



7 SLIGHT EDGE HACKS

**FOR FUNCTIONAL
WELLNESS, WEIGHT
LOSS AND LONGEVITY**

**DITCH THE DIETS
ENJOY FABULOUS FOOD
BREAK THE BAD HABITS
BUILD POWERFUL SUSTAINABLE HABITS**

WELCOME TO YOUR BEST LIFE

Let me ask you a few questions:

Have you put on weight in recent years that you can't seem to release?

Do you find yourself overcome with strong cravings for sugar, snacks and other highly processed foods?

Have "cheat days" turned into every day?

Do you lack the energy and stamina to do the things you once did?

Does your brain ever feel clouded and foggy?

Is your skin drier and less vibrant looking?

Do you ever worry about how the aging process is going to be for you and those you love?

If you answered yes to any of these, then my **7 Slight Edge Hacks** are for you!

Let's be real - diets don't work. Food labels are misleading and confusing. And, food marketing is leading you down a dark, dreary path.

The challenge many of us face is we are busy; we are overwhelmed; and it's hard to make drastic, sweeping lifestyle changes all at once.

So, instead of throwing in the towel and giving up, let's start with **7 SIMPLE Hacks** that you can easily add into your life, 1 at a time, and create those new, sustainable habits that enable positive change.

First, what are your top 3 Health and Wellness goals?

- 1.
- 2.
- 3.

Why?

HACK #1 - 2 POWERFUL QUESTIONS

This is going to sound super simple, but that really is the plan, right? Simple Hacks to get and KEEP you on track.

In recent years, the term “mindfulness” has been bantered around, but what does it mean? In terms of eating, it’s really about being aware and present.

So, today, I want you to get empowered and in control over your success with 2 questions:

1. Am I Hungry?
2. Am I Full?

That’s it. Each time you reach for the fridge handle, the pantry or cupboard, pause, get present, become aware of how your body and your stomach feels.

Are you truly hungry; or is it an eating habit? Are you bored? Are you stressed, anxious, angry, sad, or feeling another emotion that you believe might be satisfied and comforted with food?

The most important thing to know is this: nothing is wrong; no judgement; this is normal for many of us, often from decades old conditioning about food and comfort, which started in childhood.

Our goal now is to stop the cycle; break the habit, and form a new one.

So, ask - Am I hungry? Unless you are falling down from hunger, I’m going to encourage you to drink an 8 ounce glass of water; wait 30 minutes, and ask the question again. If the answer is yes - EAT! (Make good choices!)

As you eat, be fully present, and notice when you are full. Ask, am I full? If the answer is yes, STOP regardless if there is one bite left or ten bites. Just stop.

Weigh in on your thoughts around “Waste.” It can seem “wasteful” to throw it away, and yet eating when you are no longer hungry creates a different kind of “Waist”, which is typically where those last bites, licks, spoons and gulps settle: on our waistline.

Save it for another time, if that makes you feel better. Leftovers are great!

Your Thoughts on "Waste":

HACK #2 - FUELING YOUR BODY TO START YOUR DAY

There are varying opinions out there about the importance of Breakfast. Here is a thought - YOU do YOU! Meaning, listen to your body's signal to you about what is right. Your stomach, your cognitive functioning abilities, and your level of energy; these are 3 key areas to pay attention to.

As in Hack #1, ask - Am I hungry? Then, act on that.

Now, when you answer yes, make sure you are fueling your body in a solid way with protein, carbs and fat. 30% protein, 40% HEALTHY Carbs, 30% healthy fat is a general rule of thumb. More on that to come.

Here is my "Go To" recipe that can be made ahead of time, frozen, and gives my body exactly what it needs to get started right!

Veg-Tastic Egg Muffins

Base Recipe:

10 Eggs (if your budget allows, use Pasture Raised) 1/2 Cup Plain Yogurt (I prefer Goat or Coconut)
1 Cup Shredded cheese (ie: Mozzarella, Parmesan, Goat, Cheddar, or a vegan alternative)

Vegetable Options

1 Cup chopped Spinach 1 Cup Diced Red/Green/Yellow Peppers
1 Can Green Chilis 1 Cup Diced, Caramelized Onions
1 Cup Chopped Broccoli 1 Cup Diced Tomatoes
Or any Vegetable combination you desire

Protein Options, if desired:

1 Cup Crumbled Bacon; Chorizo, Ham or any other protein you desire

2 Tbs Olive or Avocado Oil Salt, Pepper, Other Seasonings.

Optional: 1/4 cup chia seeds, 1/4 cup flax seeds or flax meal (good source of protein, fiber, Omega 3s, to name a few benefits)

Preheat oven to 350. Heat Olive Oil in large skillet. Sauté Vegetables for 5 minutes or until browned/caramelized.

Cook Protein, if using.

In mixing bowl, whisk eggs, and yogurt. Season with Salt, Pepper and other Seasonings.

Sprinkle shredded cheese evenly in 18 muffin cup pans (I use silicon). Evenly top with vegetables and protein. Evenly cover with egg mixture. Place in oven and bake for 22-30 minutes, until toothpick inserted comes out clean. (I like mine well done!)

Top with Salsa or Hot Sauce, if desired. Can be refrigerated up to one week, or frozen for 3 months

HACK #3 - HYDRATE

The body is roughly 70% water; your skin is 64%; the brain is 73%. Need I say more about the importance of water?

Much of your body's water supply is utilized and depleted while you sleep. Sleep is your body's detox and rejuvenate time.

This is why hydrating first thing in the morning is key. It clears the brain (fog), hydrates your skin for a more youthful appearance, and gets everything moving.

First thing, consume 16-32 ounces on an empty stomach and wait at least 30 minutes before consuming anything. This gives your body time to flush itself. No coffee just yet, either. I know, I know - FIRST, coffee...this is a habit you CAN shift and your body will thrive.

Continue hydrating your body with water throughout the day. There are varying opinions on how much. I personally focus on 72-96 ounces each day, depending on my fitness and activity level. Figure out what works best for you. 8 glasses; 1/2 your body weight - start somewhere.

If this is a struggle for you, set an alarm on your watch or phone for every 30 minutes. Set a goal to drink 4 ounces of water every 30 minutes. Within an 8 hour window, you'll have easily consumed 64 ounces, plus your morning hydration.

Your body, skin and brain will thank you, as well as your overall health and longevity.

BONUS: Aids in weight loss by curbing your appetite and flushing out fat and toxins.

HACK #4 - TRACK

"You can't Hack what you don't Track!"

Tracking is a powerful way to be your own best coach and accountability partner. Easy to do, easy not to do. Remember this - Success Leaves Clues!

Get a simple notebook. On the first page, write the 2 powerful questions: Am I hungry? Am I full? Take notes on how that goes for you. Track the times you say - no or maybe, and drink some water.

Write down what you eat. Don't even worry about amounts right now. Let's just focus on the 2 questions, and allowing those questions to guide how much you eat.

Also, track any exercise you do.

Finally, journal a little about your thoughts around your weight and wellness goals, and how you see yourself feeling once you've accomplished those goals.

HACK #5 - SIMPLIFY LUNCH

Success comes through simplicity, and simple hacks. Let's make lunch simple!

Salads are a great way to simplify things and accelerate weight loss, while still enjoying a delicious variety of healthy "fuel!"

The biggest torpedo of a salad is the dressing that tops or accompanies it. And, it's the oil it's made with that is usually the culprit. All oils are NOT created equal. Two things to consider - healthy fat, and inflammation.

So, I decided to make my salads "Foolproof" by creating my own simple "Foolproof Dressing" that I can easily slip into my purse and carry with me, even when I eat my salad out.

First, make your salad fun and fabulous. Here are some ideas:

Mixed Greens, organic if possible. Add Spinach, Kale, romaine, and arugula, roughly 2 cups.

Then, have fun - add protein if you desire. Other options, besides the normal vegetables: Avocado, artichoke hearts, beets, peppers, hard boiled eggs, olives, roasted vegetables. I love adding in 1/2 cup blueberries, blackberries, or strawberries. 1/4 cup cheese or your choice, including goat, feta, gouda for some options.

Quinoa, beans, rice and healthy grains are also a great option.

FoolProof Salad Dressing

1/2 c Avocado or Cold Pressed Extra Virgin Olive Oil

1/2 cup Balsamic or Red Wine Vinegar

1 1/2 t. Dijon, brown grain style mustard

1 T honey, agave, or jam

1/4 tsp minced garlic and juice, if jarred

Salt and pepper to taste

Any other spices you enjoy

Options

1/4 c lemon juice

1/2 avocado

1/4 c pesto

1/4 cup white wine

Whisk all ingredients you've selected together in bowl, food processor, blender or bullet. I pre-measure 2 - 3 Tablespoon into a sealable, small container and take with me when I'm dining out.

HACK #6 - HEALTHY SNACK OPTIONS

Through the decades, we've heard lots of conflicting information from "experts" on time delay between eating. Is it 6 small meals each day? 3, with 2 snacks? Or, just 3 meals? Ultimately, you must figure out for yourself what best works for YOU. We are all individual and it is not a "one size fits all" for everyone.

If you follow Hack #1 - 2 Powerful Questions - you'll always know and be in charge of your food intake, including snacks.

If you choose to snack, be mindful. Opt for healthy, non processed, low glycemic options. Here are 2 "Simple Snack Hacks"

Apple, Almond Butter, Chia Seeds

1 Apple (ideally organic); 2 Tbs. Nut Butter, (Ideally Almond or Walnut, but Peanut is fine) 2 Tbs. Chia Seeds.

Slice the apple, dip into the nut butter and then roll in chia seeds. This snack provides a healthy carb, healthy fat, and fiber, protein and a solid, healthy energy boost. This sure beats that energy drain that can follow a bag of chips or cookies.

Spicy Roasted Chickpeas

1 3/4 cups cooked or canned (15 oz) chickpeas (garbanzo beans), drained and rinsed

2 tsp extra virgin olive oil

1 tsp sea salt

1 tsp favorite spice blend (chili lime, paprika and cumin, cajun, etc)

Place chickpeas in a salad spinner and spin to dry, or pat between two clean dishtowels. Air dry for at least 30 minutes after.

Preheat oven to 300F. Place a large baking sheet in oven as it preheats.

Place peas in bowl and toss with 1 tsp of the olive oil, salt and seasonings. Place on baking sheet and cook one hour, until they are slightly darkened and starting to crisp at edges. Leave in oven, turn off heat and allow to remain in oven another 2 hours **WITHOUT OPENING THE DOOR** (don't do it!!!)

Remove, allow to finish cooling, then drizzle remaining olive oil and add additional seasoning to taste, if desired.

Store in airtight container for 1 week.

HACK #7 - HEALTHY DINNERS

Most Americans and others around the world have been conditioned to think that “Dinner” should be the biggest meal of the day, and must consist of a few key components, typically centered around meat. I’m not a meat hater, although I eat much less now (ideally 2 times a week max) because of the toxins, hormones and methods used to process most meat today.

Consider shifting your main meal of the day to lunch, when your body still has plenty of energy to expend and you aren’t going to bed shortly after. And, shift from using a large plate filled with many options to a main focus:

Lean Protein and Green/Cruciferous Veggie (or Salad)

Pay close attention to the portion size of your protein. Especially when dining out because we are definitely “over served” with portion sizes these days. Ask for a “To Go” box when your meal is served and place half in the box before you start eating. A solid protein size is 3 ounces, or the size of your palm. YOUR PALM, ha ha, not your entire hand!

Here are two of my favorite dinners:

Grilled Rosemary Salmon with Roasted Broccoli

1 pound salmon
2 tsp olive oil
2 tsp fresh squeezed lemon
salt and pepper to taste
2 cloves garlic, minced
2 tsp fresh rosemary, chopped or 1 tsp dried
Capers (optional)

Preheat oven to 400F. Cut fish into equal portions. Arrange on a baking sheet. Combine Olive oil, lemon, salt, pepper, garlic and rosemary in a bowl. Brush on Salmon. Place in oven and bake for 10-20 minutes, until your desired “doneness!”

Roasted Broccoli

12 ounces broccoli florets
Extra-virgin olive oil, for drizzling
Sea salt and freshly ground black pepper
Meyer lemons, halved, optional
Red pepper flakes, optional

Preheat the oven to 400°F and line a baking sheet with parchment paper. Toss the broccoli florets and lemon halves with olive oil, salt, and pepper, and spread evenly on the baking sheet. Roast 15 to 22 minutes or until browned around the edges. Sprinkle with red pepper flakes, if desired.

HACK #7 - HEALTHY DINNERS

Moroccan Chicken with Baby Broccoli and Almonds

INGREDIENTS

2 boneless chicken breast, cut in bite size pieces (or a little bigger)
1 red onion, cut in half and julienned
1 big garlic clove, slashed and finely chopped (or jar equivalent)
zest from 1/2 lime

Make a spice mix of 1/2 tsp of the following spices: paprika pepper cumin cinnamon cloves cardamom nutmeg

2 tbsp extra virgin olive oil
1 bunch baby broccoli
1/4 cup slivered blanched almonds
10-15 leaves of fresh mint
1 tbsp Almond Flour (to thicken) or regular flour
salt to taste
water

INSTRUCTIONS

Cut the chicken in smaller pieces, cover with about 3/4 of the spice blend, the lime zest and one tbsp of extra virgin olive oil. Leave to marinate for about 15- 20 minutes.

Heat the oven to 350F (for toasting the almonds).

Place the sliced almonds in a baking tray (with no oil) and toast for about 7-8 minutes keeping an eye on them so they don't burn. Take out and put aside.

In a skillet, on medium (to low) heat add extra virgin olive oil to cover generously and sauté the onion until soft. Add the garlic and the rest of the spice blend and cook for more few minutes, stirring well. Add the chicken and stir well while cooking until the chicken doesn't look pink anymore (takes about 5 - 7 minutes). Add some water, depending on how much sauce you want. Alternatively, you can use organic chicken stock. I used about 1/2 cup of water. Add salt to taste.

Arrange the baby broccoli on top of the chicken and cover the pan with a lid, turning the heat to low. The broccoli will steam. After few minutes stir the broccoli with the rest of the sauce and cook for few more minutes. Mix a tbsp of flour with a little bit of cold water and add to the pan, mixing. Leave it for about 30 seconds and see how thick the sauce get. If you feel you want it thicker, you can add more flour.

Add the toasted almonds and the fresh mint leaves and serve.

YOUR 7 HACK START

Ok! Simple enough, right? Nothing is super complicated. Take one each day and then add on so you don't get overwhelmed and quit. A confused mind says "no," and our brain is most often resistant to change. If you feel yourself getting overwhelmed..STOP, take a deep breath and ask "What can and will I do TODAY, right now, to move closer to my goal and honor myself?"

Go back to the second page - what did you list as your goals? Reflect on those goals and your why.... Use this as an inspirational and motivational guide to help you make good choices.

Over the next few days, weeks, and months, we'll build on what we have started here. You've got this!

ABOUT JACKIE ULMER

Jackie Ulmer is a wife, mom, daughter, sister, friend, entrepreneur, business owner and PASSIONATE Life, Mindset and Health Coach.

Her love of health and wellness started at a young age when her mom, way before her time, cleaned out the cupboards of most foods that were processed, canned, lacking "life force" and not "clean, whole and original."

Consequently, she raised her children and fed her family the same way, and focused on keeping her commercial airline pilot husband fit and healthy to pass his annual FAA Flight Medical (he's never failed!)

She's built a million dollar direct sales business; and coaching business, sharing her simple, proven formulas for success.

Her goal is to live to be a centenarian, and watch 4 generations unfold in her family.

A few of her mottos - "We don't get our goals, we get our habits!" "Track it to Hack it!" "Time's going to pass any way, why not give this a go?"

Learn more:

PeakPerformanceHabits.com

StreetSmartWealth.com

