



PAUL SKLAR **FIT** **365**™

NUTRITIONAL GUIDE

NUTRITIONAL GUIDELINES FOR LONG-TERM SUCCESS



WHAT I HAVE LEARNED IN MORE THAN 25 YEARS WORKING WITH CLIENTS IS THAT DIETS AND MEAL PLANS DON'T WORK LONG-TERM.

Most are too rigid and non-sustainable. Many people who diet end up right back where they started, or worse. Choosing healthy foods and getting adequate exercise consistently over time leads to success.

THEREFORE, I DON'T FOLLOW ANY DIET PLANS.

I do, however, adhere to a basic structure of what I call intuitive eating. Intuitive eating is understanding everything that you consume and **whether it will help you or hurt you**. It's understanding **what works for your body and eliminating what doesn't**.

Due to my work environment and schedule, I rely heavily on protein shakes for my caloric needs throughout the morning to mid-afternoon. Eating while training clients is unprofessional and when you have clients back to back for 8-10 hours, you need calories. I will sneak blueberries, bananas, peanut/almond butter, and energy bars throughout the workday. Energy bars that I consider healthy are derived from whole food products like dates, oats, and nuts.

I utilize a 50/50 mix of whey and casein protein from the hours of 5:30AM through approximately 2:00PM. Most of my whole/solid food intake is consumed between 2:00PM and 8:00PM. This typically consists of eggs, vegetables, peanut butter, pasta, chicken, oatmeal and vegetarian products.

Please keep in mind that whole, non-processed foods are always preferred.

I DO NOT COUNT MY MACRO OR MICRONUTRIENTS OR MY CALORIES. HOWEVER, I DO ABIDE BY CERTAIN GUIDELINES:

1. .75-1.0g of protein per pound of body weight. I usually consume my body weight in protein, which is about 170g/day.
2. The rest of my calories come from healthy carbohydrates and fats.
3. I don't count, but I'd estimate I consume approximately 2500 calories per day.

NECESSARY PSYCHOLOGICAL COMPONENTS FOR SUCCESS:

1. Strong mind and will power and the belief that YOU are in control of your eating.
2. Dealing with peer pressure to eat or drink. If you don't want to eat or drink something, politely decline.
3. It's ok to be hungry but not feel like you are starving. Understand the difference between **WANTING** to eat and **NEEDING** to eat.
4. If you put yourself in a state of starvation due to lack of calories you are prone to consume far more calories in one sitting and make poor food choices than if you had eaten consistently throughout the day.



I DO NOT COUNT MY
MACROS



RECOMMENDATIONS TO CONSIDER



1. Understand serving sizes.
2. Don't binge eat or overeat.
3. Space your food consumption every 3-4 hours.

For example, you can take a larger serving size of food and split it into two meals that you space out over 2-3 or 3-4 hours.

4. Limit consumption of excessive calories from liquids (sodas, fruit juice, alcohol).
5. Limit alcohol consumption to 2x/week and measure your alcohol.

For example, when I drink liquor I use a shot glass to measure out no more than 2 per glass and try to avoid having more than 2-3 drinks. Add flavor like lime juice or a sparkling beverage that doesn't have a lot of calories.

6. Avoid or limit beer consumption. I personally do not drink beer for two reasons:
 1. I don't like the taste
 2. You are likely to drink more calories from beer than liquor, leading to more fat around your mid-section.

7. Understanding the difference between being hungry vs. thirsty. Oftentimes hunger is confused with thirst. Try drinking some water and waiting a few minutes. If you still feel hungry, you probably are.

8. Drink an adequate amount of water to stay hydrated. A hydrated body performs better. Adequate water intake varies from individual to individual.

Clear to slightly yellow urine typically means you are properly hydrated or you can use the guideline of drinking 50% of your body weight in ounces of water per day.

9. CHOOSE healthy foods and think about them before you eat them.

10. Limit eating out (you can't control the ingredients). If you do, look at the menu and choose the healthiest options you can find.

11. Avoid putting salad dressing on your salad. Instead, get it on the side and dip your salad in it sparingly. (I personally do not use salad dressing).

I CONSUME

PROTEINS:

- Casein, Whey
- Eggs
- Peanut butter
- Lean meats (chicken, turkey)
- Fish

HEALTHY FATS:

- Avocado
- Natural peanut butter
- Flaxseed and canola spread
- Almonds
- Peanuts
- Sunflower seeds

CARBOHYDRATES:

- Oatmeal
- Fruits like blueberries, bananas, apples, raspberries, strawberries
- Kale, spinach, leafy greens, broccoli, legumes
- Sweet potatoes
- Regular potatoes
- Beans and rice

FOODS I AVOID:

- Bacon
- Sausage
- Hot dogs
- Fatty beef
- Chicken wings
- Anything prepared with mayonnaise
- Excess dairy
- Fried foods
- Anything that has heavy creams or sauces
- Milk
- Beer
- Processed foods (mac and cheese, chips, etc.)

TYPICAL DAY:

- 1 cup coffee with 1/2 serving almond milk creamer
- Three 40 to 50 gram shakes using a 50/50 mix of casein and whey protein powder mixed with water
 - I consume each shake every 2 to 3 hours and take approximately 30 to 60 minutes to drink each shake
- Banana
- 3 eggs with spinach, avocado, and occasionally a slice of cheddar or provolone
- Peanut butter and semi-sweet chocolate chips
- Protein pancakes with banana and blueberries, no syrup
- Veggie burger with egg whites and organic blue chips
- 2 eggs, black beans, kale, avocado.
- Lean chicken with pasta and vegetables like broccoli, peas, carrots
- Baked fish with cauliflower mashed potatoes or sweet potato

NOTE:

Eggs are a staple of my diet now. I didn't start eating eggs until I turned 40 because I never liked the taste.

Add different vegetables to your eggs daily to mix it up:

- Field Greens
- Baby Spinach
- Colorful Peppers
- Broccoli
- Kale

PRE AND POST WORKOUT NUTRITION



PRE:

I try to consume some sort of protein about an hour before training. Usually 25-35g whey protein because it digests faster. I occasionally use BCAA's with water during my workout, but mostly just consume water.

POST:

Within 30 minutes of completing my workout I consume 25-35g of a 50/50 Casein/Whey mix with 5g of creatine* monohydrate and a banana, apple, blueberries, or strawberries.

** Make sure that you consume an adequate amount of fluid if you decide to use creatine. Creatine is most effective when consumed daily in 5g doses. I like to use creatine that has no additives, fillers, etc. If your creatine has additives and fillers it is more likely to bloat you.*

I do not recommend creatine loading (three to five 5g servings per day for 7 days) as it is unnecessary and can also lead to bloating.

If you have the opportunity to eat whole food with a mix of proteins and carbohydrates, that is preferred (for example, a mix of eggs or egg whites, beans, kale, tomatoes is a great post workout meal).



ADDITIONAL TIPS FOR SUCCESS



I HAVE USED TRIAL AND ERROR OVER THE YEARS AS MICROMANAGING DOESN'T TYPICALLY WORK. WHAT WORKS FOR ONE PERSON DOESN'T NECESSARILY WORK FOR SOMEONE ELSE.

1. Understand your metabolic needs. How many calories do you burn in a typical day? How many do you burn on days you exercise?

A helpful method that I use is to wear a heart rate monitor for 24 hours and note the caloric expenditure. If you want to lose weight, keep the calories below that number. If you want to gain, add calories to stay above (1 pound=3500 calories). Alternatively, you can find metabolic calculators with a quick Google search.

2. Gaining muscle requires calories but not overconsumption of calories which can lead to fat gain.
3. Make intuitive and informed decisions when choosing food.
 - Read labels and understand what you are putting in your body.
 - *Will it help you or will it hurt your chances at success?*
4. No mindless eating.
5. Look at your body once daily when you brush your teeth. Self-awareness, without being compulsive, is extremely important. Otherwise the pounds can add up without you realizing it.
6. Avoid GMO foods.
7. Know if you are the person who must completely avoid a food or if you trust yourself to eat it in moderation. Can you eat one slice of pizza or does it turn into 4? Can you have one drink or does it end up being 5, etc.?

- 8.** Don't think something is automatically healthy just because it says NATURAL. Everything is NATURAL unless it is synthetically derived.
- 9.** Avoid overeating at one sitting. Spread your meals out.
- 10.** Eat everything in moderation. I don't restrict but make sure my activity level is commensurate with the amount of food I take in.
- 11.** Eat most of your calories when you are most active during the day. Waiting too long tends to lead to over and binge eating because the hunger level is too high.
- 12.** Shakes are a great way to ingest protein. If you choose shakes, I recommend 1/2 casein and 1/2 whey. Casein breaks down slower than whey and will leave you satisfied longer. I have found that whey alone leads to increased hunger shortly after.



**YOUR BODY IS YOUR MACHINE.
TREAT IT RIGHT AND IT WILL**

PERFORM!

