



Transition to Healthier Eating Habits

WITH TONI JULIAN

Hello dear one!

Eating healthier is a goal most of us share, and no matter how healthy we *think* we are eating; we can always do better. But it can often feel overwhelming. Where do we start? There are two approaches; cold turkey, completely giving up all the unhealthy foods and eating clean, or transitioning over time away from unhealthy foods toward healthier versions. Ultimately, transitions are the most sustainable, allowing you to make changes incrementally so you are set up for success.

By transitioning, you can allow new, healthier choices to take root and let you newly-learned behaviors become engrained habits.

It takes 4 days for your body to detox and adjust when you omit unhealthy foods, like sugar, processed foods and alcohol.

It takes 7 days to start seeing the results; in the way of increased energy, less bloating, emotional confidence and feeling a healthier weight balance.

It takes 14 days for your tastebuds and body to fully adjust, when you will no longer crave unhealthy foods, but you may even dislike them. If you go back to eating unhealthy foods, your body may even experience digestive issues.

It takes 21 days for new behaviors to become habits, and then they even become your preference! It starts with small steps, or transitions and you can build from there.


It takes about 3 months to see changes in your lab work, like your HDL, LDL, and A1C blood glucose levels. Always check with your doctor to get a baseline and track your progress.

Below are transitions I used when first making some of these changes for myself. For example, scrambled eggs were one of my favorite dishes and pure egg whites just didn't have the flavor I was accustomed to. Most of the flavor, and the unhealthy saturated fat, is in the yolk, while the majority of the protein is in the egg white. So, my transitional strategy was to combine five egg whites (to cut out the extra fat and calories) with one egg yolk (which boosted the flavor). Eventually, I shifted to pure egg whites, with no yolk.

I have another little secret I will share with you. I love cream soups, of any kind. As a child, I used to love clam chowder, cream of broccoli, creamy tomato or cream of mushroom soups. I now use organic chicken broth as a base, and blend in silken tofu. It gives it a similar creamy texture. Keep in mind when you are transitioning that it may not taste the same, but with some creativity you can get "close enough"! Allow your tastebuds to adjust and be open minded to try these transitions more than once.

Being mindful that the overall goal is to eliminate saturated fats, sugars, alcohol, and all things white, more ideas for you to consider are on the following page. And one more note, switching from conventional to organic, in all types of food is always a plus!

BE SURE TO POST THIS WHERE YOU WILL SEE IT EVERY DAY!















From my heart, to yours, 

Toni

TRANSITION

FROM THIS

TO THIS

	Whole eggs	One whole egg (yolk included) with several egg whites, then pure egg whites
	Butter (cooking)	Olive oil or avocado oil
	Butter (on food)	Avocado, hummus, pure fruit spread, mustard, or dry mustard
	Fruit Juices	Whole fruit
	Wine	Spritzer with equal parts wine & carbonated water, then just water
	Milk Chocolate	80% Dark chocolate, then unsweetened cocoa powder as used in recipes
	Potato Chips	Air popped pop-corn or whole grain, baked chips, brown rice cakes
	Sour Cream	Nonfat Greek yogurt, unsweetened
	White Flour	Oat flour, whole wheat flour
	White Rice	Brown rice or brown rice and quinoa blend
	White Pastas	Whole wheat pasta, quinoa pasta, edamame or chickpea pasta
	Sugary Sodas	Diet sodas, then only sparkling water with lemon/ lime
	Coffee Creamers	Unsweetened, carrageenan free almond milk
	Heavy Cream	Silken tofu
	Sugar	Stevia & Monk fruit blends



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From Toni Julian's new book, Sacred Eating. Get yours here: www.tonijulian.com