



NUTRITION CHEAT SHEET

**CREATE SIMPLE & DELICIOUS MEALS
EVERYDAY**

SIMPLE MEAL PLAN

Food Quality: You don't have to cut out dairy, grains, and carbs to get results. But you should eat the best quality foods so you feel your best.

Eat natural foods as much as possible.
Eliminate processed foods & added sugars.

**Protein, Vegetables, Fruit, Nuts/Seeds, Whole Grains/Rice,
Fats, Dairy**

Honey, Stevia, Sauces Up To 2g Added Sugar

Breakfast

Choose 1-2 Protein Breakfasts.

Eggs 2-3 Eggs any way.

Sides/Add ons: Sautéed veggies, sausage, bacon, cheddar cheese, sweet potato

My go-to: 2 eggs poached, 3oz sauteed bell pepper and onion, 3oz sweet potato, 1oz melted cheddar cheese, hot sauce

Oatmeal

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.

Smoothie

Greek yogurt, ½ banana, handful of berries or any other fruit, handful of spinach, 1 scoop protein powder, ice, water.

Other Add Ons

Steak, chicken breast, black beans, tofu, Ezekiel bread/Whole grain toast

Lunch

What's convenient?

Leftovers From Dinner

Easiest prep work. Just make extra dinner the night before and pack it.

Salads/Bowls

Greens, veggies (cooked or raw), quinoa, beets, avocado, a protein, and an oil-based dressing.

Wraps/Sandwiches

Can be tough to get enough protein, but good for convenience.

My go-to: An egg wrap or high protein tortilla, sliced or ground turkey, sliced tomato, greens, and a greek yogurt chipotle sauce.

Dinner

No time? No problem.

Here's our secret to fast & nutritious meals every night.

Pick A Protein

Any meat, fish, tofu, tempeh

Pick 1-2 Veggies

Sautéed, raw, baked in oven.
Time saver: microwavable bags of
veggies

Pick A Carb

Sweet potato, rice, quinoa. Stick to
the serving size
Time saver: microwavable rice or
frozen quinoa

Pick A Fat

Avocado, fatty meats, dressing

Add Ons/Flavor

Add spices to your protein, hot sauce, other sauces, cheese

My Go-To's

Taco Bowl

Quinoa, melted cheese, sauteed bell pepper, onion, mushrooms, garlic, chicken, salsa, avocado, greek yogurt as sour cream.

Pizza Bowl

Quinoa, melted mozzarella, ground turkey, onions & mushrooms, no added sugar pizza sauce.

Protein Burger

Lettuce, sliced tomato, onion, burger patty, avocado oil mayo, mustard, no added sugar ketchup, sweet potato fries (in air fryer)

You don't have to make something like this though. Most nights I'm throwing together whatever I have and adding on a sauce.

Broccoli, sweet potato, ground turkey, hot sauce.
Brussel sprouts, chicken breast, quinoa, ketchup & mustard

Time Saving Tips

Prep Protein

Cook enough protein for multiple meals. One easy way to do this is to invest in an instant pot. So easy to set it and let it cook.

Quick Carbs/Veggies

Frozen quinoa and microwavable bags of rice or broccoli will save a lot of cooking time.

NUTRITION PROTOCOLS

Focus On Protein

Protein is super valuable to the body to build muscle, keep up full longer, and perform normal functions.

Aim to eat 0.7-1.0 grams per lb of bodyweight

Eat To Satisfied. Not Stuffed.

Probably the biggest problem with nutrition today is eating too much. Even healthy foods. Stop eating until you need to lay down.

Stop Snacking All Day

Most of the time you're just bored or dehydrated. Go for a walk or drink some water before snacking.

Control What You Can Control

Obviously you can't control what your spouse cooks or dinner at a friends house. But you can control what you have for lunch or what you order. Control the meals that you can.

All Calories Matter

24/7, 7 days per week. Liquid or solid.

Protein and carbs have 4 calories per gram

Fats have 9 calories per gram

Alcohol has 7 calories per gram

If you eat too much, you're going to gain weight.

If you're in a deficit, you're going to lose weight.

Maintenance calories: $\text{Bodyweight} \times 14$

(you can also be more exact with a calorie calculator online)

Lose weight: $\text{Bodyweight} \times 14$, then subtract 10% to be in a deficit

Be more accurate and get a food scale for \$10 and track your calories on MyFitnessPal.

If you need help figuring out how much you should be eating, email me at jeff@northbaysc.com