

# *Low* GLYCEMIC

## L I F E S T Y L E   G U I D E

The Cheat Sheet for a  
Lifestyle towards  
vibrant health and  
weight loss.



ASHLEY DAWES

# LOW GLYCEMIC LIFESTYLE

A low glycemic lifestyle involves consuming foods that have a **low glycemic index (GI)**. The glycemic index is a measure of how quickly carbohydrates in food raise blood sugar levels after being consumed. Foods with a high GI cause rapid spikes in blood sugar, while foods with a low GI cause slower, more gradual increases.

**Here's what we'll discuss:**

4 KEY HABITS

4-4-14 SYSTEM

LOW GLYCEMIC  
IMPACT MEALS/FOOD

GLP-1

THE TRANSFORMATION TRIBE



# 4 KEY HABITS

These four key habits are foundational for maintaining overall health, supporting fitness goals, and enhancing well-being.



**100 ounces of water a day:** Keeps you hydrated, boosts energy, aids digestion, and supports healthy skin.



**10,000 steps a day:** Promotes heart health, burns calories, strengthens muscles, and lifts your mood.



**7-9 hours of sleep:** Essential for recovery, balances hormones, improves mental clarity, and helps with weight control.



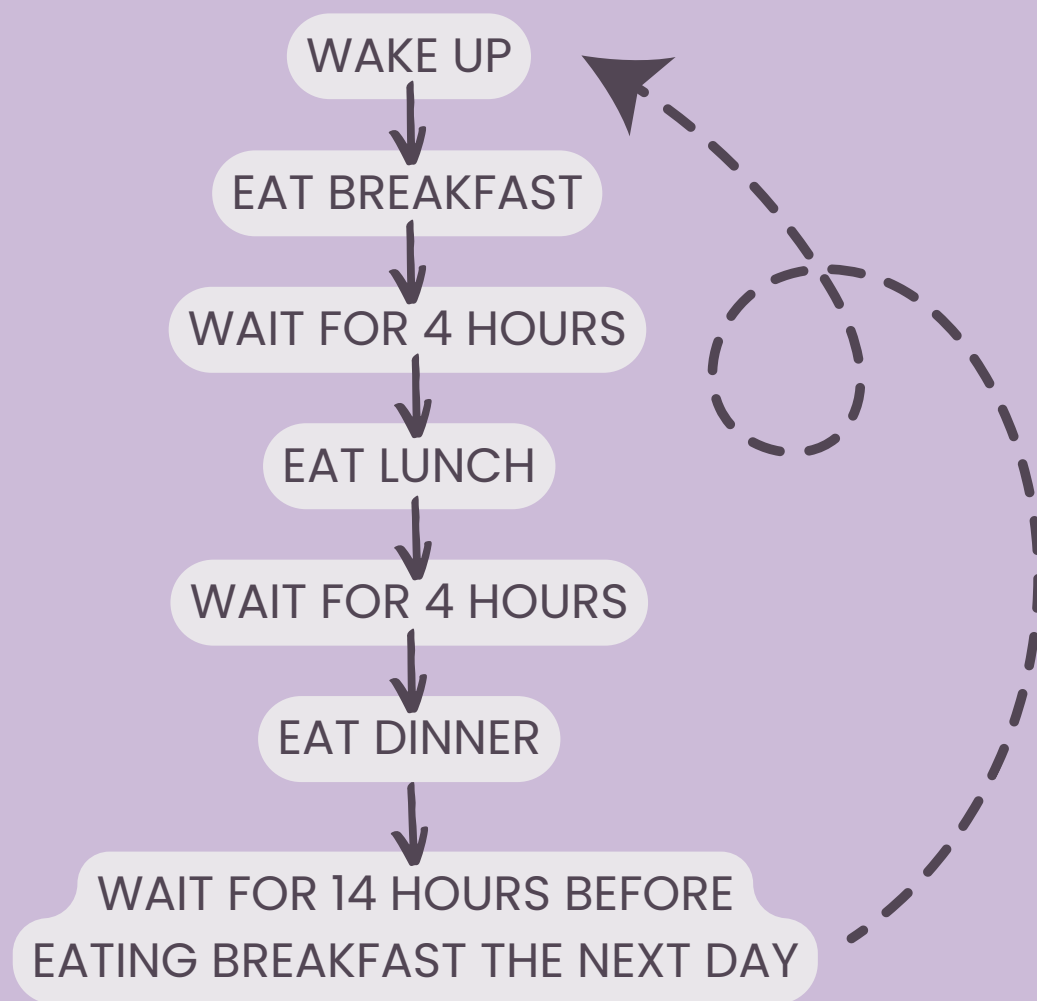
**100g of protein a day:** Builds and repairs muscle, boosts metabolism, and keeps you feeling full longer.

These habits can help individuals meet health and fitness goals, promote longevity, and enhance daily well-being, making them core elements of a balanced lifestyle.

# 4-4-14 System

The 4-4-14 System is basically **a form of intermitted fasting**. This keeps you away from blood sugar fluctuations, and gives your digestive system the break it needs.

## IT GOES LIKE THIS:



It may be difficult at first, but eventually, your cravings will lessen drastically and you will feel fuller much longer.

**Here's the trick: just eat until you're full!**



# Low Glycemic Foods

Low glycemic foods have a slower impact on blood sugar levels, making them great for steady energy and better blood sugar control.

## Here are some Low Glycemic Foods you can eat!

### Vegetables:

Artichoke	Jicama
Arugula	Kale
Asparagus	Kohlrabi
Baby corn	Leeks
Bamboo shoots	Lettuces
Bean sprouts	Mushrooms
Beets	Nopal
Bell peppers	Okra
Bok choy	Onion (all)
Broccoli	Pea pods
Broccoli rabe	Peppers
Brussel sprouts	Pumpkin
Cabbage	Radicchio
Carrot	Radish
Cauliflower	Rhubarb
Celery	Rutabaga
Chayote	Spaghetti
Cucumber	squash
Daikon	Spinach
Edamame	Sprouts
Eggplant	Sugar snap
Endive	peas
Fennel	Swiss chard
Greens (all leafy greens)	Tomatillo
Green beans	Tomato
Hearts of palm	Turnip
	Watercress

### Fruits:

Apple  
Apricot  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Dates  
Figs  
Grapes  
Grapefruit  
Guava  
Honeydew  
Nectarine  
Nopal  
Orange  
Papaya  
Peach  
Pear  
Prunes  
Raspberries  
Strawberries  
Watermelon

### Animal Proteins:

All animal meats  
Beef  
Bison  
Chicken  
Deer  
Eggs  
Fish & seafood  
Lamb  
Pork  
Quail  
Turkey

### Fats:

Avocado  
Butter  
Coconut  
Cooking oils  
Nuts & nut butters  
Olives  
Seeds & seed butters

### Grains:

Barley  
Brown rice  
Durum wheat  
Israeli couscous  
Quinoa  
Whole wheat varieties

### Beans & legumes:

chickpea, lentil, & edamame pasta

### Others:

Dairy products (no sugar-added)  
Mayonnaise  
Tofu products  
Sweet potato, boiled  
Potato, served cold  
Vinegar

# High Glycemic Food Alternatives

Swap out high glycemic foods for healthier alternatives like whole grain bread, quinoa, sweet potatoes, and berries to help stabilize blood sugar levels and maintain energy throughout the day.

WHITE BREAD	→	WHOLE GRAIN/SOURDOUGH
WHITE RICE	→	QUINOA/BROWN RICE
REGULAR PASTA	→	WHOLE WHEAT/CHICKPEA PASTA
POTATOES	→	SWEET POTATOES/CAULIFLOWER
CORNFLAKES	→	OATMEAL/BRAN CEREAL
SUGAR	→	STEVIA/MONK FRUIT SWEETENER
INSTANT OATMEAL	→	STEEL-CUT OATS
FRUIT JUICES	→	WHOLE FRUITS
CAKES AND PASTRIES	→	NUTS, SEEDS, OR DARK CHOCOLATE (IN MODERATION)



# Low Glycemic Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast:</b> Oatmeal with protein powder and cherries on top  <b>Lunch:</b> Lemon Garlic Chicken Thighs  <b>Dinner:</b> One Pan Salmon with Green Beans & Roasted Tomato	<b>Breakfast:</b> Veggie Omelette  <b>Lunch:</b> Roasted Sweet Potato & Brussels Sprouts Salad  <b>Dinner:</b> Roasted Winter Vegetables with Tahini Drizzle	<b>Breakfast:</b> Greek Yogurt Parfait  <b>Lunch:</b> Greek Chicken Bowl  <b>Dinner:</b> Egg Roll in a Bowl	<b>Breakfast:</b> Avocado Sweet Potato Toast with Poached Egg  <b>Lunch:</b> Turkey Zucchini Boats  <b>Dinner:</b> One Pan Salmon with Green Beans & Roasted Tomato	<b>Breakfast:</b> Oatmeal with protein powder and cherries on top  <b>Lunch:</b> Lemon Garlic Chicken Thighs  <b>Dinner:</b> Roasted Sweet Potato & Brussels Sprouts Salad	<b>Breakfast:</b> Greek Yogurt Parfait  <b>Lunch:</b> Greek Chicken Bowl  <b>Dinner:</b> Egg Roll in a Bowl	<b>Breakfast:</b> Avocado Sweet Potato Toast with Poached Egg  <b>Lunch:</b> Turkey Zucchini Boats  <b>Dinner:</b> Roasted Winter Vegetables with Tahini Drizzle

This balanced low glycemic meal plan is designed to stabilize blood sugar levels while offering a variety of delicious and nutrient-dense meals. By incorporating a mix of whole grains, lean proteins, and plenty of fresh vegetables, the plan provides sustained energy throughout the day without spiking blood sugar.

Each day starts with a nourishing breakfast to kickstart your metabolism, followed by a satisfying lunch and a flavorful, wholesome dinner.

**Do you want access to 100 recipes and a  
15 minute coaching call with me?**

**Text BLUEPRINT TO (970) 507-8599**

## 50 Foods with 20g Protein Under 200 Calories

Food	Protein (g)	Calories
Grilled Chicken Breast (3 oz)	20	165
Turkey Breast (3 oz)	20	135
Tuna (in water, 3 oz)	20	90
Egg Whites (10 large)	20	100
Low-Fat Cottage Cheese (1 cup)	20	160
Nonfat Greek Yogurt (1.5 cups)	20	130
Whey Protein Isolate (1 scoop)	20	100
Seitan (3 oz)	20	120
Cod (4 oz)	20	90
Tilapia (4 oz)	20	100
Shrimp (4 oz)	20	100
Turkey Jerky (2 oz)	20	160
Beef Jerky (2 oz)	20	160
Tempeh (4 oz)	20	180
Edamame (1.5 cups)	20	190
Quest Bar (1 bar)	20	190
ONE Bar (1 bar)	20	180
Pure Protein Bar (1 bar)	20	200
Pork Tenderloin (3 oz)	20	140
Ham (lean, 3 oz)	20	110
Lobster (4 oz)	20	110
Crab (4 oz)	20	100
Scallops (4 oz)	20	100
Venison (3 oz)	20	150
Bison (3 oz)	20	150
Egg White Omelette (made w/ spray)	20	110
Low-Fat Ricotta (1 cup)	20	160
Protein Pancake (low-cal mix, 1 serving)	20	190
Protein Ice Cream (low-cal brand)	20	180
Cottage Cheese Pancake (low-cal)	20	170
Salmon (wild, 3 oz)	20	180
Mahi Mahi (4 oz)	20	120
Haddock (4 oz)	20	110
Chicken Sausage (low-fat, 2 links)	20	180
Duck Breast (lean, 3 oz)	20	160
Quark (1 cup)	20	150
Kefir (unsweetened, 2 cups)	20	140
Tofu (extra firm, 6 oz)	20	160
Soy Protein Powder (1 scoop)	20	110
Pea Protein Powder (1 scoop)	20	120
Lentil Pasta (1 cup cooked)	20	190
Black Bean Pasta (1 cup cooked)	20	190
Protein Oatmeal (1 serving)	20	180
Protein Hot Chocolate (1 serving)	20	150
Protein Muffin (low-cal)	20	180
Protein Waffle (low-cal)	20	170
Clams (4 oz)	20	120



# Ready to take control of your health?

You don't have to do this alone — and you don't have to overhaul your whole life overnight. Small, consistent changes can create powerful results... and I'm here to help you every step of the way.

Start by joining our **private Facebook community**, where you'll find daily support, real-life tips, and other women on the same journey toward sustainable wellness. It's where accountability meets encouragement — and trust me, you'll feel right at home.

**Ready for a QUICK reset?** Grab my 5-Day Rapid Reset — a simple 5 day program that helps you drop on average 5 or more pounds in 5 days. Get rid of digestive bulk, fat, water weight and puffiness and cut those sugar cravings!

**Ready to go ALL IN?** These are my go-to tools for next-level results:

**Nueva Body** — a powerful daily wellness formula with cutting-edge ingredients that support metabolism, energy, and cellular repair

**Nueva Nitro** — think focus, blood flow, and performance support in one delicious drink

**Snow Collagen** — beauty and wellness from the inside out: skin, joints, gut, and hormone support, all in one scoop

**Have questions?**  
**Message me on Facebook or**  
**text me at (970) 507-8599**