



Lethbridge FBBC Nutrition Starter Manual

Introduction

Nutrition is absolutely the number one factor when it comes to your energy, your health, and achieving results in the gym. You can give 100% in your workouts but if you do not take your nutrition seriously you cannot expect to reach your goals.

The good news is that as important as nutrition is, it does not need to be complicated, boring, frustrating, or challenging.

This manual will start you off on the right foot and help guide you down a nutrition path that will ultimately lead to increased health, longevity, and accelerate your fitness results.

Macronutrients - Protein, Carbs, and Fats

We are going to cover what foods you should be avoiding and what foods you should be consuming for both increased weight loss and for improved health. Eliminating or minimizing certain foods from your diet will improve your digestive health, your insulin sensitivity, your energy levels, and will accelerate your results in the gym.

Protein

When it comes to protein there are a few things to keep in mind...

1. Consume some protein with every meal as your body does not store protein well like it does with fat and carbohydrates.
2. It is best to source the highest quality and cleanest protein you can.
3. Make sure you get enough protein in your diet as this will aid in your ability to burn fat and gain strength. Remember to not fall below 0.4 grams of protein/pound of body weight per day as this is the absolute minimum your body needs to function. 0.6–0.9 grams per pound is the perfect range to fall in especially because you are training hard. This means that is you weigh 150 lbs aim for 90–135 grams of protein per day!

Avoid & minimize these proteins...

Deli meats Salami's Pepperoni's Hot dogs Soy

Sausages (unless they are all natural with no fillers or byproducts) Extremely Fatty Meat

All Other Processed Meats

Eat these proteins...

Beef Chicken Eggs Pork Bison Wild Game

Salmon Tuna Halibut Cod

Beans and Lentils (if tolerated)

Greek Yogurt (if tolerated)

Protein supplement – Whey & plant based

Women - Eat 1 Palm Size of Protein Per Meal



Men - Eat 2 Palms Sizes of Protein Per Meal



** This amount of protein is assuming you are eating 4 meals per day. If you are eating more or less just simply make a small adjustment to this**

Fats

Fats are along similar lines as proteins. Sourcing the purest, highest quality that you can is of great importance to your health.

We won't go into the details here about why certain fats are good and others are bad. We will save that for one of our seminars!

For now just remember this:

Avoid and minimize these fats...

Trans fats Hydrogenated fats Industrial seed oils (canola, vegetable, sunflower, corn, soybean, basically all oil coming from seeds)

Eat these fats...

Olive oil Coconut oil Avocado oil Macadamia oil Animal fats
(butter, lard, ghee, etc.) Nuts and seeds (raw + unsalted)

Women - Eat 1 Thumb Size of Fat Per Meal



Men - Eat 2 Thumb Sizes of Fat Per Meal



** This amount of fat is assuming you are eating 4 meals per day. If you are eating more or less just simply make a small adjustment to this**

Starchy Carbs

Removing certain carbohydrates is the most important for both weight loss and the improvement of your health. Eating a diet of low GI, high fiber carbohydrates is one the the best ways to control your weight, your hormone levels, and your health.

Avoid and minimize these carbs...

Sugar	Wheat (breads, pasta, couscous, baked goods)	Cereals	Rye
Corn	Barley		

Eat these carbs...

Yams	Sweet potatoes	Quinoa	White rice (occasionally)
White potatoes (occasionally)	Beans	Gluten-free whole oats	

Fruits (although not a “starchy” carb they are still a healthy carb to eat, just try not to eat more than 3 servings per day)

Women - Eat 1 “Cup” of Carbs Per Meal



Men - Eat 2 “Cups” of Carbs Per Meal



** This amount of carbs is assuming you are eating 4 meals per day. If you are eating more or less just simply make a small adjustment to this**

Vegetables

Make sure you are consuming a good amount of vegetables each day!

Women - Eat 1 “Fist” of Veggies Per Meal



Men - Eat 2 “Fists” of Veggies Per Meal



A Few Key Items

Habits

The key to nutrition success is to build positive nutritional habits. When you slowly build these habits you will find that eating a health diet becomes just what you do rather than what you “have” to do.

The trick is to start small. Do not try to do a complete nutritional overhaul all at once. Instead focus on making small changes. Once a small habit is “mastered”, move on to the next. Before you know it your entire diet will be spot on.

Don't worry...we will help you build small habits over time!

Limiting Factors

Limiting factors are anything that will inhibit, slow, stop, or even reverse your forward progress towards reaching a specific goal.

Limiting factors can be so strong that they will overwhelm any positive progress that you are trying to make. You may have the best nutrition program in the world but if you have some underlying factor acting in a negative fashion, you will not see the results you are looking for.

For example, let's say you begin a new nutrition program that is designed specifically for you. You jump right in and follow it perfectly for 4 weeks. After the 4th week you jump on the scale only to find you have only lost 2 pounds. What gives? Why haven't you seen the results you should?

Well you are a new small business owner. You wake up at 5am everyday and put in 16 solid hours. After work you try to spend a little time with your family and after that you hit the gym. Before bed you spend a little more time on emails, etc. and you finally hit the sack at 12-1am. You are getting 4-5 hours of sleep per night! I don't care what anyone says...you can follow your new program to a "T" but with only 4 hours of sleep under your belt the results will be dismal.

Focus on discovering what YOUR limiting factors may be when it comes to nutrition. As quickly as you can remove these limiting factors from your life. Some things might be more difficult than others to remove but do your best. **Practice progress not perfection!**

Conclusion

This starter manual is meant to jump start your new nutrition journey. We will work with you over time on a more intimate one-on-one level to support you in achieve your nutrition goals.

If you have any questions please do not hesitate to reach out to any member of our Lethbridge FBBC Body Transformation Team :)

Dedicated to YOUR Success!

References

Photos: <http://www.precisionnutrition.com/calorie-control-guide>