



TRACIE HITTMAN NUTRITION, LLC

Weight Loss in 2010

Key things to remember:

1. We are not _____; we are more like an _____.
2. What 2 hormones affect our ability to lose belly fat the most?
 - a. _____ How? _____
 - b. _____ How? _____
3. How can I keep my blood sugar stable?
 - a. When I buy a food I should remember 2 things:
 - i. If I do not know what the _____ is, should I be eating it?
 - ii. If my _____ wouldn't have eaten it as a child, should I?
 - b. I should eat every _____ hours.
 - c. Remember to _____!
 - i. Do not eat _____ alone.
 - ii. Do not eat _____ alone.

Breakfast:

- ½ cup plain Fagé Greek yogurt with ½ cup of fresh fruit or 1 T natural fruit spread
- 2 hard boiled or scrambled eggs (scrambled in coconut oil or butter) with a piece of fruit
- ½ Ezekiel English muffin with an egg fried in coconut oil

Snacks:

- 2oz Goat cheese and ½ cup apple sauce
- 12 nuts of choice with fruit
- 2 oz turkey and piece of fruit
- 2 oz cheese with raw carrot salad (shredded carrots, olive oil, vinegar and sea salt)

2275 DEMING WAY SUITE B100
MIDDLETON, WI 53562
608.213.2021
FAX: 608.824.9061
WWW.ITSYOURPLATE.COM