

How I Lost 100+ lbs— with Inclusion, Positivity, and THM



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Grant Yourself Grace

Fill Your Flask

Positivity is Powerful

Include the Important

Set Up for Success

THM Basics

Grant
Yourself
Grace

Treat Yourself as You Treat
Your Best Friend

Each Meal is a New Choice ~
a chance to “RESET”

Own Your Decisions

Fill Your
Flask

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How much water is enough?

Common formulas ~

$\frac{1}{2}$ ~ $\frac{3}{4}$ oz water per lb of weight

Depending on activity level and conditions

Best way ~ color of your Urine



How I do it ~ One glass at a time built into my daily to-dos



I do 16 or 32 oz containers ~ easy to count

I add TrueLemon or Herbal Teas for flavor



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Positivity is
Powerful

“I Can’t” vs “I Don’t”

The Choice is MINE
and I Choose the Right

(the ‘Right’ may change depending on circumstances)

Fill your Focus ~



Positive Thoughts, Words,
Actions, Habits, LIFE

People/Activities/Things you
LOVE

Value Your Victories Size doesn't Matter The Scale Lies Non-Scale Victories of Mine:



Weight on my
Driver's License



I fit in chairs



Shop in 'normal'
parts of stores



Paint my toenails

Seatbelts and
Steering Wheel

More Energy

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Include the
Important

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Healthy Habits are Helpful

Make them 'automatic'

Tie to things you already do

"Instead of ... I do..."

Reinforcing Rewards ~

What makes you 😊

Timely, Relevant, Meaningful

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With each meal ~
“What can I add to make this
better/more healthy?”



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Set Up for Success

Preparation is Persuasive
Buy healthy foods
Easy to add to meals/snacks
Ready to grab on the go
Healthy choices in car, at work



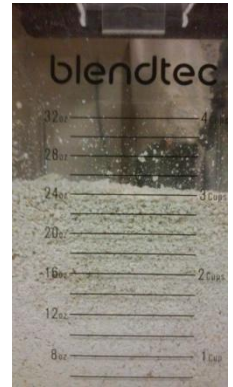
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Organization

Measuring spoons/cups in the ingredients

Easy adds easy to grab

Containers that make it easy to add ~ shakers, squirt bottles



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Master "Make-aheads"

Freeze ~ precooked meals

meats, veggies, rice

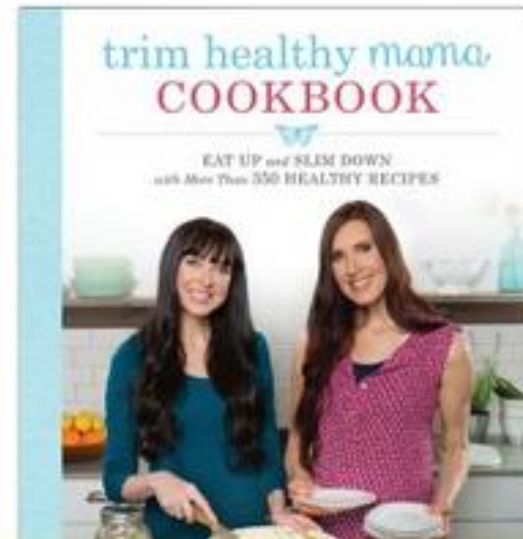
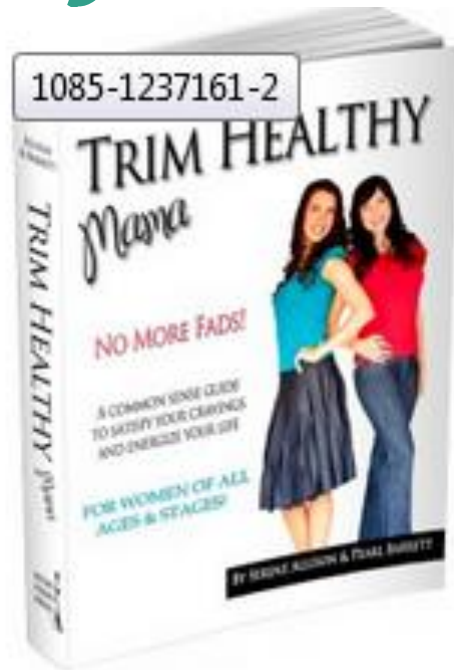


Mixes ~

dry ingredients in baggies
baking blends in bottles

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Trim Healthy Mama Basics



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Guard Your Glucose Level

Avoid Insulin Spikes

Non-glycemic sweeteners

Glycemic Index - food list

Glycemic Load - how your
body is affected

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Sugar is also known as...

1. Anhydrous dextrose
2. Agave
3. Agave nectar
4. Beet sugar
5. Brown sugar (light and dark brown)
6. Cane juice
7. Cane juice solids
8. Cane sugar
9. Cane syrup
10. Carob syrup
11. Caster sugar
12. Coconut sugar
13. Confectioners' sugar
14. Corn syrup
15. Corn syrup solids
16. Crystalline fructose
17. Date sugar
18. Demerara sugar
19. Dextran
20. Dextrose
21. Dehydrated cane juice
22. Evaporated cane juice
23. Evaporated cane syrup
24. Evaporated sugar cane
25. Fructose
26. Fructose crystals
27. Fruit juice crystals
28. Fruit juice concentrate
29. Glazing sugar
30. Glucose
31. Glucose syrup
32. Golden sugar
33. Golden syrup
34. Granulated sugar
35. High-fructose corn syrup (HFCS)
36. Honey
37. Icing sugar
38. Invert sugar
39. Invert syrup
40. King's syrup
41. Lactose
42. Maple syrup
43. Maple sugar
44. Maltose
45. Malt sugar
46. Malt syrup
47. Molasses
48. Muscovado
49. Nectar
50. Pancake syrup
51. Panocha
52. Powdered sugar
53. Raw sugar
54. Refiners' syrup
55. Sorghum
56. Sorghum syrup
57. Sucanat
58. Sucrose
59. Sugar
60. Superfine sugar

Master Your Metabolism

Give body chance to use fuels

Eat every 3-ish hours

Avoid mindless grazing

‘Keep your fires burning’

Separate Your Fuels

Body uses either fats or carbs as fuel - so we separate those

S - Satisfying meals

Low Carb, High Fat

E - Energizing meals

Healthy Carbs, Low Fat

NOTHING is **CUT OUT**

Protein ~ base of every meal/snack

Fatty Protein ~ S foods

Lean Protein ~ E or S

Non-Starchy veggies go with everything—fill up with these



Berries ~ great addition to all

S Meals can Include:

Any meats, nuts

Butter, healthy oils

Cream, cheese, mayo

E Meals can Include:

Low-fat proteins, Legumes

Grains (for most sprouted or soured)

Fruits

Starchy veggies

Supersizing Your Superfoods
Berries & Non-starchy Veggies
Collagen & Gelatin
Cocoa
Coconut Oil / Olive Oil
Nutritional Yeast, Aminos
Apple Cider Vinegar
Ginger, Turmeric, Garlic, Pepper



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