with neighbors)
- Shop the sales / use coupons
- Shop at multiple stores
- Use the dirty dozen / clean 15 list
- Meat / fish: quality over quantity

There's a cost to eating healthy.

There's a cost to dealing with the consequences of eating un-healthy.

Essential Fatty Acids:

Sources of Omega 3 (RDI for women 1100mg and men 1600mg):

- Mackerel, Sardines, Anchovies, Herring, Shell Fish, Salmon, oysters
- Flaxseed Oil (fridge / salad dressing)
- Chia Seeds
- Edamame
- Hemp Seeds
- Brussel Sprouts
- Walnuts
- Seaweed and Algae
- Supplementation (quality brand: Nordic Naturals)

Benefits:

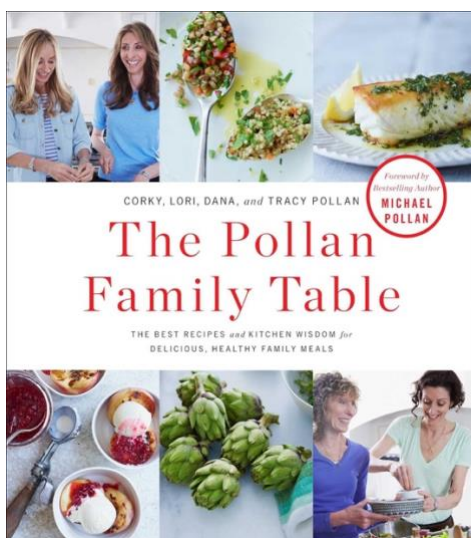
- Reduce symptoms of depression and anxiety
- Fights inflammation
- Helps brain function
- Prevents heart disease by improving cholesterol levels and blood pressure, preventing plaque build-up.

Omega 6 – average diet provides plenty of omega-6.

Too much is not good (UPF diet).

BOOK:

The Pollan Family Table by Corky Pollan and Lori Pollan [Amazon link...>>>](#)



WEBSITE:

Recipe ideas: [Minimalist Baker...>>>](#)

RECIPE: Dressings

5-ingredient Salad dressing:

- ½ cup of olive oil
- ¼ cup of apple cider vinegar
- 4 cloves of garlic, minced
- 3 Tbsp of nutritional yeast
- ½ tsp of salt

Mix all the ingredients together. Store in the refrigerator for up to 5 days.
To mix up the flavors: add lemon juice and garlic.

Cilantro Lime Dressing

- ½ cup cilantro, stems removed
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lime juice (from one medium lime)
- 2 tbsp water
- 1 tbsp pure maple syrup
- 2 tbsp hemp seeds
- ½ tsp salt
- freshly ground black pepper

Place all dressing ingredients in a blender and blend until completely smooth.

Orange and Balsamic Vinegar Dressing

- ¼ c of olive oil
- 2 Tbsp maple syrup
- 2 Tbsp orange juice
- 2 Tbsp balsamic vinegar
- 1 Tbsp lemon juice
- ½ tsp fresh ginger
- ½ tsp cinnamon
- ¼ tsp nutmeg

Asian Dressing

- ¼ c of olive oil
- ¼ c of seasoned rice vinegar
- 1 Tbsp of honey
- 3 Tbsp toasted sesame oil
- 1-2 Tbsp soy sauce
- Pinch of salt
- 1-2 cloves of garlic, minced
- Optional fresh ginger

Cookie Recipe

[Trail mix cookies from Minimalist Baker...>>>](#)



What is one CHANGE around Fiber, cultured / fermented foods or processed foods you want to make?

SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?