

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

September is a great time to hit the reset button on your health goals. Take the next few weeks to re-evaluate your goals and how you want to feel leading up to the new year (yes, I said it! 2023 is not too far away). This is the last quarter of 2022 and this is your opportunity to get back in the driver seat and work on achieving the version of yourself that feels incredible. You don't need to go on any crazy diets or restrict yourself - just slowly re-implement some good habits that may have gotten lost over the summer and you'll be on your way!

This month I wanted to chat about the different factors that can be impacting your weight-loss goals. This is always a tricky to navigate as it can be a sensitive subject. That being said, I truly believe that the more we are aware we become of potential causes, the more empowered we will be. Get excited for this delicious breakfast bowl recipe that will balance hormones responsible for maintaining a healthy weight and will keep you satiated for hours.

I'll also be sharing a kitchen hack to help your boxed lettuce last longer and our September client spotlight which is a great example of how much of an impact focusing on the root cause can have on your weight-loss goals!

Sabrina

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Savoury Breakfast Bowl

This filling and hearty Breakfast Bowl is made with sweet potatoes, eggs, veggies, and avocado. It's the perfect way to start the day or can be enjoyed for a healthy lunch

Total Time: 20 mins

Servings: 1

Ingredients:

- 2 teaspoons olive oil
- 1 small clove garlic, minced
- 2 cups spinach
- ½ cup halved cherry or grape tomatoes
- ¼ avocado, sliced
- ½ cup cooked sweet potato (I like to use our leftovers from the night before)
- 1 to 2 eggs (fried, scrambled, soft boiled, whatever your preference)
- Sea salt and freshly ground black pepper, to taste
- Sprinkle of feta cheese or nutritional yeast, optional
- Fresh herbs such as parsley, chives, or basil, if desired

Instructions:

1. In a small skillet, heat the olive oil over medium heat. Add garlic; cook 30 seconds. Add spinach and tomatoes; cook, stirring often, until softened, 2 to 3 minutes.
2. Cook eggs to your desired preference, fried, scrambled, or soft boiled.
3. Combine potatoes, spinach, tomatoes, avocado, and egg in a bowl. Season with salt and black pepper, to taste. Garnish with feta cheese or nutritional yeast and herbs, if using. You can also sprinkle extra everything bagels seasoning on top.



Recipe adapted from Two Peas and their Pod

STORAGE HACK: LEAFY GREENS

It's always sad when you open your boxed leafy greens after a few days and you notice they're already going bad. I've been using this trick the last 3 months and it's worked great at making them last longer!

Place a piece of paper towel inside the box of greens and store it upside down to help absorb excess moisture. You can change the paper towel every few days if you notice that it's too wet. Give it a try and tag me at @turnipthebeets_ so I can share it on my story!



Factors Affecting Weight-Loss

Beyond Calories

One of the most popular tools that people have used for decades to lose weight is by tracking their calorie intake and output to make sure they are in a deficit. Although this can work for some people short term, it's truly not sustainable and doesn't take into account many other factors that have a big impact on our weight. If you've tried calorie counting or other fad diets/programs for weight-loss (keto, paleo, weight watchers intermittent fasting, sugar-free) only to gain it back again leaving you feeling discouraged or frustrated, keep reading!

All of these tools forget to address the root cause of the weight gain and that's why over time they stop working. We're all unique, which means when it comes to healthy sustainable weight loss, there isn't a one-size fits all approach. It's about finding out what YOUR body needs so that you can feel your best, while also learning how to optimize your overall health long-term.

I wanted to share 3 common causes of weight gain that I've seen in my practice, along with some of their symptoms & tips to support them. I hope this helps bring some clarity!

Blood Sugar Imbalances

Signs + Symptoms: craving sweets after meals, burst of energy followed by a crash, afternoon energy slump, anxiety, mood swings, headaches, feeling lightheaded, brain fog.

Tip: Avoid starting your day with a sweet breakfast (donuts, toast+jam, muffins, breads, fruit smoothies)

High Cortisol

Signs + Symptoms: Irregular periods, tired but wired, feeling inflamed or "puffy", cravings for salty food, mood swings, irritable, emotional, mid-section weight gain, inability to tolerate stress, insomnia

Tip: Work on stress management (ie. meditation apps such as CALM)

Leaky Gut

Signs + Symptoms: gas, bloating, constipation, IBS, food sensitivities, seasonal allergies, chronic infections/colds, joint + muscle pain

Tip: Reduce inflammatory foods (ie. alcohol & sugar are big ones)

If you truly want to improve your overall health and as a result achieve sustainable weight-loss, I'd highly recommend ditching the diets and calorie counting!

If you're tired of trying to figure things out on your own and would love some support, you can email me at sabrina@turnipthebeets.ca or visit my website www.turnipthebeets.ca. Can't wait to be part of your journey!



CLIENT SPOTLIGHT

JULIE



Julie came to me looking to improve her energy, her nutrition, lose weight and increase lean muscle mass. After completing her health history, some additional areas that we worked on were joint pain, headaches, digestion (bloating) and cravings.

Overall her lifestyle was great, so we focused more on fine tuning things to help her achieve her health goals. Often times on the initial call with clients, I hear **"I've been doing all the right things but nothing is working"**, sound familiar?

There is so much information out there that even though you may be applying some great habits, they might not be the right ones for your body. That's why having that initial one hour call to explore things like *digestion, lifestyle, hormones, inflammation* etc, is so helpful. Another thing to consider is that our body's are always changing therefore what used to work for you, likely won't work as well now.

Julie has been a rockstar at implementing changes and within just a few weeks noticed improvements in bloating, cravings, energy. She's also lost over 10 lbs (without us implementing an exercise plan yet) after being stuck at the same weight for months prior to working together.

All it took was some adjustments in nutrition, supplementation and lifestyle. This goes to show that the right combination can make the biggest difference. She's been such an inspiration to her friends and family and I'm excited to introduce strength training into her program to help build strength and improve overall body composition so she continue to feels strong in her body. Way to go Julie!!

Lets Chat



Not sure which Holistic Nutrition Package is right for you?

Feel free to schedule a *Free 15 Minute Call* by sending me a DM on IG or email me at sabrina@turnipthebeets.ca

For more tips, follow me on Instagram
Turn on post notifications & add me to your favourites for stories and posts so you never miss a "beet"



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Quote of the month ~ "A little progress each day, adds up to big results"

