



HOW TO LOVE FOOD & STILL GET THE BODY YOU WANT

BUILDING YOUR PEAK PERFORMANCE
STATE THROUGH AESTHETICS,
ATHLETICS, & ARTISTRY

Gain freedom from your food issues and body
insecurities as you learn to see food in a different
way.

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There's no magic formula. No perfect diet. No one-size-fits-all plan. No definitive right or wrong way to eat. The only diet that really works is a method that allows you to have control over food and your body **without that method controlling you.**

WHY DIETS SUCK

Sure, there are lots of diets that will get you results in terms of fat loss – but at what cost?

- ✓ Do they make you miserable every second you are on them?
- ✓ Do they feed the mental demons in your head, constantly reminding you that you are fat and worthless until you get to your goal weight?
- ✓ Do they make you feel like a slave to the system, blindly following rules imposed on you by the diet-gods?
- ✓ Do they pressure you to follow the popular trends for fear of being judged or doing something “wrong?”
- ✓ Do they prevent you from enjoying life while all your thoughts are consumed by obsessive diet restrictions?
- ✓ Do they steal precious resources away from your dancing while you struggle to get the body that is supposed to be good for your dancing?

I've served my time suffering while diets ruled my life. I had “success” with lots of different methods that made me skinny, but they also made me absolutely miserable. Instead of feeling better while on this valiant quest to improve my health & aesthetics for ballet, I felt barely alive - weak, foggy, tired, fragile, depressed, shaky, cranky. Pretty much the opposite of vibrant! Perhaps the worst part was that my dancing actually got worse. How can a diet meant to help you level up make you feel so rotten? Clearly, I was missing something. There had to be more to this than just getting skinny.

WHAT WE REALLY WANT

Turns out, what I was seeking (what we are all seeking!) was not pure fat loss. It was actually **body optimization combined with vibrant living.**

- ✓ A way to have control over shaping and manipulating my body in a healthy way – not through deprivation.
- ✓ A way to feel alive and invincible – not skinny.

- ✓ A way to develop the full potential of my body for both performance and aesthetics – not just push for change because I didn't feel “good enough.”
- ✓ A way to indulge in the pleasures of this world while feeling confident and beautiful in my unique body.

Once I realized what my actual goals were, that's when things shifted. I started to treat my body as an experiment, testing and observing how it reacted to different stimuli. My obsession with strict dieting faded as I sought to enhance my physical and mental being. I learned to **nourish** my body while sculpting it at the same time. My body became something I valued and cherished; something I wanted to improve out of love versus change out of hate.

This gave me freedom from those diet-demons choking out my happiness...but also gave me control over my aesthetics & physicality so I could feel fully alive and optimized in my body. This also happened to be THE secret to dancing better – enhancing aesthetics, athletic performance power, and artistic expression.

IT'S ALL IN YOUR MIND

Obviously, there are physical components based on science and nutritional knowledge that make it feasible for you to shed excess body fat, but the real key is the mental component. Without the proper mindset, you will just feel like you are depriving yourself, no matter what diet you are on. You'll be stuck in this anxious existence where you are just biding your time until you get to your goal weight where you can go back to eating “normal” again.

You need to see food differently in order to redefine your relationship with food. No longer is it this adversarial thing you fear will make you fat and deny yourself to make you skinny, but a tool you can use to achieve your goals. You learn to appreciate it as something that nourishes you – on 3 different levels. You reclaim the notion that food is fuel:

- 1. Fuel to sculpt your body through fat loss – AESTHETICS**
- 2. Fuel for performance power – ATHLETICS**
- 3. And, fuel for pleasure – ARTISTRY**

Key Concepts to Heal Your Relationship with Food:

CALORIES – THEY COUNT BUT DON'T COUNT THEM

Sure, calories matter. And, you can certainly lose weight by eating less calories. But, do you really want to spend your day counting them? The mental energy required to track every morsel of food you put in your mouth takes precious resources away from your artistry and creativity. I'd rather not spend my day obsessed with numbers. Plus, calories alone don't account for the quality of food needed for peak performance &

optimization. **This is where the distinction between healthy versus skinny comes into play.** You don't want to be a frail stick figure barely surviving off of coffee and 5-Hour Energy drinks. You want to nourish your body with all the vitamins and nutrients needed to feel invincible, powerful, BULLETPROOF. This also happens to be the version of your body that will help you dance better, too;)

CARBS – DON'T CUT, CATEGORIZE

Low-carb, high-carb, no carb, slow-carb...instead of holding yourself to a camp that puts strict labels on carb consumption, think of categorizing carbs instead. There are certain carbs to eat for fat loss, certain carbs to eat for performance power, & certain carbs to eat for inspiration and pleasure. **Understanding this distinction will help you not feel limited in your carb consumption but rather choose wisely according to your immediate goals.** Instead of carb restriction, you simply play with the timing for when you eat each category.

FATS – ROCKET FUEL, NOT CELLULITE

Are you afraid of fat? Do you think the second you eat anything, those grams of fat listed on the food label get packed directly on your thighs? It doesn't work that way. I used to be paranoid of consuming fat, but now it's my favorite component to my diet. **Consider fat as rocket fuel** – it provides mega energy and sustenance with minimal bulk. But, there are different kinds of fats with varying health benefits and detriments. Furthermore, food combinations play a role in how fat is processed in your body. When certain foods are eaten with fats, even healthy fats, the effects can take you further from your fat loss & health goals. Long story short, fat is a very important nutrient that is often misunderstood. But, with a little understanding, it can be the most powerful tool in your tool belt.

PROTEINS – NOT JUST FOR MUSCLE-HEADS

Besides being the building blocks of muscles and pretty much every living tissue in your body, protein is needed for tons of bodily functions: enzymatic, hormonal, structural, fluid and PH balance, transport, immune function, etc. This is not a tank-top wearing, gym-rat muscle-head trying to convince you to "Eat more protein, bro." These are essential functions that require protein in order for your body to run optimally. And, we are not talking about the 4.2 grams of protein found in a massive head of broccoli, but complete protein found in animal sources that contain all 9 essential amino acids required for total health and vibrancy. This is not to say that vegans and vegetarians can't get protein from plant-based sources, but they have to be very strategic about food combinations to ensure their bodies get all 9 essential amino acids from these incomplete sources. When I tried vegetarianism in my younger years, I certainly wasn't educated on how to do this properly, and my health suffered greatly (plus, I felt HORRIBLE all the time). So, if you make that choice, just make sure you do your research. Plus, it can take a little longer for your body to digest and utilize some plant-based proteins. **As a dancer and athlete, your body needs readily available protein to repair the damage inflicted on it every day to help you recover and gear up for the next day's rehearsals.**

PLEASURE – FOOD FEEDS YOUR SPIRIT NOT JUST YOUR BODY

Food isn't just a source of energy. It's a source of pleasure, too! **What's the use of looking good in your body if you don't get to feel pleasure in it?** You don't want to be a slave to an eating plan that never allows you to indulge in treats or that encourages a sick mindset where you serve yourself a nice dose of punishment and guilt along with your treats. No, you want to be able to indulge freely, no guilt required. This involves understanding the consequences of your actions and how to adjust for them before and after your treats to keep you on track towards your goals. It's this knowledge that puts you in control of both food and your body in a strategic, caring way instead of a restrictive, control-freak way.

Finding Your Peak Performance State

The best methods for fat loss (like my [Fuel the Fierceness](#) blueprint) work because they don't imprison you with more food restrictions and rigidity but free you to uncover your true potential as an artist, leading you to your peak performance state. You stop wasting valuable energy judging yourself for every morsel you put into your mouth, and start using food as rocket fuel for your performance power & artistry. You gain freedom from your food issues and body insecurities as you learn to see food in a different way.

As you do, you will gain control of your body through observation and experimentation instead of restriction and arbitrary rules. You will dance better as you optimize your body through fat loss, performance power, and pleasure. You will be comfortable and confident in your ballet body without sacrificing health and vibrancy. **Instead of torturing your body with restrictive dieting because you hate the way you look, you nourish your body out of a desire to develop its full potential.**

Reclaim your relationship with food – learn to use it as a tool to sculpt your aesthetics, power your athletics, and inspire your artistry!

FOR MORE INFORMATION ON MY BLUEPRINT FOR FAT LOSS, PERFORMANCE POWER, & PLEASURE, [CLICK HERE!](#)



ABOUT THE BULLETPROOF BALLERINA

Tanya Trombly is a professional ballet dancer based in New York City. She works with dancers through fitness, mindset, and nutrition coaching to help them reach their peak performance state. She works with dancers all across the United States and several continents through online coaching as well as in-person training at her home base in Manhattan. For more information, visit www.bulletproofballerina.com

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 [Bulletproof Ballerina](https://www.youtube.com/BulletproofBallerina)

**Disclaimer: I am not a nutritionist. I am not qualified to set a food plan for you or tell you exactly what to eat. I can share with you my secrets and techniques that work for me both in terms of helping me shed excess body fat as well as nourishing my body for health and optimum performance. It's what makes me feel Bulletproof. The information above is the program I have developed for myself after years of experimentation. It has helped me not only in a physical sense but also with my emotional and mental issues surrounding food and eating. Every body is different though, and there isn't one correct way of eating. So, don't think of this as a religion, but rather as a guide that you may need to adjust and experiment with yourself. Hopefully it provides you with some encouragement and guidance on your journey to becoming Bulletproof.*

The material in this program is for informational purposes only and is not intended as a substitute for the advice and care of your physician. As with all new diet and fitness regimens, the nutritional and fitness program described here should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Nutritional needs vary from person to person, depending on age, gender, health status, and total diet.

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