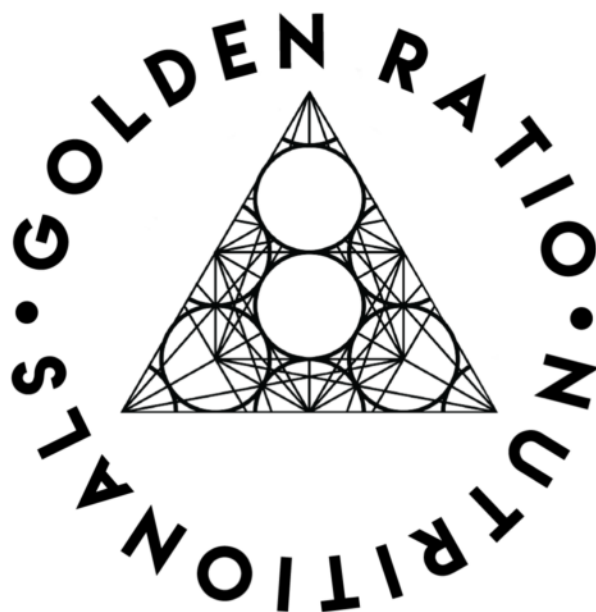


# **GOLDEN RATIO**

## **CARB-CYCLE CHALLENGE**



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# OUTLINE

1. **5 Days** low Carb & **2 Days** high carb (re-feed)
  2. Eat 4-6 Times per day
  3. 20-40 Grams of protein with every Meal
  4. Begin day with wake & shake
  5. Get 60 mins of movement in 5 days per week
  6. 10K Steps Daily (Especially on days that you are not training)
- Quality foods with purpose.

The Goal is not to track everything. It is to track enough to build awareness. Most people avoid this and miss out on something simple. Make a fun game out of it. (I get to eat \_\_\_\_\_ this much more. Be creative)

Overall, you'll discover that you have more freedom of what you build your meals around. Once you are familiar with what serving sizes are, you'll be able to reference when you eat intuitively.

Many people don't make progress because they are guessing.

## **LOWER CARB DAYS**

**(TUESDAY, WEDNESDAY, THURSDAY, SATURDAY AND SUNDAY)**

3-5 Meals Daily built around Protein & vegetables

Turn sandwiches, tacos, and burgers into salads

.....

## **HIGH CARB DAY - (Follow ON MONDAY AND FRIDAY)**

Meals built around protein, starchy carbohydrates, and lower fat

2-3 pieces of fruit today

Keep added fat under 10g per meal or under 60-70 grams total for the day. *You will be getting a higher percentage of your calories from Carbohydrates.*

# GUIDELINE FOR YOUR PORTIONS

*(150lbs and under) per meal*

**LOW CARB DAYS** 3-6 Meals

25-40g protein

2-3 Servings of Leafy greens, cauliflower, brussels, broccoli, carrots, etc..

Keep **carbs** from a source of vegetables or berries

**Daily Total Carbs: < 100 grams**

**HIGH CARB DAYS** 3-6 Meals

25-40g protein

+ Fist or 40g carbs worth of: Sweet potato, quinoa, oats, berries

**Daily Total Carbs: 200-250 grams**

*(160lbs +) Per meal*

**LOW CARB DAYS**

30-45g protein

2-3 Servings of Leafy greens, cauliflower, brussels, broccoli, carrots, etc..

Keep **carbs** from a source of vegetables or berries

**Daily Total Carbs: < 100 grams**

**HIGH CARB DAYS**

1 Meal with added carbs (preferably post-workout)

+ Fist or 40g carbs worth of: Sweet potato, quinoa, oats, berries

**Daily Total Carbs: 200-275 grams**

.....

**\*Notes:**

*If you are 160lbs + or trying to gain muscle (your average meal will have extra serving of protein when ordering out)*

*Friday and Saturday can be exchanged based on schedules, training, or events.*



# WEEKLY EXAMPLE

## 4 Meals Average Per Day

Find your own meals that you enjoy and can repeat

### Monday (High Carb)

**Meal one:** Wake & Shake

**Meal two:** Spinach Salad + Sweet potato + Chicken

**Meal three:** Lean ground beef + rice + vegetable

**Meal four :** Salmon + Rice + broccoli & Carrot stir-fry

### Tuesday

**Meal one:** Wake & Shake

**Meal two:** Eggs + Avocado

**Meal three:** Salmon + Cauliflower rice + arugula

**Meal four** Fat Burning Ice cream (dairy-free ice cream)

### Wednesday

**Meal one:** Wake & Shake

**Meal two:** Spinach Salad + Sweet potato + Chicken

**Meal three:** Black Bean Spaghetti

**Meal four:** Chocolate Waffle (low sugar)

### Thursday

**Meal one:** Wake & Shake

**Meal two:** Grilled vegetable Salad + Avocado+ Chicken

**Meal three:** Salmon + Cauliflower rice + arugula

**Meal four** (optional or could be breakfast) Protein Shake + Coconut milk + ½ Avocado or almond butter

### Friday (High Carb)

**Meal one:** Wake & Shake

**Meal two:** Protein pancake or Oats with eggs

**Meal three:** Chicken + sweet potato rice

**Meal four** Berry protein soft serve Ice cream

### Saturday

**Meal one:** Wake & Shake

**Meal two:** Spinach Salad + Sweet potato + Chicken

**Meal three:** Steak + Cauliflower rice + leafy greens

**Meal four** Blueberry soft serve Ice cream

### Sunday

**Meal one:** Wake & Shake

**Meal two:** Spinach Salad + Sweet potato + Chicken

**Meal three:** Salmon + Cauliflower rice + arugula

**Meal four** Blueberry soft serve Ice cream

# PORTION SIZE GUIDE

All you need is your hands and the ability to count to two. Use this guide as a reference when ordering or building your meals. Sticking to these portions should allow you to avoid snacking – 95% snacks are probably not contributing towards your goals.

General suggestion is 2-4 solid meals with a serving of fat, protein, & nutrient dense carb. A shake can make up for one of these meals.

There will be times where you may need to eat larger portions if you skipped or missed earlier meals – adjust to your schedule

This is a general visual guide – for some people it can work better to swap out the carb dense food for an extra serving of vegetables – this is one of the easiest ways to stay satisfied and keep cravings away while providing your body with nourishment



A serving of protein  
= 1 palm



A serving of  
vegetables = 1 fist



A serving of carbs  
= 1 cupped hand



A serving of  
fats = 1 thumb

# PROTEIN

**1 serving = Approximately 1 palm (3-4 oz) = 25g protein**

Notes:

1. For large or active people, especially men, 1 serving = 2 palms

## 2. Lean protein can include:

- Lean red meat (e.g. beef, pork, wild game)
- Poultry (e.g. chicken, turkey, duck)
- Fish & seafood
- Cottage cheese
- Eggs
- Tofu or tempeh

Protein powder used in shakes, ice cream, yogurt, etc.

1lb of fish, chicken, beef is 100g of protein (on average)

$\frac{1}{4}$  = 4oz = 25g protein

1 Egg = 6 g



# CARBS

**1 serving = Approximately 1/2 fist**

## Notes:

Vegetables and fruits are the most abundant carbs.  
Starchy carbohydrates or complex carbs will be  
More energy dense. Better tolerated for lean people  
or around physical activity.

## Common Starchy carbs include:

Potatoes, Fruit, Beans & legumes can include  
chickpeas,  
lentils, black beans, kidney beans, and pinto beans

Whole grains can include:

- whole or steel-cut oats, rice
- quinoa, amaranth, buckwheat groats
- whole wheat, farro, or kamut grains

Add based on tolerance, activity, and goals



1 cup cooked (oats ½ cup dry) = 35-45g Carbs

# VEGETABLES

**1 serving = Approximately 1 fist**

## Notes:

1. For leafy greens, 1 serving = **2 fists**
2. For starchy vegetables such as potatoes and yams,  
1 serving = **1/2 fist**

SHOULD BE YOUR MAIN SOURCE OF CARBS  
Vegetables will add volume to your meals,  
keeping you fuller longer. The extra fiber will  
help with satisfaction and detoxification



Favorites: Broccolini, fennel, carrots,  
cauliflower, brussels





# HEALTHY FATS

**1 serving = Approximately 1 thumb (10-15g fat)**

## Notes:

Healthy fats can include:

- Nuts (e.g. almonds, walnuts, cashews, etc.)
- Nut butters (e.g. almond butter)
- Seeds (e.g. pumpkin seeds, hemp seeds, chia seeds, etc.)
- Olives and extra-virgin olive oil
- Avocado
- Grass Fed Butter or Ghee
- Coconut, coconut milk, coconut oil
- Cold-pressed oils such as hemp, pumpkin seed, flax, or walnut oil
- Fatty fish such as salmon and mackerel



Common problem = underestimating 1 tablespoon serving

Level tablespoon = 15g fat ----->

Heaping Tablespoon (2 Tbsp) = 30g fat



# FOR MEN

When eating out, assume that an entrée or added protein (chicken, fish, or beef is one portion = 25 g protein)

“Extra protein” = equals 40-60 g protein



**2 palms of protein dense foods with each meal  
40-60G PROTEIN**



**2 fists of vegetables with each meal  
BROCCOLI, CARROTS, SPINACH SALAD, ETC..**



**2 cupped handfuls of carb dense foods  
with most meals  
40-60G CARBS**



**2 entire thumbs of fat dense foods with most meals  
15-25G FAT**

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

# FOR WOMEN

When eating out, assume that an entrée or added protein (chicken, fish, or beef is one portion = 25 g protein)

“Extra protein” = equals 40-60 g protein



1 palm of protein dense foods with each  
20-30G PROTEIN



1 fist of vegetables with each meal



1 cupped handful of carb dense foods  
with most meals  
**20-30G CARBS**



1 entire thumb of fat dense foods with  
most meals **7-12G FAT**



# PROTEIN GOALS (ADD CARBS BASED ON DEMAND) 25-40g per meal

*Portions can be increased/decreased for protein goals*

**GOAL = 175G PROTEIN,  
MODERATE FAT**

## **BREAKFAST:**

2 Whole eggs  
2 Egg whites  
1 slice bacon or avocado

## **LUNCH:**

7 oz Salmon

## **DINNER:**

8 oz 90% grass-fed beef

## **SNACKS:**

RX Bar  
Greek yogurt

## **POST-WORKOUT:**

Protein shake – 1 scoop

**END TOTALS =  
171G PROTEIN, 66G FAT**

**GOAL = 175G PROTEIN,  
LOWER FAT**

## **BREAKFAST:**

1 Whole eggs  
3 Egg whites  
1 slice turkey bacon

## **LUNCH:**

6 oz Lean beef

## **DINNER:**

8 oz Chicken Breast

## **POST-WORKOUT:**

Protein shake – 1.5 scoop

**END TOTALS =  
175G PROTEIN, 38G FAT**

**GOAL = 120G PROTEIN,  
MODERATE FAT**

## **BREAKFAST:**

Wake & Shake

## **LUNCH:**

4 oz Chicken thighs

## **DINNER:**

5 oz 90% grass-fed beef

## **SNACKS:**

2 Whole eggs  
2 Egg whites  
1 slice bacon or avocado

## **POST-WORKOUT:**

Protein shake – 1 scoop

**END TOTALS =  
123G PROTEIN, 46G FAT**

**GOAL = 120G PROTEIN,  
LOWER FAT**

## **BREAKFAST:**

Protein Shake with carrots, celery, vanilla

## **LUNCH:**

5 oz Salmon

## **DINNER:**

5 oz Chicken breast

## **SNACKS:**

Greek yogurt

## **POST-WORKOUT:**

Protein shake – 1 scoop

**END TOTALS =  
121G PROTEIN, 22G FAT**

# HOW TO TRACK YOUR MACROS

**CALORIE BUDGET** You have a budget of macronutrients (protein, carbs, and fat), it's up to you how to spend them. Don't get too caught up on calorie counting as the macros will take care of it.

## Budget:

Example of servings

1 quarter = 25 grams of protein

1 dime = 40 grams of carbs (choose carbs with fiber)

1 nickel = 15 grams of fat

## Amy is 150 lbs and should eat:

125 grams of protein (5 quarters) = *500 CALORIES*

120 grams of carbs (3 dimes) = *480 CALORIES*

60 grams of fat (6 nickels) = *540 calories*

*25+ grams of fiber*

**Total calories** = 1520 (*1 gram of protein and carb = 4 calories, 1 gram of fat = 9 calories*)

*Don't worry about counting the calories, the macros will always add up*

Spend it however you want but get as close as you can. Divide it between 3-6 meals.

## 3 Meal example:

### Each meal

40 grams of protein

30 grams of carbs

20 grams of fat

5 grams of fiber (especially with any carbohydrate)

## 6 Meal example:

### Each meal

20 grams of protein

15 grams of carbs

10 grams of fat

After 2 meals, adjust your meals to favor fat, carbs, or protein based on what you need.

Meal 1	Meal 2	1PM Total	Remaining total
Shake	Chicken Wrap	(after 2 meals)	- P: 125 C: 120 F:
60			
P: 25g	P: 30g	P: 55g	P: 70
C: 30g	C: 40g	C: 70g	C: 50
F: 10g	F: 20g	F: 30g	F: 30

Tailor your meal to be carb or fat friendly based on your demand. This gives you the opportunity to save up for a meal, therefore you could fit in your favorite food.

# HIGH CARB DAY

**CARBS** 217 g  
**PRO** 170 g  
**FAT** 65 g  
**FIBER** 25 g



**WAKE & SHAKE + COCONUT MILK**

**244**

**CALORIES**  
 Protein: 31 g  
 Carbs: 12 g  
 Fat: 7 g  
 Fiber: 3 g



**475**

**CALORIES**  
 Protein: 40 g  
 Carbs: 55 g  
 Fat: 15 g  
 Fiber: 7 g

**CHOCOLATE COFFEE PROTEIN WAFFLE**  
 GLUTEN-FREE OATS, CHOCOLATE PROTEIN,,  
 COFFEE, EGGS, COCONUT MILK  
 ANTIOXIDANTS, ZINC, B VITAMINS



**560**

**CALORIES**  
 Protein: 50 g  
 Carbs: 50 g  
 Fat: 20 g  
 Fiber: 4 g

**GRILLED CHICKEN OVER SWEET POTATO RICE, WITH ARUGULA, HOT SAUCE AND COCONUT AMINOS** VITAMIN A, B, K, MAGNEISUM



**520**

**CALORIES**  
 Protein: 45 g  
 Carbs: 50 g  
 Fat: 20 g  
 Fiber: 4 g

**CITRUS SALMON OVER FORBIDDEN RICE, SHREDDED CARROTS, AND SAUTEED KALE WITH BROTH AND GARLIC SAUCE** OMEGA 3'S, K, A, B'S, COLLAGEN

## 50 Extra carbs of choice:

Glass of wine  
 Ice Cream – lower Fat  
 Fruit smoothie  
 Sweet potato toast  
 Protein Cookies  
 Eggs + Toast

# LOW CARB DAY

Carbs	63 g
Pro	132 g
FAT	71 g
Fiber	23 g



**244**

## CALORIES

Protein: 31 g  
Carbs: 12 g  
Fat: 7 g  
Fiber: 3 g

### BULLETPROOF BLIZZARD

Wake & Shake with coffee + coconut milk



**315**

## CALORIES

Protein: 26 g  
Carbs: 10 g  
Fat: 19 g  
Fiber: 6 g

**MACKEREL, AVOCADO, CULTURED VEGGIES, UPGRADED HOT SAUCE, HEMP HEARTS**  
*OMEGA 3, SELENIUM, MAGNESIUM, B-VITAMINS, PROBIOTICS*



**400**

## CALORIES

Protein: 40 g  
Carbs: 15 g  
Fat: 20 g  
Fiber: 5 g

**CHICKEN, BROCCOLI, KELP NOODLES, SPINACH, LEMON, GARLIC SAUCE, CASHEWS**  
*MINERALS, ZINC, VITAMIN C+*



**545**

## CALORIES

Protein: 35 g  
Carbs: 30 g  
Fat: 25 g  
Fiber: 6 g

**SALMON, CAULIFLOWER RICE, AND SHREDDED STEAMED KALE, SWEET POTATO WITH A CASHEW VINAGERETTE**  
*A, K, B'S, MAGNESIUM, OMEGA 3'S*



# MEAL EXAMPLES

## HIGH CARB

**390**

**CALORIES**

Protein: 30 g  
Carbs: 45 g  
Fat: 10 g  
Fiber: 10 g



BLUEBERRY SMOOTHIE POURED OVER  
OATS + EGG (CARROTS, CELERY,  
COCONUT MILK, VANILLA STEVIA)



VANILLA-CARAMEL WAFFLE  
**MODERATE CARB W/GLUTEN-FREE OATS**  
VANILLA PROTEIN, EGGS, COCONUT MILK  
TOP WITH SUGAR-FREE MAPLE OR NUT BUTTER

**408**

**CALORIES**

Protein: 35 g  
Carbs: 40 g  
Fat: 12 g  
Fiber: 6 g



SALMON, CAULIFLOWER RICE, AND  
SHREDDED STEAMED KALE WITH A  
CASHEW VINAGERETTE

**330**

**CALORIES**

Protein: 40 g  
Carbs: 40 g  
Fat: 20 g  
Fiber: 4 g



CROCKPOT CHICKEN WITH SWEET POTATO RICE  
STIR-FRIED ON PAN W/ GARLIC SAUCE + LEMON

**428**

**CALORIES**

Protein: 40 g  
Carbs: 40 g  
Fat: 12 g  
Fiber: 4 g



CHICKEN THIGHS, CULTURED VEGETABLES,  
SPINACH, BASMATI RICE

**522**

**CALORIES**

Protein: 40 g  
Carbs: 50 g  
Fat: 18 g  
Fiber: 2 g



1/2 LB GROUND GRASS-FED BEEF WITH  
BRUSSELS, FARRO, & AVOCADO

**593**

**CALORIES**

Protein: 52 g  
Carbs: 40 g  
Fat: 25 g  
Fiber: 6 g

# MEAL EXAMPLES

## LOW CARB



**335**

### CALORIES

Protein: 35 g  
Carbs: 15 g  
Fat: 15 g  
Fiber: 7 g

CHOCOLATE PROTEIN WAFFLE  
**LOW CARB/GRAIN-FREE**  
CHOCOLATE PROTEIN, COCONUT  
FLOUR, COFFEE, EGGS, COCONUT MILK



**440**

### CALORIES

Protein: 40 g  
Carbs: 25 g  
Fat: 20 g  
Fiber: 7 g

SAVORY CROCKPOT BEEF WITH PARSNIP  
RICE, CHOPPED KALE AND CASHEW  
SAUCE



**256**

### CALORIES

Protein: 23 g  
Carbs: 5 g  
Fat: 16 g  
Fiber: 3 g

MACKEREL, AVOCADO, CULTURED  
VEGGIES, UPGRADED HOT SAUCE



**308**

### CALORIES

Protein: 40 g  
Carbs: 10 g  
Fat: 12 g  
Fiber: 3 g

CHICKEN, BROCCOLI, KELP NOODLES,  
SPINACH, LEMON, GARLIC SAUCE,  
CASHEWS



**278**

### CALORIES

Protein: 32 g  
Carbs: 15 g  
Fat: 10 g  
Fiber: 6 g

**BAKED SALMON** CHARD, SHREDDED  
CARROTS AND FORBIDDEN RICE  
WITH GARLIC SAUCE



**273**

### CALORIES

Protein: 22 g  
Carbs: 17 g  
Fat: 13 g  
Fiber: 4 g

SHRIMP TACOS WITH SWEET POTATO  
TORTILLAS, AVOCADO, ARUGULA AND  
CULTURED VEGGIES (2 TACOS)



# SAME BUT DIFFERENT

## LOW CARB & BIG FLAVOR

Trader Joes Wild Salmon,  
shaved broccoli, cultured  
veggies, avocado, and hot  
sauce



**357**

### CALORIES

Protein: 35 g  
Carbs: 16 g  
Fat: 17 g

**Flavor insurance with low carbs:**  
*Condiments that are low cal*  
kimchi, kraut, lemon

## LOW FAT & BIG FLAVOR

Trader Joes Wild Salmon,  
shaved broccoli, jalepeno  
cultured veggies, 1 cup  
basmati rice



**440**

### CALORIES

Protein: 37 g  
Carbs: 55 g  
Fat: 8 g

**Flavor insurance with low fat:**  
kimchi, kraut, lemon, rice, fruit

# ADJUSTMENTS BASED ON LIFE

**Low carb proteins:** Protein powder, eggs, chicken, beef, fish

**Quick prep options:** Rotisserie Chicken, Canned Salmon, ground meat

**Meals:** Pancakes with coconut flour + eggs + protein powder, Vegetable based meals, Fat-burning ice cream, chicken + spinach + vegetable stir-fry, vegetable rice (cauliflower, parsnip, etc..) Pasta with kelp noodles or miracle noodles

**Low Carb Fats:** Avocado, seeds, nuts, coconut (high energy)  
Coconut oil will provide energy similar to carbs

Example if you use up all of your **FAT** early in the day:

**Low fat proteins:** Egg whites, chicken breast, protein powder

**Meals:** Pancakes with egg whites, protein + oats, pasta, low fat sauce, sweet potato + protein

**Low fat Carbs:** Sweet potatoes, fruit, rice, oats, quinoa, Powdered peanut butter

**Note:** it's rare that people over eat protein without hitting other macros.



# EATING OUT CHEET SHEET

**Get familiar with what your common meals are AND:**

40 Grams of protein looks like

25, 40, 50 Grams of protein looks like

**Be aware of what you order.** Extra oils and fat adds up quick  
**Ask questions** or look up nutrition facts. It's worth it!

**Sauces** often are high in sugars and fat

- Order sauce on the side and add your own
- Order side of lemons, hot sauce, or salsa

**Grilled or Steamed** when ordering Protein & Vegetables

Average size of protein at is 3-4 oz = 22-30 grams of protein

Ordering extra protein will often double

# HABITS OF HIGHLY EFFECTIVE FAT-BURNERS

Personal Success and fulfillment is made up from a ton of small habits. These are all proven rituals that support stress and energy management. We need a healthy system to burn-fat efficiently.

## PICK 2 NEW HABITS TO TRY ON EACH WEEK

**10 MINUTE WALK** after each meal

**CUP OF WATER OR TEA** (sugar-free) before and after each meal

**5 MIN MORNING** to RSVP healthy habits for the day (Movement, meals, mindfulness)

**5 MIN REFLECTION**, audit, or journal on what went well and what could be improved. AND how it can be improved.

**EVENING BRAIN DUMP** and schedule in what is on your mind. This has been shown to improve sleep and peace of mind.

**10,000 STEPS.** The magic is in consistency and making sure that we're not moving LESS. Make a game out of it and know that each step supports circulation, recovery, fat-burning, digestion, and happiness

**DAILY MEDITATION** or even to 5-7 minute sessions. Try a free app such as Insight timer, calm, or headspace. Try different options until you find one that you like.

**PARTNER UP FOR A SPHYSICAL CHALLENGE** Use something measurable or a partner for accountability. Improvement in anything is a small win that promotes momentum.

# WEEKLY AUDIT

## ON A LEVEL OF 1-5 (RATE THE FOLLOWING)

*Without judgement ;)*

**Nutrition** (eating habits, planning, how you feel) \_\_\_\_\_

What would make this a 5? \_\_\_\_\_  
\_\_\_\_\_

**Sleep** \_\_\_\_\_ (1-5)

What would make this a 5? \_\_\_\_\_  
\_\_\_\_\_

**Stress & Happiness** \_\_\_\_\_ (1-5)

What would make this a 5? \_\_\_\_\_  
\_\_\_\_\_

**Physical Health** (how you feel, workouts)

What would make this a 5? \_\_\_\_\_  
\_\_\_\_\_

**Positive health behaviors and environment** \_\_\_\_\_ (1-5)

What would make this a 5? \_\_\_\_\_  
\_\_\_\_\_

**Create framework to make it easy.** Think about how you are spending your time. Think professional (or ideal self) and amateur habits. Use the cues of old habits to attach your bias for improvement.

**Audit action plan:** what are you going to pick for 30-60 mins per day this week? research, podcast, YouTube , audiobook, journaling (develop skills)

# FAQ

**Why Cycle Carbs?** We are teaching the body to be more metabolic flexible and jumpstart the metabolism. This also helps create more awareness of why you are eating what you are eating.

**High-carb days (best on physically demanding days – heavy weights)**

Stimulate an insulin response that shuttle nutrients in your muscle cells, causing them to grow

Replenish glycogen stores that fuel your muscles

Make you feel good and energized

**Low-carb days**

Promote fat loss by tricking your body into burning fat for fuel (instead of the sugar from the carbs it would normally get)

Keep your body more receptive to insulin, improving your body's muscle-building response

## HOW DOES CARB CYCLING WORK?

Carbs are a powerful tool that can and should be used in a strategic way in order to help you achieve the physical result you want, whether that is losing body fat, or gaining muscle (or both!). The problem is, most people are afraid of carbs, or just don't know how to use them properly when it comes to physique changes and performance enhancement. This challenge is all about teaching you exactly how to get carbs on your good side so you can use them to your advantage! Learn how to get lean and stay lean, year-round, while building muscle & strength.

**What is healthy and un-healthy?**

**A:** Your mindset. Anything can be overdone

Foods that promote wellness. You **can** eat the foods that you love. Get your body what it needs, **and then** eat the foods that you crave.

# FAQ

## **Why would I want to track anything?**

I can just do tons of cardio and move around a lot and I will lose weight, right? Wrong! It has been shown that marathon runners burn 2,600 calories during their 26-mile endeavor. Good luck trying to do that every single day when a pound of fat comprised of 3,500 calories!

**Flexible dieting is:** a nutrition system that requires you to break down and track your entire diet in terms of the three macronutrients (Protein, Fat and Carbs). By adjusting your daily intake and ratios of the three types of macronutrients, you can adjust your body's metabolism and muscle building potential.

The freedom comes in the flexibility of HOW you get your calories in. Whether you prefer to eat 5 meals or 3, you can achieve the same results.

## **How about BCAA's**

Amino acids play an important role for tissue recovery when low on protein or working out on an empty stomach. Essential amino acids and glutamine convert to glucose for energy and muscle sparing.

## **Energy Tips**

Stay hydrated, look for resources online, emphasize quality sleep and stress management. Look for natural energy boosts through the day from Deva or other non-stimulant teas.

## **What to expect?**

This is probably more food than you are use to eating. The difference is we are more purposeful with food choices.

We are filling up on more high-volume foods like vegetables.

The first week can be a struggle especially if your body is used to carbohydrates all throughout the day. This adjustment passes soon and means that your body is adapting.

# TRACKING MACROS WHEN EATING OUT

Most restaurants will know their portion sizes – Otherwise you want to assume that protein portions are 3-4oz. If there is a place that you go on a regular basis, it's worth doing some homework to find out what you are eating. Ask or check the website.

Restaurants are getting pretty good at publishing their nutrition data online. Fast food restaurants usually have a pdf on their website. Some companies, like Chipotle, have macro calculators where you can build your own meal.

Not all restaurants have reached this level, and it poses a problem if you are counting your macros.

Hidden fats and sugars (carbs) will add up. If you are trying to be strict, it's best to ask for things as plain as possible and then you can add your own seasoning.

Assume that the cut of meat is closer to 80/20 than 90/10 and assume that there is extra fat from oil in dressings, fries, and generally all dishes

**Common scenario:** Your daily lunchtime salad that you thought wouldn't be worth counting (because it's mostly leafy green vegetables) actually has 40g of fat and 30 g of sugar in it because of the dressing.

Salad with Grilled Chicken (watch the "extras" like nuts and dressing)

Salad with Grilled Shrimp

Salad with Game Meat

Egg White Omelette

Grilled Chicken Sandwich (watch the "extras")

Fish Entree (white fish is a bit leaner than other types of fish)

Grilled Chicken Entree

Pork Loin

Lobster

Crab

Game Meat Burger

# FAT BURNING TIPS

1. Use a fitness tracker or smart phone app to track your steps. Work on improving your step count by about 5% each week. 10,000-15,000 goals are an easy-low stress way to burn fat.
2. Lift heavy stuff to increase your RMR and be more awesome.
3. Eat most of your carbs before and after workouts, at dinner, and at bedtime to improve your body's use of carbs as a fuel source for high-intensity activity while using more fat at rest.
4. Focus on small, steady changes (minimal effective dose) over time and make adjustments as needed.

**Prioritize sleep.** Make your bedroom dark and cool, minimize blue light at night, and go to bed earlier. Reduce stress with breathing exercises, NEAT (walking), and light recreational activities.

# COMMON OBSTACLES

**Adherence** – If you can't stick with it, it's not going to work.

**Consistency is 80%** even when you are only getting 80% of your goals.

**Crash diets.** You don't need to go extreme. I want you to eat foods that make you feel good. I believe that you can and should eat foods that make you feel good now and later.

**"Eat what you love, just get in what you need first."**

**Not eating enough** – Are you crazy? Many people have dieted so much or create a fear around food and calories, which can down-regulate the metabolism. See more below. It's often too little protein, too many carbs & sugar. Eating too less is a stress. Stress equals fat and water storage because of cortisol.

## **Fat Burning Switch**

Eat more non-starchy vegetables

Protein & Fiber combination

## **Turns On Storage - Culprits to be aware of and reduce:**

Fructose (especially fruit products, high fructose corn syrup)

Agave, large sugar load without the cue of insulin to lower blood sugar

Fruit juice is concentrated sugar

Dried fruit, it's like candy!

Fat-free dressings (no-fat and added sugar)

Apple juice has more sugar than a soda!

Your body turns it into fat and your body is still hungry!

*Where do you slip up the most?*



# UPGRADING

**Upgrade snacks:** Snack on protein recipes (15 + grams of protein )

**Sneaking vegetables in**

## Breakfast

Coffee Drink & creamer

Bagel whole grain

Egg McMuffin

Fruit smoothie or juice – Jamba Juice/

Turkey bacon (sodium) gives you the bloat

Oatmeal

Remove Sugar

## Upgrades

coconut and sugar free (add flavored stevia)

sprouted grain

Homemade egg muffins

Unsweetened Acai/natural sweeteners

Organic Bacon

Add protein and sugar-free milk with a healthy fat Smoothie –

Add protein

Add healthy fat (avocado/almond butter/flax)

sugar-free sweetener(Add pumpkin pie spice or liquid Stevia)

## How about snacks? Think mini meals

They should always have protein

Try and include vegetables!

Try bars without sugar

## AVOID SWEETS/SWEETENED DRINKS – ADD LIQUID FLAVORED STEVIA FOR ALTERNATIVE

Ten grams of “sugar” (anything with calories which is added to food to make it sweeter) is a serving. Sweets are the easiest food to overeat. This is why you can take in three servings of sweets by drinking a soda and still have plenty of room for a fast food meal. The fastest way to gain fat and damage your health is to eat and drink sweeteners.

## FOOD LIST

**Drinks – (Under 5 grams of sugar)** Black Tea, Herbal Tea, Good Quality Coffee, Still/Sparkling Water

## Abundance foods to add in

Why: The following foods are nutrient dense items that can keep you energized and satisfied.

## 2 WEEK JUMPSTART

### WEEK ONE

**Grocery trip** to pick up Quick start ingredients

**Cook a meal with someone** – Accountability and opportunity to connect

## Steam-fry vegetables

Pick a sauce and mix in with salad, protein and/or vegetables

**Pick a dessert** (ice cream or thin mints)

### WEEK TWO

**Use or invest in a tool** that can save you time – Crockpot, waffle maker, blender

**Riced vegetables** – Try cauliflower “rice” or parsnip rice

**Make enough food** to use for the following 2 days

**Create your own sauce** that will encourage you to eat more vegetables

# STAYING SATISFIED

**These foods will help you hit your goal while staying full and satisfied**

## **High Volume foods**

### **Choose low calorie, high volume foods:**

Broccoli, fennel, leafy greens, cucumber, celery, Kelp noodles, miracle noodles, Rice cakes, sugar-free coconut milk, Protein powder mixed with ice

### **Meals:**

cauliflower rice + chicken or eggs

Roasted vegetables/detox salad

Man-salad (2-3 cups of leafy greens)

Cucumber sliced salad

Kelp noodles with protein



## **Low calorie condiments and flavor**

Walden farms syrups, dressings, dips, lemon, lime, mustard, herbs, spices, coconut aminos, nutritional yeast (cheesy flavor)

**Use BCAA's** as needed when working out without a full meal also when you are below your protein goal.