

Nutrition Guide

3 Macronutrients

- Proteins
- Carbohydrates
- Fats

*Serving sizes for each of these macronutrients will be discussed

Important Facts:

You must eat **5-6 times a day** to keep body burning calories. If you only eat once or twice a day, your body is placed in a “starvation mode” and will hold onto all calories consumed at these meals and you will gain weight!

Your first meal should be within 30 minutes of waking up and your final meal of the day should be before bedtime (you will burn calories and repair your cells while you sleep).

A big key to food consumption is **portion control!**

Another thing to remember, if you dislike a food, **DON'T EAT IT!** Eating this way is a *lifestyle change*. It is **not** a quick fix or a temporary diet. Diet is a 4 letter word! The longer you eat “clean”, the more you will like it, the less sugar and simple carbohydrates you will crave and the better you will feel. I promise.

Portion Sizes:

This is a key component. Get a food scale! Weigh your food until you get used to what portion sizes should look like. Don't guess!

Proteins:

Lean Red Meats (4oz for females, 6-8 oz for males):

Sirloin
Tenderloin
Flank Steak

Fish (4 oz for females, 6-8 oz for males):

Salmon
Tuna
Tilapia
Cod

Lean Chicken and Turkey (4 oz for females, 6-8 oz for males)

Nonfat Dairy (1 cup):

Fage 0% Plain Greek yogurt
Non-fat cottage cheese

Eggs:

4 egg whites

*The best thing to do is to eat egg whites only. I personally *HATE* plain egg whites, so I will mix 1 whole egg with 3 egg whites.

Carbohydrate Choices:

Brown Rice (1/2 cup cooked)
Quinoa (1/2 cup cooked)
Plain Oatmeal (1 cup cooked)
Sweet Potato (3oz cooked)
Tabouli (1/2 cup cooked)
Lentils (1/2 cup cooked)

Fats:

(You have to eat fat to lose fat!!! Eat 2 servings a day.)

1/2 avocado
25-30 nuts (raw almonds, raw cashews, macadamia, pecans and walnuts)
1 TBSP Olive Oil
1 Teaspoon Coconut oil
2 TBSP Peanut or Almond Butter (best kinds are natural choices with no added sugar. Read food labels)

*Eat all the green vegetables you like (asparagus, green leafy lettuces, broccoli, cucumbers, celery)

*Limit or avoid: carrots, corn, white potatoes, white rice, bread, pasta, and SUGAR. If you must add a little sweetness to things, use 1 teaspoon of honey.

*Good seasonings to use: Balsalmic vinegar, peppers, Mrs. Dash, cinnamon, cumin, herbs, spices, lemon, white wine, sherry, ok to use soy sauce and salt *in moderation*.

1st Meal:

Low fat Protein (4 oz of meat/fish for women and 6-8oz for men)

Fat (1 serving. See serving sizes above.)

2nd Meal (this is usually a mid morning snack):

Low Fat Protein (4oz female, 6-8oz male)

Greens (as much as you'd like)

3rd Meal (Lunch):

Low Fat Protein (4oz female, 6-8 oz male)

Greens (as much as you'd like)

Complex Carbohydrate (see servings sizes above)

4th Meal (Afternoon snack):

Low Fat Protein/Protein Shake

5th Meal (Dinner):

Low Fat Protein

Complex Carbohydrate

Greens

6th Meal (Bedtime snack):

2 oz of protein

1 Fat serving

****One meal a week***, eat **WHATEVER** you'd like! Pasta, ice cream, cake, a fatty meat, bread, etc. Enjoy yourself. Never deny yourself any food forever, because that is exactly what you will crave and you will fail.