



# ***3 Nutrition Secrets For a Healthy, Balanced & Fun Life***

How to Start Seeing Real  
Results—Even If You've  
Tried Everything

# *It's time to get back in the game!*



*When was the last time you felt truly FREE in your body?*

*The last time you genuinely ENJOYED your food?*

*The last time you woke up feeling ENERGIZED and strong?*

**My name is Dawn McGee—and if you're ready to stop living your life from the sidelines, I'm here to help you fix your relationship with food, find a wellness strategy that works, and get back in the game.**

If you're like most of my clients, you might:

- ✗ Equate thinness with wellness.
- ✗ Believe carbs are the enemy.
- ✗ Hate working out, because the gym is miserable.
- ✗ Diet and exercise into oblivion, and still fall short of results.

Sound familiar? This is because toxic diet culture has filled our heads with lies about what it means to be “healthy.” We believe there’s a “finish line.”. A mythical “good enough”—and that if we could only reach it, we would finally be satisfied.

But here's the big secret, right out of the gate. There is NO finish line! Your wellness is a lifelong journey.

In this guide, you're going to learn 3 of the biggest nutrition secrets busy professionals like you can use to get back on track, start seeing results fast, and create a fun-filled, freedom-centered wellness strategy.

# *First things first...*

## Why Diets Don't Work—And What You Should Pay Attention To Instead

There's nothing more discouraging than minding every bite and counting every step according to the latest "diet"... only to realize that you're still exhausted, the scale hasn't budged, and you actually feel worse after putting in all that effort.

**And yet, this is exactly how most diets go. Because—to put it bluntly —diets don't work.**

Sure, your best friend may have had success with that program that promises to be different than all the others. And who among us hasn't leaned on the latest fad (\*ahem\* cabbage soup, stewardess diet, or juice cleanse, anyone?) to lose 5 pounds fast before a special event?

But the objective truth is that any program that requires you to deprive yourself, set hard limits, or maintain standards that don't fit your default lifestyle cannot last for the long term.

**Instead, improving your overall health requires a shift in lifestyle. Feeling stronger, more energetic, and more like yourself means leading a well-rounded life that...**

- + Allows for joy and freedom with your food choices.
- + Incorporates fun, sustainable movement routines.
- + Prioritizes mental wellness & keeps stress at bay.

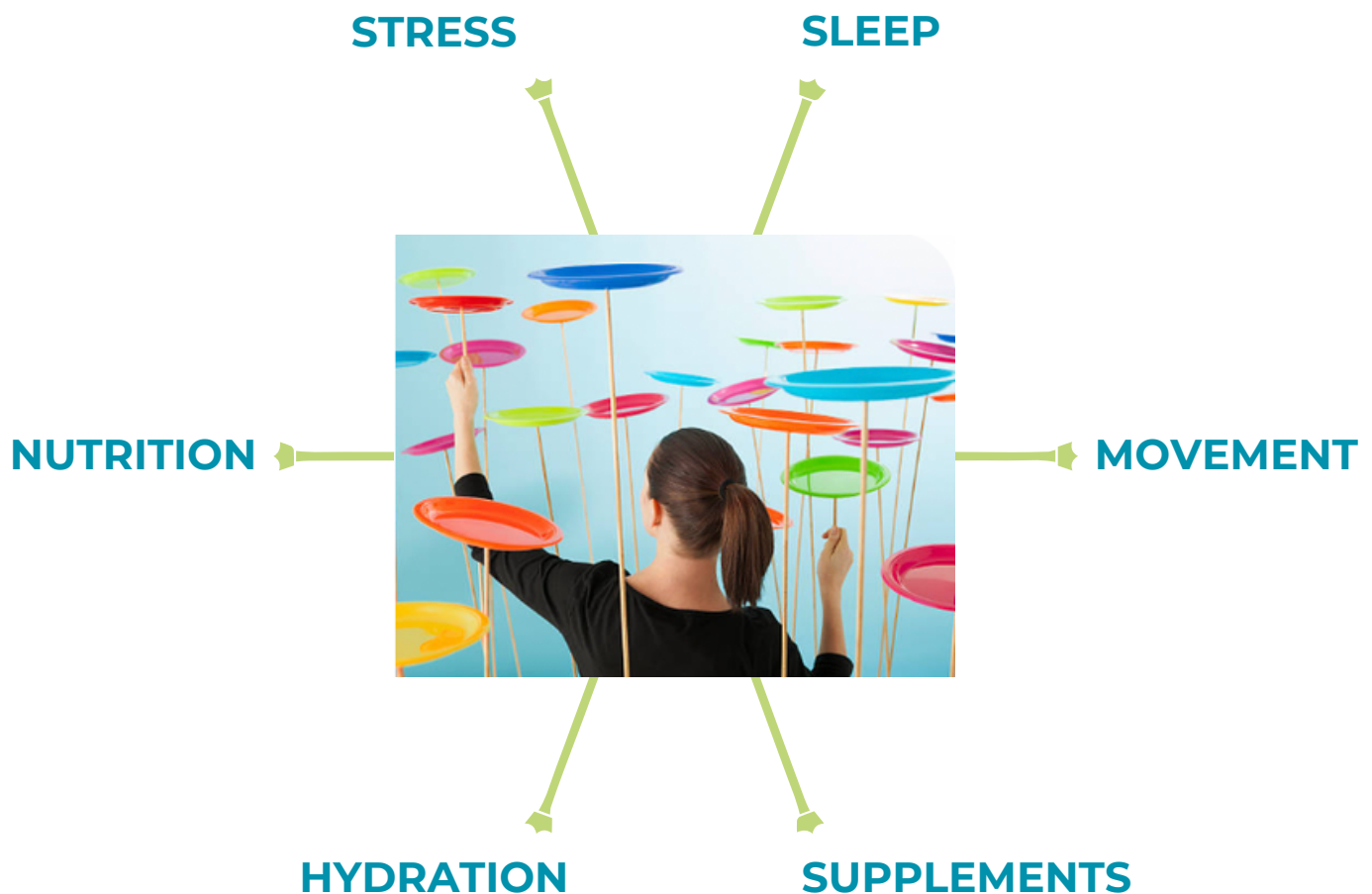






# Where to start?

## The 6 Spinning Plates of Wellness



Most diets and work out programs focus on two pillars of wellness—food and exercise. While both of those things are important, they're far from the whole picture!

If you're exhausted with the diet hamster wheel and want to finally feel at home in your body and at peace with your health—it starts with zooming out and refocusing on the big picture.

While you might not be able to set all of these plates spinning overnight, work on one or two categories at a time until you've got all 6 spinning. This is the key to finally seeing the transformation you crave.







# **3 Nutrition Secrets For a Healthy, Balanced, & Fun Life**



**SECRET #1:**  
*Enjoying your food now does NOT have to mean paying for it later.*

How many times have you found yourself enjoying that extra slice of pizza or glass of wine, when all of a sudden, that intrusive thought shows up:

*"This is going to mean extra time at the gym tomorrow. UGH."*

From date night to office birthday celebrations, life is full of opportunities to enjoy delicious food... and you should be able to enjoy the foods you love, guilt-free!

**MINDSET SHIFT:**  
*You don't have to earn your food!*

# *Enjoy the Foods You Love:* **Skip the Shame & Suffering**



Unlock a more balanced lifestyle with these simple shifts...

- **Remember: There's no such thing as good or bad foods.** There are just the choices we make. And if you don't like the results you're getting, then make different choices.
- **Listen to your body's cues.** When your body is genuinely hungry, feed it. When it says it's satiated—take that as your cue for a natural stopping point.
- **Allow yourself to feed your soul.** There will be times when your body craves a grilled chicken salad or a bowl of fresh fruit. There will be other times when your soul craves that slice of chocolate cake or a juicy hamburger off the grill. Both cravings are valid! And remember—it's not either/or. As you go forward on this journey, you'll learn that healthy-yet-delicious foods can nourish your body *and* soul.

# ***Behind the Scenes:***

## **How I Ate My Way Through Italy Without Gaining a Pound**



Traveling (for business and for pleasure!) is one of my greatest joys. Over the years, I've developed the perfect system for eating my way across any country without compromising on my health goals.... Yes, even Italy! Land of pasta and wine.

To be clear, the scale is only one data point and NOT the ultimate indicator of whether you're healthy. There are plenty of unhealthy thin people, and it's totally normal if your weight fluctuates due to many factors. However, because I travel so often, I try to be just as conscious of how I'm fueling my body when I'm traveling as I would when I'm home.

### **5 Secrets to Healthier Travels**

**Secret #1: The PFC Lifestyle** > Balancing your protein, fats, and carbs is a game-changer! Learn more about this method on page 8.

**Secret #2: Mindful Eating** > Get in touch with your body's satiety cues, and you can savor all your favorite foods without over-indulging.

**Secret #3: Physical Activity** > My top travel hack is to walk between destinations as often as possible!

**Secret #4: Quality Ingredients** > Foods with more whole ingredients and less processing will reduce inflammation and improve digestion.

**Secret #5: Wine Selection** > This one's for my fellow wine-lovers. As often as possible, I opt for better-quality wines. Just like choosing better ingredients in your food, this switch will help you avoid the bloat and hangover.



## SECRET #2:

There are dozens of strategies for creating balanced meals—even if you're not doing the cooking!



## MINDSET SHIFT:

a PFC lifestyle makes it easy to adapt any meal, under any circumstances.

Raise your hand if you sometimes have an all-or-nothing attitude around healthy eating!

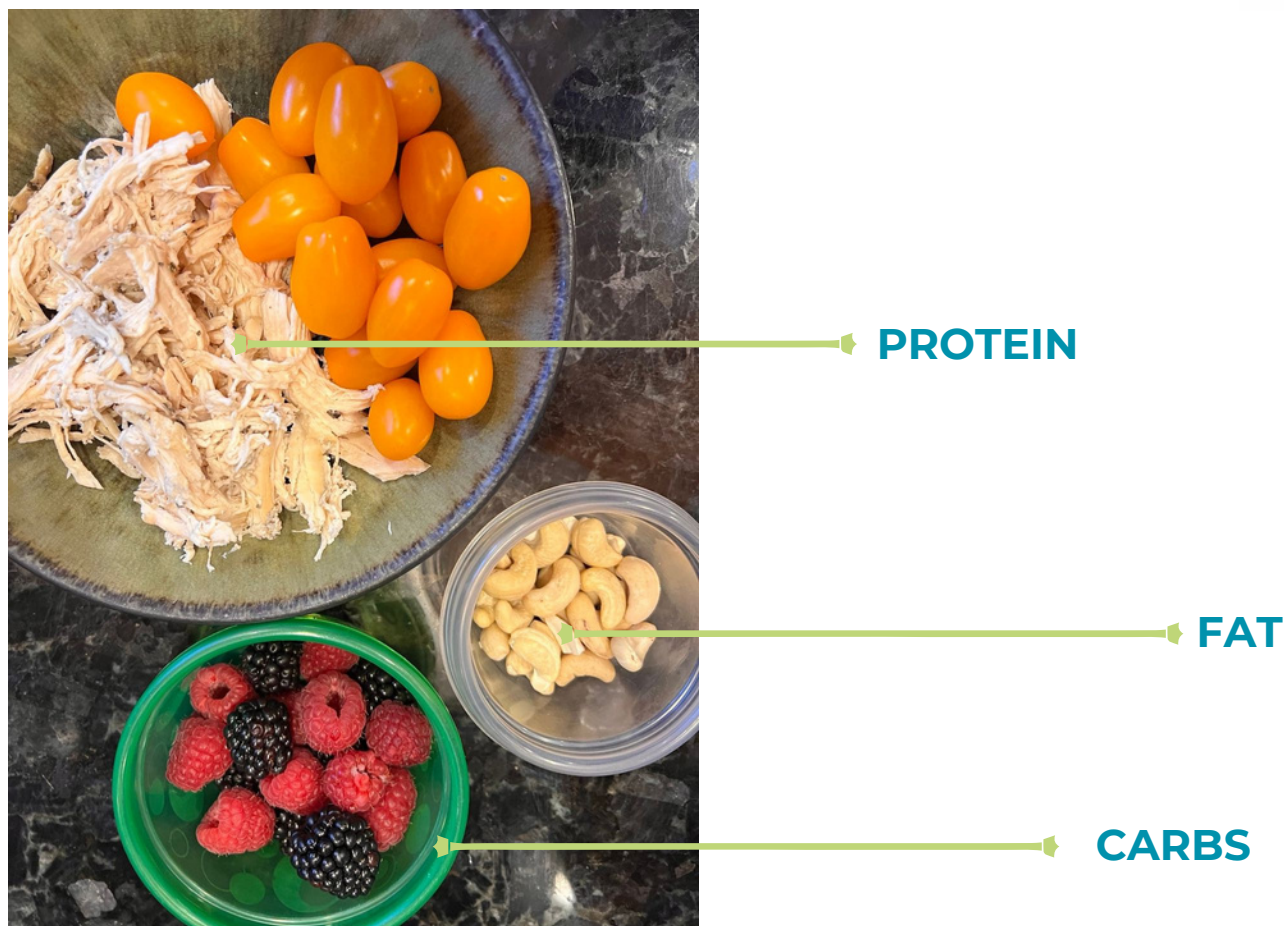
For many people, eating a balanced diet feels incompatible with living in a home where someone else is doing the cooking—and let's not even talk about the struggles of dining out.

In reality though, you can create a balanced meal no matter what situation you're in! It all comes down to understanding how to balance your protein, fats, and carbs...



# *The PFC System:*

## What It Is & Why It Works



The PFC System is my not-so-secret weapon for sustainable nutrition under literally any conditions. Simply put, this approach focuses on stabilizing your blood sugar by balancing the protein, fat, and carbs (PFC) in each meal, rather than sticking to a deprivation-based diet.

With PFC, you eat within an hour of waking up and have balanced meals every three to four hours until about an hour before bedtime. This keeps your blood sugar stabilized all day long—which means you'll feel happy, satisfied, and energized, without ever having to sacrifice your favorite foods or stress about sticking to a diet plan!

# *Dining Out:*

## Navigating Restaurants, Parties, & More With PFC



It's hard to beat a fabulous meal—especially when that meal is served up at a beautiful restaurant or fun-filled gathering! And yet, these situations are some of the most challenging for those of us looking to maintain a healthier lifestyle.

Through decades of social soirees and corporate events, I've carved out tons of no-fail strategies for making smart choices when eating away from home. Here are 5 of my favorite go-tos!

### 5 Tips For Dining Out Sans Guilt

**Tip #1: Never Show Up Hungry** > Contrary to what you've been taught, having a half of a PFC meal before heading out won't ruin your appetite—but it will save you from making hanger-induced decisions.

**Tip #2: Order a PFC Snack With Your Drink** > Grabbing a cocktail? Tack on a PFC-balanced bite to keep your blood sugar steady while you sip.

**Tip #3: Alternate With Water** > If you're going to enjoy a few alcoholic beverages, alternate each with a glass of water to stay hydrated and avoid unplanned over-indulgence.

**Tip #4: Bring Your Own Dish** > Heading to a barbecue or company picnic? Bring a PFC-friendly dish to ensure you have at least one great choice!

**Tip #5: Remember: Starting Over Doesn't Exist** > Even with the best intentions, there will be times when you ditch your plan... and that's ok! Your health is a journey, not a race to be won. Just keep moving forward. Your next PFC meal is just 3 hours away!





**SECRET #3:**  
Supplements  
are not a  
replacement  
for a healthy,  
well-balanced  
nutrition plan.

Despite what diet culture would have us believe, there's no such thing as a magic pill when it comes to your health! Supplements can be an amazing asset to your healthy lifestyle, but they shouldn't be your first priority.

Instead, use supplements to fill in nutritional gaps that may be difficult to fill through food alone—eg, omegas, Vitamin D, or fiber. You can also use supplements to fill in lifestyle gaps. For example, if you normally skip breakfast, a PFC shake is a better option than eating nothing.

When selecting supplements, make sure you're choosing products with high quality ingredients. Avoid artificial sweeteners, and remember—protein shakes/bars are supplements, not your all-day meal plan!

**MINDSET  
SHIFT:**  
Supplements  
are just that—  
supplemental  
to your  
healthy  
lifestyle!



# Looking At the Whole Picture: Why Food & Exercise Aren't Enough



If there's anything you take from this guide, let it be this—the biggest shift you can make in improving your health is balancing ALL the major components of a healthy lifestyle... Not just food and exercise.

If nutrition is your biggest struggle at the moment, that's a great place to start. Food will always be your foundation. Other factors like sleep, hydration, stress levels, and even accountability/connection with others will also have a massive influence on your health journey.

If you're fueling your body intentionally, moving every day, and still not seeing the results you want—go back to page 5 and figure out which of your 6 plates may have stopped spinning the way you want.



# *Yes, you can!*

*...Enjoy more natural energy and vitality, at any age, under any circumstances.*

*...Lead a healthy lifestyle, even with your crazy schedule and career obligations.*

*...Build wellness habits that support a long life full of fun and freedom.*

If you're ready to get serious about creating a personalized wellness strategy that actually works, I'm here to help.

From corporate professionals, to on-the-go entrepreneurs, to overwhelmed parents—my specialty is helping people just like you create healthy habits that fit into your schedule and set you up for success.

Curious what working together privately or in one of my programs could look like? Reach out today for a complimentary health assessment!

On our call, we'll chat about your health goals, your biggest obstacles, the PFC method, and whether I might be the right mentor to guide you into the next chapter of your health journey. Can't wait to speak with you!

**[Book Your Free Call](#)**



# *Let's Stay In Touch!*



Dawn McGee is a Nutrition Evangelist & Wellness Strategist on a mission to help busy professionals get off the sidelines and start living life to the fullest again.

Ready to make your health a priority and put the fun back into being healthy? Get in touch or learn more about working with Dawn at the links below!

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