

ULTIMATE LIFE

STARTER KIT

CREATE A LIFE THAT LIGHTS YOU UP



WWW.ULTIMATELIFE.CA



HELLO
BEAUTIFUL

"Courage doesn't always roar.
sometimes courage is the little
voice at the end of the day that
says i'll try again tomorrow"

-Mary Anne Radmacher

I'm so glad you're here!

My approach to wellness focuses on adding more organic, real foods to your diet, letting go of unhealthy lifestyle practices that don't serve you (or your spirit), and dialing down the stress. We won't be counting calories or making you feel deprived or inadequate—you're done with all that. Instead, I'll help you create a place that works for you as you move toward a more holistic way of living. It's my mission in life to help women heal their relationship with food and their bodies, and claim the freedom that they so crave and deserve. It all starts right here. I'll give you some simple steps and resources that you can begin to implement right away. You don't have to change everything all at once. I put this Starter Kit together so you will have all this health information in one place. Go at a pace that makes you happy. Choose a few (or even one!) of the principles that resonate and start there. This isn't a race or a trend. It's your glorious, beautiful life, and you're worth the effort it'll take to feel amazing and vibrant!

5 Steps

To healing your relationship with food

1. For the love of God please stop dieting

Ditch all those rules, bad habits, weekly weigh-ins, calorie counting, and weighing food. This isn't what you want your life to look like, and diets will actually keep you stuck.

2. There is no such thing as good or bad food

Food is just food. Except when it isn't. The only thing you have to think about is "Will this nourish my body?" and "How is this going to make me feel?" If it's not nourishing and makes you feel like crap, don't eat it.

3. Learn to have intelligent eating

Look at how your food is making you feel, and learn to eat with intention. Be mindful of what you're putting into your body. Take the time to really enjoy your food, without distractions. Eating at your desk in front of a computer or in your car don't count.

4. There are no "good days, or bad days"

Start to see your life as a series of choices. One bad choice doesn't have to write off your day or your week. There is no need to beat yourself up, or binge on junk food because you screwed up. Just take a deep breath and make your next choice a good one.

5 Steps

To healing your
relationship with food

5. Get excited about food

Cooking can be very therapeutic. Get in the kitchen and try new things, explore and start a love affair with your food. Try new recipes and ingredients every week. Invite friends and family to join you too. Turn up the music and really enjoy being connected to the experience.

Always Know

.....How.....

VALUABLE



Uniquely

Beautiful

You Are

Does this Sound Familiar?

You start each day with good intentions, but by 3pm you're way off track and you're starting your new diet again next Monday? You're interested in eating healthier but you don't know what to do and the internet is so full of confusing and contradicting information, that you have no idea where to start? Paleo? Vegan? GF? JERF? WTF? You feel at war with your food and your body. You want to love it, but don't feel that you can until you've lost weight. If any of that sounds like you, you're in the right place.

Most of us have been on a diet at some point in our lives, in fact, you might feel that you've been dieting your whole life! I know, I've certainly tried my fair share. The biggest problem with diets is that they glorify will power, and sticking to a set of rules, rather than tuning into your body's natural intuition. Not listening to that intuition, and not listening to your body is what got you into this mess in the first place!

No amount of points, 'free food', rules or weird tricks will heal what actually needs to be healed: your relationship with food and your body.

It's time to Change the Story's you tell Yourself

Life is a story.

Everyday is a new page.

Every year, a new chapter.

And it is your life, it's your story to tell.

To author, to craft, to create, and to write.

If your image had been shared without
your permission, if you have been
harassed, or body shamed, or beat
yourself up.

If your life has become something that
someone else is writing for you, I have
your back.

Take back your life.

You are not alone.

You are not helpless.

You are always stronger than you think

You have the power to change your story.

Change the story.

5 Things Woman do everyday who love their bodies

It can be confusing to know how to love our body. You may think:

How can I love my body when I have so much weight to lose?

How can I love my body but want to change it at the same time?

How can I love my body when it doesn't look the way I want it too?

It does not mean you stop eatng healthy or stop exercising. and thinking you may never have the body you want so you might as well just give up.

It does not mean looking in the mirror everyday and trying hard to love your wobbly bits that you have spent years trying to get rid of.

It's not about trying to make your body look like someone else's body or your sixteen year old self body.

Here are the 5 things to do daily to love your body!

1. Treat your body like you would your best friend

Start to think of your body as your best friend. You wouldn't disrespect your best friend, mom, sister, or someone you really cared about. You deeply love and respect them, so next time you catch yourself talking down about your body ask your self if you would talk to your daughter tnat way or your mom, or anyone?? Do not allow that negative self talk anymore! NON-NEGOTIABLE!

5 Things

Woman do everyday
who love their bodies

2. Don't ignore your body, Listen to it intently.

Often we are disconnected from our body. We don't listen to what they are trying to tell us, we manipulate them, and try to change them through diets and rules. No wonder dieting doesn't work.

We need to start to listen to our body and honoring what it really needs. It could be more sleep, more self care, or being more aware of your feelings when you catch yourself trying to eat them instead. Loving your body is about listening and connecting on a daily basis. We often eat out of boredom, stress, eating mindlessly, or out of habit. Start to really listen.

3. Focus on how you want to feel, not how you look

Focus on how your body feels and stop obsessing over how it looks . When your body feels good you naturally make better choices because you want to continue feeling that way. Then you start to look better too! Stop looking in the mirror after your workouts to see how tight your abs are and focus on how good you feel after your workout.

Here's the deal- when you start respecting, loving , and listening to your body you start to cultivate a beautiful relationship with yourself. You stop wanting to disrespect your body by eating crap or hanging around other people that make you feel like crap. It's all about self worth.

5 Things

Woman do everyday
who love their bodies

The more we are accepting and loving we are of our bodies, the more we start to nourish them, respect them and align them with beautiful choices that our body loves.

We have all heard the saying "you are what you eat" so if you want to feel vibrant, empowered, energized, happy then the foods you eat should support this. If you are counting calories, restricting yourself, and going hungry then you are not eating for the future you that you want to be. Start eating as if it is in the future and you are exactly where you want to be. You have to start now. Not next Monday or next month, or after Christmas or after the next holiday. Start NOW!

4. Never Diet

No amount of dieting can make you love your body. Even if you diet and at the end of it you lose weight you are still talking down to your body. Self-love is the most neglected part of weight loss and good health that exists. But it is essential if we have any chance of ever being happy in our own skin. The biggest shift in your relationship with food happens when you surrender and start being kind to yourself again. Stop caring about being skinny and focus on health. Stop caring about how much you weigh and eat to nourish and have a loving place instead. Your body will find a natural, healthy weight it wants to be at and you can feel at peace with. It has nothing to do with a new diet and everything to do with a new mindset.

5 Things

Woman do everyday
who love their bodies

5. Never weigh yourself

Weighing yourself is a sure way to stay in a battle with your body. Why are we validating ourselves from a number on a scale?!! That number doesn't tell you how beautiful you are, how smart you are, your morals and your values, how fit, how strong, how kind and generous you are. So why do we care so much about a number?

It doesn't tell us how much muscle we have or how much fat we dropped. It just tells us how heavy we are. If you truly want to be happy, then stop the need for control over the numbers. Once you do this, you will have so much more happiness and freedom. I haven't weighed myself in years and it is truly liberating!

*You are more powerful than
you know; You are beautiful
just the way you are*

-Melissa Ethridge



"Heart to Heart"

Try eating one plant-based meal per day, and then up your game from there.

Start looking up your products at EWG's Skin Deep Database. What we put on our skin is just as important what we

put in our body. Do a few sun salutations or meditation next time you're feeling overwhelmed or tense. Your first action could be as simple as sitting back and expanding your awareness with a guided meditation for 5-10 minutes with Deepak Chopra. Enjoy each step, no matter how small.



"Heart to Heart"

Fuel yourself with great food

- Next time you want an energy boost make a smoothie or a green juice.
- Drink clean filtered water. Remember if you are thirsty you are already dehydrated.
- Go meatless or cut back when you can. Unhealthy animals also give us unhealthy food.
- Ditch the dairy. It is very inflammatory.
- Say goodbye to refined sugars. It is highly addictive and promotes growth in cancers and diabetes.
- Get cooking. You will feel physically and mentally better when you cook your own food.
- Eat organic when possible. Eat organic fruits and veggies when possible to limit the amount of pesticides in your body, which can damage our immune systems.
- Become a bargain hunter. Buy in bulk, use coupons, my local, shop farmers markets, and grow what you can.

If you're worried about giving up all your favorite treats, don't be. I still enjoy yummy indulgences; they're just healthier now. Reach for dark chocolate instead of a pint of ice cream. I didn't get here overnight. I had plenty of support from friends and enough research to know that what I put in my body is what I'll get out of it. You can do this!

How to stock your fridge and pantry

My Fav Veggies

cucumbers
broccoli
kale
collard greens
celery
parsley
cabbage
romaine red lettuce spinach
peppers
zucchini
asparagus
Swiss chard
green beans
alfalfa sprouts
garlic
leeks
cauliflower
winter squash
carrots
arugula
bok choy
sweet potatoes
parsnips
turnips
kohlrabi
tat soi
jicama

How to stock your fridge and pantry

My Fav Fruits

avocados

tomatoes

green apples

lemons

limes

pears

grapes

berries(all)

cherries

grapefruit

mango

pineapple

Don't let anyone ever

dull your sparkle

How to stock your fridge and pantry

Natural Sugars

Sugars are sugars but these
are better alternatives to
refined sugars

- green leaf stevia
- xylitol
- yacon syrup
- coconut sugar
- maple syrup
- medjool dates
- Sunchoke syrup
- raw unpasteurized honey
in moderation

How to stock your fridge and pantry

Fermented Foods

Bragg's organic apple
cider vinegar
organic tempeh
sauerkraut
unpasteurized organic
miso
kimchi
Kombucha

Good source of B vitamins, high in
good bacteria which is great for your
gut health. Opt for raw, naturally
fermented foods

How to stock your fridge and pantry

Beans and Legumes

chickpeas

lentils

adzuki white beans

black beans

lima beans

pinto beans

kidney beans

A protein powerhouse that is loaded with fiber, these varieties are the easiest to digest. I recommend Eden brand for canned beans:

How to stock your fridge and pantry

Nuts and Seeds

almonds

pine nuts

pecans

flaxseeds

walnuts

chia seeds

cashews

macadamias

sesame seeds

hazelnuts

hemp seeds

sunflower seeds

almond butter

cashew butter

tahini (made from sesame
seeds)

Packed with vitamins, minerals,
good fats, proteins, and fiber,
these options are best bought raw
and fresh and stored in the fridge
or freezer

How to stock your fridge and pantry

Flours

amaranth flour

black bean flour

flaxseed meal

potato flour

millet flour

oat flour

nut flour (almond)

quinoa flour (check out
bobsredmill.com)

Chickpea flour

coconut flour

Store flour in the freezer
for freshness.

GRAINS

quinoa

millet

brown rice

oats

buckwheat

How to stock your fridge and pantry

Noodles

Tinkyada organic brown
rice pasta
Ancient Harvest quinoa
pasta
buckwheat soba (some
brands contain wheat)
Tolerant organic red lentil
pasta

Breads

Food for Life breads and
wraps
Amy's gluten-free pizza,
and corn tortillas

My favorite non-gluten-
free bread is Ezekiel
brand. Made from
sprouted grains, this bread
is easy to digest.

How to stock your fridge and pantry

Seasonings

Celtic or Himalayan sea
salt Herbamare (sea salt
and herbs)

wheat-free tamari

Bragg's Liquid Aminos

ginger powder

garlic powder

basil

parsley

cilantro

mint

dill

rosemary

thyme

black pepper

curry

turmeric

cinnamon

cayenne

mustard seeds

wasabi

How to stock your fridge and pantry

Dairy Alternatives

almond,
rice,
hemp milk
Coconut milk
cashew milk
Vegenaise vegan
mayonnaise

Seaweed

dulse flakes
arame (great on salads)
hijiki
wakame
nori sheets

Seaweed is Loaded with minerals and flavor, try these varieties to make delicious wraps (simply fill veggies and grains in a nori sheet and wrap

How to stock your fridge and pantry

Egg Replacers

organic silken tofu
flaxseed meal
mashed bananas
arrowroot powder
chickpea flour
Ener-G Foods' egg
replacer

Healthy Snacks

fresh salsa
hummus
guacamole
blue corn tortilla chips
oil-cured olives
air-popped popcorn

How to stock your fridge and pantry

Healthy Fats

organic cold-pressed
extra-virgin olive oil
flaxseed oil
hemp seed oil
walnut oil
macadamia or avocado oil
(great for salads)

For cooking try olive oil,
sesame, grape seed, and
unrefined coconut oil.

Gone are the days of fat-free diets. The right kinds of fats are vital for your health, especially the ones loaded with omega-3 fatty acids, which are important for memory and reducing inflammation.

How to get started: Self Care

1. Exercise 5 days a week for 30 minutes. Find something YOU love to do.
2. Opt for natural skin care. I LOVE Om Organics Canada
3. Bring it down a notch. De-stress by meditating, deep breathing, yoga, keep a gratitude journal, or dance in your living room.
4. Get good quality sleep. Optimal hours are 10-7 Set an intention like "May I sleep calm, peaceful and deeply."
5. Build boundaries and time for self care. Say NO when it doesn't serve you.
6. Laughter really is the best medicine. Giggles boost your immune system. Watch a funny movie.
7. Embrace your imperfections. Perfection is boring and rigid, plus no one is perfect. It's OK to take detours once in a while.
8. When you hit the road: bring healthy snacks, know places you can grab something quick that are healthy, bring your yoga mat, essential oils. The more prepared you are the easier it is when you are away from home.

How to get started: Self Care

9. Soak in the tub for 20 minutes

Here is a great one:

Mix 2 cups Epsom salt, $\frac{1}{2}$ cup raw apple cider vinegar, $\frac{1}{4}$ cup baking soda, and a few drops of lavender essential oil in a warm tub. Ahhh . . . Enjoy!



"Heart to Heart"

This lifestyle isn't only about food. It's about embracing your inner goddess and letting go of the mantra, "I don't have time for this." You don't have to love yoga and adopt a sixty-minute meditation to get the health benefits of the Ultimate Life Philosophy. Writing a list of three things you're grateful for or trying to sit still and meditate for ten minutes is a great way to start. Take time for you because you're so worth it!

That's it for now my friend

Love ya lots and can't wait to connect with you more. Below is a list of where we can continue to learn and grow together



My Facebook Community



My Tweets



My Pins



My Instagram Pics

EMAIL- lisa@ultimatelife.ca

WEBSITE- www.ultimatelife.ca