

5 Simple Secrets to Get a Rockstar Figure

WITH HELP FROM YOUR DOGGY

ROCKSTAR
DOGGY MOMMA



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INTRODUCTION

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Introduction

Marilyn Monroe may have believed that “diamonds are a girl’s best friend,” but I beg to differ. A girl’s real best friend is her furry companion, as all you Doggy Mommas know. My own best friend, Gatsby, inspired me to create the lifestyle brand Rockstar Doggy Momma, which is all about having the freedom to live—and rock!—your life. I’m living the life of my dreams, blessed to have my beloved golden retriever by my side, and I’m deeply passionate about inspiring you to create a happy, healthy life of your own with endless possibilities. I believe that having a dog is one of the best medicines around and can not only help you rock your skinny jeans but manage stress and anxiety.

My experience with Gatsby taught me that so often we women take better care of our pets and loved ones than ourselves. I noticed this in many of my clients and realized that if I was committed to giving Gatsby the best life possible then I should also do the same for myself. Bonding with a pet is the ultimate stress relief and guarantees lots of extra exercise! But my clients often struggle with the nutrition aspect of their diet and find it hard to stick with healthy eating on a regular basis. Unfortunately, pets struggle with this as well, although they have little control over it.

Therefore, I knew developing a lifestyle that focused not only on a woman’s health but also her beloved dogs was a recipe for success. Rockstar Doggy Momma is all about connecting with a fabulous community of like-minded woman and developing a whole foods based diet with lots of homemade yumminess, along with a daily exercise routine. All of which you can do with your pup!! Doesn’t that sound fun?!

Here are 5 Simple Tips to achieve a Rockstar Figure in no time. Of course you must get in your daily exercise to lose and maintain your weight, not to mention get some sexy muscle tone!! Your diet, however, is key to achieving lasting results. After all, you can’t out exercise a bad diet!! Let’s get started and you’ll be on your way before you know it to showing of your Rockstar body with your happy and healthy pup right by your side!!

CHAPTER ONE



MOVE LIKE A ROCK STAR!

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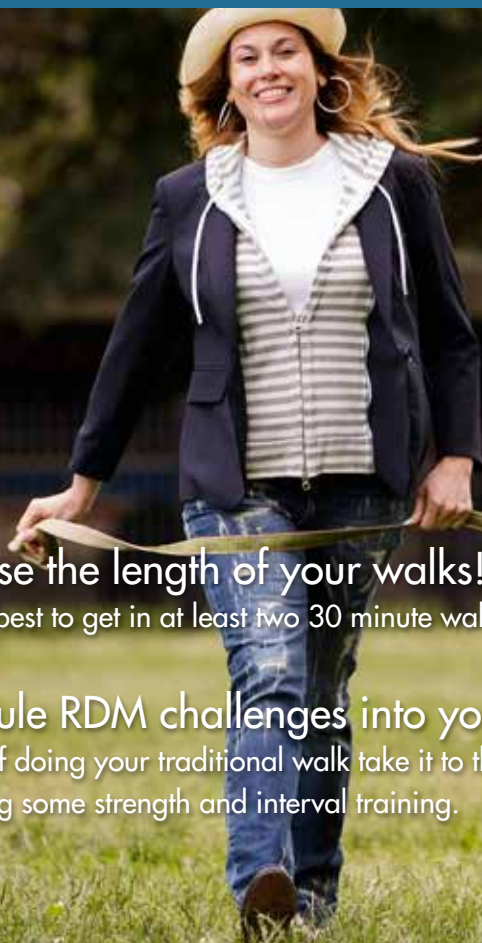
Move Like A Rockstar!

Need an emotional lift or simply to blow off some steam?!

Getting in a little exercise can be just what you need to turn that frown upside down. Regular physical activity stimulates various brain chemicals that make you feel happier, and is also a key factor in maintaining your overall health, weight and energy levels. Not to mention, exercise can be super fun when you're doing it with your dog.

All of you doggy Mommas know that having a dog guarantees lots of extra activity. One of my favorite things to do is explore the city of Chicago or Lake Geneva, WI with my Gatsby. And even when I'm feeling lazy, he needs a walk at least four times a day!!!

But how can you take your workouts to the next level?! Here are some ideas:



Pick up the pace!!

Invest in a heart rate monitor (band or watch) and stay at your target heart rate throughout your walk. But remember, if you're a newbie you might not be able to keep it up the entire time so do not get discouraged. It's about progress NOT perfection!

Increase the length of your walks!

Do your best to get in at least two 30 minute walks a day with your pup.

Schedule RDM challenges into your walks!

Instead of doing your traditional walk take it to the next level by adding some strength and interval training.

Go for uneven terrain!

Walk up and down hills to give your legs and booty a lift, as well maximize your heart rate.

Run shuttles with your pup!

1. Set up 5-6 markers such as cones 25 yards apart.
2. Make sure you are warmed up, or add this drill to the end of your walk.
3. Sprint from one marker and back. That's one repetition.
4. Then go to the second marker and back for another repetition and so on, until you hit all the markers.
5. Rest 5 minutes.
6. Repeat the drill up to 3 times.

Hit the stairs!

When you're out on your walk find a spot to run (or walk) the stairs with your pup. Gatsby and I love the stairs at the Museum of Modern Art in Chicago! Work your way to repeating 3-4 times.

Find a park bench!

Use a park bench to do 15-20 steps ups and 15-20 triceps dips. Work your way to 3-4 sets.

Bring an exercise band!

Stop 3-4 times on your walk to do 15-20 squats, 12-15 reps of bicep curls and 12-15 reps of triceps curls. (You can get some puppy training in by making him STAY or SIT!)

Make it social!

Grab another RDM and her pup (or start a group of fellow RDMs) and hit the trails together. It will not only make the time fly by, but generate lots of laughs along the way.

Play in the dirt!

In addition, gardening is great exercise so plant an organic garden with your pup. You will both reap the stellar benefits of growing your own veggies!!

CHAPTER TWO



EAT FOUR PAWS UP!

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Eat Four Paws Up!

How do you eat like a Rockstar Doggy Momma?

It all starts with consuming a diet focused on eating whole foods. Now you might be asking yourself: what's a whole food???. It's a lot less confusing than you may think. A whole foods diet focuses on eating foods in their natural state: vegetables, fruits, whole grains, legumes, nuts and seeds. In addition, our non-vegetarians may opt to include fish and lean meat. And when in doubt, [follow these Four Simple RDM Rules](#):

RDM Food Rule 1:

Cook like Grandma Betty

Yes, my Grandma Betty got it right when she cooked everything from scratch and used real ingredients. In other words, forget the margarine and use a little butter! All those frozen diet dinners, packaged snacks, carry-out and fast food items are highly processed, not to mention calorie dense and nutrient poor. Meaning you are taking in lots of calories, but getting absolutely no nutritional benefit, which is problematic for your waistline and your ability to interact physically and mentally with your pup.

RDM Food Rule 2:

Shop the Peripheries of the Supermarket and Stay Out of the Middle

Think about your neighborhood haunt. Your produce, lean meat, fish and dairy sections line the walls on the edges of the store. But you must venture down the center aisles to find your overly processed foods. Therefore, as a general rule of thumb, keep to the edges of the store and you are more likely to wind up with whole foods in your shopping cart.

RDM Food Rule 3:

Avoid Food Products Containing More Than Five Ingredients

Overly processed food contains a slew of ingredients. Many of which you need to do a Google search just to decipher what you are eating. And let's not even try to pronounce the names. Remember, the more processed the food the more far away from what Momma Nature intended. Have you ever seen a commercial advertising heart healthy kale or broccoli?!

RDM Food Rule 4:

Practice Portion Control

An easy way to shed a few excess pounds quickly and keep your weight in check is to practice portion control. By understanding the average portion size of different foods, you can avoid overeating whether you're cooking at home or eating out. Here is a simple chart to help you visual portion sizes:

		
<p>3 oz (75 g) Cooked Chicken or meat (4 oz raw): deck of cards</p>	<p>1 cup (250 ml) cooked rice, pasta or ice cream: tennis ball</p>	<p>31 oz (30 g) cheese 4 dice or 1 domino</p>
		
<p>medium piece of fruit: baseball</p>	<p>1 tsp (5 ml) butter or margarine: one die</p>	<p>1 small baked potato: a computer mouse</p>
		
<p>average woman's fist: 1 cup (250 ml)</p>	<p>2 tbsp (30 ml) peanut butter, jam, salad dressing: golf ball</p>	<p>1 oz (30 g) of chocolate: a packet of dental floss</p>

Before you panic Mommas understand that you do not need to change everything overnight. The trick is to slowly crowd out the processed junk and replace it with whole foods. Once you begin to see how fantastic eating and cooking with these jewels of the market place will make you feel, you'll want to grab for that apple a day.

CHAPTER THREE



HEALTHY FATS ROCK!



Healthy Fats Rock!

Healthy fats are pivotal to achieving optimal wellness. Many women think fats makes you fat, but this is an old wives tale. Monounsaturated fats (olive oil, avocados, nuts) and polyunsaturated fats (Omega-6 and Omega-3) have a positive effect on your health when eaten in moderation.

Omega-6 (sunflower oil, corn oil, safflower oil) and Omega-3 (salmon, flax seeds, walnuts) fats are called “essential” fatty acids (EFAs) because our bodies need them but cannot manufacture them. Therefore, we need to get these fats from our diet. They are extremely beneficial in reducing cardiovascular disease, inflammation, diabetes, depression, ADHD and cancer. Specifically, Omega-3s are known to help prevent Alzheimer’s disease and those pesky wrinkles we all get from aging!!!

Here’s a few ways to incorporate more healthy fats into your diet:

Eat more nuts and seeds.

Nuts and seeds are a great addition to your meals. They can be added to salads, used as toppings for protein dishes (think almond encrusted salmon or chicken) and stirfrys, sprinkled on oatmeal or even made into a vegetable and hummus wrap. In addition, nuts and seeds make a great portable snack that can be eaten with your favorite fruit. You can also spread almond butter on whole grain crackers, an apple or celery.

Make your own salad dressing!

Using olive oil, flax seed oil, pumpkin seed oil or Udo’s oil, just add a little vinegar, lemon and seasoning, and you are good to go!

Add healthy fats!

Healthy fats go great in your smoothies in the form of oils, (flax, coconut), nuts (walnuts, almond butter) and seeds (flax, chia).



Eat more Omega-3 rich foods.

Omega-3 rich foods include foods such as enriched eggs, fish, salmon, herring, sardines, lake trout or tuna.

Fats are also extremely beneficial for your dog. Not only do they provide energy, but they are necessary for the normal development and function of body cells, nerves, muscles, and body tissues.

Omega-3 fats are especially helpful because they help to reduce the inflammation associated with arthritis and conditions of the bowel. They may also help prevent heart problems and high blood pressure. Plus Omega-3 fats are great for your dog's immunity.

Here's a few ways to incorporate more healthy fats into your dog's diet:

Salmon

Salmon is a lean fish that is full of Omega-3 fatty acids, wonderful for a lasting healthy canine brain. You can also add krill oil or flaxseed oil to your pup's diet.

Coconut Oil

(In small doses) Coconut Oil can improve your dog's skin and coat, digestion, immunity and reduce allergic reactions.

Peanut Butter

Not only is Peanut Butter a great protein source (and a great place to hide medicine!), but it also contains heart healthy fats and vitamins. Choose raw, unsalted peanut butter or nut butters made from cashews, hazelnuts and almonds.

CHAPTER FOUR



PROTEIN ROCKS!

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Include Protein at Every Meal!

Protein is an important component of every cell in the body. In fact, your hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. Protein is an important building block of bones, muscles, cartilage, skin and blood. In addition, protein is used to make enzymes, hormones, and other body chemicals. Thus, you need to make sure you're getting enough.

As a general guideline, the Center for Disease Control's average requirement of protein for women ages 19 to 70 is 46 grams per day. But, if you're extremely active or pregnant this number would increase. For a more accurate calculation use the following formula:

Take your weight in pounds and divide it by 2.2 to figure out your weight in kilograms. Then multiply that number by 0.8 (not very active), 1.3 (active or pregnant), or 1.8 (extremely active, training for a marathon!), depending on how much exercise you get.

Moreover, including protein at every meal and snack keeps your metabolism firing and energy levels up all day long. Plus it will keep you feeling satisfied so you will be less likely to overindulge in unwanted calories (French fries, cookies, ice cream).

Some great sources of LEAN protein are:

- Poultry (white meat chicken and turkey)
- Eggs
- Fish
- Bison or lean beef
- Beans and lentils
- Veggie Burger

Dogs also rely heavily on protein to help them survive and thrive. Without enough protein in their diets, dogs can develop the following health problems: loss of energy, dull coat, and a compromised immune system, less capable of fighting off disease.

Ways to make sure you are maximixing your dog's protein intake include:

- Be sure to choose a dog food brand and formula that has high quality protein and does not contain corn and wheat.
- Eggs are an excellent source of protein and are included in some dog food formulas and many homemade diets.
- Cooked fish is another good source of protein for your pup. Many prominent dog food brands offer formulas that contain fish or fish meal, and salmon is usually the fish of choice since it is high in omega-3 fatty acid.
- Other Meats, such as Beef, Bison, Chicken, Turkey, Liver, Duck and Venison are great sources in formulas or even better homemade.
- Cheese is also a viable source of protein (if your dog is not lactose intolerant) and a great snack for your pup. But be careful of the fat component if you're watching his weight and opt for cottage cheese.

Protein and Produce Snack for Two!!!

If you really want a Rockstar body, smart snacking is crucial to keeping your cravings in check. A handful of popcorn or an orange will not sustain you. Instead make a healthy snack to share with your pup by combing Produce and Protein.

Choose a protein source (2 Tablespoons nut butter, 1 piece part-skim string cheese, 2-3 slices of turkey, hard-boiled egg, ¼ cup hummus) and pair it with a fruit or raw veggies.



CHAPTER FIVE



PAWSITIVE FUN IN THE KITCHEN!

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PAWsitive Fun In The Kitchen!

Cook whole foods recipes to share with your pup. Cooking not only nourishes your body but also feeds your soul. Nothing beats a home cooked meal made with love, especially when it's filled with whole foods that are extremely beneficial for both you and your pup. Gatsby loves to be my sous chef in the kitchen and together we have a blast!!

I know what you're thinking—it's too expensive, I don't have the time, I can't cook to save my life. BUT the truth is that cooking can actually save you money, you can always find the time, and you do not have to be Martha Stewart, spending hours in the kitchen slaving away over a complicated recipe! Here are a few simple ones to get you started.



FRUIT MUFFINS

Gatsby just loves his Fruit Muffins, and we have so much fun baking them together. Although he's quite the strawberry stealer, so Mommas beware! These muffins are so great for both of us, because berries are superfruits that are high in antioxidants and polyphenols, which help fight chronic disease, cancer, lower blood pressure, and reduce heart attack risk. Berries are also low on the glycemic index, making them a fabulous choice for weight management for both you and your pup.

Makes 12 Servings

- 4 tablespoons coconut oil, divided
- 1 cup whole wheat flour
- 1/2 cup white or whole-wheat pastry flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1/3 cup 2 percent milk
- 1/3 cup nonfat plain Greek yogurt
- 1/4 cup raw honey
- 1 teaspoon cinnamon, plus more for topping
- 2 cups fresh berries (raspberries, strawberries, and blueberries)

1. Preheat oven to 350°F.
2. Lightly coat cups of 12-cup muffin tin with 2 tablespoons coconut oil.
3. In a large bowl, combine flours, baking powder, and salt.
4. In a medium bowl, combine egg, milk, yogurt, honey, and remaining 2 tablespoons coconut oil. Add cinnamon and mix well.
5. Pour egg mixture into dry ingredients and stir until all ingredients are moistened. Add fruit and stir until just mixed.
6. Fill each cup with 1/4 cup batter and bake for 15 minutes, or until each muffin is golden and a toothpick inserted in the center comes out clean.
7. Sprinkle cinnamon over each warm muffin.
8. Cool and remove from tins.

Serving Size: 1 muffin each for Momma and pup.



If you have a small pup, he or she may only need half a muffin.

CRUSTLESS QUICHE

This simple, yummy, grab-and-go breakfast has lots of health benefits! Eggs are a great source of complete amino acids with high levels of protein. Eggs are also an excellent source of vitamin A, B12, riboflavin, folate, iron, and fatty acids. Plus pups love bell peppers, which are a fabulous source of Vitamin C, not to mention Vitamin A, E, and K, with loads of healthy fiber. In addition, coconut oil is great for your pup's skin/coat and to manage his weight and digestion.

Makes 6 Servings

- 2 cups chopped spinach
- 1/4 cup diced red bell peppers
- 1/4 cup diced yellow bell peppers
- 1/4 cup diced green bell peppers
- 1 teaspoon combination of dried rosemary, oregano, and thyme
- 1 teaspoon sea salt
- 12 eggs, beaten
- 1 tablespoon coconut oil



1. Preheat oven to 375°F.
2. Mix together the vegetables, combination seasoning, sea salt, and eggs in a large bowl and then set aside.
3. Grease a 12-cup muffin pan baking dish with coconut oil, and then pour the egg mix into the pan, dividing evenly among the cups.
4. Bake for about 20-25 minutes or until edges are brown.

Serving Size: 2 quiches for Mommas and 1 quiche for pups.



If you have a small pup, he or she may only need half a quiche.

ASIAN SALMON

This is an excellent dish for all you single ladies or you Mommas who have the luxury of having the night off to yourself for the evening! Not only is this meal delicious but also salmon has the most amazing health benefits for both you and your pooch. Salmon is full of Omega-3 fatty acids, which are anti-inflammatory and wonderful to strengthen brain function in you and your dog. Plus salmon is a great tool for wrinkle prevention in women and helps maintain your pup's radiant coat. Giving this fish to developing puppies and older dogs offers many health advantages.

Serves 2

6-ounce salmon filet
 3 tablespoons coconut aminos
 1/2 cup dry brown rice
 3/4 cup chicken broth
 1 teaspoon olive oil
 Salt and pepper, to taste
 1/2 cup frozen peas
 1/4 cup shredded carrots
 Black sesame seeds to taste



1. Preheat oven to 400°F.
2. Place the salmon filet and coconut aminos in a plastic bag and let it marinate for 20 minutes.
3. In a small pot, combine brown rice, chicken broth, and olive oil and bring to a boil. Cover with a lid and simmer for 15 minutes. Remove the pot from heat and leave cover on for 10 more minutes. Add salt and pepper and stir the rice with a fork when ready.
4. Add the frozen peas to a small bowl and add 2 tablespoons of water and microwave for 4 minutes. Then add peas to rice.
5. Using a peeler or grater, shred carrot and add to the rice.
6. Remove salmon from plastic bag and place on a baking pan. Drizzle black sesame seeds on top of the salmon and bake for 10 minutes.
7. Once the salmon is done, place the filet over the rice and enjoy!

Serving Size:

Share with your pup: 3 ounces each and half of the rice mixture.



Small dogs may only eat
 1/2 of their portion.

PALEO BISON MEATBALLS

Meatballs are a weekly MUST in our home. They're simple to make and very versatile. Plus, meatballs make a great snack served solo or as the protein component of your salad for lunch! Bison meat is one of the richest natural sources of CoQ10! Variety is critical for your pup to receive the full spectrum of amino acids, essential fatty acids, and trace minerals, vitamins, and antioxidants necessary to thrive. This is a great alternative to include in your dog's diet as opposed to just the typical beef or chicken-based dog foods.

Makes 4 servings

- 1 pound ground bison (or may use ground white turkey breast)
- 1/4 cup zucchini, minced
- 1/4 cup carrots, minced
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon oregano
- 1 large egg, beaten
- Olive oil spray
- Jar of low-sodium organic Marinara Sauce



1. Combine all the ingredients except the olive oil spray and marinara sauce in a large mixing bowl and shape into about 30 meatballs 1 inch across.
2. Coat a large nonstick skillet generously with olive oil.
3. Cook the meatballs for 6 minutes, working in batches if your pan is not large enough to fit them all, occasionally moving them around to brown all sides.
4. Once all the meatballs are cooked, separate out a portion for your pup with no sauce.
5. Add a jar of low-sodium marinara sauce to the pan. Simmer the meatballs in the sauce for 20 minutes. Serve over zucchini noodles.

Serving Size:

6 meatballs for Mommas and large pups.



Small pups may only eat
three meatballs.



CONCLUSION

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“

The journey of a thousand miles begins with one step.

”

-LAO TZU



Congratulations on taking your first step to investing in yourself as well as making you and your dog's health a priority.

Remember you do not have to follow every tip that's in this eBook. Pick and choose what appeals to you and compliments your lifestyle. Once you feel comfortable then add in a few more ideas.

The goal is progress not perfection. We are thrilled to have you as part of our amazing Rockstar Doggy Momma community. Continue to visit our website and social media platforms for more tips, recipes and support!



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