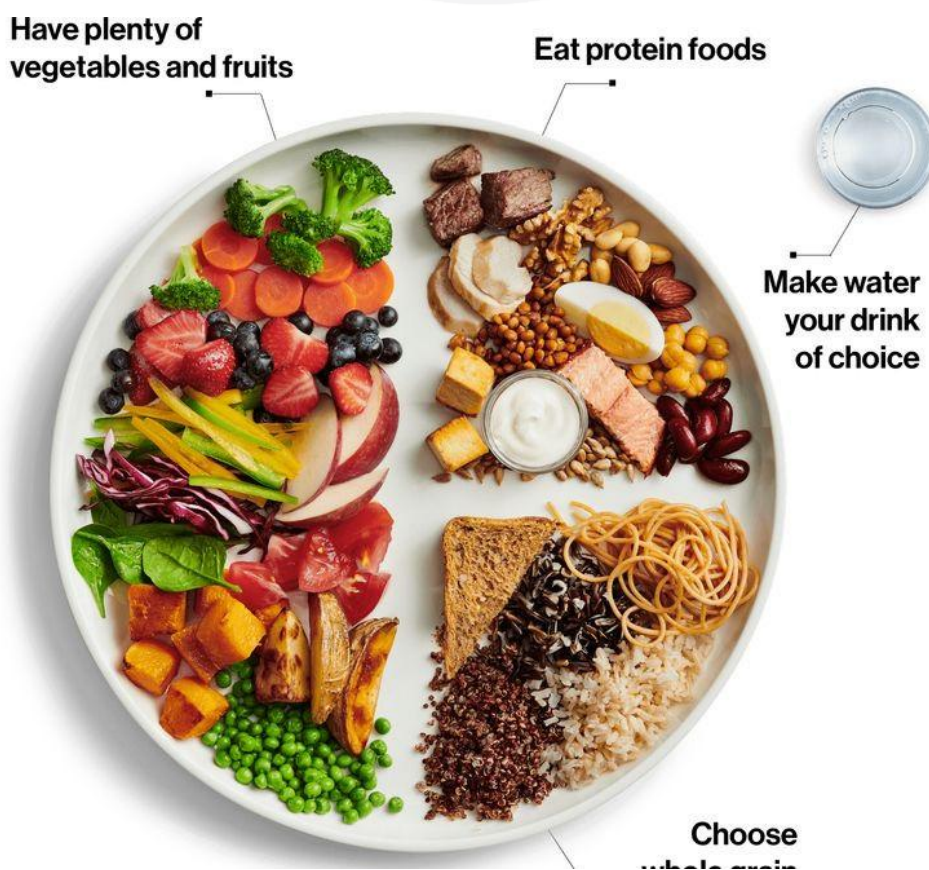


Guide to Nutrition



Whether the goal is fat loss or muscle gain / maintenance- Your nutrition is THE most important element in achieving your body goals. Your workouts are secondary. But they go hand in hand. Often times when people embark on a fit journey they're nervous about the food. "What should I eat? What should I not eat? When should I eat?" And a lot of people think that if they want to be fit they have to eat only vegetables or stop eating carbs or worse, they have to go on crazy diets that starve them for hours throughout the day. This is such a lie!

If you look at the photo of a Healthy Eating plate below you'd see division of veggies, carbs, healthy fats, protein and fruits (optional). The main message of the Healthy Eating Plate is to focus on quality. The type of carbohydrate is more important than the amount of carbohydrate in the diet, because some sources of carbohydrates—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.



The food we put in our bodies affects so much more than the weight we gain and how our bodies look from the outside. It affects our health, our mood, our sleep, our energy levels, and so much more. In the course of eating healthier, you will be experiencing many different changes, some of which may not be so easy. You may have increased cravings due to removing salt, sugar and processed foods. Some other, more positive changes will be increased energy levels, decreased bloating, and overall feeling a lot better than you usually do. When you are in a routine of eating processed foods and food with little to no nutritional value, you don't realize how badly it affects your body because you are used to feeling that way. Once you remove those foods from your diet and start providing your body with the proper nutrition and fuel it needs to efficiently run through the day, you will see how your body was designed to feel - energized, happy, healthy.

You will experience first hand how drastic the difference is in how you feel, and this is when you will see just how important the food you put into your body is to your health and overall well-being.

How to Eat/ Plan Meals

Eat three main meals and 2-3 snacks a day.

Contrary to popular belief, eating more doesn't mean getting fat. If you're eating a lot of junk food and foods that provide little to no nutritional value then you should be worried about fat! But, eating healthier, and drastic limiting the consumption of these junky meals is what lowers your risk of putting on fat. And despite weight loss or muscle building goals, you must eat!

Each meal should consist of whole, natural foods; foods that aren't packaged, processed, or preserved. Sad to say, indomie has got to go!

When should you eat?

Is there a such thing as the best time to eat? Not really. Ideally you'd want to have breakfast before or after your workout, for me personally i eat right after my workout. Here's what a eating schedule may look like:

Breakfast: 9-10am

Light Snack: 12pm

Lunch: 1-2pm

Snack: 4-5pm

Dinner: 7-8pm

This is just a guide. You don't have to follow these times.

Eat three main meals and 2-3 snacks a day.

Contrary to popular belief, eating more doesn't mean getting fat. If you're eating a lot of junk food and foods that provide little to no nutritional value then yes, you should be worried about fat! But, if you are eating healthier meals and snacks 3-5x a day , and drastically limiting the consumption of these junky foods and beverages, then this is what lowers your risk of putting on fat. And despite weight loss or muscle building goals, you must eat!

Each meal should consist of whole, natural foods; foods thiat aren't packaged, processed, or preserved. There are certain foods you will not see in this meal guide.

Each meal should consist of whole, natural foods; foods that aren't packaged, processed, or preserved. Sad to say, indomie has got to go! Each main meal should be balanced with

1. lean protein: white meat, white fish, egg whites, quinoa etc complex carbs: Sweet potatoes, rice, beans, pasta, whole grains
2. vegetables: Broccoli, Spinach, Cucumber, Carrots, Arugula, etc
3. Healthy fats: Avocados, Chia Seeds, fatty fish, Nuts etc

Focus on nutrients, not calories. Avoid foods that are processed, refined, fried, high in saturated fats, high in trans fats, and high in sugar content. No fast food. Be conscious of your portion sizes and savor the food you are eating. Take your time! You will notice that it takes less food to feel satisfied if you eat more slowly.

Drink a minimum of 2-3 liters of water a day. (add 1 liter if you are exercising regularly). Eat every two and a half to three hours. This will help keep you energized, able to burn calories efficiently throughout the day, and will help regulate your metabolism.

Remember that food is there to fuel and nourish your body, and there is a time and place for indulgence - absolutely! But first we need to get you on a routine and get to you a point where you can indulge, yet learn when to "no" or when to say "that is enough". It's about moderation and once you are in that routine, those little indulgences won't hurt you. Additionally, meal prep will save you time and money! You will begin to learn the exact portions you need for your meals through the week which will lead to less food waste, and taking the one or two days a week to prep the following days' meals means that during the week you will spend less time cooking and have more time for your other responsibilities, family, and friends.

THE NEXT FEW PARTS OF THIS GUIDE CONTAINS YOUR FOOD SHOPPING LIST, AND A ONE WEEK MEAL PLAN/GUIDE!



Tips & Tactics for **Healthy Eating**

- 1** Eat plenty of high-quality protein, fiber, and healthy fats
- 2** Limit saturated fat, added sugar, refined carbs, and processed foods. I often look for recipes that are paleo inspired, gluten-free, refined sugar-free, and dairy-free
- 3** Don't go grocery shopping without a set list
- 4** Don't go grocery shopping when you're hungry
- 5** Increase your protein
- 6** Drink at least half your bodyweight of water everyday and DO NOT drink your calories! Eliminate juices, sodas, fancy sugary coffees, and other flavored beverages

Grocery *List*



Refrigerator

Protein

- ✓ Chicken Breast, Lean beef, ground Turkey
- ✓ Salmon, Tilapia, Croaker (White fish)
- ✓ Greek Yogurt (10g protein per 100g)
- ✓ Beans (black beans have 21g of protein in 100g)
- ✓ Tuna (Get the one that says "In water" or "In sunflower oil")
- ✓ Eggs

Dairy

- ✓ Almond milk (unsweetened)
- ✓ Coconut Milk

Fruits/Veggies

- ✓ Berries
- ✓ Apples
- ✓ Oranges, Tangerines
- ✓ Bananas
- ✓ Mango
- ✓ Cucumber
- ✓ Broccoli
- ✓ Corn
- ✓ Tomatoes
- ✓ Carrots
- ✓ Mushrooms



PANTRY

- ✓ Oats
- ✓ White and Brown rice
- ✓ Whole Wheat Potatoes
- ✓ Whole grain
- ✓ Rice cakes

- ✓ Chia seeds
- ✓ Chicken bone broth
- ✓ Cinnamon
- ✓ Coconut

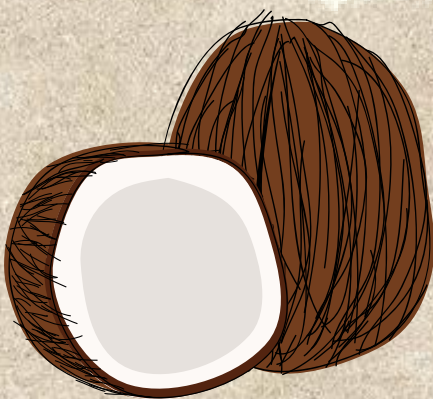
Nut/seed butters peanut, almond,
tahini, cashew nuts,
almond, cashews, pecans

- ✓ Onions
- ✓ Pumpkin seeds
- ✓ vinegar
- ✓ irish potatoes
- ✓ Tomato paste
- ✓ Tomato sauce



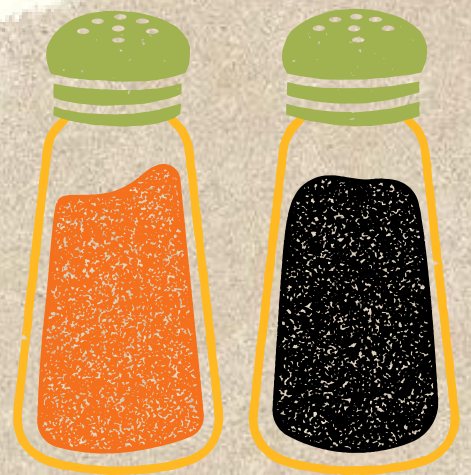
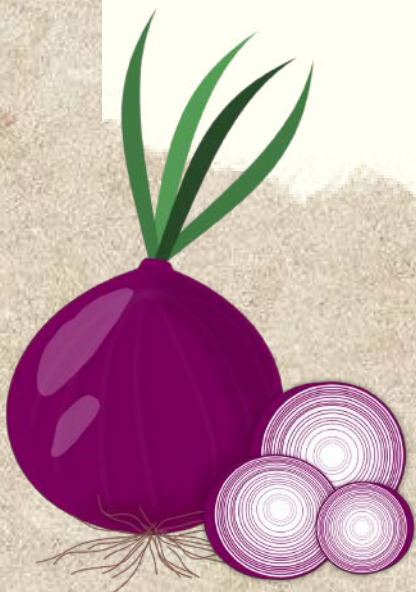
HEALTHY FATS/OILS

- ✓ Almonds
- ✓ Almond butter
- ✓ Avocado
- ✓ oil/ spray
- ✓ Cashews
- ✓ Cashew Butter
- ✓ Chia seeds
- ✓ Coconut oil/spray
- ✓ Flaxseed
- ✓ Hemp seeds
- ✓ Olive oil
- ✓ Peanut butter
- ✓ Pistachios
- ✓ Pumpkin seeds
- ✓ Sesame Oil
- ✓ Walnuts



Seasoning

- ✓ Cumin
- ✓ Thyme
- ✓ Cinnamon
- ✓ curry leaf
- ✓ Garlic
- ✓ Ground pepper
- ✓ Onion powder
- ✓ Paprika
- ✓ Pink Himalayan
- ✓ sea salt
- ✓ Red pepper
- ✓ Curry



Portion Control

You can roughly measure out portion sizes with your hands. Measure carbs and veggies using your fist, protein using your hands, and fat using your thumb. While I personally don't count calories I do believe in intuitive eating and listening to my body. I make sure to drink lots of water as to not let my body trick me into eating when I'm actually just thirsty! I also eat a lot of greens to help me to feel full at every meal.



Your **palm** determines your **protein portions**



Your **fist** determines your **veggie portions**



Your **cupped hand** determine your **carb portions**

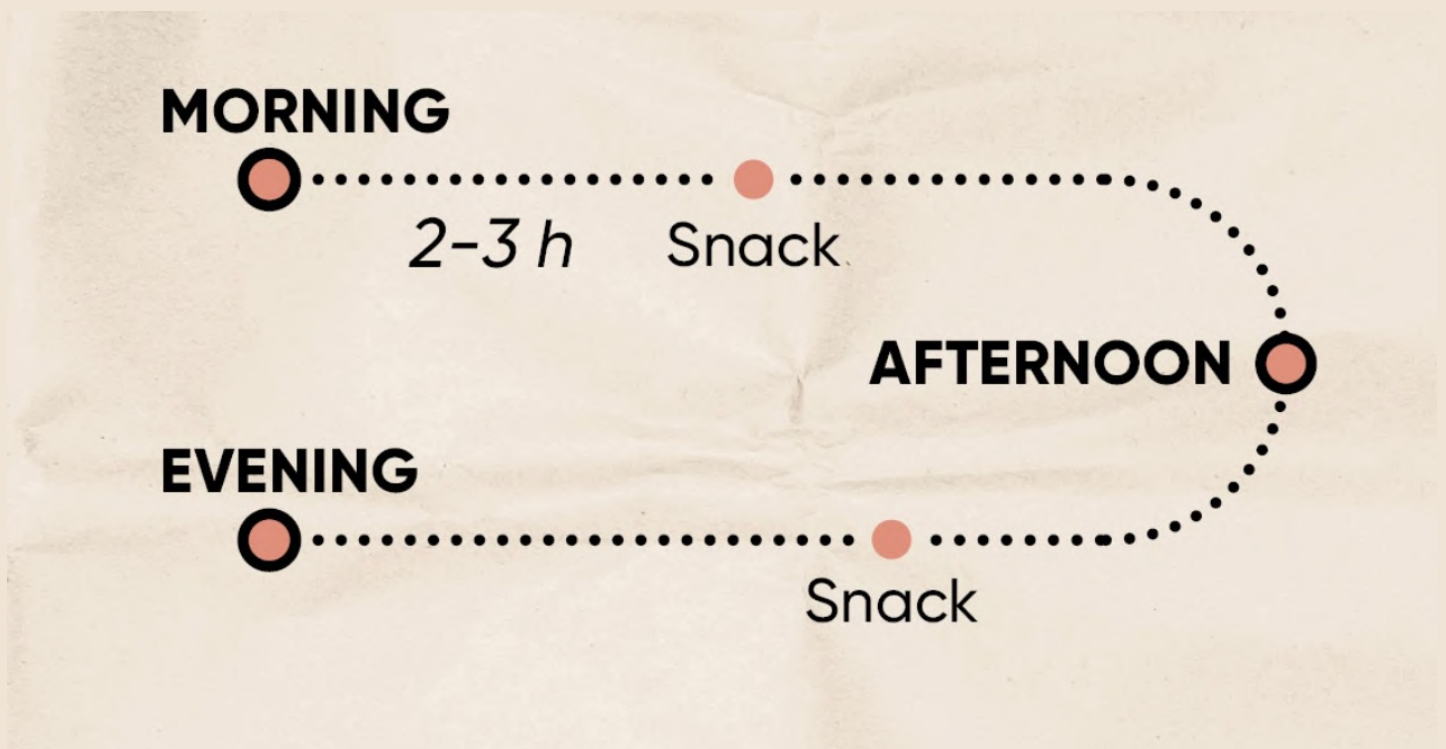


Your **thumb** determines your **fat portions**

Number of meals

I stick to small meals/snacks until my last meal of the day. I don't usually have a big appetite so i spread my meals out in smaller portions, across the day. I stick to an empty stomach in the morning so I can feel my lightest during my workout. My first meal is right after my workout.

You can drink as much water, sparkling water, **black** coffee, as you want. I eat a lot of greens each day and everytime I eat anything!



Meal 1

Breakfast

- ✓ Medium bowl of oatmeal
 - ✓ 2 scrambled eggs
 - ✓ 2 slices of avocados
-
- Drink water, a protein shake or black coffee



Meal 2

Lunch

- ✓ sweet potatoes
- ✓ veggies
- ✓ grilled chicken breast

- Drink water



Meal 3

Snack

- ✓ 2 rice cakes
- ✓ 1 medium banana sliced
- ✓ 1 tbs of peanut butter

- Drink water



Meal 4

Dinner

- ✓ white or brown rice
 - ✓ chicken poppers
 - ✓ 1 cup of broccoli
- Drink water

