

CASSIE'S PFC LAUNCH KIT

*Everything you need
to get started!*



redefined
WEIGHT LOSS



PFC Launch Kit

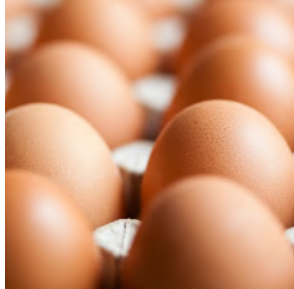
These four useful handouts will get you off to a great start!

- Learn about healing proteins, fats, and carbs.
- Stay ahead of hunger with our favorite tracking tool.
- Find out which fats reduce inflammation & which add to it.
- Keep inflammation and cravings at bay throughout the day!
- Beat belly fat with yummy meals and snacks.

P rotein

(3-5 oz. serving)

beef
bison
chicken
cottage cheese (1.5 c.)
eggs (2-3)
fish
lamb
seafood
tuna
turkey
pork
venison
whey (≈20g)



F at

(at least 10g/serving)

almonds (≈16)
avocado (1/2)
butter (1 T.)
cheese (1 oz.)
coconut milk (1.5 c.)
coconut oil (1 T.)
cream (2 T.)
cream cheese (2 T.)
macadamia nuts (≈6)
mayonnaise (1-2 T.)
olive oil (1 T.)
olives (≈10)
peanut butter (2 T.)
pecans (≈20)
pistachios (2 T.)
seeds (2 T.)
walnuts (≈8)



C arbs

non-starchy vegetables
(1-3 c. serving)

artichokes
asparagus
broccoli
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
kale
leafy greens
mushrooms
okra
peppers
spinach
tomatoes
zucchini



starchy carbs
(1/2 c. serving)

beets
carrots
corn
peas
potatoes
pumpkin
squash
yams
apple
banana
berries
cherries
grapefruit

grapes
kiwi
melon
nectarine
peach
pear
pineapple
beans
rice
lentils
oats
quinoa
chickpeas

Eating Balanced

- Make sure you include protein, fat, and carbs every time you eat!
- At meals we generally recommend 1 serving of protein with 1-2 servings of fat, and 1 serving of non-starchy and/or starchy carbs. You might find only including non-starchy carbs (and no other starches) keeps your blood sugar balanced best. Or, you might find you need more than one serving of carbs. And that's okay!

- Between your meals, have a snack that's about half the meal serving size: 1/2 serving of protein with 1 serving of fat and 1 serving of carbs, ideally non-starchy.
- Remember, this isn't about getting too nit picky with counting calories, carbs, protein or fat. It's about making sure you eat all three macronutrients (PFC) every time you eat to keep your blood sugars stable to feel your best!
- For meal and snack ideas, check out our [50 Days of PFC Meal Plans!](#) We've taken the burden of planning off your shoulders and have an option available for [adults](#) and one for [kids](#)!

Track your FOOD, Track your SUCCESS!



Breakfast

Protein _____

Fat _____

Carb _____

Afternoon Snack

Protein _____

Fat _____

Carb _____

Morning Snack

Protein _____

Fat _____

Carb _____

Dinner

Protein _____

Fat _____

Carb _____

Lunch

Protein _____

Fat _____

Carb _____

Bedtime Snack

Fat _____

Carb _____

Check in

how hungry are you? _____

(1=stuffed 5=satisfied 10=starving)

how are you feeling? _____

what are you drinking? _____

how did you sleep last night? _____

Breakfast

Protein _____

Fat _____

Carb _____

Afternoon Snack

Protein _____

Fat _____

Carb _____

Morning Snack

Protein _____

Fat _____

Carb _____

Dinner

Protein _____

Fat _____

Carb _____

Lunch

Protein _____

Fat _____

Carb _____

Bedtime Snack

Fat _____

Carb _____

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Protein _____

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Carb _____

Bedtime Snack

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Good Fats



Healthy fats support metabolism, improve brain function, reduce hunger, and help keep blood sugar levels stable which helps prevent type 2 diabetes and heart disease.

Enjoy healthy fats like these at every meal and snack:

- almonds
- avocado
- butter
- cheese
- coconut milk
- coconut oil
- cream
- cream cheese
- macadamia nuts
- mayonnaise
- olive oil
- olives
- peanut butter
- pecans
- pistachios
- seeds
- walnuts



Bad Fats

Bad fats create inflammation all over the body, they can lead to poor immune function, memory problems, heart disease, type 2 diabetes and more.

Always read your labels! Avoid unhealthy fats found in these foods and more like the plague:

- chips
- coffee creamer
- corn oil
- cookies
- cool whip
- cottonseed oil
- hydrogenated oils of any kind
- margarine
- miracle whip
- nuts roasted in oils
- partially hydrogenated oils of any kind
- safflower oil
- shortening
- soybean oil
- store-bought baked goods
- trans fats
- vegetable oil



HOW DOES BLOOD SUGAR WORK?

- When you eat your blood sugars rise.
- During the hours after eating your blood sugars fall.
- Skipping meals and eating high sugar, processed foods causes a sharp spike and a quick drop resulting in increased inflammation, cravings, fat storage, and more!

SOLUTION: Balanced meals and snacks. Protein, fat, and carbohydrate eaten every few hours will promote stable blood sugar, glucagon secretion and fat burning!

We recommend [Probiotic Redefined](#), [Glutacaps Redefined](#) and [Fish Oil Redefined](#) at every meal and snack to aid in blood sugar regulation and weight loss, too! Available in the [Redefined Vitamins Store](#)!

INSULIN

- When your blood sugar levels are high, the hormone insulin is released.
- Insulin inhibits fat burning.
- With release of insulin, your body enters fat storing mode.
- You can't be fat storing and fat burning at the same time.

GLUCAGON

- When blood sugars are stable, the hormone glucagon is secreted and your body enters fat burning mode.
- Glucagon moves fat from storage to be used as energy.
- Fat from storage = burned fat = weight loss/stability!



CASSIE'S

Redefined Recipe Book

YOUR ULTIMATE FIELD MANUAL FOR HEALING
INFLAMMATION & SHEDDING POUNDS

This info-packed guide includes...

A collection of 80+ recipes

4 weeks of PFC-balanced meal plans

Resources

Tips

Tricks

Grocery lists

Let's get started!

CLICK HERE to get
your copy now!

