



Summer Snatch Guide

Be a *whole* snack, and not feel bad eating a few.



Grilled Butternut squash with pomegranate/feta salsa



Eat a Big Breakfast

Eat a protein heavy, low carb breakfast. You can achieve this by loading your plate with on plant-based proteins (chickpeas, broccoli, spinach, tofu, etc.) and then a handful of fruits or veggies, and then one standard carb (biscuit, toast, grits, muffin, etc.).



Stop Adding Sugar/ Artificial Sweeteners

There is NOTHING WRONG with sugar. There is quite a bit unhealthy and troublesome with **adding** refined sugar to your life. This will send you into the opposite direction of snatched. Eat fruit, honey, stevia. Avoid the rest.



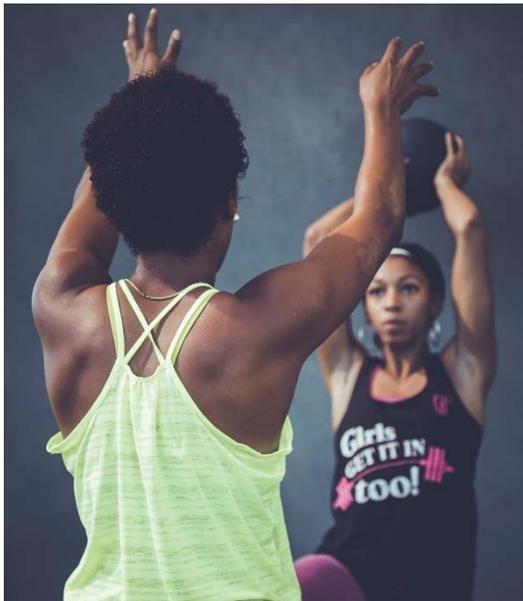
Eat Half Green Veggies

You read that right. Green vegetables are proven to building your immune system, feed your collagen production, grow hair and nails, and slim waist lines (all of them). Eating 50% green will yield results you notice in one week.



Just a Handful

We get it. You have an emotional relationship with food. Fine, grab what you want ONCE A DAY, but only a handful. This will keep your cravings at bay and satisfy whatever touchy-feely emotions you have about a particular food. Also, a handful will limit the caloric effect from preventing your snatched potential. (Don't try to fit a donut into your palm. Half a donut could work!)



Move for 15 minutes

15 minutes of continuous exercise is really all your body needs to start increasing blood flow, positive heart health, and to begin whittling away the pounds. Think jump rope, running, weight lifting, plyometrics. These activities get results quickly and have the most benefit for weight loss. Of course, more movement up to an hour is not discouraged.



Sleep

You have to sleep. Depending on your vice. As long as you are sleeping, you aren't eating, stressing, and sabotaging yourself. Start with 3 days a week, sleeping 8 hours a night.

Who we are

Mack & Jane is a team of chefs, culinary masterminds, innovative artists, silly delivery crews, grocery shopaholics, and integrative nutritionists. In short, we make real food. We deliver sweets and meals each week to the Los Angeles area. We value fresh, organic, locally sourced ingredients and the continued exploration of the idea that the proper food and diet for YOU can help heal the body physically and emotionally over time.

Owner, Monica Hicks Jenkins (RD, FAND)

We offer:

- [Personal chef meal delivery services](#)
- [Catering for Private events](#)
- [Nutrition Consultation](#)
- [Custom cakes, and cookies](#)

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