

Nutrition Cheat Sheet

Getting results is 80% nutrition.

Yet most people struggle to reach their goals because their nutrition is off.

Use this cheat sheet to dial in your nutrition and reach your goals!

Quantity

The first thing that I teach my clients is quantity.

Figuring out how many calories you're burning and eating on a daily basis, and what that actually looks like in food.

Without doing this it's all just a guessing game.

So let's do that.

How to figure out how many calories you're burning & how much to eat

There are 3 different ways that you can figure out how many calories you're burning.

1. Fitness tracker

If you use a fitbit, apple watch, whoop, or other brand it might give you your daily calories burned. From there you'll need to adjust based on your goal. If you want to lose weight, you'll want to stay under that amount by 300-500 calories.

2. Use a calculator online

Just google search TDEE (total daily energy expenditure) Calculator and use one of the many options. This will give you your estimated maintenance calories.

Once you have your maintenance calories, you'll need to adjust if you want to lose weight. Subtract those 300-500 calories from your maintenance calories.

3. Use a rough estimate

This option is definitely a guess, but multiply your body weight by 11-14. The more active you are, the higher the number you should use.

Once you have your calories, let's look at macronutrients

An easy rule for macros is...

Start with protein. Aim for 0.7-1.0g of protein per lb you weight.
(for example, a 200 lb person would aim for 160-200g of protein)

Then take your grams and multiply them by 4. That will give you your calories from protein.

Then split the rest of your calories between carbs and fats.

Track How Much You Eat

The best way to do this is by tracking everything you eat for at least a week.

For this, you'll need to track using MyFitnessPal or any other app.

To be more accurate, you can invest in a food scale for about \$15 on Amazon.

Portions Without Tracking

I want to stress that portioning meals without and experience tracking is all just a guess.

But here are some strategies that you can try when building a meal:

Protein-Meat or tofu
1-2 Palm sized portions

Carbs-Rice, quinoa, potato, fruit
1-2 cupped hand sized portions

Fats-1/2 avocado, nuts, nut butter, dressing, cheese
2 Thumb sized portions

Fill in with veggies

Yes, veggies are carbs, but they aren't going to be the reason you overeat. So load up!

Quality

Quality of food can have a big impact on your results.

If you're filling your calories with low quality food, you're not going to feel good. You're going to have low energy, low motivation, and could have headaches/digestion issues.

Sticking to meat, veggies, nuts, rice, potato, fruit, and anything natural is going to be best.

However, having foods like pizza, ice cream, and cookies can still fit into your life. You just need to find the right balance.

That's why tracking what you eat can be so beneficial. You can see that having a couple cookies or other foods can still fit into your daily calories.

Also, you can still eat good quality foods and go over your calories, causing you to not get results.

That's why a combination of quantity AND quality is so important.
From here, it's all about consistency.

Simple Meal Prep Guide

Keep meals simple.

You don't need to have some fancy meal every night that takes 30 minutes to prep and an hour to cook.

Here are some sample meal ideas:

Breakfast

Eggs with sausage and sauteed zucchini and onion

Smoothie-1/2 banana, strawberries, Greek yogurt, protein powder, ice, water

Bowl-Greek yogurt or cottage cheese with berries & sliced banana

Lunch & Dinner

Pick a protein, pick a veggie or two, and pick a carb.

Measure it out based on your needs.

Add various spices or sauces for different flavors. A little hot sauce goes a long way!

Simple. Delicious. Gets results.

Burger bowl-Ground beef patty, cheddar cheese, spinach, sliced onion, roasted brussell sprouts, sweet potato fries. Add ketchup and mustard on top.

Taco bowl-Spinach, chicken breast, roasted bell pepper and onion, quinoa or rice, homemade guacamole, salsa, Greek yogurt (as a sour cream replacement). Add hot sauce for extra spice!

If you need help with this, it's something that I work on with each of my clients. Check out our latest programs at www.northbaysc.com OR email me at jeff@northbaysc.com and ask!