

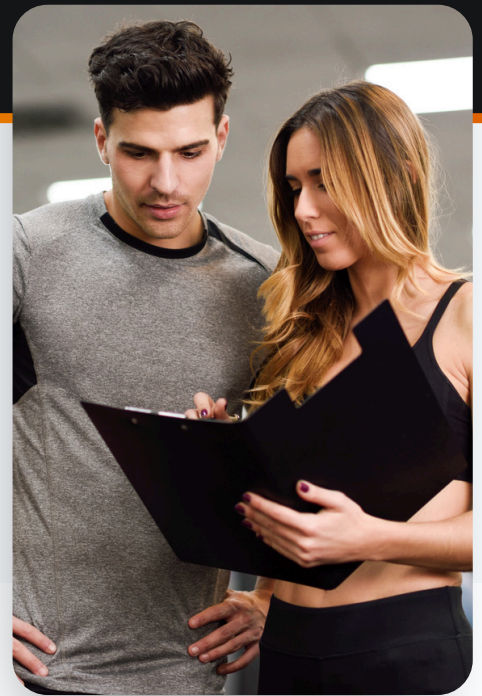
LifeBase Solutions

# COACH'S SUCCESS GUIDE

**A Step-by-Step Playbook**  
for Growing a Nutrition Program with LifeBase

2024 Edition

# Welcome to LifeBase!



Start Here

## Over the Next 6 Weeks...

You'll be personally trained by some of the top nutrition coaches in the nation to launch your automated nutrition program. Let's take a look at the major milestones you'll hit along the way!

## Major Training Milestones

Here's a look at what you can expect in the coming weeks.

### ○ LifeBase Onboarding

Enroll your business and gain access to all training areas and materials to get started

### ○ Week 1 - Nutrition Credential

Build the foundation of your nutrition program with this course

### ○ Week 2 - LifeBase Platform Mastery

Learn how to navigate our platform and run your program with LifeBase

### ○ Week 3 - InBody Scans & Macro Plans

Understand how to read body composition scans and master macro plans

### ○ Week 4 - LifeBase CRM & Automations

Discover the LifeBase CRM and automations at your disposal

### ○ Week 5 - Training Recap and Wrap Up

Review your training and prepare to officially launch your program

### ○ Week 6 - Nutrition Program Officially Launches!

Your first 20 clients are officially set up on the platform

# Welcome to LifeBase!

## Setting Expectations

Our team is here to help you grow a nutrition program, increase your client base, and add meaningful revenue to your business. That being said, we know exactly what it takes to be successful. Everything we do is planned in a specific order, in a specific way, for a specific reason.... to ensure your success. Skipping over any of the steps, or putting forth partial effort, will lead to partial success. Trust the process. You are here for a reason and together we will do incredible things!

## Must-Do's as a LifeBase Coach

1. Attend LifeBase's weekly Masterminds and attend all training calls.
2. Don't skim over the training material. Take the time to study each lesson and watch every video.
3. Lead from the front. Do everything you would expect from your own clients including tracking your food at 90%+
4. Share your compliance scores, meals, and body composition results on social media as much as possible.
5. Follow LifeBase's Marketing Checklist and market your program diligently.
6. Be there for your clients. Provide accountability and motivation to keep them on track and progressing.
7. Share the results of your clients on all social platforms!

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## The LifeBase Guarantee

We guarantee that, if you do all the things outlined in our Success Guide, you will begin to generate \$10,000+ in revenue in the next 60 days.

You have to hold yourself accountable to our Success Guide and, once you get clients, you need to take care of them. Your effort will ultimately determine your outcome!



# Success Roadmap

Getting Started

## ○ Your Main Communication Channel

**Slack:** You will receive an email invite from our team to your private Slack channel. This is the best way to get your questions answered and maintain a record of conversations throughout your training.

**9-5pm EST Monday-Friday, we will respond within 24hrs.**

When using Slack, please avoid tagging the Channel, using threads, sending direct messages, and adding others without asking first. Keep all communication in the main Slack channel.

## ○ Join the LifeBase Coaching Community

**SkSkool:** Here is where you'll complete your training, access weekly mastermind meetings, and join a community of coaches around the country utilizing the LifeBase platform. Be active by sharing your successes, posting your results and voicing your ideas on how we can make LifeBase the best nutrition software in the world!

Week 1 of Training

## ○ Nutrition Credential

This course, written by our Head Dietician, Brett Delaney, will remind you of a Nutrition 101 course in college. The material in this course lays the foundation for how you will coach your clients. However, the most important takeaways are the videos. They provide simple ways to communicate with your clients.



Week 2 of Training

## ○ LifeBase Platform Mastery

This is where the fun begins! You will learn everything about the LifeBase platform from both a coach and user perspective. During this section of the training, you will be set up as a user and begin using the platform yourself. Leading from the front is the single thing that will grow your program the most. You need to know the LifeBase platform like the back of your hand and use your personal results to promote to your clients/members.



### Important Emails:

For questions about training, LifeBase and general inquires contact Trevor:  
**trevor@lifebasesolutions.com**

For questions about marketing, automations or CRM contact Martin:  
**support@lifebasesolutions.com**

# Success Roadmap

## Week 3 of Training

### ○ InBody Scans & Macro Plans

LifeBase's integration with InBody removes the guesswork from nutrition coaching. However, no matter what body composition device you're using, understanding how to make adjustments to nutrition plans is key. We will begin to unravel the science behind LifeBase's D2M Technology in Week 3.



## Week 4 of Training

### ○ LifeBase CRM & Automations

Our CRM is an incredibly powerful tool that will help you manage clients and grow your program. Our team has set up processes and procedures taking most of the work off your plate. In this section, you will learn all about the automations, promotions, resources and tools at your disposal.



## Week 5 of Training

### ○ Training Recap & Wrap Up

Now you're ready to officially begin taking on clients! If you've done things right, people should know about your nutrition program by now. The M.A.P. Campaign has been running, you have been posting your personal nutrition journey and results on social media, and word-of-mouth is beginning to spread. The goal is to start with 20 clients and grow organically.



Week 6

# Your Program Has Officially Launched!



Moving Forward

## Your Success Checklist

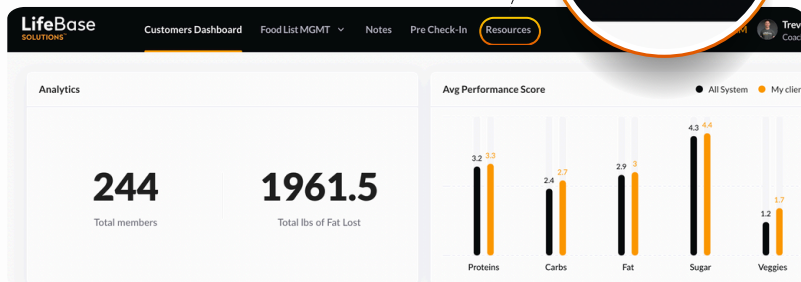
Your first 20 clients are setup on the platform. The good news is we don't go anywhere. Continue to utilize the LifeBase team, and resources, to grow your program.

- Ensure all sections of your training & homework are complete.
- Promote your nutrition program following the Marketing Strategy Checklist (Page 7).
- Continue attending the weekly Mastermind calls.
- Stock a meal replacement supplement in your location (if applicable) and offer to nutrition clients.
- Reach and maintain a minimum of 20 nutrition clients.
- Do bi-weekly check-ins with every LifeBase client. Check-ins may be done in person, via Zoom, or with a screen recording such as "Loom" that is emailed or texted to them.
- Keep track of all nutrition clients and if they join any other programs you offer (ones they were not a part of prior to becoming a nutrition client). Ex: Gym memberships, personal training, supplement purchases, etc.

Resources

### Important Reminder:

You can view, access and download all digital assets included with your LifeBase membership on the Coach Resources page, located in the navigation bar on your LifeBase dashboard.



# Marketing Strategy Checklist

Complete the following steps to launch your nutrition program and maximize revenue from your clients/members! Direct any questions or concerns to our team.

## Stage 1: Creating Buzz (Starts in Week 3)

### Lead By Example

Begin tracking your food in the LifeBase app at 90% or better

Owner/head coach posts weekly to their personal & business social media accounts

Share the meals you're eating, meal compliance scores and results

### All Coaches Join

All coaches must make 1 post per week on their personal pages (min.)

Have all coaches begin tracking their food at 90% or better in the LifeBase app

All coaches should share their progress, meals and compliance scores online

### M.A.P Campaign

Send the M.A.P. campaign to your entire contact list

This campaign is located in the "Automations" tab of your CRM

Modify the copy, and offer, in those emails as you see fit

## Stage 2: Program Officially Launches (Starts in Week 6)

### In-House Marketing

Distribute the done-for-you marketing materials

Use the materials sent in your Welcome Package

### Free Body Scans

Get all existing/new clients on your body composition scanner

Explain the client's results using the LifeBase Trifold (Order as needed)

Offer existing members a discount when they decide to join your program

### Post Nutrition Tips

Schedule the Nutrition Tips of the Week on social media

Use the Social Planner located in the "Marketing" tab of the CRM

Use the done-for-you posts in your Media folder located in "Sites" tab of the CRM

## Stage 3: Ongoing Marketing Efforts

### Weekly Calls

Attend weekly Mastermind Calls on Wednesdays

Join us every week for the latest LifeBase updates, ideas and tips

Stay active in these trainings to build momentum and stay on track

### Quarterly Promos

Launch a minimum of 1 promotion per quarter

Use the done-for-you workflows under 'Automations' in the CRM

Direct any questions or concerns to our team for more help

### Run Challenges

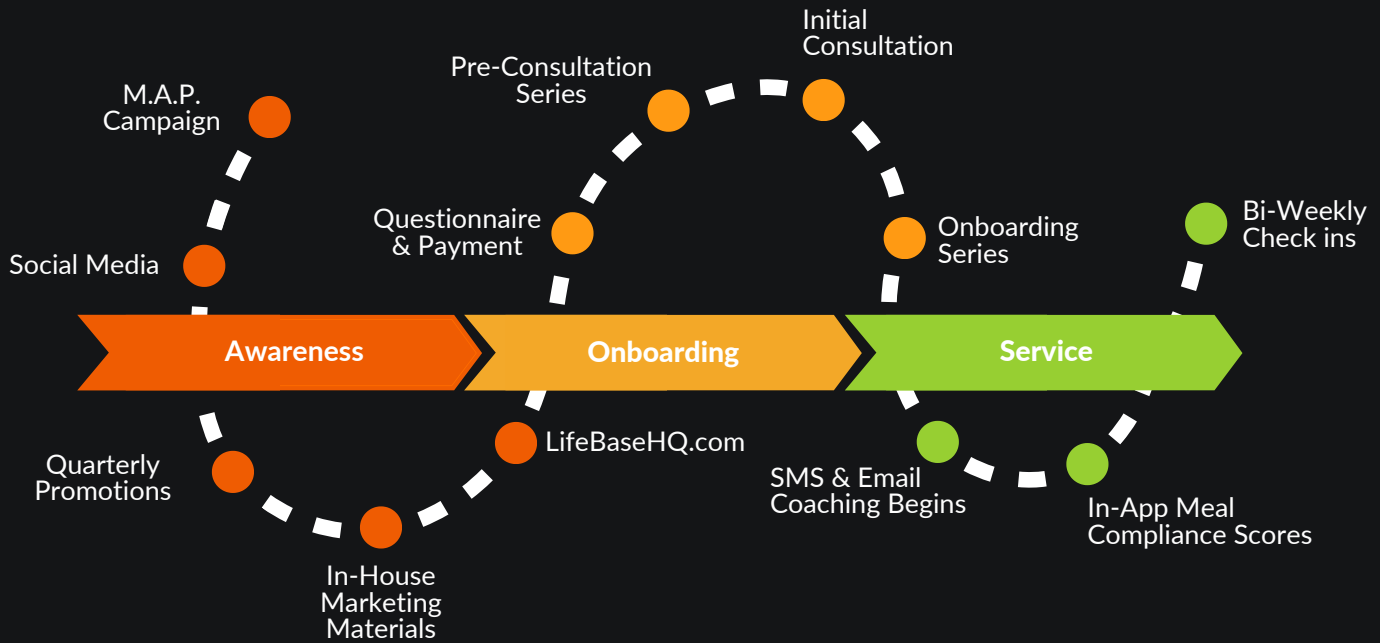
Plan on running a minimum of 1 challenge/year in the Spring or Fall

Every two weeks post all positive results from your challenge on social media

Email results/progress to entire contact list throughout the challenge

# Nutrition Client Journey

A roadmap to what your clients will likely experience



## Awareness

People need to be exposed to your program in some capacity.

Leading from the front, and posting your own results, is the very best way to do this. The M.A.P. Campaign will be working in the background to promote your program to your entire client database. Social media posts highlighting not only your success, but the success of clients, will provide the proof that your program works. Use our done-for-you resources including, quarterly campaigns and in-house marketing materials to promote your program.

## Onboarding

We've automated 90% of the registration and onboarding process for you. The cool part is, you still get to be the face of your business. A new client will complete a questionnaire and pay for your program online. Then, they will receive a couple videos laying the groundwork for your initial consultation with them. During the initial consultation you will set up a client's custom macro plan and goals. The onboarding series will save you time upfront with the client and provide a streamlined learning process as well.

## Service

We've given our coach's the ability to provide quality service while also managing 100's of clients.

More clients leads to more revenue. However, in order to do your job as a coach effectively, you also need a way to educate and hold every client accountable. Automated coaching campaigns, in-app gamification and compliance scores do the coaching when you can't be there. 5-10 minutes every 2 weeks with a client, in-person or virtually, is all you need to adjust their meal plan and set expectations moving forward.





# LifeBase Trainings Skool Classroom

Your training materials and bonus videos can be accessed in LifeBase's private Skool community. During your onboarding, you'll receive an invite to join Skool. Be sure to save or bookmark this group!

<p><b>LEVEL 1</b> LIFEBASE NUTRITION COURSE</p> <p>Level 1: Nutrition Credential</p> <p>9% <input type="text"/></p> <p>OPEN</p>	<p><b>LEVEL 2</b> LIFEBASE PLATFORM MASTERY</p> <p>Level 2: LifeBase Platform Mastery</p> <p>0% <input type="text"/></p> <p>OPEN</p>	<p><b>LEVEL 3</b> INBODY SCANS &amp; MACRO PLANS</p> <p>Level 3: InBody Scans &amp; Macro Pl...</p> <p>0% <input type="text"/></p> <p>OPEN</p>
<p><b>LEVEL 4</b> LIFEBASE CRM &amp; AUTOMATIONS</p> <p>Level 4: LifeBase CRM &amp; Automati...</p> <p>0% <input type="text"/></p> <p>OPEN</p>	<p><b>BONUS</b> TRAININGS &amp; VIDEOS</p> <p>Bonus Trainings &amp; Videos</p> <p>0% <input type="text"/></p> <p>OPEN</p>	<p><b>CHALLENGES</b> HOW-TO'S AND COACHING TIPS</p> <p>How to Run a Challenge</p> <p>0% <input type="text"/></p> <p>OPEN</p>

# LifeBase Store

View and order LifeBase materials for nutrition clients at cost!



InBody Trifold (Female Version)



InBody Trifold (Male Version)



LifeBase Blender Bottle



LifeBase Nutrition Playbook



LifeBase Rack Cards



LifeBase T-Shirt



Non-InBody Trifold (Female Version)



Non-InBody Trifold (Male Version)

# Running Transformation Challenges

## Stage 1: Promotion

To effectively launch a transformation challenge, begin by promoting it within your business using the LifeBase marketing materials and word-of-mouth. Generate buzz online by modifying the challenge posters located in your Coaching Resources to social media content and post past participant results (if applicable). You can collaborate with local businesses by offering discounts to their employees or by hosting private challenges for their workforce. Utilize your local Chamber of Commerce to promote the challenge via email blasts to reach a larger audience within your community!

- Generate buzz within your existing client base
- Start promoting on social media
- Partner with a local business(s)
- Utilize your local chamber of commerce



## Stage 2: Registration

- **Registering a new LifeBase Client** - Use the same registration process used for any other new LifeBase client. You will have them choose a custom challenge subscription. Offer whatever discount code you want.
- **Registering an Existing or Former LifeBase Client** - Send them a reactivation link to get them back on the LifeBase platform. Then, take additional payment however you see fit.
- **Discount Codes** - Below are some examples of what you can charge for your challenge based on the relationship you and the participant have.
  - Full Price = \$497
  - Current Nutrition Clients = \$397 (\$100 off)
  - Gym Members = \$297 (\$200 off)
  - Both Gym Member & Nutrition Client = \$247 (\$250 off)
- **Automation is Key** - Tag participants with the word 'Challenge' in your CRM. Our custom Challenge workflows will do the rest for you.



## Stage 3: Consultations



### DIVIDE INTO TEAMS

Separate participants into male and female groups and, whenever possible, keep friends and couples together.



### ASSIGN A COACH

Each participant completes a consultation with you or a coach to discuss their goals and set up nutrition/fitness plans.



### GROUP INFO MEETING

Get all participants together to discuss rules, cover part of a consultation and to motivate, inspire and create a community.



### START PRIVATE FACEBOOK GROUP

Create a group on Facebook where you can post updates, send notifications and communicate with your participants.

# Running Transformation Challenges

## LifeBase Leaderboards:

Establish rules for winning your challenge. You can base winners off of a number of things including percentage of pounds of fat loss and food tracking accuracy. You can track participants with:

- **LifeBase's Leaderboard** - Use LifeBase's leaderboards to utilize live rankings, create divisions, retain anonymity, and track results automatically.

RANK	NAME	POINTS	TRACKING %	TRACKING RANK	% FAT LOSS	% FAT LOSS RANK	LB FAT LOSS	RELATIVE RANKING SCORE
1	SH	3	100%	1	35.82%	2	27.8	3.7
2	SH	5	98%	4	39.27%	1	23.8	3.4
3	AS	7	99%	2	28.96%	5	11.7	1.3
4	SH	9	97.4%	6	34.8%	3	17.4	2.2
5	CP	10	99%	3	39.86%	8	11.2	6.4
6	WB	15	96.3%	8	39.95%	7	8.3	0
7	SP	16	93%	12	34.5%	4	28.6	3.8
8	CJ	22	96.67%	7	13.23%	15	9.1	15
9	ES	24	91.3%	14	16.69%	10	11.7	15
10	KE	26	97.67%	5	13.68%	20	5.2	13

## Client Check-Ins:

### Bi-Weekly

This is enough time to show change, but not so often that you are overwhelmed.

### Update Leaderboard

Update your leaderboard in real-time. People like seeing where they are at after each check-in.

### Prize Giveaways

Do bi-weekly prize giveaways for everyone who checks in. This helps with accountability.

## Your Duties as a Coach:

- Post in Facebook group consistently
- Text and personally reach out to participants
- Post pictures of your meals and workout with participants
- Educate, entertain, and inspire!



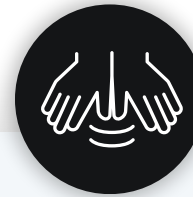
### UPSELL #1 MEMBERSHIPS

Use your challenge as an opportunity to package other services. You can offer discounts or free trials to get people in the door.



### UPSELL #2 SUPPLEMENTS

A transformation challenge is the perfect time to offer supplements and samples. This can be a huge boost of income for you!



### UPSELL #3 PARTNER UP

Some participants will find others services helpful such as bloodwork, chiropractic work, massage and personal training. Utilize these partnerships whenever possible.



# How to Manage a Nutrition Client

Here's how Coaches with body composition scanners can manage new clients from beginning to end. Use this as an outline, or a guide for your program.

## Step 1

### Body Composition Scan

- Give your clients and members a free scan
- Use the InBody Trifold to explain their results
- Present your offer(s)



## Step 2

### Onboarding a New Client

- Have client scan your QR code or text them a link to the onboarding form
- After completing the onboarding form, the client chooses their coach and pays
- Text or email your new client to schedule their Initial Consultation

## Step 3

### Initial Consultation

- Review their questionnaire and goals
- Finalize their macro plan & set meal times
- Have client download the LifeBase app from App Store
- Give client a copy of the LifeBase Nutrition Playbook
- Ensure client is enrolled in the automated coaching campaigns

## Step 4

### Nutrition Coaching Begins

- Client receives an email to access the LifeBase Onboarding Series
- Client begins receiving SMS & email campaigns
- Add client to your private community on social media
- Tell client to track their food at 90% or better for the best results

## Step 5

### Bi-Weekly Check-In

- Clients should scan in every two weeks to track progress
- You can meet with clients in person or send Loom recordings via email/SMS after they've scanned in
- Use LifeBase's recommend changes to make adjustments to meal plans as needed



Use this page as reference when setting up a client's macro plan!

## Protein: 7g exchange rate

- Rarely adjust unless you are making lunch and dinner meals equal for convenience
- The more they exercise the more protein they need (covered in the workout screen)

## Carbohydrates: 15g exchange rate

- Always refer to Lean Body Mass

## Fats: 5g exchange rate

- Rarely adjust, but typically speaking keep snacks at 5 grams and meals between 10-20 grams
- Men rarely need more than 60-65 grams and women rarely need more than 50-55 grams

## Framework for Setting Carbohydrates

### Give 1.0 grams per pound of LBM if client...

- Doesn't workout at all or just walks
- Regularly skips meals like breakfast and/or limited macro intake currently
- Fats = 20-30% of total calories (after adjusting carbs) – lean closer to 30%

### Give 1.2 grams per pound of LBM if client...

- Works out 2-3x/week with mild intensity
- Regularly skips meals like breakfast and/or limited macro intake currently
- Fats = 20-30% of total calories (after adjusting carbs) – lean closer to 25%

### Give 1.35 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 3+ times/week
- Eats inconsistently and/or limited macro intake currently
- Fats = 20-25% of total calories (after adjusting carbs) – lean closer to 25%

### Give 1.5 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 4+ times/week
- Eats fairly consistently (usually eats breakfast in some capacity)
- Fats = 20-25% of total calories (after adjusting carbs) – Typically no more than 65g/55g

### Give 2.0 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 5+ times/week
- Regularly eats every 3-4 hours
- Eats a quality breakfast every day
- Fats = 20-25% of total calories (after adjusting carbs) – Typically no more than 65g/55g

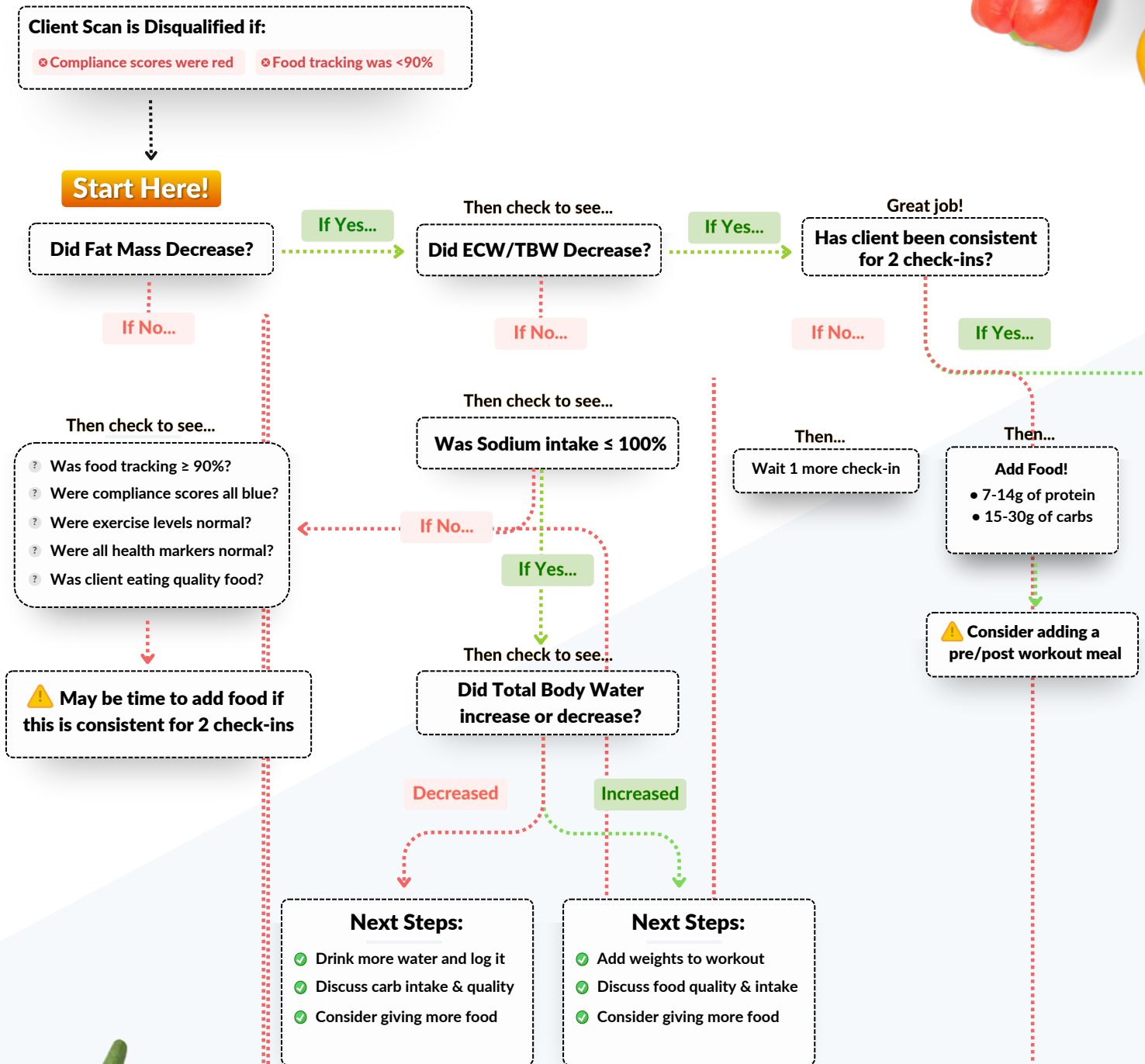
### Give 2.0+ grams per pound of LBM if client...

- Extremely active, with quality nutrition habits, and/or looking to gain mass



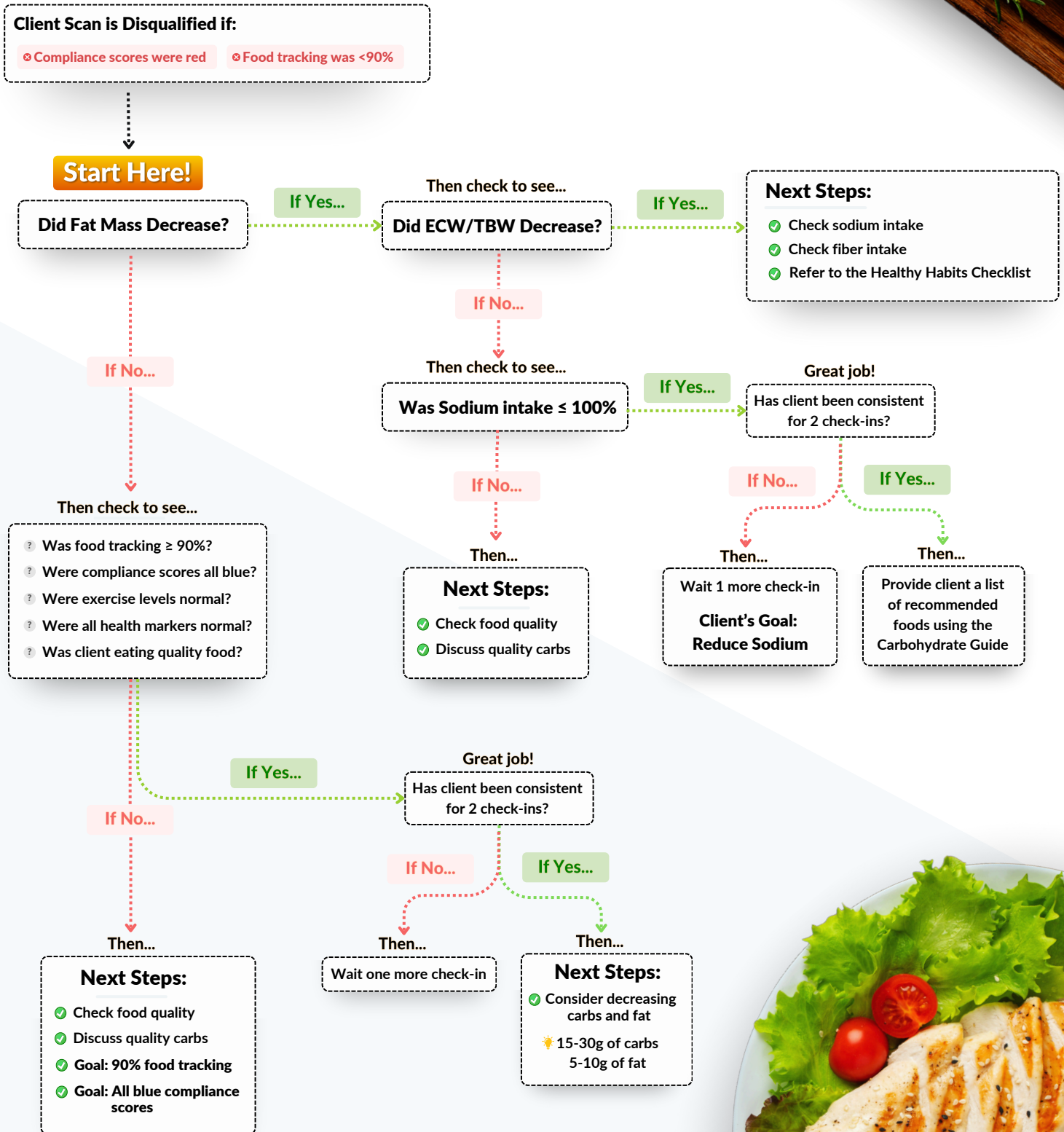
# Client Check-In Flow Chart

## If Skeletal Muscle Mass DECREASES...



# Client Check-In Flow Chart

## If Skeletal Muscle Mass INCREASES...



# Healthy Habits Checklist



Use this checklist as a guide to help your clients build healthy habits that last a lifetime! The habits have been put in chronological order of importance. Make sure a client has built one habit before charging them with another!

HABIT	HABIT DESCRIPTION	DONE
01	Drink & log recommended daily water	<input type="radio"/>
02	Eat breakfast every day	<input type="radio"/>
03	Eat protein, carbs, and fat at every meal	<input type="radio"/>
04	Track your food at 90% or better	<input type="radio"/>
05	Eat 5-6 meals/day	<input type="radio"/>
06	No processed food for breakfast	<input type="radio"/>
07	No protein powders at breakfast, lunch, or dinner	<input type="radio"/>
08	Keep total daily sugar to 20% or less	<input type="radio"/>
09	Workout 2-3x/week - High intensity relative to your fitness level	<input type="radio"/>
10	Prep your meals on Sundays and Thursdays	<input type="radio"/>
11	Eat 2.5 cups of veggies every day and log them	<input type="radio"/>
12	Consume 2-3g Omega 3s each day (supplement is okay)	<input type="radio"/>
13	Limit your cheat meal to once per week	<input type="radio"/>
14	Don't go out to eat for two weeks in a row	<input type="radio"/>
15	Carbs for 2 weeks: Oats, sweet potatoes, brown rice, veggies	<input type="radio"/>
16	Eat only 1 ingredient foods for 2 weeks	<input type="radio"/>
17	Workout 5-6x/week - High intensity relative to your fitness level	<input type="radio"/>
18	Train for a special athletic event & track food 90% during training	<input type="radio"/>
19	No desserts, baked goods, candy, etc. for 6 months - 1 year	<input type="radio"/>
20	Athlete level body fat for 6 months (6-13% men/14-20% women)	<input type="radio"/>



# The 3 C's of Nutrition Coaching



## ✓ COMPETENCE

You don't need to be an expert in nutrition, but you do need to know what you're talking about. Additionally, you should be able to effectively communicate with people in simple terms. Don't try to sound like you are competent by using big words and fancy terminology. The goal is to educate clients and set them up for a lifetime of success. In order to do that, speak in simple terms that will resonate with them and are easy to remember.

### ▲ EXAMPLE:

**Complicated:** "Upon consumption, carbohydrates are converted to glucose as a readily available fuel source during exercise prominently utilizing the glycolytic pathway."

**Simple:** "Generally speaking, the more active you are the more carbs you need."

Keep in mind that 70% of Americans are overweight or obese and need simple things to focus on. While you don't need to be an expert in nutrition to provide accountability, and run a successful business, you need foundational knowledge. **Start by getting a quality nutrition certification or credential.**

## ✓ CONFIDENCE

Confidence comes from two things: Competence and results. The 3 C's build upon one another. Therefore, if you are competent you will be more confident in what you do and how you speak. Each person is unique in their nutritional needs and goals. The more experience you gain, and the more time you spend working with people on nutrition, the more confident you will be in your ability to get results.

## ✓ CONVICTION

Conviction means believing in yourself and your ability to get results. Helping a few people reach their goals is great. However, personally working with 100's of people to reach their goals provides unmatched conviction in yourself and your program. Having strong conviction in what you do makes it easy to sell anything. You can't fake conviction. It comes through competence, confidence, and results.



# Healthy Food Choices



## Recommended Protein sources

FOOD	AMOUNT	PROTEIN (g)	CARB (g)	FAT (g)
• Egg (white)	1 white	3.5	0	0
• Protein Powder (avg)	1 scoop	25	3	1
• Cod	3 oz.	18	0	1
• Halibut	3 oz.	21	0	2
• Turkey	3 oz.	21	0	3
• Chicken	3 oz.	21	0	3
• Buffalo	3 oz.	21	0	3
• Egg (whole)	1 egg	7	0	5
• Filet	3 oz.	21	0	9
• Sirloin	3 oz.	21	0	9
• Hamburger	3 oz.	21	0	9
• Salmon	3 oz.	21	0	12
• Lean Pork Loin	3 oz.	21	0	12

## Best Carbohydrate sources (70%+)

FOOD	AMOUNT	PROTEIN (g)	CARB (g)	FAT (g)	FIBER (g)
• Oatmeal	1 cup	6	57	2	8
• Brown Rice	1 cup (cooked)	4	45	1.5	3.5
• Sweet Potato	1 med potato	2	50	1	4
• Quinoa	1 cup (cooked)	8	40	6	5

## Better Carbohydrate sources (20%+)

- Whole Grain
- White/Red Potato
- White Rice / Jasmine Rice
- Ezekiel Bread
- Whole Grain Pasta

**Note** - Best results are achieved by choosing the highest quality carbohydrates as often as possible, at least 70% of the time.

## Good Carbohydrate sources (<10%)

- Low sugar cereal  
Cheerios (original), Shredded Wheat, Grape Nuts Kashi brand cereal (some versions)
- Whole Grain Crackers  
Low sodium, low sugar, Wheat Thins, Low sodium Triscuits
- Regular Pasta / Spaghetti
- Regular Bread / Biscuits / Bagels
- "Other options - Look for items that have low sodium, low sugar and more natural based ingredients."

\*Consuming fibrous vegetables is a great way to get your fiber. At the same time, this will aid in getting valuable micronutrients and will make you feel "full" or satiated for a longer period of time. For more information, review the videos, **Success Factor #4 - Eat 2.5 cups of vegetables each day** and **Success Factor #5 - Get your fiber.**

**Note** - These recommendations are Registered Dietitian suggestions for clients utilizing the LifeBase platform whose goal is to optimize healthy fat loss and muscle gain. Consult your personal nutrition coach for more information.



# 90%

of Americans don't get enough fiber

95% of American adults and children do not consume recommended amounts of fiber.\* Research conducted by the International Food Information Council indicates that two thirds (67%) of consumers believe they meet their fiber needs, but only 5% actually do. The data suggests that consuming fiber with each and every meal, may aid in the acceleration of weight and fat loss and body composition change, among the many other health benefits of fiber.

\*US Department of Agriculture; Agricultural Research Service. What We Eat in America: Nutrient intakes from food by gender and age. National Health and Nutrition Examination Survey (NHANES) 2009-10

## Recommended Fiber sources\*\*

- Flax Seeds / Chia Seeds
- Oatmeal
- Whole Grain Breads
- Blackbeans
- Blackberries, Raspberries, Blueberries
- Vegetables
- Quinoa
- Avocados
- Peanuts, Pistachios
- Almonds, Cashews, Walnuts

## Recommended Fat sources\*\*

- Avocado
- Olive Oil
- Grapeseed Oil
- Coconut Oil
- Salmon
- Tuna
- Egg Yolks
- Flax / Chia Seeds
- Walnuts, Cashews, Almonds

## Vegetable recommendations\*\*

- Broccoli
- Peppers
- Spinach
- Cabbage
- Cauliflower
- Brussel Sprouts
- Cucumbers
- Asparagus
- Onions
- Celery
- Beets
- Carrots

# Serving Sizes

Weighing food with a scale is the best option to determine serving sizes. The second best option is to visually estimate. For example, a single 3-ounce serving of chicken, beef, or fish is roughly the size of your palm

# Healthy Carbohydrate Guide

## Best Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• Steel Cut Oatmeal	5.9	28.1	3.6	0.6	4	9.4
• Quinoa	8.1	39.4	3.6	1.6	5.2	13
• Groats	5.7	33.7	1	1.5	4.5	9.4
• Barley	3.5	44.5	0.7	0.4	6	10
• Black/Forbidden Rice	4.2	32.6	0.4	0.1	2.3	4.7
• Wild Rice	4	26	0	2	2	5
• Brown Rice	5	45	1.5	0.7	3.5	2
• Butternut Squash	1.8	21.5	0.2	4	6.6	8.2
• Vegetables	Low	Varies	Varies	Low	Varies	Low
• Sweet Potato (1 cup)	4.5	58.1	0.5	18.8	8.2	88.6
• Oat Bran 1/3 Cup Cry	5	28	2.5	0	4	0

## Better Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• Old Fashion Oatmeal	5	27	3	1	4	0
• Ezekiel 4:9 Bread (1 slice)	4	15	0.5	1	3	80
• Barilla Whole Grain Pasta (2 oz. dry)	8	39	1.5	2	6	0
• Canned Black Beans (Reduced Sodium)	14	36	2	0	12	30
• Brown Rice Cake (Lightly Salted)	1	16	0.5	0	1	30
• Ezekiel 4:9 English Muffin (1 Muffin)	4	30	1	0	6	160

## Good Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• White Rice	4.2	44.5	0.4	.1	.6	1.6
• Blueberries (1 cup)	1.1	21	0.5	15	3.6	0
• White Potato (1 cup)	3	25.8	0.2	1.4	3.6	0
• Cooked Grits (not instant)	2.9	32.2	0.9	0.2	1.6	4.7
• Mission White Corn Tortilla	1	10	0.8	1	1.5	5
• Dave's Killer Bread (1 slice)	5	25	3	5	4	170
• Kodiak Cakes Flapjack & Waffle (1 cup dry)	28	60	2	6	10	760
• Instant Oatmeal	5	27	3	1	4	115
• Wheat Bread (1 slice)	2	13	1	2	0.5	100
• Pasta & Other Flours	Varies	Varies	Varies	Varies	Varies	Varies

## Important!

These figures reflect 1 cup *cooked* measurements (not dry) for your convenience.

## The 20% Sugar Rule

This says that if the percentage of sugar is less than 20% of your daily carbohydrate intake, you are doing great!

Always aim for carbohydrate sources that are low in sugar and high in fiber. This is the difference between Fruity Pebbles and oatmeal.

### Fruity Pebbles

Nutrition Facts	
About X servings per Container	
Serving size 1 cup (36g)	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
<b>Total Carbohydrate 31g</b>	<b>11%</b>
Dietary Fiber 0g	0%
<b>Total Sugars 12g</b>	
Incl. 12g Added Sugars	25%
Protein 1g	

$$12 \text{ SUGARS} \div 31 \text{ CARBS} = 39\%$$

### vs. Oatmeal

Nutrition Facts	
Serving size (46g)	
Amount Per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 33g</b>	<b>12%</b>
Dietary Fiber 3g	11%
<b>Total Sugars 1g</b>	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 175mg	4%

$$1 \text{ SUGARS} \div 33 \text{ CARBS} = 3\%$$



# Breakfast Ideas & Food Quality Index

5-Star Quality Meals | ★★★★★

## Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

### Eggs & Oats with Berries



28 Protein | 45 Carbs | 15 Fats

- 2 Egg
- .25 Cup Liquid Egg Whites
- .7 Cup Old Fashion Oats
- .5 Cup Blueberries
- 1 tsp Chia Seeds

### Eggs & Oats with Berries



42 Protein | 90 Carbs | 20 Fats

- 2 Egg
- .50 Cup Liquid Egg Whites
- 1.35 Cup Old Fashion Oats
- .5 Cup Blueberries
- 2 tsp Chia Seeds

### Classic Breakfast #1



28 Protein | 45 Carbs | 15 Fats

- 1 Egg
- 3 oz Plain Greek Yogurt
- 2 Slice "Ezekiel 49" Bread
- .3 Medium Banana
- 1 TBSP Almond Butter

### Classic Breakfast #2



35 Protein | 78 Carbs | 16 Fats

- 1 Egg
- 3 oz Plain Greek Yogurt
- 3 Slice "Ezekiel 49" Bread
- .3 Medium Banana
- 1 TBSP Almond Butter

### Protein & Cheerios #1



28 Protein | 45 Carbs | 15 Fats

- .5 Scoop Whey Protein
- .8 Cup Fairlife Fat Free Milk
- 2 Cup Cheerios
- .8 TBSP MCT Oil
- 8 oz Black Coffee

### Protein & Cheerios #2



44 Protein | 90 Carbs | 20 Fats

- .5 Scoop Whey Protein
- 1.5 Cup Fairlife Fat Free Milk
- 4 Cup Cheerios
- .9 TBSP MCT Oil
- 8 oz Black Coffee

## Food Quality Index



- Egg / Liquid Egg Whites
- Lean Ground Turkey
- Old Fashion Oats
- Berries
- Egg Yolk
- Avocado



- Plain Greek Yogurt
- Banana
- "Ezekiel 49" Bread
- Black Beans
- Almond Butter
- Milk Fat



- Fairlife Milk
- Whey Protein
- Cheerios
- Kodiak Cakes
- Peanut Butter
- Meats (Sausage)

# Lunch/Dinner Ideas & Food Quality Index

5-Star Quality Meals | ★★★★★

## Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

### Chicken & Rice Bowl



30 Protein | 47 Carbs | 14 Fats

- 2.5 oz Chicken Breast (Raw)
- .75 Cup Brown Rice (Cooked)
- .35 Medium Avocado
- 1 Cup Broccoli

### Salmon & Rice



42 Protein | 90 Carbs | 20 Fats

- 4 oz Salmon (Raw)
- 1 Cup Quinoa (Cooked)
- 1 Cup Brown Rice (Cooked)
- 1.5 Cup Asparagus

### Shrimp Pasta



28 Protein | 45 Carbs | 15 Fats

- 4 oz Shrimp (Raw)
- 4 oz Whole Grain Pasta (Cooked)
- .65 TBSP Olive Oil
- 3 Cup Spinach (Raw)
- 2 TBSP Grated Parmesan

### Beef Pasta



49 Protein | 90 Carbs | 20 Fats

- 4 oz Lean Ground Beef (Raw)
- 7 oz Whole Grain Pasta (Cooked)
- 1 Cup Spaghetti Sauce

### Pork Pasta



39 Protein | 64 Carbs | 16 Fats

- 4 oz Pork Loin (Raw)
- 4 oz Whole Grain Pasta (Cooked)
- .65 TBSP Olive Oil
- 3 Cup Spinach (Raw)
- 2 TBSP Grated Parmesan

### Turkey Wraps & Crackers



43 Protein | 90 Carbs | 15 Fats

- 4 oz Deli Turkey
- 1.25 Cup Fairlife Fat Free Milk
- 2 Whole Wheat Tortilla
- 8 Triscuit Cracker
- 2 TBSP Light Miracle Whip

## Food Quality Index



- Salmon
- Bison
- Brown Rice
- Sweet Potato
- Olive Oil
- Avocado



- Ground Beef
- Shrimp
- Whole Grain Pasta
- Black Beans
- Nuts
- Low Fat Cheese



- Pork Roast
- Frozen/Processed Meat
- Tortillas
- White Rice
- Light Salad Dressing
- Butter

# Easy Go-To Meal Ideas

5-Star Quality Meals | ★★★★★

## Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

### Breakfast #1

28 Protein | 40 Carbs | 10 Fats

- 1 Egg
- 1/2 Cup Liquid Egg Whites
- 1/4 Cup 'Fairlife' Fat-Free Milk
- 1/2 Cup Dry Oats
- 1/2 Cup Blackberries

Alternative to Oats:

- 2 Slices Whole Grain Toast
- 2 Cup Cheerios

### Breakfast #2

28 Protein | 40 Carbs | 10 Fats

- 1 Egg
- 1 Link Turkey Sausage
- 1 Single-Serving Greek Yogurt
- 2.5 Cup Shredded Hash Brown Potatoes
- 1/2 Cup Blueberries

⚠️ **Keep food simple at first.** For example, pick one or two meals to eat for breakfast every day. Do this for a few weeks, then add in a third meal. Slowly building your meal library this way makes things more manageable.

### Lunch/Dinner #1

28 Protein | 40 Carbs | 10 Fats

- 4 oz Salmon (Cooked)
- 3/4 Cup Quinoa (Cooked)
- 1 Cup Asparagus

### Lunch/Dinner #3

28 Protein | 45 Carbs | 10 Fats

- 3 oz Lean Ground Beef (Cooked)
- 2 Small Flour Tortillas
- 1.5 TBSP Guacamole
- 1 TBSP Green Pepper
- 1 TBSP Onion
- 1/4 Cup Lettuce
- 2 TBSP Salsa

### Lunch/Dinner #2

28 Protein | 45 Carbs | 10 Fats

- 3 oz Chicken Breast (Cooked)
- 1 Medium Sweet Potato
- 1 TBSP Low-Fat Butter or Sour Cream
- 1 Cup Broccoli

### Snack #1

24 Protein | 17 Carbs | 4 Fats

- Meal Replacement Shake

### Snack #2

22 Protein | 14 Carbs | 4 Fats

- 2.5 oz Turkey Breast
- 1 Slice Whole Wheat Bread
- 1 TBSP Light 'Miracle Whip'

### Snack #3

22 Protein | 14 Carbs | 4 Fats

- 1 Single-Serve Container of 'Two Good' Greek Yogurt
- 1/2 Protein Bar

### Snack #4

22 Protein | 14 Carbs | 4 Fats

- 1.5 Packets 'Starkist' Tuna Creations
- 10 'Blue Diamond' Almond Nut-Thins



# Daily Snacks Guide

5-Star Quality Meals | ★★★★★



**Keep snacks simple at first** (this may involve eating the same foods for a bit). For example, pick one 'fake' protein snack and one real food snack. As you get used to eating snacks, explore other options. **However, at some point you need to begin looking at snacks like they are small meals.** One protein shake/supplement a day is okay, but aim for real food the rest of the time.

## Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

### Hummus Snack Wrap

22 Protein | 19 Carbs | 6 Fats

- 2.5 oz Chicken Breast
- 2 TBSP Red Pepper Hummus
- 1 Whole Wheat Fajita Tortilla
- 1/4 Cup Spinach

### Greek Yogurt

27 Protein | 26 Carbs | 6 Fats

- 1 Cup Low-Fat Greek Yogurt
- 1/2 TBSP Chia Seeds
- 1/3 Cup Oats
- 2 TBSP Sugar-Free Syrup

### Mini Chicken Pizza

21 Protein | 17 Carbs | 4 Fats

- 2.25 oz Chicken Breast
- 1/8 Cup Low-Fat Shredded Mozzarella
- .5 Whole Wheat English Muffin
- 1/8 Cup Pizza Sauce

### Mini Chicken Wrap

25 Protein | 16 Carbs | 6 Fats

- 3 oz Chicken Breast
- Sugar-Free Condiment
- 1 White Corn Tortilla

### Berrie Protein Shake

38 Protein | 33 Carbs | 7 Fats

- 2 Scoops Meal Replacement Protein
- 1 Cup Mixed Berries
- 1 Cup 'Fairlife' Fat-Free Milk
- 2 oz of Ice

### Mini Breakfast Burrito

21 Protein | 15 Carbs | 5 Fats

- 1 Large Egg
- 1 Slice Deli Ham
- 1/3 Cup Liquid Egg Whites
- Fajita Size Flour Tortilla

### Mini Hamburger

30 Protein | 24 Carbs | 10 Fats

- 3 oz 93% Lean Ground Beef
- Mustard, Lettuce, Tomato, Pickle
- Small Hamburger Bun
- Sugar-Free Ketchup

### Turkey & Rice Bowl

21 Protein | 15 Carbs | 5 Fats

- 2 oz 99% Lean Ground Turkey
- 1/8 cup Black Beans
- 1/8 Cup Brown Rice
- 1/8 Avocado

### Protein Shake & Bagel

35 Protein | 39 Carbs | 7 Fats

- 2 Scoops Meal Replacement Protein
- 1/2 Whole Wheat Bagel
- 1/3 Cup 'Fairlife' Skim Milk
- 1/8 Cup Low-Fat Shredded Mozzarella

### Cottage Cheese Cup

23 Protein | 14 Carbs | 5 Fats

- 3/4 Cup 1% Cottage Cheese
- 5 Almonds
- 1/2 Cup Raspberries

### Healthy Pudding

23 Protein | 13 Carbs | 4 Fats

- 1 Scoop Meal Replacement Protein
- 1 Package Sugar-Free Pudding Mix
- 2 Cup Low-Fat Cottage Cheese
- 2 oz of Water

### Turkey & Cheese

22 Protein | 19 Carbs | 6 Fats

- 1 Light Mozzarella String Cheese
- 1 Cup Sliced Cucumbers
- 4 oz Deli Turkey

# Meal Prep Made Easy

## Why Meal Prepping Matters

Meal prepping is an important practice for people looking to stay organized, save time, and maintain a healthy diet. Meal prepping involves setting aside a specific time each week to shop for groceries, prepare meals in advance, and store them for later use. This practice helps to save time and money, while also helping to ensure that meals are healthy, balanced, and nutritious. Meal prepping is a great way to stay on top of nutrition and make sure that healthy meals are always available.

## The Meal Prep Process...

1. Set out 8 meal containers
2. Cook 8 servings of rice and/or whole grain pasta
3. Cook/grill/bake 3-4 pounds of various lean meats
4. Prepare no less than 8 cups of veggies

## In Each Meal Container Combine...

- 1 cup of cooked rice or 5 oz. cooked pasta (Approx. 45g of carbs)
- 3 oz. of cooked meat (Approx. 28g of protein)
- 1 cup of veggies (Approx. 5-10g of carbs)
- Top with your choice of sauce (Low fat and sugar free)

## Measurements

### Raw or Dry vs. Cooked

Most people are unaware that raw and dry foods are measured different and change in weight when cooked. This means you might need to adjust your measurements when meal prepping.

- **Meat typically loses 1/4 of its weight once cooked**

*i.e.* 16 oz. of raw meat turns into 12 oz. when cooked. To get 4 ounces of meat, you should measure 3 ounces of cooked meat

- **Carbohydrates (oats & rice) double in volume when cooked**

*i.e.* 3 cups of dry rice will turn into 6 cups of cooked rice

- **Pasta increases 2.5x when cooked**

*i.e.* If pasta label says 2 ounces of dry pasta is 45 carbs, you would measure 5 ounces of cooked pasta to get 45 carbs

### Pro Tip:

Make it a habit to meal prep on

# Sundays & Thursdays

### Note:

There are a number of companies that make delicious, sugar free condiments. This is **KEY** for keeping things interesting when meal prepping. Use the shopping list for help and experiment with different brands and flavors!





# Grocery Shopping List



## Protein

- Chicken Breast
- 93/7 Ground Beef
- 99% Ground Turkey
- Salmon
- Sirloin Steak
- Lean Pork Roast
- Chicken Sausage (Low fat)
- Turkey Meatballs
- Cottage Cheese (Low fat)
- Egg / Egg Whites
- Fairlife Fat Free Milk
- Two Good Yogurt
- \_\_\_\_\_

## Carbohydrates

- Whole Oats
- Brown Rice
- Sweet Potato/Yam
- Quinoa
- Flour Tortilla, Fajita-size
- White Corn Tortilla
- Whole Wheat Bread
- Shredded Hash Browns
- Black Beans
- Whole Grain Pasta
- Cheerios
- Triscuits
- \_\_\_\_\_

## Veggies

- Broccoli
- Asparagus
- Spinach
- Kale
- Peppers
- Green Beans
- Cabbage
- Avocado
- Onion
- Zucchini
- Cucumber
- Riced Cauliflower
- \_\_\_\_\_

## Fruits

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Cherries
- Apples
- Pears
- Bananas
- Oranges
- Grapefruit
- Kiwi
- Grapes
- Plums
- Peaches

## Fats

- Almonds
- Pistachios
- Walnuts
- Cashews
- Chia Seed
- Flax Seed
- Olive Oil
- Coconut Oil
- Grapeseed Oil
- Avocado
- Salmon
- Tuna
- Olives
- Almond Butter

## Condiments

- G-Hughes Sauces
- Walden Farms Sauces
- Spaghetti Sauces:
  - Simply Ragu
  - Prego No Sugar Added
- No Sugar Added Heinz Ketchup
- Kraft Light Miracle Whip
- Bolthouse Farms Ranch
- Cookies Buffalo Sauce
- Salt-Free Seasonings
  - Dash
  - Dan-O's
  - Cavender's
- Newman's Own Salsa

## Sweet Treats

- Fiber One Baked Bars  \_\_\_\_\_
- Sugar Free Jell-O Puddling  \_\_\_\_\_

## Shopping Tips:

1. Plan ahead & have a list
2. Eat before you shop
3. Condiments: Low fat & sugar
4. Steamfresh frozen veggies
5. Low sodium canned foods
6. Don't go down the aisles
7. Get produce first
8. Read nutrition labels

# Beverage Guide



## Top Coffee Options

\*Use Sugar Free Syrups



**Espresso Macchiato  
w/ Skim Milk**

6 Protein | 10 Carbs | 0 Fat | 9 Sugar



**Short Caffe Latte  
w/ Skim Milk**

<1 Protein | 1 Carbs | <1 Fat | <1 Sugar



**Sugar Free Chai Tea**

0 Protein | 0 Carbs | 0 Fat | 0 Sugar



**Short Cappuccino w/ Skim Milk**

5 Protein | 8 Carbs | 0 Fat | 7 Sugar

## Coffee Variation



**Iced Coffees or Iced  
Lattes (Skim Milk)**

## Energy/Carbonated Drink Tips



**Sugar free is  
always better**



**Avoid drinks with  
aspartame**



**Aim for caffeine content  
200mg or less**

# Beverage Guide

## Avoid Common Sports Drinks

Avoid popular drinks like Gatorade or Powerade that contain relatively high amounts of sugar. Instead, opt for water and mix with a high-quality carbohydrate supplement or intra-workout supplement.

Electrolyte powders and supplements are becoming increasingly popular. The average person does not need to drink these throughout the day. Simply drink water and eat a wide variety of healthy foods like fruits and vegetables. If you are an athlete doing intense exercise, then these could be a viable option.



## Protein Shakes & Post-Workout



### Meal Replacement Shakes

Meal replacement shakes make great snacks because they contain protein, carbs, fats and fiber. Just make sure they fit your macro needs.

*\*Whole foods are best, but quality meal replacement shakes add convenience and still get results*



### Post-Workout Shake

A complete post workout should include protein or essential amino acids, creatine, simple carbohydrates, glutamine, and an array of antioxidant vitamins.

*\*Talk to your coach for recommendations*

## Best Beverage Options

Your best options to stay hydrated will always be water or iced tea. Even a slight drop in hydration levels can hinder your ability to focus and perform. A person can survive weeks without food, but only a few days without water.



# Game Day & Exercise Guide



## When We Say “Exercise”...

We’re referring to any intense training session, workout, practice, or game.

### 2-3 Hours Before Exercise

#### Eat a Quality Meal

This meal will be the last one you eat for 4-5+ hours, so it needs to be a high quality one. Avoid high fat, or fried foods that will make you sluggish. Aim for one-ingredient foods and healthy fats. Salmon, chicken, brown rice, quinoa and green leafy veggies are quality choices.

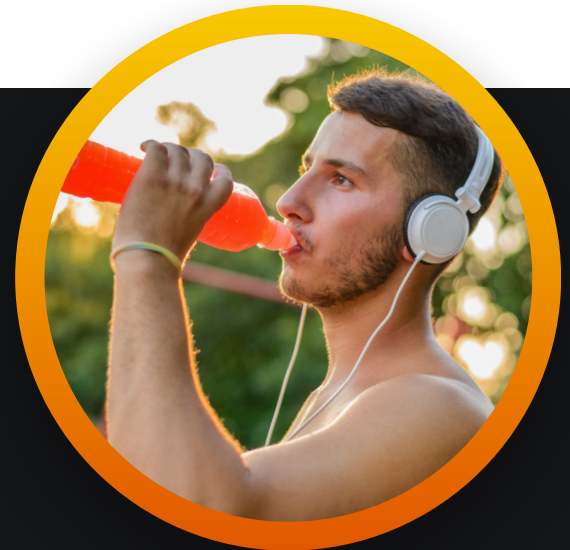
### 1 Hour Before Exercise

#### Eat a Small Meal

Fuel your upcoming exercise with a small meal that contains little to no fat. A supplement may be considered. Choose quality whole food sources and aim for 15-20g of protein and 20-30g of carbs.

### During Exercise Drink an Electrolyte Drink

An electrolyte drink, or high quality carb and electrolyte supplement, can be sipped on throughout intense bouts of exercise. Electrolytes help maintain “balance” in your body. They have a natural positive or negative charge when dissolved in water, and they do things like help your muscles contract.



**⚠ Important:** Between games, or on a day with multiple training sessions, aim for whole foods that are relatively low in fat. Fresh fruit, turkey sandwiches, and quick protein options like tuna packets provide energy without leaving you feeling stuffed full or sluggish. **Avoid trail mix and typical concession stand foods.**

### Post-Workout

#### Recovery Shake/Supplement

Immediately post-workout is when a quality recovery supplement can come in handy. Your body is in a catabolic state and in need of nutrients to begin the recovery process. A quick-digesting protein like whey or EAAs along with simple sugars are must-haves.

### 1 Hour After Exercise

#### Post-Workout Meal

A meal filled with one-ingredient foods, similar to the one you ate 2-3 hours before training, should be consumed at this time. Stay away from high amounts of fat as that will slow digestion and your muscles need nutrients right away.

# Road Map for Traveling



## Know Your Location

Do a little research to see food establishments near the area you are traveling. Use the following as guidelines:

- Eat Fit Go, Evolve Paleo, or Muscle Maker Grill
- Build your own bowl at Chipotle, Qdoba, or Pancheros
- If you have to do fast food, choose grilled chicken!
- Refer to the "Restaurant Guide"

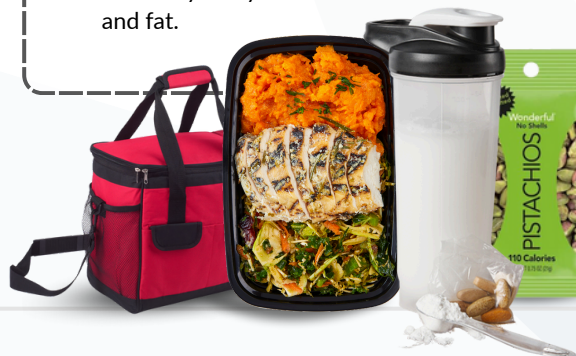
## Pack Your Meals

*Yes, this means bringing a cooler. It's worth it!*

- Frozen meals like MegaFit Meals or Trifecta
- Fresh meals from home
- Make yogurt parfaits that meet your snack macros
- Prepare snacks to pack (refer to "Snack Guide")
- Protein bars and shakes are quick and convenient when running from place to place

## Pro Tips for Traveling:

- ✓ Meal prep for travel just like you would for the week.
- ✓ Better, not best. When traveling, options are often limited. Realize you won't be perfect and choose the best of what's readily available.
- ✓ Don't forget to bring your water bottle and drink your recommended daily allowance of water!
- ✓ Eat before you get into the car and avoid snacking while driving. Chewing gum will help!
- ✓ Stick to your regular mealtimes as much as possible (eat every 3-4 hours).
- ✓ Protein tends to be the hardest macro to consume when traveling. Focus on finding lean protein sources first. Stay away from snacks that consist of only carbs and fat.



## Hotel Breakfast

Complimentary hotel breakfasts can be tricky and deceiving. There are so many options and temptations, but steer clear of high sugar and high fat options!

### Best Choices

when eating at hotels...

- **Choose Whole Food Options**  
Ex: Eggs, Oats with Fruit on Top (no sugar or syrups)
- **Avoid Foods Fried or Cooked in Oil**  
Ex: Breakfast Potatoes or Hash Browns, Bacon
- **Avoid Sugar & High Carb Foods**  
Ex: Pancakes, Donuts, Muffins, Pastries, Cereals, etc.
- **Consume the Healthy Options**  
Ex: Plain Greek Yogurt, Turkey Sausage, Whole Wheat Bread, English Muffin, Cheerios, etc.
- **Be Cautious of Beverages**  
Ex: Avoid Juices, No Cream or Sugar in Coffee

## Convenience Stores

If you get into a bind and need to grab a snack from a convenience store, look for these healthier options:

- Low Sodium Original Jerky
- Ready-To-Drink Protein Shakes
- Nuts: Pistachios or Almonds (plain)
- Wheat Thins or Triscuits
- Cheese Stick w/ Fruit and/or Meat
- Fresh Fruit
- Half Sandwich

### NOTE:

Always remember to eat protein, carbs, and fats together. This means you may need to do a combo of the options above.

# Fast Food & Restaurant Guide

\*Fast food is never recommended



- **Large Chili**  
22 Protein | 31 Carbs | 15 Fats
- **Parmesan Ceasar Salad (no dressing)**  
32 Protein | 13 Carbs | 13 Fats
- **Grilled Chicken Sandwich**  
34 Protein | 38 Carbs | 10 Fats
- **Grilled Chicken Wrap**  
27 Protein | 41 Carbs | 16 Fats



- **Classic Roast Beef Sandwich**  
23 Protein | 37 Carbs | 14 Fats
- **Turkey & Swiss Wrap (No mayo)**  
30 Protein | 37 Carbs | 12 Fats
- **Classic Roast Chicken Sandwich**  
24 Protein | 35 Carbs | 16 Fats

**Avoid all fried foods!**



- **Egg McMuffin**  
18 Protein | 30 Carbs | 12 Fats
- **Grilled Chicken Classic**  
27 Protein | 41 Carbs | 9 Fats
- **Grilled Chicken Club**  
35 Protein | 43 Carbs | 17 Fats
- **Grilled Chicken Ranch BLT**  
31 Protein | 41 Carbs | 10 Fats



- **Egg White Grill**  
27 Protein | 29 Carbs | 8 Fats
- **Grilled Chicken Sandwich**  
28 Protein | 43 Carbs | 12 Fats
- **Grilled Nuggets + Yogurt Parfait**  
38 Protein | 37 Carbs | 12 Fats
- **ChickN Strips - 4 Count**  
39 Protein | 22 Carbs | 19 Fats
- **Chick Fil A Sandwich**  
29 Protein | 41 Carbs | 18 Fats



- **Small Penne Rosa w/ Grilled Chicken**  
38 Protein | 52 Carbs | 17 Fats
- **Small Pesto Cavatappi w/ Grilled Chicken**  
38 Protein | 48 Carbs | 20 Fats
- **Small Japanese Pan Noodles w/ Grilled Chicken**  
37 Protein | 57 Carbs | 10 Fats



- **Deli Turkey on Sourdough**  
35 Protein | 73 Carbs | 19 Fats
- **Terriyaki Chicken & Broccoli Bowl**  
46 Protein | 70 Carbs | 16 Fats
- **Asian Sesame Salad w/ Chicken**  
30 Protein | 28 Carbs | 21 Fats
- **Roasted Turkey Sandwich**  
32 Protein | 53 Carbs | 17 Fats



- **Grilled Teriyaki Chicken Bowl w/ Steamed Rice & Super Greens**  
39 Protein | 57 Carbs | 14 Fats
- **Steak Bowl w/ Steamed White Rice & Super Greens**  
25 Protein | 59 Carbs | 7 Fats



- **Oven Roasted Turkey 6-Inch**  
22 Protein | 40 Carbs | 3.5 Fats
- **Oven Roasted Turkey + Ham 6-Inch**  
21 Protein | 41 Carbs | 4 Fats
- **Rotisserie-Style Chicken**  
25 Protein | 40 Carbs | 6 Fats



- **Grilled Chicken Sandwich**  
35 Protein | 46 Carbs | 6 Fats
- **Bowl of Red's Chili Chili**  
28 Protein | 36 Carbs | 18 Fats
- **Keep It Simple Beef Burger**  
35 Protein | 46 Carbs | 24 Fats



- **Chicken Burrito Bowl w/ Brown Rice, Light Black Beans, Tomato Salsa & Lettuce**  
40 Protein | 52 Carbs | 14 Fats
- **Steak Salad w/ Black Beans, Tomato Salsa & Corn Salsa**  
32 Protein | 44 Carbs | 9 Fats



- **Turkey Tom 8-Inch**  
23 Protein | 48 Carbs | 19 Fats
- **Big John 8-Inch**  
26 Protein | 47 Carbs | 21 Fats
- **Slim 4 w/ Turkey**  
27 Protein | 68 Carbs | 3 Fats



# Body Fat Chart



## Body Fat vs. Body Mass Index

Body fat is a better health indicator than Body Mass Index. Body Mass Index only considers weight in relation to height. Whereas body fat percentage is representative of a person's entire body composition. Use this table as a guide to set nutrition goals!

Description	Women	Men
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Overweight/Obese	32-35%	25-30%
Obese Level 1	36-39%	31-35%
Obese Level 2	40-45%	36-40%
Obese Level 3	46-50%	41-45%
Obese Level 4	50%+	45%+

### Change

how you think about weight...

Weight is not the best indicator of health or even how you look. 5 pounds of fat weighs the same as 5 pounds of muscle (obviously).

However, 5 pounds of fat is much bigger in volume than 5 pounds of muscle. For that reason, a person can lose fat and gain muscle without losing weight. Effectively, they will look leaner but weigh the same.

5 lbs. of Fat



vs.

5 lbs. of Muscle



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