

FUEL FOR MOTION: FREE BEE



WHAT IS A WHOLE FOODS BASED DIET?



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MEET ME!

Before we dive in, hi! I'm Payton, a 23 year old with a burning passion for health, fitness, and nutrition. I think that passion comes from both seeing how misunderstood it can be, and from experiencing it firsthand how transformative it is (and how good it makes you feel!). Living an active lifestyle and eating well has completely changed my energy, mindset, and overall well-being, and I want YOU to know it doesn't have to be complicated to feel your best.

I've been active most of my life, but college is when my passion really took off. I used to chase high-protein, low calorie foods without realizing the toll it took on my body and mind. After hitting a gym slump, I learned that feeling good—physically and mentally—was key to showing up better. That came from training in a way that made me feel amazing and truly nourishing my body. Learning that consistency and compassion matter most.

I created this guide to show that eating whole, nourishing foods doesn't have to be pricey, complicated, or boring. It can be fun and fulfilling! This guide is made with simplicity, intentionality, and full of the lessons that I have learned to make your journey a bit easier!

I'm not a fan of the word "diet"—nowadays, just eating real food gets labeled as one. But nourishing your body isn't a diet. It's a lifestyle. The best way of eating I firmly believe is one that's sustainable, that makes you listen to your body, and allows for balance. Health isn't about extremes—it's about loving yourself enough to feel good and fuel your body with care.

Lastly, just know you're not alone. I'm here, and we're all in this together. Thank you so much for downloading this guide, I'm so happy you're here. Sending much love.

hey! this is
me, Payton!



INTRODUCTION

Hey friend! Now that I've introduced myself, it's time to dive into the juicy stuff! First off, I am SO happy you're here! If you've ever felt overwhelmed by all the conflicting diet advice out there, you're not alone! Let's take a step back and fall back to the basics. A whole foods diet is all about eating **REAL** food—ingredients that are as close to their natural state as possible. No crazy restrictions, no ultra-processed junk, just fresh (minimally processed), nourishing food that fuels your body the way it was intended. Think vibrant fruits, crisp veggies, high-quality proteins, and healthy fats. These foods aren't just delicious—they're packed with vitamins, minerals, and nutrients your body craves for it to thrive!

So...what exactly is a whole foods based diet?? It's simple! Eat food that is minimally processed and free from artificial additives, seed oils, preservatives, and refined sugars. It's about filling your plate with nutrient-dense foods that actually nourish your body, rather than just filling you up with empty calories. This approach **IS NOT** about dieting or deprivation—it's about making small, sustainable choices that leave you feeling amazing. Unlike trendy fat diets that come and go, a whole foods diet will never go out of style. It's a long-term lifestyle shift that helps improve digestion, increase energy, balance hormones, and even supports weight management. Plus, it can help lower the risk of chronic illnesses like diabetes and heart disease—pretty cool, right?!

And do you want to know the best part? It doesn't have to be complicated! Eating whole foods is **about progress, not perfection**! You don't have to overhaul your entire diet overnight. Start by adding more fresh ingredients to your meals, swapping out processed snacks for real-food alternatives, and being mindful of what's actually in the food you're eating. Small changes add up, and before you know it, you'll be feeling stronger, more energized, totally in tune with your body, AND stop craving the ultra-processed foods (they will probably stop tasting good too)! Whether you're here to boost your health, improve your workouts, learn more about nutrition, or just feel good in your own skin, I'm here to help you every step of the way. Let's do this together!💛

DISCLAIMER

THE INFORMATION PROVIDED IN THIS GUIDE IS BASED ON PERSONAL EXPERIENCE, RESEARCH, AND A GENUINE PASSION FOR WHOLE FOODS AND WELLNESS. IT IS MEANT TO INSPIRE, EDUCATE, AND SUPPORT YOU ON YOUR OWN JOURNEY—BUT IT IS NOT MEDICAL ADVICE.

EVERYONE'S BODY IS DIFFERENT, AND WHAT WORKS FOR ONE PERSON MAY NOT BE RIGHT FOR ANOTHER. BEFORE MAKING ANY MAJOR CHANGES TO YOUR DIET, LIFESTYLE, OR FITNESS ROUTINE, IT IS BEST TO CONSULT WITH A QUALIFIED HEALTHCARE PROFESSIONAL—ESPECIALLY IF YOU HAVE ANY EXISTING MEDICAL CONDITIONS OR ARE TAKING ANY MEDICATIONS.

THIS GUIDE IS HERE TO EMPOWER AND EDUCATE YOU WITH HELPFUL TIPS AND ENCOURAGEMENT, NOT TO REPLACE THE GUIDANCE OF A DOCTOR. YOUR HEALTH IS PERSONAL, AND YOU DESERVE CARE THAT'S TAILORED JUST FOR YOU.

SECTION I

UNDERSTANDING THE WHOLE FOODS BASED DIET

UNDERSTANDING THE WHOLE FOODS BASED DIET

Okay! For starters, let's break this down—what **actually** are whole foods? In the simplest terms, **whole foods are foods that are as close to their natural form as possible**. We are talking apples, NOT apple-flavored cereal (dare I mention apples aren't even on the ingredient list?). White rice, NOT instant rice in a microwave pouch with mystery ingredient. Whole foods have not been stripped of their nutrients or pumped full of additives—they're **real, fresh, AND full of the good stuff your body needs to feel its best**.

But what about processed foods?

Not *all* processing is bad—after all, washing broccoli or freezing fruit is technically “processing”. There are technically three umbrellas that processed foods fall under; ultra-processed, processed, and minimally processed.

ULTRA-PROCESSED FOODS

These are products that have undergone extensive industrial processing and contain unnecessary ingredients (ones not commonly found in one's home cooking). These are foods typically highly palatable, convenient, and have a long shelf life (sugary cereals, instant noodles, sodas, etc.). These also typically are bioengineered.



PROCESSED FOODS

Processed foods are foods that have been altered from its natural state through only methods including cooking, freezing, canning, drying, or just by simply adding salt, sugar, or oils. These are distinct from ultra-processed foods as they can still be nutritious and do not contain high amounts of preservatives or bioengineered ingredients (canned vegetables, cheese, fresh bread, nut butters, simple mills)



MINIMALLY PROCESSED FOODS

Minimally processed foods are foods that have undergone only basic processing and has not been significantly altered from its natural state. Its nutritional content has been minimally changed. These are closest to their natural form and are generally healthy choices. They are altered through methods including washing, peeling, cutting, freezing, drying, or pasteurizing. Minimally processed foods include frozen or dried fruits, pasteurized milk, plain yogurt, fresh or frozen meats, and plain nuts and seeds.



When I refer to processed foods as 'not good' in this guide, I am talking about the ones that are loaded with added and refined sugars, seeds oils, preservatives, artificial flavors, and ingredients you can't pronounce without having been a biology major in college (some examples of these can be seen next to the ULTRA-PROCESSED FOODS box on page 5). These foods are often low in nutrients but high in calories (or the other way around, high in protein and low in calories), these foods tend to also be filled with gums and artificial, lab made ingredients, which can leave you feeling sluggish, bloated, and constantly craving more... NO THANKS!

That's where whole foods SHINE. They're naturally nutrient dense, meaning they pack a powerful profile of vitamins, minerals, fiber, and antioxidants without any of the extra junk. When you fill your plate with minimally processed, real ingredients and whole foods, you're not just eating—you're *nourishing* your body. And guess what?? Your body TOTALLY notices. So why don't you go ahead and say hello to better digestion, more energy, and a clearer mind! If you've been wondering where or how to start on your health journey, looking to change your diet, or just a way to feel better, **THE ANSWER IS HERE: WHOLE FOODS**, the *perfect* first step! Trust me—your body, your mind, AND your taste buds will thank you!

doesn't this
just look
beautiful?!



SECTION II

BENEFITS OF A WHOLE FOODS BASED DIET

BENEFITS OF A WHOLE FOODS BASED DIET

Okay, now let's talk about the *why*—because once you know all the amazing things a whole foods based diet can do for your body, you're to be even more excited to dive in!

1

First things first: when you eat real, unprocessed (minimally processed) foods, you're giving your body a huge boost in nutrients. Whole foods are *naturally rich* in vitamins, minerals, antioxidants, and fiber—all the stuff your body needs to function like the rockstar it is. When you fuel yourself with nutrient-dense meals, you're not just eating to feel full—you're eating to feel **ALIVE**☀️ And...p.s. your body will forget about the junk!

2

Another big perk? Helllllloooooooo, happy gut! Whole foods (espeically those full of fiber, like fruit veggies, and whole grains) support better digestion and a healthier gut microbiome. That means less bloating, more regularity (yep...we're going there), and a stronger immune system. Plus, eating this way can naturally help with sustainable weight management—not through restriction or obsession, but because your body is getting what it *actually needs*, so those constant cravings and energy crashes will start to fade away.

FUN FACT:

Your gut microbiome can influence your mood—so much that it's often referred to your “second brain”. There's a nerve (vagus nerve) that connects your gut to your brain, the microbes in your gut produce neurotransmitters like serotonin!

3

Speaking of energy... one of the most common things people notice when they switch to a whole foods based diet is just simply how much better they feel. Like, “I actually want to get out of bed this morning” kind of feeling better. Your brain feels clearer, your focus improves, and you don’t need five cups of coffee to survive the day (but I mean, hey, if you like coffee, I’m not judging, I’m just saying...you will stop feeling like you HAVE to have it in the day). And over time, the lifestyle does even more behind the scenes—helping reduce the risk of chronic diseases (heart disease, type 2 diabetes, and certain types of cancer). So yeah, these little food choices daily?? They’re kind of a big deal.

4

And let’s not forget about how empowering it feels to take control of your health. When you start understanding what’s actually in your foods and how it affects your body, you build this awesome connection with yourself—mind, body, and soul. It’s not about obsessing over every bite, it’s about tuning in and asking yourself, “What makes me feel good?” Spoiler alert: it’s usually NOT ultra-processed foods...It’s usually whole foods! That self-awareness?? That’s where the magic happens.

5

Lastly, this way of eating has a beautiful ripple effect. When you’re nourishing yourself properly, your mood lifts, your confidence grows, and you start showing up more fully in every area of your life—your relationships, your work, your workouts, **everything**. It’s not just about the food—it’s about feeling good in your own skin, creating a lifestyle that supports your well-being and inspiring others to do the same by just simply living your truth. Whole foods are just the beginning...they don’t just feed your body, they nourish every part of you. And once you start feeling the difference, you’ll never look at ultra-processed foods the same way again. So now, let’s glow from the inside out one delicious (and nutritious) meal at a time.

SECTION III

FOODS TO EAT AND FOODS TO AVOID

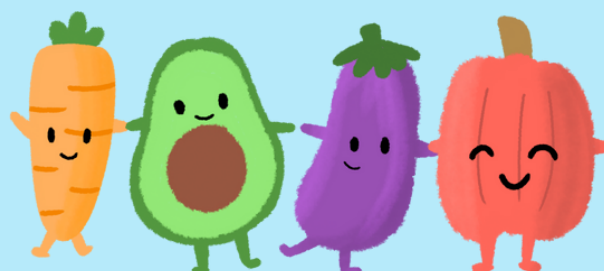
FOODS TO EAT AND FOODS TO AVOID

Now that we've covered the *why*, let's dive into the *what*—because knowing which foods to fill your plate with (and which ones to find swaps for) makes this journey so much easier on you! And spoiler alert: there is **SO MUCH** delicious variety when it comes to whole foods. I'm not talking about a sad, boring diet here—I'm talking about colorful, flavorful, satisfying meals that actually make you feel good.🙌

JUST FOR STARTERS, WHEN READING A FOOD LABEL, HERE ARE THE RED FLAGS YOU SHOULD LOOK OUT FOR ON FOOD LABELS AND AVOID:

- REFINED SUGARS: cane sugar, brown sugar, white (granulated) sugar, invert sugar, corn syrup, high fructose corn syrup
- SEED OILS: corn, canola, rapeseed, grapeseed, vegetable, palm kernel, safflower, sunflower, sesame seed, soybean, refined coconut oil
- ARTIFICIAL SWEETENERS: sucralose, aspartame, acesulfame
- FOOD DYES: literally any synthetic dye LOL... but some examples are red dye 3 & 40, yellow dye 6 & 57, blue dye 1 & 2, green dye 3
- MISC ITEMS: MSG, artificial creamers, polysorbate 80, bioengineered foods/ingredients, soy lecitin, sodium aluminum sulfate, maltodextrin

NOW, YES, THIS WILL REMOVE 99% OF THE STORE FOR YOU, BUT YOU WILL FEEL SO MUCH BETTER (IF I HAVEN'T ALREADY GOTTEN THAT POINT ACROSS YET).



Starting with the basics of a whole foods based diet; fruit and veggies! Go for fresh, seasonal, and organic (when you can)—they're full of vitamins, fiber, and antioxidants that support everything from glowing skin to strong immunity.



Then there are whole grains like jasmine or brown rice, quinoa, and oats. These keep you full, give you lasting energy, and are super versatile (examples include: cozy grain bowls and overnight oats).



For proteins, aim for the good stuff—think grass-fed meats, pasture raised eggs, and wild-caught fish. Not only are they more nutrient rich, but they're better for the planet too! If you're going to use a protein supplement, make sure it is CLEAN and doesn't have loads of fillers and unnecessary ingredients. Also, make sure you're only supplementing ~1 serving per day. We don't want to rely too heavily on supplementation.



Don't fear healthy fats! Avocado, nuts, seeds, and a good drizzle of extra virgin olive oil, ghee, or grass fed butter are chef's kiss when it comes to flavor and brain-boosting, hormone-balancing power.



If you eat dairy, opt for minimally processed versions (like plain greek yogurt or cheese with no additives), which tend to be easier on digestion and free from funky ingredients.



I have to show some love to beans (one of my personal favorites)—especially black beans, which are absolute nutrient powerhouses. These little legumes are packed with plant-based protein, fiber, iron, and folate, making them a fantastic option for supporting digestion, stabilizing blood sugar, and keeping you full and satisfied!

BASICALLY, IF IT GREW FROM THE EARTH OR CAME FROM AN ANIMAL AND HASN'T BEEN OVERLY MESSED WITH—IT'S PROBABLY A WHOLE FOOD WIN! 🥑🍖

Now, let's talk about what to limit (notice I say LIMIT, not ban—because we're all about balance here. Now yes, I don't eat these things, but that doesn't mean you can't dabble in them every once in a great while). Try to steer clear of ultra-processed or highly processed foods like packaged snacks, fast foods, and frozen meals with an ingredient list that's a mile long. These foods are often, if not always stripped of nutrients and loaded with preservatives, flavorings, and other things your body does not need at all!

Also, keep an eye out for artificial sweeteners and refined sugars—these might make your taste buds happy for a hot second, but they can lead to energy crashes, cravings, and gut imbalances.

The same thing goes for hydrogenated oils and trans fats (found in a lot of shelf stable snacks and baked goods) and processed grains like white bread and sugary cereals. These things offer empty calories that mess with your blood sugar and leave you feeling tired and unsatisfied (and may I also mention inflamed?).

THE COOL PART? ONCE YOU START ELIMINATING THESE THINGS AND ADDING MORE WHOLE FOODS INTO YOUR DAILY ROUTINE, YOUR BODY NATURALLY STARTS TO CRAVE THE GOOD STUFF—AND THE JUNK?? IT SLOWLY LOSES ITS GRIP ON YOU. ✨

SWAPS:

CANDY: freeze dried fruits, Solely fruit snacks, That's It. fruit bars, mid day squares, fruit with honey

SEED OILS: olive oil, avocado oil, grass-fed butter, ghee, coconut oil, beef tallow, duck fat, MCT oil

REFINED SUGARS: date, coconut, or maple sugar. honey, monkfruit, stevia, allulose

SO DON'T STRESS ABOUT BEING PERFECT. THIS IS ALL ABOUT BUILDING A STRONG, NOURISHING FOUNDATION AND LEARNING TO LOVE WHAT MAKES YOU FEEL AMAZING. KEEP IT SIMPLE!

SECTION IV

HOW TO GET STARTED

HOW TO GET STARTED

Now that you're totally inspired (and maybe even a little hungry), let's talk about *how* to get started on your whole foods journey! The best part? You don't have to do everything all at once. This isn't about flipping your life upside down overnight, it's about taking small, intentional steps that build real momentum. So let's keep it fun, doable, and totally judgement-free! You've got this (and I'm here to help)! 💪❤️

1

CLEAN OUT THE PROCESSED STUFF.

This is your “fresh start” moment! Take a little time to peek through your pantry, fridge, and freezer, and start clearing out the ultra-processed foods—things like sugary cereals, packaged snacks with long ingredient lists, frozen meals with mystery sauces, seed oils, spices, and those skeaky bottles of dressing or condiments full of added sugars and oils (oh! And don't forget those ingredients you can't even begin to think of how to pronounce). You don't have to toss everything all at once if that feels wasteful or overwhelming, but even just removing a few of the most processed items can make a big difference. Out with the junk, in with the joy! (a tip for this, when you run out of something, replace it with a clean alternative!)

2

PRIORITIZE FRESH, WHOLE INGREDIENTS

When it's time to restock, think color, freshness, and variety. Load up your cart with fruits and veggies you actually enjoy, whole grains, healthy proteins, and good fats. Shop the perimeter of the store where the fresh foods live—but don't fear the rest of the store, just know what to look for! The freezer section is a great option, as well as aisles with clean granola bars or peanut butters. Frozen fruits and veggies are super convenient and still packed with nutrients. If you can, go for organic and local, but if not, do your best with what is available.

3

LEARN TO COOK SIMPLE WHOLE-FOOD MEALS

You don't need to become a gourmet chef overnight—I promise! Start with easy, satisfying meals that you can whip up with only a few ingredients. Being so honest, I most times eat just ingredients by themselves, like ground beef patties with parmesan and a side of plums. But, think of roasted veggies with olive oil and sea salt, a nourishing smoothie with fruit and some greek yogurt, or a cozy grain bowl with black beans, avocado, chicken, and your favorite clean sauce (and fun fact: you can make SO MANY sauces at home. One of my favorites is lemon juice, olive oil, maple syrup, and garlic)! Keep it simple and have fun with it! Cooking at home is a powerful way to connect with your food (and your health), and once you find a few go to meals or recipes, you'll be feeling like a whole foods prepping professional!

4

BONUS STEP: FIND SNACKS THAT ARE MINIMALLY PROCESSED THAT YOU LOVE

For some treats you could always include things like RX bars, Lesser Evil Popcorn, Siete chips, Solely fruit snacks, That's It. fruit bars, and things that have been processed, but have no harmful additives in them. These things can be replacements for the snack foods you love, still letting yourself have those treats and food freedom if you're feeling snacky. But remember, eating whole foods will keep you feeling full for longer!

REMEMBER, THIS IS YOUR JOURNEY. START WHERE YOU ARE, USE WHAT YOU HAVE, AND GIVE YOURSELF GRACE ALONG THE WAY (BUT JUST KNOW, ACCOUNTABILITY WITH THIS IS THE KEY TO STICKING TO IT AT THE BEGINNING). THE GOAL ISN'T PERFECTION—IT'S PROGRESS, JOY, AND FEELING AMAZING IN YOUR OWN SKIN. LET'S KEEP IT REAL, KEEP IT SIMPLE, AND KEEP CHEERING OURSELVES ON. YOU'RE DOING SO GREAT ALREADY BY JUST GETTING THIS FAR IN THIS GUIDE. ❤️

SECTION V

COMMON MYTHS AND MISCONCEPTIONS

COMMON MYTHS AND MISCONCEPTIONS

Let's be real—there's a lot of noise out there when it comes to healthy eating, and sometimes that noise turns into full blown myths (especially with social media readily at our fingertips) that can make us hold back from even getting started. So in this section, we're busting through some of the most common misconceptions about eating a whole foods based diet. Because the truth? It's WAY more doable, flexible, and fun than a lot of people think. So, let's clear the air, shall we?



"WHOLE FOODS EATING IS TOO EXPENSIVE."

First before I get into debunking this...try being sick once and then tell me eating healthy is too expensive... anyways, this one comes up all the time—and while it's true that some health food products can have a scary price tag (looking at you, \$10 almond butter), whole foods don't have to break the bank at all! In fact, many staples like rice, beans, oats, potatoes, frozen veggies, and in season produce are super affordable. And if you get your meats at a wholesale club, that will take down the cost of those as well! Buying in bulk, shopping sales, and planning meals ahead of time can seriously stretch your dollars. Healthy eating isn't about fancy superfoods—it's about consistency and simplicity. Stacking different whole foods together will give you so many nutrients (macro and micro) that will make your plate unstoppable.

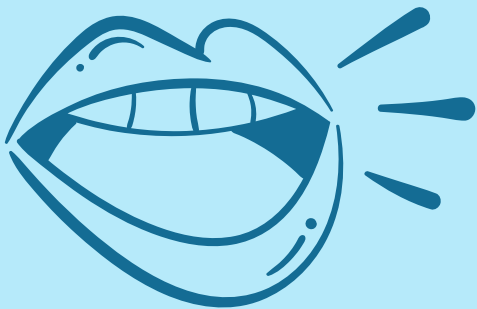
FUN FACT:

Certain gut microbes can ferment fiber into short-chain fatty acids, which help reduce inflammation and protect against diseases like colon cancer. Butyrate for example, fuels cells in your colon, helps regulate your immune system, and plays a role in brain health as well.

Hey, we're all busy—but here's the thing: whole food meals don't have to be complicated or time-consuming. A baked sweet potato with some sauteed greens, a beef pattie, and a fried egg? That's dinner in 20 minutes. A smoothie with fruit, spinach, nut butter, and a scoop of protein powder? Done in 5. Once you find a few go-to meals, preparing them becomes second nature. Batch cooking grains or proteins, chopping veggies ahead of time, or even just making extra to eat as leftovers can make a huge difference. You've totally got time!



**"I DON'T HAVE
TIME TO PREPARE
WHOLE FOOD
MEALS."**



**"ISN'T ALL FOOD
TECHNICALLY
WHOLE FOOD?"**

Such a good question—and the answer is...not quite. While technically all food comes from whole ingredients at some point, whole foods are the ones that have been minimally processed and still look (and act!) like their natural selves. An apple is a whole food. Apple-flavored toaster pasteries? Not exactly. They've gone through extensive processing, added sugars, and artificial flavors to get them to where they are. The more steps, machines, and additives it takes to get from the earth to your plate, the further it is from "whole".

Oh friend, nope! Whole foods eating is a lifestyle, not a strict set of rules or a test you have to ace. You don't need to swear off birthday cake forever or panic if you grab take out every now and again. However, that does not mean 1 serving of whole foods a day will magically change everything. What matters most is what you're doing most of the time. Consistency always wins over perfection—but let's be real: you can't go balls to the walls on the weekends and expect the same results as someone who stays mostly or all the way consistent and enjoys a treat here and there. It's all about balance, but not extremes. We will learn, adjust, and give ourselves grace along the way.



**"I HAVE TO BE
100% PERFECT
FOR THIS TO
WORK."**

This one is such a common misconception—and I totally get why it exists. But the truth is, whole foods are bursting with flavor when you cook them right! Herbs, spices, fresh citrus, garlic, olive oil—these are all your best friends when it comes to adding flavor to foods. Whole food meals can be cozy, colorful, spicy, sweet, savory—you name it! Once you start playing around in the kitchen, you'll be amazed at how delicious and satisfying real food can be. Your taste buds are in for a major glow up, courtesy of this delicious food!



"HEALTHY FOOD IS BORING AND BLAND."



"IF I DON'T FOLLOW A SPECIFIC DIET, I'M DOING IT WRONG."

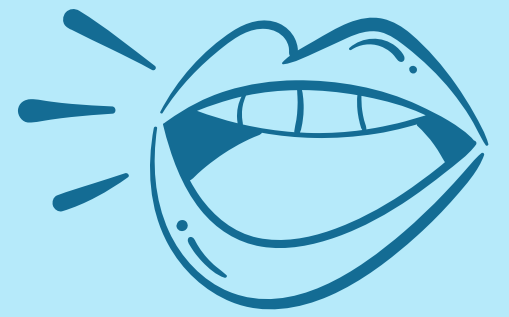
A lot of times the conception of vegan, carnivore, paleo, or any of those type diets need to be followed in order to be successful, but, nope again! A whole foods based diet is about adding more of the good stuff, not boxing yourself into a specific category. Whether you're eating animal products, avoiding gluten, or are somewhere in between—it's all about choosing real, nourishing foods that make you feel your best. You get to decide what that looks like. As long as you're getting sufficient nutrients, proteins, carbs, and fats, it doesn't matter! There's no one size fits all when it comes to nutrition, and that's the true beauty of this all!

Okay, let's set the record straight: eating whole foods does not at all mean kissing mac and cheese, pancakes, or chocolate goodbye forever. It just means you might make them with better for you ingredients! Think creamy cashew sauce, banana oat pancakes, or a cacao avocado mousse. Yum, right?! You can still enjoy cozy, nostalgic meals—you're just giving them a little nutritious glow up. Comfort food can totally be whole foods. If you're like me, a big bowl of grass fed ground beef will do just fine as your comfort food. Or maybe a baked sweet potato with cinnamon! The key is finding what feels good and fuels you without sacrificing flavor or joy!



"WHOLE FOODS EATING MEANS GIVING UP ALL YOUR FAVORITE COMFORT FOODS."

No, no, NO! This is not at all true, being one of the biggest misconceptions that if you're not eating clean 110% of the time that you've "fallen off the wagon." But there is no wagon! Whole foods eating is about adding in more nourishing, real food wherever and whenever you can. Just turning it into a priority for yourself. Had a smoothie for breakfast and pizza for dinner one night last week? Cool. That still counts, just don't over do it! Every single whole food choice you make is a win—and it all adds up over time. And eventually, your body will want only want those whole foods! Progress is powerful, even if it's not perfect. It will all add up, think compound interest.



"IT'S ALL OR NOTHING."

BOTTOM LINE? DON'T LET THESE MYTHS STOP YOU FROM STEPPING INTO A HEALTHIER, HAPPIER LIFESTYLE. WHOLE FOODS EATING IS FLEXIBLE, FORGIVING, AND TOTALLY DOABLE—AND NOW YOU'VE GOT THE FACTS, YOU'RE ALREADY ONE STEP AHEAD! LET'S KEEP BUSTING THESE MYTHS AND BUILDING CONFIDENCE IN OURSELVES —ONE MEAL AT A TIME!

AND IF YOU HAVE ANY MORE MYTHS YOU WANT BUSTED, SEND THEM TO @HEALTHBYPAYT ON INSTAGRAM OR HEALTHBYPAY@GMAIL.COM AND I WILL HELP YOU DEBUNK THEM!

SECTION VI

SAMPLE MEAL PLAN

BREAKFAST:

- 2 EGGS
- ½ AVOCADO
- FRESH HASHBROWNS
- 2 SLICES TURKEY BACON
- SIDE OF FRUIT

LUNCH:

- GRILLED OR AIRFRIED CHICKEN
- QUINOA
- ARUGULA
- CUCUMBERS
- OLIVE OIL
- LEMON JUICE

AFTERNOON SNACK:

- SIETE ALMOND FLOUR TORTILLA
- APPLGATE DELI TURKEY MEAT
- HUMMUS
- SHREDDED CARROTS
- BELL PEPPERS
- HARD BOILED EGG

DINNER:

- GRASS FED STEAK COOKED IN BUTTER OR GHEE
- ROASTED BROCCOLI
- ZUCCHINI
- CARROTS
- POTATOES

NIGHT TIME SNACK:

- GREEK YOGURT
- STRAWBERRIES
- BLUEBERRIES
- HU MELTED CHOCOLATE

BREAKFAST:

- GROUND BEED/GROUND TURKEY
- SWEET POTATOES
- ONIONS
- SPINACH
- EGGS

LUNCH:

- SHREDDED CHICKEN
- LETTUCE
- SALSA
- GUACAMOLE
- CHEDDAR CHEESE
- CAULIFLOWER RICE

AFTERNOON SNACK:

- HARD BOILED EGGS
- STEAK OR CHICKEN BITES
- FRESH FRUIT

DINNER:

- TURKEY MEATBALLS
- KONJAC NOODLES
- CHEESE
- FRESH TOMATO SAUCE
- VEGGIE BLEND

NIGHT TIME SNACK:

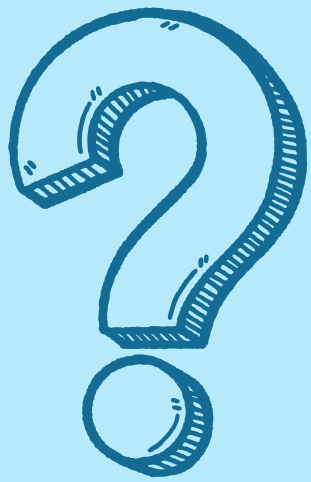
- LEAF LETTUCE
- TURKEY BREAST
- GUAC
- HOT SAUCE
- FROZEN BERRIES ON THE SIDE

SECTION VII

FAQS AND FINAL TIPS

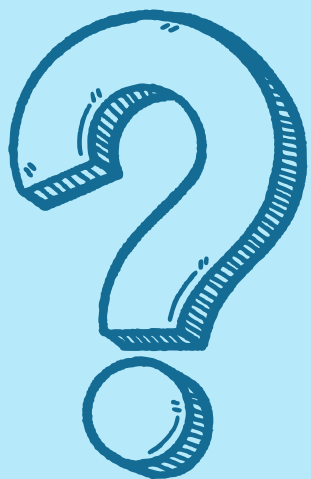
FAQS AND FINAL TIPS

Alright my friend, you've made it this far—go you! So let's wrap things up with some of the most frequently asked questions, final tips, and kind reminders to help you feel totally prepared and pumped to make this lifestyle work for you long term. Notice I said lifestyle and NOT diet. This isn't about being perfect (as I have already harped on)—it's about building something sustainable, enjoyable, and aligned with your unique goals and future lifestyle.



HOW DO I MAKE WHOLE FOODS EATING SUSTAINABLE?

The secret? Don't over complicate it. Stick with meals you actually enjoy, don't try to overhaul everything at once, and make small shifts that feel good. Keep your kitchen stocked with your favorite staples, and don't be afraid to repeat meals throughout the week if that makes life easier. To be honest with you, I eat basically the same meals daily, just on a rotation. Find your rhythm, give yourself grace, and keep it simple—you're creating a lifestyle, not doing a crash course!



ANY GROCERY SHOPPING OR MEAL PREP TIPS?

Yesss! Always head to the grocery store with a list (and maybe don't go hungry so you don't impulse buy all the junk the grocery store has to offer). Focus on whole ingredients and keep your cart mostly full of the perimeter where the fresh stuff lives. You can obviously shop in other parts of the store, but I would get the majority there. For meal prepping: batch cook grains and proteins, chop veggies, and pre cook things like potatoes or overnight oats to mix and match together throughout the week. Even prepping just 1 or 2 things ahead can make your week so much smoother! (p.s. I have a blog post on healthbypayt.com on meal prepping!)

HOW DO I BALANCE WHOLE FOODS WITH AN ACTIVE LIFESTYLE?

Fueling your body is key if you're working out or just staying active. Make sure you're getting enough carbs from things like fruit, sweet potatoes, veggies, oats, or other grains—your muscles will thank you! Pair that with a solid protein source (1 gram per 1 pound of body weight recommended for average individual) and healthy fats to recover strong and keep your energy up. Whole foods and an active lifestyle? Total power couple. The ultimate recipe for nourishment.

WHAT ARE THE SIGNS MY BODY IS ADJUSTING WELL?

Ohhh this part is SO much fun. Some signs that your body is loving the shift to this new lifestyle?? More stable energy throughout the day, better digestion, clearer skin, fewer cravings, improved mood and mental state, better sleep quality, and the list goes on! It's like your body is giving you a big high five for feeding it the good stuff. The stuff that it was built to consume. Just remember—everyone's timeline is different, so stay patient and keep tuning into how you feel.

CAN I STILL EAT OUT AT RESTAURANTS?

Heck yes you can! You can totally eat whole foods and still enjoy a night out. Look for grilled proteins, steamed veggies, and sides like rice or potatoes. Ask for sauces or dressings on the side if you want to keep things simple, and don't stress if it's not always 100% perfect. It's about making better choices, not perfect ones—and enjoy your food, always! Now I wouldn't say eat out every single night or even multiple times in a week, but every once in a while or once a month or so won't hurt you or your progress at all! It's all about staying consistent and what you do the majority of the time!

HOW MUCH SHOULD I BE EATING?

Great question—and the answer is, it depends! Everyone's body is unique, with different needs based on activity level, goals, metabolism, and even sleep quality and stress levels. The beauty of eating whole foods is that they're naturally nourishing and help you tune into your hunger and fullness cues. You don't need to micromanage every bite—but you do want to make sure you're eating enough to fuel your body well, especially if you're active. A good rule of thumb? Try to include 30–40 grams of protein per meal, healthy fats, and complex carbs (and some veggies) in most meals, and don't be afraid of food—more isn't bad when it comes to the right kind of fuel (I would however recommend eating the 30–40 grams of protein each meal, not most meals).

If you feel low energy, constantly are hungry (or never hungry), not seeing progress, or experiencing brain fog or mood swings—it might be time to reassess and adjust your portions. You deserve to feel satisfied and energized, not deprived. Your body will tell you what it needs, you just have to listen!

CAN I ADJUST THIS FOR DIFFERENT GOALS (IE: FAT LOSS, MUSCLE GAIN, MAINTENANCE)?

Absolutely! The beauty of a whole foods based approach is that it's super flexible. For fat loss, focus on nutrient-dense meals with plenty of volume (think leafy greens, lean protein, and fiber rich veggies). For muscle gain, increase your carbs and protein, add some more fruit and grains, and maybe a protein overnight oat bowl! And for maintenance? Just keep a solid balance of whole food sources from all three macronutrients and listen to your hunger cues. Your body is smart—work with it, not against it! And if you want some more guidance or want to chat more on this, send me an email to healthbypayt@gmail.com or a DM on Instagram to [@HealthByPayt](https://www.instagram.com/HealthByPayt) and we can set up a time to chat. I would be more than happy to help guide you 1:1 along the way. I also have a couple blog posts on healthbypayt.com detailing the ins and outs of the three macronutrients in our foods!

DO I NEED TO COUNT CALORIES/TRACK MACROS TO BE SUCCESSFUL?

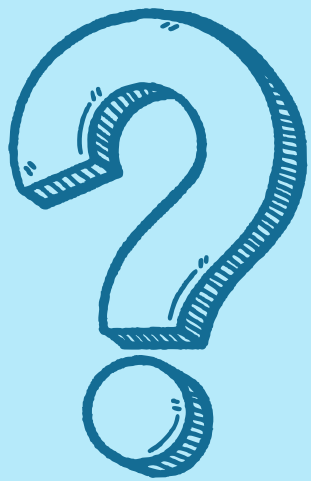
Not unless you want to track your food! For many people, simply focusing on eating real, whole foods naturally helps with hunger cues, energy levels, and portion control—no tracking app required. Intuitive eating is powerful. That said, if you have specific goals, are someone who loves data, or just wants to ensure you're eating enough to support your new lifestyle, tracking can be a helpful tool (for a short time). Just remember, food is fuel, not numbers on a screen or a scale. Eat mindfully, tune into your body, and don't let the numbers rule your day.

HOW DO I DEAL WITH CRAVINGS FOR PROCESSED FOODS?

Cravings are totally normal, especially in the beginning. First, don't shame yourself—your body's just getting used to not getting those quick dopamine hits from ultra-processed foods. Try to crown out the junk with whole food versions or homemade versions of what you love. Craving something sweet? Go for fruit with a little drizzle of local honey, dark chocolate, or a smoothie! Salty and crunchy craving? Try roasted chickpeas or homemade sweet potato chips. Over time, your taste buds will adjust and those intense cravings will start to fade. Pinky promise.

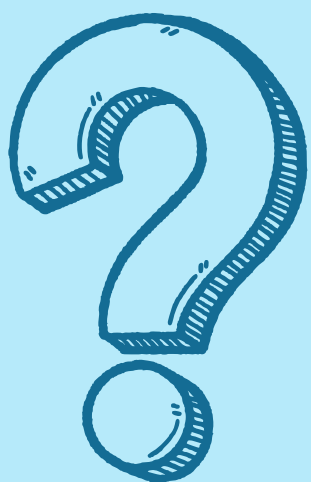
WHAT IF I "MESS UP"?

First of all—there's no such thing as messing up! Life happens. If you spilled a drop of milk, you wouldn't dump the whole glass with it. You're human. A meal of takeout or a treat once in a while doesn't undo all your progress. Just pick back up with your next meal and move on with love and confidence. Maybe go for a walk after you think you "messed up", this can help! It's what you do consistently that counts, not the occasional detour.



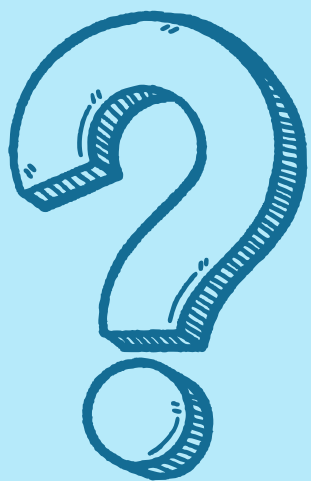
DON'T TRY TO CHANGE EVERYTHING AT ONCE.

Slow and steady wins the race! If you overhaul your whole kitchen, routine, and meals overnight, it can feel *super overwhelming*—and that's usually when people give up. Instead try swapping one thing at a time (like switching from sugary cereal to oats or a soda to an Olipop). Little steps = big results over time.



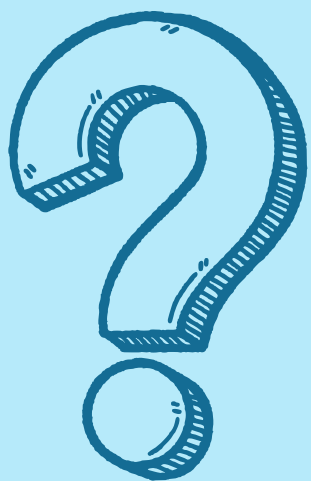
KEEP HEALTHY SNACKS ON HAND.

Having whole food snacks nearby is a total game-changer—especially on busy days when you're hungry. Think fruits, veggies, hard-boiled eggs, hummus, or even meat sticks and nuts! When good options are within reach and convenient, you're way more likely to stick to your goals and feel much better doing it. Humans in this day and age gravitate to convenience.



CELEBRATE YOUR WINS—BIG AND SMALL!

Tried a new veggie? WIN! Meal prepped for the week? WIN! Said “no thanks” to that random vending machine snack? ANOTHER WIN! Celebrate those! Progress isn't just about the numbers on the scale, the photos, or how much or little you're eating—it's about building trust with yourself, one choice at a time. Every little win, even if you think it's one or not, deserves its own little happy moment of glory for you.



FINAL TIP: GIVE YOURSELF PERMISSION TO GROW

This journey is about learning what works for you. You'll experiment, tweak, and evolve over time—and that's exactly how it should be. Be proud of every little step you take toward taking care of your body and mind. You're building amazing habits that nourish your life—not just your plate. And trust me, you're doing amazing just by showing the initiative to start learning more.

SECTION VIII

GROCERY LIST

PROTEINS:

*PRIORITIZE ORGANIC, GRASS-FED, PASTURE RAISED, AND WILD-CAUGHT WHEN POSSIBLE!

- CHICKEN BREAST
- GROUND BEEF
- GROUND TURKEY
- GROUND BISON
- WILD-CAUGHT SALMON
- WILD-CAUGHT COD
- SARDINES
- TUNA
- PASTURE-RAISED EGGS
- NITRATE/SUGAR FREE TURKEY BACON
- CHICKEN/BEEF BONE BROTH
- CLEAN PROTEIN POWDER
- GREEK YOGURT

FATS

*HEALTHY, UNREFINED FATS FOR HORMONE HEALTH +SATIETY

- AVOCADOES
- EXTRA VIRGIN OLIVE OIL
- GHEE
- COCONUT OIL
- GRASS FED BUTTER
- ALMONDS
- CHIA SEEDS
- HEMP SEEDS
- NATURAL PEANUT BUTTER
- NATURAL ALMOND BUTTER
- RAW CHEESE

CARBOHYDRATES

*FOCUS ON MINIMALLY PROCESSED, WHOLE SOURCES, UNREFINED!

- SWEET POTATOES
- WHITE POTATOES
- QUINOA
- BROWN/JASMINE RICE
- ROLLED OATS
- BLACK BEANS
- FRESH/FROZEN FRUITS
- FRESH/FROZEN VEGETABLES
- TOMATOES
- BELL PEPPERS

MISC ITEMS

*FLAVORS, CONDIMENTS, PANTRY STAPLES!

- REDMONDS SEA SALT
- CEYLON CINNAMON
- WHOLE INGREDIENT SPICES
- FRESH HERBS
- RAW HONEY
- PURE MAPLE SYRUP
- COCONUT AMINOS
- DIJON MUSTARD (CLEAN INGREDIENTS)
- SALSA (NO SUGAR ADDED)
- PESTO (CLEAN OILS)
- ORGANIC TOMATO PASTE
- PICKLES
- SAUERKRAUT

WOW! LOOK AT YOU! YOU JUST TOOK A HUGE STEP TOWARD LEARNING HOW TO FUEL YOUR BEAUTIFUL BODY WITH REAL, NOURISHING, VIBRANT FOODS. I HOPE YOU'RE FEELING JUST AS EXCITED AND EMPOWERED AS I AM FOR YOU!

REMEMBER, THIS JOURNEY ISN'T ABOUT BEING "PERFECT", IT'S ABOUT BUILDING LONG TERM SUSTAINABLE HABITS THAT MAKE YOU FEEL GOOD, LIVE WELL, AND LOVE YOURSELF THROUGH EVERY SEASON. WHOLE FOODS EATING IS A LIFESTYLE YOU GET TO SHAPE AROUND YOUR LIFE, YOUR GOALS, AND YOUR JOY.

GIVE YOURSELF PERMISSION TO LEARN AS YOU GO. CELEBRATE THE SMALL WINS. LAUGH OFF THE INEVITABLE LITTLE "OOPS" MOMENTS (BECAUSE WE ALL HAVE THEM!). AND MOST IMPORTANTLY, STAY CONSISTENT OVER TIME-THAT'S WHERE THE REAL MAGIC HAPPENS.

I'M CHEERING FOR YOU EVERY STEP OF THE WAY. YOU'VE GOT EVERYTHING YOU NEED INSIDE OF YOU TO MAKE THIS YOUR NEW NORMAL-AND I'M SO HONORED TO BE A SMALL PART OF YOUR JOURNEY. IF YOU WOULD LIKE TO TALK FURTHER OR GUIDANCE FURTHER, SEND AN EMAIL TO HEALTHBYPAYT@GMAIL.COM AND WE CAN SET UP A TIME TO TALK ABOUT YOUR GOALS.

HERE'S TO FEELING STRONG, ENERGIZED, AND ALIVE-FROM THE INSIDE OUT.

**WITH SO MUCH LOVE,
PAYTON
FUELFORMOTION.COM
@PAYTONN.FIT**