Nutrition Plan

Use this nutrition plan to help your nutrition needs. Whether you are looking to lose weight, or gain lean mass, the suggested foods here will fit into either plan. Take it slow and be forgiving to yourself. It is a lifestyle change, look at it in a way you can sustain these healthy habits

| Foods To Eat | | | | |  | Other Nutrition Tips | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meats (Protein) | Vegetables | Carbohydrates | Fruits | Snacks |  |  | 1. Keep protein intake between 0.6 – 1lb of protein per g of body weight. 2. If you use protein powder to help meet protein needs, look for one low in sugar, carbohydrate and fat contents. 3. Drink a gallon of water a day. 4. Try to plan. Whether this is weekly prep for you, or looking at your day the night before. If it is a busy day, take healthy snacks to help not to make quick pit stops at convenient stores or fast food when you’re hungry. 5. You will realize when you start focusing on what you are putting in your body it is not as difficult to stay within these calorie ranges and be full. 6. Suggested Calorie range Women: 1200-1400 Men: 1600-1800 7. Portion control. If your plate was broken up into 3 sections ¼ would be protein, ¼ carbohydrates, 2/4 vegetables. 8. Intermittent Fasting: 16 hour fast, 8 hour eating window. |
| Chicken | Broccoli | Brown Rice | Apples | Nuts (Almonds, Pecans, Cashews) |  |  |
| Grass Fed Beef | Spinach | Legumes | Grapes | Yogurt |  |  |
| Salmon | Lettuce | Sweet Potatoes | Oranges | Cottage Cheese |  |  |
| Turkey | Zucchini | Quinoa | Blueberries | Protein Powder |  |  |
| Shrimp | Squash | Oats | Banana |  |  |  |
| Eggs | Peppers |  |  |  |  |  |

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| Foods Not To Eat | | | | |  | Other Nutrition Tips | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meats (Protein) | Vegetables | Carbohydrates | Fruits | Snacks |  |  | 1. Stay clear of processed foods. 2. Stay clear of fast food. Fast food has sneaky preservatives that make it harder to break down and take advantage of all its food nutrients. 3. Sugar should be limited between 25g – 40 g a day. 4. Remove the temptations. Your house should be a safe place, prepared for you to succeed at your lifestyle changes. Keep the bad stuff out. |
| Deli Meats |  | White Rice |  | Chips |  |  |
| Beef with fat % less than 90% |  | Pasta |  | Sodas |  |  |
| Cheese |  | Flour (white bread) |  | Ice Cream |  |  |
| Cow Milk |  | Sugar |  | Pastries |  |  |

Nutrition Plan

| Meal Examples |
| --- |
| Breakfast |
| Eggs  Red/Yellow Peppers  Tomato  Oats |
| Lunch |
| Chicken Breast  Black Beans  Side Salad  Avocado |
| Dinner |
| Salmon  Sautéed Zucchini/Squash  Sweet Potato |

Portion Control guidelines per meal

Men

* Protein (Portion the size of 2 palms)
* Vegetables (Portion the size of 2 fists)
* Carbohydrates (Portion the size of 2 cupped handfuls)

Women

* Protein (Portion the size of 1 palm)
* Vegetables (Portion the size of 1 fist)
* Carbohydrates (Portion the size of 1 cupped handful)