

PLANTBASED. NOT PERFECT

REVAMP

*/revamp/give new and improved form,
structure, or appearance to.*

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It's a
lifestyle,
not a diet.

Hi! I am so excited you have taken the step to elevate your health by downloading this book. I discovered the true power of food as medicine while tirelessly researching to improve my mom's health; it amazed me how many healing stories, research and studies existed linking eating real whole foods to our health, disease and overall longevity. The more I learned, the more passionate I became about implementing a whole food plantbased lifestyle to fight health issues we have come to accept as standard.

After eating plantbased for over seven years now, every year I learn and apply new methods that continue to add vitality to my life. Despite growing older, my skin remains clear and glowing, my digestion is on point, I stay naturally lean and keep muscle tone, I fight off colds easily, have less health issues that I believed to be common and am truly the best version of myself in every way - body, mind and soul. My wish for everyone reading this is that I can pass along these gifts to you and help you live your healthiest life possible.

I wanted to take the key elements of my daily habits and the knowledge I have learned along my journey, and compile them in one place to help you REVAMP your life. Whether you are transitioning, are already plantbased or just need a refresh after quarantine, these principles took my health journey to the next level and I can't wait to share them all with you.

The beauty of living this way is you don't need to count calories, measure food or restrict portions. There are no processed products you need to buy, you can easily get everything you need at your local grocery store. When you are eating whole plantbased foods at least 80% of the time and you implement the principles in this book, magic will result. By revamping your daily routine and how you view food as medicine, your new routine will become a habit, which will effortlessly evolve over time into your lifestyle.

So many of us search for a quick fix, powder or pill that is going to change things quickly, but those results usually last for a short time, not a lifetime. What I want to share with you is a lifestyle that provides lasting change that just keeps getting better as you age with no negative side effects. You can have optimal health. You can reverse health issues and chronic disease that you might have thought comes with aging or were passed onto you. You can stay naturally lean all year round. You can have energy and feel amazing every day. Let's get into it!

xx, Elizabeth

Share your **REVAMP** by tagging me:
[@hautehealthy](https://www.instagram.com/hautehealthy) #PBNPREVAMP

EATING ALKALINE.

The standard vegetarian diet is naturally alkaline producing and the average meat-eating diet is acid producing. An acidic body holds onto excess weight because the eliminative organs get overloaded, leading to the acidic waste being stored in fatty tissue. The more toxins we eat, the more our fat cells expand and store the toxins. As years pass eating this way our bodies become overloaded with the acidic waste and toxins, which causes inflammation that then leads to disease.

Eating primarily alkaline foods promotes health, beauty, weight loss, longevity and anti-aging. Since the protein in plants is generally accompanied by more potassium (which is alkalizing), there is a good argument that we can meet our protein needs from plant sources primarily. Eating alkaline foods ensures we get plant enzymes, water and fiber at every meal.

Alkaline Foods (80%)

FRUITS

VEGETABLES

Grains: Amaranth, millet and quinoa (leave an alkaline residue)

VS. Acidic Foods (20%)

ANIMAL PROTEIN

DAIRY

REFINED SUGAR

SODA

ALCOHOL

PROCESSED FOOD

If you are going to eat acidic foods try to save them for later in the day around dinner, so when you sleep your body has time to digest them fully.

Processed foods are seen as acidic in the body, lead to inflammation and can be holding you back from optimal health. We're talking about everything in the middle aisles of the grocery store: crackers, candy, breads, bars, frozen meals, oils, cereals, pastas, etc. These foods are seen as acidic in the body, which is associated with free radical damage, leading to fine lines and wrinkles. Think of these as empty foods or aging foods.

Other names for the same approach:

Enzyme rich foods vs. Non-enzyme rich foods

Living foods vs. Non-living foods

Anti-inflammatory foods vs. Inflammatory foods

Anti-aging foods vs. Aging foods

THE IMPORTANCE OF ENZYMES.

Enzymes assist with different processes in our bodies, help repair our DNA, help us with digesting our food and to absorb the nutrients in food. Absorption is so important because eating something doesn't mean you absorb all of its minerals, vitamins and nutrients. Malabsorption can lead to poor collagen renewal, increased inflammation, dark circles under your eyes and a multitude of skin issues.

Dr. Ann Wigmore (the original founder of Hippocrates Health Institute) believed that enzymes are the "secret to health." Enzymes help with everything from preventing wrinkles to speeding up weight loss and repairing our DNA. Enzyme rich foods are designed to help us digest them, which then alleviates the work our digestive enzymes need to play a role in, freeing up energy in our bodies to work on other areas of our health.

Enzymes are a GAME CHANGER:

- Repair and prevent wrinkles by rebuilding and renewing collagen
- Even out skin tone and contribute to smoother skin
- Speed up weight loss and detoxification

Unfortunately, our enzymes diminish as we age so we need to focus on overdosing on enzymes in RAW plant foods. Enzymes are heat sensitive, so when we cook our foods we actually kill off their enzymes, so we want to focus on a large part of our diets being from "living" or "raw" foods. We want to increase our raw produce intake to get all the enzymes, which will in turn make us feel fuller faster because of all the fiber we get from the plant food. Fiber helps fill us up and keeps our digestive tract functioning optimally.

One study shows that if our fiber intake was increased by 13 grams, the risk of colon cancer would decrease by 31%!

The idea of a green smoothie originated from Dr. Ann Wigmore's philosophy of blending food before eating it so you don't have to work to break down foods, thus freeing up our body to things other than digesting because smoothies are technically "predigested." This is a huge reason I believe so strongly in starting your day with the Lean Green Smoothie each morning.

TIPS:

Add greens to everything you make (curries, pasta, soups), that way the greens act like natural digestive enzymes and break up some of the food that is harder to digest.

Have veggies or a green salad before dinner, which aids in digesting our food better (especially if you are having animal protein or a very dense meal).

THE 80/ 20 METHOD.

Now that you understand the difference between alkaline and acidic foods, as well as the importance of enzymes and fiber, it makes sense why we want the majority of the foods we eat to be whole plantbased foods. Dr. T Colin Campbell coined the term “whole food, plant based diet” and defined it as meaning only plantbased foods that are not processed. You can be “vegan” and still eat processed foods.

We want to aim to eat whole plantbased unprocessed foods 80% of the time and leave 20% for acidic foods. Whole plantbased foods digest easily and cleanse your system, while helping you stay naturally lean. By sticking to whole plantbased foods 80% of the time, your body will be fueled optimally so that when you dabble in the 20% you will be unaffected.

The longer you follow this lifestyle, there may be times you live at 90/ 10 depending on the season of life you are in. Most weekdays when I am between work and home I live at 90/10. On the weekends, or if I am traveling and want to eat french fries, have a glass of wine or eat processed vegan food, then I may be closer to 80/20. If you are just transitioning or if you live a busy lifestyle where you eat out often or go out for drinks with friends frequently - I recommend trying to follow the 80/20 method to ensure you are living a sustainable lifestyle that will stick.

This ratio is merely to help you look at your lifestyle from a holistic perspective to ensure that the majority (80% +) of your foods are REAL whole foods, leaving you room for life to happen (20%). Somedays this percentage might fluctuate, but it is what you do the majority of your days, not once in awhile that provides lasting change.

I don't like to villanize foods, so I like to ask myself is this food going to promote health before I have it?

Foods that do not promote health (20%) are:

Animal Protein

Alcohol

Dairy

Processed Fats / Oils

Refined Sugars

Gluten

When you start limiting these foods you will be shocked at how amazing your digestion gets, which can then lead to weight loss, clear skin and less health issues overall. It isn't about removing everything you love, it is about crowding out the majority of your diet with whole non-processed foods so when you have inflammatory foods your body moves them through quickly without affecting your health, longevity and beauty overall.

THE 20%.

If you want to be your healthiest most vibrant self, I recommend limiting these groups to once - twice a week to fit into the 80/20 method. Eventually, your tastes buds will change and you will go from once a week, to once a month, to maybe once a year. If you had asked me years ago if I would be where I am now I would never have believed you, so never say never. Listen to your body, give yourself grace and know that it takes time.

Animal Protein (if you are still consuming it)

If you continue to eat animal protein, try to only have it once - twice a week and preferably at dinner. Make sure to buy hormone & antibiotic free, grass-fed (and finished) meats when possible and wild-caught seafood. It isn't as easy when eating out to know where your meat comes from but if it fits into your 20% I wouldn't stress because it is a small part of your life.

Alcohol

I hate to break your heart, but we can't have optimal health and drink copious amounts of wine every night. Alcohol acts as a depressant and can give you anxiety, weaken the immune system and makes the body more susceptible to infections. It also robs your beauty and ages you over time.

Read more on page 6 >

Dairy

Roughly 70% of calories in cheese come from fat, which can lead to weight gain and clogged arteries, and dairy proteins lead to food allergies, arthritis and autoimmune conditions. Because dairy is unnatural to us, our bodies move it out of our system in the form of: phlegm, mucus, weight and acne.

Dairy also produces mucus that can build up on the walls of our intestines, slowing down our digestion. Much of the conventional dairy is also filled with hormones and antibiotics, so the drugs the cows are given end up in our systems which adds to our load of chemicals and additional hormones. Dairy is not a health promoting food, so leave it in your 20%.

Processed Fats / Oils

Healthy fats are needed for your joints and making your skin youthful, but you can get those fats from whole foods that come from nature, like chia seeds, avocados and low amounts of raw nuts and seeds. If you think about it, oil is not in a natural state - it had to be processed to get into a jar so it is not a whole alkaline food. We have been tricked by clever marketing to think of oils as healthy when in fact it is acid forming and studies show it clogs our arteries. *Read more on page 7 - 8 >*

Refined Sugar

Refined sugar is very acidic in the body which can lead to weight gain and premature aging. *Read more on page 9 >*

ALCOHOL.

The more in tune I have become with my health, the less alcohol I drink naturally. Why would I spend so much time fueling my body with anti-inflammatory foods to turn around and inflame it with alcohol?

Studies have consistently shown that moderate alcohol consumption has been linked to an approximate 30-50% increased risk in breast cancer. Evidence is growing that drinking alcohol is also associated with pancreatic cancer, prostate cancer, and melanoma, as well as increasing risk of mouth cancer, throat cancer, esophageal cancer, colorectal cancer, liver cancer.

The amazing news is that studies have shown that:

Alcohol increases the risk of breast cancer, but a fiber-rich diet may have the opposite effect. Eating more whole plant foods may be able to “ease the adverse effects” of alcohol. “Fiber [appears to] bind estrogen in the colon” and help flush it out of the body. However, there is not any level of alcohol consumption that is completely safe from a cancer standpoint.

That said, I love **The Blue Zones** (pockets of the world with the longest living people) and they drink wine moderately (1 - 2 glasses) and live very long lives so I am not against alcohol if you have a healthy relationship with it, but I believe it should belong in the 20% of your lifestyle. Much of the reasons **The Blue Zones** live long disease-free lives has a lot to do with sense of community, purpose and other factors that contribute to their longevity.

If You're Going to Drink Alcohol What Should You Drink?

Skip premade mixes that contain refined sugar, preservatives, and color additives. Wine is not as hard on the liver as hard alcohol, so wine in moderation is preferred because it has flavonoids and antioxidants, and the best option would be organic wine with no sulfites.

Vodka mixed with real limes, lemons or kombucha is also a great option.

The most toxic alcohol is brewed like beer, tequila and rum which can cause sugar imbalances and bloating. I used to only drink beer and now I don't like it anymore as I feel slowed down and dense when I drink it.

If you have yeast imbalances or candida, cutting out alcohol will do your body wonders as the sugars in it can feed yeast.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3832299/>

<https://nutritionfacts.org/video/can-alcohol-cause-cancer/>

<https://www.bluezones.com/2017/08/longevity-link-how-and-why-wine-helps-you-live-longer/>

PROCESSED FATS.

Oils are processed, dense and calorie laden which can add weight or make us hold onto weight. Cooked oil is one of the most aging, fattening and acid forming foods, so I limit my oils to less than 20% of my lifestyle.

Oils are processed, so they are devoid of nutrients
Oils slow blood flow, depress the immune system
Stack up inside arteries, damage blood vessels
Contribute to insulin resistance

A study in JAMA shows that ALL oils promote heart disease – saturated, monounsaturated (olive oil) and polyunsaturated (flax oil) – were associated with an increase in the plaque build up that clogs our arteries and leads to heart attacks.

Because I am not super strict and am not battling a health issue, I do still use a high quality olive oil at home as **The Blue Zones** showed they do consume olive oil frequently (however, it is largely what they aren't eating that keeps them living a long time). Again, this is dependent on your health journey, if you experience health issues I would skip oil completely to heal yourself.

Nuts and Seeds: Should be eaten by the small handful, not tons of nut butters in your smoothie, on a snack and dessert. I get asked a lot about how often I have my date bites and it is maybe once a week! Make sure to soak and rinse nuts and seeds to remove their inhibitor enzymes, which can cause issues with digestion.

Chia Seeds: Chia is a complete protein, containing all of the essential amino acids which help to repair muscle tissue and keep you looking more toned, while raising your energy. Because they have protein, vitamins, minerals and fiber they keep you satiated and keep your blood sugar levels balanced. Chia seeds also assist with ongoing detoxification through optimal digestion. They are a great source of omega 3s, minus any pollution or toxins found in fish or fish oil.

Avocados: Avocados are an ideal source of healthy fat to consume every day. Filled with vitamins and minerals avocados are also full of glutathione - an antioxidant researchers have found to prevent aging. Several preliminary clinical studies suggest that avocados can support weight control, protect DNA damage, promote eye health and skin health (hello antiaging) and have been reported to have anti-carcinogenic properties.

PROCESSED FATS.

Oil is extremely dense with NO fiber, has 100% calories from FAT and is low in terms of nutritive value. Oils are processed and not found naturally out in nature the way you then consume them from the store. If you are going to be cooking with oils, use coconut oil which has a higher smoke point and doesn't become rancid or oxidized. When other oils are cooked at high temps they affect your health and cause aging due to free radicals.

The worst oils to stay away from are: canola, vegetable, safflower, soybean, sunflower, rapeseed, grapeseed and corn.

You will start seeing these oils in a lot of packaged products because that is how they make processed foods taste so good. This is especially important to note when buying nuts and seeds, nut butters, etc. as you always see palm oil in so many of them. I also notice in a lot of chip products (my weakness) they always have so many oils added.

I have recipes in my [RECIPE Ebook](#) for No Oil veggies and the key is using parchment paper so you don't have to use oil. If you are sauteing or making a soup, etc. you can substitute vegetable broth instead of oils. I do still use a high quality olive oil from time to time as I am not 100% no oil, but be wary of the oils you are using and how much.

This is one of the main reasons I don't eat out often because you don't know the oils they are cooking with or if your veggies are cooked in butter.

Fats & Endometriosis: Endometriosis is an estrogen-dependent disorder. It has been shown that diets that are low in fat and high in fiber are associated with lower levels of estrogen, whereas diets high in fat, low in fiber have the adverse results.

In a study of 80,000 women - those consuming more than 2 servings per day of red meat had a 56% higher risk of endometriosis, compared to those consuming less than or equal to 1 serving per week.

<https://ucdintegrativemedicine.com/2015/04/the-good-bad-and-ugly-about-oils/#gs.tdkfut>

IDr. Esselstyn on why we should avoid oils: No Oil -- Not Even Olive Oil! <https://www.youtube.com/watch?v=TYpnfr4jTY>

<https://ucdintegrativemedicine.com/2015/04/the-good-bad-and-ugly-about-oils/#gs.hkgyiv>

<https://www.contemporaryobgyn.net/view/how-meat-consumption-impacts-endometriosis-risk>

REFINED SUGAR.

Natural sugars are found in the molecular structure of a plant and not changed, whereas refined sugar is no longer in that molecular structure anymore due to processing, leaving behind no nutritional value. This is what is found in cereals, bars, powders, breads, baked goods, baby formula, yogurts and so many processed foods.

Sugar breaks down collagen and can weaken the immune system. Sugar is a dehydrating agent, so it increases oil production and also affects water binding so your skin looks less bouncy, resulting in a lackluster appearance and potential dark circles.

There is also a difference between how refined carbs/sugars (processed junk food) behave in our bodies then complex carbs/sugars (sweet potatoes).

Complex carbohydrates contain a lot of FIBER so they take longer to digest keeping us feeling fuller longer, and glucose is released slower and evenly into the bloodstream so you don't have spikes in energy.

Refined carbohydrates have little to no fiber so they cause rapid glucose surges in the bloodstream. Refined sugars are one of the most toxic foods we can eat and take a toll on our digestion, energy, brain and beauty. Eating refined sugars also cause us to crave more sugar and create a vicious cycle.

Sugar Alternatives?

Try having more natural sugar from fruit, especially during the day so you aren't craving sweets at night. I love dates as a replacement! Dates are loaded with potassium, copper, iron, manganese, magnesium and vitamin B6. From the date palm tree, they're easily digested and help to metabolize proteins, fats and carbohydrates. Evidence shows that dates may help to reduce LDL cholesterol in the blood and may reduce the risk of stroke.

How to break the cycle of eating vegan sweets?

Processed sugar can lead to craving more processed sugar so I would highly recommend changing your physical state like working out, going for a walk, calling someone - when you are thinking of sweets.

How to curb a diet soda addiction?

Soda is one of the most acid forming of foods with absolutely no nutritional value. It is really not a food at all but a group of chemicals. Soda demineralizes your teeth and leads to premature aging as it robs minerals from our bodies. If you want vitality and optimal health, diet soda won't get you there.

<https://www.hsj.gr/medicine/effect-of-dates-in-lowering-ldl-level-in-geriatric-cases.php?aid=11309>

GLUTEN.

Refined carbohydrates that contain gluten like: white flour breads, pastas and pastries, white rice, cereal, cookies and crackers, have been processed which removes the fiber and many of the vitamins, minerals and nutrients.

So are gluten filled foods health foods? No.

If gluten causes you bloating, look for gluten free options. I like sourdough, which has 97% less gluten than wheat breads and is fermented which can be easier to digest. When choosing gluten free breads make sure to read the label, many times they have eggs added.

If you don't experience health issues or weight gain from wheat products I would just make them a smaller part of your diet and follow the 80/20 rule. Not all grains are bad as grains provide fiber and nutrients and many are naturally gluten free and when they digest leave an alkaline residue in your body vs. an acidic residue, which we know leads to overall health, beauty and vitality.

There is evidence to suggest that lack of gluten can actually hurt our gut flora and immune function so choosing to be 100% gluten free when you do not have any adverse reactions from gluten can be counterintuitive.


Grains that are naturally gluten free add fiber, nutrients and vitamins to our diet and promote health, beauty, weight loss and energy so they are foods we want included in our plantbased lifestyle.

GLUTEN FREE OPTIONS:

Quinoa
Millet
Buckwheat
Brown Rice
Soba Noodles

I think there is a lot of confusion around sprouted grain bread like Ezekiel - Ezekiel has gluten, it is not gluten free. The benefits of sprouting is that they contain more nutrients and aren't devoid of them like wheat products.

Gluten on its own is not inherently bad for us, it is the processing of foods with gluten and/or ingredients added to foods that contain gluten that set us up for health issues. Overall, if you can tolerate gluten I believe it is best left for your 20% not an everyday food.



"Eating greens daily
may be one of the
most powerful steps
you can take to
prolong your life."

- Dr. Michael Greger, How Not to Die

LEAN GREEN SMOOTHIE (LGS).

Greens are among the most nutrient dense and enzyme rich of all the foods, and are filled with chlorophyll, amino acids and alkaline minerals. We want to kick start our days with alkaline foods that aid our digestion, hydrate us and move through us quickly, which then allows us to absorb our nutrients properly.

The Lean Green Smoothie is filled with minerals and enzymes that assist with everything from preventing wrinkles (yes please) to speeding up weight loss and repairing our DNA. By having the LGS we start our days off on a positive track, helping us to make better food choices later in the day.

I aim for loosely keeping the LGS 70% greens and 30% fruits, with water as the base. I love organic spinach, but you can use any green you prefer and choose fruits that you enjoy or are in season. There are no right or wrong fruits, it is all about what works best for you, but I typically like: 1 fresh banana, ½ pear or apple, ½ cup frozen berries OR 1/4C frozen mango, 1/4 lemon squeezed and 1 tbsp chia seeds.

The LGS took me a while to incorporate into my routine, but now I actually crave my green smoothie every day.

Why blending? Dr. Ann Wigmore has a theory that by blending foods before you eat them you “predigest” them so the body doesn't have to work hard to break down the foods or waste resources on digestion. Also, blending keeps the fiber which makes us feel full and moves our digestion.

Spinach: Rich in beta carotene, which converts to anti aging vitamin A, spinach helps to prevent wrinkles. Provides you with antioxidant protection against free radicals. Rich in minerals: calcium, magnesium, zinc, folate and selenium.

Lemon: High in vitamin C that helps bring a radiant glow to your skin, fights wrinkles and rejuvenates skin. Contains minerals: calcium, potassium and magnesium.

Chia Seeds: Key to the LGS because of their protein, fiber, antioxidants, and omega 3 fatty acids - they also keep you feeling satiated which is great because they influence you to make healthier food choices later in the day.

LEAN GREEN SMOOTHIE QUESTIONS.

What if smoothies make me bloat?

Stick to lower glycemic fruits such as green apples, blueberries, blackberries, kiwis and strawberries. Also, if you have a smoothie and aren't losing weight or are experiencing digestion issues, don't villainize the fruit, look at what you are putting in the smoothies.

Many of the foods you might be adding IN could be causing digestive issues, like: Protein powders, peanut butters / almond butters, weird supplements & powders, flax and chia can cause bloating and might need to be soaked, and certain plant milks can have added gums and sugars which can be irritants.

What time do I have my LGS?

I break my fast with the LGS around 10:30am at work when I get hungry.

What do I recommend using to make it?

I use the Nutribullet.

How do I bring it to work?

I bring it in a Yeti with a lid and have it at room temperature.

How do I shop for the smoothie weekly for one person?

I buy two bags of organic spinach OR 1 large tub

2 lemons

3 pears or 3 apples

Frozen mixed berries or mango, depending on season and mood

Bananas (I always buy 3 bunches at different ripeness)

1 bag of organic chia seeds from TJs that lasts you months

Smoothie vs. Juice?

Smoothies retain their fiber, which helps keep you full longer and assists you in making healthier choices throughout the day. Juice lacks fiber, so it is going to not keep you as full, so I would look at juices more of a complement or snack in the afternoon. Juices are amazing if you are healing a disease.

Isn't the LGS too much fruit?

Many of us have become afraid of fruit thinking it is the same sugar found in processed sweets. It is not. If you have gut and digestive issues, introducing a ton of fruit at once can cause issues so you want to introduce slowly and start with the lower glycemic fruits mentioned above. You can also make a simplified LGS with: spinach, chia, lemon + any fruit that works for you! **Read more on page 13 >**

FRUIT FEAR.

The sugar found in fruit is NOT the same sugar found in processed foods. Fruit has the highest water content and supplies us with fiber, minerals, vitamins and GLUCOSE. Glucose runs every cell of our body, especially our brain so, we need fruit.

Fruit breaks down quickly in our systems (why I recommend eating it on an empty stomach first in the morning), leaves no acidic residue and is the strongest cleaner - it helps to dissolve toxic substances. It also slows aging because fruit prevents oxidation. If you can pick it off a tree it is a pure, healing food. You can eat fruit in abundance until you are full.

So why do you have issues when you eat fruit? There are a few scenarios:

1. The order you are eating could be a culprit. If you eat fruit after eating something that takes longer to digest it could cause digestive issues. This is the simplest change you could make to test.
2. You are eating a high fat diet (whether S.A.D. with meats and dairy, or vegan with high fats from oils, nuts & seeds). Because fruit digests quickly, it can be moving the fat in your diet out, which then leads to bloating, digestive issues, etc. So you can lower your fat intake to test this out.
3. Your gut microbiome is off. Fruit is healing when our bodies are alkaline that you can handle it, and when we have enough good gut bacteria to break down the fruit sugar. If over the years due to antibiotics, birth control, etc. we have effected our healthy gut bacteria, when we eat fruit we can experience issues and then of course, blame it on the fruit. If this is you - try eating fruits lower in sugar to see, such as: blackberries, blueberries, green apples, kiwis and strawberries.

What about fruit consumption with Diabetes Type 2?

Studies show that higher fresh fruit is associated with significantly LOWER risk of diabetes type 2. Diabetes isn't a disease of too much fruit sugar, it is closely associated with the accumulation of fat found predominantly in animal fats.

Can you consume too much fruit?

In one study they gave 20 servings of fruit a day and the study found no adverse effects on weight, blood pressure or triglycerides, and an astounding 38 point drop in LDL cholesterol!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4718092/>
<https://pubmed.ncbi.nlm.nih.gov/11288049/>

RECIPE

3 Cups Spinach

1 Banana

1/4 Cup fruit of choice
(mixed berries, mango)

1/2 apple or pear

1/4 lemon, squeezed

1tbsp chia seeds

cover ingredients with
filtered water to blend

EATING LIGHT TO DENSE.

This concept has been a game changer for me and I feel my best when I stick to this principle. The theory is that you start your day with foods that digest quickly (fruit) and end your day with foods that take longer to digest (denser meals or animal protein). This keeps your body running optimally for digestion which then effects everything else happening in your body.

Typical Order of Eating For Me:

1 Cup of coffee in the morning with Elmhurst plantbased milk

Break my fast with my Lean Green Smoothie

Eat fruit before lunch (in abundance until full)

Lunch: I'll have salad with a plantbased protein, veggie soup, açai bowls, avocado toast, rice paper rolls, etc. I try to have greens during my lunch if possible and find that eating more dense food makes me feel stagnant.

Snacks: If I am hungry, I will eat fruit again or veggies. I don't like to snack on nuts because I find they make me feel tired.

Dinner: I eat my heaviest meal of the day which could be a vegan meal with more intricate or heavier ingredients like a nut cheese, mushroom tacos, potatoes, denser soup, lentil pasta, noodle dishes with tofu, etc.

If I am eating an animal protein (seafood) it would be for dinner. If I do have that for dinner I won't eat fresh fruit afterwards for dessert as you might experience bloating since it digests quicker than the protein.

Listen to your body, this is what works for me and I do not experience issues with digestion or bloating, but if you are having issues try rearranging WHEN and WHAT ORDER you have your foods during the day to see what works best for you. I find that sticking to this principle keeps my digestion on point.

Avoid Excessive Snacking.

Make your meals satiating enough to keep you full all day long. If you must snack, keep it alkaline with veggies or fruit (depending what you had for lunch). It is important to not be constantly adding in different foods to be digested all day long so your body is working on digestion the whole day.

TIME RESTRICTED FASTING.

There are many types of fasting, but the one most commonly practiced is Time Restricted Fasting which means you eat within a certain window and then fast during a certain window (typically after dinner and while you are sleeping). Fasting from 9pm - 9am would be 12 hours of fasting, with 12 hours left in your day for your window of eating.

Research suggests fasting flips a metabolic “switch,” which frees fat stores, while prioritizing the safeguarding of lean muscle mass and function. Due to this, fasting activates the body’s mechanisms that can improve overall body composition, repair damaged DNA and promotes the production of ketones, with the possibility of slowing the processes of aging and disease. In a nutshell, fasting clears away damaged cells and repairs / replaces them.

Studies have shown fasting triggers beneficial health effects, such as:

- Reduced fat mass & increased lean muscle mass
- Reduced inflammation
- Improved heart function
- Improved repair processes & enhanced aerobic endurance
- Possibly slowing the processes of aging and disease
- Kills off bad cells and grows new healthy cells

Fasting elicits metabolic changes that can improve health and promote longevity. Time-restricted eating, in particular, has the potential to realign the body’s circadian rhythms. You get antiaging benefits, delay age-related diseases and reduce damage.

How long is too long to fast?

12 hours seems to be the sweet spot if practicing time restricted fasting per Dr. Valter Longo, a longevity specialist. He says: “Eat for about 12 hours a day – not much shorter and not much longer. If you fast much longer than 12 hours, that can lead to problems with gallstones and shorter lifespan. The people that eat for 15, 16 hours a day, they become overweight, obese, and they develop insulin resistance.”

Coffee and fasting?

Some evidence suggests that black caffeinated coffee or tea may have little effect on the beneficial effects associated with time-restricted eating, some experts suggest a more conservative approach that permits coffee and tea only during the designated window of eating. The truth is they don’t really know the answer yet. I have coffee or matcha in the morning so if that breaks my fast than I guess I’ll take the 12hours I got.

<https://www.foundmyfitness.com/topics/fasting>

<https://medium.com/@andrewmerle/eating-fasting-and-exercising-for-maximum-longevity-fe2faa9cdd74>



"Movement is a
medicine for
creating change in a
person's physical,
emotional, and
mental states."

MOVEMENT.

For a long time after discovering eating whole plantbased foods, I didn't work out often because I was keeping weight off naturally so I didn't think I needed to, but I wasn't as toned. Three years ago I challenged myself to start getting movement in every single day when possible, even if just for a walk, once I really understood the impact movement plays in our overall health, happiness and longevity - not just for our weight.

I believe that 90% is your diet and 10% is working out when it comes to staying lean and toned, but it is also the other health benefits of exercise that are important for our overall health and longevity. The benefits of exercise span across our heart health, brain health (Alzheimers and Dementia) and assist with depression, but exercising can actually ADD years to your life as well.

In a study, results showed that regular activity accounted for significantly longer telomeres in U.S. adults.

Telomeres are the end caps of our DNA and their length can show how fast or slow we are aging, so the longer your telomeres the better.

I get a lot of questions on working out and I believe it depends on where you are on your health journey. Studies have shown that doing too much high intensity workouts (HIIT) can raise our cortisol levels and lead to us holding onto weight, but studies also show high spurts of activity can aid in weight loss - so you have to find the sweet spot that works best for you. If you just discovered eating plantbased and want to lose weight I would aim for HIIT workouts a few times a week, with lower intensity workouts on the other days. When you are simply maintaining your weight and want to stay toned I believe you can focus more on lower intensity workouts most days.

I believe yoga and pilates type workouts work best for me, especially if you are following the 80/20 method in conjunction.

My favorite low impact workouts:

[Melissa Wood Health \(7 Day Free Trial\)](#)

[Mimi Method](#)

[Boho Beautiful](#)

[Tasha Franken](#)

Sometimes I just search what I'm craving on Youtube - there are so many free workout videos for anyone on a budget. You can find any type of HIIT, to yoga, pilates, cardio dance - and everything in between.

<https://www.sciencedirect.com/science/article/abs/pii/S0091743517301470>

<https://bjsm.bmj.com/content/53/10/655>

MINDSET.

It isn't just what you put in your body and choose to avoid - it is how you move, having purpose, sense of community and your mindset. Research shows it is a holistic approach to health that creates lasting change.

Figure out your why.

Write it down and revisit it. My why is optimal health and a long life without disease, which fuels me and drives me every day to make healthy decisions. Having a why keeps me dedicated and motivated to continue on my health journey each day. If you have a WHY remind yourself of it each morning when you wake up or put it in your journal to set your tone for the rest of the day with your choices.

Your mindset is so important and how you speak to yourself matters. If you don't believe you will lose weight you won't. If you believe you will get cancer because someone in your family had it, you might actually worry yourself into disease. Your thoughts are strong and have power. It is important we work on changing how we speak to ourselves and how we envision ourselves. You can change your life at any moment by changing the way you see yourself. Then you can change your daily habits to match that ideal person and soon enough - you become that person!

Other habits that help build a positive mindset:

Listen to podcasts.

Meditation.

Journaling.

Listen to music.

Get outside.

Be prepared.

On Sundays, look at meal ideas you have pinned or saved on IG and put together 3 - 4 dinners for the week, your lunches (I like to pick two and alternate during the work week) and what you want to have as snacks. Being prepared is such a big part of ensuring you make healthy decisions during the week and helps your mind stay calm because you are prepared.

I have grocery hauls with costs and the meals I make from them on my blog: hauteandhealthy.com.

FREQUENTLY ASKED QUESTIONS.

Is soy bad for us?

Research shows soy is beneficial for us, specifically against fighting breast cancer. Don't exceed more than 3 - 5 servings a day and buy non-GMO soy products. <https://nutritionfacts.org/topics/soy/>

Thoughts on protein powders?

Avoid commercially processed powders with whey and look for hemp or pea protein options that are organic, nonGMO, vegan and gluten free. You also want to see their COA to check heavy metal loads. I personally don't consume them because I like to get my protein from whole foods.

How much protein do we need?

Simply put, if you eat more protein than your body needs, it will convert the excess into sugar (and then fat). The average woman only needs about 46 grams of protein per day. One cup of lentils has around 18 grams, so two cups of lentils and 1tbsp of chia seeds in your LGS will meet your protein requirements.

Which supplements do we need to be taking?

I would get your bloodwork done first to see if you are deficient in anything. That said, all of us can benefit from extra B12, Vitamin D and magnesium and I specifically love Olive Leaf Extract when I feel a cold coming on or if traveling.

Do you count calories?

I don't believe in having to count anything because when you eat whole plantbased foods you can eat in abundance. The [Calorie Density Approach](#) does a great job at explaining the nutrient difference between the same amount of calories and why you don't need to count calories when eating WFPB

Do you ask for no oil when eating out?

I am not that strict and eat out so rarely that it falls in my 20%.

Advice for bloating?

Cook your veggies vs. eating them raw, take digestive enzymes when you eat, soak your nuts, beans & seeds overnight before eating. I would also suggest eliminating any powders, supplements etc. to see if they could be causing your bloating.

How to avoid binge eating?

When it comes to sweets I think to avoid binge eating them you might need to incorporate more whole food sweets like fruit during your day so you are satisfied and not craving something sweet because you deprived yourself all day. You could also be living too rigidly, which is why the 80/20 method works well.

FREQUENTLY ASKED QUESTIONS.

Do you drink coffee?

Too much caffeine can overload the liver and slow down its ability to burn fat efficiently and cleanse our systems. Caffeine can also lead to increased levels of cortisol - a stress hormone that has been linked to excess fat storage amongst many other issues. However, studies have shown many potential benefits to coffee consumption so I believe it is fine in moderation. I stick to one cup a day of organic coffee with Elmhurst plantbased milk - my favorite clean milk alternative.

Take 10% off ELMHURST with code HAUTEHEALTHY10.

Thoughts on Agave?

Agave is just processed sugar. Use raw organic honey, pure maple syrup or monk fruit instead. Agave nectar is about 85% fructose – a much higher percentage than that of plain sugar.

<https://www.healthline.com/nutrition/agave-nectar-is-even-worse-than-sugar>

Do we have to buy everything organic?

Pesticides can contribute to our toxic load which can lead to or exacerbate diseases, cancer, etc. so if you can buy organic, amazing. If you're on a budget look at the EWG's list of the dirty dozen, which are the top foods you want to ensure you buy organic. EWG estimates that you can reduce pesticide exposure by 80%!

How to get your loved ones to eat more plantbased?

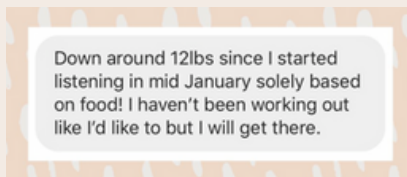
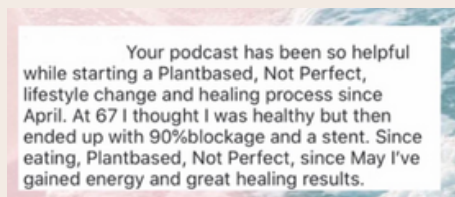
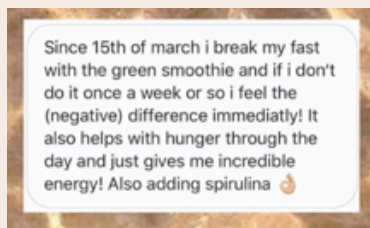
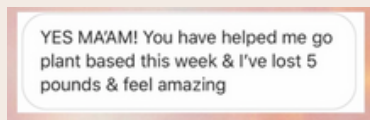
Lead by example, don't preach and if you feel they are giving you a hard time, respond with "my body feels best eating this way." Try to remove judgement and allow space for your loved ones to learn from you, share what you learn, offer to watch a documentary with them and create their favorite dishes in a healthier plantbased version.

Sweet tooth ideas?

Dates are my favorite sweet tooth option. One of the biggest myths about dates is they have too much sugar and will spike your blood sugar levels but this has been dispelled in studies proving that "dates are a low glycemic index food that does not result in significant increases in blood sugar in people with or without diabetes." Studies show that date fruits can have beneficial effects in lowering the risk, delaying the onset or slowing down the progression of Alzheimers.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3112406/>

TESTIMONIALS.



THANK YOU!

First I want to say thank you for downloading this ebook and supporting my dream to help others live their healthiest lives possible. I love sharing what I learn with you and hope that this book brings you optimal health, vitality, food freedom and a disease-free long life.

Connecting with you through social media fuels my passion to continue researching and sharing everything I learn. I get so much joy reading your messages, learning about your lives and helping in any way I can. Your ongoing support inspires me to continue each day.

If you have any question concerning anything you read in this book please reach out to me via email or Instagram any time!

xx, Elizabeth
elizabethjcoe@gmail.com



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