

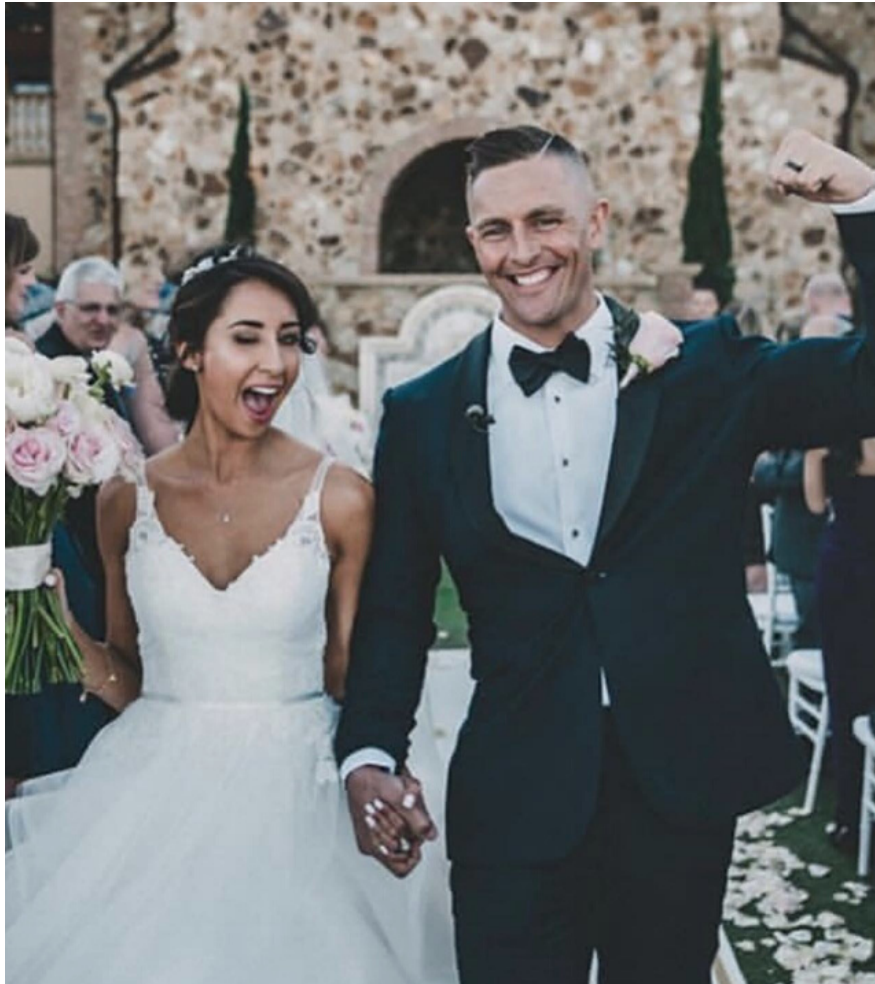


**STOKED
METABOLIC
COACHING**

10 WAYS TO FIX YOUR DIET

**FAT LOSS BLUEPRINT FOR
OVERWORKED PROFESSIONALS**

COACH



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With over 15 Years in the Fitness and Nutrition space I've seen it all. Fad diets, Cleanses, Fat Burners and all sorts of other garbage with one goal - to keep you in the yo-yo world of "dieting". If you can lose weight that's a win, an even bigger for fat loss companies is. when you gain it back and have to do it all over again. This guide is designed for you, to help you stop dieting and start living a healthier lifestyle.

DON'T SKIP BREAKFAST

It's all in the name! Breakfast is your first meal of the day and it literally BREAKS the FAST your body experienced while you were sleeping. Your body works hard behind the scenes on your mental and physical health while you sleep and as a result, you are running on empty by the time you wake up. It's like trying to run your car without gas if you skip out on breakfast.

Skipping out on breakfast negatively impacts your physical and mental health in the following ways:

- Slows down your metabolism**
- Impairs cognitive function**
- Causes negative impact on mood and energy levels**
- Causes you to overconsume the rest of the day**
- Increases cravings**

Most people say they don't have enough time to prepare breakfast so here are some quick and easy breakfast options that can be prepared the night before:



VANILLA BERRY SMOOTHIE

INGREDIENTS

1 CUP UNSWEETENED ALMOND MILK
1 SCOOP VANILLA PROTEIN
1 CUP FROZEN MIXED BERRIES
1/3 FROZEN BANANA
1/4 CUP FROZEN RICED CAULIFLOWER

DIRECTIONS

PLACE ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH

FOR ADDED TASTE:

ADD 1TBSP SUNFLOWER SEED BUTTER OR ALMOND BUTTER.
1 TSP OF CHIA SEEDS OR FLAXSEEDS FOR ADDED FIBER
TOP WITH COCONUT FLAKES OR GRANOLA FOR ADDED CRUNCH!

OVERNIGHT OATS

INGREDIENTS

1/3 CUP OF DRIED OATS
3/4 CUP PLAIN GREEK YOGURT
1/2 CUP UNSWEETENED ALMOND MILK
1TSP VANILLA
DASH OF CINNAMON
1TBSP ALMOND BUTTER
1 TSP MAPLE SYRUP
SLICED STRAWBERRIES

DIRECTIONS

PLACE OATS GREEK YOGURT, ALMOND MILK, AND VANILLA IN A MASON JAR OR SMALL CONTAINER AND STIR. ADD CINNAMON AND ALMOND BUTTER AND STIR. REFRIGERATE OVERNIGHT OR UP TO 4 HOURS BEFORE SERVING. WHEN READY TO SERVE, ADD MAPLE SYRUP AND SLICED STRAWBERRIES





EGG AND VEGGIE CUPS

INGREDIENTS

1 TBSP OLIVE OIL
 8 OUNCES WHITE BUTTON MUSHROOMS SLICED
 4-5 HANDFULS OF SPINACH
 SALT AND PEPPER
 6 EGGS LIGHTLY BEATEN
 6 OUNCES FETA CHEESE, CRUMBLLED

DIRECTIONS

PREHEAT OVEN TO 375 DEGREES. SPRAY MUFFIN TIN WITH NON-STICK COOKING SPRAY. IN A LARGE SKILLET, HEAT UP OIL AND ADD MUSHROOMS. COOK UNTIL SOFTENED, ABOUT 5 MINUTES. ADD SPINACH AND SAUTE UNTIL THE LEAVES HAVE WILTED, ABOUT 3-4 MINUTES. THROW VEGGIES INTO A BOWL AND ADD EGGS, CHEESE, SALT AND PEPPER. DIVIDE EVENLY INTO 12 MUFFIN CUPS. BAKE FOR 25 MINUTES. COOL SLIGHTLY BEFORE REMOVING FROM TIN

OTHER IDEAS:

BREAKFAST

- KODIAK PANCAKES OR WAFFLES
- HARDBOILED EGGS & INSTANT OATMEAL
- COTTAGE CHEESE WITH FRUIT AND DRIED OATS
- BANANA OR APPLE WITH NUT BUTTER AND PROTEIN SHAKE
- PROTEIN WRAP(P28) WITH NATURAL PEANUT BUTTER AND BANANA SLICES
- OATMEAT WITH PROTEIN PODER, ALMOND MILK, FRUIT AND NUTS



The background of the image is a collage of various meal prep items. At the top, there's a container with chicken, broccoli, and purple sprouts. To the left, a pink water bottle and a bowl of nuts (cashews, almonds) are visible. Below the nuts, there's a container with bread and a green leaf. In the center, a container with dumplings is partially visible. To the right, a container with rice, green beans, and a hard-boiled egg is shown. At the bottom left, a bowl of sliced apples is visible. At the bottom right, another container with chicken and broccoli is shown.

MAKE MEAL PREP EFFORTLESS

Meal prep is key to a successful diet. While time consuming, it is extremely rewarding as it saves you time and money during the week when preparing meals for work.

Schedule your meal prep day - choose a day where you can block off several hours to grocery shop and meal prep. Weekend days are usually best to prepare for your upcoming week.

Make a Grocery List - Make a list of what you need beforehand to avoid wasting time and having to make a second trip back to the store. Aim for a variety of foods that are classified in each macronutrient group including lean proteins, carbohydrates, fats, and fruits and vegetables. Grab healthy snacks you might enjoy.

Grocery Haul - If you plan on buying in bulk, head to a wholesaler like Costco or Sams. Any other grocery store will do for small items.

MAKE SMARTER FOOD CHOICES ON THE GO

Planning your meals ahead of time before going to a restaurant will help you stay on top of your nutrition. Your personal goals will affect how strict you need to be with how often you dine out and the food choices you make. If you are in the middle of a dedicated fat loss phase, dining out should be limited. If you are eating at maintenance or are in a caloric surplus, it will not be as detrimental to your progress. The flexibility you have also depends on the occasion - eating on the go(convenience) versus a social out or an event.

Tips For Dining Out

- Look up the menu ahead of time
- Check My Fitness Pal entries from the restaurant
- Avoid heavy sauces and dressings
- Ask your server how the food it prepared
- Ask for your protein to be grilled or steamed instead of fried
- Aim for basic meals such as meat, rice and vegetables. They are much easier to track compared to a meal with "fix-ins"
- Guestimate the serving sizes on your plate

INCREASE YOUR PROTEIN INTAKE

Protein is KING of all three macronutrients. It helps us build muscle mass, carry good body composition, and helps us feel satiated. Not to mention, it tastes great. Although it provides us with many benefits, protein is the most neglected macronutrient due to lack of preparation. If you feel like you are lacking protein here are a few ways to boost your intake.

Protein Powder

The easiest option. Instead of chugging down endless shakes per day try mixing some in to a smoothie or with oatmeal in the morning.

Greek Yogurt.

Go with the plain version and avoid the added sugars. Add some protein powder to up your gains.

Eggs / Egg Whites

Add 1/4 - 1/2 Cup egg whites to your eggs in the morning for an extra 10-15g of protein at breakfast.

Protein Bars

My Favorite snack! Protein bars contain 12-30g of protein per bar. Just watch out for the ones loaded with sugar!



SWAP THE JUNK FOR HEALTHY ALTERNATIVES

When late night cravings or the 3 o'clock slump hits, it's easy to give into junk food. The worst thing you can do is ignore these cravings, otherwise you'll end up binging at some point down the road. There are plenty of alternatives out there that still taste great without the excess calories, fat, sugar and salt. Here are my favorite swaps:



10 Ways to Fix Your Diet

EAT MORE VEGETABLES

Vegetables are packed with vitamins, nutrients and antioxidants which is why it is extremely important that we include them in our diet. One of the biggest challenges most people face is the uncertainty of preparing vegetables in an appetizing way. here are some unique and tasty ways to get more veggies in your diet.

Veggie Noodles

Veggie noodles are a great option to add to a pasta dish or a stir-fry for more volume and to add more nutrients. They can also be used to substitute "normal" processed wheat based noodles.

Riced Cauliflower

Riced cauliflower is a great option to add to a rice bowl or as a side dish on its own. Cauliflower can be easily riced in a blender or food processor.

Veggie Omelettes

Get creative with breakfast by adding spinach, mushrooms and peppers to your omelette!

Lettuce Wraps

Using a lettuce wrap or specific vegetables as a bun in place of tortillas and bread is a great way to get more veggies into your diet.



DRINK MORE WATER


Hydration is one of the most overlooked parts of a nutrition plan. Hydration assists with digestion, mental clarity and increases the removal of metabolic waste byproducts.

Dehydration is harmful both physically and mentally. At just 1% dehydration, athletic performance can decline by 10-12%. It can also cause mood swings, decreased mental focus and lethargy.

Despite the negative impacts of dehydration, most people miss the mark on daily water intake

Tips For Staying Hydrated

- Carry a 2-4L water bottle or jug instead of drinking out of a glass
- Set intervals throughout the day - aim to drink 1L of water every 2-4 Hours.
- Swap out regular water for sparkling or soda water
- Flavor your water with calorie free add-ins
- Eat fruits and veggies that are high in water content
 - cucumbers, tomatoes, watermelon, oranges, pineapple, raspberries, strawberries



FUEL PROPERLY PRE AND POST-WORKOUT

The goal behind pre and post-workout nutrition is simple. To fuel your workout and eat in a way that supports recovery and optimizes muscle gains.

Here is a simple guide for you to follow to ensure you are optimizing meal timing around your workout schedule.

Pre-Workout

- 90-120 minutes pre-workout
- Lots of protein and carbohydrates
- Little to no fiber or fat

Post Workout

- Within 60-90 minutes post-training
- Consume a well-balanced, nutrient dense meal with lots of protein and carbs.



EAT MORE FIBER

Fiber helps regulate the bodies use of sugars to keep blood sugar and hunger in check and is a form of carbohydrate that cannot be digested.

Fiber comes in two forms: Soluble and Insoluble.

Soluble fiber dissolves in water and becomes a gel-like substance during digestion. Foods with soluble fiber include oats, nuts, seeds and some fruits and veggies.

Insoluble fiber keeps food moving through the digestive system and boosts overall gut health.

Foods with insoluble fiber include wheat bran, root vegetables, and skin from fruits and vegetables. Fruits and vegetables should be prioritized as the top two sources of carbohydrates before choosing. other sources to fill your intake.

MAKE BETTER DRINK CHOICES

Even though alcohol has negative effects on the body in excess amounts and is technically not a real macronutrient, I feel it is important to educate you on how to properly account for alcohol in your diet if it is considered part of your lifestyle.

In order to do this, you must first understand the energy requirements of each macronutrient listed below:

1g of Fat = 9 Calories

1g of Carbohydrates = 4 Calories

1g of Protein = 4 Calories

1g of Alcohol = 7 Calories

When tracking your drink, calories will be allocated to fats and carbs. Alcohol is never substituted for protein.

To track as carbs: take the total number of calories in your drink and divide by 4.

To track as fats: take the total number of calories in your drink and divide by 9.

To track as carbs and fat: take the total number of calories in your drink and divide by 2. Divide one half of the calories by 4 and the other half of the calories by 9.

Example

1 Drink = 200 Calories

Carbs: $200/4 = 50\text{g}$ carbs

Fats: $200/9 = 22.2\text{g}$ fat

Both: $100/4 = 25\text{g}$ carbs $100/9 = 11.1\text{g}$ fats

TIPS FOR MAKING BETTER DRINK CHOICES

- Choose high quality alcohol.
- Stick to liquors and light beers for less calories
- Choose low calorie mixes such as soda water
- Skip the sugary drinks
- Stick to protein and veggies throughout the day to save up calories for a few drinks high in calories/carbs or for "post bar munchies"

THANK YOU!



Fat Loss Blueprint for Overworked Professionals



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