Your diet is due for an upgrade. Highly processed and sugary foods are huge obstacles to health and weight loss. But if overhauling your diet feels overwhelming, don't worry. Seven simple tweaks can transform your diet without radically altering your life.

**SIMPLE SWAPS**

1. **Lavash your small red egg.**
   - Use green leaves to wrap your greens, zucchini, peppers or nuts. Add a hard-boiled egg yolk for protein. 
   - Yolks contain vitamins and fats that help brain function and mood.
2. **Upgrade your meat and eggs.**
   - Say goodbye to hormones, antibiotics, pesticides and mercury from grain-fed meats and eggs, and commercial fish. Instead, look for products from pasture-raised, grass-fed and free-range animals. Shop for fish from small, wild or sustainable farms.
3. **Replace coffee with green tea.**
   - The caffeine in coffee can rev up your stress hormones.
   - Instead, switch to green tea to benefit from healthy antioxidants.
4. **Replace salts with nuts.**
   - Swap sugary, processed snacks in your pantry for raw or lightly roasted, unsalted nuts (almonds, walnuts, macadamia nuts, hazelnuts or pecans). They’ll fill you up with protein, fiber, minerals and good fats.
5. **Replace your smoothie with a protein shake.**
   - Don’t start your day with “dessert” or skip this pivotal meal. Instead, try a protein shake. It will stoke your metabolic fire, helping you burn more calories all day. It will also keep your blood sugar balanced and your energy high.
6. **Replace gluten starches with green vegetables.**
   - Gluten, a protein in wheat, barley, rye, spelt and some oats, can cause problems for some people. But even gluten-free grains spike blood sugar and insulin. To prevent weight gain and diabetes, swap the starch on your plate for a leafy or cruciferous vegetable.
7. **Replace bad oils with good oils.**
   - Too many of our calories come from corn, soybean, canola and sunflower oils, which contain unhealthy omega-6 fats. Instead, use extra-virgin olive oil (EVOO), or extra virgin coconut butter or oil for their anti-inflammatory and antioxidant effects.

Next up: An upgrade for your kitchen.

Once you’ve upgraded your diet, stage a revolution in your kitchen. Spend an afternoon hunting and gathering.

- Throw out all sugary, processed foods. Be merciless — these are obstacles to weight loss and health!
- Stock up on fresh vegetables, fruits, whole grains, beans, nuts, seeds, and lean animal protein (fish, chicken, and eggs) instead.
- Now congratulate yourself! You’ve transformed your kitchen into a place of nourishment and healing.