

Healthy Eating 101



First, I want to personally thank you for downloading this free guide. I have been on my own weight loss journey and have learned a great deal. Starting out at just under 300 lbs, I was overweight, unhealthy, not comfortable in my own skin much less family pictures, and most of all, unhappy. That is not where a mom should be. I tried diet after diet, only to quit time and time again. Then I was hit with a blow that nearly took my life. I was diagnosed with Stage 3b Cancer. It was while I was going through treatment, I began to study health and nutrition and how it helps prevent diseases. It was the only way I was going to overcome the fear of the Big C coming back. In the mean time I began to lose weight and keep it off. I've lost 45 lbs and 4 clothing sizes so far. I'm still yet to hit my goal weight, but I am well on my way! I have also become a health and fitness coach and am dedicated to helping others, just like you, succeed in your own health and fitness journey.

The information in this guide is extremely important if your goal is to be healthy, fit, and happy. Your results begin and end in the kitchen. If you want to lose body fat, it's more important to eat better than it is to try and work off the junk. This guide will outline the healthiest foods that you should be consuming and which ones you should be avoiding altogether. As a special token of my appreciation for your support and downloading this guide, I am giving you 3 bonus recipes that you will find at the bottom of this guide PLUS I am personally inviting you to one of my online fitness support groups for FREE that has helped hundreds of people get on track with their health and fitness!

[Request to join my Real Food for Busy Moms Challenge Here](http://fitfrugallifenew.whoknowsaguyfitness.com/?gf_page=preview&id=37)

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**Thank you once again for your support and downloading this guide.
I truly hope that this helps you find the health and wellness you
desire and deserve.**

**All the best in health,
Shannah Holt**



CLIMB MICHI'S LADDER TO BETTER HEALTH

Michi's Ladder is a guideline for healthy nutrition. While many of the meals and recipes I promote on my website do not incorporate everything on this list, this is a great starting point to cleaner eating. The higher up on the list you eat, the better off you'll be. I've also provided details as to whether these foods are good sources of protein (P), carbohydrates (C), or fat (F). You'll notice that tiers 4 and 5 don't contain this information—that's because these foods aren't healthy, so you shouldn't look to them for nutrition. They're "treats."

Finally, if a food has an asterisk (*) before it, that means I consider it a nutrient-rich superfood.

Note on frying: Foods should be eaten raw, steamed, grilled, poached, baked, or broiled. Frying automatically drops even the best foods into tier 5.

5:1:1 Ratio

Finding a good ratio to ensure proper nutrition is something that has been rather difficult for many people to figure out. How much should you be eating? Focusing on a 5:1:1 ratio ensures that you are not only getting plenty of nutrients, including fiber, but also allows you to enjoy other macronutrient focused foods. So what is the 5:1:1 ratio? For every 5 servings of carbohydrates, you can consume 1 serving of protein, and 1 serving of fat. Primarily, those servings should come from tiers 1 and 2, respectively. Serving sizes vary from food to food, so be sure to know what the serving sizes are and measure them out.

What if I cannot eat 5 Servings in a meal?

It is a good possibility that you won't be able to eat 5 servings in a meal, so divide it down if you plan on eating all three macronutrients in a meal. If you consume 2.5 servings of healthy carbohydrates, you can have ½ a serving of healthy protein, and ½ serving of fats.

How many servings should I have daily?

The total number of servings will vary from person to person and day to day. Someone that is sedentary might consume 6-8 servings of carbohydrates daily, while someone who is moderately active might consume 9-12 servings, and someone who is very active might consume 15+.

The best part of Michi's ladder is that it is designed to allow you to eat until you are satiated yet not overeat on the wrong foods. By eating plenty of healthy carbohydrates for fuel, you will feel fuller longer and find that you will naturally lose weight and be more energetic as well.

Where does Shakeology come into the ratio? For those that are doing Shakeology, your shake counts as 1 Carbohydrate and 1 Protein, plus whatever additional ingredients you put into it. Not sure what Shakeology is send me a message I will get you information and the very best deal on trying it out.



TIER 1 – THE PIOUS TIER – EXCELLENT SOURCES		
These foods should make up the bulk of your diet. You'd be hard-pressed to overeat these foods. They're also great choices to add if you're not feeling full on your regular eating plan.		
Anchovies, fresh	Egg whites	Pineapples
Apples, with skin	Endive	Plums
Apricots	Eggplant	Pomegranates
Artichokes (no sauce)	*Garlic	Raspberries
Arugula	Ginger	*Salmon, wild-caught, Alaska
Asparagus	*Grapefruit	Salsa, natural, no sugar or oil
*Beets	Grapes	*Sardines, fresh or in spring water
Berries, misc	Herbs	Seaweed
*Blueberries	*Kale	Snap peas
Bok Choy	Kiwifruit	Spices
Boysenberries	*Lemon	*Spinach
*Broccoli	Lettuce (not iceberg)	Squash
Broths, veggie, chicken, etc. low-sodium	Lime	Strawberries
Brussels sprouts	Melon	String Beans
*Cabbage	Mexican Hot Sauce (such as Tabasco)	*Tea, green or black, no sugar
Carrots	Mushrooms	Tomatoes
Cauliflower	Mustard	*Vinegar
Celery	Nectarines	*Water, flat or sparkling
Chard	Onions	Yogurt, nonfat or low-fat, plain
Cherries	Oranges	Zucchini
Citrus, misc		Peaches
Collard Greens		Pears, with skin
Cucumbers		Peppers

TIER 2 – THE HAPPY TIER – GOOD SOURCES

The more essential, nutritious foods to fill your plate. Plenty of super foods here, too, but exercise a little restraint. They can be more caloric and/or less beneficial than items in the Pious Tier, so it's possible to overindulge.

Amaranth	Fish (other than those in Tier 1)	Popcorn, plain, air-popped
Apples, skinless	*Flaxseed	Potatoes, baked or boiled
Applesauce, no sugar added	Fruit, dried	Prunes
*Avocados	Granola, raw, no sugar	*Quinoa
Bananas	*Hempseed	Raisins
Barley	Hummus	Refried beans, nonfat
Beans	Juice, fresh-squeezed w/pulp, no sugar	Rice, black or brown
Buffalo (bison)	Lentils	*Seeds, raw
*Chia seeds	Mangoes	Seitan
Chicken breast, boneless, skinless	Milk, nonfat, low-fat	Shellfish, including shrimp
Chickpeas	Muesli, raw, no sugar	Spelt
Coconut meat	Nut butters, raw	Squid
Coconut water, plain	*Nuts, raw	Sushi, nigiri and sashimi (no rolls)
Coffee, black	Oatmeal, old-fashioned, or steel-cut, unflavored, no sugar	Sweet potatoes
Corn on the cob	*Olive oil	Tahini
Cottage cheese, low fat	Olives	Tempeh
Cream cheese, nonfat or low-fat	Papayas	Tofu
Dates	Peas	Tomato Sauce, no sugar
Eggs, whole	Plantains (not fried)	Tuna, albacore
Figs	Turkey breast, boneless, skinless	
Venison		
Yams		

TIER 3 – THE SWISS TIER – NEUTRAL SOURCES – NOT GOOD, NOT BAD		
Consider these foods neutrally beneficial. They can serve a purpose in a healthy diet, but they don't need to be staples. Don't eat too much of them, because more from tier 3 means less from tiers 1 and 2.		
Almond milk	Couscous	Rice milk
Bagels, whole-grain	Crackers, whole-grain	Rice, white
Beef, ground, extra-lean, 95% lean	Flour, whole-grain (wheat, buckwheat, rice, etc.)	Sauerkraut
Beef, tenderloin, 90 to 93% lean	Flour, "alternative" (coconut, almond, quinoa, etc)	Sausage, nitrate-free, low-sodium
Beer	Ham, nitrate free	Soy milk
Bread, whole grain	Honey	Soy nuts
Butter	Jerky, turkey (nitrate free)	Soy sauce
Canadian bacon (nitrate free)	Ketchup	Stevia
Cereal, whole-grain (low sugar)	Lettuce, iceberg	Sugar alcohols (anything ending in -tol)
Cheese (low-fat and full fat)	Louisiana-style hot sauce	Sunflower oil
Chicken and turkey, ground, 95% lean	Lunch meat, lean, low-sodium (nitrate free)	Sushi, rolls (nothing fried)
Chicken and turkey, dark meat, skinless	Maple syrup, pure	Tortillas, whole wheat or corn
Chocolate, dark	Mayonnaise, organic	Tuna, canned
Coconut milk, canned	Molasses	Turkey bacon (nitrate-free)
Coffeehouse drinks (latte or cappuccino, no syrups or sweeteners)	Pancakes, buckwheat	Veal
Pasta, whole-grain	Veggie patty	
Pickles	Wine (red)	
Pork tenderloin	Wine (white)	
Rice cakes		

TIER 4 – THE DODGY TIER – LESS THAN GOOD SOURCES – MODERATION

Not much good about these foods, but in moderation, they shouldn't be deal-breakers. You may notice how many American staples populate this tier. Maybe that's part of the reason the U.S. has become such a chubby nation.

Applesauce (sugar added)	Ham	Pancakes
Bacon	Jam or marmalade, no sugar added	Pasta, refined-flour
Bagels, refined-flour	Jerky (beef, pork, or venison)	Pizza (from restaurant)
Beef, ground, less than 80% lean	Lamb	Pretzels
Bread, refined flour	Lasagna	Sauce, processed (steak, etc)
Broths, full-sodium	Macaroni and cheese	Sausage
Canadian bacon	Meat loaf	Sports drinks (Tier 2, if playing sports)
Duck, boneless, skinless	Nut butters, processed, roasted, or with additives	Tortillas, refined flour
Fowl, with skin	Nuts, salted or roasted	Yogurt, frozen
Frozen fruit bar	Oatmeal, flavored and/or instant	
Fruit, dried, sugar added		

TIER 5 – THE NEWBURG TIER – BAD BAD AVOID BAD BAD		
Named in honor of the heart attack-inducing lobster dish, this tier is filled with foods that can make your health—not to mention your diet—take a turn for the worse. Avoid these foods as best you can.		
Alcohol, hard liquor	Energy drinks	Margarine
Artificial sweeteners (sucralose, aspartame, saccharine, etc)	Fish (fried)	Meat or poultry, any below 85% lean
Baked beans, refined flour	Flour, refined	Milk (cream or half and half)
Breaded foods	French fries	Muffins
Candy	Fried anything	Nachos
Cake	Graham crackers	Onion rings, fried, breaded
Canola oil	Gravy	Pastries
Cereal, processed, with sugar	Hamburger (fast food)	Pies
Chicken, buffalo wings, nuggets, breaded tenders	High fructose corn syrup	Popcorn, w/ salt and butter
Chips	Hot dogs	Pudding
Chocolate, milk or white	Hydrogenated fats (and foods that contain them, like processed baked goods)	Refried beans, w/ lard
Coffeehouse drinks, all others not on Tier 3 (even the skinny ones)	Ice cream (even sugar free and fat free)	Salad dressing, bottled or commercial
Cookies	Jell-O	Sherbert
Crackers, refined flour	Jellies and jams with added sugar	Soft drinks, diet (read the studies)
Creamer (non-dairy)	Juice, from concentrate and/or with added sugar	Soybean oil
Croutons	Lobster Newburg	Sugar, refined
Doughnuts	Lunch meat, processed (bologna, salami, etc)	Sweet-and-sour sauce
Syrup refined		
Tater tots		

Try These 3 Delicious Recipes

To give you a little example of how you can follow the nutritional guide above, I am giving you 3 of my all-time favorite and super delicious recipes that you can start making right away that your entire family will love. Don't forget that you can join my online challenges to get access to a lot more recipes too!

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Breakfast:

Sweet Potato & Sausage Scramble

Serves 4-6



Ingredients

- 1 yellow onion, chopped
- 2 medium sweet potatoes, cubed (microwave the sweet potato for about 2-3 minutes to soften before cubing)
- 1 package of non-frozen pork sausage (look in the meat dept), casings removed
- 6 eggs
- seasoning of your choice (I use salt, pepper, garlic powder, and thyme)
- 2 tbsp macadamia nut or avocado oil

Instructions

1. In a large frying pan, heat up oil on med high heat then add sausage and onion when oil is heated. You want the sausage to be more like ground meat, so grind it up while its cooking. 2. When the sausage is completely cooked through, add sweet potatoes until a little golden on each side. 3. Add eggs and seasoning, stirring constantly until eggs are fully cooked. Serve and store the extras for the week.

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Lunch: Turkey Stew — Serves 4



Ingredients

- 1lb lean ground turkey meat
- 1 can of diced tomatoes (no salt added)
- 2 cups of low sodium vegetable broth
- 2-3 stalks of celery, chopped
- 2-3 large carrot sticks, chopped
- seasonings of your choice (basil, garlic powder, salt, & pepper)
- 1 small yellow onion, chopped
- 2 medium sweet potatoes

Instructions

1. In a stockpot, add turkey meat and onions to the stockpot and cook until turkey is fully cooked and onions are soft.
2. Add diced tomatoes, broth, celery, carrots, and seasonings to the pot and bring to a boil.
3. Reduce heat and add sweet potatoes and simmer for 30 minutes.
4. Serve with delight and glee.

Dinner: Chicken Cacciatore w/Spaghetti Squash – Serve 2-4



Ingredients

- 2 T. ghee or olive oil
- 2 Chicken Breasts (about 1.25 lbs), cut into 1" pieces
- 1 onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 24 oz. jar good quality spaghetti sauce
- ½ c. dry white wine or chicken broth
- 1 cooked spaghetti squash

Instructions

FOR SPAGHETTI SQUASH

1. First things first, let's get that spaghetti squash in the oven to roast while we prepare the filling. Preheat the oven to 400°F (204°C). Using a large knife, cut the top and bottom off of the squash (only about ¼ inch is needed) so you have a flat surface so you can cut down the middle of the squash into halves. Once you have cut the squash in half, scoop the insides out and toss in the trash (insides, not the squash silly!). Lightly coat a baking pan with some ghee with your fingers and place the squash, inside down, onto the baking pan so the shell is on the outside. Place in the oven for about 20-30 minutes or until squash is soft on the inside and flakes off with a fork easily.

FOR CACCIATORE SAUCE

2. Melt ghee or place olive oil in a large pan over medium high heat.
3. Brown chicken pieces in oil.
4. When chicken is mostly browned, add onions and peppers.
5. When vegetables are somewhat soft (about 5 minutes), add spaghetti sauce and wine.
6. Turn heat down to medium low and simmer uncovered for about 15 minutes.
7. Take a fork and scrape inside of spaghetti squash until you have the spaghetti looking noodles and place onto a plate. Careful, if you didn't let the squash cool long enough, that bugger stays hot for a while. Use gloves or let it cool longer.
8. Spoon Cacciatore mixture over cooked spaghetti squash.
9. Eat that like it's nobody's business and enjoy the fact you just might impress your husband/wife with.

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