

F.R.E.S.H. Eating Style

New clients often ask me what the best eating plan is. Is it Keto, Paleo, Vegan? These 'labels' are merely an 'illusion of control' and are exclusionary, trendy and short lived.

Warrior Women don't buy into novelty diets or trends. We don't buy into convention, and we don't follow the majority (because the majority is rarely right!). We are carving our own eating Path, rooted in nutritional and behavioural sciences, and rooted in long-standing, traditional cultural-based practices that have lasted and sustained cultures and generations for thousands of years.

We are nourishing ourselves a NEW way, the **FRESH Way!**

What does F.R.E.S.H. stand for?

FREE: We are all individual, and free to be vegetarian, carnivore, or anything in between. And we are FREE from formulas, APPS, and calorie counts! We eat FOOD (not numbers!)

REAL: We eat real food, whole foods. It's a foundational must for building a strong, lean body, and a healthy mind.

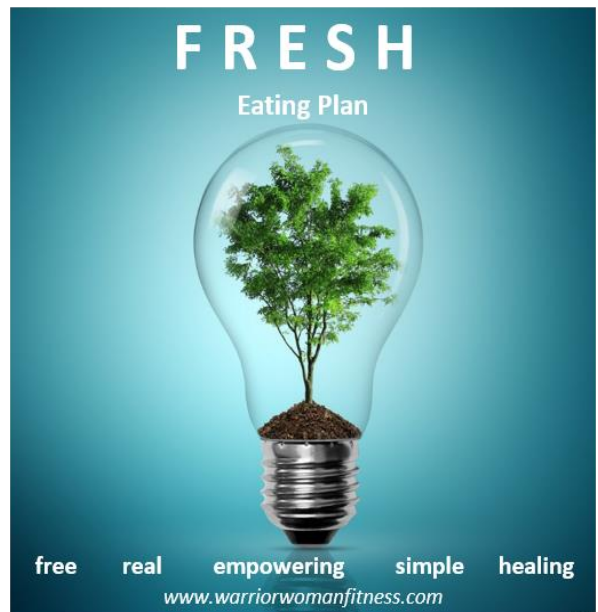
EMPOWERING: We LOVE how we eat because we feel energized, alive and EMPOWERED! We don't live in denial, and NEVER see our eating plan as a 'must do', but rather a 'love to do' way of eating!

SIMPLE: No crazy formulas, no fiddling with apps, no scales! With time and patience, we learn to eyeball our portions and to build a proper meal or snack. It becomes second nature, and SIMPLE to do!

HEALING: With every bite, we are building cellular health - physical, nutritional, metabolic and spiritual! We are healing our past, our eating dysfunctions, our negative thoughts and habits that kept us stuck and small. We are releasing the past and moving into a higher, healthier way of nourishing, thinking and living!

Free, Real, Empowering, Simple, and Healing.

THIS is the Warrior Woman Way!



www.warriorwomanfitness.com

F.R.E.S.H. Eating Pyramid

Whole. Real. Clean...

