



HOW TO LIVE A HEALTHY LIFE WITH LIZ HILLIARD



Photos by [Ariana Clare](#)

The original idea for this post was how to eat well but but after speaking with fitness guru and [Hilliard Studio Method](#) AND [HSM | Core](#) owner, Liz Hilliard I realized there was so much more to tell than how to eat healthy. With being pregnant I have become even more conscious about what I am putting into my body. Exercise has always been a part of my life and I used it as a way to stay fit. I work out to look good *and* feel good. Its both mental and physical for me and to be honest I love it. But when I became a trainer at [HSM | Core](#) I realized I needed to go beyond just the physical aspect and understand how food plays such a vital role in our overall health and well-being. So without this background and knowledge, where was I going to go to find the answers to my questions? The internet seems like an overwhelming source of contradictory information and like a scheme to make money. I wanted to go with the knowledge and opinion of someone who was a living breathing example of you are what you eat and I knew exactly where to head, Liz Hilliard. Liz is located in Charlotte, North Carolina and co-owns, [Hilliard Studio Method](#) and [HSM| Core](#) with [her daughter Clary](#). Together they have developed a fitness following that extends well beyond their studios. Follow them on [instagram](#) and you will see exactly what I mean. ([Here](#) and [Here](#))

When I first spoke to Liz about her diet you can tell that this is a passion of hers. She believes in clean eating and she is a true example of what diet and exercise can do for you and your body. She knows that what goes into her body is just as important as what she does with her body. Speaking of, if you haven't tried one of her classes I highly recommend you do. For some reason, there is an intimidation factor that I have heard people discuss about HSM but its just not true. Is it hard yes but it also works and they accommodate ALL levels. I am a perfect testament to that concept as I'm still doing it at 6 1/2 months pregnant.

In addition to Liz's diet that I shared below I also learned one additional thing from both Liz and Clary, the power of positive thinking. I thought I was a positive person but I wasn't quite fully there. I learned that it's actually a choice that you have to make to see and seek the positive in life. Just like the way you train your body to look a certain way and train yourself to eat a certain way you also need to train yourself to think a certain way. All three are the harder options to choose but if you do choose this route I promise you will be a happier, healthier and more beautiful person inside and out. So I encourage you to give it a try and live like Liz, even if its just for a day. Try and find the beauty in life, to workout and to follow this clean eating plan that is detailed below. Give your body what it needs both mentally and physically and I promise you will be a better person because of it.

Liz's Typical Daily Diet

BREAKFAST

- A green tea with lemon slice which aids in digestion and wakes up the system
- An Apple



THE HSM SIGNATURE SMOOTHIE

- Nothing is as complete in protein, fiber, good fat and anti-oxidants as the HSM smoothie
- Click [here](#) for the full list of ingredients
- Find out more on the importance of protein here - <http://www.hilliardstudiomethod.com/tips/eat-your-protein>



When traveling or without access to a blender choose one of the options below:

- Plain greek yogurt filled with organic fruit berries – blueberries, blackberries, strawberries, superfoods)
- Eggs – poached or soft boiled- fill up on protein and fiber to curb sugar and hunger cravings



LUNCH

- Piece of salmon over salad
- Quinoa with lentils or black beans
- Greens, Greens, Greens!
- Also think colors especially when it comes to vegetables



SNACKS

Protein Bars

- [Think Thin Bars](#) - 20g of protein (my only processed indulgence)
- These bars have the highest amount of protein I have found on the market without containing sugar. However, they do come in a wrapper and are processed! Again, it's my fast quick hit of protein when I'm working out and teaching class.
- Make sure you can read and understand all ingredients on the label before purchasing any food in a package.

Processed foods

are riddled with hidden sugar and chemicals that are not good for your body.

Kombucha Tea:

- I have 2 - 3 of these a day. Filled with B vitamins folic acid and billions of gut healthy probiotics. It's my go-to snack paired with a Think Thin Protein Bar.



SNACKS

Nuts

- All nuts are so good for your body – reduce weight gain. I have at least a hand full a day. Keep a baggy in your car to prevent you from reaching for the bad stuff. They are a great source of fiber, good fat and protein.

Fruit

- I like Everything! Favorite is pomogranate when in season. Great fiber with a deep color fruit full of ani aging antioxidants.
- Kiwis oranges are two of my favorites but skip orange juice as it is full of sugar. I peel an orange . Lots of good vitimin C and –
- Keep your fruits and vegetables organic. I can't think of a fruit or vegetable I wont eat.



EVENING

- Tons of greens cut up raw usually in a large bowl topped with fresh squeezed lemon, olive oil, blasamic vinegar. with grilled –
- Grilled Salmon is my favorite
- Oilier the fish the better Also the smaller the fish the better. Large fish contain significant amounts of unhealthy Mercury.
- You want the omega 3s and fatty acids in oily fish to keep your skin and hair looking good. Learn to love sardines!!
- I also love roasted brussel sprouts, sweet potatoes, lentils and black beans, any kind of bean or lentil are among favorites
- Limit your chicken and beef in take but if you do choose grass fed and organic only.
 - You do not want antibiotics or hormones from beef and chicken in your system



INDULGENCE

Popcorn and Wine

- Liz likes organic popcorn that she air pops herself in coconut oil (*we only had the below as a stand in for the photoshoot)
- I always enjoy a good glass of wine with my evening meal and generally limit it to 2 glasses.
- I hydrate with water and kombucha all day long.



THE POST DINNER DESSERT

Here is Liz's tip on how to eliminate sugar and that naughty treat before bedtime.

"Cut out sugar as if it were treating an addiction, because it is an addiction. Sugar causes everything from cavities to cancer! It causes inflammation in your body which makes you susceptible to all types of disease. Not to mention it makes you fat and lethargic! If you have to have that piece of cake or pie every night start by cutting that piece of cake in half and then in half again the next night until you have cut it out completely." Still not sure about the negative effects of sugar? Read more here – <http://www.hilliardstudiomethod.com/tips/say-no-to-sugar-for-your-health>



And her final tip – *“Think about fueling your body. Eat real food and a lot of it. I think of food as either medicine or poison. I fuel my body efficiently with healthy delicious real, not processed foods that I love and never feel denied! Joie de verve!”*

Thank you to Liz for partnering with us on this post! We hope to see you in her [class](#) real soon or attend her health and wellness seminar on April 23rd. You can find all information here: <http://www.hilliardstudiomethod.com/seminar>

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