

Small Changes, Big Results

10 micro-habits for weight loss

Dr. RACHEL PAUL
PHD, RD.

Welcome!

USING THIS GUIDE

Micro habits are small, easy-to-implement changes that can add up to significant weight loss over time. Check off any of these micro-habits you think you could try.

Rachel.



All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of Rachel Paul. This guide is for the recipient ONLY.

The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide Is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions There may be affiliate links In this document, meaning the company may get a small commission If you click on a link.

1. Eat a protein-rich breakfast to stabilize your blood sugar and reduce cravings throughout the day.

Here are easy breakfasts with about 30 grams of protein each:



Copycat Starbucks Egg Bites

410 CALORIES

6g	30g	26g
Carbs	Protein	Fat

Fiber 0g | Added Sugar 0g

Ingredients

- **2 Egg, large** - 144 calories
- **¼ cup Monterey jack cheese, shredded** - 114 calories
- **¼ cup Ricotta cheese, part-skim** - 108 calories
- **¼ tsp Salt** - 0 calories
- **¼ tsp Pepper, ground** - 0 calories
- **1 Uncured bacon, slice** - 44 calories

Directions

1. This recipe works best when making 2-3 servings at one time.
2. Preheat the oven to 425 degrees F.
3. Cut bacon with scissors into small pieces. Fry in pan on stovetop for 8-10 minutes on low heat, mixing frequently.
4. In a bowl, whisk eggs. Add in cheeses, seasonings, and bacon.
5. Spray a muffin tin with an oil spray, and add egg mixture (one serving of the ingredients in this recipe = about 3 muffins).
6. Cook for 25+ minutes. Insert fork or toothpick into egg muffins to see if it comes out clean (then you know it's done).



French Toast Sammie and Berries

STARCH FRUIT 380 CALORIES

34g	32g	12g
Carbs	Protein	Fat

Fiber 10g | Added Sugar 1g

Ingredients

- **1 Bread, thick, slice** - 110 calories
- **2 Egg, large** - 144 calories
- **¼ tsp Vanilla** - 0 calories
- **⅓ Tbsp Milk, 2% (Tbsp)** - 3 calories
- **¼ tsp Cinnamon** - 0 calories
- **1 cup Raspberries, fresh** - 64 calories
- **2 oz Deli slices, turkey** - 60 calories

Directions

1. Combine one egg, vanilla, milk, and cinnamon in a bowl.
2. Whisk with a fork until smooth.
3. Spray a pan with an oil spray and put on medium heat.
4. Soak both sides of bread in mixture and place in pan. Top with rest of mixture if not all soaked up.
5. Cook ~3 minutes each side, until mixture has been soaked up.
6. While toast is cooking, spray a second pan with an oil spray. Crack in egg, then flip when cooked most of the way through. Let cook for another 30-60 seconds, then remove from heat and place on top of bread.
7. Add turkey. Fold bread over & make a sandwich if you like.
8. Serve berries on the side.
9. Note: 1/3 Tbsp = 1 tsp. No dairy? Use any other kind of milk, or go without milk.



Shrimp Quesadillas

STARCH 436 CALORIES

41g	43g	12g
Carbs	Protein	Fat

Fiber 5g | Added Sugar 0g

Ingredients

- **2 Tortilla, whole wheat or corn, small** - 120 calories
- **5 oz Shrimp, fresh or frozen** - 140 calories
- **⅓ cup Cheese, shredded, mozzarella** - 112 calories
- **2 Cucumber, small** - 64 calories
- **⅛ tsp Red pepper flakes** - 0 calories

Directions

1. Spray pan with an oil spray
2. Stir fry shrimp, drain away any excess liquid
3. Add shrimp, cheese, and red pepper flakes to one half of tortillas, fold over
4. Bake in toaster oven, microwave, or in pan (flipping over after ~3 minutes on each side on low/ medium heat) until cheese has melted
5. Have cucumber slices on the side
6. No dairy? Try a dairy-free cheese, guacamole, or refried beans. No shrimp? Use chicken, tofu, or another fish (e.g. tuna). Gluten free? Use gluten-free tortillas, e.g. corn.



Tomato Tuna Melts

459 CALORIES

5g	42g	30g
Carbs	Protein	Fat

Fiber 2g | Added Sugar 0g

Ingredients

- **1 Tomato, medium** - 22 calories
- **1 Tuna, canned (1 can)** - 120 calories
- **2 oz Cheese, sliced, cheddar, full fat/ regular** - 220 calories
- **1 Tbsp Mayonnaise (Tbsp)** - 97 calories
- **¼ tsp Everyday seasoning** - 0 calories

Directions

1. Preheat the oven to 400 degrees.
2. Slice tomato into ~4 slices.
3. Mix tuna and mayo and add to tomatoes.
4. Bake for 5 minutes.
5. Turn oven to broiler.
6. Take tomatoes out of the oven, top with 1/2 slices of cheese.
7. Broil for 1-2 minutes.
8. Notes: Alternatively, do the same steps but in the toaster oven! No dairy? Use a dairy free cheese or have some avocado on the side.

2. Have a protein-rich snack before bedtime to control nighttime hunger.

Here are 5 late-night snacks with 20 grams of protein or more.



Zucchini Pizza Boats

442 CALORIES

18g	26g	29g
Carbs	Protein	Fat

Fiber 5g | Added Sugar 0g

Ingredients

- **2 Zucchini, medium** - 66 calories
- **¼ cup Tomatoes, canned, crushed** - 13 calories
- **⅔ cup Cheese, shredded, mozzarella** - 224 calories
- **1 oz Pepperoni** - 140 calories
- **¼ tsp Salt** - 0 calories
- **¼ tsp Italian seasoning** - 0 calories

Directions

1. Preheat oven to 400 degrees F.
2. Cut off ends of zucchini and slice them in halves.
3. Optional, but recommended: with a spoon scoop out a little of the zucchini insides (you can throw them out or stir fry them separately).
4. Layer in tomatoes, cheese, pepperoni, and seasonings into your halves.
5. Bake for 10 minutes, then broil for 2 minutes.
6. Enjoy!



Spicy Stuffed Chicken Tenders

262 CALORIES

2g	30g	13g
Carbs	Protein	Fat

Fiber 0g | Added Sugar 0g

Ingredients

- **4 oz Chicken breast tenders, raw** - 130 calories
- **2 Tbsp Cream cheese, whipped (Tbsp)** - 66 calories
- **⅛ cup Cheese, shredded, mozzarella** - 56 calories
- **1 tsp Hot sauce (tsp)** - 0 calories
- **2 tsp Taco seasoning** - 10 calories

Directions

1. Cut a slit into chicken breast tenders
2. Mix together cream cheese, taco seasoning, and mozzarella
3. Stuff cream cheese mixture into chicken
4. Top with taco seasoning
5. Air fry or bake for 12 minutes at 400 degrees F
6. No dairy? Swap this meal out for another
7. Note: for the chicken tenders I have access to, 2 oz chicken = 1 chicken tender



Strawberry Cheesecake Cottage Cheese Ice Cream

STARCH FRUIT 289 CALORIES

32g	28g	8g
Carbs	Protein	Fat

Fiber 3g | Added Sugar 4g

Ingredients

- **1 cup Cottage cheese, 2%** - 180 calories
- **6 tsp Stevia** - 0 calories
- **1 cup Strawberries, fresh** - 50 calories
- **1 Graham crackers** - 59 calories

Directions

1. Dice strawberries and crush graham cracker into small pieces.
2. In a blender or food processor, blend together cottage cheese, 3/4 of your strawberries, and your sweetener until smooth.
3. Add your blended mixture to a freezer safe container, and top with the rest of your strawberries and graham crackers.
4. Freeze for 3 hours, enjoy!
5. No dairy? Swap this recipe for another.
6. Inspired by @lainiecooks_



Buffalo Chicken Dip

357 CALORIES

8g	34g	19g
Carbs	Protein	Fat

Fiber 1g | Added Sugar 0g

Ingredients

- **4 oz Rotisserie chicken** - 200 calories
- **1 oz Yogurt, plain, Greek, 2%, from tub** - 21 calories
- **1 Tbsp Cream cheese, whipped (Tbsp)** - 33 calories
- **3 Tbsp Cheese, shredded, cheddar (Tbsp)** - 90 calories
- **1 tsp Buffalo sauce** - 5 calories
- **⅛ tsp Ranch seasoning** - 0 calories
- **½ cup Celery stalks, chopped in half** - 8 calories

Directions

1. Dice chicken.
2. Mix all ingredients (aside from celery) together.
3. When you're ready to eat, microwave for 60-120 seconds.
4. Dip celery into your dip.
5. Note: Hot sauce instead of buffalo sauce is fine.
6. No meat & dairy? Swap this meal out for another.

3. Add vegetables to your snacks.

No prep veggies: Add veggies to your snack - the easiest ones are those that don't require any prep! Think baby carrots, mini bell peppers, sugar snap peas, mini cucumbers, broccoli/cauli florets



Vegetable Chips: Buy true veggie chips for a snack like beet chips, onion chips, etc. Rhythm is a great brand, and Trader Joe's has some good options.



4. Add 1 extra serving of non-starchy vegetables to 1 meal every day.

Adding volume to our meals slows us down while eating (which makes us feel fuller, faster) and also adds fiber - which makes us feel fuller, faster. Non-starchy vegetables include:



Greens base: Put your meal (lasagna, stir fry etc.) on top of a plate of leafy greens.

Smoothies: Add spinach, kale, or cauliflower.

Omelets and egg scrambles: Mix bell peppers, onions, tomatoes, and spinach into your morning eggs.

Pasta sauce: Add in frozen carrots, bell peppers and spinach to a pot of sauce.

5. Replace 1 sugary drink (soda, sweetened coffee drink) with an unsweetened or less-sweet version.

Some of my favorite flavored drinks are Spindrift flavored seltzers kombucha (70 calories for a 16 oz bottle vs. 160 calories for a soda), and lemonade sweetened with stevia - here are packets, here are cans.









6. Order your Starbucks drink with 1-less pump of sugar.

Gradually reduce added sugar in your coffee or tea. For example - if your go-to drink contains 4 pumps of chocolate sauce, order it with 3.



7. Choose sauces and dressings with less or no added sugar.

There are some (truly) tasty options out there! Primal Kitchen and Noble Made are some of my favorite brands.



8. Portion out your food instead of eating from a bag.

I’m looking at you chocolate chips, potato chips, etc. :)







9. Buy single-serving bags of foods harder to control portion sizes.

Examples: ice cream bars, single serving bags of nuts.







10. Set “favorites” on your food delivery apps NOW of your healthy choice options.

It’s much harder in the moment to make a healthy choice - set yourself up for success.



11. BONUS! Ask for a veggie substitute

Even if it’s not on the menu, ask if you can get a veggie instead. For example, if I’m getting guac, queso, or salsa - I’ll typically ask for a side of sliced veggies instead of or in addition to chips.





These micro habits are manageable changes that can make a significant difference for weight loss over time.

Remember that consistency is key, and it's essential to be patient and realistic. If a particular habit doesn't work for you, don't be afraid to experiment and find what works best for your individual needs and preferences.



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



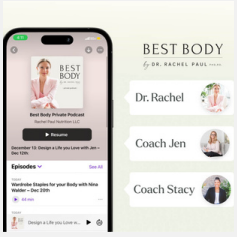
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY