



Welcome to Yoga Health Coaching. We're all about you helping you make the habit changes required to experience:

- Better energy
- Deeper sleep
- A body that feels younger as you get older.

The first tool in your toolkit is to eat an earlier dinner, or a lighter dinner.

Many of us eat after 6 pm, when digestion starts to get very weak. When we eat late, we put a load on our body that detracts from a more efficient body.

If you don't eat late, but you eat too heavy at night, the same thing is true.

Lesson 1 could have also been named Lighter or Plant-Based Dinners. The rule of thumb is that our digestive fire isn't strong at night. Our human body doesn't produce much bile in the evening to burn through heavy meals, fat or protein. It's best to dinner lighter and earlier, if you want to:

- sleep deeply
- have energy the next day
- keep your body light

With all of the habits we will be upgrading during the Yoga Health Coaching program, the important thing is small, regular success.

Don't try to change your mealtime by 3 hours, or go from a 1000 calorie meal to a green salad. Go gradual. Be regular. Notice the effects.

Good luck. We've got your back.

Cate Stillman

... founder of yogahealthcoaching.com



early dinner

quick guide

by Cate Stillman... .founder of yogahealer.com

focus

Simple + yummy

Dinner needs to be easy to digest. Humans are primates, and don't produce much bile at night to digest food. Create a simple and yummy meal. The later you eat, the lighter it needs to be. Soups and salads... raw or cooked.... cold or warm, depending on season.

Plan ahead.

You have to schedule an earlier dinner. If you normally work out after work, you'll need to move it to before work. You'll have more time in the morning from going to bed earlier.

Know your triggers.

If you usually go out with friends for an 8 or 9 pm meal it's going to be a trigger when you go to make plans next. Think about other ways or times to connect with your peeps.

Set a cut-off time.

Set a time. The hard-core of you will choose dusk. Others, might simply move your ingestion cut-off time back 30 minutes, until it ends up around 6 pm most nights. Having an exception here and there is a.o.k. But, aim for the cut off to be consistent at least 5 x a week.

After Dinner Time

You will have more time after dinner when you move your dinner earlier. Take a walk in summer. Play a game or work on a fun project in winter. Go to bed early.

Visualize.

Right now take a minute and see yourself enjoying a lighter, earlier dinner. Notice how it feels to go lie down for sleep with a lighter feeling in your belly.

food

Keep the meal simple.

Dinner used to be called supper... meaning a a "little supplement". Not a show-stopper... but a little something. Soups, stews, fruit salads, green salads, marinated salads, one pot meals. Keep it simple.

Make a weekly meal plan.

If you don't plan ahead you can't change your momentum. Schedule a time each week on your day off. Put it in your schedule. Print a blank meal planner. Fill it out. Make a grocery list at the same time. Pin the planner to your fridge.

Don't snack.

You won't be hungry for an early dinner if you eat something besides a piece of fruit between lunch and dinner. Let your hunger develop for an early dinner.

Prepare food in the morning.

This one might seem impossible. Preparing food in the morning is easy when you plan ahead. You can use a rice cooker or a crock pot. You can bake root vegetables while you get ready for the day. Throw them into a blender to make soup at night.

Quick ideas:

Roast root vegetables in the morning to put on a salad for a quick dinner.

Add veggie broth cubes and hot water for a soup.

Have quinoa in a rice cooker ready when you get done from work.

Marinate a kale salad in the morning when you're making breakfast.

simple dinners

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soups

Cate's basic soup

1 Rapunzel veggie bouillon cube
2 cobs worth of corn, cut off husk
1 small zucchini
1/2 an avocado (more if you want more fat!)
pinch of cayenne
1 date
1 clove roasted garlic
1 lime, juiced with pulp
1 anaheim pepper
4 c. hot water

Blend. Garnish: 1/2 c. chopped cilantro
Add salt if your bouillon isn't salted.

Curry Squash Soup

4 cups butternut squash, chopped
1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek
1 tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. nama shoyu

Blend all in a high speed blender till smooth and creamy. **If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

warm salads

- I assume you know how to make a raw green salad. Eat those too!
- Make at least 30 minutes before eating. Or make in the morning for lunch or dinner!

4 cups thinly sliced raw greens (kale, collards, chard)
1/8 cup freshly squeezed lemon juice
1/8 cup extra virgin olive oil
1/2 teaspoon sea salt
1 cloves garlic, crushed or 1 " shredded ginger root

Options:

avocado, grated beets, grated carrots, parsley, sage, rosemary or thyme. Or cilantro, dill, lemon, balm!, pine nuts, sunflower seeds, pumpkin seeds
raw dried or fresh berries

Fennel Slaw:

2 apples, one chopped, one grated
1 fennel bulb, grated
1/2 lemon
1 carrots
1 c. green cabbage, grated
1 c. red cabbage, grated
1/2 cup dried cranberries
1/2 cup pumpkin seeds
Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.



Worldwide Association of **YOGA**
HEALTH COACHING

early dinners

accountability worksheet

What is your biggest obstacle to eating an earlier dinner?

What is your strategy around the obstacle?

What is the time you feel comfortable committing to for an earlier dinner - that is a change you know are capable of making successfully?

Can you commit to making this change 4-5 out of 7 nights a week?



What obstacles are between you + an earlier, lighter dinner?

Write them down as they arise. Bring your obstacles to class and write down the suggestions you receive that seem like a good fit.

Obstacle 1:

Strategy 1:

Obstacle 2:

Strategy 2:

Obstacle 3:

Strategy 3:

weekly meal planner

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
notes:			

Print 9 copies for 2 months