

Body and Soul

It's Time 2 Move Program

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Matthew 23:26 ...*cleanse first that which is within the cup platter, that the outside of them may be clean also.*

Food Plan

This is not designed to feel like you're dieting. We will implement changes in gradually so that it will not feel like you are making too many changes at one time. Three goals will be added each meeting.

1. **Water**- Drink water before you drink anything else. Even for breakfast, have a glass of water and then drink juice. However many cups of water you drink daily- add 1 more. If you drink no water start by drinking at LEAST 4 cups of water a day. Take one day each week and drink nothing **BUT** water.
2. **Brown**- Switch all your pastas, breads, and rice to 100% whole wheat/whole grain
3. **Limit fried foods**- try to only eat fried foods once a week. Eat baked, broiled, steamed, and grilled foods first.
4. **Limit sugar intake**- cut back on the amount of sweets you eat daily. Treat yourself but don't overdo it.
5. **Eat at least 1 fruit and 1 vegetable a day**- Strive to include at least one fresh fruit and fresh vegetable in your daily diet.
6. **Limit fast food intake**-take at least 3 days out of the week to bring your lunch to work and make your dinner.
7. **Drink 1% milk or less**- whatever type of milk you are drinking, switch to a lower percent
8. **Baked fish**- salmon, tilapia, red snapper, flounder, whiting, perch- try to eat more fish throughout the week
9. **Raw vegetables**- Eat more raw vegetables vs. cooked
10. **Pray**- Ask God to help you and your family have a healthier lifestyle
11. **Drink less soda**- try to drink more water and some juice vs. soda
12. **Season with herbs and spices**- look for seasonings that don't have sodium in them to season your food with