

The Holistic Nutrition Workshop

THE 90-MINUTE LIVE TRAINING

THE OFFICIAL

WORKBOOK

WELCOME!



The following is your **Companion Workbook** to the
90-Minute Health-Transforming Training

**The Holistic Nutrition Workshop:
4 Steps to Rev Up Your Metabolism, Stop
Counting Calories and Finally Lose Weight**

Print out, staple, and use it for all that wonderful
note-taking!

And let's begin...

Make sure to share your progress with me by tagging me
on Instagram or Facebook

@carminamevs

THE OFFICIAL WORKBOOK

The Holistic Nutrition Workshop



I'm so glad you're here!

You didn't land on this page by accident. We're not meeting by accident.

Something in you is ready. Ready for a shift. Ready for clarity. Ready to feel better in your body—and finally stop starting over.

This workshop isn't just another "how-to" on eating healthy. It's a chance to rethink what healthy even means for you... to tune out the diet noise and reconnect with what your body truly needs to thrive.

**TRUTH
BOMB**

You don't need more willpower.

You don't need to do everything perfectly

You just need a system that works with your body—not against it.

This workbook is your companion for the journey ahead.

Use it to capture insights, lightbulb moments, and the steps that actually feel doable in your real life.

Let's do this 💪

xo,

Carmina

HOW IT ALL

»» STARTED



I HATED
this picture!

4



MY STORY: FROM FRUSTRATED TO FREE

If you've ever looked in the mirror and thought, "*How did I get here?*" – I've been there too. I know what it's like to feel like a failure because of the number on the scale.

To believe that being "*good*" meant eating less... skipping the bread... saying no to dessert...

And still—feeling exhausted, bloated, and stuck.

There were mornings I'd try on five outfits before settling on the one that felt "least bad."

I avoided photos like the plague. Buried myself under baggy layers.

I didn't feel like me. And the worst part?

No one could tell me why I felt so off. I was "doing everything right"... but my body wasn't cooperating.

»» I stopped chasing diets—and started chasing truth.

I got curious about what was really going on in my body.

I learned how food, hormones, and stress all worked together.

I experimented. I studied. I messed up. I figured it out.

And slowly, things shifted.

I didn't just lose weight.

I gained energy.

I gained peace.

I gained myself back.

Now I wake up with more ease.

I eat food that fuels me—without guilt or spreadsheets.

I show up in photos.

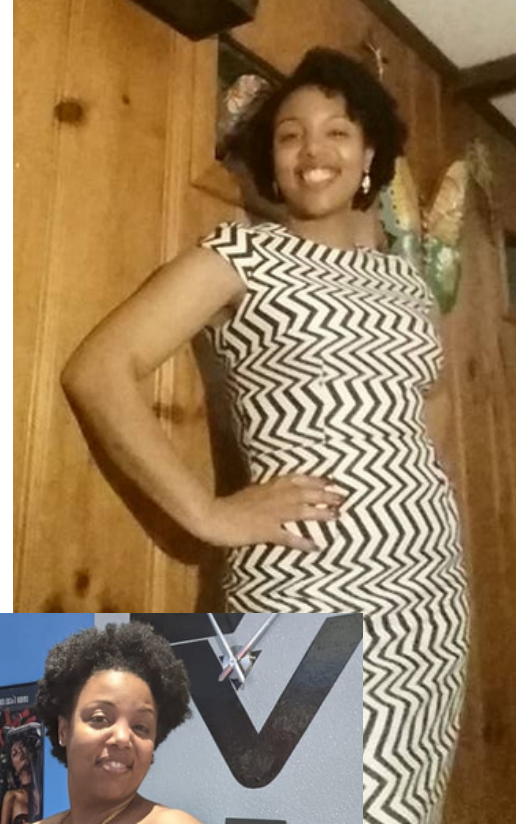
I wear the clothes I actually like.

I live like a **B.A.B.E.**— always in a state of **Becoming Aligned, Balanced, and Energized.**

This journey isn't about being perfect.

It's about creating a lifestyle you actually want to live in.

And it starts right here—with one small step.



HERE ARE JUST A FEW OF THE RESULTS THAT MY CLIENTS HAVE EXPERIENCED



“Even after completing the program, I kept losing weight because it’s a lifestyle, not a diet.” – **Beatrice**

I’ve been working with Carmina for about 12 weeks and without even trying, I’ve lost about a stone (14 lbs).” – **Harinder**



“I’ve lost weight I went below a number I never thought I would.” – **Teresa**

“I am all smiles when I’m dancing! I’ve lost weight, feel great, and have learned to enjoy food in a healthy way.” – **Karla**



“My blood sugars are in better control and I’m losing weight.” – **Marybeth**

Disclaimer: Individual Results May Vary

The success stories and testimonials shared represent individual experiences and should not be interpreted as a promise of identical results.

“I realized I had been trying to control myself instead of giving myself the freedom to choose.” ~**Sharon**

“The program was easy to follow and had many aspects that were simple to integrate into my daily routine” –**Christina**

“This program gave me something that no other nutritionist, dietitian, or doctor has given me—self-respect and the understanding that the journey isn’t about perfection.” – **Leslie**

“I lost 40 lbs without feeling stressed about it because my body is in agreement with my mind now.” – **Beatrice**

“I have more energy now than I’ve had in a long time.” – **Henrietta**

“Instead of mindlessly eating, I make better choices without feeling deprived. This program didn’t just change my habits—it gave me confidence and courage” – **Vivian**

WHY I CREATED THIS WORKSHOP

The stories you just read aren't just about weight loss.
They're about **FREEDOM**

FREEDOM

*from obsessing over food.
from second-guessing every bite.
from feeling like your body is working
against you.*

These women didn't "get lucky" and stumbled on a magic diet.

They got clear, took action—and followed a system that actually works.

And I believe the same kind of transformation is possible for you.

Here's the truth:

You are not broken.

Your body is not the enemy.

And you don't need to starve yourself to feel like yourself again.

MY GOAL FOR THIS WORKSHOP?

To give you the real answers you've been searching for—

The ones that finally explain why the weight won't budge, why your energy is flat, and why eating "healthy" isn't working anymore.

And more importantly...

To give you a simple, doable path forward—no more guessing, no more starting over.

If I only had 90 minutes to share the few critical factors that helped me and my clients turn things around—

This workshop is exactly what I would teach.

So if you're a peri-menopausal woman who's:

- ✓ Tired of gaining weight despite eating less
- ✓ Confused about what to eat (and when)
- ✓ Ready to feel at ease in your body again...

This workshop was made for you.



WHAT YOU'LL LEARN INSIDE

I'm going to walk you through four key shifts that unlock a healthier metabolism, fewer cravings, and more confidence in your food choices—without dieting or depriving yourself.

Each part of the training builds on the last, giving you the missing puzzle pieces to finally feel in control again.

PART 1

SPOT THE WEAKEST LINKS IN YOUR NUTRITION

We'll start by identifying what's actually holding you back. You'll uncover hidden gaps in your nutrition that might be slowing your metabolism, increasing inflammation, or triggering cravings... and how to fix them fast.

PART 2

RETHINK WHAT 'HEALTHY' MEANS FOR YOU

In this section, we bust myths and unpack the sneaky offenders that inflame your system and block fat loss—even when you're eating clean. You'll learn how to reduce inflammation naturally and create meals that help your body heal from the inside out.

PART 3

FLIP THE FAT-BURNING SWITCH

(Forget calorie math. Discover how to work with your body's biology to turn on fat-burning hormones. You'll walk away with three powerful strategies to steady blood sugar, fuel your metabolism, and feel full longer—no keto, no calorie counting, no stress.

PART 4

CONNECT THE DOTS FOR LASTING CHANGE

We tie it all together with a simple, holistic approach to lasting transformation. You'll learn how to shift from short-term fixes to real lifestyle upgrades—and why what you believe about food and your body matters just as much as what's on your plate.



NOTES

YOUR NUTRITION RESET GAMEPLAN

Use this page to lock in what you learned. These aren't just notes—they're your personalized action plan to start making simple, powerful shifts that actually stick.

✦ 3 SIMPLE STEPS TO CLOSE THE NUTRITION GAPS

STEP Ignore the _____ of the box. Use Nutritionix.com or the nutrition label to get the real story.

STEP Forget the _____. Look at
Total Carbs - Fiber = _____ Load

STEP Scan the _____ list. If _____ is near the top, you've found your culprit.

✦ 3 SIMPLE STEPS TO CALM INFLAMMATION

STEP Remove the top 4 triggers—_____, _____, _____, and _____—for 7 to 14 days.

STEP Swap them out with easy, _____-friendly alternatives.

STEP Reintroduce them _____ by _____ and notice how you feel.

✦ 3 SIMPLE STEPS TO FLIP THE FAT-BURNING SWITCH

STEP Prioritize _____: Start your day with a _____-packed meal.

STEP Space out your meals every _____ to _____ hours.

STEP _____ deeper and _____ often to fuel your burn.

WHAT IS

»»» YOUR 90-DAY GOAL?



BELOW WRITE YOUR STORY OF THAT DAY IN PRESENT TENSE, AS THOUGH YOU HAVE ACHIEVED YOUR GOAL

»»» (Example: It's 7:30am I wake up and start my morning routine, etc.)

FROM THAT PLACE IN THE FUTURE, LOOK BACK...

What are you most grateful for having accomplished?



WHAT IS



YOUR 90-DAY GOAL?

WHAT DID YOU DO DIFFERENTLY? WHAT ACTIONS DID YOU TAKE TO CREATE THESE RESULTS?

WHAT ARE YOUR FRIENDS AND FAMILY SAYING TO YOU ONCE THEY FIND OUT THE NEWS THAT YOU JUST ACCOMPLISHED YOUR GOALS? WHAT ARE YOU TELLING YOURSELF?

WHAT DID YOU GIVE UP? WHAT DID YOU LET GO OF SO THAT YOU COULD CREATE THESE RESULTS? (i.e. fear, perfectionism, etc.)

REPEAT THIS EXERCISE AS NEEDED!

WHAT'S REALLY BLOCKING FAT LOSS?

The H.I.M. Factor—the 3 hidden roadblocks that hijack your metabolism and make it harder to lose fat (no matter how “healthy” you eat).

● H = _____ Imbalance

Your hunger and fat-burning hormones are _____

When insulin is constantly spiked (even by healthy foods), your body stays in fat _____ mode.

🔥 I = Chronic _____

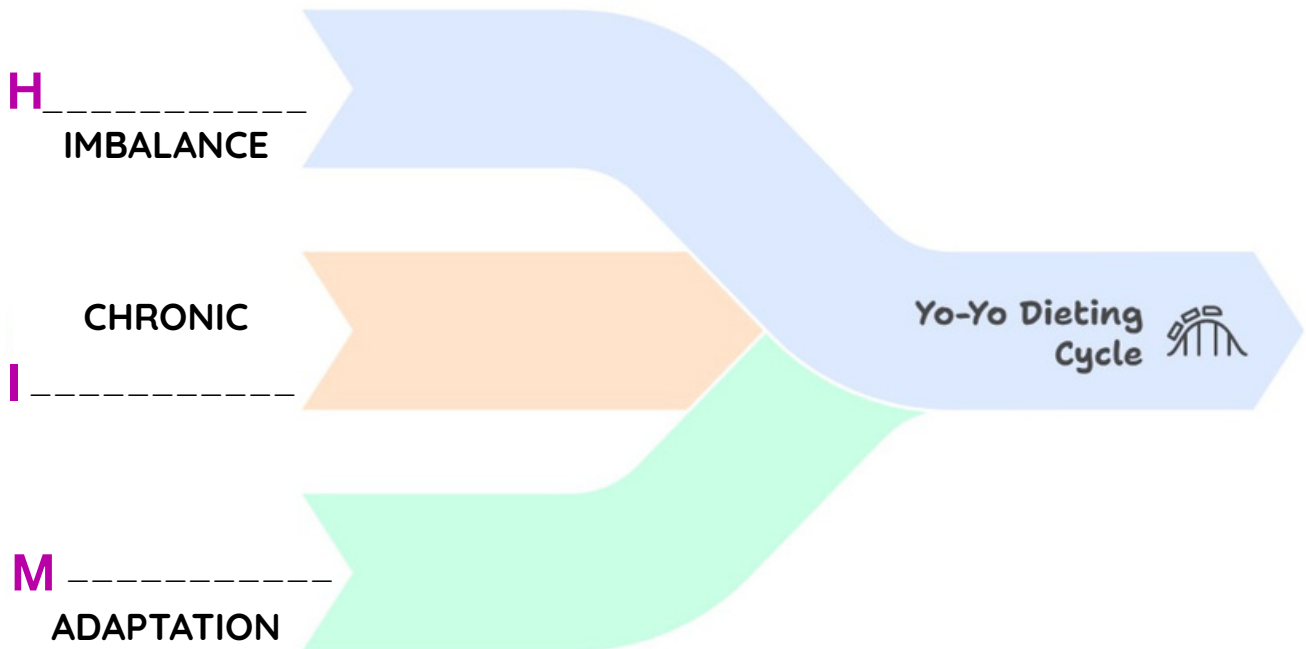
It starts at the cellular level and quietly disrupts everything—from your blood sugar to your hormones to your energy.

The more toxins your body is trying to fight, the more it clings to fat.

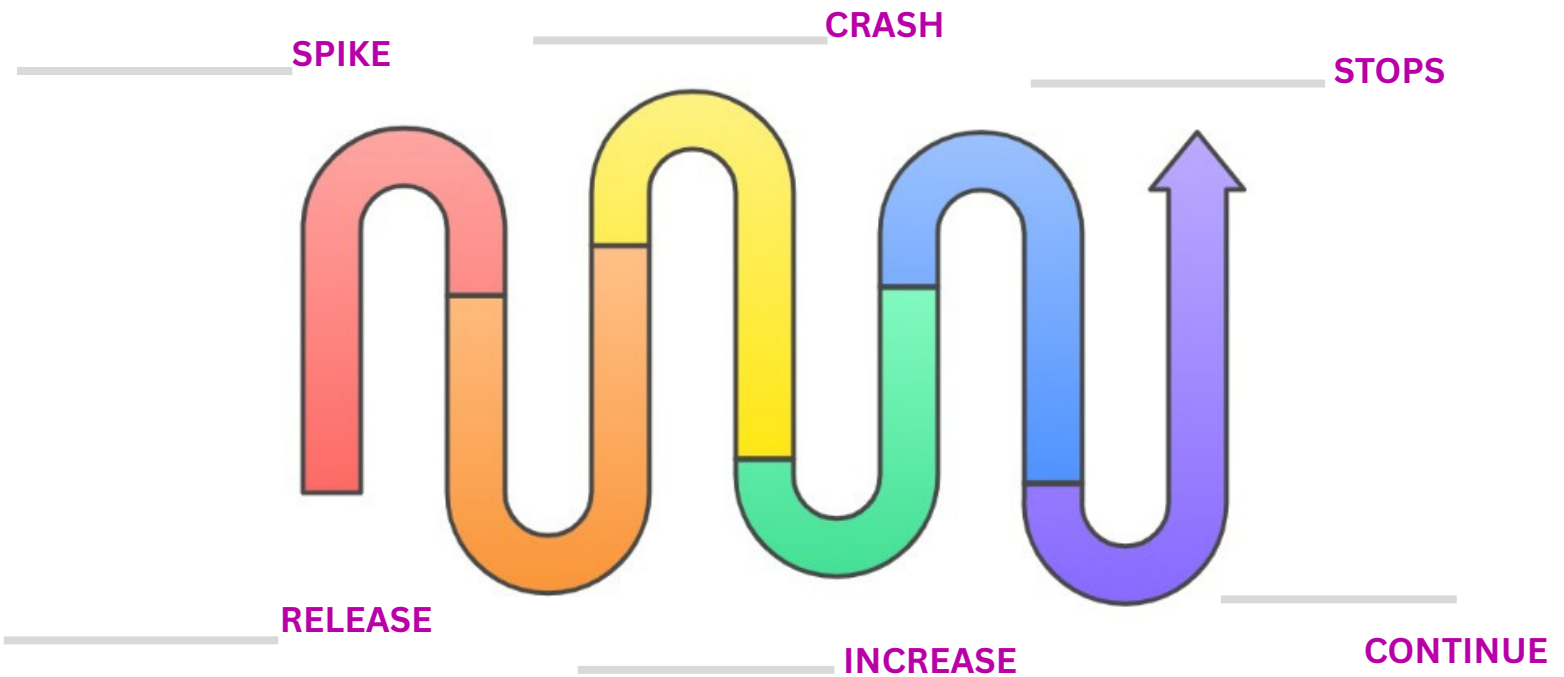
🧠 M = _____ Adaptation

A fancy way of saying: your body learned how to burn less and store more.

Every time you cut calories too hard or skipped meals, your metabolism slowed down to protect you.



WHY CRAVINGS HIT HARD & HOW TO STOP THE CYCLE



What happens when you eat sugar (without _____, _____, or _____)?

- ✓ Your _____ spikes fast 🚀
- ✓ Your brain sees it as an emergency
- ✓ _____ is released to bring sugar back down
- ✓ But it often overcorrects → you crash

After the crash?

- 😵 You feel shaky, tired, moody
- 🍬 You crave more _____
- 🔄 And the roller coaster starts all over again

Why this matters:

- ➡ Extra sugar gets stored as _____
- ➡ High _____ blocks your fat-burning hormone called _____
- ➡ So instead of burning fat, you _____ it

The fix?

- 🌟 Pair carbs with _____, _____, and _____
- So you stay balanced, full, and off the craving roller coaster.



NOTES

WHAT'S YOUR EATING ARCHETYPE?

Everyone has a natural pattern when it comes to food. When you understand yours, it's easier to spot what's keeping you stuck –and what to do about it.



Take the Quiz

THE INFLAMMATION BUCKET

Think of your body like a bucket.

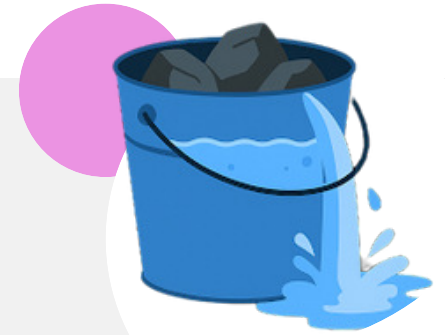
A little stress here, a sprinkle of sugar there...

No big deal—your body can handle it.

QUICK TIP

Look out for The Top 4 Sneaky Offenders

1. _____
2. _____
3. _____
4. _____



But when your bucket starts to fill up with things like:

- 🍰 Too much sugar and processed food
- 😫 Chronic stress or overwhelm
- 😴 Not enough rest
- 🧴 Hidden toxins
- 🌿 Food sensitivities (even “healthy” ones)

One drop at a time... or sometimes, one heavy rock at a time.

Eventually, that bucket overflows—and that’s when the symptoms hit:

- Bloating
- Brain fog
- Fatigue
- Stubborn weight
- Joint pain
- Cravings that won’t quit

The goal?

We’re not trying to eliminate inflammation completely (that’s impossible).

We’re trying to keep your bucket from spilling over.



NOTES

NOT ALL CALORIES ARE CREATED EQUAL

Your body processes calories from protein, carbs, and fat in completely different ways. Let's break it down—using something we all understand:

 **Money.**



Think of simple **carbs** like _____

You burn through them fast

They give you quick energy... then leave you empty again.

Protein is like a _____.

- It helps repair tissue
- Keeps you full longer
- And burns more calories during digestion!

That's called the _____ effect

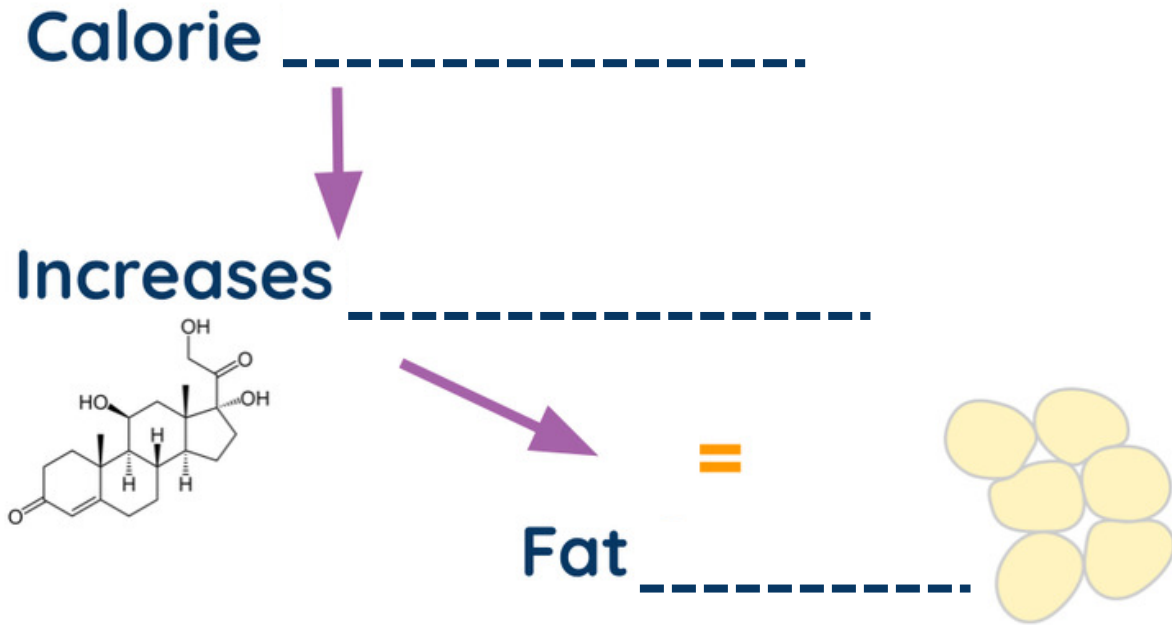
 Your body burns %-% of protein calories just to break it down.

Fats are like a _____—slow to spend, but super steady.

They keep you satiated

And they support things like hormones, skin, and brain health.

WHY RESTRICTIVE DIETING BACKFIRES



🔄 Fill in the Stress-Fat Loop:

Stress activates the hormone: _____

That raises your _____ (hint: what's in your bloodstream after a cookie?)

Your body pumps out _____ to bring that sugar down.

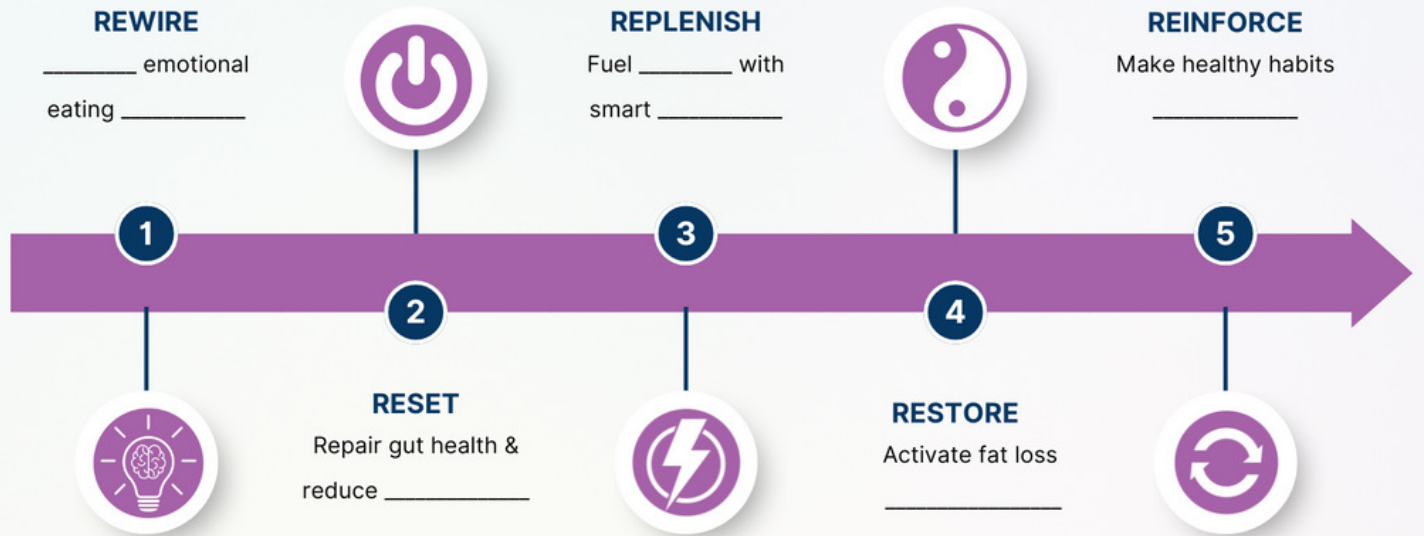
When insulin's high, your FAT-BURNING hormone _____ stays quiet.

If **insulin** is always working, your body won't access **stored fat**.
Because it thinks it's in survival mode—not **fat-burning mode**.



NOTES

5 STEPS TO SUCCESS



REWIRED: _____ Emotional Eating _____

Learn how to stop letting stress, cravings, and old habits run the show.

In this phase, you'll retrain your brain so food becomes fuel—not a fix.

RESET: Repair Gut Health & Reduce _____

Bloating, cravings, low energy? Your gut could be the reason.

Here, you'll remove hidden food triggers and reset your system so your body can thrive.

REPLENISH: Fuel _____ with Smart _____

No more guesswork!

You'll learn what to eat, how much, and when—so your metabolism works for you, not against you.

RESTORE: Activate Fat Loss _____

Fat loss isn't just about food and workouts—it's about your hormones.

This phase resets the key hormones that control hunger, energy, and fat-burning.

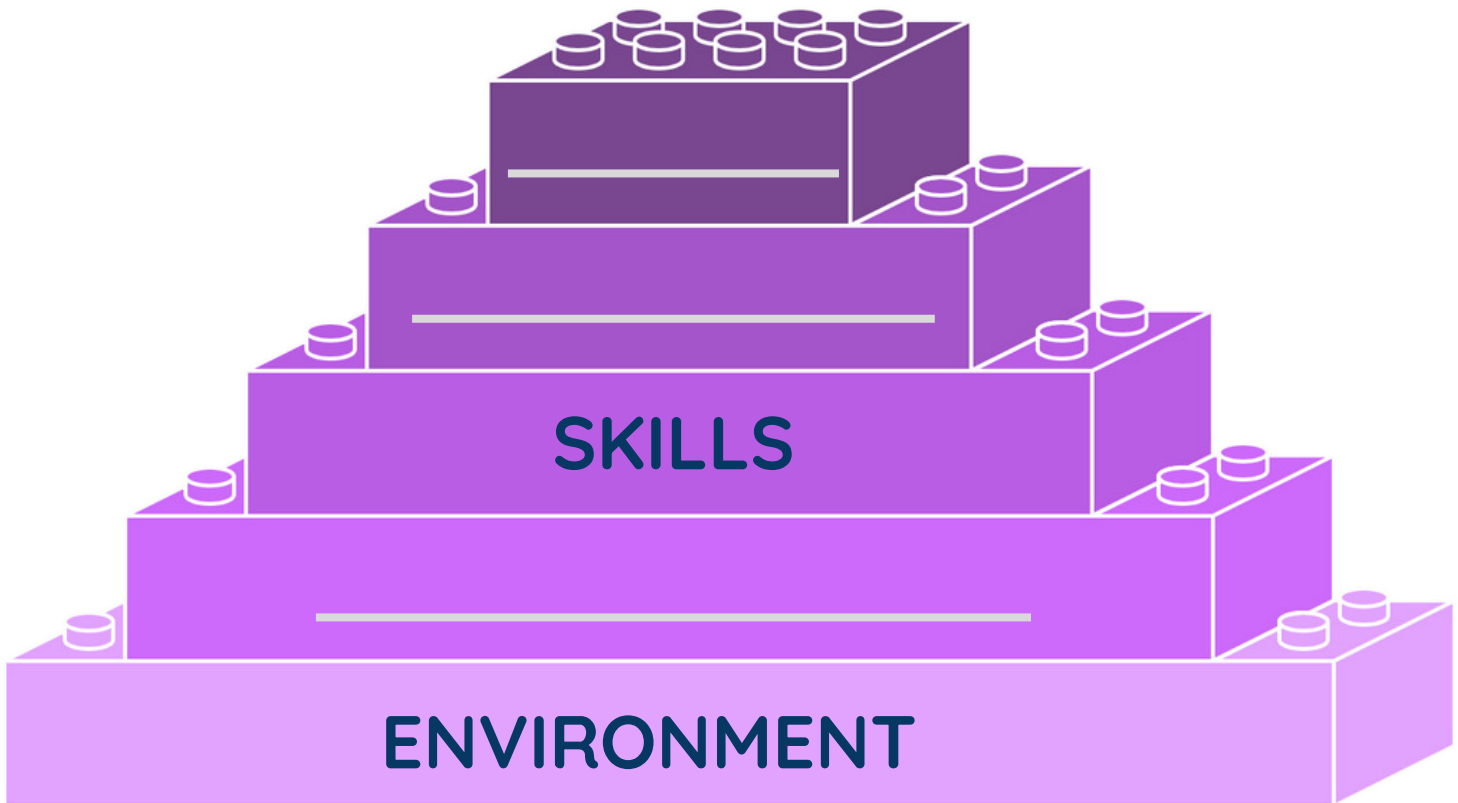
REINFORCE: Make Healthy Habits _____

This is where everything clicks.

You'll turn your new habits into a lifestyle that lasts—without needing more willpower.

THE PYRAMID OF TRANSFORMATION

Lasting change doesn't happen on the surface. It happens layer by layer, starting from the inside out. This pyramid shows you exactly why habits don't stick (and what to focus on instead). If you want results that last, you've got to build from the bottom up.



“The quality of your life is determined by the quality of the questions you ask”

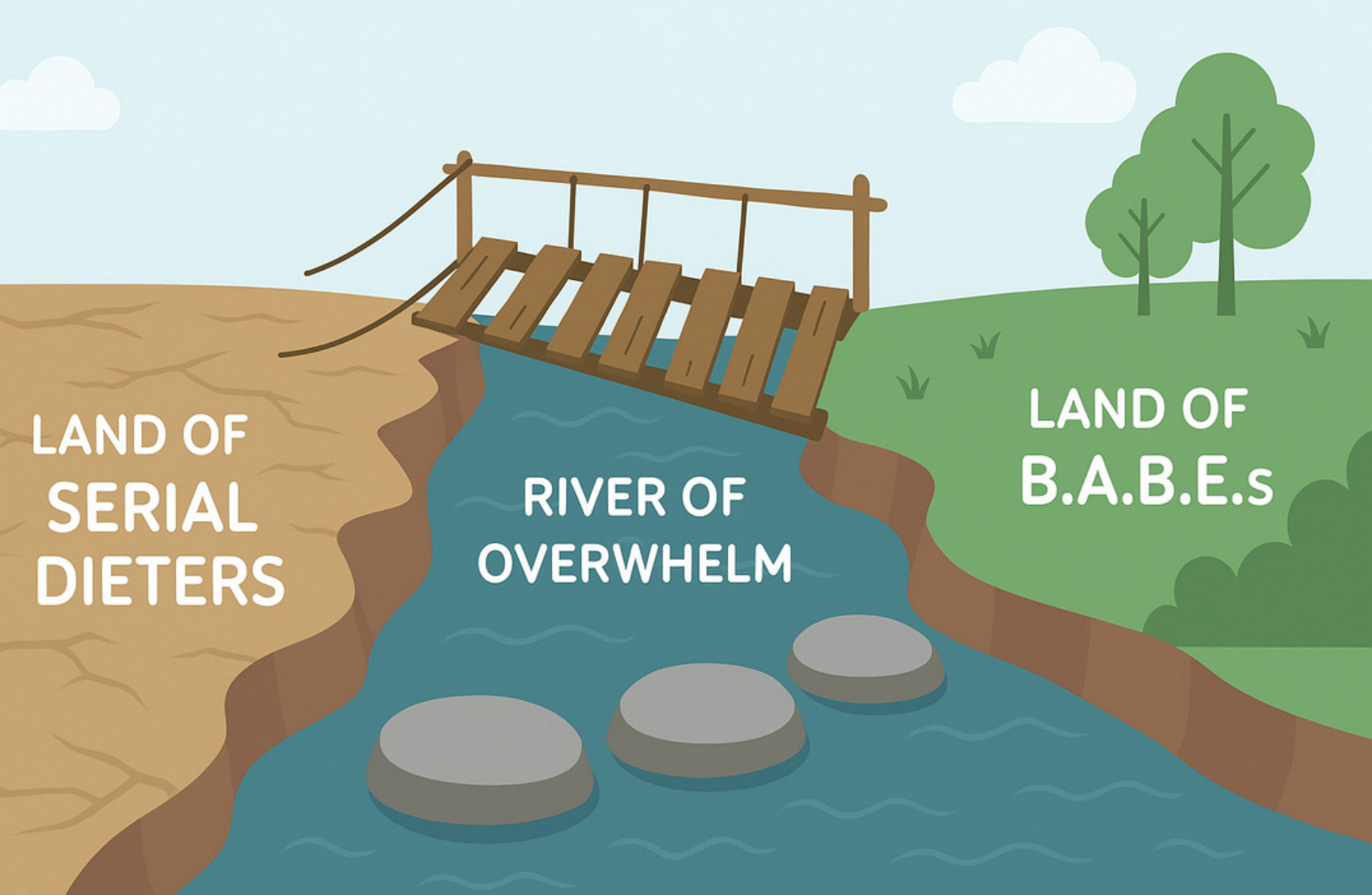
Environment – “What’s around me?”

_____ – “What am I doing?”

Skills – “What do I know how to do?”

_____ – “What do I believe is true?”

_____ – “Who do I believe I am?”

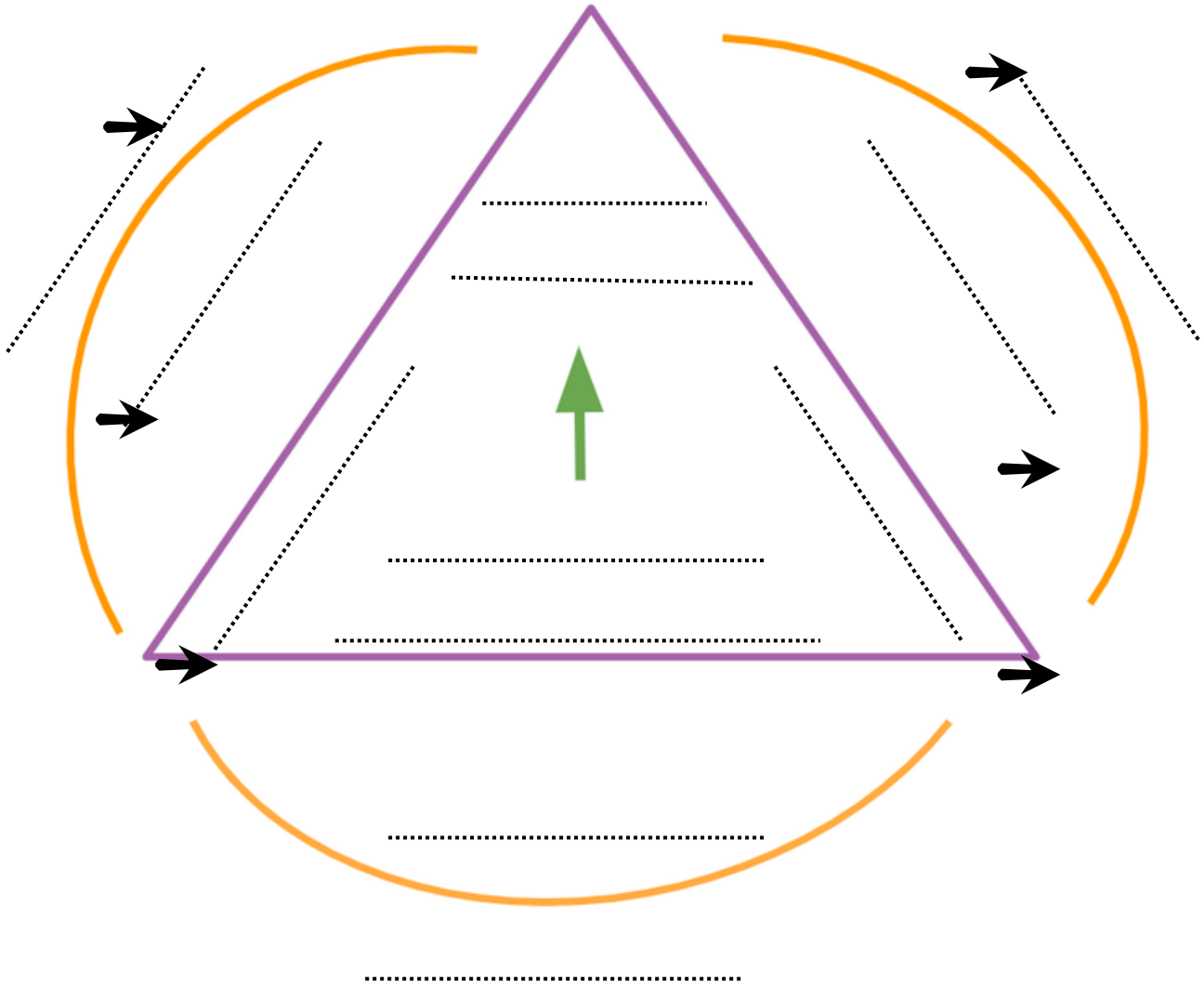


A _____ is
the **ONLY** _____ to
Lose Weight and Keep It Off



NOTES

THE RE:THINK SLIM FRAMEWORK MAP



This is the B.A.B.E roadmap to
Becoming **A**ligned, **B**alanced, and **E**nergized

THE SLIM DOWN SUCCESS BLUEPRINT

A 12-week coaching program to fuel your body, and reset your metabolism—without diets or deprivation.



WHAT'S INCLUDED:	BLUEPRINT	VIP
	<i>workshop only</i>	<i>by application only</i>
The 9 Core Steps of the RE:Think Slim Method Your proven roadmap to feel lighter, healthier, and fully in control of your body—without diets or deprivation.	✓	✓
REWIRE Your Brain for Lasting Change Break old patterns and create new habits that actually stick	✓	✓
Mindset Training to Stop “Starting Over” Learn how to spot self-sabotage before it happens and build unshakable consistency.	✓	✓
Choose Your Own Adventure with Monthly Practice Plans A flexible system that adapts to your lifestyle so you always know your next right step.	✓	✓
Supportive Sisterhood Community Surround yourself with health-conscious women who get it.	✓	✓
The SlimQuest Tracker App Stay motivated with an interactive habit tracker that turns healthy living into a rewarding game.	✓	✓
On-Demand Movement Library Move your body anytime, anywhere with quick, energizing routines	✓	✓
The Buddy System Pair up with an accountability partner so you never feel alone on the journey.	✓	✓
Onboarding Vision Workshop Set your goals, create your success plan, and start your journey with clarity and confidence.	✓	✓
Weekly Momentum Coaching Calls Get live coaching, feedback, and motivation to keep moving forward no matter what life throws your way.	✓	✓
Live Movement Class Pass Access energizing live Zumba & Mobility classes that keep you active, inspired, and connected.	✓	✓
Coach in Your Pocket (Voice & text coaching) Personalized guidance at your fingertips—ask questions, get support, and stay on track between sessions.	✗	✓
Private 1:1 Coaching Sessions Accelerate your results with individualized strategy sessions tailored just for your journey.	✗	✓
DreamBuilder Life Coaching Program Go beyond health—build a vision and plan for the vibrant, fulfilling life you've always wanted.	✗	✓
Stress-Free Success Toolkit 1-minute tools backed by neuroscience to manage stress, boost resilience, and stay calm and in control.	✗	✓
Done-for-You Meal Plan & Meal Kits Take the guesswork out of eating well with ready-made meal plans and delicious, easy-to-follow recipes.	✗	✓

REAL WOMEN. REAL RESULTS



NOW IT'S YOUR TURN TO GET RESULTS LIKE THIS!

Book a Free Clarity Call

so we can talk about your goals and see if *The Slim Down Success Blueprint* can help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.



[**CLICK HERE TO BOOK A CALL**](#)

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

CARMINA MEVS

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**“IT’S NOT ABOUT COUNTING
CALORIES. IT’S ABOUT MAKING
YOUR CALORIES COUNT!”**

SECRET WONDERFUL PERSON