

Gluten Free Challenge: Week 2

Brought to you by:



As we begin week 2, remind yourself of why you are doing this Challenge. What are your goals? What are you doing to achieve them?

Included you will find the following:

- Week 2 from Ariel
- Nutrista Weight Loss Info
- Package from Jade: Stress
 - Week 2 Meal Plan
 - Recipes



Welcome to Week 2

Did you know?

- The average wheat crop contains 90% more gluten than it did a century ago
- Up to 29% of the population have difficulty digesting gluten (that's almost 1 in 3!)
- Many health conditions, such as autism and chronic fatigue syndrome, may benefit from a gluten-free diet
- 1 in every 133 people have Celiac Disease, but only 2% of these individuals are diagnosed
- Gluten sensitivity occurs when your body tries to digest gluten and instead ends up fighting the gluten particle as if it were a foreign invader like a virus or bacteria.

Ok, we've made it through the first week, let's start number two strong!

First off, I want to congratulate you all for doing such an amazing job. Everyone has been so great with asking questions and helping each other out. It makes me so happy to see everyone participating!

This week, you'll notice that the meal plan has some days that are completely vegan, and some days that are more paleo. There is also one dinner "meal" where I have asked you all to find a gluten free meal at a restaurant and tell us all about it! It's always great to know ahead of time what our options are when we want to go out for a meal.

The info package I've provided this week is on weight loss. Some of you are doing this Challenge with the goal of losing weight, so this is for you! This information is also to compliment [Jade's](#) hand out on stress. Remember – in order to start shedding the pounds, you must first get your stress level under control. There is nothing more harmful to our bodies than stress.

Something to consider about weight loss: Forget about the numbers. Whatever you are seeing on your scale is not important. How you feel in your body physically and emotionally is what's important. I threw away my scale years ago, and it was one of the best things I've ever done for my body. In order to make a healthy and sustainable change in your body, you must be doing it for the right reasons. Remind yourself that your health should come first, the weight loss will follow.

I think my favourite description of losing weight came from a colleague of mine. She described it as "releasing weight" and when I told her how much I loved her description, she said "Well yah! I don't 'lose' it, because I don't want to find it again!" How perfect?

****Reminder:** I will be answering questions in my weekly Q&A videos (they come out each Friday). This is a great opportunity to ask your questions so the whole group can benefit from the answers. Remember, there are no stupid questions!



Nutrista's Guide to Weight-Loss

Quick and easy tips to stimulate weight-loss...

- Exercise! Having a consistent exercise routine is key for sustainable weight loss.
- Be mindful of your eating habits. Ask yourself why are you eating? What is driving your decision to choose that menu item? What are the consequences or benefits of eating that particular thing?
- Do you chew your food? When's the last time you noticed your chewing? Chewing can have the biggest effect on overall health with just one tiny change.
- Lemon water in the mornings: 1 slice freshly squeezed lemon in warm water first thing after rising in the morning will help detox your liver, stimulate bile production (essential for fat digestion and metabolism), and improve energy levels by aiding optimal digestion.
- Balancing blood sugar is key for overall health, as well as to stimulate weight-loss. Having many small meals throughout the day will keep your blood sugar balanced.
- Cut down/out alcohol where you can. Something that helps for me is special loose-leaf tea – dark chocolate and peppermint from David's Teas in Kits. If you drink white wine, have half wine, half soda or organic juice. If you drink something else, have a glass of water with it and take sips of water in between drinks.

The connections between stress and weight: What happens when we stress?

- The reaction our bodies have is called the fight or flight response.
- Paper tiger syndrome is an easy way to explain the stress response, because we have the same chemical reaction in our body whether we are running from a tiger, or a "paper tiger", like a big deadline or assignment that is creating stress.
 - Our blood moves to our extremities so we can move faster, and our brain so we can think quickly to get away from the "tiger".
 - Next, our adrenal glands release cortisol, which switches our metabolism to "storage mode". This means that anything that is currently being digested is stored as fat around the abdomen to be used as fuel later on when the next "tiger" comes. This is a survival mechanism that has been present in our bodies since the beginning.

What can we do to counter act this?

- Relax! Find an activity that relaxes you and make a point to do it every day, even if only for a minute.
- Breathing exercises. There are many different breathing exercises out there; it is a matter of personal preference which one you do. Continuous breathing can be very beneficial and calming. Simply inhale and exhale slowly, not allowing any pause between inhale and exhale. Focus your attention entirely on your breath. Give it a try!
- Cut down on coffee & caffeine. Caffeine, especially non-organic coffee initiates the stress response (discussed above) in our bodies. Cutting down, even by a small amount, can help support weight-loss. A great way to do this is to replace coffee with green tea.
- Take time for yourself. Similar to the relaxing suggestion above, taking time to be alone, even for a minute or two can have a very beneficial effect on one's health.
- Remind yourself what really matters. When you are feeling overwhelmed, stressed out or anxious, take a moment to look at your life from a bird's eye view. Look at what really matters, what is important and where your priorities are. A lot of the time, when we do this the little thing that is bothering us seems to lose its power.
- Do something that makes you happy. This can be something we forget to do quite often. Taking the time out of our busy schedule to do something that is entirely focused on ourselves is important. Take a bubble bath, go to a dance class, do yoga, art, collage, whatever puts a smile on your face 😊.

Some different nutrients and their connection to our weight...

Sugar & Insulin

- Blood sugar elevates every time we eat.
- When this spike occurs, it alerts the pancreas. The pancreas then secretes the hormone messenger, insulin. Insulin comes into the blood stream and lowers the elevated blood sugar by shifting the metabolism into storage mode.
- This isn't bad yet, because insulin converts the excess sugar into glycogen and stores it in the liver and muscles to be used as fuel at a later point.
- But then - IF there is excess blood sugar (from sugary foods, processed carbohydrates, pastries, pop, etc) that cannot be stored as glycogen, insulin commands the body to save it stored in fat cells for a time when no food is available. This fat is found around our butt, back and belly – the three B's.

Fats...

Please note: Low fat diets do not work and they can be bad for our bodies. When we do not have enough GOOD FAT in our diets, our body steals it from itself. But, it does not take it from our love handles, butt, back or belly, it takes it from where we need it most like our brain tissue (our brain is 60% fat), or nervous system.

What is good fat?

Monounsaturated fats are "good fats"

- They lower LDL cholesterol (the bad cholesterol) and increase HDL cholesterol (the good cholesterol).
- Foods high in monounsaturated fats are: Nuts (peanuts, walnuts, almonds and pistachios) avocado and olive oil.
- These fats help in weight loss, particularly body fat.

Polyunsaturated fats are also "good fats"

- Also lower LDL cholesterol (bad cholesterol).
- Found in seafood like salmon, halibut, trout, cod, sardines, mackerel, and fish oils.
- Omega 3 fatty acids belong to this group.

Saturated fats

- Saturated does not mean the fat is a bad fat. All this means is that it is a solid at room temperature. This also means that it is more stable, and less susceptible to rancidity.
- For example, coconut oil is a good fat and it is a saturated fat. Margarine is a saturated fat, and a "bad fat".

What is bad fat?

Hydrogenated fat or "Trans fats" are the "bad fats".

- These were invented by scientists from liquid oils so that they can withstand better in food production process and provide a better shelf life.
- As a result of hydrogenation, trans fatty acids are formed.
- Trans fatty acids are found in many commercially packaged and fried food such as French fries and other packaged snacks such as microwaved popcorn as well as in vegetable shortening and margarine.
- These fats are unrecognizable by our body because they have been altered from their original form. This means that while our bodies are trying to figure out what to do with it, trans fats remain in our blood for much longer than normal and are known to cause arterial blockages and plaque formation.

Protein

- Protein is essential for weight loss because it is a “slow burner”.
- This means that it will provide you with a long lasting source of energy.
- This means no “crash” (when insulin stores fuel as fat, as discussed earlier), no sugar/carb cravings and your body will burn unwanted fat instead of muscle when it needs fuel.

Carbohydrates

Processed vs. non-processed

- When a carbohydrate (root vegetables, grains, etc) is processed (chips, crackers, bread, pasta, bagels, etc), it becomes a faster burning fuel. This means it's converted by your body into sugar faster, and when it comes to things like white bread, crackers or pasta, they will be converted immediately to glucose then stored as fat if there is excess that your body will not use at that time.
 - These fast burning carbs are also what cause the “spike and crash” reaction in your body. This is when you feel very energized after eating a simple carb or sugar then crash and feel very tired a short time later.
- Non-processed carbs (whole fruits and vegetables) burn much slower. They also come with vitamins, minerals, fat and protein because they are still “whole”. This means that instead of being converted immediately into sugar, then stored as fat, they created a longer lasting fuel and a more complete source of nutrients for your body.

3 Must-Do's for sustainable weight-loss...

1. You need a social support system.

- Family, friends, coworkers, partners, etc.
- Find someone to support you in achieving your goals and use them as a sounding board.
- Talk about your progress, what you have found that works, doesn't work, your frustrations and excitement.
- Have someone you can talk to when you are feeling frustrated that will help keep you on track.

2. Food is not a reward.

- “Treats” are something we have been used to since we were kids (most of us). Breaking that cycle can help immensely with eating healthier for a larger percentage of the time.
- For example: Instead of going to Blenz and buying a date square, buy tulips to keep at your desk or beside your bed.
- By doing this and breaking that cycle, you are not only cutting down on those “rewards” (junk), but you are taking power away from that unhealthy food.
- Stop making it the “prize” and putting it up on a pedestal.

3. The 80/20 Rule: A balance and lifestyle vs. a Diet.

- Deciding *how* and *what* you eat needs to be realistic and sustainable in YOUR life. Diets designed for the masses don't work because they are not designed for YOU as the individual.
- Eat wonderful, healthy, balanced, whole foods 80% of the time, and eat the birthday cake, beer, French fries, pizza, etc. the other 20% of the time. Life is all about balance.

Stress



I could go on forever about this topic as it's fascinating and very misunderstood.

As soon as people hear the word stress they immediately think it's reserved for topics of money, work and relationships. Or what I like to call "The Big Three". But there are many other forms of stress we don't even consider.

In addition to The Big Three subjecting your body to other uncomplimentary forms of stress like bad nutrition, lifestyle habits and negative thoughts throws off the ratio of anabolic (build/repair hormones) to catabolic (break down) hormones in your body. Those anabolic hormones are what keep you young, lean and strong so you can imagine how important it is to keep the balance right!

When we exercise we stress our body and in return it changes to adapt to that stress - *if you've given it the right nutrients and repair time*. That is a good/complimentary type of stress, but nevertheless a stress and must be respected. If we are under too much uncomplimentary forms of stress while adding lots of exercise (physical stress) the overall stress can be too much at times and not only slow our progress but even reverse it.

Even though we like to put titles to the different types of stress in our lives like: Emotional Stress, Work Stress, Financial Stress, Relationship Stress, Physical Stress etc...our body doesn't differentiate between them. We could get in a car accident, break up with our spouse or lose our job. Either way our body just knows we are under a stress and releases the appropriate stress hormones (mainly cortisol).

Those stress hormones eat away our hard earned muscle, make us tired, reduce our mojo, halt our digestive processes and trigger us to gain weight like crazy.

As you can see stress plays a **massive** part in how we look and feel!



Sometimes work, relationships and money put large amounts of stress on us. This is life...and sometimes life has its ups and downs. We have some control over these things but at the same time if you are currently going through something like a job loss, have a family member that is sick or are going through a rocky relationship its just something you might have to go through until the stress passes.

While dealing with that type of stress it becomes very important to control the types of stress we do have control over...like how much water we drink, sleep we get, alcohol consumed, sugar intake etc...Even though each one of those items don't sound like a big deal on their own the accumulative effect is where the damage happens.

I regularly meet clients who are running on 5-6 hours sleep, having copious amounts of sugar and caffeine during the day to stay awake, eating too much processed food, skipping meals and drinking loads of wine to fall a sleep at night. These are very common daily nutrition & lifestyle types of stress...then you pile on work, relationships, money (the big three) and trying to lose weight through exercise. It's no wonder most people have trouble losing weight!

During this challenge and hopefully going forward I'd like you to focus on removing as much negative stress from your life as possible. Especially the stress you can control!

STRESS REDUCING TIPS:

- Focus on the little things as once added up all the little things become big things.
- Take the time to eat at the table and not in front of the television. Also pay attention to which shows stress you out and avoid them for a while. For example I cant watch The Amazing Race as it gets me too worked up before bed and I don't sleep well.
- Spend less time with people that stress you out and are constantly negative. Spend more time with your close friends who are positive and you laugh with.
- As Cliche as this sounds...Finding ways of getting more downtime in your life from things like reading a book, listening to music, going for walks and watching the sunset are all great ways of unplugging, reducing and repairing from stress.
- One of the best ways of reducing stress while increasing your health is by adding some Yin Yoga to your schedule. Yin is a very meditative, relaxing and deep stretching form of yoga usually done later in the evening to candle light.

Here is a short Yin Yoga Circuit you can do at home - <http://youtu.be/wiDJrsdKMtY>

Jade



holistic health now.



Gluten Free Meal Plan – Week 2

Note: This meal plan has a mix of vegan, Paleo and vegetarian meals in order to accommodate everyone

Breakfast: Shake w protein powder, ½ avocado, ¼ cup blueberries, dash cinnamon, water

Lunch: Mini quiche w/ green salad (recipe attached 1)

Dinner: Albacore tuna melts on gluten free bread with steamed vegetables

Snack: Handful nuts, 1 apple sliced, topped with raw honey & cinnamon

Breakfast: Overnight soaked cashew, almond, quinoa & coconut milk w raw honey & cinnamon

Lunch: Chickpea salad w/ olive oil, coriander, salt, pepper, apple cider vinegar & veggies

Dinner: Sautéed mushrooms, onions, garlic & peppers on greens topped w chopped avocado, cashews & sesame seeds. Season with gf soy sauce & pepper

Snack: ½ avocado topped with salt and pepper & handful of baby carrots

Breakfast: 2 eggs any way w/ 1 pc gf bread, salsa and wilted greens

Lunch: Lettuce wraps with chicken, cucumber & mustard – wrap 4-6 and pack in Tupperware

Dinner: Gluten Free Skinny Pizza (see recipe attached 2)

Snack: Gluten free banana muffin (see recipe attached 3)

Breakfast: Smoothie w/ coconut cream, banana, 1 tsp+ unsweetened carob powder, your choice of protein powder (vegan or not), cinnamon & coconut, almond or dairy milk

Lunch: Sandwich on gf bread with avocado, mayo, greens, cucumber, tomatoes, s&p.

Dinner: Miso based soup w/ organic tofu, green onions, shredded carrots, onion, mushrooms & minced garlic, ginger, salt and pepper. Add veggies as you like.

Snack: Cucumber slices tossed in s&p, white wine vinegar, sesame seeds and olive oil.

Breakfast: GF sausage, chopped tomato, 1 egg fried on bed of greens topped w/ salsa

Lunch: Leftover soup from last night with gf toast or crackers & butter

Dinner: Find a gluten free meal at a restaurant and post about it in the Facebook group!

Snack: Chopped apple or pear with almond or cashew butter

Tips & Tricks

Veggie scraps - soup stock: A great way to reduce food waste and have great tasting stock is to save your veggie scraps in a bag(s) in the freezer. Carrot peels, onion ends, etc and be saved then, when you are ready to make stock simply boil everything in water with salt, pepper, herbs and garlic (and bones, etc if you're not a vegetarian).

Vinegar in soup stock with bones: Why add vinegar to your homemade soup stock? When you are using bones/carcasses to make stock, add a couple of tablespoons vinegar. This draws out the calcium and other minerals from the bones to make your stock rich & nutrient dense!

Dry your own herbs: I always find that when I buy fresh herbs at the grocery store, there is way more than I need. A really easy way to dry them is to chop finely and leave out on a dry plate for 24 hours.

Another great idea is to finely chop the herbs and put them in ice cube trays, add a little water and freeze. Next time you need that herb, you've got a convenient little cube!

Live mint in water jugs: One of my favourite ways to have water, is with fresh mint. It's so refreshing and it adds nutrients! I like to have a couple sprigs of live mint in a glass jug. You can leave it in there while the jug is on the counter or in the fridge & it will stay alive. Pretty & delicious!

Coffee grounds as an exfoliate: Instead of throwing away your coffee grounds, keep some and use them as an exfoliate for your body! The caffeine is a great help to get rid of cellulite and it smells great! Simply mix with your regular body wash and scrub away. It makes a bit of a mess, so I bring a small container into the shower to make rinsing everything easier.

Old fruit for apple sauce & fruit soup: Don't you hate it when you buy fruit like apples or pears and they get wrinkly or tough before you have a chance to eat them? Next time, don't throw them away! Simply peel and chop into small pieces. Put in a small pot and add enough water just to cover the fruit. Add cinnamon and bring to a boil. Turn down the heat and simmer until the fruit is easily mashed. Fruit soup! It's very sweet, a great topping for oatmeal, ice cream, yogurt, anything you like!



Gluten Free Banana Muffins

Ingredients

- 3 cups gluten free all-purpose flour
- 1 3/4 cups coconut sugar (or sugar of your choice)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 pound unsalted butter, melted and cooled (or vegan butter or coconut oil)
- 2 eggs (or replacers, prepared)
- 3/4 cup coconut milk (or regular milk)
- 2 teaspoons pure vanilla extract
- 1 cup mashed ripe bananas (2 bananas)
- 1 cup medium-diced ripe bananas (1 banana)
- 1 cup small-diced walnuts
- 1 cup gluten free granola
- 1 cup unsweetened shredded coconut
- Optional: dried banana chips or granola

Method

- Preheat the oven to 350 degrees F.
- Line 18 large muffin cups with paper liners. Sift the flour, sugar, baking powder, baking soda and salt into the bowl of an electric mixer fitted with a paddle attachment. Add the melted butter and blend. Combine the egg replacers, milk, vanilla, and mashed bananas, and add them to the flour-and-butter mixture. Scrape the bowl and blend well. Don't over-mix.
- Fold the diced bananas, walnuts, granola, and coconut into the batter. Spoon the batter into the paper liners, filling each one to the top. Top each muffin with dried banana chips, granola, or coconut, if desired. Bake for 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan and serve.

Skinny, high protein & gluten-free pizza... Hello Summer!

This pizza is made with a chickpea flour crust, which makes it not only gluten-free, but also very high in protein, good fat and fibre. All of which are key components to healthy weight management.

Gluten-free pizza with organic turkey pepperoni



Inspired by the brilliant and talented Mark Bittman.

Ingredients:

(Crust)

- 1 1/2 cups chickpea flour (also called besan)
 - 1 teaspoon salt
 - 1 1/2 cups cold water
 - 4 tablespoons olive oil

Toppings:

- Organic turkey pepperoni (check ingredients for gluten)
 - Organic mozzarella cheese
 - Thinly sliced onion
 - Fresh basil
- Organic tomato paste



Step by Step:

1. Put the flour into a bowl; add salt; then slowly add 1 1/2 cups water, whisking to eliminate lumps. Cover with a towel, and let sit while oven heats, or as long as 12 hours. The batter should be about the consistency of thin pancake batter.
2. When ready to bake, heat the oven to 450°F. Put the oil in a 12-inch rimmed pizza pan or skillet and put in the heated oven. Wait a couple of minutes for the oil to get hot, but not smoking; the oil is ready when you just start to smell it. Carefully remove the pan then pour in the batter, and return the skillet to the oven. Bake 30 to 40 minutes, or until the flatbread is well browned, firm, and crisp around the edges. (It will release easily from the pan when it's done.)
3. Top with your choice of toppings and place in the oven for 10 minutes, or as long as it takes for the cheese to melt and brown slightly.



Mini Quiche

12 Small Quiche

Ingredients:

- 8 whole eggs
- 2-3 cups veggies of your choice – cooked before hand and chopped small
- ¼ cup cheese – I like parmesan
- salt, pepper and herbs/spices of your choice – I like cayenne and chives

Preparation:

- Preheat oven to 350 F.
- Grease muffin tin with butter, or prep paper muffin cups.
- In a bowl, whisk eggs and spices, add splash of water. Whisk until well mixed.
- Pour egg mixture into muffin tins and chopped veggies. Top each one with a sprinkle of cheese.
- Bake for 15 minutes, or until they are solid in the tins.
- Let cool on a baking wrack for 10 minutes and enjoy!

Great for snacks, lunches and very portable!