



NUTRITIONAL TIPS

WITH COACH JACOB ZEMER

SMRTFIT



NUTRITIONAL TIPS

- 01 3 Protein Rules
- 02 Alcohol
- 03 Being Food Conscious
- 04 Deficit vs Surplus
- 05 Ego Lifting
- 06 Follow the Program
- 07 Health and Calories
- 08 Post Workout Nutrition
- 09 Sleep
- 10 Stay Consistent!
- 11 Stay Positive
- 12 Supplements
- 13 The Sustainable Diet
- 14 Track Your Food!
- 15 Trust the Process