

# Nutrition Cheat Sheet

The purpose of this cheat sheet is to help you improve food quality and give you a simple system to create delicious & healthy meals every day.

## Food Quality

Our nutrition philosophy is to eat mostly natural foods and eliminate processed food and added sugars.

Here is a sample food list to stick to. It's nothing fancy, but it's what's sustainable.

You don't need to follow a crazy strict diet. Those never last. Instead, eat mostly natural foods and listen to your body. If something doesn't make you feel good, eliminate it.

There will be some foods that aren't on here. Do your best judgement on if it's natural, or if it's processed or has added sugar.

### Protein

Chicken, beef, eggs, pork, fish, tofu, and any other meats

### Vegetables

All vegetables in their natural form.

\*If it's not in natural form, check other categories or ask your coach.

### Dairy

All dairy with no added sugar

### Fruit

All fruit in its natural form, dried fruit without added sugar is good.

### Nuts & Seeds

All nuts and seeds, peanut butter, almond butter, any other nut or seed butters, nut milk.

### Sauces & Condiments

Any with no added sugar or up to 2g of added sugar.

### Whole Grains/Rice

Oats, oatmeal, quinoa, Ezekiel bread, whole grain bread, rice

### Healthy Oils & Fats

Olive oil, coconut oil, butter, avocado oil, nut oils, flaxseed oil, avocados, All nut butters with no added sugar, unsweetened coconut

### Sweets

70% or above dark chocolate, monkfruit extract, stevia, honey

# Simple Meal Plan

## Breakfast- Choose 1 or 2 options to have daily

### *Portions Calories*

Start the day with protein. It helps us build muscle (among other functions in the body), keeps us full longer, and helps prevent overeating. Here are a few of my go-to meals for a protein-packed breakfast.

- Eggs: Scramble with veggies and sausage, poached, hard boiled.  
*My favorite: 2 eggs poached, zucchini (3oz) and onion (1oz) cooked in olive oil (1/4 TBS), sweet potato (3oz) chopped and cooked in a pan with olive oil, pepper jack cheese (0.5 oz) melted, and hot sauce on top.  
(~350 cal)*
- Oatmeal with add-ons: Berries, banana, Greek yogurt, cottage cheese, protein powder, peanut butter.  
*Oatmeal doesn't have enough protein in it to have on its own. Add on something with protein like Greek yogurt, cottage cheese, or protein powder. Or have something with protein along with it. Pay attention to portion size on the label*
- Smoothie: Greek yogurt, ½ banana, handful of berries or any other fruit, handful of spinach, 1 scoop protein powder, ice, water.  
*(~350 cal)*
- Other breakfast add-ons for protein: Bacon, chicken/pork sausage, steak, chicken breast, black beans, tofu, Ezekiel bread

## Lunch

- Leftovers from dinner. Simple to prep! Or one of the options under the dinner section
- Salads: Spinach/kale/greens, veggies, beets, avocado, a protein, and an oil-based dressing.
- Wraps/Sandwiches: Good to have if you're on the go, but can be tough to get enough protein.

## Dinner

Pick a protein, a veggie or two, a healthy carb, and a healthy fat.

Protein: All meats, fish, or tofu

Veggies: Any of them!

Healthy carbs: Quinoa, rice, sweet potato, white potato

Healthy fats: Avocado, oil based dressings

You can literally repeat this process every night of the week and make something delicious. For example:

**Monday-** Chicken breast, brussels sprouts, onion, quinoa, and sliced avocado

**Tuesday-** Ground beef, bell pepper, onion, garlic, sweet potato, homemade guacamole

**Wednesday-** Burger patty, lettuce, tomato, onion, cheese, sweet potato fries, avocado, avocado oil mayo, ketchup, mustard

Here's a few more of my favorites:

- Stir fry (no added sugar stir fry sauce)
- Taco salad (don't forget the salsa and guac!)
- Fajita bowl (basically the same as taco salad. I add in quinoa too)  
*PRO TIP: Melt cheese on the quinoa as a base, then add on everything else on top. So good!*
- Pizza bowl: Quinoa, mozzarella cheese, pizza sauce, protein, mushrooms, onion, bell pepper

## Portions

Everyone has different exact needs, but here's a general tool that has worked for many of my clients.

Protein: 1-2 palm sized portions (3-4 oz cooked)

Veggies: 1-2 fist sized portions (you're probably not going to overeat these)

Carbs: 1-2 cupped hands (3-5 oz)

Fats: 2-3 thumb sized portions (dressings, oils, avocado, nuts, nut butter)

Pay attention to the serving size for anything with a label. Stick to that.

## **Make Your Meals More Exciting**

Plain chicken and rice can help you get results, but it doesn't taste good. You need to add spices & sauces to your food!

Here are some of my go-to sauces and spices:

- Hot sauce: Frank's red hot
- Sauces: Sugar-free ketchup, Dijon mustard, avocado oil mayo
- Dressings: Balsamic vinegar + olive oil + Dijon mustard
- Spices to add to your protein: Cajun seasoning, cayenne pepper, garlic powder, salt & pepper, ginger powder. Try adding all that to your chicken! So good!

## **Notes...**

There's a lot more to nutrition than just this cheat sheet.

Calories, macros, and portions are all key for any goal. But this cheat sheet is designed to show you how to easily make healthy choices that taste good for every meal. It's a simple way of eating that's sustainable.

From there, it's about if you're eating the right amount for your lifestyle and goals.

If you have any questions, please email me at [jeff@northbaysc.com](mailto:jeff@northbaysc.com)

You can also check out my latest programs (fitness & nutrition) at [www.northbaysc.com](http://www.northbaysc.com)