

Come on,
BURN
THAT MEAL PLAN
Girl!

MEAL PLAN

MICHELLE BISHOP

 the ladies edge

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THE ULTIMATE GOAL:

TO EMPOWER YOU AROUND FOOD!

We're here to break the rules and crush the lies that diet culture has built. This eBook is for anyone who's done with restriction and ready to live with true food freedom. It's **not** for those who want to stick to strict meal plans or spend hours in the gym.

This mindset—the one you're about to step into—is the **key** to breaking free from the shame and guilt diet culture has created.

MANY WOMEN HAVE FOUND FREEDOM IN BURNING THEIR MEAL PLANS!

Brooke Ekers TLE - Feb 2020

After two really difficult pregnancies, they left me struggling with a 60+ lb weight gain and a lot of mental health struggles. I started TLE in 2020 and fell in love with it. TLE taught me that hating my body was never the answer and instead, it taught me to cherish the body that my two beautiful babies gave me! I have been more consistent than ever; TLE is so convenient, only 23 minutes a day, and I never have to leave my house! Seeing myself not only lose weight, but also grow stronger and more capable has been amazing. I have so much more confidence. I am a better and more patient mom when I am able to focus on myself for only 23 minutes.

Labree Tolman Started July 2018

For years food was my comfort and my enemy. I would go on a diet and then I would cheat, and because I had already cheated, I just kept cheating. I would pack on the pounds I had shed and then more. I signed up for TLE and watched Michelle's videos, when she made the comment about if you want a cookie, eat it but only eat one..... It was like a light bulb, now I know I can eat it if I want too and most times that's enough, just knowing I can, and if I do eat it. It's okay. That mental shift and the daily TLE accountability has changed my life! I'm down 52lbs and I am not looking back!

Tiffany Murphy Bish Bodies - Sept 2018

Once an athlete, always an athlete - thanks to TLE. Growing up, I was a multi-sport athlete, and I thought I had lost that part of me after becoming a mom and no longer spending hours in the gym. INSERT TLE. I have now been a part of this sisterhood for six years (including three postpartum journeys), and I am stronger and more fit than ever! I can't wait to wake up for my 23; it is the best start to my day! The coaches release new content each week, so it never gets old. Best of all, I have made lifelong friends here that inspire me every day!

Emily Kibler TLE - June 2019

I have been with TLE since 2019. These past four years have been life changing. I am a mother of three, and the fact that I am able to enjoy my workouts with them, means everything. I have always been into fitness, but TLE has changed me in so many good ways. I love to get my 23 minutes in first thing in the morning because it sets my mood for the day. I feel so blessed to have found a program that I am so passionate about and share with my friends and family. The sisterhood in TLE is like no other. We are all cheering each other on with all the good vibes. I love TLE.

Melissa Feather Started Dec 2017

BYMP has changed the way I see food. It's no longer as "good" or "bad" and it no longer rules my life. It used to consume my thoughts and now I am living FREE from food issues! I enjoy life, still make choices that help me be active and healthy, and yet not miss out on the memories with friends and family that truly matter!

Robbi Ballah Huddleston Started Jan 2019

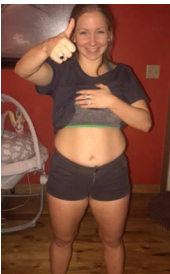
When I first joined TLE almost 3 years ago my biggest fear was that I wouldn't stick with it. I was worried it would be another workout attempt that would soon fizzle out. Boy was I wrong! TLE has become a part of my life and I'm here to stay! Years of trying whatever diet I thought would work with minimal effort is gone forever. It was through listening to Michelle's words that I learned I can still enjoy food and not mentally beat myself up because of it. I remember going for my annual check-up after being in TLE for 6 months and my doctor was blown away. My lab work was better, I had lost weight and generally felt like the best version of myself. In TLE we fuel our bodies with the best and you know we eat that cake and cookies too! #becauselife

girl,
you
can!

IF NOT THIS, THEN WHAT?

HI THERE! MY NAME IS MICHELLE BISHOP

I'm a former gym junkie and muscle-lovin', magazine-cover wanna-be turned Jesus-serving, fitness-loving, purpose-driven momma!



If you're holding this cute little book, chances are you and I have a lot in common... probably more than either of us realize. Odds are, we both **really** love food. Like, really love it. And if you've ever loved food a little too much, you know where that can lead... weight gain. And weight gain? It can be so frustrating, especially when you're trying everything in your power to make it go the other way.

My obsession with the scale started young; something I wish I could say wasn't true. For years, I let my happiness be determined by a number: the one on the scale, the size on my jeans tag, or even the extra tablespoon of almond butter my trainer would **allow** on my latest "diet plan." I spent far too many years living restricted and missing out on life's sweetest moments because I was laser-focused on chasing my "goals."

I can't even tell you when I got pulled into the bodybuilding world. It happened in a blink. I was young, impressionable, and captivated by the discipline, the attention, the glamour. I wanted to go all the way to the top. And honestly? The disgust I felt toward who I'd been only fueled that fire.

In high school, they called me "Butters." Yeah, not exactly the nickname you want as a teenage girl. I was determined to rewrite that story... to get lean, to be unrecognizable. My goal was to have people saying, "Oh my gosh... I can't believe it's Butters!" (See what I did there? I think I'm funny sometimes. Haha.)

But my hunger for a solution quickly became something else entirely. The best way I can describe it is like being caught in an ocean current. You know how they always say not to swim too far out or you might get pulled beyond where you can stand? That's exactly what happened to me in the fitness industry.

At first, the water felt fun, refreshing even. Every compliment, every new result pulled me in a little deeper. I thought I was swimming toward success, but before I knew it, I was fighting for air. I was caught in the current of perfection- surrounded by comparison, lies, and "perfect" people who looked like they had it all together. The deeper I went, the harder it became to see the truth... or even to remember where the shore was.

People tried to call out to me, but I couldn't hear them anymore. I was too tired from fighting the endless cycles, too far gone to even look back.

I was lost. And I was drowning

In May of 2014, I made a decision that literally changed my life forever. Not only did it change my life, *but it led to the path where Jesus was waiting for me.*

I remember vividly walking on the treadmill, just one week out from what I didn't realize would be my last fitness competition ever. Lean, tired, and sweaty, I looked into the camera and made a promise to myself and my loyal followers: this was it. This would be my last show for an entire year because I needed to find out if there was more to life outside of this lifestyle.

Click to watch my "Changing Directions" video on YouTube.

I was scared to death. I didn't know how to live this lifestyle without the goal of another show. I didn't know how to simply *live* it.

So, I made a declaration: I was going into *"Operation Bada\$\$ for Life."* (You can laugh.. I do now too!) But at the time, I was serious. I was on a mission to change my life for the better.

That year? It was **HARD**.

Exactly what I *didn't* want to happen, happened. I gained weight, binged, and couldn't figure out how to live without a plan. That's when I realized the truth: I was in bondage. Completely controlled by something *I thought was freedom*.

November 2015, A date I'll cling to forever. It's the moment I surrendered. The day I finally found the missing piece to my puzzle. Every ounce of who I've become, every bit of glory in my story, belongs to one name alone: **Jesus Christ**.

Not long after I was saved, everything in my life started to look different- as it should. One of the first and most defining moments came when I gathered up all my competition trophies and sparkly suits and walked them straight to the trash can.

I knew I couldn't just prune the hard parts of my past; I had to uproot them. I had to dig deep-down to the roots-and **pull it all out**. And for me, that's exactly what it looked like.

People told me,
"Michelle, you worked so hard for those!"
"Michelle, you're overthinking this!"
But deep down, I knew I wasn't.

Those trophies no longer represented hard work; they represented *who I used to be*. Every time I looked at them, I could feel the pride radiating from the shelf, taunting me with reminders of everything I'd missed while chasing the next piece of hardware.

They meant nothing now.
Just as the Bible says, it was all "a chasing after the wind."

I BASICALLY STOOD MY MOM UP
ON MOTHER'S DAY ...

To put it into perspective... I basically stood my mom up on Mother's Day. Sounds harsh, right? But it's true. I was too busy meal prepping for the week... cooking my tilapia and asparagus (gag) to make time for the woman who raised me. That's how blind I'd become to what actually mattered.

For *four years*-yes, four-I didn't eat a single holiday meal with my family because my "diet plan" didn't allow it. And social gatherings? Forget it. I was the girl in the corner with her cooler of prepped food and gallon jug of water, pretending to have fun while counting the minutes until I could go home and rest for tomorrow's workout.

I called it "discipline."
But looking back now?
It was bondage disguised as dedication.

That was the deep, hidden reason fueling my so-called "*mission bad \$\$\$ for life*" (we can laugh about it again- it's okay!). My intentions were good. I truly believed there was *more*. And praise God, He began opening my eyes to my own selfishness. Slowly, I realized life was never meant to be lived that way.

As I began pursuing true freedom from food and learning how to make peace with myself again, there were plenty of moments I wanted to

quit and slip right back into old habits.

But let's pause for a second, because this part really matters.
The world is *tired* of pretending.
Most of us can see right through it.
We're exhausted from being sold empty promises and quick fixes.

So here's my promise to you: **no pretending, no fluff... just truth.**

Here's the hill I'll die on: when I finally stopped chasing my "never big enough" image, when I stopped gripping for control, success, and the shiny things this world promises... I found something far greater than myself.

For me, that something was **Jesus**.

Jesus was, and still is, the anchor of my soul.
He is the lamp to my feet and the light to my path.
He is the living water that refreshes my soul.
He's why I can find joy in suffering, peace in surrender, and hope in what's to come.

SO, LET ME ASK YOU...
WHAT IS YOUR "PURPOSE?" WHAT DO YOU CLING TO DURING HARD?
IS IT CLEAR OR DO YOU NEED TO TAKE SOME TIME TO RESEARCH?

We can't keep aimlessly shooting through life without direction. For me, finding my relationship with Jesus loosened my grip on this world. It didn't happen overnight, but little by little, I started caring less about the approval of others and more about who the Lord says I am. My identity began shifting from social media "likes" to being loved and chosen by Him.

And as that transformation began, everything in my life started to look different.

Someday, Lord willing, I hope to write a book and share the full story.

But for now, just know this: it's a process, and our flesh is weak.

As believers, we call it sanctification: becoming more like Jesus and less like the world.

Oh... to be set apart.

As I began surrounding myself with women who lived the kind of life I desired, I started to catch glimpses of what *real freedom* looked like. These women? You guessed it, ***the ones who shined the brightest were the ones who loved Jesus***. They dressed differently, spoke differently... They even grieved differently.

There was something so steady about them. They carried a sweet aroma of wisdom and grace, a peace lingered long after they'd left the room. Their conversations weren't shallow or self-centered; they were rich, life-giving, and full of purpose. These women weren't consumed by comparison or appearance. ***They were rooted—yes, rooted in the One true Vine.***

And in contrast? Whew. I started to realize just how surface-level many of my past conversations had been—*yuck*. When your life gets brought into the light, a lot gets exposed. But that's the beauty of surrender. When you're standing in the presence of Light, darkness can't hide. It's revealed, laid bare, and then the good Gardener goes to work.

He brings the sun so you can spot the weeds, name them, and uproot them. I won't lie... it's not easy. It hurts. And honestly, I used to wish he'd just rip the whole garden up at once and be done with it. But the Lord is a gentleman. He reveals only what we can bear in His perfect timing. The truth is, our maturity in Christ doesn't come from striving; it comes by His grace and the willingness of the Spirit within us. Praise God we no longer have to rely on our own strength to grow.

But back to those women...

They spoke life into me and called me higher. They reminded me that I was already enough right where I was. And their presence alone encouraged me to rise, grow, and to become the woman God designed me to be—what was that? I didn't have much of a clue but... I was excited.

I'm not here to tell you how to live your life or define what success should look like. But I will tell you this: there is so much more to your life than a meal plan, endless workouts, and saying no to every beautiful moment because it doesn't "fit your macros." I never started this lifestyle to become a slave to those things. Shoot, I was just a girl trying to find a way not to lay on the floor to pull up her jeans! C'mon girl, I know you feel me.

It's time to start living a lifestyle where *fitness fits into your life*, not one where it controls it.

So let me ask you...
Why did you start this journey?

Because your "why" will tell you whether you're pursuing freedom or just another form of bondage disguised as discipline.

Most will answer something like this...

"BECAUSE FOR YEARS OF MY LIFE,
I HAVE HIDDEN IN MY CLOTHES AND
HATED WHAT I SAW IN THE MIRROR."

"I DON'T REMEMBER THE LAST TIME I WAS
CONFIDENT IN FRONT OF MY HUSBAND."

"I HAVE NEVER FELT SEXY AND
DESIRE A MARRIAGE THAT IS ON FIRE.
I WANT TO BE THAT WOMAN."

"I'VE NEVER BEEN SOCIAL WITH FRIENDS
BECAUSE I AM EMBARRASSED OF HOW I LOOK."

"I DON'T DATE BECAUSE
I WOULDN'T EVEN DATE ME."

"I NEVER END UP GOING OUT
BECAUSE I HATE THE WAY I LOOK."

Fact: about **97%** of people don't start their weight loss journey hoping to end up in bondage to "The Fit Life." Shocker, I know.

"The Fit Life" can be great, but it can also become your worst enemy if it's not the right season of life for you. You'd think that starting a weight loss journey and seeing results would bring the happiest, most content heart. But here's the truth: if that "ocean current" pulls you in too far, get ready for a fight.

For most, the self-hate doesn't magically disappear. The obsession grows. The negative self-talk creeps back in. The opinions of others still sting. And that fear of "falling off track"? It never stops whispering.

That's the trap.

That's what robs you of life's sweetest moments.

Most of us never began this journey to end up skipping social events, date nights, birthday parties, and spontaneous fun because ... "goals." Just because that lifestyle works for someone else doesn't mean it's what's best for **YOU**.

SO LET ME ASK YOU, WHAT SEASON OF LIFE ARE YOU IN RIGHT NOW?

My Season: I'm a wife and mom in a beautiful, stretching season of life. I'm fiercely pursuing a deeper relationship with the ultimate Chain Breaker, Jesus Christ. This is my season of surrender, where I'm learning what it truly means to take my place within my home as a wife and mother.

I love serving my family and creating a home filled with joy, grace, and purpose. These days, I've built my 23-minute workouts into my routine not to *consume* my life, but to *complement* it because when I pour out daily for my family, I want to make sure I'm filled up and strong enough to keep doing it with love.

Here's the thing... Be realistic. That's where so many of us get tripped

up: wanting one thing, doing another, and expecting a completely different result. Sure, we need accountability, good nutrition, and consistency in caring for our bodies. But if you're out there chasing the ice cream truck with your kiddo too, girl, make peace with a little "life happening" around your waist.

And let me just tell you, your hubby (or future man) will 100% agree and be on board with that. A fun, confident, healthy woman is absolutely beautiful- even on the weekends when the jeans just aren't jeanin'.

So, cool-maybe one day we'll bump elbows at the ice cream truck.

I feel like this moment deserves a wink, a hair flip, and a big "Yes, girl!!"

What I'm about to share with you in this short e-book could be it for you-the game changer.

Maybe you won't relate to every story (our seasons may look a little different), but I promise what's ahead is rich with truth and freedom. These are lessons that have been pure gold for me on my journey toward peace with food, and I'm excited to share them with you.

They've been enough for me, and I truly believe they can be for you, too.

If you can grasp these little nuggets, you'll have the foundation to build a healthy, joy-filled life without becoming a slave to meal plans, macros, or calorie counting.

Oh, the sweet sound of freedom!

girl, I KNOW YOU'RE **SO** READY!

BABY STEPS



HERE'S TO A SLOW CONTROLLED START

When I finally decided to step away from the fitness industry, I made a promise to truly learn how to listen to my body. What I didn't realize was just how much pain that decision would uncover.

The truth is, I had to face the damage I had done. The years of pushing too hard, ignoring every signal my body tried to send me. And when the crash came, it hit hard.

For two long years, I reaped the consequences of what I had sown. Destruction, burnout, and deep internal struggle. The seeds I planted through years of striving and control had grown into towering, life-sucking giants that I could no longer ignore.

But I fought and took ownership. I rolled up my sleeves, put my big girl britches on, and faced it all head-on. Slowly- I began to rebuild. This time with grace, truth, and surrender leading the way.

Surrender. Let that word sink in.
Thank you, Lord, for never leaving me.

If you can't tell by now, the struggle is what got me here. I am genuinely thankful for the pain, the lessons, and even the suffering.

because God used every bit of it to shape me. The reward hasn't just been experience, it's been transformation. My hope is that through my story, you can see the beautiful future waiting for you too- IF you too decide to surrender.

You have to face your giants head-on, knowing that you don't fight alone. The same God who helped David take down Goliath can strengthen you too. So lift your chin and stand tall!

Now it's time to prepare the soil of your heart and start planting seeds in good, rich ground.

GOLDEN NUGGET #1: YOUR MINDSET HAS TO BE RIGHT

I won't stay on this too long because you've heard me talk about it, but it's worth saying again. The Bible reminds us in Proverbs 23:7, "*As a man thinks in his heart, so is he.*" Your thoughts and words hold power. They shape your reality and reflect the posture of your heart.

Starting today, be intentional about what you let in. Guard your heart and mind, because what you feed them will grow. If you're ready to live free from obsession, comparison, and the world's version of "fit," then stop following accounts that pull you back into that mindset. Surround yourself with people who push you closer to peace.

You've probably heard it said, you are the sum of the five people you spend the most time with. Choose wisely who speaks into your life. Choose friends who remind you of who you are in Christ, not who you **used to be** in the world.

This kind of freedom starts first in your heart and your head. When your mind is renewed by truth and your heart is surrendered to God, everything else begins to align.

And when you get discouraged because results aren't coming as fast as they used to, remember this: God's timing is perfect. Fast doesn't always mean faithful. Sometimes He slows us down so He can do a deeper work within us.

It took me almost two years to heal my body after years of restriction and striving. But God was in every step of that process—teaching me, restoring me, and setting me free from the cycle I had created.

If that's you right now, breath-- You are not broken. You are being rebuilt by the hands of the One who makes all things new.

I am so excited for you, girl. You're exactly where you're meant to be. Keep sowing into good soil, and watch what grows from it.

GOLD NUGGET #2: ASK FOR PROFESSIONAL HELP, ESPECIALLY IF YOU STRUGGLE WITH AN EATING DISORDER LIKE BINGE EATING!

Right now, I want you to know you don't have to fight this battle alone.

I wish I would have known years ago that seeing a therapist or counselor didn't mean I was crazy or weak. Back then, I never even thought about talking to someone when I was struggling. I was determined to figure it out on my own, and I did beat it by relying fully on the greatest Counselor of all time, Jesus Christ.

However, let me tell you, girl, if you choose to have someone walk alongside you in person, helping you stay accountable, *I admire that deeply*. It takes real courage to ask for help and seek guidance from someone who specializes in what you're facing. I believe with every ounce it would benefit you greatly.

Binge eating is actually the most common eating disorder, yet not enough people talk about it. You'd be amazed how many silently struggle with it. Imagine how freeing it could be to have someone in your corner who understands and can help you take practical steps toward healing.

So if you've ever considered reaching out for help, that's my honest two cents—do it. It's worth it.

Now, let's take some real steps forward. It's time to burn the old meal plans, delete the tracking apps, and finally learn how to live in true freedom. We have something good happening here, so let's keep moving in a positive direction.

In the next few pages, you'll see some images, starting with a *Nutrition Accountability Chart*. Let me be clear: this is not another "plan." It's simply a tool to help you build awareness and find balance as you continue this journey toward peace and freedom.

Let's be honest, many people have no idea *how* to eat. They've been told *what* to eat, but never taught *why*. My heart is to help you understand the "why" so that you can finally build peace and confidence around food.

The **Accountability Chart** on page 19 is designed for anyone ready to break free from counting macros, tracking calories, or living by strict meal plans. It's a tool to help you feel confident in the food choices you make each day.

I know that walking away from a "plan" can feel uncertain. You start to wonder, *Am I eating enough? Am I eating too much?* My goal is to help take away that question mark so you can go to bed at night knowing you nourished your body well.

THE TRUTH IS, WE'VE MADE THIS
FAR TOO COMPLICATED.

The truth is, we've made this far too complicated. What happened to simply listening to our bodies? They were designed to communicate with us. They are wonderfully made and FULL of wisdom. But diet culture has taught us to ignore our hunger cues, to eat only at certain times, or to fear certain foods. Every time we silence the body's natural

signals, we begin to lose trust in the powerful body that serves us every day.

We've all heard phrases like, *"Hunger is good, just push through!"* or *"Drink more water, that means you're losing weight!"* But in reality, your body is saying, *"I'm hungry. I need energy. Please feed me so I can carry you through today."*

How many times have you gone all day without eating, only to come home starving? And what happens next? You eat, and eat, and eat.

Girl, that's not failure. That's not a binge. ***That's your body crying out for fuel.*** Your body has the incredible ability to signal what it needs, and when we start listening again, ***healing begins.***

When we stop labeling food as "good" or "bad," we stop labeling ourselves as "good" or "bad" for what we eat. Grace gives space for balance, and balance welcomes freedom. Ugh- that freedom that we all long for! So, if you grab a cookie instead of an apple, or eat a big meal after a long day, it's okay. Give yourself grace. You work hard, and your body needs peace—not guilt.

Now, let's get back to the basics. Let's learn, grow, and enjoy the good food we've been blessed us.

The Accountability Chart on the next page will help you make sure you're getting what your body needs each day. We'll talk more about macronutrients soon, but for now, remember this: you don't need another diet or rulebook. You need knowledge, grace, and confidence in your choices.

Girl, we got this!

ACCOUNTABILITY FOOD LOG

BREAKFAST:

1 _____

2 _____

3 _____

TRACK YOUR WATER!

TOTAL OUNCES: _____

e!le

SNACK:

LUNCH:

1 _____

2 _____

3 _____

SNACK:

DINNER:

1 _____

2 _____

3 _____

NUTRITION ✓ LIST

PROTEIN ○○○○ VEGGIES ○○○○

CARBS ○○○○ FAT ○○○○

SERVINGS PER DAY

GROCERY IDEAS:

PROTEINS

JACK SEAK
SHRIMP
FILET
LEAN BEEF
CHICKEN
TURKEY
LAMB
VENISON
COD
ORANGE ROUGHY
TUNA
SALMON
TILAPIA
WHOLE EGGS
EGG WHITES
FRANKFURTER
TILE BIT PROTEIN POWDER
(WWW.TILE.IT)
TOFU
BEEF JERKY

CARBS

BROWN RICE
WHITE RICE
LONG GRAIN RICE
BEANS
WHOLEGRAIN PASTA
QUINOA
WHOLE WHEAT
Ezekiel BREAD
WHITE POTATOES
SWEET POTATOES
Waffles
BREAD
CREAM OF RICE
CREAM OF WHEAT
DUFF Cakes
PURE PROTEIN BARS
QUEST BARS
PERFECT BARS
ONE BARS

VEGGIES

ALPACA SPROUTS
ASPARAGUS
BEETS
BELL PEPPERS
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLI ABO GREENS
CUCUMBER
GARLIC
GREEN BEANS
KALE
LETTUCE
MUSHROOMS
ONIONS
SPINACH
TOMATOES
ZUCCHINI

FRUITS

APPLES
BANANAS
BLUEBERRIES
RASPBERRIES
BLACKBERRIES
STRAWBERRIES
RAISINS
POMEGRANATES
PLUMS
PINEAPPLE
PEARS
PAPAYA
PEACHES
ORANGES
LEMONS
LIMES
GRAPEFRUITS
CRANBERRIES
KIWI

HEALTHY FATS

AL MOND
CAKEWITS
DEANITS
ALMOND BUTTER
CAKEW BUTTER
PEANUT BUTTER
AVOCADO
COCONUT OIL
FLAXSEEDS
OLIVES
PUMPKIN SEEDS
SESAME SEEDS
SUNFLOWER SEEDS
WALNUTS
EGG YOLK
HUMMUS

UBI'S OF BREAD
VANS OF Waffles
CHEX CEREAL
MUSCOW DE WARE
GOOD THING CO

ALMOND NUT THINS
RICE CAKES
CRUNCH ROLLERS
THE GLUTEN FREE BAR

MICHELLE'S
GLUTEN-FREE
GO-TO'S

e!le

NUTRITION ACCOUNTABILITY CHART

GROCERY LIST

I know the saying, “Fail to plan, then you plan to fail,” is used a lot, but when it comes to building a new, healthy lifestyle, it really does hold truth. Forming new habits takes time, intention, and grace. Remember, being healthy—both physically and mentally—doesn’t happen by accident.

Above, I’ve listed many of my favorite foods, along with some great options to help you plan your week. You can absolutely step outside this list; it’s simply here to give you a little guidance and share some of my personal go-to choices. Yum!

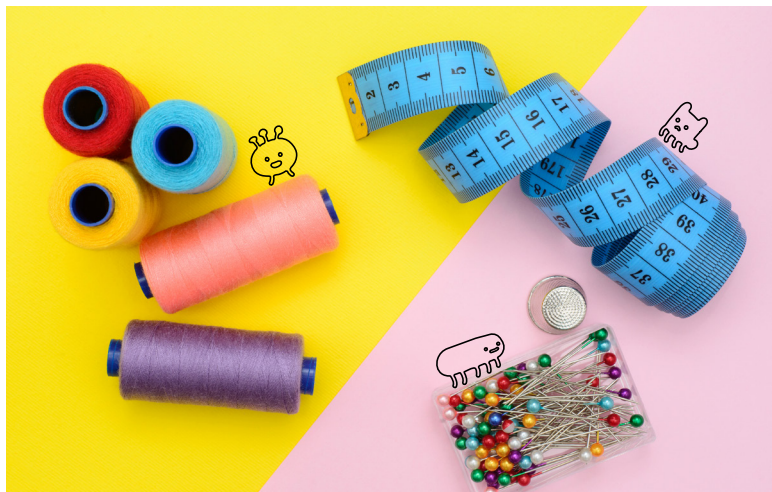


I AM GETTING SO EXCITED FOR YOU!

I kept feeling a gentle nudge from the Lord reminding me, *"Michelle, you've been through it all. Your story matters. Someone out there needs to hear what you've learned because they're searching for the same freedom you've found."*

So, if you've made it this far, thank you for sticking with me. My hope is that something in these pages has encouraged you, challenged you, or helped you take one step closer to the healthy, whole life that you were intended to live.

Now, let's shift gears to something a little lighter. You know those tiny little creatures that sneak in at night and sew your clothes tighter while you sleep? Yeah, they're real... or at least that's what I tell myself after a weekend of enjoying all the good stuff!



TINY CREATURES THAT SEW YOUR CLOTHES TIGHTER

.....

OR AT LEAST THAT'S HOW I THOUGHT IT WORKED!

Tiny little creatures sewing my clothes tighter overnight? “Is that fattening?” Has questions like that ever come out of your mouth when talking about food? Because, same.

Growing up, I used to ask my mom all the time if certain foods were “fattening.” What I really wanted to know was if they would make me gain weight. I had no clue what a calorie was, and honestly, I was afraid of them! I imagined calories to be these sneaky little creatures crawling out at night to deviously make my jeans tighter. What a nightmare, right? I’m kidding.. But seriously!

Well, friend, I am here to put your mind at ease. You don’t need to call pest control to get rid of those imaginary “little creatures”. Truthfully, calories want to be our friends! In the world of nutrition, there are “good guys” and “not so good guys,” but we do not have to fear them. Those tiny “creatures” we joke about actually represent the energy God gave us to move, live, and thrive. Yes, you heard me right—**calories are energy!**

Before we go any further, let’s set the record straight. Calories are not tiny creatures. They are simply a unit of energy that tells us how much

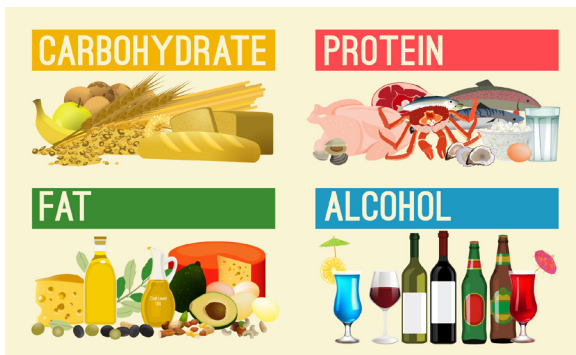
a particular food will fuel the body God gave us.

Boom!

Now, you might be thinking, “So you’re saying I can eat all the food and have all the energy?” Not exactly, sister. Yes, food gives us energy, some foods more than others, but when your body doesn’t use that energy, it’s stored as fat.

I love a good analogy, so let’s roll with one more. Think about a car. Let’s say you just bought an amazing new Ferrari. To make her run at her best, you need to fill her up with premium fuel. 93 octane! The higher the quality of the fuel, the better she performs. Our bodies are the same way. The kind of “fuel” that we consume matters.

Calories come from four main macronutrients: protein, carbohydrates, fats, and alcohol. Even though all calories carry energy, not all of them affect our bodies the same way.



Take a look at this simple example:

A 4-ounce piece of chicken and two fun-size candy bars each contain about 160 calories. The candy bars calories consist mostly of sugar and saturated fat, while the chicken gets most of its calories from protein. Same calorie count, but totally different impact.

Nutrition Facts	
Grilled Chicken Breast	
Serving Size: 4 oz (113g)	
Amount Per Serving	
Calories 168	Calories from Fat 35
% Daily Value	
Total Fat 3.8g	6%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 1.5g	
Cholesterol 120mg	40%
Sodium 244mg	10%
Potassium 476mg	14%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 33g	
Vitamin A	0.7%
Vitamin C	0%
Calcium	0.5%
Iron	2.7%

* Percent Daily Values are based on a 2000 calorie diet.



Nutrition Facts	
Serving Size: 2 fun size bars (2 fun size bars = 34g)	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	
Vitamin A 0 IU	0%
Vitamin C 0mg	0%
Calcium 20mg	2%
Iron 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



There is absolutely nothing wrong with enjoying your favorite treats once in a while. We just need to understand the difference between what fuels our bodies for strength for the long haul and what satisfies a craving for the moment.

Now that we understand what calories are, let's talk about the role they play in the areas of weight loss and gain.

Weight loss happens when your body goes into a caloric deficit.

Weight gain happens when your body goes into a caloric surplus.

CALORIE SURPLUS:

A state in which you consume more calories than you burn leading to weight gain in the form of muscle or body fat

CALORIE DEFICIT:

A caloric deficit is any shortage in the amount of calories consumed relative to the amount of calories required for maintenance of current body weight.

3,500 CALORIES = 1 POUND

(Approximately)

Here's a simple way to look at it: about 3,500 calories equals one pound of body weight. That means you would need to consume an extra 3,500 calories on top of what your body needs just to gain a single pound.

So when a client says, "Michelle, I gained three pounds over the weekend!" I tell her, "That's almost impossible!" That would mean she ate around 10,500 additional calories on top of her normal meals. Most of the time, that rapid weight gain is just water. When we enjoy salty or high-carb foods, our bodies naturally hold more water. Give it a few days and that "extra" weight will dissipate.

“CALORIE COUNTING CAN LEAD TO WEIGHT LOSS; BUT, OVER TIME IT WILL GENERALLY LEAD TO BINGE-EATING.”

The real struggle begins when people begin to overtrain and/or track every single bite and sip. Sure, calorie counting and macro tracking can lead to weight loss for a while, but too much restriction can backfire. Over time, it can lead to binge eating, burnout, and even slow down your metabolism. The restriction can be exhausting.

Strict dieting creates stress in the body, raising cortisol levels and causing the body to hold on to fat. That is not what we want! Our bodies are designed to operate in peace and balance, not in constant stress and fear over food.

This is why flexibility and variety are so important. When we eat the same foods day after day, our bodies can stop responding. But when we shake things up a bit, it challenges our metabolism to stay active.

So yes, enjoy the occasional slice of cake or those freshly baked cookies you love. When done in balance and with gratitude, it can actually work for you, not against you.

Food is a gift meant to nourish, strengthen, and even bring joy! Fun!



PROTEINS, CARBS + FATS, OH MY!

ONCE UPON A TIME...

A gorgeous brunette bombshell walked into my office completely defeated. Meet Coach Terica. She was ready to do the work, but you could see it all over her face ... she was tired. Tired of trying, tired of caring, tired of feeling like her body was fighting against her.

The first words out of her mouth were, *"My body just loves being fat."* And I had to smile, because I *knew* that feeling, and have said those exact words before. Let's be honest, I know we're not the only ones who've thought it.

As we started walking through what she was eating each day, it hit me- about 85% of her food was coming from carbs. And not junk, either. She was eating *healthy* foods... just mostly from one category. I showed her how bringing in more protein and healthy fats could change the game by slowing down how fast carbs digest, keeping blood sugar more stable, and helping her feel satisfied instead of chasing energy crashes all day. (We'll break this down more in the next section.)

Guess what! Just a couple of weeks later, everything started to shift. The scale, body, mindset- all of it. She found her groove, and we were off to the races.



Today, Terica isn't just part owner of The Ladies Edge – she leads from the mat inside the TLE studio, encouraging women to find that same freedom for themselves. So yeah, big shoutout to Coach T. Proof that small shifts can make a big difference.

LET'S DIVE DEEPER:

The food we eat is made up of three main macronutrients (four if you include alcohol). These macronutrients work together and play a powerful role in helping our bodies function the way they were designed to. When we cut one of them out, we rob our bodies of the balance they need to perform at their best. Okay, I admit it, I am totally nerding out right now. I love this stuff!

Listed below are the three main macronutrients, the best sources to get them from, their purpose, and the benefits of each.

PROTEIN:

Protein is a vital part of every cell in your body. Your hair and nails are mostly made up of protein! Your body uses protein to build and repair tissues, create enzymes and hormones, and support so many other essential functions.

Protein is a key building block for your skin, muscles, cartilage, bones, and blood.

Protein sources: Meat, poultry, seafood, peas, eggs, nuts, seeds, beans, and soy-based foods. You can also add protein shakes or bars (hey there, TLE Fit) for convenience.

Benefits of adding protein:

- Reducing muscle loss
- Protein aids in building essential muscle mass
- Curbs appetite
- Help recovery post workout

CARBOHYDRATES:

Carbohydrates are your body's main source of energy, especially for your brain. Your brain actually depends on them! Carbs also help fuel your heart, muscles, kidneys, and nervous system.

If you exercise regularly, carbohydrates are your best friend. They help maintain your blood sugar during activity and refill your muscle stores for recovery.

Carbohydrate sources: Fruits, vegetables, whole grains, beans, and dairy.

Benefits of adding carbohydrates:

- Fiber (a type of carb) helps reduce the risk of heart disease, obesity, and diabetes
- Supports digestion and helps you feel full
- Keeps blood cholesterol levels in check
- Boosts memory and mental focus
- Triggers serotonin, the "feel good" brain chemical that helps lift your mood



FATS:

There are four types of fats: saturated, trans, monounsaturated, and polyunsaturated. Some are helpful, others not so much. Healthy fats are essential for your body, but should usually make up no more than 35% of your daily calories.

Healthy fat sources: Avocados, nuts, nut butters, extra virgin olive oil, fatty fish, whole eggs, red meat, and coconut oil.

Benefits of adding healthy fats:

- Keeps you full and satisfied (especially when paired with protein)
- Supports healthy brain function (about 60% of your brain is made up of fat!)
- Helps keep your skin glowing and healthy

Not all fats are created equal, so let's take a look at which ones to limit.

Saturated & Trans Fats:

These are often considered "unhealthy fats" and are solid at room temperature. Foods such as butter, cheese, palm oil, coconut oil, and red meat have higher amounts of saturated fat.

Trans fats are created through a process that turns liquid oils into solids to extend shelf life. You will often find them listed as "partially hydrogenated oils."

Saturated and trans fats can raise your bad cholesterol (LDL), clog your arteries, and increase the risk of heart disease or stroke.

Don't let that intimidate you- knowledge is power! You are learning how to make wiser choices.

As you can see, each macronutrient plays an important role in how your body functions. Understanding them helps you better appreciate the nutrition accountability chart we talked about earlier.

You might notice there are not as many dedicated spots for fats on the chart. That's because fats are meant to be sprinkled throughout your day, not loaded in at once.

Personally, I like to enjoy healthy fats with snacks. Some of my favorite options are fruit with nut butter, a handful of almonds, or a protein shake with a spoonful of peanut butter. Aim for two to three servings of healthy fats each day. If that feels tough, drizzle a little olive oil over your dinner or salad, or add avocado to your meals.

The accountability chart is simple but powerful. You will see that proteins and carbs are paired together in almost every meal. This combination helps stabilize blood sugar and supports muscle growth. The stronger your muscles, the more calories you burn- what a gift!

Calories per 1 Gram Based on Macronutrient:

Protein = 4 Calories

Carbs = 4 Calories

Fat = 9 Calories

Wow, you are really starting to get this!

Like I always say, knowledge is power. And when that knowledge is paired with wisdom, you are unstoppable. Let's keep fueling our bodies well. We got this, girl!

TWO WORDS: FOOD COMA

THE ALMIGHTY FOOD COMA!

Have you ever been there? I sure have! I'm pretty sure Thanksgiving is the one national holiday where it's completely acceptable for everyone to drift off into a food coma after the feast. Mmm... turkey. Okay, focus, Michelle.

After big meals, I used to wonder why I always felt so sluggish and tired. Once I started diving into nutrition, I learned how much the **Glycemic Index (GI)** affects our energy and blood sugar levels.

You're going to love learning about the Glycemic Index. Don't worry—this isn't something to obsess over. We're not about that here in TLE. But having a basic understanding of how it works will absolutely help you make smarter choices. You might only glance at the chart once, but it can open your eyes to some of your go-to foods and help you think differently about them.

The Glycemic Index is a system that ranks carbohydrate-containing foods on a scale from 1 to 100, with pure glucose sitting at 100.

SO, HERE'S HOW IT ALL WORKS.

When you eat foods high on the GI scale, they cause your blood sugar to spike quickly. This makes your pancreas work overtime and releases extra insulin, which often leads to that tired, heavy feeling, or what we call the “food coma.” Have you ever noticed a crash or craving about 30 minutes after eating sweets? You can thank insulin for that!

The average American today is both exhausted and addicted to sugar. It's a discouraging cycle; but, ***the good news is that it can be broken.*** When you start improving the quality of your food, your energy will rise, your mood will lift, and your body will start feeling alive again. Now, doesn't THAT pump you up?

“CHANGING THE QUALITY OF FOOD
IN YOUR NUTRITION WILL VASTLY
IMPROVE THE NATURE OF YOUR DAY.”

Let me tell you, your girl used to *love* English muffins (before my gluten-free days, that is). Dippy eggs with Tabasco on top of an English muffin? All. Day. Long. But did you know that the type of muffin you choose can make a real difference?

Here's where the Glycemic Index helps. Choosing a lower GI option, like a whole wheat English muffin instead of a white one, may seem like a small change, ***but those small changes add up to big results over time.***

Next time you're walking through the grocery store, I encourage you to shop with intention. Read labels, make mindful swaps, and ALSO remember... ***you can do this.*** One baby step at a time. We all started somewhere; never forget it.

Are you ready to dive into these charts?

SEE BACK OF
BOOK FOR
FULL SIZE

GLYCEMIC INDEX CHART

LOW MED HIGH
GI <55 GI 56-69 GI >70

SNACKS

Chocolate Bar	49
Strawberry Jam	49
Pound Cake	54
Pop Corn	55
Wheat Thins	67
Snickers	68
Soda	72
Saltine Crackers	74
Graham Crackers	74
Doughnut	76
Vanilla Wafers	77
Jelly Beans	80
Pretzels	83

DRINKS

White Wine	<15
Red Wine	<15
Beer	<15
Soy Milk	31
Skim Milk	32
Chocolate Milk	35
Tomato Juice	38
Whole Milk	30
Apple Juice	44
Orange Juice	50
Coca Cola	63
Fanta Orange	68
Cranberry	68
Gatorade	89

FRUITS

Cherries	22
Lemon	25
Grapefruit	25
Raspberries	32
Apple	38
Pears	38
Strawberries	40
Peach	42
Orange	44
Grape	46
Kiwi	52
Blueberries	54
Mango	56
Banana	58
Figs	60
Raisins	64
Pineapple	66
Cantaloupe	67
Watermelon	72

SWEETENERS

Stevia	0
Sucralose	0
Agave Syrup	15
Fructose	25
Coconut Palm Sugar	35
Maple Syrup	54
Carmel	60
Honey	61
Sucrose	65
High Fructose Corn Syrup	100
Glucose	100

GLYCEMIC INDEX CHART

LOW MED HIGH
GI <55 GI 56-69 GI >70

GRAINS/STARCH

Tortilla, Wheat	30
Pasta, Wheat	37
Pasta, White	42
Spaghetti	44
Rice, Brown	45
Tortilla, Corn	52
Sweet Corn	54
Pumpernickel Bread	55
Rice, Basmati White (Boiled)	59
Taco Shell	68
Popcorn	55
Wild Rice	57
White Rice	64
White Bread	100
Plain Bagel	103
Whole Wheat Bread	71
Rice, Calrose Brn. / Med. Grain	76
Instant Oatmeal	79
Baked Potatoes	85

DAIRY

Butter	0
Cheese	0
Low-Fat Yogurt	14
Plain Yogurt	14
Whole Milk	30
Soy Milk	31
Skim Milk	32
Chocolate Milk	35
Fruit Yogurt	36
Ice Cream	61

VEGETABLES

Kale	5
Red Peppers	10
Chillies	10
Onions	10
Lettuce	10
Mushrooms	10
Cauliflower	12
Asparagus	15
Broccoli	15
Celery	15
Cucumber	15
Spinach	15
Tomatoes	15
Green Beans	15
Carrots	37
Sweet Potatoes, Boiled	44
Corn on the Cob	54
Potatoes, White (Boiled)	63
Pumpkin, Boiled	64
Beetroot	64
French Fries	75
Parsnips	97

PROTEINS

Peanuts	21
Cashews	25
Beans, Dried	40
Lentils	41
Kidney Beans	41
Chickpeas	42
Split Peas	45
Beans, Pinto	45
Lima Beans	46
Beans, Black-Eyed	50

We even color-coded the chart to make it simple:

- **Yellow:** Low GI foods (0–55). These are your best options.
- **Blue:** Medium GI foods (56–70). Great choices, especially when paired with a protein or healthy fat.
- **Pink:** High GI foods (71 and above). These digest quickly and can cause blood sugar spikes, so enjoy them occasionally and with balance.

If you love bagels or white bread, no worry, you don't have to give them up completely. Just eat them in moderation and add some protein or fat to your meal to help keep your blood sugar stable. Winning!

BENEFITS OF INCLUDING LOW GI FOODS IN YOUR NUTRITION:

1. They digest more slowly, keeping you full and satisfied.
2. Adding one low GI food to a meal lowers the overall glycemic impact of that meal.
3. They help keep insulin and blood sugar levels steady.
4. They can lower the risk of type 2 diabetes and improve insulin sensitivity.
5. They support heart health by lowering cholesterol and triglyceride levels.
6. They can help boost your mood and energy by supporting serotonin production.

TAKEAWAY:

With a little effort and knowledge you can improve your quality of life drastically.

So as we wrap up this section: take a deep breath.

You don't need to throw out everything in your pantry that isn't low GI. My goal is to help you experience *food freedom*: to make informed choices without fear or guilt.

You were never meant to sit on the sidelines watching others enjoy food because you're too restricted or scared of losing control. True control begins when you give yourself permission to enjoy food while walking in wisdom and discipline.

Saying “no” to certain foods or making intentional choices isn’t punishment... **it’s stewardship.** You’re caring for the body God entrusted to you. When we think about it that way, it shifts what we feed it.

Oh, and I guess this is the perfect time to tell you that over the years, we decided to do something about our *love* for those high-glycemic foods, because, let’s be real, “because life” moments happen.

Enter our go-to girl: TLE Fit DEFEND. This Glucose Disposal Agent helps regulate blood sugar levels when you’re enjoying life’s yummiest, carb-filled moments. Ever feel that crash after indulging in your favorite foods? Same, girl. When you know you’re about to have a #BecauseLife moment, reach for **TLE Fit DEFEND.**

It helps improve insulin sensitivity, keeps your energy up, and supports healthy metabolism so you feel strong, not sluggish. Enjoy the moment, savor the food, and skip that “why did I eat that” feeling we all know too well. Because freedom isn’t about perfection, it’s about learning to make wise choices, honoring your body, and still living with joy!

You can grab it here: www.tle.fit



BURN, BABY BURN!

Now that's a phrase I can get behind! It's time to make food work for us instead of against us. And, I've got a little secret that can help us do exactly that.

You've probably heard fitness junkies say, "Eat that protein, bro." Cringe, right? Don't worry, you'll never hear me say it like that again! But in all seriousness, have you ever wondered *why* people who are into fitness talk so much about protein? Well, it's for a good reason, and I'm about to let you in on it.

Let me introduce you to something called the **Thermic Effect of Food**, or TEF. It's basically how your body burns calories through digestion. Here's the cool part: not all calories are created equal! Even though every calorie contains the same amount of energy, some foods require more energy to digest, absorb, and process than others. That extra effort your body makes? ***That's TEF at work.*** Pretty amazing, right? Our bodies are designed in SUCH a fascinating way.

Here's how it breaks down:

Protein: 20-35% TEF

Carbohydrates: 5-15% TEF

Fats: 0-5% TEF

This means your body burns more energy digesting protein than it does carbs or fats.

HERE'S AN EXAMPLE:

Let's compare a medium banana to 3oz cooked chicken.

1 MEDIUM BANANA:**APPROX: 100 calories****0 grams fat****28 grams carbs****1 gram protein****3 OZ COOKED CHICKEN:****APPROX: 100 calories****1 gram fat****0 grams carbs****19 grams protein**

*** These numbers have been rounded for simple math.*



Let's make it simple:

Banana (mostly carbs):

Your body will use about 5-15% of those calories to digest it, leaving 85-95% for energy.

Chicken (mostly protein):

Your body will use around 20-35% of those calories to digest it, leaving only 65-80% for energy.

See the difference? So if you want the short version: Eat more protein!

That's what I mean when I say, "Burn, baby, burn." Eating high-thermic foods can slightly boost your metabolism. Of course, true fat loss still comes from being in a calorie deficit, but this gives your body a little extra help.

As women, a great goal is to eat **20–25 grams of protein** at each meal. If you need a visual, check out the nutrition accountability chart on **page 19**—each meal includes a protein source for a reason.

Now, let's answer the question I get all the time:

"Michelle, how do I know how much protein is in my food?"

1. Check the label.

Most packaged foods have nutrition labels (usually on the back). Look for the "Protein" line, but also take note of carbs and fats. Just because something says "high protein" doesn't mean it's healthy... sometimes it's packed with sugar. (Side note) I like to keep my sugar intake under 7–10 grams per meal (except when it comes to fruit). Protein bars can be sneaky, so read those labels. You don't have to cut sugar completely, just be wise and intentional. If you're going to have something sweet, it's best earlier in the day, paired with protein, and balanced with the rest of your meals.

2. When there's no label (like with fresh foods).

Don't worry! We live in the age of information. You can literally type "macronutrients in red apple" into Google and get what you need in seconds. It's **SO** simple once you start. And honestly, don't over think it. You'll start enjoying the learning behind it all the more you go!

And, trust me: this won't always feel overwhelming. Once you get familiar with your go-to foods, you won't be checking labels all the time. ***You'll start making great choices naturally.***

How freeing is that? To live informed and confident. I'm so encouraged by you for taking the time to learn and grow.

As Coach Sarah Smedley always reminds us, ***"Girl, you can, you will, you must!"***



GOOD IS THE ENEMY OF GREAT

ALRIGHT, GIRL! YOU MADE IT THIS FAR.

Now I want to encourage you to **take action**. Don't get stuck in the "getting ready" stage. You already see the light; now it's time to start stacking days. Let's go!

Yes, I know the unknown is scary, and not having a plan can feel even scarier. But remember why you said "yes" to this journey in the first place: freedom! So, I have to ask... why not you?

Remember the story I shared earlier about my last bodybuilding show? Let me remind you. I was terrified of the unknown. I couldn't bear the thought of failing again or falling even further behind. For so many years, show life, prep, and meal planning had become my identity. Walking away from an industry that had taught me so much, yet caused so much pain, was one of the hardest mental battles I had ever faced. But deep down, I knew God was calling me to something more; I knew there was a better way.

There were many days I wanted to cave and dive right back in. But I had to keep reminding myself of the future I knew was ahead of me... not the one I'd been building for myself.

That season reminds me of one of my favorite songs, “*Different*” by Micah Tyler.

*I wanna be different
I wanna be changed
'Til all of me is gone
And all that remains
Is a fire so bright
The whole world can see
That there's something different
So come and be different In me*

That song still brings tears to my eyes. Again, thank you Lord for showing me a better way!

April 2016: I was presented with a business opportunity that sounded so exciting. You know... meal plans, hardcore training- everything that once fueled me. It felt like the perfect fit, all the things I had been craving, just without the pressure of a show date. Without much thought, I jumped right in, convincing myself that I was “training for life.” After all, if there wasn’t a show, what else could I possibly be training for? Looking back now, I can see how easily we can mistake old habits for new purposes when our hearts aren’t fully surrendered to the Lord’s plan.

About nine days in, John and I went on a date night. We saw *God’s Not Dead 2*, and during that movie, I felt a deep conviction stirring in my heart. The verse Matthew 16:15 was quoted: “But what about you?” He asked, “Who do you say I am?” In that exact moment, the Holy Spirit whispered to my spirit, “Michelle, who do you say I AM?”

Now, I’m big on keeping Scripture in context, and I know that wasn’t the original meaning of the verse, but having recently surrendered my plans and my life to Christ, I knew deep down that the things I had stepped back into were not of the Spirit. I was walking right back into bondage.

GUT CHECK. GAME OVER.

Without hesitation, I whispered back, ***“You are a promise keeper.”***

After a few days of prayer, I picked up the phone and called the man who had given me that opportunity. I was afraid I might burn bridges, but I poured out my heart and thanked him sincerely. I told him I couldn't keep living with one foot in and one foot out. If I truly wanted freedom, I had to let go completely and trust God to lead me.

I want to share a picture with you: it was taken at 4:45 in the morning as I was getting ready to head out the door for my first workout of the day, all part of that agreement I mentioned. You can see the discontentment all over my face. I was miserable. But what I didn't realize at the time was that even in the dark, I was standing in the shadow of His wings. The Lord was surrounding me and protecting me, even when I couldn't see it.

Here's the truth: I didn't need another plan. I needed to learn how to trust.

I'm sharing this story because I said “yes” to that opportunity in a moment of weakness. And friend, not every shiny opportunity is meant for you. Sometimes it's just a beautiful distraction. Let me say that again... not every shiny opportunity is meant for you. The next weight loss challenge you see or trendy diet that pops up, hear me when I say this: it's not for you. There is a better way!

Remember this, friend: leaving behind your old ways, finding new friends, tossing that meal plan, and learning to trust the unknown is **hard**. But you know what's even harder?

- Never making peace with the woman you see in the mirror.
- Saying no to joy and time with friends because of food rules.
- Telling your child “no” to sharing a cookie because it doesn't fit your macros (ouch).

IT'S ALL HARD, BUT YOU GET TO CHOOSE WHICH KIND
OF HARD LEADS TO LASTING CHANGE.

Some days will stretch you, but the reward is complete and lasting **freedom**. I have been delivered from food bondage, comparison, guilt, shame, and failure, and I give every ounce of glory to The Lord.

So please, do not reopen the wounds you are trying to heal just because they feel familiar. Keep pressing forward. Think about the story of victory you'll one day tell when you refuse to give up. Food was never meant to control you. It was created to nourish you and bring people together.

If you've made it this far and these words have spoken to you, know this, I've been where you are. You are not alone. You are strong, beautiful, capable, and so deeply loved.

Thank you for giving me your time and heart. I hope you walk away encouraged, renewed, and ready to level up. Take it one day at a time, break those chains and remember.... GRACE.

Cheering you on <3
Head Coach,
Michelle Bishop



girl, HERE IS TO THE **BEST** OF OUR LIVES.



I am an eating disorder therapist, and I am very particular about workout programs. I don't want to be involved with anyone that I think has an eating disorder or is spreading a negative mentality to others.

You, are the opposite of so many others in the fitness world. I wish every woman I know could hear your mindset about food because it just makes sense and keeps guilt out of the picture. It's so refreshing.

I just wanted to say thank you for what you do for all of the woman who follow you. Knowing how hard it can be for woman with food, diets, body imagine, etc. -It makes me so happy that you are freeing so many from that prison of guilt.

I've only been a member for several weeks (but longtime Instagram follower) and I am so excited for this journey with you!

- Kate McGinley

ACCOUNTABILITY FOOD LOG:

BREAKFAST:

1 _____
2 _____
3 _____

SNACK:

LUNCH:

1 _____
2 _____
3 _____

SNACK:

DINNER:

1 _____
2 _____
3 _____

TRACK YOUR WATER!



TOTAL
OUNCES:



NUTRITION ✓ LIST

SERVINGS PER DAY

PROTEIN ○ ○ ○

VEGGIES ○ ○ ○

CARBS ○ ○ ○

FAT ○ ○

GROCERY IDEAS:

PROTEINS

FLANK STEAK
SIRLOIN
FILET
LEAN BEEF
CHICKEN
TURKEY
LAMB
VENISON
COD
ORANGE ROUGHY
TUNA
SALMON
TILAPIA
WHOLE EGGS
EGG WHITES
EDAMAME
TLE FIT PROTEIN
POWDER
(WWW.TLE.FIT)
TOFU
BEEF JERKY

FRUITS

APPLES
BANANAS
BLUEBERRIES
RASPBERRIES
BLACKBERRIES
STRAWBERRIES
RAISINS
POMEGRANATES
PLUMS
PINEAPPLE
PEARS
PAPAYA
PEACHES
ORANGES
LEMONS
LIMES
GRAPEFRUITS
CRANBERRIES
CHERRIES
KIWI

UDI'S GF BREAD
VANS GF WAFFLES
CHEX CEREAL
MISSION GF WRAPS
GOOD THINS GF

CARBS

BROWN RICE
WHITE RICE
LONG GRAIN RICE
BEANS
OATS
WHOLEGRAIN PASTA
QUINOA
WHOLE WHEAT
EZEKIEL BREAD
WHITE POTATOES
SWEET POTATOES
WAFFLES
BREAD
CREAM OF RICE
CREAM OF WHEAT
RICE CAKES

PROTEIN BARS

PURE PROTEIN
BARS
QUEST BARS
PERFECT BARS
ONE BARS

HEALTHY FATS

ALMONDS
CASHEWS
PEANUTS
ALMOND BUTTER
CASHEW BUTTER
PEANUT BUTTER
AVOCADO
COCONUT OIL
FLAXSEEDS
OLIVES
PUMPKIN SEEDS
SESAME SEEDS
SUNFLOWER SEEDS
WALNUTS
EGG YOLK
HUMMUS

ALMOND NUT THINS
RICE CAKES
CRUNCH ROLLERS
THE GLUTEN FREE BAR

VEGGIES

ALFALFA SPROUTS
ASPARAGUS
BEETS
BELL PEPPERS
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARD GREENS
CUCUMBERS
GARLIC
GREEN BEANS
KALE
LETTUCE
MUSHROOMS
ONIONS
SPINACH
TOMATOES
ZUCCHINI

DAIRY

COTTAGE CHEESE
GREEK YOGURT
ALMOND MILK
(MILK SUBSTITUTE)
CASHEW MILK
(MILK SUBSTITUTE)

EXTRAS

SUGAR FREE JELLY
MUSTARD
BALSAMIC VINEGAR
HONEY
CINNAMON
ANY HERBS
ANY SPICES
TEA + COFFEE

MICHELLE'S
GLUTEN-FREE
GO-TO'S



GLYCEMIC INDEX CHART

LOW

GI <55

MED

GI 56-69

HIGH

GI >70

SNACKS

Chocolate Bar	49
Strawberry Jam	49
Pound Cake	54
Pop Corn	55
Wheat Thins	67
Snickers	68
Soda	72
Saltine Crackers	74
Graham Crackers	74
Doughnut	76
Vanilla Wafers	77
Jelly Beans	80
Pretzels	83

DRINKS

White Wine	<15
Red Wine	<15
Beer	<15
Soy Milk	31
Skim Milk	32
Chocolate Milk	35
Tomato Juice	38
Whole Milk	30
Apple Juice	44
Orange Juice	50
Coca Cola	63
Fanta Orange	68
Cranberry	68
Gatorade	89

FRUITS

Cherries	22
Lemon	25
Grapefruit	25
Raspberries	32
Apple	38
Pears	38
Strawberries	40
Peach	42
Orange	44
Grape	46
Kiwi	52
Blueberries	54
Mango	56
Banana	58
Figs	60
Raisins	64
Pineapple	66
Cantaloupe	67
Watermelon	72

SWEETENERS

Stevia	0
Sucralose	0
Agave Syrup	15
Fructose	25
Coconut Palm Sugar	35
Maple Syrup	54
Carmel	60
Honey	61
Sucrose	65
High Fructose Corn Syrup	100
Glucose	100

GLYCEMIC INDEX CHART

LOW

GI <55

MED

GI 56-69

HIGH

GI >70

GRAINS/STARCH

Tortilla, Wheat	30
Pasta, Wheat	37
Pasta, White	42
Spaghetti	44
Rice, Brown	45
Tortilla, Corn	52
Sweet Corn	54
Pumpernickle Bread	55
Rice, Basmati White (Boiled)	59
Taco Shell	68
Popcorn	55
Wild Rice	57
White Rice	64
White Bread	100
Plain Bagel	103
Whole Wheat Bread	71
Rice, Calrose Brn. / Med. Grain	76
Instant Oatmeal	79
Baked Potatoes	85

DAIRY

Butter	0
Cheese	0
Low-Fat Yogurt	14
Plain Yogurt	14
Whole Milk	30
Soy Milk	31
Skim Milk	32
Chocolate Milk	35
Fruit Yogurt	36
Ice Cream	61

VEGETABLES

Kale	5
Red Peppers	10
Chillies	10
Onions	10
Lettuce	10
Mushrooms	10
Cauliflower	12
Asparagus	15
Broccoli	15
Celery	15
Cucumber	15
Spinach	15
Tomatoes	15
Green Beans	15
Carrots	37
Sweet Potatoes, Boiled	44
Corn on the Cob	54
Potatoes, White (Boiled)	63
Pumpkin, Boiled	64
Beetroot	64
French Fries	75
Parsnips	97

PROTEINS

Peanuts	21
Cashews	25
Beans, Dried	40
Lentils	41
Kidney Beans	41
Chickpeas	42
Split Peas	45
Beans, Pinto	45
Lima Beans	46
Beans, Black-Eye'd	50

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