

Nutrition Cheat Sheet

Good nutrition is just as important as your workouts to get results. Use these 3 strategies to help you improve your nutrition and start getting the results you want.

1. Eat More Protein

Eating more protein supports muscle growth, and keep you full longer.

Aim for 0.7-1.0g of protein per lb you weight.

(for example, a 200 lb person would aim for 140-200g of protein)

Protein Reference

1 palm sized portion of meat is roughly 25g (3-4 oz)

1 egg has 6g

2 TBSP Peanut Butter has 7g (and a LOT of fat calories)

1 Serving of Greek Yogurt has 12-18g

½ cup of beans has 8g

Getting enough protein takes effort. Here's what you can do to hit your goal:

-Prep hard boiled eggs. They are easy to add to any meal.

-Prep chicken breast, ground turkey, or ground beef. Cook enough to last you a few meals.

-Protein shakes will add on 20-25g

2. Eat Good Quality Foods At Least 80% Of The Time

The quality of your 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.

Aim to eat natural foods at least 80% of the time:

Meat, veggies, eggs, dairy, nuts, rice, quinoa, potato, fruit, and anything natural.

Foods like pizza, cookies, and beer can still fit into your life. You just need to find the right balance.

Having 5-6 meals/snacks from other sources is totally fine as long as you're still making progress.

NOTES

You can eat 100% good quality foods and still overeat and not make progress.

Tracking what you eat can show you how to fit in more processed foods to your calories.

That's why a combination of quality AND quantity are so important.

3. Eat The Right Portions

Quantity is really what is going to get the biggest results.

You need to eat less than you burn to lose weight. If you don't you won't lose weight.

The first two tips in this guide might make you naturally eat the right amount. However, if you're still not making progress, you're likely off with your calories.

There are two ways you can focus more on portions:

- Estimate with hand portions
- Track what you eat

Estimate Without Tracking

This will take some adjusting for yourself, but here is a rough guide on how to portion meals:

Protein

Meat or tofu
1-2 Palm sized portions

Carbs

Rice, quinoa, potato, pasta, fruit
1-2 cupped hand sized portions per meal

Fats

Avocado, nuts, nut butter, dressing, cheese
2-3 Thumb sized portions per meal
(½ avocado, palm portion of nuts, 2
tablespoons peanut butter or dressing)

Fill in with veggies. Yes, veggies are carbs, but they aren't going to be the reason you overeat.

Tracking What You Eat

This could be a whole guide by itself, so I'm going to keep it brief.

1. First, find the calories you need to be eating. Google search TDEE (total daily energy expenditure) Calculator and use one of the many options. This will give you your estimated maintenance calories.
Then adjust for your goal.
Weight loss: Subtract 300-500 calories from your maintenance calories
2. Use My Fitness Pal to track. Input your calories goal and track what you eat for at least a week. You can use a food scale to weigh your food and be more accurate. They are like \$10.

If you want help with tracking, reach out to me and I can help.

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Simple Meal Ideas

This guide is what me and my clients use every single week to stay consistent.

Breakfast

Pick 1 or 2 options every morning

Eggs, smoothie, or oatmeal.

Eggs with sausage and sauteed zucchini and onion

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

Oatmeal-Steel cut oats with greek yogurt or cottage cheese with berries & sliced banana

Lunch & Dinner

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

Measure it out based on your needs.

Spices you can add to meat or veggies: garlic, Cajun, cayenne, lemon pepper, or anything that's not super sugary.

Also, sauces are key!

Hot sauce, sugar free ketchup, mustard, avocado oil mayo, and pizza sauce are all go-to's in my household.

Simple. Delicious. Gets results.

Here's a couple of my favorite meals:

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!

Pizza bowl- Quinoa, melted cheddar cheese, sauteed onion and zucchini, pizza sauce, ground beef or ground turkey