

"Develop Healthy Habits That Last a Lifetime"

Where health happens™

LifeBaseHQ

NUTRITION PLAYBOOK



The Ultimate Guide

To Developing Healthy Habits that Last a
Lifetime with Nutrition.



Setting S.M.A.R.T Health Goals

S.M.A.R.T. stands for Specific, Measurable, Achievable, Relevant, and Time-based. "Specific" goals are clear, "Measurable" goals have a way to measure progress, "Achievable" goals are realistic, "Relevant" goals are important to the overall goal, and "Time-based" goals have a timeline for completion. Having these aspects in mind will help create a clear vision of where you want to go!

S.M.A.R.T. Goal Examples:

- Lose 6% of body fat, and grow 1 lb. of muscle by April 23rd
- Have an average daily meal compliance score of 4.0 out of 5 by April 23rd
- Get fat consumption down to 100% or less of macro plan by April 23rd

Goals/Habits After Initial Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 2 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 4 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 6 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 8 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 10 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 10 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____





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

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

Important!

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

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

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 vs. Oatmeal

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

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

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

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

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





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 Pudding _____

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

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!

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)

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

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





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



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**

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.





- **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





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.

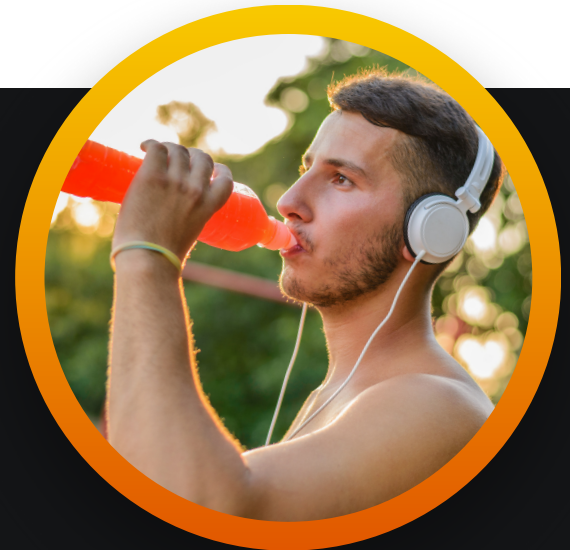
1 Hour Before Exercise

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.



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.



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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