

WEEK 5

FLAVOR WITH HERBS & SPICES: SKIP SUGAR, SODIUM, & SATURATED FATS



Not all fats are bad. In fact, there are “good” fats. At first glance, this may seem counterintuitive, but unsaturated fats (both monounsaturated and polyunsaturated) have shown to aid in weight loss. These fats are satiating and take a long time to digest, helping you feel full longer. This week, eat the “good” fats, which includes those monounsaturated and polyunsaturated fats!

MONOUNSATURATED FATS: Boost Good HDL & Lower Bad LDL	POLYUNSATURATED FATS: Lower Bad LDL & Contain Omega-3 & Omega-6 Fatty Acids
Olive Oil (1 tsp)	Canola Oil (1 tsp)
Almonds, Cashews (10g)	Walnuts (9g)
Seeds (15g)	Chia Seeds, Flaxseed (37g)
Avocado (1/2 Med)	Salmon, Trout (1 fillet)

FOR IMPROVED WEIGHT MANAGEMENT

- ✧ Flavor with herbs & spices, & skip the 3 S's: sugar, sodium, & saturated fats.
- ✧ Swap out mayonnaise for mashed avocado & sour cream for Greek yogurt.
- ✧ Add lemon or lime juice to food for extra flavor.
- ✧ Try vinegars in place of sugary marinades & sauces.



VARIETY'S THE VERY SPICE OF LIFE, THAT GIVES IT ALL ITS
FLAVOUR.

-WILLIAM COWPER -