

WEEK 1

PURA VIDA: PURE LIFE



Diet. This four-letter word, whether related to nutritional intake or weight management, can be a confusing maze of twists, turns, and dead ends. Do you long for the easy button? Do you crave a simple way to eat healthy, lose excess weight, and feel better overall? Have you tried living the *Pura Vida* lifestyle?

Pura Vida (pronounced poo-rah-vee-dah) is a Costa Rican phrase meaning "Pure Life." It is a lifestyle that encourages the appreciation of life's simple treasures. It is about slowing things down, celebrating good fortune, and refusing to take anything for granted.

This week, pick simple foods as close to their natural form as possible. Instead of boxed, bagged, or packaged foods, choose fresh, whole foods. Think roasted chicken instead of chicken nuggets, a bunch of grapes or an orange rather than a cup of juice, or a hardboiled egg over a protein bar.

FOR IMPROVED WEIGHT MANAGEMENT

- ✧ Eat slower and more mindfully (without distractions).
- ✧ Eat until 80% full rather than until no longer hungry .
- ✧ Restrict calories to 2000 per day.
- ✧ Use smaller plates to help "trick" your mind into eating smaller portions.



GOOD FOOD IS VERY OFTEN, EVEN MOST OFTEN, SIMPLE FOOD.
-ANTHONY BOURDAIN-