

FUELED 4 LIFE'S

Healthy Food Made Easy

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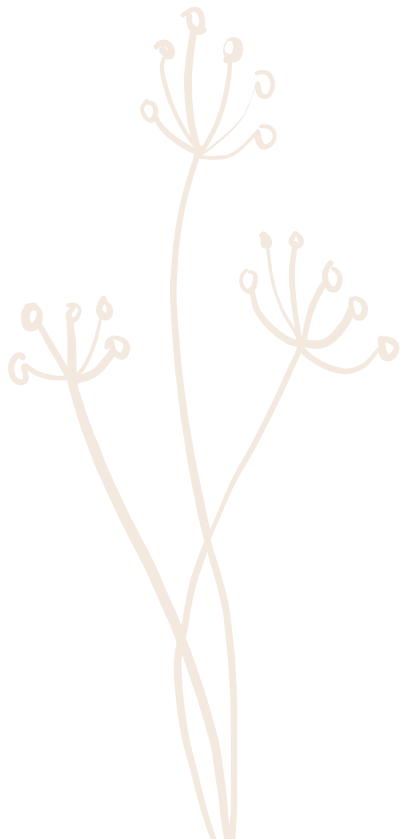
Fueled 4 Life

Think it. Feed it. Build it. Live it.

Welcome

My name is Lori Satterwhite, and I am the creator of the Fueled 4 Life, which empowers mindful people, just like you, to create healthy and sustainable habits to fuel the beautiful life they truly want & envision!

We are so glad you are taking this step toward a life filled with more wellness & joy!





Let's get started!

If you eat mostly processed/fast foods, odds are you will or are experiencing inflammation, weight gain, trouble sleeping, low energy, weakened immune system, premature aging, anxiety or depression, poor focus, and hormone imbalances.

Even knowing the importance of healthy food, most, due to busy lives, desire meals that are pre-made & quick instead of time-consuming, made from scratch.

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Why healthy eating?

1

BALANCED MACROS = MORE VIBRANCY

Adequate fat and protein at meals with healthy carbs in the right macronutrient ratios help your body balance metabolism for easier weight management and more natural energy.

NUTRIENT DENSITY = BETTER DETOXIFICATION!

Nutrient dense foods containing a variety of vitamins & minerals set your body up for better detoxification which is so crucial in today's toxic world.

2

3

SLAY THE SUGAR ADDICTION ONCE AND FOR ALL

A real, whole foods diet will help you get away from the harmful effects and extreme energy swings from the sugar addiction that is caused by the overconsumption of nutrient-poor refined sugars and carbs.

TAKE CARE OF YOURSELF FIRST

When we choose better foods to nourish our bodies, we begin to take better care of ourselves mentally and spiritually as well since we are feeling better. A healthy diet will go a long way in helping to prevent chronic illnesses such as cancer, heart disease, and diabetes. .

4

5

LOOK BETTER + SMOOTHER AGING

Eating a healthy diet helps you look your best by supplying the nutrients your skin needs to stay supple and smooth. It may even stave off wrinkles. Also, your hair needs good nutrition to be soft, shiny, and healthy.



Checklist for More Wellness:

1 MAKE A PLAN

First, develop a concrete and specific plan of action around what you'll eat.

2 POCKET YOUR LUNCH \$\$

Save money, use what you have at home and try leftovers from dinner the night before by batch cooking!

3 CLEAN OUT YOUR PANTRY

Rid your pantry and fridge of unhealthy food, and start thinking about stocking up on only good stuff in your kitchen so you'll have more of a chance of eating well.

4 SET UP YOUR KITCHEN

Make a list and stock your kitchen with basics for cooking and at least 3-5 days worth of fruits, veggies, organic meats, eggs, and grains/legumes.

5 START A FOOD JOURNAL

Keep track of what you eat each day, how much water you drink (aim for 1/2 body weight in oz.), your mood and energy levels to begin connecting your mind/body to what you are eating.

6 LEARN SUBSTITUTIONS

Instead of white bread toast, try a sprouted grain variety. Instead of starchy pasta, try spiralizing zucchini or sweet potato. Have fun being creative!

7 TAKE BABY STEPS

Don't try to make many changes at once. Pick 1 small goal to start such as adding one more veggie serving per day, or drinking an extra glass of water.

8 CHOOSE WISELY

When on a budget, choose best quality grass fed/wild/organic meats/fish/eggs/dairy first. Then, eat a rainbow and buy organic for the dirty dozen list & not for the clean 15 if needed.

9 GATHER SUPPORT

Enlist a friend/family member to help you stay accountable and enlist a nutritionist if needed to stay true to your goals!

10 HAVE FUN ON THE JOURNEY!

Focus on all the amazing healthy new food flavors you get to try! Embrace new recipes, ethnic dishes and unique spices and flavors. Add some music, fresh flowers and pretty dishes along with some company to enjoy your cooking!





This is just the beginning.

When we start changing and improving your habits, I believe we can change and improve our lives.

Reach out to me and join our community at www.fueled-4-life.com for more wellness hacks, recipes, lifestyle tips and book recommendations. Together, we can learn to feed ourselves, think better, build a life we truly desire and then go live it!

With love, light and lemonade, Lori :)