

# **QUICK OVERVIEW**

## ***& Reference Guide***



**COMMITTED COACHES**



# NUTRITION

## Choosing the Right Kinds of Foods

Three types of foods provide energy in the form of calories: carbs, protein, and fats. It is very important that you include at least one type at each snack and meal.

### Carbs

There are three types of carbs to choose from: starchy, simple, and fibrous.

**So choosing the right kind of carbs is as simple as:** selecting natural carbs over processed ones. If the food comes out of the ground or from a tree, it's *natural* and ideal for fat loss. Anything man-made is considered *processed*, and therefore not the best choice.

Examples of natural carbs are fruits and vegetables, beans, brown rice, potatoes, yams, lentils, quinoa, oats – basically anything that's picked from the ground or a tree.

Processed carbs are foods like bread, crackers, pretzels, cookies, pasta, etc. Because of the processing, these carbs have very little nutritional value and are usually high in calories. They typically also cause an increase in insulin levels, which enables the calories to be easily stored as fat.

On our [Recommended Food List](#) below, all natural starchy carbs are listed as *ideal*. Since fruit (simple carbs) and vegetables (fibrous carbs) are all picked from the ground or a tree, and therefore natural, they're all ideal.



However, some processed carbs aren't bad; we've labeled these as "acceptable." They're a bit higher in calories because they're processed, but they offer some good nutritional value, such as fiber.

## ☺ Here's a comprehensive list of ideal and acceptable starchy carbs:

### Ideal Starchy Carbs

---

*(foods that are natural, not processed)*

- beans (black, kidney, lima)
- black-eyed peas
- brown rice (or wild, basmati)
- couscous
- edamame
- lentils
- millet
- oat bran
- oatmeal (rolled oats, steel cut)
- porridge
- potato
- pumpkin
- quinoa
- squash
- sweet potato
- yam

### Acceptable Starchy Carbs

---

*(foods that include some processing, but offer important nutrients)*

- barley
- bread (100% whole grain, spelt, ezekeiel)
- brown rice cakes
- buckwheat
- cream of rice
- cream of wheat
- high-fiber cereal
- pasta (100% whole grain, chickpea, black bean, or other natural foods)
- popcorn
- tortilla (100% whole grain, cauliflower, spinach)

Here are the simple and fibrous carbs from our [Recommended Food List](#). If we're missing any fruits and veggies from the following list that you enjoy, feel free to let us know and add them to your grocery list!

### Simple Carbs

---

*(fruits)*

- apple
- apricot
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- cranberries
- dates
- grapefruit

----- Continues on the next page -----

- figs
- grapes
- honeydew melon
- kiwi
- lemon
- limes
- mango
- nectarine
- orange
- papaya
- peaches
- pear
- pineapple
- plum
- pomegranate
- prunes
- raisin
- raspberries
- strawberries
- watermelon
- And any other fruits

## Fibrous Carbs

(vegetables)

- alfalfa
- asparagus
- beets
- bell peppers
- broccoli
- brussel sprouts
- cabbage
- carrot
- cauliflower
- celery
- collard greens
- cucumber
- eggplant
- fennel
- garlic
- green beans
- green peas
- jicama
- kale
- leeks
- mushrooms
- okra
- onion
- parsnips
- radish
- romaine lettuce
- snow peas
- spinach
- swiss chard
- tomato
- turnip
- watercress
- water chestnut
- zucchini
- And any other vegetables

# Proteins

Ideal proteins are those that are both low in fat and complete (from animal sources, such as meats, fish, eggs, and dairy). Incomplete proteins are from plant-sources (e.g., beans or quinoa) and considered “acceptable”.

⊕ **Here’s a comprehensive list of ideal and acceptable proteins:**

## Ideal Proteins

---

*(foods that are animal-based and low-fat)*

- beef (extra lean)
- buffalo
- cheese (lowfat)
- chicken (skinless white meat)
- cottage cheese (lowfat)
- egg whites
- egg (whole)
- fish (cod, halibut, tuna)
- greek yogurt (lowfat)
- milk (lowfat)
- ostrich
- pork (extra lean)
- protein powder
- shellfish (lobster, shrimp, clams)
- turkey (skinless white meat)
- venison
- yogurt (low-fat)

## Acceptable Proteins

---

*(foods that are plant-based )*

- beans (black, kidney, lima)
- black-eyed peas
- lentils
- nut butters (peanut, almond, cashew)
- nuts
- quinoa
- seeds
- soy beans
- soy milk (unsweetened)
- tempeh (unprocessed)
- tofu (unprocessed)

# Fats

Choose healthy unsaturated fats (nuts, olives, avocados) over unhealthy saturated fats, especially artificial trans fats. Include a small portion of healthy fat from the list below in each of your snacks and meals.

## Healthy Fats

---

*(unsaturated)*

- almonds
- almond butter
- avocado
- avocado oil
- butter (grass fed)
- cashews
- cashew butter
- chia seeds
- coconut milk
- coconut oil
- eggs (the yolk)
- fish oil supplements
- flaxseed
- flaxseed oil
- hazelnuts
- herring
- mackerel
- macadamia nuts
- olives
- olive oil
- peanut butter
- peanut oil
- peanuts
- pecans
- pistachios
- pumpkin seeds
- nuts
- salmon
- sardines
- sesame seeds
- sunflower seed butter
- sesame seeds
- walnuts

## Unhealthy Fats

---

*(those to limit/avoid)*

- Candy bars
- Commercially baked pastries, cookies, doughnuts, muffins, and cake
- Deep fried foods (french fries, fried chicken, chicken nuggets, breaded fish)
- High-fat cuts of processed meats (bacon, sausage, hot dogs)
- Ice cream
- Lard and shortening
- Margarine
- Packaged snack foods (crackers, microwave popcorn, chips)
- Whole-fat dairy products (cream)

## — Combining the Right Foods at the Right Times —

### 🕒 When to eat **starchy**, **simple**, and **fibrous** carbs

It's important to know when to eat each kind of carb, so we've broken it down into three easy-to-understand categories and then color-coded them so they're easy to identify:

**Starchy Carbs** are color-coded red in our **Meal Guidelines chart** below and include foods like potatoes, brown rice, beans, oatmeal, lentils, yams, whole grains, and sweet potatoes.

**Simple Carbs** are color-coded purple in the chart and are primarily fruit.

**Fibrous Carbs** are most vegetables and color-coded green.

In general, it's best to choose natural starchy and simple carbs early in the day. Then, later in the day, transition to fibrous carbs.

Be sure to combine all carbs with a good source of protein and a small source of healthy fat at each snack and meal. Here's why...



### Why **protein** and **healthy fat** are so important

A meal with carbs alone causes your insulin, or blood sugar levels, to shoot up and then crash down. This can leave you feeling tired, hungry, and weak. It also gives your body an easy opportunity to convert and store that meal as fat.

However, when you include a protein and healthy fat with your carbs, you'll feel full sooner and you'll stay full longer, your insulin levels will stay more consistent giving you lasting energy, and your metabolism will work more efficiently.



## 🕒 When to drink water and how much

Water is critical to your fat loss success as it helps you metabolize fat more efficiently and it serves as a natural appetite suppressant. **Here's how to calculate how much water you should drink daily** for both effective fat loss and good health:

### 🕒 Step 1. Multiply your weight by 50%.

For example, if you weigh 160 pounds, you should multiply 160 by .50 (50%), which equals 80 ounces of water per day.

### 🕒 Step 2. Factor in your activity level.

Add 4 ounces of water to your daily total for every 10 minutes you work out. So if you exercise 30 minutes today, you would add 12 ounces of water to your recommended daily intake.



## ⚙️ Drink more water if:

- You're exercising in a hot, humid environment.
- You're feeling hungry.
- Your mouth is dry and sticky.
- You're exercising at a higher intensity than normal.
- You're exercising longer than normal.
- You've had one or more caffeinated or alcoholic beverages.
- You've been working or exercising outdoors.

## 🕒 Signs of Dehydration

You'll also want to watch for signs of dehydration, as this will help indicate when you need to drink *even more* water...

If you notice any of these common signs of dehydration, drink several glasses of water immediately and make a conscious effort to drink more throughout the day.



1. The most common symptom of dehydration is a **headache**. A major function of water is to flush toxins from the body. Your brain is 75% water so even being slightly dehydrated can cause a headache.
2. **Poor concentration, dizziness, and/or fatigue**. Your muscles are 80% water and will fatigue easily if you are the slightest amount dehydrated.
3. **Reduced urine output or dark urine**. Ideally you want your urine to be a clear or pale yellow. This indicates a good state of hydration.
4. **Bad breath**. If you don't have enough water passing through your mouth, bacteria can build up and cause bad breath.



5. **Your skin should feel elastic**. When you pinch the skin on the back of your hand, it should snap back instantly. If it doesn't, you may be dehydrated.
6. **Water retention**, such as swollen ankles or puffy eyes. If you don't drink enough, your body will retain water as a safety mechanism.

If you're not used to drinking water or don't care for it, here are a few suggestions for adding some flavor and variety:

- Add a splash of low-sugar fruit juice such as cranberry, apple, or grape juice.
- Add a twist of fresh mint or sliced cucumber.
- Add a squeeze of fresh orange, lemon, or lime or use a packet of crystallized lemon or lime.
- Make herbal iced tea.
- Use Crystal Lite Pure (the "Pure" version has natural rather than artificial sweeteners).



## — How Often to Eat and Meal Guidelines to Follow —

**We recommend 5 smaller meals a day, about 3 hours apart.** This will help prevent you from gorging on unwise food choices, it helps you feel energized and satisfied (and keeps your metabolism revved up) throughout the day.



**⚠ Note:** These don't have to be full meals; they can be snacks. For example, meal 1 for many people is breakfast, meal 2 is a mid-morning snack, meal 3 is lunch, meal 4 is an afternoon snack, and meal 5 is dinner.

However, we understand that 5 meals/snacks a day doesn't always fit into everyone's schedule or personal preference. Below you'll find the Meal Guidelines for whatever meal frequency works best for you and your schedule.

### 🕒 Meal Guidelines for 3 meals a day:

#### Meal 1

PROTEIN  + STARCHY CARB  AND /OR AND /OR SIMPLE CARB  + HEALTHY FAT

#### Meal 2

PROTEIN  + STARCHY CARB  AND /OR AND /OR SIMPLE CARB  + FIBROUS CARB  + HEALTHY FAT

#### Meal 3

PROTEIN  + FIBROUS CARB  + HEALTHY FAT

## 🕒 Meal Guidelines for 4 meals a day:

### Meal 1

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

+  AND /OR  +

### Meal 2

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

+  AND /OR  +

### Meal 3

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

### Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

## 🕒 Meal Guidelines for 5 meals a day:

### Meal 1

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

+  AND /OR  +

### Meal 2

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

+  AND /OR  +

### Meal 3

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

+  AND /OR  +  +

### Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

### Meal 5

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

## Portions: How Much You Should Eat

To select the right portion of each of the 3 main food types, simply follow these guidelines:



### Carbs

Starchy Carbs

Simple Carbs

Fibrous Carbs

The carb(s) that you choose for each meal should be approximately the **size of your fist**. For example, the average woman has a fist about the size of a small baked potato, and the average man's fist is about the size of a medium one.



### Protein

Protein

Your choice of protein should be approximately the **size of your palm** (just the palm – no fingers). A 3.5-oz. chicken breast should fit perfectly into the palm of a woman's hand, and a man will be able to fit about 5 oz. of protein into his palm.



### Fat

Healthy Fat

The fat source you choose should be about the **size of your thumb**. This is about 5 almonds for the averaged-sized woman or 7 almonds for the average man.

# FIST / PALM / THUMB MEASUREMENTS - WOMEN

## FIST - **STARCHY** / **SIMPLE CARBS**

| Food Item  | Serving Size | Weight (oz) | Weight (g) |
|--|--------------|-------------|------------|
| Beans (Black, Kidney, Lima, etc)                       | 1 cup cooked | 8-9 oz      | 225-255 g  |
| Rice (Brown Rice, Wild Rice, Black Rice, etc)          | 1 cup cooked | 7.5 oz      | 210 g      |
| Oats (Rolled, Steel Cut)                               | 1 cup cooked | 7 oz        | 200 g      |
| Quinoa, Lentils, Chickpeas, etc                        | 1 cup cooked | 8 oz        | 225 g      |
| Potatoes, Sweet Potatoes, Yams                         | 1 small      | 4-5 oz      | 115-140 g  |
| Berries (Strawberries, Blueberries, Blackberries, etc) | 1 cup        | 5 oz        | 140 g      |
| Small Fruits (Kiwi, Nectarine, Plumbs, etc)            | 2 pieces     | -           | -          |
| Medium Fruits (Apple, Banana, Orange, etc)             | 1 piece      | -           | -          |
| Large Fruits (Melons, Mangos, etc)                     | 1 cup, cubed | 8 oz        | 225 g      |

## PALM - **PROTEIN**

| Food Item                               | Serving Size | Weight (oz) | Weight (g) |
|---|--------------|-------------|------------|
| Chicken, Turkey (Skinless, Breast Meat) | ½ cup cooked | 4 oz        | 113 g      |
| Fish (Cod, Halibut, Tuna, etc)          | ½ cup cooked | 4 oz        | 113 g      |
| Beef, Pork (Extra Lean)                 | ½ cup cooked | 4 oz        | 113 g      |
| Bison, Buffalo, Venison                 | ½ cup cooked | 4 oz        | 113 g      |
| Egg (Whole)                             | 2 whole eggs | 3 oz        | 85 g       |
| Greek Yogurt, Cottage Cheese            | ⅔ cup        | 5.2 oz      | 130 g      |
| Tofu, Tempeh                            | ⅔ cup cooked | 6 oz        | 170 g      |

## THUMB - FAT

| Food Item                            | Serving Size            | Weight (oz) | Weight (g) |
|--------------------------------------|-------------------------|-------------|------------|
| Nuts, Seeds                          | 1 tablespoon            | 1 oz        | 28 g       |
| Nut Butters (Almond, Peanut, Cashew) | 1 tablespoon            | 0.5 oz      | 14 g       |
| Cheese                               | 1 oz                    | 1 oz        | 28 g       |
| Oils (Olive, Avocado, Coconut)       | 1 tablespoon            | 0.5 oz      | 14 g       |
| Avocado                              | 1/3 of a medium avocado | 1.5 oz      | 42 g       |

## FIST / PALM / THUMB MEASUREMENTS - MEN

### FIST - STARCHY / SIMPLE CARBS

| Food Item  | Serving Size    | Weight (oz) | Weight (g) |
|--|-----------------|-------------|------------|
| Beans (Black, Kidney, Lima, etc)                       | 1.25 cup cooked | 10-11 oz    | 290-310 g  |
| Rice (Brown Rice, Wild Rice, Black Rice, etc)          | 1.25 cup cooked | 9.4 oz      | 265 g      |
| Oats (Rolled, Steel Cut)                               | 1.25 cup cooked | 8.75 oz     | 250 g      |
| Quinoa, Lentils, Chickpeas, etc                        | 1.25 cup cooked | 10 oz       | 280 g      |
| Potatoes, Sweet Potatoes, Yams                         | 1 small-medium  | 5.2-5.6 oz  | 150-160 g  |
| Berries (Strawberries, Blueberries, Blackberries, etc) | 1.25 cup        | 6.25 oz     | 175 g      |
| Small Fruits (Kiwi, Nectarine, Plumbs, etc)            | 2 pieces        | -           | -          |
| Medium Fruits (Apple, Banana, Orange, etc)             | 1 piece         | -           | -          |
| Large Fruits (Melons, Mangos, etc)                     | 1.25 cup, cubed | 10 oz       | 281 g      |

## PALM - PROTEIN

| Food Item                               | Serving Size             | Weight (oz) | Weight (g) |
|---|--------------------------|-------------|------------|
| Chicken, Turkey (Skinless, Breast Meat) | $\frac{3}{4}$ cup cooked | 6 oz        | 170 g      |
| Fish (Cod, Halibut, Tuna, etc)          | $\frac{3}{4}$ cup cooked | 6 oz        | 170 g      |
| Beef, Pork (Extra Lean)                 | $\frac{3}{4}$ cup cooked | 6 oz        | 170 g      |
| Bison, Buffalo, Venison                 | $\frac{3}{4}$ cup cooked | 6 oz        | 170 g      |
| Egg (Whole)                             | 2-3 whole eggs           | 4-4.5 oz    | 127 g      |
| Greek Yogurt, Cottage Cheese            | $\frac{3}{4}$ cup cooked | 7.8 oz      | 195 g      |
| Tofu, Tempeh                            | $\frac{3}{4}$ cup cooked | 9 oz        | 255 g      |

## THUMB - FAT

| Food Item                            | Serving Size            | Weight (oz) | Weight (g) |
|--------------------------------------|-------------------------|-------------|------------|
| Nuts, Seeds                          | 1.5 tablespoon          | 1.5 oz      | 42 g       |
| Nut Butters (Almond, Peanut, Cashew) | 1.5 tablespoon          | 0.75 oz     | 21 g       |
| Cheese                               | 1.5 oz                  | 1.5 oz      | 42 g       |
| Oils (Olive, Avocado, Coconut)       | 1.5 tablespoon          | 0.75 oz     | 21 g       |
| Avocado                              | 1/2 of a medium avocado | 2.25 oz     | 63 g       |

## Let Your Body Be Your Guide

Don't feel like you have to finish everything on your plate. The *fist/palm/thumb rule* is an excellent guide of how much to dish up, but ultimately, **you should pay attention to your internal signs of hunger and fullness to know when to stop eating.**



For example, if you begin feeling comfortably full and satisfied 3/4 of the way into your meal, put your fork down and push away from the table. To truly listen to your body for signs of fullness, it's very important that you eat slowly.

## Planning and Preparing Your Meals

Taking just a little time to plan and prepare your foods will make all the difference in the world. **Here's a simple 4-step process to follow each week** (*including an example*) to make sure that having the right foods together at the right times is quick, easy, and convenient.

🕒 **STEP 1** and **2**: Choose your foods for the week from our Recommended Food List and create a grocery list. For example:

### Protein

- ☐ Chicken (boneless, skinless breast)
- ☐ Cottage cheese (lowfat)
- ☐ Greek yogurt (lowfat, unsweetened)
- ☐ Protein powder (whey, chocolate)
- ☐ String cheese (lowfat)

### Healthy Fat

- ☐ Almonds
- ☐ Olive oil
- ☐ Peanut butter

### Starchy Carbs

- ☐ Oats (old fashioned)
- ☐ Sweet potatoes
- ☐ Quinoa
- ☐ Hummus

### Simple Carbs

- ☐ Banana
- ☐ Apples
- ☐ Strawberries

### Fibrous Carbs

- ☐ Spinach
- ☐ Broccoli
- ☐ Celery
- ☐ Bell peppers
- ☐ Cucumbers

### Miscellaneous

- ☐ Ziplock bags
- ☐ Aluminum foil
- ☐ Vinegar

🕒 **STEP 3:** Prepare your foods for the week (or the next few days). For example:

- Grill chicken breast and veggies on the BBQ.
- Bake sweet potatoes.
- Make a large batch of oatmeal and quinoa.

⚠️ **Note:** All the other foods from this grocery list are “ready to go” (i.e., you don’t need to cook or prepare cottage cheese, bananas, almonds, etc.; they’re ready to add to meals as is).

🕒 **STEP 4:** Follow our Meal Guidelines to plan your meals for the day

Here’s an example of planned meals for the day based on the above grocery list at 4 meals/day.

|               |   |
|---------------|---|
| <b>Meal 1</b> | PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + HEALTHY FAT<br>Oatmeal with protein powder and peanut butter stirred in.  |
| <b>Meal 2</b> | PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT<br>Greek yogurt with sliced strawberries and crushed almonds, plus a few celery sticks |
| <b>Meal 3</b> | PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT<br>Sliced apples and celery with peanut butter*  |
| <b>Meal 4</b> | PROTEIN + FIBROUS CARB + HEALTHY FAT<br>Spinach salad with grilled chicken and vinaigrette made with olive oil  |

\*Peanut butter has protein too, so this is a well-balanced snack.

## Now it's Your Turn

**Step 1:** Choose the foods you'd like to eat for the week from our Recommended Food List:

### Starchy Carbs

#### Ideal

- beans (black, kidney, lima)
- black-eyed peas
- brown rice (or wild, basmati)
- couscous
- edamame
- lentils
- millet
- oat bran
- oatmeal (rolled oats, steel cut)
- porridge
- potato
- pumpkin
- quinoa
- squash
- sweet potato
- yam

#### Acceptable

- barley
- bread (100% whole grain, spelt, ezeziel)
- brown rice cakes
- buckwheat
- cream of rice
- cream of wheat
- high-fiber cereal
- pasta (100% whole grain, chickpea, black bean, or other natural foods)
- popcorn
- tortilla (100% whole grain, cauliflower, spinach)

### Simple Carbs

- apple
- apricot
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- cranberries
- dates
- figs
- grapefruit
- grapes
- honeydew melon
- kiwi
- lemon
- limes
- mango
- nectarine
- orange
- papaya
- peaches
- pear
- pineapple
- plum
- pomegranate
- prunes
- raisin
- raspberries
- strawberries
- watermelon
- And any other fruits

### Fibrous Carbs

- alfalfa
- asparagus
- beets
- bell peppers
- broccoli
- brussel sprouts
- cabbage
- carrot
- cauliflower
- celery
- collard greens
- cucumber
- eggplant
- fennel
- garlic
- green beans
- green peas
- jicama
- kale
- leeks
- mushrooms
- okra
- onion
- parsnips
- radish
- romaine lettuce
- snow peas
- spinach
- swiss chard
- tomato
- turnip
- watercress
- water chestnut
- zucchini
- And any other vegetables

### Protein

#### Ideal

- beef (extra lean)
- buffalo
- cheese (lowfat)
- chicken (skinless white meat)
- cottage cheese (lowfat)
- egg whites
- egg (whole)
- fish (cod, halibut, tuna)
- greek yogurt (lowfat)
- milk (lowfat)
- ostrich
- pork (extra lean)
- protein powder
- shellfish (lobster, shrimp, clams)
- turkey (skinless white meat)
- venison
- yogurt (low-fat)

#### Acceptable

- beans (black, kidney, lima)
- black-eyed peas
- lentils
- nut butters (peanut, almond, cashew)
- nuts
- quinoa
- seeds
- soy beans
- soy milk (unsweetened)
- tempeh (unprocessed)
- tofu (unprocessed)

### Healthy Fat

- almonds
- almond butter
- avocado
- avocado oil
- butter (grass fed)
- cashews
- cashew butter
- chia seeds
- coconut milk
- coconut oil
- eggs (the yolk)
- fish oil supplements
- flaxseed
- flaxseed oil
- hazelnuts
- herring
- mackerel
- macadamia nuts
- olives
- olive oil
- peanut butter
- peanut oil
- peanuts
- pecans
- pistachios
- pumpkin seeds
- nuts
- salmon
- sardines
- sesame seeds
- sunflower seed
- butter
- sesame seeds
- walnuts

- 🕒 **STEP 2:** Create a grocery list from the foods you chose in step 1 that includes any foods you don't already have in your kitchen.

| Protein                  | Starchy Carbs            | Fibrous Carbs            |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Healthy Fat              | Simple Carbs             | Miscellaneous            |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- 🕒 **STEP 3:** Prepare your foods for the week (or next few days)  
If you need help with this, please let your coach know. We are here for you!

- 🕒 **STEP 4:** Plan your meals for the day  
Plan your tomorrow using your Daily Planner and let your coach know when it's ready for feedback. Although we recommend 5 smaller meals or snacks throughout the day, here are the guidelines for 3, 4, and 5 meals a day.

### Meal Guidelines for 3 meals a day:

| Meal 1 | PROTEIN              | + | STARCHY CARB         | AND /OR AND /OR | SIMPLE CARB          | + | HEALTHY FAT          |
|--------|----------------------|---|----------------------|-----------------|----------------------|---|----------------------|
|        | <input type="text"/> |   | <input type="text"/> |                 | <input type="text"/> |   | <input type="text"/> |

---

| Meal 2 | PROTEIN              | + | STARCHY CARB         | AND /OR AND /OR | SIMPLE CARB          | + | FIBROUS CARB         | + | HEALTHY FAT          |
|--------|----------------------|---|----------------------|-----------------|----------------------|---|----------------------|---|----------------------|
|        | <input type="text"/> |   | <input type="text"/> |                 | <input type="text"/> |   | <input type="text"/> |   | <input type="text"/> |

---

| Meal 3 | PROTEIN              | + | FIBROUS CARB         | + | HEALTHY FAT          |
|--------|----------------------|---|----------------------|---|----------------------|
|        | <input type="text"/> |   | <input type="text"/> |   | <input type="text"/> |

## Meal Guidelines for 4 meals a day:

### Meal 1

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

### Meal 2

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

### Meal 3

PROTEIN + FIBROUS CARB + HEALTHY FAT

### Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

## Meal Guidelines for 5 meals a day:

### Meal 1

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

### Meal 2

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

### Meal 3

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

### Meal 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

### Meal 5

PROTEIN + FIBROUS CARB + HEALTHY FAT

## — Striking a Balance between Fun and Effective —

The key to long-term fat loss success is striking a balance between **healthy and effective** (so you get good results) and **fun and enjoyable** (so you can stick with the plan long-term).

Any time you have a night out planned with friends and want to indulge on your favorite food and/or drinks, follow this **a simple 4-step process**:

🕒 **Step # 1: Be a little more active the day of the “special event”** – whether that’s a 15-minute longer workout ... or playing with your kids ... or going on a bike ride, playing tennis, or whatever. Just be more active.

🕒 **Step # 2: Be a little more strict with your meals** and either have a little smaller portions than normal or focus on veggies and protein.



🕒 **Step # 3: Make simple changes to the foods and drinks you want to enjoy.** For example, if you normally order a bacon cheeseburger with fries and a margarita when you’re out with friends, asking for the burger without bacon, cheese, and mayo will save you more than 500 calories. Get a side salad instead of fries and you’ll save an additional 300 calories. Asking for the margarita to be made with fresh squeezed lime juice rather than their normal mixer will save you at least 250 calories.

🕒 **Step # 4: Finally, get right back on track after the special event.** Don’t be one of those people who figures they blew it on a Friday so they might as well go crazy the rest of the weekend and then start over on Monday. Have fun on your night out, but get right back on the plan the next day. If you splurged more than you planned, you can repeat steps 1 and 2 the next day to make up for it.

---

# NUTRITION SUMMARY

---

## Key Points to Remember

- 1. You must create a caloric deficit to lose fat**, but you don't have to count calories to do so. By choosing natural foods rather than processed and stopping when comfortably full, you'll naturally be in a caloric deficit.
- 2. Carbs are critical to your success** and you should include the right kind at each snack and meal. **Choose natural carbs** (those picked from the ground or a tree: fruits, veggies, beans, oats, potatoes, etc) over *processed* ones (those that are man-made: crackers, pasta, bread, etc).
- 3. Choose natural starchy and simple carbs earlier in the day**, and then transition to **fibrous carbs later in the day**. Our [Meal Guidelines Chart](#) makes this super simple to follow.
- 4. Include a protein and a small portion of healthy fat at each snack or meal.**
- 5. Ideal proteins are those that are both low in fat and complete.** *Complete* proteins are those from animal sources, such as meats, fish, eggs, and dairy. You can combine two or more incomplete proteins (e.g., beans or quinoa) to make a complete protein source.
- 6. Choose healthy unsaturated fats** (nuts, olives, avocados) over unhealthy saturated fats, especially artificial trans fats.
- 7. Water is critical to your fat loss success**, as it helps you metabolize fat more efficiently and it serves as a natural appetite suppressant. The amount of water you should drink is based on your weight (in pounds x 50%) and activity level (4 additional ounces per 10 minutes of exercise).
- 8. We recommend eating 5 smaller meals a day, about 3 hours apart.** However, you should do what works best for *you* and if 3 or 4 meals a day fits best with your schedule, simply follow the specific meal guidelines for each.
- 9. Knowing how much to eat is a simple 2-step process:** 1) dish up your portions based on the **fit/palm/thumb rule**... and 2) **listen to your body** and stop eating when comfortably full.
- 10. Planning and preparing the right types of foods in advance** will make following the program so much easier and increase your chances of success.
- 11. You can enjoy your favorite meals, desserts, and drinks** with family and friends, and still lose fat, if you **follow our simple 4-step process**.



# EXERCISE

Whether you're ready for a structured workout routine now or want to focus on a structured workout routine with your coach later, the more active you are, the more you'll keep your metabolism working efficiently and the more calories you'll burn - it all adds up.

## 🔗 Here's a few simple ways to get more active:

- Get in the habit of taking the stairs instead of the elevator.
- Keep your sport shoes in the car so you're always prepared to get out and be active when you have some extra time. You could take a brisk walk or shoot some baskets after lunch before returning to work.
- Choose a hike or a bike ride with friends or family instead of a movie.
- Play with your kids in the backyard rather than dropping them off at the video arcade.
- Instead of catching up with friends over a few drinks, play racquetball or tennis.
- Do yard work, clean the garage, or wash the car.
- Dance at home or arrange to take lessons with friends.
- Celebrate a birthday at a bowling alley or roller rink instead of a restaurant.

## Ready to Workout?

### Focus on These 2 Types of Exercise

Two types of exercise play a very important role in effective fat loss: cardiovascular exercise (also known as *cardio*) and resistance training (also known as *weightlifting*).

#### ➤ Cardiovascular Exercise

Cardio exercise is any movement that gets your heart rate up and increases blood circulation for an extended period of time. It is the most effective way of burning calories and since fat loss depends on that caloric deficit, it's a critical component to your long-term fat loss success.



#### ➤ Resistance Training

Resistance training is any exercise that causes the muscles to contract against an external resistance (e.g., dumbbells, resistance bands, exercise machines, etc.) with the expectation of increases in muscle strength, tone, size, and/or endurance. To improve your metabolism and become efficient at burning fat, it's very important that you add muscle to your body so that you can burn more calories 24/7.



## Combining Cardiovascular Exercise with Resistance Training Is the Best Way to Lose Fat

Trying to include both cardio and resistance training into your busy schedule can be tough, I understand. But since both forms of exercise are so critical to your success, I wanted to come up with a strategy that combined both into one very efficient, super effective workout that you can easily fit into your busy day. **I call this strategy the E2 Method.** It's DOUBLE the effectiveness and DOUBLE the efficiency of a traditional workout when they're done separately.

### Here's how it works:

Normally, people rest between resistance training sets. Instead, the E2 method has you doing a round of cardio to keep your heart rate elevated the entire workout. That means by the time you've completed your resistance training routine, you've done a full session of cardio exercise as well. The E2 Method has an additional fat-burning benefit: it keeps your metabolism revved up longer, making your body more efficient at burning fat around the clock.

The one minute of cardio could be the treadmill, stationary bike, elliptical machine, jumping rope, bench step-ups, jumping-jacks, boxing, jogging/marching in place – whatever keeps your heart rate elevated for 1 minute and is convenient for you to perform between your resistance training sets.

Ready for a workout routine that combines both cardiovascular exercise and resistance training into one extremely effective, efficient routine?

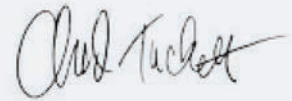
Log-in to the community site and click the "Workout Videos" link!

## You Got This – I Believe in YOU

Thousands of our clients have successfully made the change to a healthier lifestyle. Once you truly believe that you have the ability to find a comfortable balance of food, activity, and positive mindset, you can break free from fad diets forever.

Action creates motivation. And once you start achieving great results, the excitement and fun you'll experience will make the change well worth the effort. In fact, enjoying the many great benefits of a healthy lifestyle will help provide the impetus to stay on the healthy road you've taken.

Embrace change, stay positive, and believe in yourself... because I believe in you and want nothing more than to help make you our next great success story!



**Chad Tackett, BS, CPT**

## REFERENCE GUIDES

Since nutrition is absolutely critical to your success, the following is a quick overview and reference guide for choosing the right foods, at the right times, in the right amounts.

### ➤ The 5 Simple Keys to Guaranteed Fat Loss

- **Key # 1:** Carbs are critical to your success and you should include the right kind at each snack and meal.
- **Key # 2:** It's important that you include a protein and healthy fat at each snack and meal.
- **Key # 3:** Water is critical to your fat loss success and should be consumed throughout the day.
- **Key # 4:** Planning and preparing the right types of foods in advance will make following the program so much easier.
- **Key # 5:** Take every opportunity to stay as active as possible and when you're ready, try our workout videos!

### ➤ Recommended Food List

#### Starchy Carbs

##### Ideal

- beans (black, kidney, lima)
- black-eyed peas
- brown rice (or wild, basmati)
- couscous
- edamame
- lentils
- millet
- oat bran
- oatmeal (rolled oats, steel cut)
- porridge
- potato
- pumpkin
- quinoa
- squash

#### Simple Carbs

- apple
- apricot
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- cranberries
- dates
- figs
- grapefruit
- grapes
- honeydew melon
- kiwi
- lemon
- limes
- mango
- nectarine

#### Fibrous Carbs

- alfalfa
- asparagus
- beets
- bell peppers
- broccoli
- brussel sprouts
- cabbage
- carrot
- cauliflower
- celery
- collard greens
- cucumber
- eggplant
- fennel
- garlic
- green beans
- green peas
- jicama

#### Protein

##### Ideal

- beef (extra lean)
- buffalo
- cheese (lowfat)
- chicken (skinless white meat)
- cottage cheese (lowfat)
- egg whites
- egg (whole)
- fish (cod, halibut, tuna)
- greek yogurt (lowfat)
- milk (lowfat)
- ostrich
- pork (extra lean)
- protein powder

#### Healthy Fat

- almonds
- almond butter
- avocado
- avocado oil
- butter (grass fed)
- cashews
- cashew butter
- chia seeds
- coconut milk
- coconut oil
- eggs (the yolk)
- fish oil supplements
- flaxseed
- flaxseed oil
- hazelnuts
- herring

Continues on the next page

### Starchy Carbs

- sweet potato
- yam

### Acceptable

- barley
- bread (100% whole grain, spelt, ezeziel)
- brown rice cakes
- buckwheat
- cream of rice
- cream of wheat
- high-fiber cereal
- pasta (100% whole grain, chickpea, black bean, or other natural foods)
- popcorn
- tortilla (100% whole grain, cauliflower, spinach)

### Simple Carbs

- orange
- papaya
- peaches
- pear
- pineapple
- plum
- pomegranate
- prunes
- raisin
- raspberries
- strawberries
- watermelon
- And any other fruits

### Fibrous Carbs

- kale
- leeks
- mushrooms
- okra
- onion
- parsnips
- radish
- romaine lettuce
- snow peas
- spinach
- swiss chard
- tomato
- turnip
- watercress
- water chestnut
- zucchini
- And any other vegetables

### Protein

- shellfish (lobster, shrimp, clams)
- turkey (skinless white meat)
- venison
- yogurt (low-fat)

### Acceptable

- beans (black, kidney, lima)
- black-eyed peas
- lentils
- nut butters (peanut, almond, cashew)
- nuts
- quinoa
- seeds
- soy beans
- soy milk (unsweetened)
- tempeh (unprocessed)
- tofu (unprocessed)

### Healthy Fat

- mackerel
- macadamia nuts
- olives
- olive oil
- peanut butter
- peanut oil
- peanuts
- pecans
- pistachios
- pumpkin seeds
- nuts
- salmon
- sardines
- sesame seeds
- sunflower seed
- butter
- sesame seeds
- walnuts

## Meal Guidelines

We recommend following the 5 meals a day guidelines below. If this doesn't fit into your current schedule (or personal preference), do what's right for you now and try to eventually work up to 5 smaller meals/snacks a day.

### Meal Guidelines for 3 meals a day:

#### Meal 1

PROTEIN  + STARCHY CARB  AND /OR SIMPLE CARB  + HEALTHY FAT

#### Meal 2

PROTEIN  + STARCHY CARB  AND /OR SIMPLE CARB  + FIBROUS CARB  + HEALTHY FAT

#### Meal 3

PROTEIN  + FIBROUS CARB  + HEALTHY FAT

🕒 Meal Guidelines for 4 meals a day:

**Meal 1**

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

**Meal 2**

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

**Meal 3**

PROTEIN + FIBROUS CARB + HEALTHY FAT

**Meal 4**

PROTEIN + FIBROUS CARB + HEALTHY FAT

🕒 Meal Guidelines for 5 meals a day:

**Meal 1**

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

**Meal 2**

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + HEALTHY FAT

**Meal 3**

PROTEIN + STARCHY CARB AND /OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

**Meal 4**

PROTEIN + FIBROUS CARB + HEALTHY FAT

**Meal 5**

PROTEIN + FIBROUS CARB + HEALTHY FAT

## ➤ Portions

Knowing how much to eat is a simple 2-step process:

- **Step 1:** Dish up your portions based on the *fist/palm/thumb rule*:
  - **Carbs** should be approximately the size of your fist.
  - **Protein** should be approximately the size of your palm.
  - **Fat** should be about the size of your thumb.
- **Step 2:** Listen to your body and stop eating when you're comfortably full.

## ➤ Process for Eating the Right Foods at the Right Times in the Right Amounts:

- **Step 1 and 2:** Choose the foods you'd like to eat from our [Recommended Food List](#) and create a grocery list.
- **Step 3 and 4:** Plan and prepare your meals for the day.
- **Step 5:** Dish up your portions based on the *fist/palm/thumb rule*, but then listen to your body for signs of fullness to know when to stop eating.

## ➤ Striking a Balance between Fun and Effective

Here's a simple 4-step process when there's a special event coming up and you want to indulge on your favorite food and/or drinks:

- **Step 1:** be a little more active that day.
- **Step 2:** be a little more strict with your meals and really focus on veggies and protein.
- **Step 3:** make simple, healthier changes to the foods and drinks you want to enjoy at the event.
- **Step 4:** get right back on track after the event.