

MD Consulting

**CLEAN EATING BASICS PART 1:
SHIFT YOUR SHAPE WITH EASE**





Objectives

For those who lead a fast-paced life that includes travel, family, and hectic schedules you will learn:

- The definition of eating ‘clean’
- The role of the basic food groups
- Menu planning and food preparation for a busy lifestyle





Instructions



On Demand Video

There are two parts to this presentation. This is part one. Please watch this video first so that you learn the material in sequence. Part two will follow. With each presentation there will be a power point, like this one. Each presentation and power point will cover only basic content. If you would like more detail about this topic then please attend the workshops and complete the workbook, which are described below.



Workshop

There will be two workshops, one for each video / power point presentation. The workshops will be interactive and give you a chance to receive more instruction based on your personal situation. If attending the workshop, the expectation is that you'll have completed the portions of the workbook that are applicable to you, or the portions where you want specific advice, or the portions where you have specific questions.



Workbook

The workbook is for your benefit only and does not need to be turned in. It is very comprehensive and provides bonus content, recipes, and other material that we will not cover in the videos. Feel free to complete as much or as little as you wish, and bring all of your questions to the interactive workshops.



Eating Clean



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Eating a Clean Diet

- Eating a diet low in processed foods
- Home cooked foods that are fresh, organic, and a combination of all the basic food groups.
- Due to today's fast paced and hectic schedules many people find it too overwhelming to attempt to eat clean.
- It is not impossible and, in fact, with practice it can be incorporated right into your lifestyle.



Basic Food Groups



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Role of the Basic Food Groups

(Complete) Protein	Feeds the muscle: egg whites, lean red meat, poultry, fish (contains all nine amino acids)
Complex Carbohydrates	Gives the body sugar to burn during activity: whole grains, oats, rice (the darker the better)
Unsaturated Fats	Supply the body with energy, healthy skin, nails and lubricates joints and ligaments. Olive oil, almond oil, flax oil, sunflower oil, nuts/seeds
Fibrous Carbohydrates (veggies) Simple Carbohydrate (fruit)	Supply the body with vitamins, minerals, and fiber. They burn differently than complex carbohydrates.



Menu Planning





Menu Planning and Food Preparation

- 4 - 6 meals per day that includes each food group
- Eat until satisfied, not overly full
- Pay attention to your body
- Test for body composition
- Schedule regular grocery trips
- Plan your meals in advance
- Prepare food in advance



Next Steps



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Next Steps and Action Items

- Download this slide deck
- Download the workbook
- Complete modules one and two of the workbook before attending the first workshop (Note: Only complete the areas of each module that pertain to your situation. If something in the workbook doesn't resonate with you then skip it).
- Register for the first workshop
- Attend the first workshop and come prepared with your questions
- Listen to the On-Demand video: Clean Eating Basics Part 2

