

Fit Mommy Food List

Written by Lisa Robins

Sunday, 21 April 2013 13:16 - Last Updated Sunday, 21 April 2013 21:39

Eating Confessions From Our Fit Mommy Expert

Get the dish on what to throw in your cart during the infamous Mommy mad dash grocery runs

"What do you eat?", hands-down, is the most common question people ask me. At the gym, while running into friends, during my mad dash up and down the grocery aisles... even inquiring eye balls at this past weekend's party were locked on my plate, which truly, is definitely not of my favorite fact finding encounters!

Lisa is a local [redacted] and proud Mom of 2, with a passion to inspire Moms and kids to be [redacted]. When she is not training her clients, or developing cutting-edge wellness programming exclusively for La Camarilla Racquet & [redacted], she shares her knowledge in many national fitness magazines and websites such as Oxygen, Max [redacted], M&F Hers and Brooke Burke's ModernMom.com. www.LisaRobinsFitness.com



As I pondered as to what I would submit for this week's article forum, it was obvious to me that I needed to clear up some skepticism as to what "eating clean" really means to me, and hopefully can mean something to all of you.

Moms are truly the busiest people in the world. A full time job that is often running simultaneously with a career and house to manage. As we run and run, we strive to take care of ourselves, but often at times, splurge on quick energy calories that are convenient and probably loaded with junk that sticks to our abs, hips and glutes. While most who truly know me will admit seeing me eat my favorite chocolate chip cookies and enjoying my pizza splurges, I do try my best, like most of you to stay focused and balanced on making smart food choices.

More often than not, the frustrated information seeker, who is usually at a plateau, reveals to me that their diet is "clean". Some will elaborate and proceed to list foods and some will not, but usually I do find myself wondering exactly what they are eating, as I continue to hear their concerns.



Eating out does not need to be off limits! My creation from a salad bar full of fresh vegetables and fish.

Moms, watch those dressings! 1 gram of fat is 9 whopping calories,

which is more than 1 gram of alcohol at 7 calories per gram!

My Fit Mommy Eating Rules

Eating clean does not allow sugar and empty calorie protein powders and bars.

Eating clean does not include processed meats such as cold cuts.

Eating clean does not include processed carbs, such as enriched breads.

Eating clean does not mean starving or depleting calories as well as cutting calories from important food groups that support optimal health.

Eating clean does not mean overloading fresh food with chemicals to make them taste better, such as aspartame or sucralose.

Eating clean is not just about eating every 3 hours... it is the food source that is important, as well.

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Eating clean does not mean you can eat as much as you want... Calories do count, no matter where they are coming from!



Splurging is ok when it supports a balanced diet. Be a healthy role model for your kids!

The Fit Mommy Food List:

Here is a list of foods that I consume on a daily basis that support a clean diet. Of course, there are many more foods that could make this list, but this is what I like to eat on a regular basis. Please keep in mind that I am allergic to dairy, so I take a calcium supplement to support this absence in my food sources.

Protein Sources:

White Meat Chicken, skinless

Fresh, Wild Fish: mostly Salmon and Mahi Mahi

Lean meats, such as Flank Steak, Filet, Bison, Extra Lean Ground Beef

Eggs, organic & cage free if possible

100% Egg Protein Powder

Complex Carb Sources:

Ezekial Bread

Gluten-Free Oatmeal

Quinoa

Brown Rice

Sweet Potatoes, Yams

Brown Rice Cakes

Fat Sources:

Extra Virgin Olive Oil

Coconut Oil

Raw Nuts—Almonds, Walnuts

Raw Almond Butter

Flax Seed Oil

Avocado

Fresh Fruits & Vegetables, Herbs

Apples

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Berries

Pink Grapefruit

Red Grapes

Butternut Squash

Broccoli

Asparagus

Spinach

Red Peppers

Tomatoes

Romaine lettuce

Field Greens

Basil, Cilantro

Lemons—at night with hot water!

My Eating Rules

I never skip breakfast or a meal for that matter, I'm too hungry!

I eat every 3 hours.

I have protein at every meal.

I never mix my complex carbs with fats, unless I am trying to gain weight.

I try to focus on eating to live, rather than living to eat, although I do LOVE food!

I treat myself to my favorite foods and save those times for the weekend.

Finally... My Mantra on Losing Weight:

East LESS and train MORE!