

FIT & FOCUSED



11 DAY DETOX DIET

FOR BUSINESS WOMEN

www.angienuttle.com/foodfighters



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YOUR GUIDE



YOU'VE FINALLY FOUND THE RIGHT DIET PROCESS...

I'm excited to share a powerful and life-changing detoxification diet with you- one that I rely on personally.

As a women's business coach, I relate to the stories and woeful tales of emotional eating from incredible women who are successful, but feeling frustrated and drained. Hearing their challenges inspired me to research and discover the secret to winning the war on weight- and WIN THAT WAR!

Diets are great, but it's our RELATIONSHIP with food that causes us to end up in physical disrepair.

The realization of this truth led me to create a "Food Fight" formula that kickstarts your journey to take back your body and regain the emotional confidence needed to create maximum health. When you follow the plan, you'll begin to:

- Change your relationship with food
- Find exceptional clarity in your thinking
- Experience glowing skin and a healthier weight

I won't sugar coat this-it will take discipline. I have faith in your power to fight for this! You can do this!

Angie Nuttle, Your Coach in the Food Fight!

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BEFORE YOU DIET

A recent study from the University of California shows that you can do a **Fast-Mimicking Diet in intervals of 5-days a month for three successive months** and create anti-aging effects like **reduction of body mass, lowering of glucose, triglycerides, and cholesterol.**

Another long-term and in-depth study by Washington University in St. Louis, and the Pennington Biomedical Research Center has shown that **by cutting caloric intake by 25% you'll dramatically reduce the chance for common diseases related to your major organs to develop, and even reduce tumor and cancer formulation. Two major outcomes have turned up for a healthier body in which anti-aging has kicked in, as well as a much more vigorous energy level.**

If you want to learn more about this interesting study, visit <http://www.nytimes.com/2009/10/11/magazine/11Calories-t.html>

PREPARE FOR A FOOD FIGHT



DEAL WITH YOUR EMOTIONS AROUND FOOD

You've probably tried all kinds of fad diets that ended in failure. Maybe you dieted successfully, but then it stopped working for you. Your body changed, you got older, your life became more stressful...

Women develop 5 behavioral eating patterns:

1. We typically eat based on how we feel.
2. If we aren't feeling good, we eat more sugar and carbs.
3. When we are feeling really good (in celebration mode), our diet defenses go down, and we are more likely to eat more sugar, carbs, and consume more calories in general.
4. In times of high stress, we eat more, drink more alcohol, and feel more sluggish.
5. When we feel helpless or depressed, we tend to eat as a way to control something, and we choose food.

What you eat influences your emotions, cognitive processes, and behavior. When you eat more than you need, your brain gets cloudy and overcast, and your reactions will reflect this. When you eat lots of sugar and empty calorie carbs/fats, it's like putting sugar into the gas tank of your car. The result is a stopped up engine that won't go.

So what do you do?

NOTICE THEM. Start catching your emotional triggers in the act and fight them. Journal and reflect on them. Rewiring your experiences and beliefs around your emotional triggers is a key goal.

EATING HABITS ARE TIED TO EMOTIONS. THIS IS THE SINGLE MOST IMPORTANT POINT TO UNDERSTAND.

Write down what you believe now, and what you want to change. Then, **START SPEAKING THE DESIRED BELIEF OUT LOUD!**

RESTRICT YOUR DIET. I've found that when you do this, you are less reactive and emotional. In fact, you have a nice layer of calm when you are in the proper dieting zone. It's time to shift your perspective of the word, "restrictive," to a positive, structured, and safe word. Recognize that discipline brings freedom.

REFLECTIVE QUESTIONS TO ASK YOURSELF

- What do your eating habits look like? (or sound like ???)
- What are the results of those habits?
- How do you feel after you eat?
- Have you tried to curb them or diet?
- What was the result?
- What triggers cause you to lose control?
- What beliefs will you choose to speak life into?



GET READY TO BE FIT AND FOCUSED

11 DAY DETOX DIET

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The diet works in phases and is the first phase a 60 day cycle. Before you start Phase I, you will want to have 2 full days of eating everything you want. Eat until you cannot eat anymore- carbs, fats, proteins, anything. Once you start, stick to what is in the plan- don't go over 2 cups of anything. The ONLY exception to the plan is eating unlimited dill pickles when you are super hungry. You will drop immediately and will likely hit a small plateau around day 5. Stay the course.

Phase I: 11 Day Detox Cycle.

Every day, follow the plan:

Drinks: Stick with water, unsweet tea, black coffee, or lemonade made with Truvia or Stevia only.

Morning: Choose 1 fruit from the list (max 2 cups). Do not mix fruits.

Lunch: Lean white protein the size of your hand (nothing fried), and a large portion of vegetables .

Afternoon: Same fruit that you had in the morning

Dinner: Lean white protein the size of your hand (nothing fried), and a large portion of vegetables .

FRUIT LIST:

apple, blackberries, blueberries, cantaloupe, cherries, grapefruit, honeydew, orange, peaches, strawberries, watermelon.

VEGETABLE LIST:

Asparagus, bamboo shoots, beet greens, broccoli, brussel sprouts, cabbage*, cauliflower, chard, celery, chard swiss, eggplant, fennel, green beans, green and red peppers, green salad, kale, mushrooms, okra, onions, red radishes, spinach,

MEAT LIST:

Catfish, cod, crab, flounder, grouper, haddock, halibut, lobster, perch, prawns, shrimp, sole, tilapia, trout, tuna, wild chilean sea bass, chicken BREAST, veal

ADDITIONAL DETAILS

- Try to keep a consistent schedule during the detox and eat around the same times each day.

- Allow at least 2 hours between eating times, 3 hours is ideal.

- Only use salt and pepper for seasoning. Your goal is to reduce complexity in your meals.

- Weigh everyday. When you follow the plan, you will see progress almost everyday

Want more details? Go to the next page.

YOU HAVE THE PLAN NOW, BUT...



...Executing the plan is challenging, especially if you are not confident that you can follow through. Situations (and people) get in the way of you taking care of yourself.

That's why I am giving you 5 free days in our **Food Fighters Coaching Mastermind**, an online coaching circle for women who are serious about winning the war on weight, food, and health.

What Does the Circle do? You drop pounds quickly, AND...

- You'll be a part of a daily relationship with other business women who are going through the food fight with you! We meet on Facebook Live for 15-30 minutes each day for coaching and direction.
- We do a weekly Zoom Call to coach and talk about progress. Facilitated sessions with a certified coach and peer coaches to help you stay on track and recondition your relationship with food
- We go way beyond food and work on balancing our 4 personal pillars: Emotional, Mental, Physical, and Spiritual.

What is the cost if you decide to join?

\$59 per month.

Get access to your free 5 Day now!

FREE 5 DAY TRIAL:
[www.angienuttie.com/
foodfighters](http://www.angienuttie.com/foodfighters)