

Nutrition Coaching FAQs

01 What should I do if I skip a meal?

While it is our goal to eat every 3-4 hours, you're likely to miss a meal from time to time. If you're hungry, spread out your calories over the course of the remaining meals for the day. However, don't intentionally skip meals to overindulge at a single meal.

02 What if I can't eat at the right time?

Try to space out your meals to be 3-4 hours apart. For example, if you sleep in and miss breakfast by an hour, simply push all of your meals back for the day.

03 What are some snack ideas?

Try to look at snacks like small meals. Avoid things in wrappers and processed foods. However, here are some options if you're in a hurry. #1 Meal replacement shake. This protein shake should include fiber. #2 Low sugar Greek yogurt with half a protein bar crumbled on top. #3 Buffalo chicken wrap. Make this with chicken breast, buffalo sauce, lettuce, and fat free ranch on a whole wheat tortilla.

04 Are carbs bad for me?

No. It's important to choose quality carbohydrates. Aim for ones that are high in fiber and low in sugar. This is the difference between oatmeal and sugary cereals.

05 What are "Net Carbs"?

When looking at a nutrition label, net carbs are the total carbohydrates minus sugar and fiber. Generally speaking, stay away from foods that are advertised as being low carb. Most of the time, companies simply add a low quality fiber powder to the food. You are better off eating foods that are naturally high in fiber.

06 How much water should I drink?

The amount of water you drink is calculated by taking your body weight divided by 2.2. This equals 1 ounce per kilogram of body weight. That is a general guideline. The more active you are, the more water you'll need to drink.

07 What if I can't eat all my food?

Start by trying to eat every 3-4 hours. Always remember to eat proteins, carbs, and fats together. If you aren't hungry, don't stuff yourself. It may take a couple weeks for your metabolism to adjust, but when it does, you will be hungry every 3-4 hours. This is a good thing!

08 Which is more important, nutrition or exercise?

They go hand in hand, but you can't outwork a bad diet. With that in mind, if we had to pick one over the other, the answer would be nutrition. However, a person should do both together. The results from combining exercise (done with relative intensity) with proper nutrition are exponentially better than doing one without the other.

09 What if I'm still hungry after my meals?

Assuming you've been consistently eating according to your meal plan, this is usually a sign you're ready for more food. Let the data from your body composition scan tell you what to do. As long as you are losing body fat, then eat more!

10 Which is more important, my meals or daily total?

Both matter, but the goal should always be to eat the right amount of food at the right time. With LifeBase, you are scored at each meal as well as on your daily compliance. For this reason, you may miss a meal from time to time and still get a good daily score. In conclusion, both are important.

11 Is fiber really a big deal?

Fiber is very important! With hundreds of thousands of scans to prove it, at LifeBase we know that people who hit at least 60% of their fiber goal lose more fat than those who don't. The simple answer is, eating an adequate amount of fiber ensures you're consuming quality carbohydrates.

12 Which types of alcohol are best?

In a perfect world, nobody would consume alcohol. Excessive alcohol consumption is one of the four leading contributors to chronic disease. However, many people will drink alcohol no matter what you tell them. For that reason, offer up the next best solution: Light beer, seltzers, or liquor with a calorie-free mixer. Limit yourself to 1-2 drinks once per week.