

*Shelita Williams R.N.*  
Motivational Speaker, Author & Goals Coach  
Live your dreams achieve your goals and Reign in Life!

I help women entrepreneurs who struggle with achieving their health and fitness goals, to lose weight, increase their energy, boost their confidence and increase their brand integrity so that they are poised, fit and motivated to start, manage and grow their business!



## How to Create Your Own Healthy Menu for Weight Loss Success!

### What we will cover today!

- The importance of Meal Scheduling and how it affects your metabolism.
- The importance of Meal Planning
- Meal Prep
- Macro Patterning (Carb cycling)
- Knowing what your caloric intake is and your macro's
- Example meals (Fill in the Menu)

### The Importance of Meal Scheduling and how it affects your metabolism.

Most overweight or unhealthy people eat only 1-2 times a day and many of them skip breakfast, and dinner is their biggest meal of the day! They say things like “I don’t have time to make breakfast.” “I’m not hungry in the morning.” “I hate breakfast foods.”

Do you skip breakfast? \_\_\_\_\_ if so why?

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**How Many times do you currently eat a day? \_\_\_\_\_**

I used to say all the time, “I don’t see why I’m overweight I only eat once or twice a day!” What happens to your body when you eat this way? Your body goes into “conservation” or most often called “starvation mode” and the metabolism significantly decreases to ensure that you have enough energy to live another day. So in the beginning you will lose weight, once your body figures out that you are starving it, then you will gain weight because of this conservation mode. It’s like your body goes into hibernation.

**What’ is your biggest meal of the day? Circle one. Breakfast, Lunch or Dinner?**

**This is what I want you to do:**

I want you to learn how to eat like upside down pyramid, meaning I want you to eat breakfast like a Queen, Lunch like a pauper and dinner like a peasant!

I want you to get used to eating 5-6 times a day!

I want you to eat every 2.5 to 3 hours. NEVER go more than 4 hours without eating. When you are eating every 2.5 to 3 hrs. you are keeping your blood sugar stable, your energy level stable, and you are not spiking your blood sugar, when you skip meals and then make up for it at the next meal, causing Insulin spikes that cause fat storage!

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I want you to eat breakfast every single day!

I want you to always carry food with you!

I want you to journal what you eat!

Who's already doing this?

Be patient! It can take up to 4-6 months to get your metabolism back to normal! If you are doing HIIT workouts like we teach in our [RIL Fitness programs](#) you will rapidly restore and supercharge your metabolism!

### **The Importance of Meal Planning!**

When you get really serious about your health and fitness, about losing weight, about not only counting your calories but counting your macros, you will understand that it's important to plan ahead. You've heard it many times before that failing to plan is planning to fail. There is no exception in this arena. It's nearly impossible to fulfill all of your nutritional requirements when there is no meal planning involved?

Let's say you don't plan. You can have 1400 calories today. You woke up late so you have some coffee, or you grab a sugary snack bar and run out the door. Or worse you stop at McDonalds and get an egg and cheese biscuit! You didn't bring anything for lunch so when the ladies at work ask you, do you want anything? you say "where are you guys going?" they say Burger King, you say oh well I've already messed up my diet this morning soooo yeah get me a Whopper jr. small fries and a diet coke! You feel guilty when you come home, you are exhausted because work was work and you fed your body junk so it gave

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you no energy, you are cranky and blah, blah the cycle continues. All of this because you were not prepared. You didn't plan and you didn't prepare.

If this was you before, it will NOT be you ever again! Pull out your menus and let me show you how to plan your meals for weight loss success!

## Knowing Your Caloric Intake and Macro's

Do you know how many calories you are to intake in order to lose weight? \_\_\_\_\_ what's the number? \_\_\_\_\_

**PART ONE** **INSTAGRAM FITNESS**  
**HOW TO CALCULATE YOUR CALORIES**

Basal Metabolic Rate (BMR) is the number of calories you would burn with NO activity.

 <b>MEN</b> BMR = 66 + ( 6.23 x <i>weight in lbs</i> ) + ( 12.7 x height in inches ) - ( 6.8 x age )	 <b>WOMEN</b> BMR = 655 + ( 4.35 x <i>weight in lbs</i> ) + ( 4.7 x height in inches ) - ( 4.7 x age )
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(TIP: use Lean Body weight ( % body fat x weight in lbs ) if possible)

**YOUR TARGET DAILY CALORIE NEEDS**

- 1 Little or no exercise: BMR x 1.2
- 2 Light Exercise/sports 1-3 days/week: BMR x 1.375
- 3 Medium Exercise/sports 3-5 days/week: BMR x 1.55
- 4 Hard Exercise/sports 6-7 days a week: BMR x 1.725
- 5 Intense exercise/sports, physical job or twice/day training): BMR x 1.9

Or you can go online! It will do the calculations for you!

<http://caloriecount.about.com/tools/calories-goal>

Do you know what macros (short for macronutrients) are?

\_\_\_\_\_.

Macronutrient's simply refer to:

Fats: \_\_\_\_\_

Carbohydrates: \_\_\_\_\_

Protein: \_\_\_\_\_

**Put this macronutrient profile on myfitnesspal!**

**I actually want you to do this menu right NOW!**

**Rule # 1** You can have EITHER 1 cheat day a week. Or 3 Cheat meals a week. No matter what you chose there are no carbs after 3. Unless on a cheat day you workout 1 to 1.5 hr before the meal! So pick one!

If you are going to do the 3 cheat meals write in the box of Breakfast or lunch "cheat meal"

If you are going to do the 1 day a week pick Sat or Sun as your Cheat day or any high carb day you like!

We will only do 1 type of macro patterning or carb cycling for the sake of time and less confusion! If you want more personal coaching you can contact me at [info@shelitawilliams.com](mailto:info@shelitawilliams.com) and we can set up a coaching call to find something that we will specific for you and go over several different types of carb cycling. **Mark your carb up and down days.**

I want you to have a salad of at least 2 cups of greens per day! You pick right now where you want to eat them Lunch or Dinner, or breakfast for that matter. (salad dressing should not be more than 80 calories per serving which is usually 2 tablespoons so MEASURE!)

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We will do the Carb up, Carb down, alternating daily.

## What does a serving look like?

**Protein:** 3-4oz for women Men can have 6-8 oz

**Vegetables :** Men and women 1 cup (be sure to have 2 servings of green cruciferous veggies every day.

**Starchy Carb:** women  $\frac{1}{2}$ -  $\frac{3}{4}$  cup Men under 200 1 cup over 200 1.5 cups

**Fat:** 1 tablespoon

**Fruit:** you can have in place of a starchy carb on a carb up day: Women  $\frac{1}{2}$  to 1 cup men 1 to 1.5 cups

### Protein examples

Lean chicken breast, turkey breast

Wild caught fish such as salmon, tilapia, tuna,

Low Carb Protein Powder (not more than

Eggs and egg whites (not more than 3 yolks per week)

Cottage Cheese Men 1 cup women  $\frac{1}{2}$  cup

Greek yogurt

Other wild caught sea food like shrimp, scallops, lobster (limit intake)

Tofu

Tempeh (my favorite)

Seitan

### Starchy Carbs

Sweet Potato / yam

Potatoes (limit or eliminate white potatoes)

Oatmeal (steel cuts or old fashion)

Wild rice, brown rice, black rice,

Quinoa

Corn

Peas

Breads/wraps: Ezekiel, millet, rice, limit or avoid whole grains wheat if you have inflammation problems

**Try to stick with starches from nature as much as possible and limit your intake of processed carbs.**

## Vegetables

Broccoli	Peppers (any type)
Asparagus	Arugula
Cucumber	Tomatoes
Lettuce	Spaghetti Squash
Cabbage	Brussels sprouts
Spinach	Zucchini
Green Beans	Kale
Radishes	Spring Mix
Onions	Collard Greens
Celery	Eggplant
Mushrooms	Carrots
Artichoke	

## Fruits

Cherries	Peaches
Apples	Cranberries
Oranges	Papaya
Grapefruit	Plums
Bananas	Nectarines
Apricots	Tangerines
Kiwi	Pears
Mango	Grapes
Watermelon	Melon (honeydew, cantaloupe, etc.)
Blueberries	
Raspberries	
Blackberries	

## **Fat**

Flaxseed oil or ground up flax seeds

Krill oil or organic fish oil

Olive oil

Mayo (use small amounts and avoid canola or vegetable oils)

Coconut Oil

Grape seed Oil

Hemp seed oil

Heavy cream

Raw nuts, seeds, nut butters and avocado

Thank you so much for taking this class! It was an honor and pleasure to serve you. I pray that you move forward into your health and fitness goals with clarity and power! I look forward to hearing from you!

Was this class helpful to you?  
What was your biggest takeaway?

# Eat These 6 foods to Lose Stomach Fat!

We all know by now abs are made in the kitchen and revealed in the gym, so let me just jump right into it, here are the 6 foods to eat daily to lose stomach fat:

Kale

Cabbage

Brussels Sprouts

Broccoli

Bok Choy

Cauliflower

These 6 vegetables are all members of the cruciferous family of vegetables. They are already well known for their role in reducing the risk of cancer because of their high amount of phytochemicals. They are high in fiber, vitamin A, C and folic acid as well as other [nutrients](#).

Cruciferous vegetables also contain glucosinolates, which give them their characteristic spicy or bitter taste. When the cell wall of these vegetables are broken via blending, chopping, or chewing they release an enzyme called myrosinase which converts glucosinolates into several cancer fighting substances but the one I want to talk to you about is indole 3-carbinol which is an anti-estrogen, helping rid our bodies of excess estrogen.

## What does this have to do with my ability to lose stomach fat?

Glad you asked. Every day we are bombarded with toxic chemicals in our environment that cause us to have hormonal imbalances in particular excessive amounts of estrogen also known as “Estrogen Dominance” which is the leading cause of fat gain around the stomach, hips and thighs. Estrogen Dominance is responsible for a host of illnesses:

PMS

Infertility

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PCOS

Fatigue

Irritability

Allergies and Asthma

Mood Swings

Thyroid dysfunction.

These are just a few of the illnesses caused by Estrogen Dominance. Eating unfermented soy products, using plastics and yes cans that are not BPA Free, pesticides and not eating organic all cause an increase in estrogen levels. This is not just in women, even in men excessive amounts of estrogen causes fat storage in the abdominal area. Thank God for the cruciferous crew! By the way did you know that [cruciferous](#) is Latin for cross bearing? I thought that was an interesting tid bit.

## Is there any special way to eat or prepare them?

They are best eaten raw or lightly steamed and the more you chew or chop them the more of the enzyme is released. Mix them up but 1-2 different kinds every day. The more you cook them the less cancer fighting and anti-estrogen properties they have and the more bitter they will taste. This is one of the reasons why I love [green food smoothies](#), I can eat my kale raw and don't even taste it. In addition to creating a calorie deficit and exercising these 6 foods will be a great asset to help you lose the stomach fat for good!

- See more at: <http://shelitawilliams.com/eat-these-6-foods-to-lose-stomach-fat/#sthash.TbiVVQYO.dpuf>