

RISE FITNESS

Kick Start Nutrition Manual

Disclaimer

This book is not intended for the treatment or prevention of disease nor as a substitute for medical treatment. Programs outlined herein should not be adopted without consultation with your health professional. Use of programs herein is at the sole choice and risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from this program or the use of the information or exercises described herein.

Introduction

Welcome to The RISE FITNESS Family! I couldn't be happier that you have chosen to start your new fitness journey with me, and I am excited to watch you change your life over the next several months.

It has become very clear to me over the 10+ years of coaching, that simply starting a new training program isn't enough to get you the results that you want. We know other factors play a huge role in your success within our program.

That being said, we also understand that it can be a bit overwhelming to start a brand-new training program and simultaneously make drastic changes in other aspects of your life.

To have success with any fitness-based program there are three pillars. These pillars are the factors that will determine your level of success in our program. If you can consistently meet all of your goals for each pillar, you will be successful and reach all of your fitness goals.

Our three pillars approach to results includes:

- **Proper Training Programs**
- **Proper Nutrition System**
- **Proper Recovery**

In your training program, you will be given the resources and training needed to get the best results possible based on your goals. Along with your training program, you will receive coaching, motivation, and accountability from me. I am here to help you succeed.

The next pillar (nutrition) is where most people stumble, and it keeps them from reaching their full potential. This also is one of the toughest areas to change as the habits and behaviors that need to be changed are often pretty deep.

Plus, there is so much information—much of it conflicting—out there about what to eat, what not to eat, and when to eat it.

I have researched and tested with hundreds of clients, and have figured out a very simple way to implement results-driven nutrition into your life without making it seem overwhelming.

In this guide, you will learn how to create habits that will keep you getting results for life, recipes to ensure that eating well doesn't have to mean boring foods, and a plan of attack that is simple and effective.

We will also touch on our other pillars at the end, but our focus in this resource will be on changing your nutrition! This plan can be recycled over and over for great results.

But let's not get ahead of ourselves. We want you to start with this program and start making simple changes, keep consistent, and allow those changes to compound to get big results without overwhelming you.

Extra Help

Applying all this on your own can be a challenge. I am here to help. I offer an 8-week nutrition coaching program called NutritionOS. This program is all about building a new nutrition "operating system" for you to reach your goals.

If you are interested, let me know and we can chat to see if it's a good fit for you!

If you have any questions about this guide or need help applying it don't hesitate to reach out..

Dedicated to your success,

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6 Pillars Of Nutrition

There are 6 pillars of nutrition that I teach. If you can master these 6 pillars, you will be well on your way to achieving and maintaining the body of your dreams without ever counting calories or weighing food.

These pillars will guide your eating choices and help you make the right decisions no matter the situation you are in. Below are the 6 pillars we will go into each one deeper below.

1. Eat Multiple Meals Per Day
2. Eat Minimally Processed Foods Without Added Sugars
3. Eat Fruits and Vegetable Throughout The Day
4. Drink More Water, and Eliminate Calorie-Containing Beverages
5. Eat Lean Protein At Every Meal
6. Have Start-Containing Foods Primarily for Breakfast or Post-Workout Meals

You may already be following some of these habits. That is great! If you are, then continue to do so and read a bit more about each of them.

You also may not be following any of the habits, and that is OK as well. We all have a starting point, and knowing that point is crucial to our success.

If you are not following any of the habits, start with the first one and master it for the first week. Each week or two, add in another habit until you have mastered all of them!

If it takes longer than 2 weeks to consistently apply a habit to your life, no worries!

I want to focus on success in this program. Don't worry about your mistakes; instead, focus on what you did well each week and build on those successes so that you can continue to grow and learn about your nutrition.

The 6 Pillars Of Nutrition

Eat Multiple Meals A Day

It's recommended that you eat 3 meals with 1-2 snacks or post-workout shake a day. At first, just try to get consistent meals and one snack each day.

This way of eating will help you keep your metabolism running high, maintain your lean mass, and give you the feeling of fullness that smaller more frequent meals won't. You are also less likely to binge if you eat consistently every 3-4 hours.

You shouldn't be so concerned about eating at the exact right time that you can't focus on anything else. The important thing is that you are prepared with your food and understand when you need to eat and have a rough schedule to do so.

Also, make sure you are eating enough at each meal. If you are unsure if you are eating too much. Ask yourself self could I have this same quantity in 2 hours from now? If no, you might be eating too much.

Eat Minimally Processed Foods Without Added Sugars

This isn't about being against food processing. We are talking about a mindset shift to focus on the foods that we want to eat.

Everyone knows what not to do, that isn't helpful. Instead, we are going to focus on what we are going to eat, and by doing that, all the ultra-processed and lower-quality foods will be pushed off our plates by default.

What are minimally processed foods or MPF for short?

When we are talking about MPFs, this includes unprocessed foods—like apples, bananas, cucumbers, and eggs—and the edible portions of any fruits, vegetables, seeds, nuts, or animal products. The goal is to avoid the processing that adds salt, sugars, oils, fats, or other substances

Added sugars are one of the bigger problems when nutrition because they are so easy to overconsume. Sugar and carbohydrates are all broken down into glucose. Sugar is sugar no matter how hard the food marketing departments try to make seem it better than table sugar. If you see “contains only natural sugar” then they are hiding that fact there is sugar in there.

The goal is not to go to ZERO sugar it's to get your sugar consumption in check while still enjoying a treat here and there.

Eat Fruits and vegetables at every meal.

The goal should be to at minimum get 1-2 cups of fruits and 2-3 cups of vegetables in a day.

Eating fruits and veggies is your nutritional cheat code. Why?

Hunger! One interesting fact about how humans eat, is our bodies sense the weight of the food that we eat and, to a lesser extent, the volume of food.

Fruits and vegetables have a large internal water content. This means they are heavier in weight but lighter in calories than many other foods, especially ultra-processed foods.

Try to get in two servings of veggies at each meal and snack. This can be one of the tougher habits to master, but you can make it easy on yourself by keeping easy veggie snacks around such as carrots, celery, and other quick-to-eat veggie sources.

A good question to ask every time that you sit down to eat is “Where are the fruits and/or vegetables?” If they are not there. It is not a meal.

Drink Water and eliminate Calorie Containing Beverages

Its very easy to drink your calories. Focus on water, coffee, unsweetened tea, seltzer water, and other calorie-free beverages. Drinking your calories provides essentially Zero satiety or curbing hunger.

What about smoothies? I love a good smoothie but you need to keep the calories in check and are higher in protein.

How about protein shakes? YES! Protein is a pillar and protein shakers are a simple what ot get enough protein to repair an rebuild.

What about sports drinks? These are only really needed in specific situations. Exercising in hot environments for more than 60mins or exercising for greater than 90 minutes.

Lastly how a bout alcohol? I think you know the answer to this one :). The less you drink the easier it is to lose weight. In my experience anything over 4 drinks a week (yes a week) is going to make weight loss really hard.

Eat a complete protein at every meal /snack.

Protein is a staple in our nutrition plan and where most people miss on their nutrition. It helps support your lean mass and will keep you full. If its not on the plate it isnt a meal.

Most recommendations are around .7-1 grams of protein per goal body weight per day (150lbs = 105-150g). To achieve this the goal should be to try to get in at least 25-30+ grams of protein at each meal.

You do not store protein well. Waiting for the end of the day to meet your needs is not effective or helpful making you feel the best you can through the day.

If you look at a food label, it will tell you exactly the amount per serving of protein. We will cover what is included in a list of complete proteins later.

You have to remember that 20-30g of protein isn't the weight of the food you are eating; it is the amount of protein in the food.

You can also use the palm of your hand as a guide for protein servings (a portion the size of your palm will provide approximately 20-30 grams of protein).

One of the biggest objections that we get for this habit is that it is hard to eat protein on the run. That simply isn't true if you know what you are looking for! There are protein supplements, tons of options in convenience stores, and simple snacks that you can pack to help you stick to your habits.

Have Starch Containing Foods Primarily For Breakfast Or with Post Workout Meals

This one might take a little more work. Many of the strategies we have listed above are ways to control calories without counting them. The goal is to provide your body with the key nutrients it needs.

So why for breakfast or post workout? In the morning your body is more likely to absorb and process carbs. We are coming off a fast where our body is looking to those sugars to pull into the muscle cells.

Post-work out you will see the same thing. Your body will shuttle those sugars into the muscle where they can get out. They are locked in there and will be used by the muscle.

What about the other meals? The goal is to have you focus and fill your plate with fruits and vegetables that both contain carbs. These will also help reduce and control overall carbohydrate intake because you are eating higher density carbohydrates.

80/20

A good way to look at your nutrition is to follow an 80/20 rule to make your nutritional programs tolerable. The 80/20 rule states that you will get really good results if you follow your program and nutritional habits 80% of the time. The other 20% of the time, you are free to make mistakes, cheat, or just skip meals.

You don't have to be perfect to reach your goals. The closer to 100% compliance the faster your results will come. But keep in mind that life happens and getting hung up on missing a meal or a poor meal is not going to cause it all to come crashing down.

The 20% can be planned meals, meals that caught you off guard where you didn't follow the habits, missed meals, or any other circumstance. Following these meals, you should simply move on and get back to your habits at your next planned meal.

Hurdles

Eating Out

Due to your job or other circumstances, you may be required to eat out frequently, especially if you travel. This is perfectly acceptable and will still allow you to reach your fitness goals if you make sure to take a few precautions when ordering your food!

First, make sure you follow the 6 pillars when ordering out. That is one great thing about them: You can use them anywhere.

My clients who get the best results take a look at the menu online before they go, so that you can make a well-thought-out choice at home (pre-decision) and not be tempted in the moment.

If the restaurant doesn't have a meal option that fits your guidelines, practice feeling comfortable ordering to make a meal that fits your guidelines. Increase your proteins, lower your carbs, increase veggies, and ask about how the food is prepared. Most restaurants now will make meals to fit your nutritional needs if you ask.

Another great tip is to pre-eat before you go out. That might look like a protein shake, raw vegetables, or other high quality snack before you go.

Busy Life

We all have the same 24 hours in a day and get to choose how we use them. However, it just seems that some of us get a bit busier than others. That doesn't mean that you can't follow these pillars.

It takes focusing on food logistics and making sure the food you want to eat are easily accessible. Here are a few tips:

Sunday ritual- Write your menus, shop, and prepare your food for the week during a few hours on Sunday

Breakfast ritual- Prepare your food for the day each morning

Pre-cooking protein- Prepare all of your proteins on your shopping day and store them until you need to eat them.

Pre-chopping veggies- Chop half the veggies you get on shopping day and store them in Tupperware in the fridge or freezer.

Liquid nutrition- Supplement with protein powder shakes at home or work for really busy days.

Travel

During travel, eating well can be a challenge. I suggest that you prepare plenty of quick snacks and meal options for on-the-go eating. You can carry protein shakes, nuts, jerky, cut-up veggies, and fruit with you anywhere you go.

Once you arrive at your location, you may want to stake out restaurants that will allow you to be compliant. Get menus online or from the hotel and find the places where you can eat ahead of time.

If needed, go to the grocery store and purchase easy items such as deli meats, nuts, jerky, and salads that will keep you on track.

Boredom

It happens to all of us!

We get bored with eating the same things over and over again to stick to our nutritional plans. When you survey people who have lost significant weight and kept it off for 5+ years they eat the same foods about 80% of the time.

The best tips for this are to try something new, search the internet for healthy recipes that fit the pillars, reach out to me for recipe ideas, or buy some cookbooks that help spark some ideas.

Rate of Progress

What does an acceptable rate of progress look like? With all of the conflicting messages out there about what are considered good results, it can be a bit discouraging if you are focused on reaching those goals.

If you are losing .5-1% of your body fat every 2 weeks, this would be considered an excellent fat loss. .5% lost over 4 weeks is considered average and slow would be less than .5%.

All of us will see results at differing rates. If you have 50 lbs of fat to lose, you can lose it much quicker when starting than someone who only has 10lbs of fat to lose. Make sure that you keep things in perspective and focus on the positive changes you are making not only on the scale.

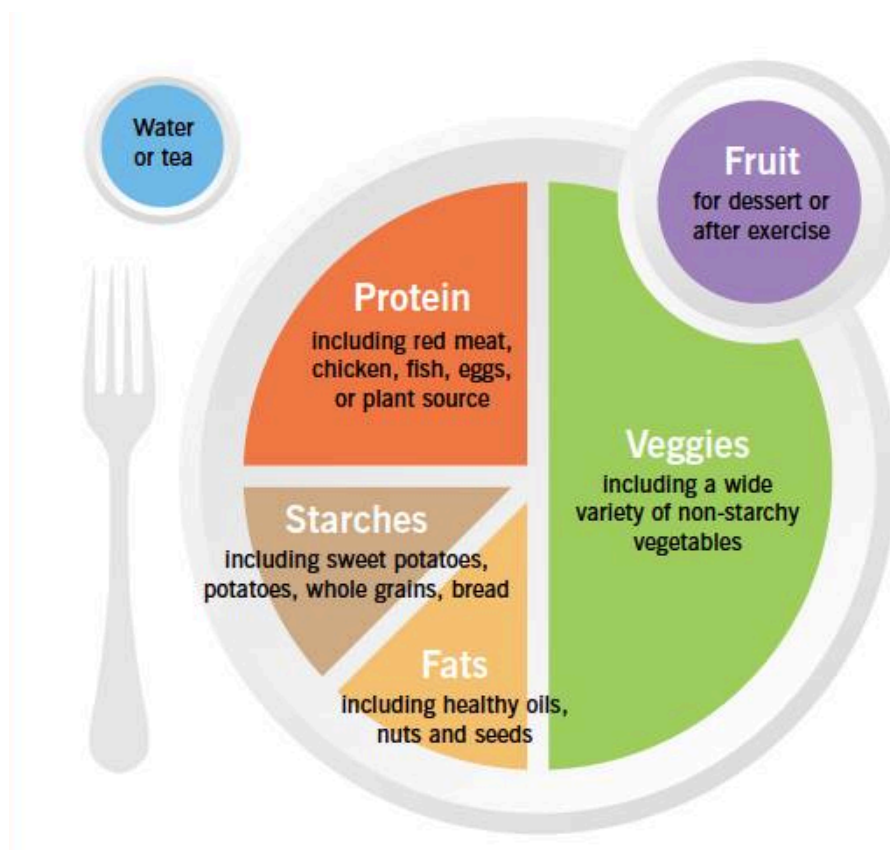
Keep in mind that scale weight loss will not be linear. Having a few different measurements is an excellent way to stay motivated if the scale is not budging.

RISE FITNESS Nutrition Made Simple For BUSY People

When starting a new way of eating, it is easy to get caught up with trying to find the “right” recipes to make. In addition, we have put together an easy-to-use guide for determining what you should eat and what your plate should look like when you do eat. My Plate is one of the best visual resources for ensuring that you are eating according to your guidelines and following the 5 habits.

You will notice that most of your plate should be comprised of veggies. This is important not only for your results and health but also to control your calories. With this eating plan, you don’t have to constantly count calories because you will automatically be regulating them with the increased veggies.

My Plate



Sample Day

Eat immediately upon waking and then every 3-4 hours for a total of 4-5 meals per day

<u>Meal#</u>	<u>Meal Time</u>	<u>Menu</u>
1	6-7 am	Drink 2-4 cups of cold water Choose your My Plate MEAL of choice
2	9-10 am	Drink at least 1-2 cups of cold water Choose your Fit and Healthy SNACK of choice
3	12-1 pm	Drink at least 1-2 cups of cold water Choose your My Plate MEAL of choice
4	3-4 pm	Drink at least 1-2 cups of cold water Optional Fit and Healthy SNACK of choice
5	6-7 pm	Drink at least 1-2 cups of cold water Choose your My Plate MEAL of choice

Say "NO" To:

Your progress will be faster if you say no to: alcohol, refined sugars,
packaged foods, and liquid calories

Fit and Healthy Snacks

<u>Options</u>	<u>Item and Serving Size</u>
1	¼ cup mixed nuts (about 20 nuts) or 2 Tbsp. nut butter (no added sugar, low in salt)
2	1-2 pieces of string cheese
3	2 hard boiled eggs
4	Cut up veggies and 2 Tbsp. hummus
5	1 cup nonfat plain Greek yogurt with cinnamon and ¼ cup berries
6	Mini low-sugar snack bar (KIND or Lara)

The Fit and Healthy Grocery List

One of our goals is to make it really easy to pick what types of food you can eat and get great results. To do this, we have included our Fit and Healthy Grocery List! This isn't a comprehensive list of foods that you are able to eat, but instead a list of foods you should reach for first and prioritize in your diet. Remember Habit #4: you should be eating mostly real, whole foods. And we've also included an easy portion control guide for your reference.

Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood

- ✓ Lean Skinless, Boneless Chicken Breasts
- ✓ Lean Turkey or Lean Ground Turkey
- ✓ Lean Pork
- ✓ Fish: Salmon, Tuna, Tilapia, etc.
- ✓ Seafood: Shrimp, Mussels, Squid, Scallops, etc.
- ✓ Lean beef (extra lean sirloin cuts or 90% or higher lean ground beef)
- ✓ Lean deli cuts (unsweetened, low in salt, no additives)
- ✓ Vegetarian options: Tofu, tempeh, ground meat substitute (like Beyond Burger)

*** 4-5 lbs/week for women (assuming 9-12 oz. consumed per day), 8-10 lbs/week for men (assuming 18-24 oz. consumed per day)**

Produce Section- Fruits and Vegetables

- ✓ Green veggies: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- ✓ Other veggies of choice (limit corn, peas, carrots, beets, and potatoes to a few servings per week)
- ✓ Low GI/fibrous fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit
- ✓ Mixed nuts: cashews, walnuts, pecans, and/or almonds (unsweetened, and lightly salted or raw)
- ✓ Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

Other Carbohydrates

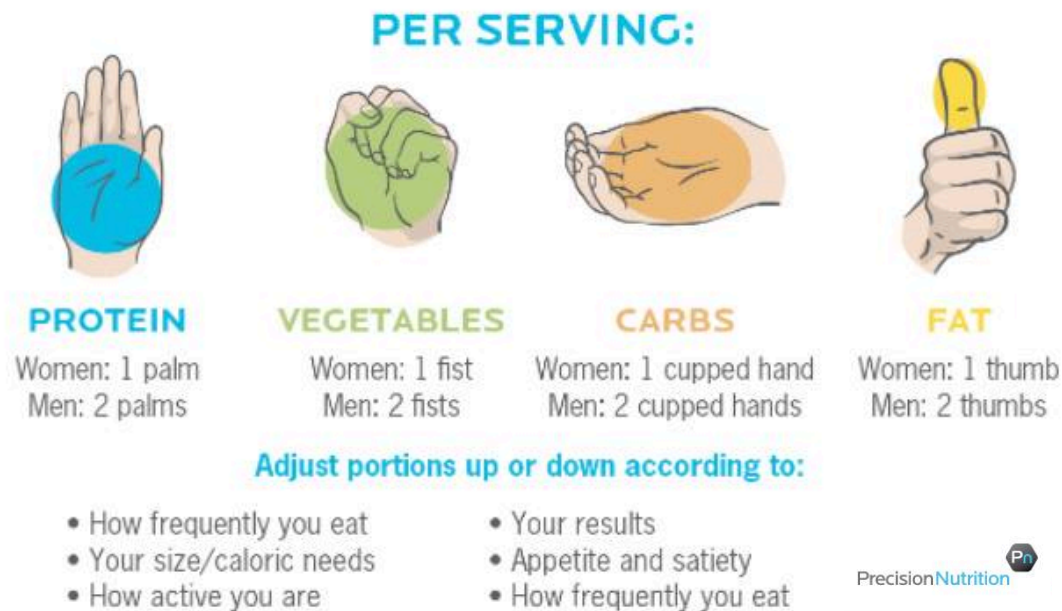
- ✓ Mixed beans
- ✓ Quinoa
- ✓ Whole oats

Dairy Section

- ✓ Eggs (preferably omega-3 eggs for yolks)
- ✓ Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice
- ✓ Low-fat plain Greek yogurt
- ✓ Unsweetened, low fat milk: dairy, almond, oat

Miscellaneous

- ✓ 100% Natural Peanut Butter/Nut Butter (no sugar added, low in salt)-
- ✓ Non-Fat cooking spray (extra virgin olive oil, coconut oil and/or avocado oil spray)
- ✓ Extra virgin olive oil, coconut oil, avocado oil
- ✓ Salad Dressings: Low Sugar/Calorie
- ✓ Vinegars: apple cider or red wine (great for salads)
- ✓ Low Calorie/Carb Condiments: Mustard, No Sugar-Added Tomato Sauce, Reduced Sugar Ketchup, etc.
- ✓ Zero-calorie drinks (avoid artificial sweeteners): green tea, sparkling water or seltzer



Approximate Portion Sizes

For Women

- ✓ 1 palm = ~3-4oz cooked meat/tofu, 1 cup cottage cheese/Greek yogurt, 1 scoop protein powder, 2 cooked whole eggs
- ✓ 1 fist = ~1 cup
- ✓ 1 cupped handful = ~1/2 cup cooked grains, or medium-sized tuber or fruit
- ✓ 1 thumb = ~1 tbsp

For Men

- ✓ 1 palm = ~4oz cooked meat/tofu, 1 cup cottage cheese/Greek yogurt, 1 scoop protein powder, 2 cooked whole eggs
- ✓ 1 fist = ~1 cup
- ✓ 1 cupped handful = ~2/3 cup cooked grains, or medium-sized tuber or fruit
- ✓ 1 thumb = ~1 tbsp