

Weight Loss Journal

WEIGHT LOSS JOURNEY



Welcome To The Journey

Hi,

My name is Yvonne AKA Queen and this is my weight loss story to the core. It may not be for everybody but my hopes that you will find some starting points and maybe some information you don't know, but mostly just how to start the journey,

I have won my previous health battle from taking 22 prescriptions medication every day and night for the past 15 years to today of not taking no more than 2 and it's just for my gut issues. I am still working on that but no diabetes medication, blood pressure medication, liver, A1C, heart or any major health issue.

When your mind is determined and locked into your request, emotions, visions, and spirit. It will do exactly what you will it to do. I promise you that, when you make it a habitual habit such as breathing it will take a life of its own and bring that manifestation to you so quickly you will wonder what in the world just happened. I am still processing it all, but I know the secret now. The fact that I have accomplished my health, I can move on to the next goal on the list. And so can you!

Make the most important thing for you the first thing, and just focus on that enough until you can look in the mirror and see yourself the way you want to be. Believe it, because it works. Then move on to other things you want to accomplish but if it is better health and weight loss than give your mindset a re-rest. Just know going in that it will be hard and trying, but take that energy and transform it into determination to win the fight once and for all. Give it all you got like your life is at stake and Baby, It truly is.

I am available if you have any questions just DM me or reach out on my website or other social media platforms.

This journal is just a small part of my journey but I don't want to bore anyone with all the tiny details that this story entails. So I have given you just the bare minimum of the story. But I truly hope it gives you a road map to start your own weight loss journey or just better health and wellness in your life.

If you simply just change a few small things like what you eat, the portion size of your meal, and incorporate something that has been bad for your health for something better is a good start. Baby steps are still steps that will eventually lead you to your destination of a healthier you.

I wish you all the success and blessings your heart can hold on to, on your journey. I'm silently rooting for all of you. You can do it; this I know with every fiber of my being.

Blessings,



Yvonne Coleman Burney



@justonequeen



@jusonequeen



@www.tinynuggets4u.com



@tinynuggets4u_tbl



@tinynuggets4life



@www.etsy.com/shop/YcbTeeShirts?

The Starting Point & The Finish



The #1 Picture was when I was in Egypt, and it was so embarrassing to me. I had to be transported around in a wheel chair most of the trip, I had to get two extra extension buckles on the plane I barely got in the seat. It was so heartbreaking to me and I knew I had to do something and do it quick. I swore I was not going to travel until I was smaller. If you ever had those feelings, then you know what I am talking about. It is when you get sick and tired of being sick and tired of that thing your struggling with that you finally make a change.

CONTENTS

02	Welcome To My Journey
04	The Starting & The Finish
05	Content page
06	Chapter One
07	Chapter Two
08	Chapter Three
09	Chapter Four
10	Super Foods
11	Smoothies
16	The Conclusion



Chapter 1

My journey has been a long and painful one with weight loss, but I wouldn't change a thing because it has taught me so much about the system of food and how it is produced not to mention the mere fact of how it affects our body in the long run. To put it bluntly and the most honest way I can say it, is to just tell the truth that I know to be righteous. The industry is killing us with the food production and pharmaceuticals.

"There it is the bold ignored truth." So, after going through the health session of weight management and classes with dieticians I learned a few things and, one thing, there textbook answers to our everyday problems were to eat less using a pyramid style structure and food groups. They tell you that less carbs more fiber and protein is the answer and a daily workout will get you to your goal weight.

And yes, some of that might be true for some people and their body types, but it's not for everybody and it certainly wasn't for me. After enduring so much sickness with a slow metabolism, high cortisol and inflammation in my body, came prayer and lots of it. Till one day I heard the gentle voice in my spirit that said go back to basics?

Well, it took me a few days to get what it meant for me, all I know is that I was tired of needles, being poked at and tugged around under this microscope and this x-ray and yet another machine without any valid results or answers.

Chapter 2

The Revelation

Then one day standing in my kitchen looking at my juicer it came to me. I grabbed the few books I had on juicing for health that I never really looked at or used and sat down at the kitchen table. I started flipping through the pages and reading the different ailments and cures for just vegetables and fruit I got more curious and anxious to learn more.

Then like a thump on the head it came to me my spirit seem to light up and I heard the gentle voice again and this time it said remember your childhood, putting it all together I sat there drinking my cup of tea and it sparked something again in me, I remembered my mother and I going to this little herb store we would go once a week they had nothing but fresh herbs and healing oils I did not pay too much attention to it but I did pay attention to the things my mother would do with them.

She always drank some sort of tea with those herbs, and she would use them with other oils and salve when I was sick, she made lotion and hair oils as well. Then came the memories of my grandfather and his country land with those 40 acres and mules and horses in Mississippi, I would spend every summer there from the age 4 until I was 12 years old it was memories I will never forget besides it reminded me of the fact that none of my relatives rarely got sick with anything because we ate from the land, we cured our body and ailments they had from the herbs and oils. There were no doctor visits or prescriptions to fill.

So that was the back to basic revelations for me and that very moment sitting there drinking my herbal tea, I knew what I had to do. And so, I did, after a quick prayer for guidance I started my own journey to wellness, and took charge over my body and health by listening to what my body was telling me, researching the various symptom and finding a more holistic way to approach it consulting the doctor of course but the final decision was mine.

Chapter 3

The process

I was not only going back to basics but being very diligent when I grocery shopped, and where I shopped. Reading labels and discarding the things that I could not pronounce or that had too much of things I was trying to avoid like sodium, sugar, and high cholesterol.

That's where the fresh fruit and veggies come in. I cut out the pork that was because let me tell I loved my pork chops and I would hurt you over some bacon and spam I mean that was a hard one not to mention the cheese. Can you believe you can be addicted to cheese? Yes, it is addictive, just stop eating all together and watch how body reacts, and your mind it's like a cat and mouse war going on inside.

But slowly I saw that things were changing on the inside, I kept the course I was determined to look in the mirror again, and to love myself completely whether anyone else did or not. The doctors said that I could have bariatric surgery and yeah, I thought about it determined to save what little life I had left. But God said oh no we not doing that, I became sick as all hell, they discovered yet another problem the Ozempic was causing me issues, not just one of the side effects I had them all. So, they called it IBS-C &D and some other stuff I can't pronounce and that meant the surgery was cancelled.

"Okay here comes the pain and hospitalization again. I finally got off it and went 4 months regaining my sanity and somewhat body functions again, But I had lost 65 lbs so there was a win in the mess of it all and for that I was thankful.

But to get out of the danger zone for me I had at least 40 more pounds to go for my goal weight, which was 170, I was good with that number besides the fact I was tired and just wanted to be normal again. Coming from my starting place which they had a record of 275 I thought 274 but never the less both were too high for little old me standing at 5'3.

Chapter 4

The Final Process the End

So still listening to the doctors, the bariatric surgeon she said you know what I think that we should try the Zebound it is a new series of GLP medication and you will have less of the side effects, and hopefully it will take you to the finish line.

Reluctantly I said OKAY! in the back of my mind I was saying if it's my turn to leave club earth then let me do it on my terms. So, we started it and 5 months later I was under my goal weight at 165 with no complications as before. So yes, I made it and you can too, maybe not the path I choose but finding your own way to get through to your goals.

For me there was no other choice the weight was killing me slowly but surely. I had hypertension, diabetes, IBS, gut issues, joint pain, my liver was in danger I was stage 3 at one point almost in need of transfusion or transplant. I had a heart attack in the early 90's and yet another one and the last one in 2010 with splints placed in the arteries all from eating unhealthy food, and extreme weight.

I had a stroke in 2022 took me a year to recover learning how to walk and talk again and all that stuff we take for granted, like simply tying your shoes. I was a walking disaster.

I still have a bit of a speech problem sometimes, and people will take it on themselves to try to correct me but I smile inside because it just reminds me of how strong I am and how far I have come and the best part is how much God loves me because through it all he still keeps me here.

Take the step you have nothing to lose but the weight and everything to gain. But please consult a professional either your doctor or licensed holistic source before you just start doing stuff.

SUPERFOOD SEEDS FOR SUSTAINED ENERGY

WHAT ARE SUPERFOODS AND WHAT DO THEY DO?

I put one of the superfoods from the list below in most of my smoothies and snacks. When I first began the switch in eating and just the weight journey in general I did a lot of research about various foods and how they were going to work with my conditions and my body type. I found that one of these super foods with my food in general gave me the extra jump start and fuel I needed to get through

- Hemp hearts have no psychoactive properties yet do have gamma-linolenic acid, a great and necessary fatty acid.
- Chia seeds contain healthy fatty acids, which make them a powerful antioxidant and antimicrobial boost in any smoothie.
- Flaxseed provides the body with necessary fiber and healthy fats and makes most things taste good it has a crunchy, and nutty taste.

Smoothies

WHAT DOES WEIGHT LOSS SMOOTHIES DO

This is one of the sources I turned to instead of my usual bacon and eggs, toast and other stuff for breakfast. These are 3 of my favorite go to drinks for breakfast nowadays.

Smoothies can be a great tool for weight loss due to their versatility and nutritional density. I started blending a smoothie each morning while doing my journey switch to a better me. The natural energy boost gave me motivation to slowly start working out, and within just a few weeks, I began to feel the better. Some days I even swapped in a second smoothie because it tasted so good! Here's why they work:

As a balanced meal replacement smoothie fuels your body with everything it needs to thrive—fiber for digestion, plant-based protein for strength, healthy fats for lasting energy, and plenty of vitamins and minerals to keep you feeling your best whether it's morning, or that mid-afternoon slump. I had that must of the time I would have to take a nap. 😴

I put one of the superfoods from the list below in most of my smoothies and snacks. At a mature age you find your body needs a little bit more. These superfood seeds are affordable and one of the most common sources in smoothies. If you're wanting to eat more fiber and have smoothies keep you full longer, then try including these with your daily smoothie drinks, I promise you feel the difference over a short time.

NOTE:

Vegetables and Fruit Cleaning- Wash all your shiny waxy fruits and green vegetables like greens, kale, etc. Anything that comes out the ground or off a tree.

I get a big container and wash all at one time when I go grocery shopping this way I don't have to do this process several times when I am cooking during the week.

I get a gallon or more of Fruit and Veggie Vinegar, and Baking Soda. Place my waxy fruit in the bowl pour in the baking soda then the vinegar. It will start to fizz and bubble its cleaning when it does that. Let it stop fizzing and you will be surprised at what you might find. Rinse it off well and go ahead and cook or eat.

Smoothie Recipes

Chia Smoothie

HOW TO MAKE CHIA SMOOTHIE FOR WEIGHT LOSS

If you're looking to lose weight, this chia seed smoothie is a great option. Here are a few ways you can optimize it for weight loss:

- Add a little more fiber content: Add an extra tablespoon of chia seeds
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- Use more greens, less fruit: Replace half the pineapple with more of the spinach to reduce sugar content and keeping the smoothie filling.
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- Add some protein: Blend in a scoop of plant-based protein powder or Greek yogurt to support muscle and it will keep you fuller longer
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- It serves as a meal replacement: This smoothie works great as a breakfast or dinner meal. Mixing it with a handful of nuts or seeds can provide extra some healthy fat which is a great drink in the morning to keep you satisfied.
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- Baby spinach: Choose fresh, vibrant green leaves without wilting. Organic is best to avoid pesticides. (***See wash notes on page 11***)
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- Oranges: Look for firm, heavy oranges with smooth skin to ensure they are juicy and fresh.
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- Frozen pineapple: Go for frozen pineapple chunks in the smoothie. Or if you like fresh then that's awesome as well cut in fairly some sizes.

Chia seeds: Purchase high-quality, get some organic chia seeds my favorite has become the Nutiva brand, and you can find it on Amazon for about 10.00 bucks with tax added. When you use a more reputable brand like Nutiva you get the most nutrients and avoid additives.

Chia Smoothie

Classic Chia Smoothie Recipe Makes One Serving:

Ingredients:

- 1 cup baby spinach
- ½ cup fresh or frozen pineapple chunks
- 1 fresh orange, peeled and segmented (or ½ cup fresh orange juice)
- ½ frozen banana
- ½ cup plain non-fat or low-fat Greek yogurt (for protein)
- ½ cup unsweetened almond milk
- 1 tbsp chia seeds
- ½ cup ice cubes (optional, for thickness)

Instructions:

1. Add the liquid (almond milk) to your blender first, followed by the greens.
2. Add the orange, pineapple, banana, and Greek yogurt.
3. Sprinkle in the chia seeds.
4. Add ice cubes if desired for a thicker texture.
5. Blend on high for 60–90 seconds until completely smooth and creamy.
6. Drink immediately to get the maximum amount of nutrients.
7. Baby spinach: Choose fresh, vibrant green leaves without wilting. Organic is best to avoid pesticides.
8. Oranges: Look for firm, heavy oranges with smooth skin to ensure they are juicy and fresh.
9. Frozen pineapple: Go for frozen pineapple chunks in the smoothie. Or if you like fresh, then that's awesome as well—cut in fairly small sizes.
10. Chia seeds: Purchase high-quality, organic chia seeds. My favorite has become the Nutiva brand, and you can find it on Amazon for about \$10 with tax added. When you use a more reputable brand like Nutiva, you get the most nutrients and avoid additives.

Nutritional Facts:

- Calories 287 cal
- Carbohydrates 48 g
- Protein 12g
- Fat: 5 g
- Sodium: 89 mg
- Potassium: 652 mg
- Fiber: 8 g
- Sugar: 28 g

Green Grapes Smoothie

WEIGHT LOSS SMOOTHIE WITH GREEN GRAPES

Green grapes pair perfectly with spinach, banana, pineapple, and Greek yogurt to create a sweet, filling, and low-calorie weight loss smoothie. Grapes add natural sweetness without the need for refined sugars, while the yogurt and banana keep you full for hours. This refreshing Tropical Green Grape Smoothie recipe makes one serving:

Ingredients

- 1 cup green grapes (frozen for a thicker texture)
- 1 cup baby spinach or kale
- ½ frozen banana
- ½ cup plain non-fat or low-fat Greek yogurt (for protein)
- ½ cup unsweetened almond milk or coconut water
- 1 tbsp chia seeds (optional, for extra fiber and healthy fats)

Instructions

1. Add the liquid (almond milk) to your blender first, followed by the greens.
2. Add the remaining ingredients and blend on high for 60–90 seconds until completely smooth and creamy.

Here are the nutritional facts:

It serves 16 oz once you blend it up so if you choose to have this flavor profile twice in your day.

- Calories for 16oz is 343 for the day – So basically 171.5 calories each serving
- Carbohydrates for 16 oz is 50 so 25 per serving
- Fat 14 grams
- Protein 10 grams
- Sodium 354 mg – so for each serving 177 mg of sodium
- Potassium 787

Green Smoothie

HOW TO MAKE A GREEN SMOOTHIE

Blend

- 1 cup of spinach in a blender with 1 cup of liquid. Blend until all leafy chunks are gone. Toss in frozen mango, pineapple, and bananas in the blender. Blend on high until smooth and creamy.
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- Add in your choice of super food once the smoothie is nice and creamy. Chia seeds, hemp hearts, and flax seeds are all great choices to add as a superfood. In order to break down the cell walls of the plants, you need to blend on high speed. You shouldn't have any leafy chunks or weird texture in your smoothie, if your blender is powerful enough. Drink immediately. To get the maximum amount of nutrients from a smoothie, drink it immediately after blending it. I usually drink this first thing in the morning. First I have my healing tea and then about 45 minutes later the smoothie. So I time it when I make the smoothie which is 45 min to an hour after my tea.

INGREDIENT SWAPS

- Banana: You can substitute it with a quarter of an avocado.
- Mango: Swap with frozen pineapple, red apple or peaches for a fiber-rich choice
- Pineapple: Swap with a navel orange to get that juicy citrus flavor.
- Water: Use oat milk, almond milk, orange juice or coconut water depending on your health goals. Here are some of my favorites are organic oat milk or almond milk brands I use Elmhurst milk brands, and they have many flavors and choices to choose from you can get them at Amazon. They are a little pricey but worth the cost.
- Spinach: Swap for kale, Swiss chard, beet greens, or any other leafy green of your choice.

NUTRITION

- Serving: 16 oz |
- Calories: 203 cal
- Carbohydrates: 51 g
- Protein: 3 g
- Fat: 1 g
- Sodium: 38 mg
- Potassium: 818 mg
- Fiber: 6 g
- Sugar: 34 g
- Vitamin A: 3829 IU |

The End...

Now these (3) smoothie recipes I am sharing with you are just my favorites, but I suggest you try them they might become yours to, but please research and find weight loss smoothies that you might like or prefer better than these. There are tons of them out there for the picking.

The purpose is to get you on a path that feels right, easy and durable for your health goals and overall health. Basically, deflecting you from the harmful and unhealthy options we tend to choose such a Fast-Food places, Greasy food choices, and places that you don't know what they are using or putting in your food.

Am not saying that you can't go out and eat from time to time, but personally since my health wellness journey began, I like to look for (5) star places to eat that has a reputation of making clean, natural and just good food that I would want to eat.

Watching the food network channel has helped me tremendously with making better choices of what I put in my body and ruling out the things I will never eat again. I never was a big beef eater because I have always had some type of gut issue since I was a young adult

So now that am older I found that there are so many things I can not longer or want to eat anymore and trust me I have had it all from traveling the world, I've eaten monkey brains, frog legs, snake, escargot (snails) octopus, and the list go on. Now when I think about it, I just get the stinky face and say "eww" I ate that?

Now I know my perception of food and things aren't for everybody and that's okay I am just sharing my weight loss journey with tips and helpful things that guided me on my path to wellness.

My prayers are that this journal with guide someone else to a healthier bod, mind-rest, and a enlightened spirit.

The End...





HEALTH

WEALTH

HAPPINESS

Change
STARTS WITH YOU!