

THE ONLY GUIDE YOU NEED TO BEAT FATIGUE AND GAIN FIT PHYSIQUE



**LOW ENERGY IS THE
BIGGEST ROADBLOCK
TO WEIGHT LOSS.
LET'S TAKE A FIRST
STEP TO ADDRESS
BOTH.**

BY VICTORIA CANNON
ACHC; NBC-HWC

INTRODUCTION

Welcome!

So glad you are here. In today's modern world, it is so overwhelming to understand what foods are good for us and what foods create inflammation. Especially when information changes every year and available every second of the day. How do we stay healthy and know the strategy that will finally help us lose that midsection weight?

With that in mind, I created this guide to simplify information for you so you can confidently nourish your body and feel energetic and fit.



NATURE HAS RULES

As human beings we evolved , eating the foods that nature provided, whether its animal protein, plants, fruits, legumes or herbs. How did we move so far from it?

There is no diet that is good for everyone. There is no food that is good for everyone. No meal timing, that is good for everyone. It is important to figure it out individually and this guide will help you to take a first step.

By incorporating this guide, you can initiate a single modification that has the potential to positively influence your entire day and contribute to weight loss goals.

ABOUT ME

Victoria Cannon



Victoria Cannon ACFHC- NBC-HWC

Hi, I am Victoria Cannon, Mom to two beautiful children and National Board-Certified Health and Wellness Coach, Certified Functional Medicine Consultant, Nutrition Coach and more.

I specialize in Holistic approach to health and nutrition and its effect on body composition and energy levels.

I strongly believe that how we are on the inside effects how we look on the outside. Therefore, I take a whole person/ body approach and look at imbalances, deficiencies, blood sugar dysregulation, hormone dysregulation, micronutrients, that effect energy and body composition.

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I believe that we are the most important role models for, or our children and I strive to teach them daily how to take care of their bodies and show them what I do and why. There is no better way to teach kids, than by simple showing them. They are my WHY.

I get asking this question a lot " How do you teach kids nutrition?" . My answer is : You LIVE IT, and you will not need to teach.

Weather your goal is lose midsection weight, increase your energy or cut down the health noise on social media, I am here to guide you back to you and your individual needs.

THE FIRST STRATEGY YOU NEED TO LOSE MIDSECTION WEIGHT AND ACHIEVE ABUNDANT ENERGY.



Start your day right. Every single day.

WITH HIGH PROTEIN.

For the next 2 weeks, change 1 thing:

BREAKFAST.

Breakfast means "Break Fast". It does not matter what time of the day it is. The time that works best for you is your ideal time for breakfast. Typically, I do not recommend skipping first meal of the day to most of my women. Men fortunately have more flexibility.

Try this simple strategy and see how your energy improves:

- Eat 1-1.5h after waking.
 - Focus on protein. I recommend animal protein. Weather it's an egg, meat, cottage cheese or yogurt. If it came from an animal- enjoy it. Protein shakes with a high-quality protein powder is a good option when travelling or in a rash.
 - Minimum of 30g protein- MOST IMPORTANT
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HOW TO BUILD BREAKFAST PLATE



1. *Pick protein you enjoy: pasture raised eggs, bacon, turkey bacon, organic sugar free sausages (Applegate and Forces of nature are good brands), high quality protein powder.*
2. *Calculate at least 30g -50g of protein of choice. Use Cronometer or My Fitness Pal. No need to calculate the rest of the macronutrients or calories.*
3. *Add non starchy vegetables of choice, avocado or berries. For the next 2 weeks focus on minimizing carbohydrates JUST for breakfast. Leave other meals the same.*

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there's a direct link between first meal and energy as well as body composition. with blood glucose control being at a forefront.

WHAT PROTEIN POWDERS TO INCLUDE



1. I encourage you to experiment with the focus on purity and quality first. Protein powders can contain contaminants and heavy metals, as well as lots of unnecessary ingredients and sugar. Choose the ones that has been third party tested when possible. Avoid powders from drug stores or MLS companies.
2. Look for the powder with minimal ingredients. And ingredients you can pronounce and know. Avoid preservative's and emulsifiers, added sugars. Look for stevia or monkfruit sweetened.
3. I encourage animal protein first, and if someone cannot tolerate it, consider plant based. Such as pea and rice.

- Most studies, that are done on protein powders are done using whey protein.

MY FAVORITE BRANDS, BUT FIND WHAT WORKS FOR YOU:

- Design For Health (whey, all flavors)
- EQUIP (vanilla - even kids enjoy it)
- Be Well By Kelly (all animal based flavors)
- Truvani (plant based, lots of flavors)
<https://www.truvani.com/>
- Nuzest (plant based) https://nuzest-usa.com/

**THE GOAL OF PROTEIN IS TO STABILIZE
BLOOD SUGAR FROM THE START OF THE DAY.
TRUST ME IT WORKS.**

By focusing on blood sugar with the first meal of the day, we guarantee a more successful and even day. The goal is to keep it from getting too high or too low or jump throughout the day. Chronically high blood sugar creates inflammation and oxidative stress, while low blood sugar activates stress. Both of which lead to excess weight, especially in the midsection area, and fatigue.

We can very easily control it with the food. Beyond eating enough, how you structure your plate and especially first meal of the day dictates how you will feel the rest of the day. Its very important to consume protein, along with fats and high-fiber non-starchy carbohydrates.

Various studies have found that eating more protein at breakfast tends to:

- *Burn more calories.*
- *Reduce appetite and food consumption at lunchtime.*
- *Reduce cravings.*
- *Improve gut health.*

Combined with our earlier assessment that most people should be getting somewhere between 30–50 grams of protein per meal per day, we can safely assume that 30g of protein at breakfast is a good target for satiety, energy, healthy muscle, and general health.



**BY FOCUSING ON THE RIGHT MEALS AND
WORKING WITH ME ON FOOD SENSITIVITIES,
NUTRIENT IMBALANCES, INFLAMMATION MY
CLIENTS LOSE WEIGHT, FEEL ENERGETIC ALL
DAY, AND REPORT INCREASED MENTAL
CLARITY THROUGHOUT THE DAY.**



EXAMPLES OF PROTEIN RICH BREAKFAST

ANIMAL BASED

1. Greek Yogurt (with or without protein powder) plus berries and nut butter
2. Eggs (boiled, scrambled etc) add sugar free sausage, bacon and avocado, cheese if tolerated.
3. Omelet with ground beef, ground turkey or chicken or venison with avocado.
4. Leftovers from dinner
5. Ground meats with avocado
6. Cottage cheese, add berries and nuts, protein powder.

PLANT BASED

1. Protein shake with plant based protein powder.

Protein powder + dairy free milk

(avoid OAT milk, inflammatory and almost always high carb and sugar), add berries and nut butter.

2. Chia seed pudding (protein powder, dairy free milk, berries and nuts)

- I Do not recommend focusing on plant based for body composition and energy

TIPS:

**LIMIT CEREAL, BAKED GOODS AND BREAD FOR
BREAKFAST / FIRST MEAL OF THE DAY.**

CONCLUSION AND NEXT STEPS

I hope you find this guide helpful on your journey to your ideal body composition and abundant energy.

MAKE ONE CHANGE TODAY. TRUST ME IT WORKS.

Increasing protein at breakfast will give you a great start but if you want personalized nutrition, supplement, lifestyle plan based on your needs I would love to connect and discuss how can I support you.



I TAKE HOLISTIC AND INDIVIDUALIZED APPROACH TO HEALTH AND NUTRITION. LET'S CONNECT IF YOU WANT TO OPTIMIZE YOUR HEALTH, LOSE MIDSECTION WEIGHT AND INCREASE YOUR ENERGY.



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Thank you!

WHAT IT IS LIKE TO WORK WITH ME...

Victoria was the first coach, who focused on my body's needs, my nutrient deficiencies, my blood sugar levels, inflammation, and food sensitivities. She approached my concerns with the food first approach. Without selling FM tests or protocols or supplements that my body did not need. She did a comprehensive evaluation and knew exactly where to begin. She helped me get on a holistic path, that will not only affect my health but also the health of my spouse and children.

-Karina

Victoria changed my life by helping me understand what foods do not agree with me and what supplements were hurting me instead of helping. I feel energetic all day by eating what I can tolerate and taking targeted supplements.

-Kelly

Victoria helped me to realize, that in terms of supplements more is not better, more is just more and potentially could be harmful. She also encouraged me to listen to my body, and if it says NO to a particular food, stop consuming it for the time being.

-Anita

Victoria takes a comprehensive, holistic, and individualized approach. She looks at food intake, blood chemistry, family history, and symptoms and makes targeted recommendations that work.

-Sam

Since working with Victoria lost weight, became more aware of my meals and how they affect me, I learned that not all supplements created equal, and I realized that Instagram gurus don't know me and trends have nothing to do with me.

-Alex