



Eat Clean, live Mindfully and
recapture your
Wellness

Thank you so much for
downloading this guide.

Hello, My name is *Leandro Pucci*
MS, CNS®, CKNS®, LDN, DCNs

I am an Integrative Clinical Nutritionist and Certified Ketogenic Nutrition Specialist. My passion is to empower people to take charge of their health and wellness using food, exercise, and lifestyle changes as medicine, following a functional approach to nutrition assessment. I specialize in low-carb and targeted nutrition solutions for people dealing with metabolic imbalances.

**How to Eat CLEAN, live Mindfully
and recapture your Wellness?**



I am going to suggest
5 STRATEGY
that you can implement to
achieve this goal.

Strategy #1

CHOOSE your food wisely, with care and compassion. Look for local, seasonal, fresh, and organic (when possible) foods.

Eat the RAINBOW every day. Pick lean proteins from grass-fed and grass-finished beef, wild-caught cold-water fish, hormone-free, pasture-raised poultry and eggs. Supporting your local Farmers Market would be an excellent way to Buy most of your foods and healthy treats.





Strategy #3

EAT REAL FOOD stay away from highly processed foods.

Tip: If a label has more than 3-5 ingredients, it is a highly processed food.

Increase your intake of dark-green-leafy vegetables (kale, collard greens, beet greens, arugula, radish greens, and so much more).

Enjoy your healthy fats! Foods like avocados, nuts, olives, seeds, olive oil, coconut oil and ghee.



Strategy #4

ADD spices and herbs to your food.

Take quality supplements.

Sleep more.

Drink more (fresh and pure) water every day.

Engage in more Exercise and Fun Times with your family and friends. Find more time for yourself: meditate, paint or dance!

Take deep Breaths!

Add some Adventure to your life by exploring new things, new places and new foods!





Strategy #5

NOW is the perfect time to start making little changes to your lifestyle and foods. Do not wait until Monday or The New Year. This is your life, take control of your health and go for it. If you want to listen and understand your body, know your strengths and your limits to make positive changes, book a free Discovery Call session with us.





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