

# ALL BELLY PREGNANCY



## What To Eat When Expecting

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# CONGRATULATIONS!

You are about to embark on one of life's greatest and memorable journeys. Being pregnant is one of the most exciting and important times of your life.

40 weeks may seem long, but before you know it you'll be looking back wondering where the time went. There are so many changes going on inside you, and of course on the outside of you as well .

It's a truly amazing ride so try to enjoy and embrace it.

Over the next 40 weeks you have the very important task of nourishing your growing baby. Your diet and health habits while you are pregnant have a direct impact on your baby's health, now and later in life.

As a first time mom, I made it my mission to create the healthiest baby and pregnancy possible. As a nutritionist, registered nurse and certified personal trainer, I know

the importance of diet, exercise, and supplementation at all stages in life. I am very proud to share with you the All Belly Pregnancy, a resource that delivers information and guidance in a comprehensive and practical way.

This is a summation of the latest health and nutrition research coupled with my own wealth of clinical and personal experience.

Being pregnant is the most important time for eating nutritiously and staying active for not only the baby, but for you as well. All Belly Pregnancy will guide you to make healthy choices and promote health and wellness to you and your growing baby.

Wishing you all the best in your pregnancy,

*Flavia*



# MORNING SICKNESS



Around two-thirds of all pregnant women suffer from morning sickness, although the term is not well defined. It generally starts at 4-6 weeks and lasts until 12-14 weeks. Generally, most women feel sick throughout the day, not just in the morning.

Food can be the last thing on your mind when you are feeling nauseous. You not only lose your appetite, you sometimes can't stand the smell of foods you once loved.

For my pregnancy, I experienced nausea from weeks 4-10. I didn't have a hard time eating, but rather felt an overwhelming sense to eat every 2 hours. It was the only thing that kept me from vomiting.

Although most text books say that healthy weight gain for the first trimester is 2-4 pounds, I gained 10 pounds by the end of mine.

Increased pregnancy hormones, low blood sugar levels, and changes in smell and in taste all contribute to morning sickness.

## TIPS ON HELPING RELIEVE NAUSEA:

Have a snack on hand

Add ginger to hot water or use ginger tea

Take magnesium and vitamin B6

Stay well hydrated

Avoid high odor causing foods such as fish, garlic and onions

Make frozen popsicles from freshly squeezed fruit juice to snack on throughout the day



# FLUID RETENTION

Fluid retention affects over 50% of women at various stages throughout their pregnancy, occurring more so in the third trimester.



## TIPS FOR EASING OR PREVENTING FLUID RETENTION:

Drink plenty of water, DO NOT stop. Fluid retention is not a sign of drinking too much water

Reduce your salt intake

Magnesium is an important mineral that helps regulate water balance in the body. Foods rich in magnesium include green leafy vegetables, nuts, seeds, legumes and whole grains

Vitamin B6 also helps to control water balance in the body and can be useful for easing fluid retention. The richest sources of vitamin B6 include fish, brown rice, green beans, garlic, broccoli, spinach, kale, sesame and sunflower seeds

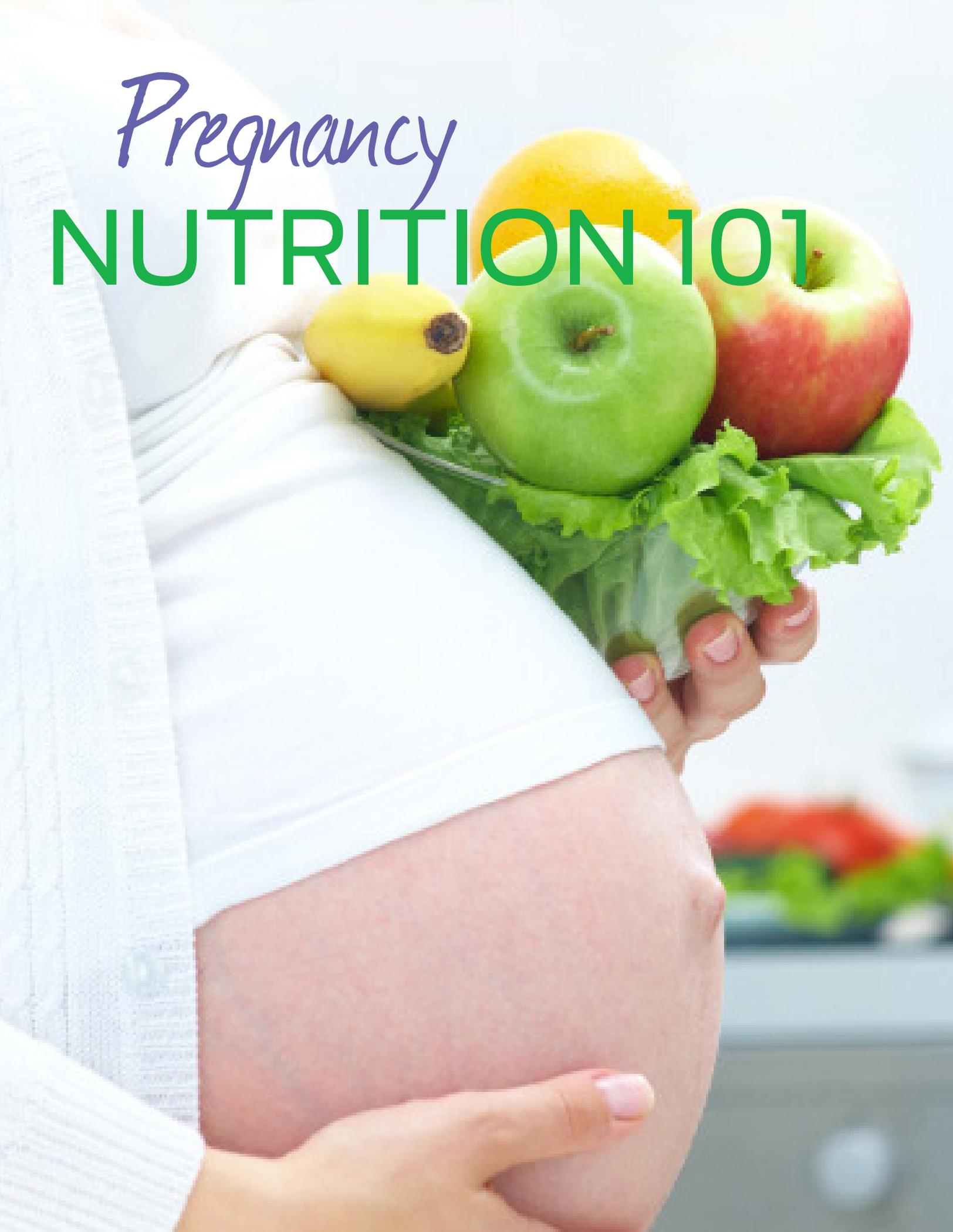
## *Pregnancy Journal*

It's a great idea to start writing a journal documenting your incredible journey. It is so easy to forget all the joys and fears, cravings, and changes that happen with your pregnancy.

I am so glad I did a pregnancy journal to look back at, share with my husband, and look forward to sharing with my little ones someday.



*Pregnancy*  
**NUTRITION 101**



After studying nutrition for over 11 years, it becomes clearer to me that *I really have to be my own doctor*. The medical advice that I have received for my last pregnancy is a FAR cry from what I have researched and found to be true.

*It's not really the doctor's fault, however.*

The medical field is only as good as what they research. Medical doctors study medicine. Less than 6% of doctors in the United States graduate without any nutritional knowledge.

In my 9 years of nursing, I saw so many kids eating their way to a future of disease and obesity. For the most part, I took care of very sick children that needed medical treatment, but I often thought, what brought them to this level of sickness in the first place? My theory is an unhealthy lifestyle based around non-nutritious foods.



Let Food Be The Medicine  
-Hippocrates

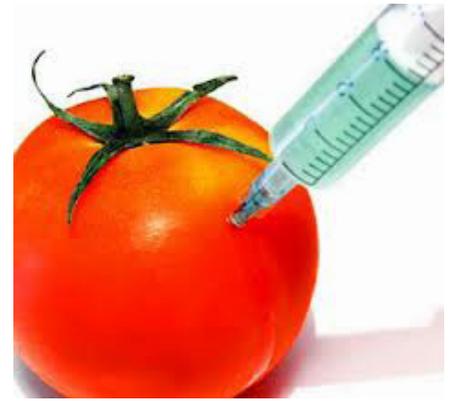


*Everything You Eat, Your Baby Does Too!*

# LOOK OUT FOR FOOD-LIKE PRODUCTS

What are food-like products? They are any “foods” that have been genetically modified for one reason or another.

I would argue that 100% of the time it's to make money.



## FOOD MANUFACTURERS KEEP THREE THINGS IN MIND WHEN CREATING A FOOD-LIKE PRODUCT:

1. What will make the consumer re-buy. Usually addictive chemicals are added.

2. What will set off the smell and taste sensors to make people think they **NEED** to have this product?

3. And lastly, what will make this product have a long shelf life.

*If I wanted to make a **PROFITABLE** food company I would focus on four things:*

1. Make it look good
2. Make it so you want to buy more
3. Make it last a long time
4. Make sure it tastes like the most fulfilling thing when it first hits your lips

**IN SHORT, STOP EATING COOKIES... SODA... BAKED GOODS... PACKAGED FOODS!**

# How To Break The **BONDAGE** OF BAD HABITS



## *You Can't Drop A Habit, You Can Only Replace It*

To first break the bondage of bad eating habits, we first have to understand feast and famine. When we eat fats and sugars our brain immediately says, "Yes. More." We've been programmed to store fat for the famine, but the famine never comes.

Our bodies are designed to store extra fat to protect us from stress. If it goes through a stress, i.e. diet, your body will store an extra 10 pounds so it doesn't experience that stress again.

You can eat 10,000 calories a day. If you're not getting the specific nutrients your body

needs in a way it can digest and assimilate, your starving on a nutritional level.

Your body is going to stay hungry until it gets those nutrients. The cells don't get nourished. So now you're not nourished at a cellular level. Sugars trick your body into getting nourished. And the cycle repeats itself.

Many people GIVE UP the will to fight so they go to doctors to prescribe a solution, which is always pharmaceutical grade, and we know those do not address the problem, just the symptoms.

*How we should eat?*

*HIGH nutrition, LOW calories.*

*How we shouldn't eat?*

*LOW nutrition, HIGH calories.*

*Sow a thought, repeat an action*

*Sow an action, reap a habit*

*Sow a habit, reap a character*

*Sow a character, reap a destiny*

-Luciano Del Monte

# WHAT NOT TO EAT

## While Pregnant

*(or any other time for that matter)*



Sugar



Artificial Sweeteners



High Fructose Corn Syrup



Caffeine



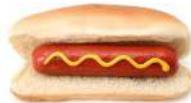
Alcohol



Soft Cheeses



MSG & free glutamates



Deli meats & Hotdogs  
Unpasteurized dairy &  
Uncooked meats



Raw Sprouts,  
Eggs & Fish



High Mercury seafood



Soy



Wheat



## SUGAR

Sugar intake is socially acceptable during pregnancy. I have heard it a hundred times, “eat what you want, you’re pregnant”. This couldn’t be farther from the truth.

Sugar causes rapid fluctuations in blood sugar that taxes the body. When we ingest sugar our body’s blood sugar level hits EMERGENCY level highs. There is an emergency response that occurs in our body. Our body says, “state of emergency.” Blood sugar levels are too high. Pancreas secretes insulin to find a way to take the sugar out of the blood stream and place it somewhere else. A little goes to the liver and brain, but most of it enters FAT CELLS. There is always room in the fat cells.

Weight gain from pregnancy should be from the fetus, increased blood volume and uterine contents.

- ⑥ At birth, a baby weighs about 3.3kg (7.3lb).
- ⑥ The placenta, which keeps your baby nourished, weighs 0.7kg (1.5lb).
- ⑥ The amniotic fluid, which supports and cushions your baby, weighs 0.8kg (1.8lb).

But what about the other two thirds of extra weight? These can be accounted for by the changes that happen to your body while you’re pregnant. Again, the figures are averages:

- ⑥ The muscle layer of your uterus (womb) grows dramatically and weighs an extra 0.9kg (2lb).
- ⑥ Your blood volume increases and weighs an extra 1.2kg (2.6lb).
- ⑥ You have extra fluid in your body weighing about 1.2kg (2.6lb).
- ⑥ Your breasts weigh an extra 0.4kg (0.9lb).
- ⑥ You’ll store fat, about 4kg (8.8lb), to give you energy for breastfeeding.

By the end of pregnancy you may weigh about 12.5kg (27.6lb) more than you did before you became pregnant.

<http://www.babycenter.ca/a554810/weight-gain-in-pregnancy#ixzz2PtqE9OTj>

By adding too many calories and eating too much sugar when pregnant, this could result in a big baby, also known as Macrosomia. This usually happens due to gestational diabetes which in turn will result in a cesarean section. In addition, a high blood sugar level during pregnancy results in a higher risk of childhood obesity for the baby.

Sugar is like nicotine. Just like the cigarette companies add more nicotine, sugar starts a chain reaction to wanting more and more. This is how people smoke entire packs a day and can't explain why. The way cigarettes are addicting is the same way sugar is addicting. The problem is that people don't know why they keep wanting more. This is called an INVISIBLE TRAP.

When you see "Fat Free" you should read, "High in sugar". You can buy a bag of sugar that says, "100% fat free", which is true, but people don't know that the sugar turns into fat via insulin. Body stores the fat for later but later never comes!

*Fat is not what makes you fat;  
it's sugar that makes you fat.*

*Food kills more people than all drugs  
on the earth combined.*

According to the US Department of Agriculture, Americans consume, on average, 150 pounds of sugar and artificial sweeteners a year! NASTY.



Food companies engineer addictions into many of the foods today. The food industry makes tens of billions of dollars. They have the resources to figure out what chemical derivatives are best to create connections that appeal to consumers and have an addictive component.



*The best way to describe our country*

*- Overfed but starving to death. - Food Matters®*

## MSG & FREE GLUTAMATES

MSG & Free Glutamates are used to enhance flavor in about 80% of foods in the grocery store. AND GET THIS - these names can be hidden behind 50 different names! So even if it doesn't say MSG or free glutamates, you're probably still eating it if it's processed.

MSG and free glutamates make us want to eat more by exciting the brain, which activates the fat programs that make us get fatter.

The study of obesity is conducted on mice. In order to make them fat, mice are given MSG. Researchers clearly know that MSG makes us obese and this crap is in 80% of modern day foods. Don't believe me, go Google search "MSG obesity induced mice".

## ARTIFICIAL SWEETENERS

- Splenda (*sucralose*)
- Sweet and Low (*saccharin*)
- Equal (*aspartame*)

### Why Not?

Artificial Sweeteners can negatively affect your baby's ability to regulate blood sugar

Aspartame is so dangerous. Did you know it's forbidden for pilots to take as it can affect vision and ability to fly?

Sweeteners can also increase sugar cravings, which will result in weight gain.

### The Yale Journal of Biology

suggests that artificial sweeteners contribute to weight gain. Over the course of 5 years, those who started drinking diet pop increased their weight by 5 pounds a year.



By ingesting aspartame, you're going to lose bone mineral density because of the phosphoric acid contained in sweeteners. You will have neurological problems because of the chemicals in the sweeteners, and the HFCS (high fructose corn syrup) will promote diabetes and obesity.

You need all that calcium to help with your growing baby. Pregnant women already need to increase their intake of calcium because the baby takes the calcium we need for their own needs. If we are stripping these minerals away by using sweeteners, there is no doubt we and our baby can become deficient.

### *Cut Out all Artificial Sweeteners.*

Companies know if they can addict a customer, they can have them for life. Selling sugar is just like selling cigarettes. Aspartame and MSG are just like nicotine. They add as much as they can because it keeps people coming back again and again. The marketing LIES to you. It says it'll bring you benefits like sexiness, coolness and health, but in reality it brings you obesity, misery, and sickness.

The sweetener companies or food industry funds 90% of studies showing that aspartame has no side effects themselves. If you look at the independent studies, you'll see the exact reverse. Wow, manufacturers fund the studies! Studies supporting aspartame are not independent studies.

## COMMON SIDE EFFECTS OF USING ASPARTAME :

Tinnitus	Depression
Fibromyalgia symptoms	Anxiety attacks
Spasms	Slurred speech
Shooting pains	Blurred vision
Numbness in legs	Memory loss
Cramps	Weight gain
Vertigo	Tachycardia
Dizziness	Hearing Loss
Headaches	Fatigue
Joint-pain	Rashes



• **The following chronic illnesses can be triggered or worsened by ingesting aspartame:** Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.



# HFCS

(HIGH FRUCTOSE CORN SYRUP)

People don't understand the dangers of refining and concentrating ingredients from a single food or plant. In the 70's Japanese scientists developed the technology to separate the fructose from the corn, which radically reduced the cost of HFCS compared to other forms of sugar.

HFCS comes from corn but it's not natural because it's so concentrated and so refined, it's an isolated nutrient.

Eating HFCS is a lot like snorting cocaine. It's highly concentrated, refined, isolated, and is a chemically manipulated version of a plant.

*White sugar; HFCS and white flour is like snorting cocaine.*

For example, cocaine is clearly not good for you but it comes from the coca leaf, which is perfect for your health and it's a healthy nutraceutical. It's not addictive or harmful in any way in its plant form.

In the 1900s, 15 grams of fructose was consumed a day (on average) from fruit.

Today, 70-80 grams is the average, while some kids eat up to 120 -150g of fructose a day - 10x more, and not from fruit. Fructose is hidden in foods such as cereals, pasta sauces and much more.

Read labels. Salad dressing, pasta sauces, and pizza sauces are high in HFSC. Stay away from the isolates. Stay away from anything that is unnatural, that is a highly concentrated chemical from a plant that should be consumed in its full spectrum, bioavailable form. Food is delivered as a nutrient complex, not an isolate.

- Food Matters®

*If it's harmful to you,  
it's harmful to your baby*

BABY

A pregnant woman with blonde hair, wearing a bright pink tank top, is lying on her back. She is holding up the word "BABY" in large, white, block letters. The background is a soft, out-of-focus indoor setting.

# CAFFEINE

Caffeine stimulates your central nervous system, reduces iron absorption and does cross the placenta into your baby's blood stream.

## CAFFEINE EFFECTS:

- ♥ Raises the heart rate
- ♥ Decreases the amount of calcium in the body
- ♥ Causes dehydration
- ♥ Increases blood pressure
- ♥ Interferes with normal fetal growth
- ♥ Is associated with low birth weight
- ♥ Weakens the adrenal glands (which regulate blood sugar and helps us handle stress)

## Sources of caffeine

Coffee (8 ounces) = 135mg

Instant Coffee (1 cup) = 95mg

Latte/cappuccino (6 ounces) = 90mg

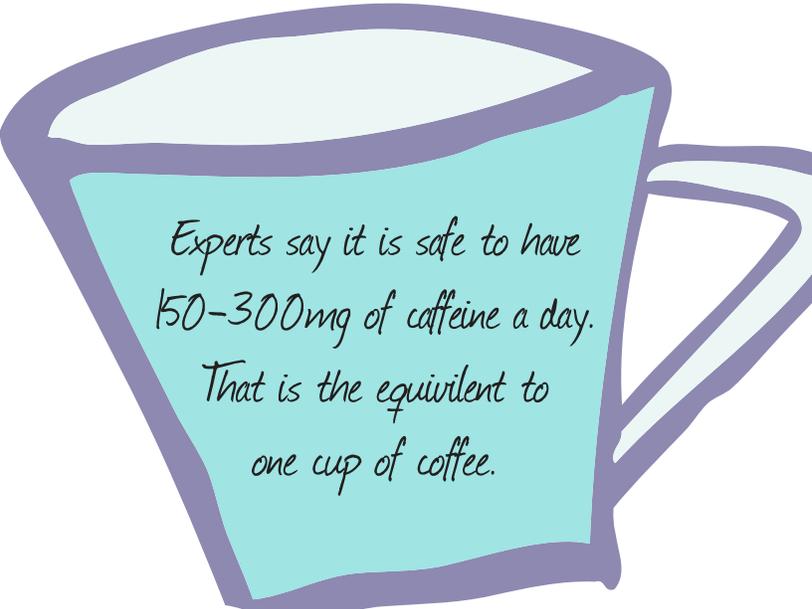
Espresso (1 ounce) = 90mg

Tea (1 cup) = black 60mg, green 40mg

Soda (1 can) = 35-45mg

Dark Chocolate = 5-35mg per ounce

Milk Chocolate = 1-15mg per ounce



Experts say it is safe to have  
150-300mg of caffeine a day.  
That is the equivalent to  
one cup of coffee.

According to dietician, Isabel De Los Rios, the baby's liver is immature and not able to rid the caffeine as effectively as we can. Imagine 1 cup of morning coffee lasting 40-130 hours. That's what it is like for your baby.

Caffeine has also been linked to an increased chance of miscarriage. Due to the diuretic effects of caffeine on the body, calcium and other key pregnancy nutrients can be washed out of your system before they can be thoroughly absorbed.

## How to kick this habit?

Cut down gradually. Ask for half the espresso and use light roast or stick to tea instead of coffee. For me, I found that doing half hot chocolate and half coffee helped at times. It's not the very best for you, but it did do the trick when cutting down.

This was a struggle for me. I kicked all caffeine for the first trimester and added it back in around week 16. Then I read about a non-caffeine drink from Teccino. It's a herbal coffee, caffeine-free drink. You can find out where it is available in your area at:

[www.teccino.com](http://www.teccino.com)



# ALCOHOL

I believe this is pretty straight forward but there is still that question, is it safe for me to have one glass of wine a week? Even before I became pregnant, I heard anywhere from one glass a week to once a month is safe. The truth is, there is no proven amount because who would conduct such a study? We know that excessive drinking can cause fetal alcohol syndrome and can result in brain damage and deformities of the baby.

## WARNING:

The surgeon general of the American Academy of Pediatrics advises that NO amount of alcohol is safe for pregnant women.



*Fetal alcohol syndrome is known as the hangover that lasts a life time*

No one is sure what the safe limit is for alcohol consumption so just don't have any. It is better to be safe than sorry. We know that alcohol does cross the placenta into the fetal bloodstream in about the same concentrations present in the expectant mother's blood, BUT it takes the baby twice as long to eliminate it out of its system.

*How to kick this habit?*

Have a half juice/half sparkling water drink

Sparkling water with a lime in a wine glass

Non-alcoholic beer



*A pregnant woman NEVER drinks alone.*



## LISTERIA MONOCYTOGENES

Pregnant women are 20 times as likely to get this bacteria than non-pregnant adults.

### WHAT TO AVOID:

Deli meats  
hot dogs  
brie  
feta  
ricotta  
blue-vein cheese & camembert  
some goat cheeses  
queso fresco

*\*Always check to see if cheese is pasteurized before eating*

## DELI MEATS & HOT DOGS, UNPASTEURIZED DAIRY & UNCOOKED MEATS

I vote to never have deli meats in your diet whether pregnant or not pregnant. There are FAR better protein sources for you to choose from.

Unless these deli meats are steamed, they could contain a bacteria called *Listeria monocytogenes*. Pregnant women are 20 times as likely to get this bacteria than non-pregnant adults. The flu-like symptoms can sometimes advance into life-threatening meningitis, cause miscarriage, pre-term delivery or death.

The *Listeria* bacteria can also be found in unpasteurized soft cheeses, unpasteurized milk and undercooked poultry. You should avoid handling these items when pregnant.



### SAFE CHEESE:

All hard cheeses and the following soft cheeses are pasteurized and safe to eat: cottage cheese, goat cheese, cream cheese and mascarpone.

## RAW FOODS

### INCLUDING SEAFOOD

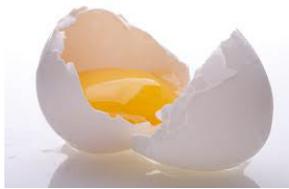
Uncooked or even seared food is off limits during pregnancy. The risk of ingesting bacteria and parasites are too high.

Say no to oysters, clams, ceviche, fish tartars and carpaccio, along with smoked meats that can also harbor parasites and bacteria.

Refrain from blood-red-meat that can harbor bacteria such as E.coli and Salmonella.

*Ask for your steak and burgers well-done.*

## RAW EGGS

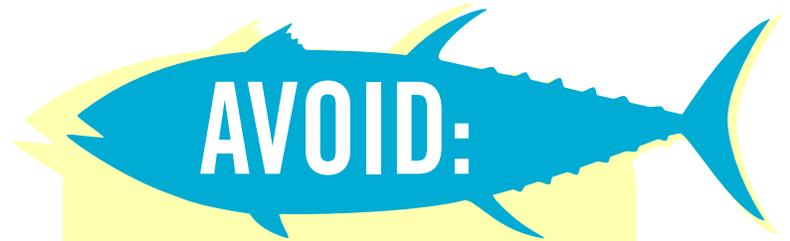


Raw eggs can be found in raw batter, cookie dough, mayonnaise, Caesar dressing, hollandaise

and eggnog. As for cooking your morning eggs, make sure to cook thoroughly to avoid Salmonella poisoning.

## HIGH MERCURY FISH

Fish oils are a MUST in pregnancy. They help boost brain function in utero. However, consuming too much fish is not recommended while some fish are a definite NO for pregnant women.



### These are high-mercury containing fish:

Shark, Swordfish, King Mackerel and Tilefish.

### These fish may contain contaminants:

Tuna steak, Albacore Tuna, Grouper, Farmed Salmon, Red Snapper, Wild Striped Bass, Orange Roughy, Atlantic Halibut and Blue Marlin.

## What are safe fish?

Wild salmon, Pollack, Artic Char, Skipjack Tuna, Farmed Rainbow Trout, Pacific Halibut, Sole, Tilapia, Shrimp, Sardines and Scallops.

**Eat two-six ounce servings per week and make sure fish is well cooked.**



## RAW SPROUTS

Thinking about using alfalfa or bean sprouts on a salad? Think again, as these sprouts have been linked to E.coli and Salmonella outbreaks.

Substitute with spinach, arugula or bok choy for a crunch.

## SOY TO AVOID:

- 🌿 Soy protein isolate,
- 🌿 Soy protein concentrate
- 🌿 Texturized vegetable protein
- 🌿 Texturized soy (soybean oil).

– *The Diet Solution 2007*

## SOY

While there has been a huge buzz about soy being a healthy alternative to cows milk, we really need to be careful with soy.

Soy has been linked to increased carcinogens, reproductive difficulties, and hypothyroidism.

Fermented soy found in miso, tempeh, tamari and soy sauce are safe to use on occasion. However, most products in the United States are unfermented, meaning the natural occurring toxins are present. Unfermented processing makes the protein impure causing decreased testosterone, increased estrogen, and damages the reproductive system.

Thyroid function has also been affected causing a decrease evidenced by low energy, depression, hair loss, and a decreased sex drive – all symptoms of low thyroid function.

Beware – fermented soy can be found in soy burgers, soy milk, ready-made foods, protein powders, energy bars, chili and most veggie protein-replacement foods.



# WHEAT

The gluten contained in wheat products can cause or contribute to digestive disorders and joint problems. If you suffer with these conditions, a wheat-free diet may cure or relieve your uncomfortable symptoms.

Here's where I may get your attention... Cutting wheat out of your eating plan can also help you shed those unwanted pounds. Wheat often times causes inflammation due to sensitivity, which will in turn make your body retain water and contribute to weight gain.

A wheat-free diet is often confused with a gluten-free diet. Although wheat products contain gluten, these two types of diets are not the same.

When eating a wheat-free diet, you simply eliminate all foods that contain wheat. When you follow a gluten-free diet, you not only give up wheat but you also eliminate barley and rye (which I suggest you do).

## DIGESTIVE PROBLEMS CAUSED BY WHEAT

Irritable bowel syndrome (IBS) can cause abdominal pain, bloating, gas, changes in bowel movements and cramping. People with IBS may be constipated one minute and have diarrhea the next. The urge to have a bowel movement can get so intense and is sometimes hard to control.

The symptoms of irritable bowel syndrome vary from person to person and they can come and go as they please. Gluten intolerance has been shown to produce or



## *What Can You Eat?*

### **SAFE GRAINS :**

Millet is commonly used as a wheat substitute for both gluten-free and wheat-free diets, as well as quinoa, brown rice, and sprouted grains. If you still want your carbs and who doesn't, stick to these types of grains to see the best results in your health and weight.

- Millet
- Brown Rice
- Sprouted Grains
- Quinoa
- Buckwheat

pronounce IBS symptoms. Since gluten is found in wheat, eliminating it from your diet can help reduce the symptoms.

You don't have to have irritable bowel syndrome for wheat to cause digestive problems. Eating wheat can clog up the intestines and make digestion difficult. A wheat-free diet can promote a healthy digestive tract by allowing food to flow through easier.

## Did You Know?

### ELIMINATING WHEAT CAN REDUCE JOINT PAIN

Gluten can hinder your body's natural defenses against joint pain caused by osteoporosis or osteoarthritis. If you have either of these conditions, a wheat-free diet may help reduce discomfort. Also, when you suffer from joint conditions, being overweight will amplify the pain. The weight loss you experience from a wheat-free diet will take some of the pressure off of your joints and help ease pain.

### GO WHEAT-FREE AND DROP A FEW POUNDS

*(not that this is your goal with pregnancy)*

Wheat is found in bread, pasta, baked goods, cereal, ice cream, gravies and other processed foods. These types of foods have no nutritional value and they make it near impossible for you to lose weight. On top of the empty calories you get when you load up on processed wheat products, you also ingest all kinds of unhealthy chemical additives that once again cause, among many other things, water retention.

When you kick wheat out of your diet, there's nothing left to eat but lean meats, fish, poultry, fruits, beans, nuts, legumes and vegetables. These foods are nutrient-dense and lower in calories than processed foods. When you opt for healthier foods, you automatically reduce your caloric intake, so you have an easier time slimming down.

### GETTING STARTED

When you've been eating wheat all of your life, the thought of eliminating it from your diet can be scary. If going wheat-free is difficult for you, take small steps. Start off by cutting your intake by half. After you do this for a while, continue to reduce the amount of wheat you eat. Before you know it, you'll be wheat-free and on the path to better health. You will feel much better in no time and this will make the wheat eating habit easy to replace.

# As per the book, *Wheat Belly* by Dr. William Davis: The Quick and The Dirty Simplified Wheat-Free Diet:

## ELIMINATE:

### All wheat-based products

**All breads**-all breakfast cereals, noodles, pasta, bagels, muffins, pancakes, waffles, donuts, pretzels, crackers

**Oat products**-Oatmeal, oat bran

**Sauces or gravies**-thickened with cornstarch, prepared or processed foods containing cornstarch, cornmeal products like chips, tacos, tortillas

**Sugary soft drinks, candies**

## ENJOY UNLIMITED:

**Vegetables**-except potatoes  
(*fresh or frozen, never canned*)

**Raw nuts and seeds**-raw almonds, walnuts, pecans, hazelnuts, pistachios, Brazil nuts, cashews; dry-roasted peanuts (not roasted in oil); pumpkin and sunflower seeds

**Healthy oils** (*unheated*)-Olive, flaxseed, coconut, avocado, walnut

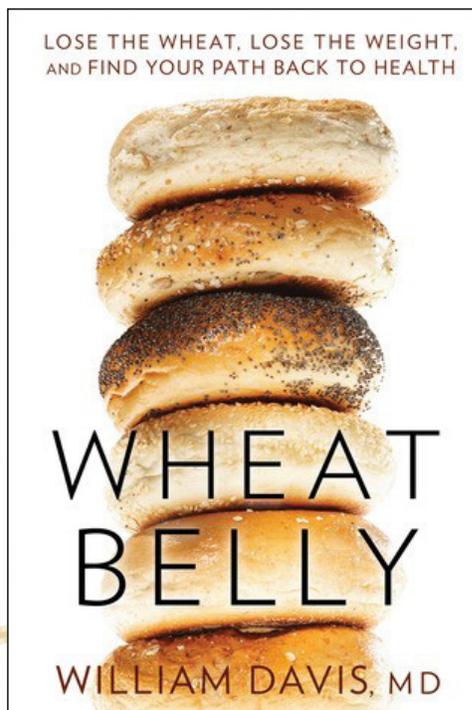
**Meats**-red meats, pork, fish, chicken, turkey, eggs (*Consider free-range, grass-fed and/or organic sources.*)

**Non-wheat grains**-ground flaxseed, chia seeds

**Teas, coffee, water, unsweetened almond milk, coconut milk or coconut water** (*limit tea and coffee when pregnant*)

**Cheeses**—real cultured cheeses only (*not Velveeta or single-slice processed cheese*)  
- no soft cheeses when pregnant.

**Avocado or guacamole; hummus; unsweetened condiments: mustard, ketchup without high-fructose corn syrup; pesto, tapenades; olives**





WHAT TO EAT

*While Pregnant*

YOUR health is under attack. Manufacturers have created over 75,000 chemicals into the food chain since 1940! We have to move away from better living with chemistry, to better living with nature.

You need to get rid of the toxins in your body, not just the fat. As long as you take in more toxins than you're eliminating, your body won't let you burn fat. Fat actually traps the toxins and prevents them from hurting your organs. Once you lose the fat, you just release those toxins into the body as there is no protective layer for the toxins to be trapped in.

*You have to address the fact that toxins are attacking you before your body will let you lose fat.*

## THREE TIPS TO START A DETOX:



### TIP #1:

#### Eat Chlorophyll rich foods

Choose well grown organic vegetables, gelatinous plant foods i.e. chia seeds, aloe vera, sea weeds - these gels/fibers move through our intestinal tracts and absorb the fat soluble toxins (the liver is trying to get rid of).

Without the gelatinous fibers, the toxins would just get reabsorbed in the small intestines.



### TIP #2:

#### Parsley

This cleanses your entire blood supply. Learn how to make taboule salad.

Check Out My [Taboule Salad Recipe](#)



### TIP #3:

#### Cilantro

This binds with heavy metals from all the fish you eat. Prevents toxic mercury from getting lodged in your cells.

*- from documentary Hungry For Change*

# 9 MONTHS *of Eating Healthy*

There is a lot that goes into developing a baby. You can ensure excellent growth for the baby by eating and supplementing with the most nutritious foods available. This will in turn ensure you have a healthy pregnancy and be able to lose weight fast after giving birth.

1

Eat Small Amounts Often

2

Eat 2 Servings of Vegetables With Every Meal

3

Have 2-3 Servings of Fruit a Day

4

Eat Organic Meat, Berries and Dairy

5

Eat Healthy Fats With Every Meal and Eliminate all Trans Fats

6

Eat Protein With Every Meal

7

Eat Carbohydrates Free of Gluten and Wheat

8

Drink at LEAST 2.5 Liters of Filtered Water a Day

9

Take Your Supplements

## Suggested Macronutrient Breakdown:

Carbohydrates 40%

Protein 30%

Fats 30%

# 9 BASICS OF A HEALTHY PREGNANCY

*for Nine Months of Pregnancy*



# 1. Eat Small Amounts Often.

Eating every 2-3 hours will help with nausea, stabilizing blood sugars, and will keep you comfortable later in pregnancy when you can't eat too much at one time.



# 2. Eat 2 Servings of Vegetables With Every Meal.

This looks like 10-12 servings of vegetables a day! I know that may sound like a lot, but this is the MOST important time in your entire life to eat the recommended servings of vegetables. The best way to get these is with vegetable shakes! **BRING ON THE JUICER.**

THE BODY EXPENDS MORE ENERGY DIGESTING VEGETABLES THAN THE CALORIE CONTENT OF VEGETABLES.

Vegetable Functions	Top Vegetable & Fruit Choices
Regulatory Functions	Spinach
Growth	Kale
Digestion	Cruciferous Vegetables
Energy Transfer	Mixed Berries
Nervous System	Oranges
Maintaining an Alkaline Environment	Tomato
Supplying Micronutrients	Apples



## 3. Have 2-3 Servings of Fruit a Day.

You can replace 2-3 servings of vegetables with fruits. Berries, apples and grapefruit are among the best fruit choices.



## 4. Eat Organic Meat, Berries and Dairy.

Yes, it would be best to eat EVERYTHING organic, but if you can only do some organic foods stick to meats, dairy and berries. Also make sure your meats are grass-fed – VERY important that they are fed a vegetarian diet and not low quality corn or grains.

# 5. Eat Healthy Fats With Every Meal & ELIMINATE ALL TRANS FATS.

Trans fats are industrial made, meaning it does not occur naturally.

## FAT GUIDELINES IN YOUR DIET

30% of your diet should be consumed of fats.

10% of saturated, 10% of monounsaturated & 10% of polyunsaturated fats

A balance ratio of 1:1:1 of all three fats is important.

### Trans Fats are Linked To:

Alzheimer's Disease · Lymphoma  
Increased Cholesterol · Heart Disease

### WHAT TO AVOID:

Refined Sugar, White Flour, Whole Wheat, Trans Fats, Hydrogenated Oil, High Fructose Corn Syrup, Margarine.

Fat Functions	Top Fat Choices	
Balance Hormones	Mixed Nuts	Macadamia Nut Oil
Energy	Avocado	Natural Nut Butter
Formation of Cell Membranes	Olive Oil	Cod Liver Oil
Formation of the Brain and Nervous System	Coconut Oil	Organic Butter
Transportation of Fat Soluble Vitamins	Flax Seed	Fish Oil

# 6. Eat Protein With Every Meal.

Eat one serving of complete protein with every meal. A complete protein is a protein source that contains all the essential amino acids. Protein stimulates metabolism, improves muscle mass and recovery, and reduces body fat. Without amino acids in our diet, we cease to function. 30% of your diet should come from protein.

Top round sirloin or beef that is 93% lean is your best choice for beef. Chicken and Turkey are great lean poultry choices. Eggs are complete protein sources rich in good fats and healthy cholesterol. Add egg whites for added protein without the added calories.

Yogurt should be organic and lactose free. Greek yogurt is an excellent high protein source. Make sure there are no added ingredients, sugars or preservatives.

Protein Powder is a great easy and quick way to ingest protein; especially after your workout! A milk protein blend is



Protein Functions	Top Protein Choices
Improves Muscle Mass	Meat
Improves Recovery	Fish
Reduces Body Fat	Poultry
Stimulates Metabolism	Organic Cheese
Cell Structure	Eggs/Egg Whites
Hormones	Yogurt
Immune System	Raw Milk
Transports Proteins	Cottage Cheese

## VEGETARIAN PROTEIN SOURCES:

- FISH
- EGGS
- RAW NUTS AND NUT BUTTERS
- COTTAGE CHEESE
- LEGUMES



# 7 Eat Carbohydrates Free of Gluten and Wheat.

Carbohydrates are important for glycogen supply to the brain and nervous system. If your supplies are too low, you will begin to breakdown protein for energy. Eat 1-2 servings of the carbohydrates listed below. 40% of your diet should come from carbohydrates and most of that 40% should be from vegetables and fruits.

If your carbohydrate intake is too high, you will store all excess carbohydrates as fat since there is a limited storage space of glycogen.

**Glycogen is stored glucose to be used for energy to the brain and nervous system upon demand.**

Carbohydrate Functions	Top Carbohydrate Choices	
Energy	Brown Rice	Millet
Digestion (fiber)	Whole Oats	Amaranth
	Mixed Beans	Barley
	Quinoa	Buckwheat
	Sweet Potatoes / Yams	Rice Flour
	Sprouted Whole Grains	Ezekiel Cereals and Breads
	Legumes	



## 9 ■ Take Your Supplements.

Please refer to the supplement guide for further information.

## 8 ■ Drink a Cup of Filtered Water Every Hour.

Drink one cup of water before and after each meal for a total of 2 cups/meal = 12 cups/day (3L). Don't drink with meals in order to improve digestion and absorption of nutrients.

Water is particularly important to flush toxins out of the kidneys, prevent urinary tract infections, and avoid constipation.

Dehydration can stimulate contractions and can cause premature labor. Water is needed for healthy blood production and flow, to carry important nutrients and oxygen to your growing baby.

It is also needed to replenish the amniotic fluid, which surrounds and protects the baby. Women are advised to drink one cup every hour.

**TIP** – carry a stainless steel or glass water bottle with you throughout the day. If you find it hard to drink plain water, add some fresh lemon, lime, mint or a cucumber for flavor.



# SERVING SIZE GUIDE

**1 SERVING  
OF VEGETABLES**



1 cup leafy greens  
or 1/2 cup raw  
vegetables

**1 SERVING  
OF PROTEIN**



size of palm

**1 SERVING  
OF CARBOHYDRATE  
(NON-VEGETABLE  
NON-FRUIT)**



1/2 cup or 1 slice

# WHAT YOUR CRAVINGS

Are Telling You!

Craving some weird and not so healthy things since being pregnant? Although this is perfectly normal and very common, certain cravings can indicate a possible nutritional deficiency. Cravings can also be a consequence of having unbalanced blood sugar levels and being fatigued.



## Sweets

Usually are an indication of high blood sugar levels and low energy levels. This could also be an indication of the mineral chromium deficiency.



## Chocolate

This could be a reflection of a magnesium deficiency or you may be chasing the endorphin rush. TIP: Choose to workout instead of eating chocolate for the endorphin rush.



## Salty Foods

This could be a sign that your adrenal glands are fatigued and are under-functioning.



## Dairy

As you may have guessed, cravings for dairy could be due to a deficiency in calcium.



## Red Meat

This could be an indication of low iron or zinc, which are both commonly deficient in expectant mothers.



## Citrus

This could be a reflection of an acidic or metallic taste in your mouth relieved by eating grapefruits or lemons.

## Non Food Cravings

Cravings such as dirt, sand, chalk, soap or ice are thought to be associated with nutrient deficiencies.

# How to make *FAST CHANGES* In Your Health -Chestlist!



If it has a shelf life,  
don't eat it.  
The simpler your  
nutrition gets, the  
better your  
health gets.



Drink 2-3 cups of  
vegetable juice a day.  
Start with celery and  
cucumber as your  
base, than start  
adding dark leafy  
greens. Why not just  
eat our greens?  
Because we're not!

Juicing is the  
**ULTIMATE**  
fast food diet.  
Takes minutes to  
prepare and dumps  
dozens of nutrients  
into your cells within  
15 minutes!



Beware of skin  
fragrances. A  
popular brand was  
tested in a lab and  
had 21 carcinogenic  
chemicals that were  
not even listed in the  
ingredients. This  
stuff gets into your  
liver, kidneys, brain,  
and heart and  
causes disease on  
the inside.



*It's not what you're eating; it's what's eating you!*

*I believe the best doctor and nutritionist in the world is YOU.*

*You have all the tools.*



People need to stop being patients and start being people.

You don't need a medical degree to eat healthy.

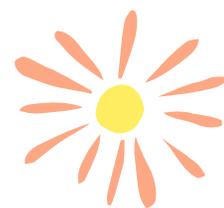
It's too simple to work. It's cheap. It's safe. It's effective.

The single reason people are not doing this is because they are not taking responsibility.

When we choose quality foods we take the power back and don't get exposed to 50 random chemicals we've never heard of.

The best way to look better on the outside is to address the inside.

Remember, what you are eating, your baby is eating too.



*Flavia*

Please visit me at [www.FlaviliciousFitness.com](http://www.FlaviliciousFitness.com) for more nutrition and exercise tips. Need help losing weight after pregnancy? I have that covered too. Come visit my [blog](#) and load up of free workouts, meal plans and recipes.