

THE BASICS

HERE ARE THE NUTRITIONAL BASICS WE STICK TO.
BY DOING THESE WE ALWAYS LOOK + MORE IMPORTANTLY, FEEL OUR BEST.

EVERY DECISION YOU MAKE IN YOUR DAILY ROUTINE EITHER MAKES YOU ONE STEP CLOSER OR FURTHER FROM YOUR GOAL.
LITTLE CHANGES ADD UP OVER TIME AND MAKE ALL THE DIFFERENCE.

EAT REAL FOODS

We eat CLEAN, REAL food as much as possible. This means we avoid highly processed foods and try to stay away from foods that have ingredients we can't pronounce or are unsure of what they are.

A lot of processed foods are high in calories and low in nutritional value. We look for real foods that are high in vitamins, minerals, and fiber.

A typical meals for us usually involve a lean protein paired with vegetables. Examples below:

Breakfast = Vegetable Omelette
Lunch = Chicken Salad
Dinner = Fish + Steamed Broccoli

DRINK YOUR WATER

We can't stress how important this is. Drinking enough water throughout the day is one of our top priorities. The benefits are endless and it makes all the difference in limiting our cravings and our overall health.

The formula we follow when it comes to how much water we drink - 1/2 our body weight in fluid ounces, is the minimum amount we hit daily.

Example: 200lbs = 100 oz. of water daily

LIMIT DAIRY + GLUTEN

We always look and FEEL our best when we avoid dairy products and gluten. When we eat dairy and gluten we tend to become bloated, low on energy, and have stomach discomfort. Side note, our skin always looks its best when we avoid these as well.

AVOID SUGAR

This might be one of the hardest things for most people to give up. Not only is sugar addicting but it's hard to avoid with most processed foods.

We pay attention to labels, and avoid sugar, and sugar substitutes as much as possible. Natural sugar in fruit is a different story. However, we do limit our daily fruit consumption + typically stick to eating berries.

AVOID FRIED FOODS

If for any reason we feel the need to have fried foods, we use an air fryer or we will make a baked version of whatever we are craving. Making these little shifts makes it so we don't ever feel deprived.

AVOID SODA

Simply put, we don't drink soda. If ever we are craving carbonation we will drink naturally flavored sparkling water. Always making sure to check the labels that there is no sugar, artificial flavors, or artificial sweeteners.

AVOID ALCOHOL

One of the ways we notice the biggest changes in our body is when we cut out alcohol. When we do drink alcohol we avoid sugary drinks and stick to clear liquor, fresh citrus and/or berries, mixed with water or sparkling water.

TIPS + TRICKS

VALUABLE THINGS WE'VE LEARNED ALONG THE WAY THAT HELP KEEP US ON TRACK.

ASK YOURSELF...

When you are experiencing cravings we ask ourselves these three things.

1. Are we just reaching for food because we are bored? Most of the time, yes.
2. Have we had enough water? Typically we think we are hungry, when in fact it's thirst.
3. Are we really hungry or are we emotionally eating (because of stress)?

YOUR ENVIRONMENT

We love eating healthy, but self control only lasts for so long. We don't keep unhealthy food options in our home because it removes the temptation and makes making healthy decisions SO MUCH EASIER.

CHEAT MEALS

We love to enjoy a cheat meal. We have found having one cheat meal a week gives us something to look forward to and doesn't ruin our progress. NOTE - Cheat MEAL, NOT a cheat DAY. BIG difference. Cheat days can set us back weeks of progress.

SLEEP

Sleep is a HUGE factor in so many ways. When we don't get enough sleep, it doesn't really matter what we do, our bodies hold onto fat and seeing progress becomes harder and harder. We prioritize our sleep and our bodies thank us for it, in more ways than one.

SNACK + MEAL PREP

Having healthy meals on hand and healthy snacks ready to eat, is a game changer when we are starving and want to resort to processed, unhealthy foods. We keep our fridge, pantry, car, purse, etc stocked with healthy options to grab at any time. Think berries, nuts, protein shakes, protein balls, cut up veggies, etc.

GET MOVING

Finding excuses to get our steps in. You'd be surprised how much of a difference getting 10,000 steps a day makes in your progress, but also your energy levels. We go for morning coffee strolls, take the stairs instead of using elevators, park further away in parking lots, take our pups for a walk, etc. Every step counts (and burns calories, too).

IT'S A LIFESTYLE

Our focus is creating a healthy, happy, balanced lifestyle - that's where the magic happens. Not crash diets or a quick fix, those never last. If you're reading this, you probably already know that by now. It's a lifestyle.

THIS FOR THAT

HERE ARE SOME ITEMS WE SWAP OUT WHEN WE REALLY WANT TO DIAL IT IN + SEE RESULTS.

SWAP THIS

FOR THIS

LATTE

COFFEE + ALMOND MILK

WHITE BREAD

WHOLE WHEAT BREAD

BUN

LETTUCE WRAP

FRIES

OVEN BAKED FRIES

RICE

CAULIFLOWER RICE

PASTA

ZUCCHINI NOODLES

ICE CREAM

FROZEN YOGURT

SODA

SPARKLING WATER

CHOCOLATE

DARK CHOCOLATE

BEER

VODKA

CHIPS

POPCORN

OUR STAPLES

OUR GO-TO GROCERIES.

PROTEINS

CHICKEN BREASTS
ROTISSERIE CHICKEN
GROUND TURKEY
SALMON
TILAPIA
HALIBUT
TUNA
*LEAN STEAK
*LEAN GROUND BEEF

FRUIT

AVOCADOS
CHERRY TOMATOES
BLUEBERRIES
RASPBERRIES
STRAWBERRIES
BLACKBERRIES
WATERMELON
KIWI
APPLES
LEMON
LIMES
FROZEN BERRIES
*BANANAS

VEGETABLES

BROCCOLI
BRUSSELS SPROUTS
BELL PEPPERS
SPINACH
KALE
SPRING GREENS
ARUGULA
GINGER
GARLIC
SWISS CHARD
CAULIFLOWER
ASPARAGUS
GREEN BEANS
SNAP PEAS
CELERY
ZUCCHINI
SQUASH
SWEET POTATOES
BEETS
ONIONS
MUSHROOMS
*CARROTS

DAIRY + NON-DAIRY

ALMOND MILK
OAT MILK
COCONUT MILK
EGGS
EGG WHITES
PLAIN GREEK YOGURT
*LOW FAT COTTAGE CHEESE
*LOW FAT STRING CHEESE

PANTRY

GF ROLLED OATS
NATURAL PEANUT BUTTER
ALMOND BUTTER
BROWN RICE
LOW CARB TORTILLAS
BONE BROTH
MIXED NUTS
GF GRANOLA
CHIA SEEDS
FLAX SEEDS
PUMPKIN SEEDS
HEMP SEEDS
CACAO NIBS
COCONUT OIL
OILIVE OIL
* DARK CHOCOLATE

*SPARINGLY EATEN

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