

# Nutritional Guide

FOCUS ON PROTEIN & EVERYTHING ELSE FOLLOWS



## PROTEIN

Serving Size= Size of your Palm  
One Palm for Women (20-30 grams)  
Two Palms for Men (40-60 grams)

Goal: 25%-35% of Diet- Aim for One Serving Each Meal



## VEGETABLES

Serving Size= Size of your Fist  
Strive for 5 fists per day

Goal: Half Your Plate is Veggies



## CARBS

Serving Size= Size of cupped Hand  
The best choices for carbs are veggies, berries, sweet potatoes, and rice

Goal: 30%-40% of Diet- Best If Added Around Workouts



## FATS

Serving Size= Size of your Thumb  
Healthy Fats include cooking oil, fish, nuts & avocados

Goal: 20%-30% of Diet- Aim for healthy fats each meal



## Drinks (Zero Calories)

Most drinks will destroy your diet with added sugar.  
Stick to water, unsweetened tea, & coffee.

# Recommended Food List

## Simple Guide

### 01 - Protein

Chicken Thigh (Skinless)  
 Chicken Breast (Skinless)  
 Turkey Breast (Skinless)  
 Egg Whites  
 Whole Eggs  
 99% Lean Ground Turkey  
 93% Lean Ground Beef  
 Bison  
 Venison  
 Wild Game  
 Veal  
 Tuna  
 Shrimp  
 Scallops  
 Salmon  
 Tilapia  
 Halibut  
 Cod  
 Low Fat Yogurt  
 Low Fat Cottage Cheese

### 02 - Carbs

Sweet Potato  
 White Rice  
 Brown Rice  
 Steel Cut Oats  
 Yams  
 Quinoa  
 Squash  
 Red Potatoes  
 Potatoes  
 Plantain  
 Grapefruit  
 Berries  
 Tomatoes  
 Apples  
 Oranges  
 Banana

### 03 - Vegetables

Broccoli  
 Asparagus  
 Spinach  
 Kale  
 Brussels Sprouts  
 Celery  
 Cucumber  
 Pickle  
 Green Beans  
 Cabbage  
 Bok Choy  
 Eggplant  
 Carrots  
 Peppers  
 Radish  
 Cauliflower  
 Mushrooms  
 Onions  
 Zucchini

### 04 - Healthy Fats

Extra Virgin Olive Oil  
 Walnut Oil  
 Avocado Oil  
 Sesame Oil  
 Extra Virgin Coconut  
 Almonds  
 Nuts

Strive For *20-30 grams* of **Fiber** in your diet per day

### Macro Break Down

~40% Carbs: 4cal/gram

~30% Protein: 4cal/gram

~30% Fats: 9cal/gram

Alcohol is like a very dense carb at 7cal/ gram

Goal for Fat Loss= 1-2 pounds per week

Goal for Muscle Gain= 1/2 to 1 pound per week

## RECOMMENDED SUPPLEMENTS

1. **PROTEIN POWDER-** THIS IS THE BEST PROTEIN POWDER AVAILABLE. WHEY ISOLATE ELIMINATES LACTOSE & ANY FILLERS THAT MAY UPSET STOMACH UNLIKE WHEY CONCENTRATE.
  2. **OMEGA 3 (WITH D) -** 60% (SIXTY) OF YOUR BRAIN IS COMPOSED OF FAT — WHICH MEANS THAT YOUR BRAIN DEPENDS ON A STEADY SUPPLY OF DIETARY FAT FOR ITS HEALTH AND WELLBEING. TAKE 1 PILL 3 TIMES A DAY WITH YOUR MAJOR MEALS. IMPORTANT FOR TISSUE & METABOLISM HEALTH.
  3. **MAGNESIUM** LOTION/ OIL IS AN ESSENTIAL MINERAL, AND GLYCINE, A NON-ESSENTIAL AMINO ACID. IT IS EASILY ABSORBED BY YOUR BODY, LIKELY BECAUSE IT GETS CARRIED TO YOUR CELLS BOUND TO THE AMINO ACID. THIS WILL HELP WITH SLEEP AND RECOVERY.
  4. **CREATINE-** IS A COMPOUND THAT YOUR BODY NATURALLY MAKES, AND YOU ALSO GET IT FROM PROTEIN-RICH FOODS. IT SUPPLIES ENERGY TO YOUR MUSCLES AND MAY ALSO PROMOTE BRAIN HEALTH. HELPING WITH EXPLOSION, MUSCLE GROWTH, AND DECREASE IN FATIGUE.
  5. **GLUTAMINE-** IS AN IMPORTANT AMINO ACID WITH MANY FUNCTIONS IN THE BODY. HELPS MUSCLE RECOVERY, IMMUNE HEALTH AND DIGESTIVE SUPPORT
- RECOMMENDED SUPPLEMENTS.

*TALK WITH YOUR COACH ABOUT OTHER NUTRIENTS THAT MAY BE MISSING IN YOUR LIFE WHEN IT COMES TO ENERGY, RECOVERY, AND PERFORMANCE.*