



Crave
Wellness
*Quick Start
Guide*

TAMICAMPBELL.COM



Welcome!

I am so excited you decided to jump in and make a change that you will be able to sustain for a lifetime.

Making changes to your lifestyle can be a little scary and exciting at the same time. Also, a bite overwhelming. I wanted to create a guide that was easy to understand and could be used as a tool to walk you through the process.

After having my girls, I found it difficult to stick to a healthy lifestyle that I could do everyday, not just not the days when it was convenient! I am happy to say that I have finally found it! And, I am so excited to share it with you!

You will be eating all the foods you enjoy, and if you find some foods that are on the avoid list, I have alternatives for you.

Here is your quick start guide to wellness, I hope you enjoy and find a sustainable lifestyle.

Warmly,

Tami Campbell, NTC RWP
Certified FWTFLL Coach



Assessment SCALE

What is your level of commitment? Are you ready to make a lifestyle change? Are you ready to put in the time and effort it takes to make real sustainable change? 1 being the least and 10 being the most.

01 how likely are you to consume more carbs than fat and protein 1 2 3 4 5 6 7 8 9 10

02 Lack energy most days, especially around 3-4pm 1 2 3 4 5 6 7 8 9 10

03 Crave sugar, after eating a meal or snack? 1 2 3 4 5 6 7 8 9 10

04 Hungry after a meal or snack 1 2 3 4 5 6 7 8 9 10

05 Feel bloated and gassy during the day? 1 2 3 4 5 6 7 8 9 10

WHAT YOUR SCORE MEANS

- 5 TO 20** **Diet consisting of mostly Whole Foods.** If you are in this group, you have already made some significant changes. You may be looking for a refined program to hone your skills.
- 21 TO 35** **Pretty good grasp.** Need a little more help to round out the edges of a good nutrition program with added workouts.
- 36 TO 50** **Let's get more whole food and less processed. You need this program! You are why I made this guide!**

Goal SETTING

CURRENT ●

Currently I am

Currently I am

Currently I am

Currently I am

● GOAL

Where I want to be

Where I want to be

Where I want to be

Where I want to be

What is holding you back from achieving these goals?

Who can you call upon for accountability?

How will you feel when you achieve these goals?

Top 10 LIST

I have listed 10 changes you can make to make your transition to a healthy sustainable lifestyle.

01

Adding in more water! Yes, water is one of the most important nutrients. So start consuming 1/2 your body weight in oz.

02

Ditch the gluten and gluten free products. Most if not all are going to contain ingredients that are highly processed.

03

7-8 hours of sleep at the minimum. Start slow by making your bed time 30 mins earlier each day until you reach 8 hours.

04

Stop consuming alcohol. This is a big one. Consumption of alcohol stops the bodies fat burning cycle. And adds extra carbs to your daily intake.

05

Practice intermittent fasting. Break your fast after 16 hours and eating during an 8 hour window.

06

Substitute all your pastas with vegetable noodles. You can make any noodle out of zucchini.

07

Replace all your carbonated drinks with water. Getting rid of soda is one of the healthiest things you can do.

08

Start going for walks every day. Enjoying some light movement or muscle building exercises.

09

Swaping out your fridge condiments. A lot of condiments contain unnecessary sugar.

10

Replacing your crackers and chips for nuts and seeds. Making small snack changes can make a big difference.

FOOD *Guide*

Enjoy all your favorite foods!



Protein

Protein provides us with the essential amino acids our body. Protein also has a role in our hormone health (sex hormones), help fight infections, carry oxygen, and help with biochemical process. Also, needed for building lean muscle.



Fats

Fat makes everything taste good. The role of fats in our body is important. They provide a source of energy, they are our building blocks for cell membranes and hormones, we need fat to transport fat-soluble vitamins: A, D, E, K, helps with adequate protein use, and plays a role in absorption of food.



Vegetables & Fruits

With all the low carb diets out there its important to understand how to use vegetables and fruits to our advantage and make the work for us. Even in ketosis you can still consume vegetables and fruits. These wonderful carbohydrates provide fuel for the brain, a quick source of energy for our muscles, helps regulate protein and fat metabolism and helps provide fiber, which helps with regular bowel movements.



Macro Goals

Because nutrition is bio individual, each one of us will need difference amounts of each of these macronutrients. It's important to know your body and how it feels when deciding on how much you need. Typically we should keep the fat high, protein in moderation and carbs in the low range.

FOODS TO *Eat*

Here is a list of approved foods. Make sure you consume

Protein

Beef
Chicken
Pork
Turkey
Fish
Eggs

Fat

Ghee/Clarified Butter
Olive Oil
Avocado Oil
Coconut Oil
Nuts
Seeds
Avocados

Carbohydrates

All Vegetables
Apples
Bananas
Strawberry
Blueberry
Blackberry
Raspberry
Lemons
Limes
White Rice
Quinoa
Yams
Sweet Potato
Squash
Legumes

CRAVEWELLNESS MEAL PLAN

When focusing on health and even weight loss it is important to strategically plan your meals with your workouts. If you are not engaging in extra activity during the day you will want to stay on lower carb level. If exercising and engaging in some added cardio you will want to have a meal with more carbohydrates. Here are some great ideas for meals during the week.

Monday

Fast or enjoy a higher fat meal
Eggs, bacon & Kale
Chicken Thighs cooked in Ghee
with a veggie
Skirt Steak with Veggies

Tuesday

Fast or enjoy a higher fat meal
Taco Salad
Scrambled eggs and sausage
Roast Beef and Broccoli
Greek Meatballs

Wednesday

Fast or enjoy a higher fat meal
Egg Fritata
Cobb Salad with Eggs
Beef Brisket with Vegetables

Thursday

Fast or enjoy a higher fat meal
Eggs, Bacon Fruit
Chicken Pad Thai with White Rice

Friday

Fast or enjoy a higher fat meal
Eggs and Sausage
Chicken Marsala with Veggies

Saturday

Fast or enjoy a higher fat meal
Cherry Smoothie
Lemon Poppyseed Waffles
Cauliflower Pizza Crust with Meat
and Veggies

Sunday

Fast or enjoy a higher fat meal
Egg Fritata
Pork Shoulder and Sauerkraut

Alternatives








Add in seeds and nuts to salads
and meals! They are a great added
source of fat and flavor.

Meal PLANNER

MON	B		WEEK OF
	L		
	D		
	S		
TUE	B		GROCERIES
	L		
	D		
	S		
WED	B		
	L		
	D		
	S		
THU	B		
	L		
	D		
	S		
FRI	B		NOTES
	L		
	D		
	S		
SAT	B		
	L		
	D		
	S		
SUN	B		
	L		
	D		
	S		

Food JOURNAL

FOR THE WEEK OF: _____

		DATA TO TRACK	DATA TO TRACK	
MON	B L D S			
TUE	B L D S			
WED	B L D S			
THU	B L D S			
FRI	B L D S			
SAT	B L D S			
SUN	B L D S			



Chicken Pad Thai

SERVES: 4
PREP TIME: 20 MINS
COOK TIME: 30 MINS

INGREDIENTS

1 piece peeled fresh gingerroot
1/2 cup smooth cashew, almond, or peanut butter
1/4 - 1/2 cup water
1 tbsp fresh lime juice
1 tbsp coconut aminos
1/2 tsp honey or maple syrup
1/2 tsp toasted sesame oil
1 garlic clove coarsely chopped
1/2 tsp dried red pepper flakes (optional)
1 tsp of Sriracha (optional)

Pad Thai

3 medium Zucchini Spiraled
1 tsp Avocado oil or Coconut Oil
1 -2 medium red bell pepper sliced into thin strips
1 Head of Cabbage, chopped
2 cups cooked diced chicken
Green onion slices, chopped
cilantro, chopped peanuts or lime wedges to garnish (optional)

PROCESS

For the sauce, grate the gingerroot to measure 1 tbsp

Combine all the sauce ingredients in a food processor and process until well blended. Set aside.

Spiralize the zucchini, set aside. Trim the noodles with kitchen shears to shorten the strands.

Heat the oil in the 12" Skillet over medium-high heat for 3-5 minutes, or until shimmering. Add the bell pepper, cabbage, and chicken. Cook for 2 minutes, stirring occasionally.

Add the zucchini, and reduce heat to medium. Cook for 5-7 minutes, or until tender, stirring occasionally.

Remove from the heat. Mix the sauce into the noodles. Garnish as desired.



Chicken Pesto Pizza

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 12-20
MINS

INGREDIENTS

1 Cappellos' Naked Crust or Goat
Cheese Crust
Pesto Sauce
Olives
Grilled or Roasted chicken cut
into smaller pieces
Pizza Seasoning
Mozzerella Cheese

PROCESS

You will want to follow the directions on the box for Cappello's Crust baking.

Spread the Pesto on to the crust while frozen.

Add cheese, Chicken, Olives and Pizza Seasoning.

Bake as directed on the box of Cappello's Pizza Crust.



Greek Meatballs

SERVES: 4
PREP TIME: 10 MINS
COOK TIME: 12-20
MINS

INGREDIENTS

1 lb Ground Pork
1 lb Ground Lamb
3 Garlic Cloves
1/2 Cup Mushroom
1/2 red onion
4 Mint leaves
Salt
Dried oregano

PROCESS

Put the pork and lamb in a large mixing bowl.
Add salt and pepper

Chop the garlic, mushrooms, red onion, and mint into small diced pieces. Make sure it isn't pureed into a liquid.

Add the above ingredients to the meat along with salt and dried oregano.

Mix thoroughly, make into 1/2 inch balls and place on a cookie sheet.

Bake at 350* until the meat reaches 140*.

Remove from oven and allow them to cool.

READY FOR THE *Next Step?*

Are you looking for a like minded community of women and men that are changing their lives and lives around them?

Are you looking for a solution that helps you feel in control again? You're looking for a program that gives you back your energy. You want physical results, but you want more than just a few pounds dropped...

You want to look lean, fit and toned.

You want your body to become a pro-fat burner.

You want to feel stronger, better, and more confident.

You need a solution laid out for you, with lots of support, guidance and accountability along the way.

You need a community, a coach and a program that actually works...for life, not just the next 21 days

If this is you click on the ARE YOU READY TAB and join us!

As a Nutritional Therapy Consultant, Restorative Wellness Practitioner and Certified FASTER Way to Fat Loss Coach, Tami has spent many years pursuing health and wellness, During that time she has helped many individuals lose weight and resolve a variety of health challenges through dietary recommendations and Coaching.

Are you ready to
go to the next level?

Follow me on
Instagram
@_cravewellness

