



# FIT CHICKS® ACADEMY:

Top 100 Weight Loss Superfoods Holistic Nutrition  
& Health Coaches use to help client lose fat,  
balance hormones and increase energy!



## INTRODUCTION:

We often hear the word “superfoods” thrown around without much of an understanding of what it really means.

So what is a superfood?

A superfood is a particular food or ingredient that is considered highly nutritious or nutrient-dense. This can be because of a particularly high level of vitamins, minerals, antioxidants, or other properties that support overall health and wellbeing.

When we talk about a “weight loss superfoods”, we’re referring to foods that support our healthy goals, while also nourishing our bodies optimally.

In this eBook, you will find the top 100 weight loss superfoods that holistic nutrition & health coaches use to help clients lose weight, balance hormones and feel amazing in their skin. Whether you are a fitness pro looking to increase your nutrition coaching to get your clients real, long term weight loss results or are on your personal journey to getting healthier, fitter and fiercer, the information in this book will not only transform the way you and your clients eat but will give you the understanding how focusing on the RIGHT food, how quickly your body, mind and health can change. Nutrition is the most important piece in the puzzle when it comes to reaching your goals and getting long term results - inside & out. So why did we pick these specific foods? We have chosen these 100 superfoods because they follow a particular set of nutrition guidelines that are key for fat loss.

Weight Loss superfoods must be:

1. Real, whole foods in their natural form.
2. Low glycemic foods to keep our blood sugar levels stable.
3. Low in calories, but packed with vitamins and minerals.
4. More than just “food” to fill your tummy.

This book is broken down in 5 easy to follow sections : veggies, fruits, protein, fat and other. By encouraging your clients to eat a wide variety of these superfoods every day, not only will they see great weight loss results but look and feel healthier than ever. So what do each of these rules really mean?





## RULE 1: REAL, WHOLE FOODS

Weight Loss superfoods are real, whole foods in their natural form. This means they've come from the earth without any special processing, artificial ingredients or added preservatives. Fresh fruits and vegetables, whole grains, meat - these are all real, whole foods.

Modern day society has forgotten what many whole foods taste like. Children are growing up depending on boxed and frozen foods, and some of them are growing into adulthood without ever knowing how to prepare fresh vegetables.

Processed foods are not healthful. Sometimes they are fortified with synthetic vitamins and minerals, but they often contain poor quality and inflammatory fats, non-organic ingredients, a variety of preservatives, added artificial flavours and colours, and other substances like thickeners, etc.

Over the years, many studies have been performed on various additives and preservatives. Unfortunately, they're not doing any favours for our health. Preservatives like nitrates and nitrites often found in processed meats have been associated with an increased risk of gastric cancer . Synthetic food dyes have been associated with behavioural changes including irritability, restlessness and sleep disturbance in children . Some are even linked to increased hyperactivity .

And these are just a few of the studies out there. Others have linked preservatives to weight gain and inflammation by altering the gut bacteria, affecting our insulin response and affecting ghrelin and leptin - the hormones that tell us when we're hungry and when we're full.

A lot of processed foods can be found in the middle aisles of the grocery store. A quick rule of thumb (although not always applicable), is to shop the perimeter of your grocery store where all the fresh food is located (produce, meat, etc.). The inner aisles are stocked with boxed and packaged products that often contain these preservatives, fillers, and additives we've discussed.



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## RULE 2: LOW-GLYCEMIC FOODS

Maintaining a healthy weight often means balancing your blood sugar and insulin levels. Here's why those two things matter:

*High glycemic foods break down quickly in your stomach and cause your blood sugar levels to shoot up quickly.*

*When your blood sugar spikes, insulin is released to control the spike and shuttle the sugar into your cells as food.*

*Once your cells are properly fed, the rest of the sugar (glucose) becomes stored as fats.*

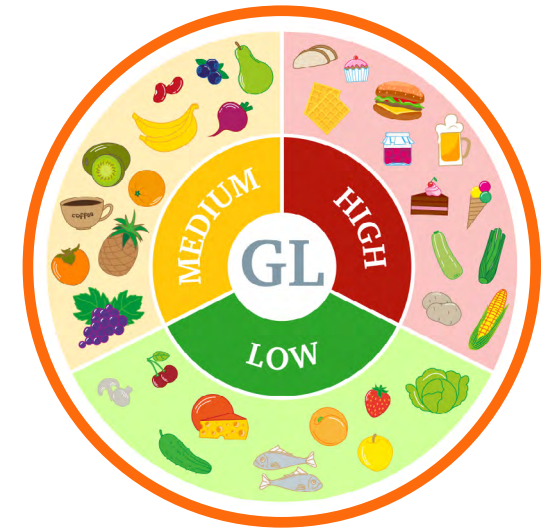
Your body isn't made for quick insulin spikes like this throughout the day. Over time, your body might become numb to the insulin and your cells will stop taking up the sugar. This is called insulin resistance, and it can lead to metabolic syndrome, and eventually diabetes. All the while, your body is storing that excess glucose as fat, which is likely packing on the pounds and you find yourself gaining weight.

The trick is to consume low-glycemic foods. These foods slowly release blood sugar, preventing or reducing insulin spikes. When your blood sugar is relatively stable, you'll find you have more energy and you won't crash after eating a meal.

How do you identify low-glycemic foods? Reference the Glycemic Index and Glycemic Load.

- Glycemic index: A number that is associated to each food to indicate the impact it has on your blood sugar (how fast it digests). Good = 55 or less. Medium = 56-69. Bad = 70 or higher.
- Glycemic load: Glycemic load is similar to the glycemic index, but it will consider the standard serving size for each food and indicate how quickly that portion will spike blood sugar. For example, watermelon is high on the glycemic index, but has a low glycemic load. That's because the glycemic index is based on eating 5 cups of watermelon, but 5 cups isn't a standard serving.

Foods with a higher glycemic index and load are often starchier, higher in natural sugars, and may contain refined grains like white bread or white rice. Being aware of the glycemic index and glycemic loads of certain foods can help keep your blood sugar levels stable, which means balanced energy throughout the day and stable moods. In the end, it can support weight loss or maintaining a healthy weight.



### RULE 3: LOW IN CALORIES, PACKED WITH NUTRIENTS

Weight Loss Superfoods are foods that give us a good dose of vitamins and minerals, but have fewer calories. Just because a food is low-calorie doesn't mean it's devoid of nutrients!

We want to fill our diets with powerhouse foods that keep our calories in a healthy range, but offer a ton of nutritional value. This includes various vitamins and minerals that can be found in real, whole foods. It's important to focus on the quality of the food, but also be mindful of our caloric intake so that we don't overindulge on a regular basis.

As we know, too many calories can lead to weight gain. Eating processed and packaged foods is often the quickest way to boost your calorie intake, leading to potential weight gain from a number of factors (blood sugar levels, preservatives, calories, inflammation, etc.). Sticking to real, whole foods is the best way to manage calories, and being aware of those low-calorie, high-nutrition options is an added bonus.



## RULE 4: FOOD IS MORE THAN JUST “FOOD”

Food doesn't just fill up our bellies - it is so much more than that.

As we've seen from the first 3 rules, food has the ability to affect our entire systems. We literally regenerate our body's cells from food. It acts as our medicine or our poison, depending on what we put into our bodies.

What we eat affects our digestion. How well we're digesting our food has an impact on how many nutrients we're actually absorbing. It's one thing to eat healthy foods, but it's another to make sure we're actually digesting and absorbing the foods that we're eating.

Things like fibre and fermented foods affect how well we digest and eliminate our foods. Fibre helps to reduce blood sugar spikes and slow down digestion in the stomach, but it also bulks up our stools for easier and regular elimination. Fermented foods provide probiotics to nourish and support our microbiome, which can help us digest and assimilate certain vitamins, break down foods, and keep our bowels eliminating regularly. Having regular bowel movements is key for overall health to ensure toxins are moving out of our bodies.

Food can also impact our blood sugar levels, which in turn affects our energy levels and our mood, as well as other hormones. By eating the right foods, our hunger hormones ghrelin and leptin work in our favour by telling us when we're hungry and when we're full.

Food provides the building blocks for all of our bodily processes. Carbohydrates break down to glucose which is used as a form of energy. Healthy fats are used for cellular structures, hormone production, brain health and cholesterol. Proteins are used for cellular structure and function, including creating many of our enzymes, antibodies, and even hormones.

Food is not simply calories in, calories out. It's also not just about feeling full. Food has the power to do so much more in our bodies. Let's nourish ourselves with the best possible food that we can, so that we can be the healthiest versions of us.





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## CARBOHYDRATES: VEGETABLES





**Red pepper:** Contains fibre for a healthy elimination and digestion. Bell peppers are also a great source of vitamin C. Makes for a great, healthy on-the-go snack.



**Zucchini:** With a high water content, zucchini is a low-calorie food whose contents have been shown to fight cancer. Their high water content is great to keep the body hydrated, which is very important for weight loss.



**Swiss chard:** High in nutrients and a source of healthy fibre. Swiss chard is a powerful anti-cancer food as it contains various carotenoids and other plant pigments, nutrients and fibre, it's a great anti-cancer food. These nutrients also make it a great food for overall health including digestive health.



**Kale:** A leafy green that is a member of the cruciferous vegetable family, kale is one of the most nutritious vegetables available. It's a great source of various vitamins and minerals, and contains fibre for healthy digestion and elimination. Kale can be consumed in a number of ways including raw in salads, baked as "kale chips", or sauteed alone or in a stir fry for texture and flavour.



**Arugula:** This leafy green stimulates natural detoxifying enzymes in our body, supports liver health and digestion. It is also a source of fibre, which helps keep our bowels regular.





**Spinach:** This leafy green is extremely nutrient-dense while remaining low in calories. Spinach is a very alkaline food and rich in a variety of minerals and vitamins that are key for overall health. It supports against cancer and functions as an antioxidant. Greens are great for liver health and healthy digestion which is key in weight loss.



**Lettuce:** Low in calories and contains fibre, lettuce is one of the most famous weight loss foods. Typically the darker the lettuce, the more nutrition within the leaves. We recommend consuming greens regularly for digestive health and nutrition. Switch up the different kinds of greens regularly, choosing between romaine lettuce, arugula, spinach, loose leaf lettuce, kale, etc.



**Dandelion greens:** Why would you want to eat a weed? Dandelion greens are incredibly supportive for liver health, weight loss, and act as a diuretic. The bitter taste of dandelion greens helps to tone the entire digestive system including stomach, kidneys and liver. Mix it up in your salad and throw in a few chopped dandelion greens!



**Cauliflower:** A member of the cruciferous vegetable family, cauliflower contains a variety of nutrients and fibre. Fibre is especially important in the diet to keep your blood sugar levels stable and keep you regular. Cauliflower extremely versatile and can be used as a substitute for traditional pizza crust, mashed potatoes, and even rice.



**Broccoli:** One of the most nutrient-dense foods, broccoli is a good source of vegetable-based protein, fibre and various vitamins and minerals. One of the compounds in broccoli, indole-3-carbinol, supports liver detoxification. Good for overall digestion and elimination.



**Cabbage:** A nutrient-dense and low-calorie vegetable filled with vitamins and minerals, including fibre. Coming from the same family as brussels sprouts, cauliflower, broccoli and kale, cabbage can support livery detoxification, healthy digestion and elimination.



**Brussels sprouts:** Great source of a variety of vitamins and minerals, and a great amount of fibre. A good vegetable to reduce appetite and support regular bowel movements.



**Cucumber:** Cucumbers contain lots of water while the skin is rich in fibre - both are key for healthy elimination. Cucumbers also contain compounds that prevent water retention, which can sometimes contribute to excess weight.



**Celery:** A great source of fibre, celery makes an awesome portable snack that you can enjoy on-the-go. Enjoy it paired with almond butter or sunflower seed butter, or to scoop tuna salad mix.



**Carrots:** A great source of beta-carotene, fibre, and various other nutrients. Carrots make a great on-the-go snack and are delicious when paired with healthy dips like guacamole or hummus.



**Asparagus:** Low in carbohydrates but rich in plant-based protein, it also contains dietary fibre to keep us satiated. Its diuretic effects help to keep the kidneys eliminating effectively.



**Sweet potato:** Carotenoids give sweet potatoes their vibrant colour and their antioxidant effects. Sweet potatoes are also believed to stabilize blood sugar levels and improve insulin response. This is great for healthy weight management.



**White boiled potatoes:** Although white potatoes are often demonized, they can play a healthy role in our diet. In fact, because of the resistant starch found in potatoes, they are considered one of the most filling foods. The best way to benefit from this resistant starch is by eating cooled potatoes after they've been cooked - think healthy potato salad! Resistant starch is also good food for our healthy gut bacteria, keeping our digestive system happy.



**Onion:** There are a wide variety of onions available on the market, but all are a good source of fibre. In fact, the fibre found in onions is used as nutrition by our good gut bacteria, keeping our digestive system happy and eliminating regularly. Onions have also been shown to lower blood sugar levels, decrease blood pressure, and even support liver health.



**Leeks:** A good source of nutrients, including fibre. Their fibre content may help to reduce cholesterol levels and encourage healthy digestion. Leeks are a great option to enhance the flavour of any meal, tasting slightly milder than an onion.



**Beets:** Beets are known to stimulate the liver's detoxification processes and support bowel function. Want to know if you're eliminating regularly? Take the beet test! Consume beets and see how long it takes before you see your stool change to a reddish colour. The goal is to a colour change within 12-24 hours of consuming beets. Anything longer than 24 hours typically indicates constipation.





**Mushrooms:** The popularity of mushrooms has grown significantly in recent years as we've uncovered their benefits for immune health, nervous system regulation and more. Mushrooms may also help to regulate blood sugar levels and they contain fibre which supports digestion and can help you feel fuller.



**Pumpkin:** Pumpkins are high in fibre and rich in beta-carotene, and may protect against developing type 2 diabetes and managing blood sugar. This is because pumpkins contain compounds that can improve insulin resistance and improve glucose tolerance. Because pumpkins are high in fibre they can be filling and are great for healthy digestion.



**Eggplant:** Eggplant is an excellent source of fibre, and a good source of various vitamins and minerals, while staying low in calories.



**Jicama:** A great source of fibre, vitamins C and other trace minerals, it's also low in carbohydrates. It can be used as an alternative to a baked potato, or even baked in the oven as a substitute for french fries.



**Radishes:** Radishes are low in calories, but contain a variety of sulfur-based chemicals that support digestion and liver health by increasing bile flow. Healthy detoxification, digestion and elimination can support weight loss.



**Jerusalem artichoke:** Rich in vitamins and minerals, Jerusalem artichoke also contains inulin. Inulin is a starch that isn't used for energy metabolism, so it can be beneficial for blood sugar control in individuals and diabetics. Inulin is also used as food for the beneficial bacteria



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## CARBOHYDRATES: FRUITS





**Blueberries:** Their deep colour speaks to their nutritional content. Blueberries are very high in flavonoids that act as antioxidants, and also contain a good amount of soluble and insoluble fibres for good digestive health and elimination.



**Strawberries:** A great source of vitamins, minerals and fibre. Strawberries can protect against inflammation, heart disease and their fibre supports healthy digestion.



**Raspberries:** A great source of fibre, vitamin C and flavonoids. They're a great low-calorie and nutrient-dense fruit perfect for healthy weight management.



**Blackberries:** Blackberries are a good source of water, fibre and are low-calorie. Their deep colour speaks to the health-promoting flavonoids in the fruits, and the fibre and water content will help you make you feel full.



**Cranberries:** Cranberries are a low-calorie fruit with a good source of soluble and insoluble fibre as well as antioxidant-rich flavonoids. Cranberries are great for the urinary tract which supports elimination, but they're also great to reduce kidney stones.





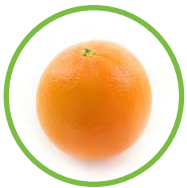
**Lemons:** Lemons are a low-sugar citrus fruit boasting with vitamin C which is a potent antioxidant. While most people don't enjoy eating lemons on their own, they can be delicious to juice into water or even add to a smoothie to get those nutritious benefits. Lemon water can increase metabolism, but can also support digestion and stimulate your liver to improve elimination of toxins.



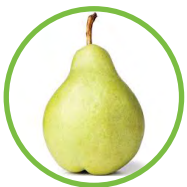
**Limes:** Another citrus fruit that is low in sugar and have many similar benefits as lemons do. Limes can be used in place of lemon for many of the same purposes.



**Grapefruit:** Grapefruit is low in calories but a good source of fibre and other nutrients. The pectin in grapefruit can lower cholesterol and is good for our gut. Grapefruit also contains liver-supportive compounds which can help the body eliminate certain toxins.



**Oranges:** One of the most common citrus fruits, oranges are high in vitamin C and flavonoids which make them great for immune support and promoting good overall health. The pectin in oranges has similar benefits as grapefruit, having the potential to lower cholesterol and support gut health.



**Pears:** Pears contain a good amount of water-soluble fibre, including pectin, making them helpful for lowering cholesterol and supporting bowel health.



**Apples:** Raw, unpeeled apples are a great source of dietary fibre and natural sugars that have been shown to reduce the risk of heart disease, type 2 diabetes and more. Apples are high in the soluble fibre pectin, which can lower cholesterol levels and promote bowel regularity.



**Banana:** Although bananas have a higher sugar content, choosing green bananas mean that the sugar content is lower and the amount of resistant starch is higher. Resistant starch is filling and acts as great nutrition for our healthy gut bacteria keeping our digestive system happy.



**Tart cherries:** Lower in sugar than some of their sweeter counterparts, they contain a number of healthy nutrients including flavonoids giving them a deep colour. These flavonoids are potent antioxidants and are anti-inflammatory in nature. Tart cherries can help you avoid weight gain by reducing inflammation, and reducing fats in the blood.



**Nectarine/peach:** Both peaches and nectarines are low-calorie and contain fibre for healthy digestion. They also contain flavonoids that can prevent heart disease.



**Pomegranate:** Pomegranate seeds contain high amounts of fibre and are a potent source of vitamins. This fibre can help you feel fuller for longer and supports healthy digestion. Pomegranate seeds are also great for heart health and immune system support.



**Kiwi:** Kiwis contain a good source of dietary fibre along with other vitamins and minerals. Kiwis also contain an enzyme that helps the body digest proteins. It's a wonderfully portable snack that can even be eaten whole!



**Plums:** Plums are a great source of vitamin C, B vitamins and fibre, while remaining low in calories.



**Watermelon:** Watermelon has an extremely high water content, which makes it low in calories. It's a great diuretic which keeps our kidneys and elimination systems happy.





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## HEALTHY FATS





**Raw almonds:** Almonds are a great source of monounsaturated and polyunsaturated fats, which are great for heart health and lowering cholesterol levels. Almonds are also a great source of protein and fibre, and can help balance blood sugar and energy levels. Almonds can be found in various forms, including the whole nut, the isolated oil, and even almond butter. As usual, consuming the whole raw nut is the best way to consume almonds to get all of the benefits.



**Raw walnuts:** Walnuts are an extremely nutrient-dense source of healthy fats, vitamins and minerals. They're also a good source of protein and fibre, keeping you fuller for longer. They have been shown to reduce cholesterol levels, support heart health, and protect cells from free radical damage.



**Raw Brazil nuts:** Brazil nuts are a great source of plant-based protein and healthy fats to keep blood sugar levels stable and cravings at bay. They are known for their high selenium content, a mineral that's important in thyroid function, heart health, and has been shown to reduce inflammation.



**Chia seeds:** Filled with fibre and healthy fats, chia seeds make a great addition to the diet to curb cravings, balance blood sugar and support healthy digestion and elimination. They're a good source of plant-based protein and can easily be added into your diet for healthy weight management.



**Flax seeds:** Flax seeds are an excellent source of the omega-3 fatty acid called alpha-linolenic acid (ALA) which is important for brain health, hormone health and more. It's also a great source of dietary fibre, along with a variety of other minerals for optimal health. Flax seeds contain lignans, which bind to estrogen receptors and can help the body regulate estrogen levels. This is especially important for women with high levels of estrogen or imbalanced hormones.



**Raw hemp seeds:** Hemp seeds (or hemp hearts) are an incredible source of plant-based protein, healthy fats, and various vitamins and minerals. While they're extremely nutrient-dense, they also contribute to that "full" feeling after consuming them. Enjoy them in a smoothie, sprinkled into oatmeal or cereal, or even in chia pudding!



**Sesame seeds:** Sesame seeds are a great source of protein, especially the amino acid tryptophan, which can be hard to find in a plant-based diet. This seed also contains lignans, fibre, monounsaturated and polyunsaturated fats, and various other vitamins and minerals. All of these properties make them a highly nutritious food for weight management. Sesame seeds can be found in various forms, including the whole seed, the isolated oil, and even sesame seed butter (tahini). As usual, consuming the whole raw seed is the best way to get all of the benefits.



**Pumpkin seeds:** Pumpkin seeds are chalk-full of healthy fats, minerals, and vitamins. Their healthy fats help to keep blood sugar levels stable and energy levels balanced. Pumpkin seeds can be found in various forms, including the whole seed, the isolated oil, and even pumpkin seed butter. As usual, consuming the whole raw seed is the best way to get all of the benefits.





**Sunflower seeds:** Similar to other seeds, sunflower seeds have a number of essential nutrients along with their healthy fat content. Healthy fats keep you feeling fuller for longer, balance blood sugar and stabilize energy levels. This makes them a great snack, and a great addition to any weight loss diet. Sunflower seeds can be found in various forms, including the whole seed, the isolated oil, and even sunflower seed butter. As usual, consuming the whole raw seed is the best way to get all of the benefits.



**Avocado:** Avocados are actually a fruit, but are very high in monounsaturated fatty acids. They're also very high in fibre, and when paired with the high amount of fat, makes them a great option for weight loss. Fibre and fat helps to stabilize blood sugar and keep you feeling fuller for longer.



**Olives & Olive oil:** While olives are actually a fruit, they are a rich source of healthy fats, especially in their oils. Olive oil specifically is a great source of healthy fats that have been proven to reduce risk of atherosclerosis, manage blood sugar levels, lower triglyceride levels and can help lower cholesterol levels.



**Dark chocolate:** This is an exciting one, because yes - chocolate can be a part of a healthy diet! Dark chocolate has been shown to help stabilize blood sugar levels, reduce cravings and contribute to heart health. Just be sure that the dark chocolate you consume is at least 70% cacao, and contains minimal ingredients.



**Coconut oil:** While coconuts are high in saturated fats, they have been shown to protect against heart disease and support weight loss. This is partly due to coconut oil's medium chain triglycerides (MCTs), which are absorbed directly into the bloodstream and act as a source of energy. However, it's important to remember that coconut oil is still a saturated fat, which should be enjoyed in moderation and not in excess.



**Ghee:** Ghee is clarified butter, which basically means it is butter that has been boiled down until only the fats are left. While it is high in saturated fats, ghee also contains medium-chain triglycerides (MCTs) that can help contribute to reduce body weight. The butyrate in ghee has been shown to balance insulin levels and digestive health. Look for ghee from organic, grass-fed cows for optimal nutritional value.

### **CHICK TIP: Storing fats and oils**

Proper storage of oils and healthy fats is very important. When exposed to air, light and heat, healthy fats can quickly and easily become rancid. To avoid oxidation, keep oils and fats in cool, dark places (some are best kept in the refrigerator).

Remember that high-fat foods are going to be higher in calories. This is because fats are more energy-dense than carbohydrates or proteins. Portion control is important when it comes to fats like nuts, seeds, oils and butters. Remember that oils are concentrated, and as a result are going to be higher in calories than the raw form of the food.



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## PROTEIN



Before we dive into the protein sources, let's take a minute to talk about legumes (beans, lentils).

While beans and lentils are a great protein source, they are often an incomplete protein. This means that they must be combined with a grain to get all of the necessary amino acids into your body. This is important to remain balanced and support your body's necessary metabolic activities.

Legumes can be purchased dried or canned. Purchasing them dry is best, but takes a bit longer. To make them more easily digestible, be sure to soak them overnight in water with a splash of apple cider vinegar. If you are purchasing canned legumes, look for cans with no added salt or preservatives, and ideally BPA-free. BPA is a toxic plastic compound that is often found in the lining of cans.



**Chickpeas:** Chickpeas are a high-fibre, high-protein plant that is perfect for managing blood sugar, energy levels, reducing cravings, and supporting healthy digestion and elimination. These characteristics make chickpeas a great option for healthy weight loss and weight management.



**Lentils:** Similar to chickpeas, lentils are also high in fibre, high in protein, and a great source of vitamins and minerals. They help lower cholesterol, balance blood sugar, and maintain energy levels. Unlike other beans, however, lentils do not need to be presoaked for digestion.



**Black beans:** Black beans are rich in fibre, which can lower cholesterol levels, balance blood sugar levels and provide a good source of energy. They contain a variety of antioxidants, vitamins and minerals, and are great for heart health.





**Peas:** Peas are also a legume that provide many of the same benefits as other beans, including fibre, protein and vitamins and minerals. This makes them a great weight management food on many levels.



**Tempeh:** Tempeh is fermented soybeans, a great protein option for those following a plant-based diet. In addition to keeping you feeling fuller for longer and balancing blood sugar levels, soy protein has been shown to lower cholesterol levels. The high amount of fibre in soybeans also contributes to these benefits, while improving digestion and healthy elimination. When buying soy products, always look for fermented and organic options. Soy is one of the most heavily pesticide-sprayed products, and is often genetically modified. Avoid soy-based fake meat products and conventional soy/soybeans.



**Greek yogurt:** Greek yogurt is a great source of healthy fats, protein, and probiotics. It makes for a great snack because of its protein and fat content which manage blood sugar and contribute to feelings of fullness. Greek yogurt is also great for intestinal and gut health, because of the live cultures that appear through the fermentation process. If possible, source your greek yogurt from organic and grass-fed cows. In general, most milk-based products should be avoided or reduced because milk is a common allergen or sensitivity which can contribute to inflammation in the body.



**Eggs:** Eggs are a fantastic source of protein, healthy fats, vitamins and minerals. They are a low-cost, high-quality protein that can keep you satiated and feeling full after a meal. They also contain choline, which is a nutrient shown to promote the use of body fat for energy. Although eggs are high in cholesterol, studies have shown that eggs actually lower the risk of heart disease. Purchase organic, free-range eggs for optimal nutrition.



**Chicken:** Chicken, especially chicken breast, is a great lean protein option that also contains a variety of healthy vitamins and minerals. Because of its high-protein and low-calorie ratios, chicken is a great meat to include in any weight loss plan. When purchasing chicken, look for free-range, organically fed chickens.



**Turkey:** Similar to chicken, turkey is another great lean protein option to include in your diet. It is also high-protein, low-calorie, especially when you choose to consume the white meat. When purchasing turkey, look for free-range, organically fed turkeys.



**Tuna:** Tuna is a great, healthy protein option. Along with being a good source of protein, it is also a good source of omega-3 fatty acids which are great for brain and heart health. While tuna is high in protein, it's relatively low in calories, making it a great food for weight loss. Tuna is notorious for being high in mercury. Be sure to look for low-mercury tuna which can be found as steaks or in cans. If you're purchasing canned tuna, ensure that it's canned in water and not oil, and look for the low mercury seal. Purchase wild caught whenever possible.



**Salmon:** Salmon is a highly nutritious, animal-based protein source with a variety of vitamins and minerals. Its high omega-3 content is important for brain health, hormone health and heart health. Due to its high-fat and high-protein content, salmon will keep you feeling satiated long after your meal, making it a great protein to support weight loss. Always choose wild-caught salmon as opposed to farmed salmon to get the best quality fish. Wild Alaskan salmon tends to be one of the cleanest sources with the lowest levels of heavy metals and pesticides.



**Mahimahi:** Mahimahi is a great source of protein to support your body's needs and keep you feeling fuller for longer. It also contains high amounts of DHA, a particular omega-3 fatty acid that is great for brain health. Mahi-Mahi is a great option to include in a healthy diet. As for any fish, ensure that the mercury and toxin levels are low, and purchase wild-caught whenever possible.



**Shrimp:** Shrimp is a great source of protein while containing a variety of vitamins and minerals. Shrimp has been shown to be protective against heart disease, Alzheimer's disease and many forms of cancer. It's a high-protein, low-calorie option that is great for healthy weight management.



**Shellfish:** There are many different kinds of shellfish to choose from (i.e. crab, mussels, oysters, etc.) and many of them are great protein sources while being relatively low in calories. Be mindful that shellfish can be a common allergen or sensitivity, which can increase inflammation in the body.



**Grass-fed beef:** Beef is a great source of protein, vitamins and minerals. Sufficient protein is important to keep blood sugar levels stable and energy balanced. As with most foods, consume beef in moderation. Always look for organic and grass-fed meat if possible.



**Crickets:** Wait - are we supposed to eat bugs now? You bet! For those who are a little more adventurous, crickets are a sustainable source of protein while also containing some healthy fats and other vitamins and minerals. They're a relatively low-calorie option, making them a good choice for weight loss.



**Protein powder:** Using protein powder strategically can be a great low-calorie way of consuming high-quality protein. There are a number of varieties of protein powders on the market today, including animal-based or plant-based options. Not sure which to choose? Listen to your body. Some protein powders can be more difficult to digest than others. Stay away from whey or casein if you have a dairy sensitivity. When purchasing a protein powder, look for ones that are whole food based, without additives, fillers and added flavours. Avoid added sugars, and look for powders sweetened with stevia if you need a little sweetness.



**Collagen:** Collagen powder is derived from the hide of cows or from fish. It's high in key amino acids that are great for connective tissue - including skin, nails, hair and even our intestinal lining. Because it's a protein, it keeps us feeling satiated after consuming it. Collagen powder is easily mixed into drinks, smoothies or even soups and more. Always choose grass-fed, and organic collagen if possible.





# FIT CHICKS® ACADEMY

Top 100 Weight Loss Superfoods Holistic Nutrition & Health Coaches use to help client lose fat, balance hormones and increase energy!

## OTHER SUPERFOODS





**Oats:** Oats are incredibly high in fibre, especially beta-glucan, which helps to lower cholesterol in the body by binding to bile and removing it from the body through the stool. Oat bran specifically has also been shown to help balance blood sugar which helps stabilize mood, cravings and energy levels. Avoid highly processed oat-based products like instant oatmeal packets and granola bars, which are often filled with junky fillers like added sugars and unhealthy fats.



**Brown rice:** With a relatively high plant-based protein content, and a high fibre content, brown rice is a great food to keep your body feeling fuller for longer. It also has been shown to reduce cholesterol, and its fibre content can help reduce blood sugar spikes.



**Quinoa:** Quinoa has a high protein content, paired with a number of great nutrients like magnesium, manganese, iron, and various vitamins. Its protein content and large amino acid profile makes it a great protein source for vegans. It's low on the glycemic index which means it helps maintain steady blood sugar levels which minimizes inflammation, while maintaining energy levels and mood.



**Amaranth:** A less popular grain, but a great source for healthy carbohydrates. Amaranth is high in plant-based protein (great for vegans and vegetarians!) and fibre, along with a number of other key nutrients like calcium, magnesium, iron and B vitamins. Amaranth has been shown to reduce cholesterol levels, but it also slows the release of sugar into the blood due to its high fibre content.



**Ginger:** Ginger is well-known for its digestive support and ability to reduce and eliminate intestinal distress. However, it also might help with weight loss by increasing metabolism, reducing feelings of hunger, lowering cholesterol and managing blood sugar levels. All of these are important in healthy fat loss.



**Garlic:** There are many potential therapeutic benefits associated with consuming garlic, including infection-fighting, protecting against heart disease, lowering blood pressure and cancer protection and supporting digestive complaints. If you're looking to lose weight, garlic is a great food to include to keep your body healthy in the process. It may even help to improve metabolism.



**Dill:** Dill is a great herb for digestive support, but is also good for supporting the liver by promoting detoxification of toxic chemicals. This is especially important as proper detoxification is key in weight loss and healthy weight management.



**Turmeric:** Turmeric spice is well known for its anti-inflammatory effects, but it also may promote liver detoxification, prevent heart disease, and lower cholesterol. Oftentimes excess weight is a result of inflammation and turmeric can help to manage your inflammation levels.



**Cumin:** Cumin seeds are great for digestive support, as they may stimulate the secretion of important pancreatic enzymes which help to digest food and assimilate nutrients. Proper digestion and nutrient absorption is key for healthy weight management and overall wellness. Cumin has also been shown to help reduce cholesterol levels.



**Cayenne, Paprika, Chili powder:** The heat from the cayenne pepper is a result of its capsaicin, which is known for its cardiovascular benefits, as well as increase the basal metabolic rate to increase fat burning. This makes cayenne peppers, or cayenne spice, a great addition to any weight loss plan.





**Cinnamon:** We know cinnamon for its sweet, delicious and warming flavour, but it is also provide to help balance blood sugar in diabetics and those with metabolic issues. It has also been shown to help keep you fuller for longer. So go ahead and enjoy cinnamon in your oatmeal, healthy snacks, and even in your cooking!



**Fenugreek:** Fenugreek has been shown to reduce appetite and food intake to help manage weight. There are many ways to consume fenugreek including fenugreek water, fenugreek fibre and even fenugreek seeds.



**Black Pepper:** A common spice around the house, black pepper contains piperine, a substance that may inhibit fat cell formation and reduce body weight.



**Cardamom:** Cardamom is often used in indian baking, and is a great spice to support weight loss. It can increase metabolism, regulate blood sugar levels and reduce cholesterol.



**Matcha/green tea:** Because of its high levels of polyphenols, green tea (or matcha) are potent antioxidants that fight free radicals and may reduce the risk of certain cancers. These polyphenols have also been shown to boost metabolism and increase fat burning.

**Herbal teas:** There are many herbal teas on the market that have all been shown to have their own benefits, along with boasting zero calories. Here are some that we love for healthy weight management:

- Dandelion root tea: helps to support liver detoxification and water retention



- Chamomile: can soothe the digestive tract, cramping, bloating and nausea
- Holy basil/tulsi: calming for the nerves and can help reduce feelings of stress



**Kefir:** Kefir is a fermented liquid, and can be derived from a few different sources including water, milk or coconut. The fermentation in kefir is responsible for creating live cultures of probiotics that can support digestion and gut health. Proper digestion and elimination is key for healthy weight management. When purchasing kefir, look for organic, unsweetened and unflavoured options. Note that cow's milk is a common allergy or sensitivity, so be sure to avoid milk kefir if your body is sensitive.



**Sauerkraut, kimchi:** Sauerkraut and kimchi are examples of fermented vegetables that have been shown to improve digestion and gut health. The live cultures provide probiotics for our gut, which help us with proper digestion as well as regular elimination.



**Apple cider vinegar:** Apple cider vinegar is a fermented vinegar product, also great for providing probiotics for gut health. The acetic acid in the vinegar may help to manage blood sugar, improve metabolism and suppress appetite.



**Sea vegetables:** Sea vegetable, often called seaweed, are becoming more popular in recent years. They offer a variety of minerals, but most notably iodine which supports the thyroid. Our thyroid is responsible for metabolism and many of the body's key functions that can affect our weight. They also contain lignans which can reduce the body's inflammatory response.



**Cilantro (Coriander):** Coriander leaves are high in vitamins and minerals as well as antioxidants. The oils in coriander make it a great digestive aid, and its known to reduce cholesterol levels. It's also believed to support heavy metal detoxification and protect the liver, our most essential detox organ.



**Parsley:** A vitamin and mineral-rich herb that is known to support detoxification throughout our system. While it supports immune health and acts as an anti-inflammatory, it's also known for reduce water retention, bloating and balance blood sugar.



**Fresh peppermint:** Healthy digestion is at the core of weight loss - to ensure that you're properly breaking down the food you eat, and regularly eliminating it. Fresh peppermint has been shown to help reduce digestive distress, increase metabolism and even relieve stress. Enjoy as a tea or in foods/drinks.



# Holistic Nutrition Weight Loss Expert Program

GET CERTIFIED & CREATE THE LIFE, HEALTH & A CAREER YOU LOVE!

FOR UPCOMING PROGRAM DATES & REGISTRATION, VISIT [www.fitchicksacademy.com](http://www.fitchicksacademy.com)

## Become a Certified Holistic Nutrition & Health Coach!

Imagine becoming a holistic health coach, earning income - full or part time- while helping others transform their nutrition, lifestyle & mindset?

Get certified as Holistic Nutrition Weight Loss Expert Program with FIT CHICKS Academy!

From nutrition to exercise, hormones to digestion, food sensitivities and inflammation, this is the ONLY certification for women that teaches how to get your body in balance - inside & out - PLUS how to coach others to get lasting results! Also, we are an approved school with the Health Coaching Alliance in both the US & Canada for the Registered Health Coach designation and continuing education credits with NASM!

You are going to learn real, APPLICABLE skills, confidence and the tools, leaving this program knowing how to coach others to make real health changes, learn body positivity.

### WHO IS THIS CERTIFICATION FOR?

This certification is an amazing for fitness professionals, yoga instructors or health coaches to add to your skillset and set you apart from the rest. It is also awesome for the everyday women looking to increase your knowledge in nutrition and weight loss to get results & start coaching in this amazing field of health & wellness.

With this 8 Week Certification, you will have the ability:

- Become a Certified Holistic Health Coach in nutrition, wellness & lifestyle in 60 days
- Coach one on one clients & holistic group health programs
- Create nutrition & meal plan recommendations
- Run health retreats, teach workshops & challenges
- And these are just a few of the revenue streams you can do online or in person!

AS SEEN ON



TORONTO STAR



FINANCIAL POST

NATIONAL POST



# Holistic Nutrition Weight Loss Expert Program

This program is SO much more than just showing how to help your clients and your self lose weight. It is about understanding how to create a healthy body & mind. When you can do that, the sky is the limit! So what does this 8 week program cover... check it out!

## Join us from anywhere in the world

The Holistic Nutrition Weight Loss Expert Program is an 8 week program that is taught entirely online so you can access the content from ANY mobile device as long as you have an internet connection! No more wasting time commuting or worrying about not being able to keep up, virtual classes can be done from wherever you choose and can be viewed again later to work with your day.

### WHO IS THIS CERTIFICATION FOR?

This is a complete and thorough professional 8 week online certification program that offers practical, applicable (aka you will actually use this in REAL life! to support the body in weight loss and building healthy minds & bodies, program development, nutrition and lifestyle coaching and healthy habit building applications.

### The Holistic Nutrition Weight Loss Expert Program includes:

- Virtual classes & workshops
- Course materials, at home assignments
- Practical Teaching experience done in your community
- Lifetime access to all taped classes for later viewing
- Membership to our exclusive FNE online community
- Ongoing continuing education with FIT CHICKS & support after program completion
- And much more....

If you are already coaching in fitness, nutrition or wellness, this program will take your current business to the next level. And even if you decide not to coach, this program will CHANGE your life, weight, the way you view your body and how you treat it with love for the rest of your life....there is nothing better than that!



The Weight Loss Basics



Hormones, Glands & Weight Loss



Blood Sugar Management & Weight Loss



Digestion, Gut Health & Weight Loss



Food Allergies, Intolerances and Inflammation & Weight Loss



Exercise, Recovery and Nutrient Timing & Strategies for Weight Loss



Nutrition & Weight Loss



How to Create Fierce Client Plans & Coach for RESULTS





## MEET THE FOUNDERS OF FIT CHICKS® Academy

Head Chicks Amanda & Laura took their fitness & nutrition business from 7 chicks in 2008 to training over 10000 women to date. As many companies in the industry failing to grow, the Head Chicks passion for women's health expanded their award-winning women's only boot camp from over 20 locations to include health retreats, fitness DVD programs, nutrition challenges, online coaching and FIT CHICKS Academy® online certification programs.



Laura Jackson

Experts in fitness, nutrition, wellness & business, the Head Chicks are also the host of the top 100 rated Fitness & Nutrition Podcast on iTunes named "FIT CHICKS Chat" as well as the TV Host of "Shape Up with FIT CHICKS". They are also fitness and nutrition contributors to national publications and TV Shows such as Canadian Living Magazine, The National Post, Breakfast Television, CTV Morning Live and have appeared on CBC's "Dragon's Den" and The Shopping Channel. Their commitment to women's health have earned Top 3 Canadian Fitness Professional of the Year in Canada & Stevie Award for Women in Business – Health & Wellness Company of the Year.



Amanda Quinn

Now they have packaged over 20 years of studying, testing, inspiring and teaching in the fitness and health industry into creating FIT CHICKS® Academy to help other women get certified and create the life of their dreams. Their signature (and award winning!) Fitness & Nutrition Expert Program and Holistic Nutrition Weight Loss Expert Program combines all the knowledge and tools to launch your fitness, nutrition & health coaching career and take it to the next level!

Want to join the Head Chicks in an upcoming FIT CHICKS® Program? Visit [www.fitchicksacademy.com](http://www.fitchicksacademy.com) for a list of upcoming programs or email [info@fitchicks.ca](mailto:info@fitchicks.ca)

# MEET OUR GRADS



“I have been a long time licensed Esthetician at a Day Spa with a passion for health and wellness. I am looking to expand my skills even further and bring these two careers together. I will be adding more holistic and nutrition services at The Color Room Salon and Day Spa. I plan on doing workshops as well as teaching about nutrition and the skin as well. The Holistic Weight Loss Expert program has exceeded my expectations. I have enjoyed doing all the assignments which have been so much fun. I feel like I got an amazing education and feel confident to start being an amazing holistic nutrition coach. This is not just a text book course. It kept my attention always. A plus I loved was the coaching calls we got after every module. FIT CHICKS is awesome! . For this recipe I wanted to create a delicious, energy packed, healthy green smoothie that is a great option for weight loss. It is a wholesome, balanced meal that combines healthy fat, protein and fibre to keep blood sugar balanced, avoid dips in energy, weight gain and overeating!”

- Jill S - Indiana, USA



Having had such a successful experience with the Fit Chicks brand, enrolling in the Holistic Nutrition Weight Loss Expert (HWLE) program was a no-brainer. During the program, I applied my learnings to my own life and lost 23 lbs over the course of 7 months. People around me took notice and started asking me for advice! What began as a personal journey was now turning into a business. I enjoy learning every day and helping my clients look and feel their best the healthy way. The HWLE program has enhanced my client services and paved the way for immense personal growth. To anyone considering this program, I ask: “What are you waiting for?”

- Demetra, Toronto, Canada



Would I recommend the Holistic Nutrition Weight Loss Expert program to others? Absolutely. Actually, I’ve already started recommending it. If I hear another woman that’s interested in going into the fitness industry and wanting to coach other women, I always tell them, “This is an amazing program. I’m doing it.” Or, “I’ve just completed it.” It is just phenomenal, and I feel like the topics that we discuss and cover in this program are just topics that aren’t readily available to women all over. So I just feel like it’s really important for us to be that light and that word of empowerment and education to really help women start looking at weight loss from a different point of view. I feel like typically, women look at nutrition plans and workouts thinking that that is the key answer, and there’s so much other things we can address and work on as well. So I always tell women, “If you’re really thinking about being a coach, try this program. It’s amazing!”

- Letisha B, USA