

4 FOOD GROUPS YOU SHOULD BE EATING WITH EVERY MEAL

FOOD

DOOG



GLORY TO GLORY
FITNESS



Create Healthy Habits to Transform Your Health

Every time you eat, make sure to get a food item from each of these four categories:

Protein, Healthy Carbs, Healthy fats, and Veggies.

This is a great way to simplify your healthy meals. If it has each of these 4 Categories, then you are good to go. For those trying to lose fat, consume a lower amount of carbs at night with dinner (if any at all). Replace these calories with a healthy fat. Make sure to get all your food from good, natural sources. Below are some food options to start with! There are many more that are not included.

Protein:

- Ground Turkey
- Chicken
- Eggs
- Fish
- Protein powder
- Lean red meat

Carbohydrates:

- Banana
- Sweet potato
- Apple
- Berries
- Beans
- Quinoa
- Couscous
- Brown rice

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Veggies/greens:

- Spinach
- Kale
- Romaine
- Broccoli
- Asparagus
- Green beans
- Carrots
- Peppers
- Onions

Healthy fats:

- Fatty fish (salmon)
- Avocado
- Cheese (from a local, natural source)
- Nuts and nut butters
- Seeds (flax, sun flower, hemp)
- Oils: Avocado oil, Flax oil, and olive oil

Water - drink 1/2 your body weight in ounces!

Get as much nutrients from each meal as you can. The better the source of the food and the more nutrients it has, the more satisfied you will be. Mix and match! Take Different items from each category so you aren't eating the same thing over and over. This causes you to get tired of what you eating. Use these categories as a filter for each meal, you will be confident you are eating the right things. If you have questions or need further help, just reach out!

A Recipe to Get You Started

Fajita Chicken Soup

Ingredients:

- 4-5 large chicken breasts
- 1 medium onion, diced
- 2 red bell pepper, diced
- 1 packet fajita seasoning
- 3 tsp garlic, minced
- 1 jalapeno, small, minced
- 2 small chipotle peppers in adobo sauce, minced
- 2 tsp adobo sauce, from the chipotles
- 1 tsp cumin
- 1 tsp chili powder
- 1 15 oz. can fire roasted diced tomatoes
- 1 4.5 oz. can green chilis (optional for extra spice)
- 1 can black beans, rinsed
- ¼ cup quinoa, rinsed (for texture)
- 1 quart (32 oz.) chicken stock
- 1 quart (32 oz.) chicken bone broth
- Topping: 1 fresh avocado, diced (optional, but not really)

Directions:

1. Preheat oven to 350°F. Bake fresh or frozen chicken in oven until about halfway done. It will finish cooking in the soup for better flavor.
2. In a large stock pot: saute pepper, onion, and jalapeno for 5 min on low-med heat until softened. Add garlic and cook for another 2 min. Stir in adobo sauce and chipotle peppers, cook for an additional 1 min.
3. Add remaining ingredients including the chicken, let simmer on med for 15 minutes then simmer on low for 45 min. (The longer you cook soup, the better!)
4. Before serving, remove the chicken breasts and shred with a fork. Return chicken to the pot for another 15 minutes on low.
5. Serve with fresh avocado on top! (this is a must!)

Most people want to be consistent in their health, but they *fall victim to vicious cycles* that ruin their progress. Our simple process applies biblical principals to health, so you can create healthy habits and lay a foundation that lasts.