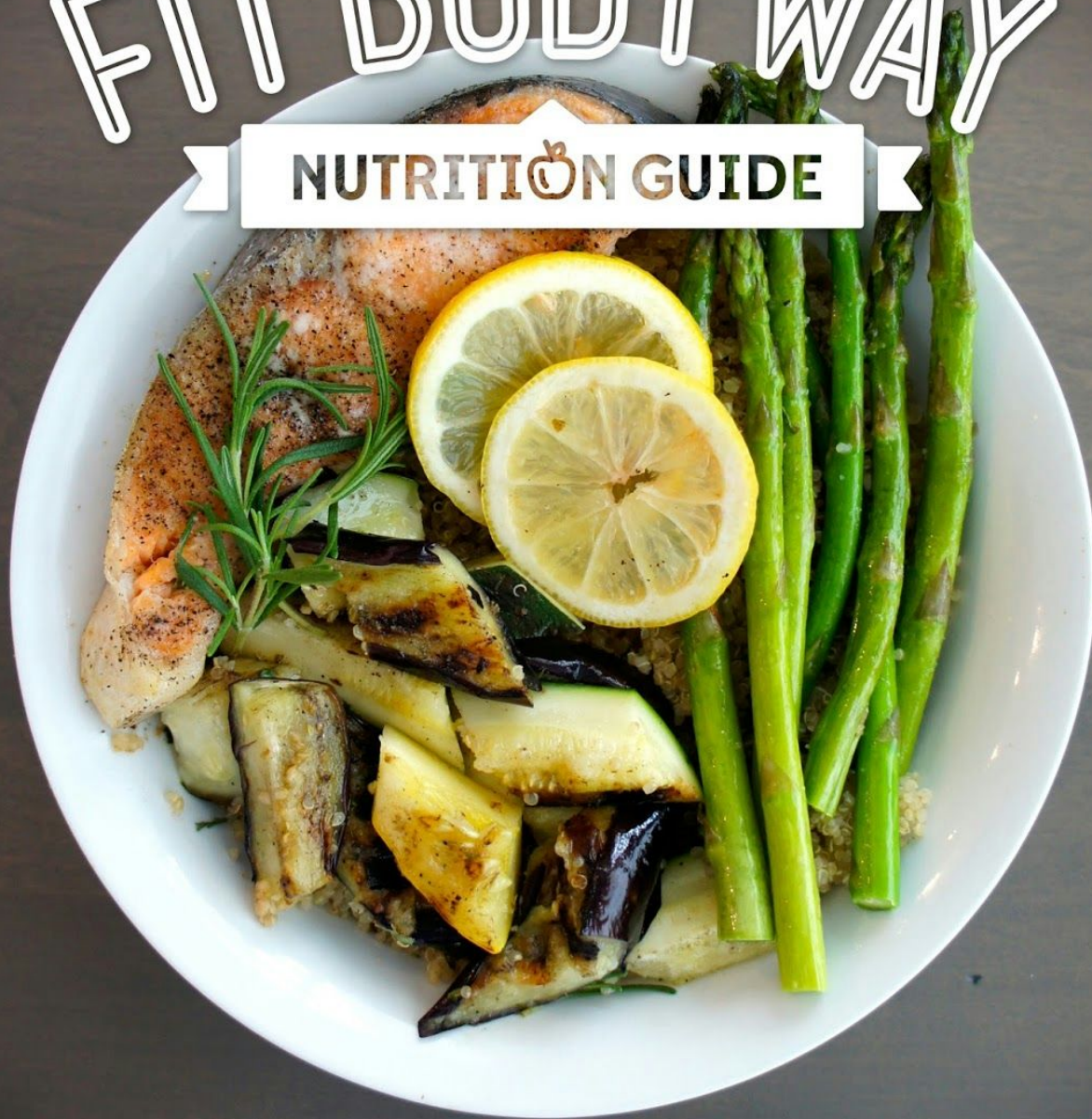


# ↳-THE-↳ FIT BODY WAY

**NUTRITION GUIDE**



**BY PATTY SOUD**

**CERTIFIED PERSONAL TRAINER & NUTRITION COACH**

**FOOD AND RECIPE CONTENT BY RONNIE SOUD**

# Welcome

*Thank You for Joining the Fit Body Way Family!*

This book was written to help everyone: women and men; singles, couples and families; athletes, students, weekend warriors and those just getting started on their own health and fitness journey.

We believe that good health, energy, vitality and a great looking body is accessible to *EVERYONE*...not just a select few. We believe that we are all *athletes*, just waiting to be unleashed.

This book aims to give you the tools and guidance needed to develop your own long-lasting healthy habits and to bring positive vibes and energy into your life.

The guidelines presented in this book will work for anyone and everyone that properly applies them. We want to show you how healthy eating can be easy, enjoyable and delicious.

We all share similar goals, and ultimately want to feel strong, confident and energetic; and our health plays a vital role in achieving that. Get ready to discover many new things about yourself. Embrace them all and learn from each moment. Soon you will realize that this book is just a stepping-stone to much greater things to come for you and your life.

We only ask that you keep an open mind and try your absolute best! Most of all have FUN – fitness and healthy eating should be seen as an exciting experience that grows with you over the course of your life.

***Get ready, because your life is about to get a whole lot more exciting, adventurous and energetic!***

# ↳-THE-↳ FIT BODY WAY NUTRITION GUIDE

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# Table of Contents

<a href="#">Intro &amp; Welcome</a> .....	1
<a href="#">About Patty &amp; Ronnie</a> .....	4
<a href="#">Your Health Matters</a> .....	7
<a href="#">Understanding Metabolism &amp; Calories</a> .....	8
<a href="#">The Program Outline</a> .....	11
<a href="#">The Fit Body Way Daily Dose</a> .....	12
<a href="#">Cornerstones to a Fit Body</a> .....	14
<a href="#">Example Meal-by-Meal Breakdown</a> .....	16
<a href="#">Creating a <i>Fit Body Way</i> Plate</a> .....	18
<a href="#">The Nutrient Lineup</a> .....	20
<a href="#">Protein</a> .....	21
<a href="#">Carbohydrates</a> .....	25
<a href="#">Fats</a> .....	28
<a href="#">Vegetables</a> .....	31
<a href="#">Fruits</a> .....	33
<a href="#">Vital Vitamins &amp; Minerals</a> .....	35
<a href="#">Beverages</a> .....	38
<a href="#">Schedule for Success</a> .....	40
<a href="#">Daily Eating &amp; Exercise Schedule</a> .....	41
<a href="#">Meal Prep &amp; Planning</a> .....	42
<a href="#">Easy Recipes To Get You Started</a> .....	45
<a href="#">Grocery Shopping List</a> .....	50
<a href="#">Tips For Dining Out</a> .....	53
<a href="#">Final Thoughts</a> .....	56

## About The Authors

### Patty Soud

Hi, I'm Patty Soud! I've been a certified personal trainer and nutrition coach since 2003.



I'm the owner of Fitness By Patty in Neptune Beach, FL and the creator of The Fit Body Way Nutrition Guide.

#### **Experience**

My favorite thing about being a personal trainer is all of the amazing people, clients, families and companies that I get to learn about, connect with, and most importantly *help* each and every day.

Over the years I've had the pleasure of working with a wide variety of clients of all ages, body types and ability levels. There isn't one person, in all of my experience, that I didn't learn something new from.

I enjoy being a part of the healthy journey and incredible transformations of a person's body and mind. I honestly can't think of anything more rewarding than this!

#### **Fun**

Fitness has always been a big part of my life. Growing up, I was always very active, and spent a lot of time outdoors. Throughout middle and high school, my main sports were cheerleading and track. Today, I spend most of my free time training to stay fit - mainly surfing, stand-up paddle boarding and participating in a few sprint triathlons and active events every year. I love to be outside: gardening, yoga, rollerblading, biking, hiking, traveling and experiencing different cultures and seeing other lifestyle habits around the world.

#### **Philosophy**

You only have one body and one life. The healthier you are, the more you can do and the better you can do it!

I strongly believe that proper nutrition and regular exercise are the two best things you can do for your body, and when put together, this healthy lifestyle is the most natural

form of medicine. Our bodies function from the inside out, and it is imperative to “clean house” for the best possible results.

After all, if YOU don't feel healthy, energetic and confident then you won't be presenting the very best version of YOU to the world. I want to help you SHINE and be the absolute best you can be. Let this book be your guiding vessel, but make no mistake, it is YOU who will be making the change.

My food and nutrition guide has been an on-going project since I began my training career over a decade ago. My experience with various clients has helped me to refine nutrition coaching techniques, combining all of my best material into The Fit Body Way Nutrition Guide. This guide has been successful for my clients in reaching their goals while feeling and looking like the true picture of health. So I'm excited to share this with you, too!

Big Hugs,

*Patty*

# Ronnie Soud

Hello, I'm Ronnie. I'm a Florida native with a strong passion for healthy living and the ocean.



Growing up in a Mediterranean family, cooking and food is a huge part of keeping our culture strong and intact. This interest has definitely been passed on to me, as I love experimenting with new foods and ingredients, and adapting generations of old family recipes into modern, healthy powerhouse meals.

While Patty is your main coach on this journey, I am here to lend a helping hand by providing delicious recipes full of healthy ingredients and easy methods of cooking and meal preparation. My main work is in the The Fit Body Way Cookbook.

## Experience

I can honestly say that I feel stronger and have more energy today than when I was 18 years old. And, I am 100% positive that Patty's influence, nutrition and exercise methods are the secret ingredient to my improved physical performance - it's been my *Fountain of Youth*.

## Fun

I LOVE to surf. I also love to paddle board, body surf, freedive and fish. I cook almost every night, as I really enjoy the creative aspect of cooking and creating something unique.

I exercise about 5 times each week. It's my go-to method for stress relief and taking a break from work. I like to keep it creative, using both weights and body weight exercises at our home studio, the beach and the park.

## Philosophy

Eat right, move your body daily and keep stress low. Never stop exploring and don't be afraid to experiment and try new things. I believe that adventure and excitement keep the soul young and energetic. This is the best recipe for a long, healthy life. Thanks and enjoy!

*Ronnie*

# Your Health Matters

## We Want To Help You Look & Feel Your Best

Your health matters to us. And, it should matter to YOU. This book is personal to both of us, as it is modeled after how we eat each and every day.

Over the years, I have trained and coached hundreds of people of all different shapes, sizes, ages, nationalities and backgrounds; given lectures on balancing nutrition and exercise; developed corporate wellness programs and consulted with business executives on how to create health initiatives within their companies.

The Fit Body Way Nutrition Guide is the healthy eating blueprint that has been successful for all of my personal clients year-after-year. It's full of my very own personal food philosophies and principals, healthy eating tips and time saving meal prep tricks that I have had in practice for over a decade.

## With This Book, We Intend To...

**Educate** - Throughout this guide, we aim to remove the confusion surrounding healthy eating habits, and what it takes to create and maintain a well balanced diet. You also will learn that being healthy and fit is something that should feel good and come naturally.

We want to educate you on clean foods and eating guidelines that will help you gain greater overall health, and maintain a strong, lean body for the rest of your life. We will share our tips and techniques for making easy, budget-friendly and healthy, well balanced meals.

**Motivate** – Most of us have a genetic predisposition to be healthy; to be strong and lean...it's how our body naturally wants to be, feel and look. We believe that health and fitness should be easy and fun. We want to show you how to make it easy and fit perfectly into your life by initiating simple changes that will grow into powerful lifestyle habits.

We will not ask you to do something for a day that you could not continually do for one year and beyond. Meaning - the principals we discuss in this book are not only *life changing*, but *life lasting*!

***Let this book be your guide to building strength from the inside out.***



# Understanding Metabolism

*An Explanation of How Food Affects Your Body & Energy Levels*



# How Calories Affect Your Health and Body Composition

Metabolism is the body's life force. Your metabolism isn't a *THING* rather an ever-present set of chemical reactions that your body uses to convert food into energy, which is either used up or stored in the body.

Your body requires energy to function. Even at rest, your internal organs and systems require energy to keep you breathing, keep blood flowing and keep all bodily processes in-motion. All of this requires energy, which the body receives from the food and beverages you consume. Your body is said to *metabolize* the food (calories), converting it to energy for use. When you consume too many calories, your body converts the excess into fat and stores it in your tissues. This process is the same for everyone and is the reason why consuming more calories than you burn off, over a period of time, commonly creates excess fat and weight gain.

## Good Calories vs. Bad Calories

*Calorie quality* (how nutritious the food is) greatly matters and is probably the most important, yet least talked about aspect of our health and nutrition.

Not all calories are created equal, as some calories promote lean muscle development, while others trigger an increase in the creation of excess body fat.

## Healthy & Necessary Calories Include:

- Proteins – ie: lean meats, fish, legumes, nuts and nut butters
- Complex Carbohydrates – ie: whole grains, legumes and starchy vegetables
- Vegetables – ie: dark leafy greens, peppers, squashes and root vegetables
- Good Fats – ie: olive oil, nuts and seeds, nut butters, avocados
- Fruits – ie: berries, melons, citrus

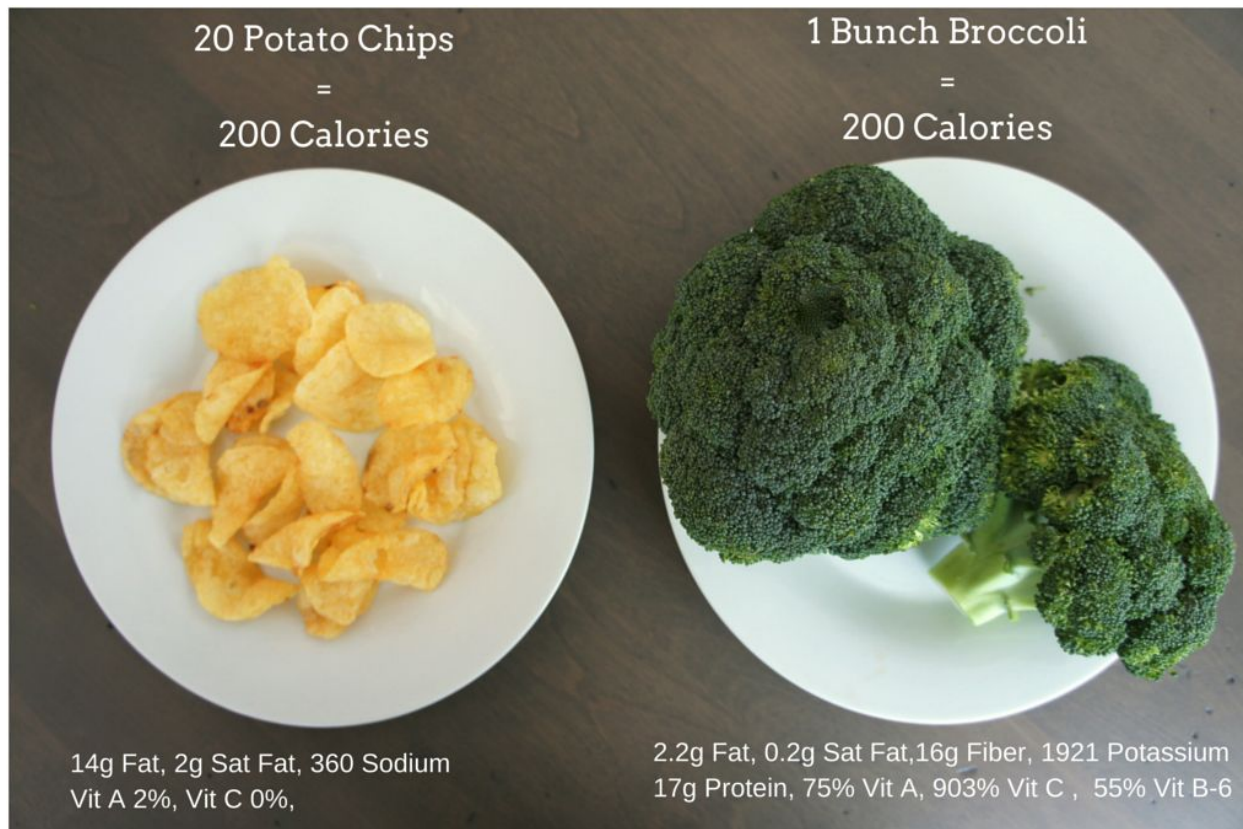
All of these foods offer an abundance of necessary nutrition that will help you stay energized, build lean muscles and feel amazing. We will be diving deeper into these food groups and the quantities you should be consuming, in later chapters.

## Unhealthy & Unnecessary Calories Include:

- Refined (WHITE) sugar – ie: sodas, desserts, flavored bottled beverages
- Refined (WHITE) carbs and starch – ie: white bread, white pasta, chips, crackers, cookies

- Processed foods – ie: those containing numerous chemicals and preservatives, most notably High Fructose Corn Syrup (a dangerous sugar)
- Bad fats – ie: deep fried items, cream sauces, many bottled dressings

Foods high in fat, sugar and simple carbohydrates are typically considered very high calorie foods, lacking important nutrients that are vital to nourish your cells and muscles. This is why your body can tend to over-consume junk foods, as they fail to deliver the necessary nutrients your body needs for energy.



**This is where metabolism and calories meet.** Your metabolism works to convert the food (calories) consumed into energy, for use, which then needs to be used through movement (exercise) in order to burn off and not get stored as excess fat.

It is nearly impossible to continually burn off excess fat from empty calories when they are being consumed on a daily basis. This is why sitting for long periods of time, *combined* with consuming high calorie, high sodium and sugar and/or highly processed foods everyday has such a detrimental effect on your body.

This guide is designed to help restructure what, when, and how much you eat. You should not cut out meals, as that can also be detrimental to your health and energy levels. Rather, learn how to consume the right foods and nutrients at the right times of day to achieve the best results.

## *The Fit Body Way Program Outline*

This is the nutrition guide that I've had in practice for over a decade with extensive use by my personal training & nutrition coaching clients.

With this guide, I hope to help you cut through all of the confusion surrounding dieting, nutrition and weight loss. The principals and tips outlined throughout the guide stem from time-tested nutrition advice that is designed to be easy to understand and simple to implement into your everyday life.

I am never going to recommend restricting nor over-consuming specific nutrients or food groups. I've always found this to be difficult to maintain for long periods of time and find that performance consistently suffers; either by quickly hitting a plateau or experiencing low energy levels.

As stated before, the nutrition principles outlined in this guide are for everyone and can be incorporated at any stage in your health journey. I believe that it is NEVER "too late" to take the initiative to improve your health and make positive lasting change that will improve your life at any age.

**Bottom Line** - these exact nutrition principles and food guidelines have been used by my clients for over a decade, and when followed properly, have never once failed to produce stellar results!

**Throughout the next chapters, we are going to share:**

- The types and quantities of foods you should be consuming throughout each day
- How to create healthy balanced meals that taste delicious & are easy to prepare
- An example of a *healthy* days worth of food
- The importance of each food group and role they play in our health
- The best way to schedule your day for healthy eating and exercise
- The best techniques for easy food prep and meal planning
- How to shop for the cleanest ingredients from the right types of foods
- 5 of our favorite healthy, delicious recipes from The Fit Body Way Cookbook & Recipe Guide

Through numerous years of training and monitoring hundreds of personal training clients and closely assessing the eating habits of each individual, it is clear that this guide (paired with regular exercise) has been the single biggest contributing factor to people's success.

***Remember - you cannot out-train a bad diet!***

## The Fit Body Way Daily Dose

These are the suggested quantities of each food group to consume each day.

### VEGETABLES

4 to 5 servings  
1 cup raw or cooked vegetable = 1 serving  
2 cups raw leafy greens = 1 serving

Consume a variety of colorful, in-season vegetables, including everything from dark leafy greens to starchy sweet potatoes.

### PROTEIN

3 to 4 servings  
4 oz meat or fish = 1 serving  
1 cup plain greek yogurt = 1 serving  
1/2 cup cooked legumes = 1 serving

Consume adequate protein evenly throughout the day so that your body can fully metabolize each serving. Incorporate lean meats, fish and plant-based protein sources into your meals.

### FRUITS

2 to 3 servings  
1 cup fresh chopped fruit = 1 serving  
1 small apple = 1 serving

Consume a variety of in-season fruits. Eating the whole fruit is much more beneficial, rather than opting for fruit juice or dried fruits.

### CARBOHYDRATES

2 to 3 servings  
1/2 cup cooked grains = 1 serving  
1/2 cup cooked legumes = 1 serving

Consume unrefined, complex carbohydrates from whole grains, legumes, beans and seeds.

### GOOD FATS

2 to 3 servings  
2 Tbsp oil or nut butter = 1 serving  
1/2 Hass avocado = 1 serving  
1 oz nuts or seeds = 1 serving

Consume fats in moderation, choosing primarily plant-based fat sources, such as avocado, fresh nut butters, extra virgin olive oil, coconut oil, unsalted nuts and seeds.

If you closely follow the food group quantities each day (as seen in the graphic above), then your daily numbers should end up coming out to the totals similar to these:

- 1500 – 2000 calories per day
- 100 – 150 grams of protein per day
- 140 – 170 grams of complex carbohydrates per day
- 60 – 90 grams of fat per day
- Less than 1500 milligrams of sodium per day
- No more than 60 grams of sugar per day
- Super Bonus: a wide variety of vitamins and minerals from the different fruits and vegetables you consume

As you eat in accordance with this guide, ALL of the nutrients will work together, symbiotically, to fuel your body with the right type of foods (and proper quantities) that promote positive physical change. The Fit Body Way of eating will encourage your body to burn fat and build lean muscle, while promoting anti-aging properties and delivering noticeable increases to your energy levels. This is why it is crucial to practice eating in proper balance throughout the day.

**To attain these numbers each day, it is suggested that you consume 3 meals per day: breakfast, lunch and dinner - and 2 healthy snacks in-between the meals, if needed.** If you find that you are absolutely not hungry, then consider skipping the snacks. Balancing the right foods at each meal will go a long way in keeping you full and energized while maintaining an active metabolism throughout the day. I'll show you how to build balanced meals in the next chapter.

Proper nutrition, regular exercise, and adequate sleep go hand-in-hand with each other. In fact, one without the other, just won't produce the results you are looking for.

#### **Special Note:**

##### **> For Those Looking To Accelerate Weight Loss**

For those of you who are looking to majorly cut fat and lose inches, then you're going to want to closely control the amount of calorie dense foods you consume, such as fats, protein, and carbs, to the minimum levels (as outlined in the graphic above). Consume many dark leafy green (and cruciferous) vegetables ie. broccoli, spinach, kale - these are rich in vitamins, while being low in calories. Also, keep sodium content and sugar intake to an absolute minimum!

##### **> For Athletes & Individuals Performing More Consistent, Strenuous Training**

For individuals who are consistently active (at moderate to high intensity) for about 2 hours each day (10 - 14 hours of exercise/activity each week), your body will require more calories and nutrients to stay full and energized than a less active individual. For these higher intensity activity levels, I recommend adding an extra serving of protein

and carbohydrates to your day. Doing so should result in you consuming closer to 2,500 calories each day. Just remember to maintain the balance, and consume top quality foods, as outlined in this guide.

### **Add Variety Throughout the Week**

Food quality and quantity are equally important for lasting change. **It's best to consume a wide variety of healthy foods each week.** The Fit Body Way Grocery List *and* the Fit Body Way Cookbook & Recipe Guide are designed to equip you with the most nutritious foods and grocery items, cleanest ingredients and easy recipes focused on eating healthy, lean, and naturally energizing meals. You don't need to go insane and purchase every single kind of fruit and vegetable in the produce department.. but you should start getting into the habit of including more variety each week and not over-consuming the same fruits, vegetables, meats and fats.

Have fun! Experiment with trying new healthy foods... and remember, a big part of this healthy journey is about discoveries along the way :)

# The Cornerstones for a *Fit* Body

Are you ready to make some serious changes? Then, follow these 5 steps each day!

- 1. Follow the nutrition guide closely.** Follow the eating principles and nutrition guidelines as close as possible – the food and eating schedule will be your ticket to cutting body fat and increasing your energy levels.
- 2. Hydrate.** Aim to drink 80 to 100 oz of water each day. This will also help with fat loss, increased energy levels and make you look and feel better. Hot green tea, herbal teas, and freshly prepared water infusions are also great, clean hydration options. (All of these hydration options will be covered more extensively in later chapters).
- 3. Move DAILY.** For 30+ minutes – walk, jog, swim, bike, dance, yoga, etc. – Engage in some low impact movement for cardiovascular endurance. It doesn't have to be anything crazy or fancy, but you do need to get into the habit of moving *more* each day, and in a way that you can enjoy. The easiest thing is to go for at least a 30 min to 1-hour walk at a steady pace. This extra movement each day will increase your metabolic rate, burning more calories and fat. Plus, it will also get the blood and oxygen flowing through your body, which is good for your brain and heart while also decreasing stress levels.
- 4. Strength train.** If you've never strength trained before, don't worry - you can start out by doing simple bodyweight exercises first. Next, you can work in a little more intensity by using resistance bands, and then progress more by incorporating some light to moderate weights. I suggest strength training at least 3 times per week when first starting out, working toward 5 days per week over time. This will not make you look big and bulky (if you are concerned). Rather, this approach will work to tone and define the body. Also, be sure to refuel your body with a small balanced meal, healthy snack or protein smoothie within 30 to 45 minutes of completing your workout. This will help to restore depleted glycogen stores in your muscles while repairing and rebuilding muscle fibers.
- 5. Limit alcohol intake.** If you choose to drink alcohol, keep it to an absolute minimum. A few drinks per month is PLENTY. Alcohol is a depressant, promoting weight gain and increases body fat (in addition to many other negative effects). When digested, alcohol has a similar effect as soda, as the body converts the alcohol into sugar, which then gets stored as fat in the body. Consistently drinking alcohol will absolutely tank your chances of seeing great physical results.



# Example Meal by Meal Breakdown

*A Typical Fit Body Way Food Day*

**As stated above, I recommend eating 3 balanced meals per day: breakfast, lunch and dinner - and, 2 healthy snacks, in-between meals, if needed.**

The chart below shows an example of what each meal and/or snack should look like for a day's worth of food. I used a real-life example of one of our own personal days, modeled for when we do a 1-hour strength-training workout in the afternoon.

Time	Meal	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Sodium (mg)	Sugar (g)
Wake Up	16oz Fresh Water							
Breakfast	<b>Fit Body Greek Yogurt Bowl</b>	451	28g	46g	17g	6g	39.4mg	22.4g
Ingredients	1 cup nonfat greek yogurt (FAGE brand), 1/4 cup organic hemp granola, 1/2 cup fresh fruit (peach, strawberries), handful raw unsalted walnuts, dash of cinnamon and tiny drizzle of 100% pure Grade A maple syrup							
Snack	<b>Crunchy Veggies &amp; Hummus</b>	68	2g	12g	7g	4g	131mg	5g
Ingredients	1 cup chopped: carrots, celery sticks, green peppers, snap peas, or your favorite veggies with 1 Tbsp of Fit Body Hummus.							
Lunch	<b>Salad w/Chicken &amp; Lemon Vinaigrette</b>	588	34g	45g	30g	10g	274mg	10.7g
Ingredients	1/2 cup cooked quinoa, 2 cups kale (or, favorite salad greens), 1 cooked chicken breast (sliced), plus 1/2 cucumber (sliced), 1 carrot (sliced), 1 red onion (sliced) and 1/2 tomato (sliced)							
Snack	<b>Fitness Frosty Protein Smoothie</b>	281	25g	31g	9g	8g	54mg	10g
Ingredients	1 cup unsweetened almond milk, 2 scoops Orgain chocolate fudge protein powder, 1 banana, 5 frozen strawberries							
Dinner	<b>Baked Chicken Fajitas with side of black beans</b>	536	35g	39g	27g	15g	46mg	2.8g
Ingredients	1 (4oz) chicken breast, plus the sliced veggies: 1 sweet onion, 1 green bell pepper, 1 red bell pepper, Spices for flavor: chili powder, garlic powder and cumin. Serve with a side seasoned black beans.							
<b>Total</b>		1924 cal	124g	168g	90g	43g	54mg	50.9g

\*The nutrition numbers in the chart above are good estimates. These numbers will differ some depending on the recipe nutrition calculator used and the exact amount of each food & condiment included (ie. any salt, olive oil, etc.)

> Recipes for the meals outlined in the chart above can be found in the [Quick Recipes to Get To Get Started](#) section

\*\*For more healthy recipes, checkout *The Fit Body Way Cookbook & Recipe Guide* - it features over a variety of over 100 delicious recipes that are easy to prepare and help shed fat!

Click Here to read the details on *The Fit Body Way Cookbook & Recipe Guide*.

**This Example Single Day Menu Provides:**

- Calories – 1924
- Protein - 124g
- Carbohydrates - 168g
- Fats - 90g
- Fiber - 43g
- Sodium - 544 mg
- Sugar – 50.9g

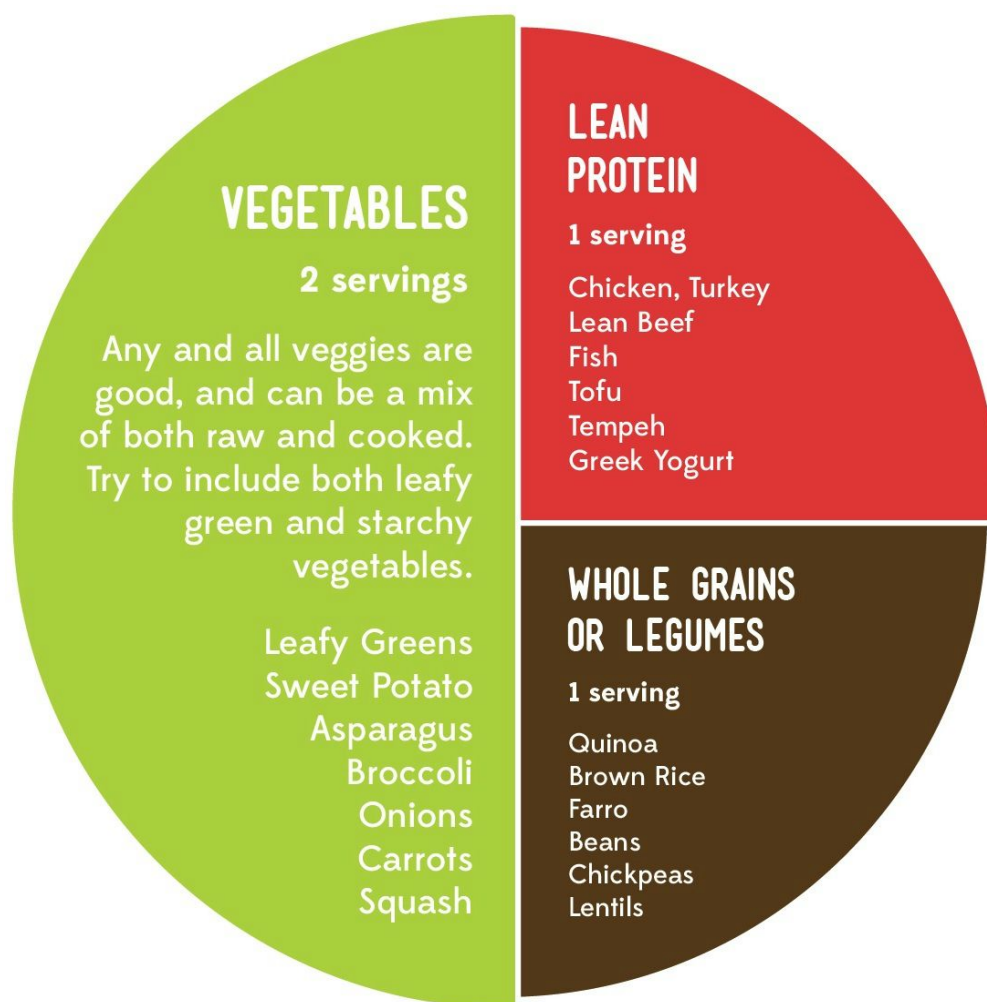
>> **Note:** On the days when we don't strength train or workout, we typically cut the afternoon snack/post-workout smoothie because we are not burning as many calories on these 'rest days'.

## Balance Is Key to Creating Your *Fit* Body

*This is How Your Plate Should Be Divided At Each Meal*

Prepare each meal-time plate with a variety of delicious vegetables and lean protein. Be sure to use complex carbohydrates and healthy fats to compliment your protein and veggies at each meal. This is the best way to maintain both metabolism for burning fat and high energy levels.

Fruits are best consumed on their own; as a snack, in a smoothie or as a topping to your salad.



Visualize your plate this way for each meal. As long as you aim to adhere to the ratios of each food group per meal, you should attain the proper nutrient balance to fuel your body, stay full and lose weight (if you need to). **Let's see this in action!**

Below is an herb baked salmon with steamed asparagus, grilled eggplant and quinoa.



The salmon provides clean protein and healthy fats, the steamed asparagus and eggplant cover both a cruciferous and starchy vegetable and underneath (if you look closely) the quinoa provides a clean carbohydrate.

As you start to fill your body with good quality, nutrient dense foods throughout the day, you'll find your energy will increase and your cravings for junk and processed foods will quickly diminish for the long term.

# The Nutrient Lineup

*Understanding the role food plays in your health, body composition and energy level*

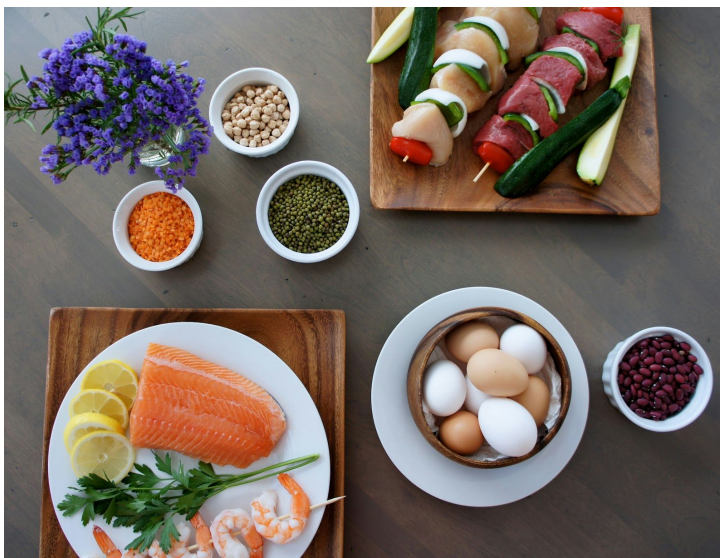


# Protein

- > Aim to consume at least 100g of protein, spread throughout the day from a combination of meat, fish, and plant-based sources.
- > A serving size of meat or fish protein (ex. chicken, salmon, beef) is 4oz - 6oz and yields roughly 25g to 30g of protein.
- > A serving size of plant protein (ex. beans or lentils) is ¼ cup dry or ½ cup cooked and yields roughly 8g to 10g of protein.

Protein and their accompanying amino acids are the building blocks of all cells and tissues in the body. Proper protein consumption will develop, strengthen, and repair your muscles, and bones, improve all internal organ functions, as well as nourish the brain, skin, hair and nails.

Additionally, protein plays a vital role in your metabolic function, helping your body to build lean muscle, which then burns excessive body fat at an even faster rate.



## Protein Portions & Digestion

A portion size of meat or fish protein is 4oz to 6oz, (about the size of your fist or a deck of cards), which provides around 25g – 30g of protein. To achieve maximum health benefits, protein consumption should be spread evenly throughout the day (breakfast, lunch, dinner) so that your body can properly digest and metabolize each serving.

Spreading protein throughout the day is an important practice, as your body can only truly digest and use about 30g of protein at a time. So, if you're thinking you can eat a huge 18oz steak for dinner and have your body fully use up all of the protein to build lean muscle and burn fat...THINK AGAIN. You better cut that steak into ⅓ portion sizes and only eat the suggested serving size. Your digestive organs will also thank you later, for not overdoing it.

## Daily Protein Intake

While protein requirements differ some between men and women, I've found that a safe level of consumption (for everyone) is between 100g – 150g of protein per day for individuals looking to build a lean, toned, fit body.

A common methodology within the fitness industry for determining an individual's daily protein requirements tends to be this formula: *daily protein consumption = 1 gram of protein per pound of body weight*. However, this formula does not work for everyone, and is more commonly used in goals for the bodybuilding physique.

For those individuals that weigh 200 lbs or more, that formula would have you consuming 200+ grams of protein each day! In my opinion, this is too much to be consuming in one single day, especially for a normal individual looking to burn fat and tone up.

### > A quick point of reference and rule of thumb for protein consumption:

- **Women** weighing 110+ lbs are safe to consume between 100g – 120g of protein per day, and will gain the most benefit when paired with a regular strength training regimen.
- **Men** weighing 150+ lbs are safe to consume between 100g – 150g of protein per day, and will gain the most benefit when paired with a regular strength training regimen.

## Types of Protein

There are 2 different types of protein, *complete* and *incomplete*. Both are necessary for optimal health and maximizing results.

### > Complete Proteins

These proteins contain all 9 essential amino acids with sufficient quantities. All animal proteins are considered complete proteins: chicken, turkey, red meat, fish, dairy (ie: yogurt, milk) and eggs.

Vegan sources of complete protein include: quinoa, tofu, buckwheat, hemp seeds, chia seeds and spirulina.

### > Incomplete Proteins

These proteins by themselves do *not* contain all 9 of the essential amino acids that are needed to properly build and repair cells. Incomplete proteins are: legumes, vegetables, grains and nuts.

To receive the full protein and amino acid benefit, incomplete protein foods need to be properly paired together in-order to make a complete protein source.

## Proper Pairing of Incomplete Proteins

Here are some examples of how to properly pair together *incomplete* proteins to make them a *complete* protein source:

- Grains + legumes: rice with black beans
- Nuts + legumes: slivered almonds with green beans
- Grains/seeds + dairy: granola made of oats with plain Greek yogurt
- Legumes + seeds: quinoa with sunflower or flax seeds

## Favorite Protein Sources

\*Note – these protein numbers may differ slightly due to the source and/or brand

Meat, Poultry & Fish	Serving Size	Protein (g)
95% Lean Beef	4 oz	26 g
Ground Turkey Breast	4 oz	24 g
Chicken Breast	4 oz	27 g
Lamb Chop	4 oz	16 g
Wild Caught Alaskan Salmon	4 oz	25 g
Fresh Tuna	4 oz	27 g
North Atlantic Cod	4 oz	21 g
Fresh Halibut	4 oz	30 g
Sea Scallops	4 oz	26 g
Fresh Shrimp	4 oz	23 g
Canned Tuna, in water – Chunk Light	4 oz	22 g

Eggs & Dairy	Serving Size	Protein (g)
Whole Eggs	1 large	6 g
Egg Whites	1 large	3.5 g
Non-Fat Greek Yogurt, plain (Fage brand)	1 cup	23 g
Milk (organic)	1 cup	8 g
Soy Milk, unsweetened	1 cup	8 g

Beans & Legumes	Serving Size	Protein (g)
Garbanzo Beans (canned - no salt added)	1/2 cup	7 g
Black Beans (canned - no salt added)	1/2 cup	7 g
Cannellini Beans (canned - no salt added)	1/2 cup	6 g



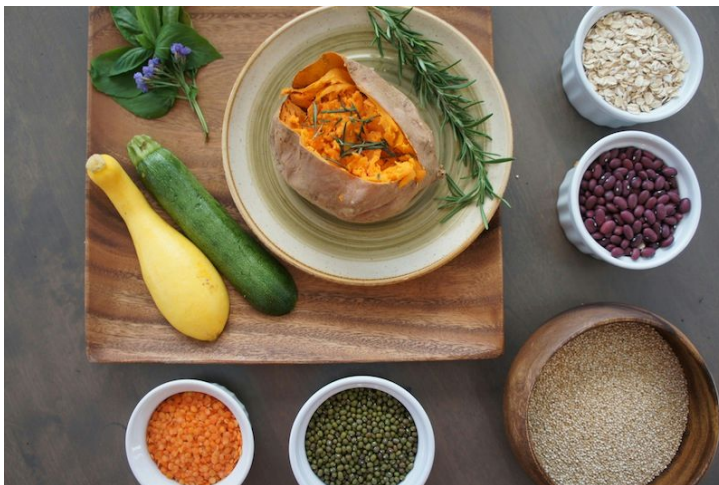
Kidney Beans (canned - no salt added)	1/2 cup	7 g
Lima Beans	1/2 cup	7 g
Black Eyed Peas	1/2 cup	7 g
Green Peas	1/2 cup	4 g
Lentils	1/2 cup	9 g
Tofu	4 oz	9 g
Tempeh	4 oz	20 g

<b>Grains &amp; Seeds</b>	<b>Serving Size</b>	<b>Protein (g)</b>
Quinoa	1/4 cup (dry)	8 g
Farro	1/4 cup (dry)	7 g
Brown Rice	1/4 cup (dry)	3 g
Chia Seeds	2 Tbsp (dry)	4 g
Flax Seeds, ground	2 Tbsp	3 g
Hemp Hearts, unshelled	3 Tbsp	10 g
Pumpkin Seeds, unshelled	2 Tbsp	5 g
Sunflower Seeds, unshelled	2 Tbsp	4 g

# Carbohydrates

- > Throughout the day consume 2 to 3 servings of whole grains or legumes.
- > A serving size of whole grains is ¼ cup uncooked or 1 cup cooked.
- > A serving size of legumes is ¼ cup uncooked or ½ cup cooked.

Carbohydrates - their value in our diet is easily the most debated topic in health and nutrition over the past few years, and I'm sure this debate will continue to rage on. In my opinion, good carbohydrates are absolutely necessary for achieving a balanced diet that will produce positive, long-term results.



Good carbohydrates, whole grains and legumes offer important nutrient values, as most are high in potassium, magnesium, iron, calcium, B vitamins, fiber, and many also provide a few extra grams of protein. Consuming smart complex carbohydrates is associated with a lower risk of heart disease, diabetes and certain cancers due to their powerful nutrient composition.

What's great about clean complex carbs and legumes is that a little goes a long way, both in keeping you full and adding powerful nutrients to your meals.

## There are 2 Types of Carbohydrates: Refined & Unrefined

Before I launch into an explanation of each, let me first clarify the different ways people refer to carbohydrates.

- **Refined carbohydrates** are also referred to as **simple carbohydrates**
- **Unrefined carbohydrates** are also referred to as **complex carbohydrates**

### > Refined Carbohydrates (bad)

Refined carbohydrates are those that are processed, such as: white flour, white bread, white (or, packaged) sugar, most pastas, boxed cereals, sandwich breads, hamburger/hotdog buns, donuts, crackers, chips, cookies, cakes, etc.

Refined carbs are stripped of the majority of their nutrients and fiber, and are often enriched with a mere fraction of the nutrients they once possessed. I suggest you avoid purchasing and consuming refined (white) carbohydrates.

**> Unrefined Carbohydrates (good)**

Unrefined carbohydrates are those that are more in their natural state with the vast majority of their nutrients still intact. They are primarily derived from plant sources and many require cooking to become edible.

Unrefined carbohydrates are the type of clean carbohydrates being referring to within The Fit Body Way daily eating guidelines.

**Our Favorite Sources of Unrefined, Complex Carbohydrates:**

\*Note – these carb numbers may differ slightly due to the source and/or brand

Grains, Seeds & Legumes	Serving	Carbohydrates	Fiber	Protein
Quinoa	1/4 cup (dry)	31 g	7g	5 g
Lentils	1/4 cup (dry)	32 g	8g	11 g
Black Beans	1/4 cup (dry)	28 g	7g	10 g
Red Beans	1/4 cup (dry)	28 g	8g	10 g
White Beans	1/4 cup (dry)	30 g	6g	12 g
Garbanzo Beans	1/4 cup (dry)	30 g	6g	10 g
Pinto Beans	1/4 cup (dry)	30 g	7g	10 g
Brown rice	1/4 cup (dry)	37 g	1.5g	4 g
Wild rice	1/4 cup (dry)	21 g	5g	4 g
Steel cut oats	1/4 cup (dry)	29 g	4g	7 g
Chia seeds	1 Tbsp (dry)	5 g	4.7g	3 g
Farro	1/4 cup (dry)	37 g	3g	7 g
Barley	1/4 cup (dry)	39 g	7.7g	5 g
Carrots	1 cup, chopped	12 g	3.6g	1.2g
Beets	1 cup, chopped	13 g	3.8g	2 g
Sweet potato	1 cup, chopped	27 g	4g	2 g
Green beans	1 cup, chopped	8 g	4g	2 g
Zucchini	1 cup - chopped	6 g	1.2g	2 g
Green Peas	1 cup	21 g	7g	8 g
Butternut & spaghetti squash	1 cup	16 g	2.8g	2 g

Note – Beware of most packaged/processed breads from the grocery stores. Mostly because any and all breads that you buy in the aisles have a high level of processing; stripping them of their nutrients and adding cheap, artificial fillers and preservatives to extend their shelf life. Yes, this even applies to the many breads that advertise being *100% whole grain*. These artificial fillers, preservatives and chemicals are widely known to rapidly increase weight gain and body fat.

The only bread that I do recommend are the whole sprouted grain breads, such as Ezekiel 4:9 and Rudi brands. You can find these in the frozen foods sections at the grocery store. They are stored frozen because they have far less fillers and additives.

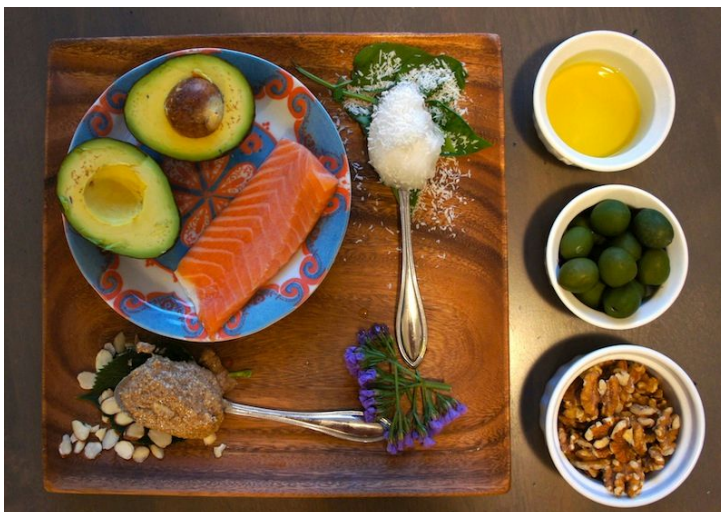
When choosing carbohydrates, pick the carbs that have an assortment of nutrients in them, such as beans, quinoa, sweet potatoes and fruits. All of these contain a safe level of carbohydrates, but also offer good fiber and an extra kick of protein. The fiber and protein not only add valuable nutrients, but also help you stay full for longer periods of time, as they are more nutrient dense, providing more fuel/energy for your body to use throughout the day.

# Fats

> Consume 2 to 3 servings of healthy fats each day. Serving sizes vary depending on the source.

Fats – although an important and very necessary macronutrient, it is also a word that triggers confusion with most people as it relates to health and diet.

Dietary fats play an important role in our health. Some fats can act as an important source of reserve energy, used when the body's glycogen are low due to low carbohydrate intake. Additionally, they also act as transporters to help deliver important vitamins and mineral throughout the body, as well as protect our organs. Some vitamins require fat to dissolve, and nourish the body.



## Good Fat vs. Bad Fat

Confusion abounds as to which foods provide good fat vs. and which provide bad fat, as well as how much healthy fat is safe to consume on a daily basis.

Simply put, unsaturated fat is a good fat and saturated fat is a bad fat. There are a few types of unsaturated and saturated fats that fall under both categories.

## Healthy Fats - ie. Unsaturated Fat

Healthy fats are comprised of the following essential nutrients:

- Polyunsaturated fats - help lower cholesterol and triglyceride levels
- Omega 3 fatty acids - a type of polyunsaturated fat, commonly found in fatty fish
- Monounsaturated fats - good source of vitamin E, a powerful antioxidant that helps fight heart disease

These types of fats, consumed in moderation, have been found to lower cholesterol and decrease the risk of heart disease. It is best to consume unsaturated fat through food sources rather than supplementation.

## The Best Sources for Healthy Fats:

- Fatty fish – ie: salmon, sardines, mackerel
- Avocados
- Seeds – ie: flax, chia, hemp, sunflower, sesame, pumpkin
- Oils – ie: extra virgin olive oil, coconut oil, avocado oil

- Nuts – ie: (unsalted) walnuts, almonds, peanuts, pecans, cashews, brazil nuts
- Nut Butters – ie: (unprocessed, fresh ground) peanut, almond and cashew butter
- Beef – ie: (lean) grass fed
- Olives – rinse before eating to remove the salty brine

**Bad Fats - ie. Saturated Fats (should be avoided!!)**

- Saturated fat – has been shown to increase blood cholesterol levels
- Trans Fats & Trans Fatty Acids

Both of these types of fats are notorious for increasing LDL (bad) cholesterol levels, clogging arteries, increasing risk of heart disease, as well as wreaking havoc on your skin and hormone levels.

**Most Common Sources of Unhealthy Fats**

- Anything fried
- Baked goods made with whole butter (ie: cookies, brownies, cakes)
- Pre-packaged foods (ie: frozen dinners, hot pockets, etc)
- Skin on any meat (ie: poultry, pork)
- Margarine, creamy spreads
- Fatty cuts of meat (ie: those commonly found in beef, pork, sausage)
- Processed lunch meats (ie: roast beef, salami, bologna, ham)
- Partially hydrogenated oils (found in the ingredient list on food labels)

**Our Favorite Healthy Fat Sources**

\*Note – these numbers may differ slightly due to the source and/or brand

Fats	Serving Size	Calories	Fat	Polyunsaturated Fat	Monounsaturated Fat	Saturated Fat
Salmon (cooked)	4g	201	9.3g	2.3g	4.1g	2.3g
Avocado	1 cup	234	21g	2.7g	14g	3.1g
Flax seeds - ground	1 tablespoon	37	3g	2g	0.5g	0.4g
Chia seeds	1oz	138	9g	7g	0.7g	0.9g
Extra virgin olive oil	1 tablespoon	119	14g	1.4g	10g	1.9g
Coconut oil	1 tablespoon	117	14g	0.2g	0.8g	12g
Avocado oil	1 tablespoon	124	14g	1.9g	10g	1.6g
Walnuts - chopped	1oz	185	18g	13g	2.5g	1.7g
Almonds - raw	1oz	163	14g	3.4g	9g	1.1g

Peanuts	1oz	161	14g	4.4g	7g	1.9g
Olives - jumbo	1 cup	81	7g	0.6g	5g	0.9g
Butter	1 tablespoon	102	12g	0.4g	3g	7g
Eggs	1 large egg	78	5g	0.7g	2g	1.6g
sunflower seeds - dry roasted	1oz	165	14g	6.5g	5.2g	1.2g
pumpkin seeds - roasted	1oz	125	58g	2.5g	1.7g	1g

# Vegetables

- > Throughout the day, consume 4 to 5 servings of vegetables each day.
- > A serving size of raw or cooked vegetables is 1 cup, or 2 cups of raw leafy greens.
- > It is safe to eat non-starchy vegetables (green, cruciferous) anytime of day, reserving sturdier root vegetables (carrots, sweet potatoes, squash) for meal times as a means to ensure satiety. Focus on eating a variety of different colored vegetables to attain balance of nutrient consumption.

Vegetables are nature's medicine for the body, as each vegetable provides an array of vitamins, minerals and phytonutrients.

Vegetables are often the missing ingredient from most people's weight loss and daily diet regimens. The variety of nutrients from assorted vegetables work together to keep the immune system strong and internal organs functioning properly. They also provide a myriad of benefits that improve your skin, energy levels, cardiovascular health, and aid in detoxifying the liver and kidneys.



As a rule of thumb, when choosing vegetables, think brighter colors and variety; the brighter the color, the more nutrient dense. Eat a wide variety of vegetables each day and week, both cooked and raw, to ensure you are getting the full spectrum of vitamins and minerals you need to feel and look your best.

## Some of our favorite vegetables include:

### Great Raw - for salads or snacking

Spinach  
Kale  
Broccoli  
Cauliflower  
Onions  
Purple cabbage  
Asparagus  
Red/Orange/Yellow/Green Bell Peppers  
Celery  
Carrots



Radish

Cucumbers

**Great Cooked - for roasting, sautéed or added to cooked dishes**

Onions

Brussel Sprouts

Green beans (often considered both a vegetable and a legume)

Beets

Carrots

Sweet Potatoes

Squash

Zucchini

Green peas

As a general rule of thumb, any and all vegetables are good. I encourage you to try new veggies, find which ones you like and which you don't, and from that pick your favorites to repeatedly use in salads, roasts and as side dishes. Just be careful with what you are putting on your veggies. Stick with using clean, homemade salad dressings and healthy spice combinations for flavor.

\*You can view a breakdown of the best vegetable sources for each major vitamin and mineral in the Vital Vitamins & Minerals section on page 36.

# Fruits

> Throughout the day consume 2 to 3 servings of different fruits.

> A serving size of fresh or frozen fruit is 1 cup.

Fruits often get the designation of being super foods, due to their abundance of diverse vitamins, minerals and antioxidants. Most fruits are extremely versatile, and can be consumed in a wide variety of ways both in whole and puree form. You are better off eating raw, whole fruits, as opposed to dried fruits and fruit juices, which tend to have much higher sugar content.

## Micronutrients & Antioxidants in Fruit

Vitamins, minerals, phytochemicals and antioxidants abound in fruit. These valuable nutrients are associated with strengthening cellular development, ridding the body of free radicals, fighting cancer and chronic diseases, as well as keeping your skin (the largest organ of your body) healthy and looking great!



## Fiber in Fruit

Fiber is one of the biggest nutritional benefits of most fruits. Fiber is an important nutrient for colon health, natural detoxification and also aids in fat loss. Fiber also plays an important role in helping you maintain satiety throughout the day. Meaning, foods with more fiber are often more filling and help keep you full for a longer periods of time.

## Hydration with Fruit

There's nothing quite like a ripe, juicy piece of fruit! Grapes, citrus, berries, melons - the juiciness of fruit is derived from the high water content that fruits contain, as most are comprised of 90% water. While the water content in fruit does not replace the benefits of drinking straight water, it does aid the body with hydration and can help to quench your thirst.

## Some of Our Favorite Fruits

- Berries – blueberries, strawberries, raspberries
- Pineapple
- Kiwi
- Citrus – oranges, grapefruits
- Apples & pears
- Peaches

- Melons – watermelon, cantaloupe, honeydew
- Mangos
- Bananas
- Figs
- Pomegranate

> **Fun Fact:** Did you know that it takes roughly 3-4 medium (juicy) oranges to produce **8oz of fresh squeezed juice, which contains about 25g of sugar?** That's nearly half of the recommended daily intake for sugar in 1 small glass of juice!

By consuming the whole fruit instead of just the juice, you will get the benefit of the fiber content, which helps to keep you satiated for a longer period of time, as well as keep you regular. ;)

Eating 1 whole orange, *which is actually 2 servings of fruit*, contains 10g of sugar. That's a HUGE difference compared to the 25g of sugar in an 8oz glass of orange juice.

So remember – *Eat the fruit, not the fruit juice.*

\*You can view a breakdown of the best fruit sources for each major vitamin and mineral in the Vital Vitamins & Minerals section on page 36.

## Vital Vitamins & Minerals

By research and beliefs, my experiences have shown that food *quality* matters just as much as food *quantity*. Meaning, consuming the right kinds of foods, in the proper amounts can have a dramatic impact on your health, wellbeing and body composition. Certain foods can also help to heal some chronic and acute ailments.



### Whole Foods Focus

Over the years, I've seen some powerful transformations by people choosing to eat primarily whole foods in their daily nutrition.

It is amazing how truly eating right can help to cure a variety of common ailments, such as (but not limited to):

- Low energy levels
- Excessive weight gain
- Feelings of weakness
- Poor sleep quality
- Mood swings
- Diabetes Type 2
- High blood pressure
- High cholesterol levels
- Attention deficit disorder
- Digestive disorders

What many people do not realize is that most of these ailments listed above are a result of compounding issues. Meaning, a person typically suffers from a variety of them.

It is amazing how whole foods have such a diverse number of vitamins and minerals found in each. Unlike most supplements (which only provide 1 or 2 vitamins and/or minerals), each and every vegetable, fruit, protein, fat and carbohydrate source outlined in this book provides a diverse combination of many different powerful vitamins and minerals.

Here is a handy list of the main nutrients that can make your body run like a well-oiled machine. Again, don't obsess over these - just adhere to *The Fit Body Way* Nutrition guidelines and eating plan.

<b>Vitamin or Mineral</b>	<b>Benefits</b>	<b>Best Sources</b>
<b>Vitamin A</b>	Essential in vision health, immune support, promotes cell growth, and is excellent antioxidant, anti-inflammatory and immune boosting activity	orange vegetables: sweet potato & carrots, most greens, squash, shrimp, eggs, yogurt, salmon, cantaloupe, papaya
<b>Vitamin B(s)</b>	Best known for strengthening the immune system & increasing energy levels.	
<i>Vitamin B1 - Thiamin</i>	Strengthens immune system, increases energy levels, promotes healthy hair, skin, muscles and brain	sunflower seeds, beans, barley, peas, lentils
<i>Vitamin B2 - Riboflavin</i>	Increases energy levels, promotes healthy skin, hair, blood and brain	spinach, beet greens, yogurt, eggs, asparagus, almonds, turkey
<i>Vitamin B3 - Niacin</i>	Increases energy levels, promotes healthy skin, blood cells, brain and nervous system	tuna, chicken, turkey, salmon, shrimp, brown rice
<i>Vitamin B5 - Pantothenic Acid</i>	Increases energy levels, promotes growth of lipids, neurotransmitters, hormones and hemoglobin	mushrooms, avocado, sweet potato, lentils, poultry, yogurt
<i>Vitamin B6 - Pyridoxal</i>	Helps production of red blood cells, helps metabolism of carbohydrates and detoxify the liver, promotes brain and nervous system health	tuna, turkey, beef, chicken, salmon, sweet potato, spinach, banana, seeds
<i>Vitamin B12 - Cobalamin</i>	Good for metabolism, DNA production	salmon, tuna, cod, scallops, shrimp, beef, yogurt
<b>Vitamin C</b>	Powerful antioxidant, strong role in detoxifying free radicals, important role in collagen production (which is a primary nutrient for our skin and bones), plays a big role in brain health.	papaya, bell peppers, broccoli, brussel sprouts, strawberries, pineapple, oranges, kiwi, cantaloupe, cauliflower, most greens
<b>Vitamin D</b>	Vital to bone strength and health (aids calcium in building stronger bones), immune system strength	salmon, sardines, tuna, milk, eggs, mushrooms. Sunlight is also an excellent source.
<b>Vitamin E</b>	Powerful antioxidant that protects against damage from free radicals, great for cardiovascular health as it protects against LDL cholesterol	seeds (sunflower), almonds, most greens and avocado
<b>Vitamin K</b>	Great for bone health	Most greens, broccoli, brussel sprouts

<b>Iron</b>	Huge role in energy and metabolism production, helps transport oxygen throughout the body	lentils, spinach, sesame seeds, beans, olives
<b>Potassium</b>	This electrolyte is important for heart and nervous system function, helps control blood pressure, promotes good kidney health	most green leafy vegetables, lima beans, sweet potato, avocado, lentils, banana
<b>Fiber</b>	Helps move food through digestive tract (relieve constipation), improves blood cholesterol levels, stabilizes blood sugar and is great for colon health	beans, peas, lentils, barley
<b>Calcium</b>	Great for bone strength and health, great for muscle and nerve function	tofu, sesame seeds, greek yogurt, most greens
<b>Folic Acid - Folate</b>	Great for brain and nervous system health, overall cardiovascular health, reproductive health and is one of the most important nutrients to consume throughout pregnancy	lentils, beans, asparagus, most greens, broccoli
<b>Zinc</b>	Strengthens immune function, great for your skin and vision	beef, seeds, lentils, beans, turkey, quinoa

## Beverages

> Consume 80 - 100 oz of water throughout each day, which equals out to 8 10oz glasses of water.

Water is seldom given the credit it is due, often being bypassed in the nutrition equation for more controversial topics like carbs and protein. Our bodies are made up of roughly 70% water. Every system and cell in your body is dependent upon water to either help with growth or aid in carrying out necessary functions.

These cellular functions become apparent when you are dehydrated, or even worse...consistently (chronically) dehydrated, as you'll notice: low energy/fatigue, headaches, muscle cramps, dry skin, achy joints, diminished cognitive skills, and poor digestive function.



> **Fun Fact** - By the time you notice you are thirsty, there is a strong chance you are already (to some degree) dehydrated. If you're dehydrated and fail to consume enough fresh water, your body will send signals to your brain that you are hungry, causing you to consume more food (calories).

### Benefits of Drinking Water

- Strengthens your immune system
- Helps to keep metabolism strong
- Great for flushing fat
- Detoxifies the body
- Increases energy levels
- Naturally enhances the skin's elasticity
- Hydrates muscles for better athletic performance

**Water** - Drink at least 80-100 oz of fresh water each day. If you do not like the taste of plain water, try adding fresh fruit slices or herbs to give it flavor. (Note: See below for the Fountain of Youth water infusion recipe).

**Coffee** - If you are a coffee drinker, consuming 1 - 2 (8 oz) cups of coffee per day is safe. Avoid adding any artificial sweeteners, flavored syrups and/or coffee creamers. If you need some flavor, try sprinkling fresh ground spices ie: cinnamon, cacao powder,

nutmeg, or cardamom. To naturally sweeten, use a light sprinkle of organic coconut sugar, stevia or sugar in the raw.

**Tea** – Hot tea and fresh brewed iced teas (not sweet tea) are great. Drinking quality teas helps to hydrate, as well as cure a number of ailments (ie: relieve headaches, nausea, soothe sore throat/coughs, boost your energy, feel calm/sleep better, reduce anxiety, and more).

My personal favorite is Hibiscus tea. This tea has one of the highest antioxidant contents of any beverage! And, it naturally tastes like a tangy fruit punch.

If you choose a flavored tea, ie: from Starbucks/ Teavana or the grocery store, carefully read the ingredients as there can be *artificial flavors* in the tea leaves, or have “*natural flavors*” made by chemicals, for added sweetness.

**Starbucks** – yes, it’s so popular it requires mentioning. Skip the fancy lattes, frappuccinos and other trendy drink concoctions. Instead, opt for their great selection of teas. They are delicious both hot and cold! My favorites include: Passion Tango, Youthberry, Peach Tranquility, Jade Citrus Mint and Mint Majesty.

> **Starbucks Ordering Tip** - As always, request your beverage without added sugar, syrups or flavorings. This goes for both coffee and teas.

### **Don’t like drinking plain water? Try this!**

For those that have trouble drinking plain water, then try my Fountain of Youth water infusion.

## **The Fountain of Youth - Water Infusion Recipe**

### **Ingredients**

- 8 ½ cups filtered water
- 1 teaspoon fresh, raw ginger - grated
- 1 lemon - washed and sliced
- ½ cucumber - washed and sliced
- 2 sprigs fresh mint leaves

### **Directions**

Combine all ingredients in a large pitcher and let flavors blend overnight. Remove the lemon slices, ginger and mint leaves before pouring. Drink the entire pitcher by the end of each day.



# Schedule For Success

*Proper Planning Is the Key to Achieving and Maintaining Long-term,  
Life-changing Success*



# Daily Eating & Exercise Schedule

For many of us, scheduling everything into your day is always a huge part of the challenge. So, to help ease the struggle, I have included 3 examples of daily eating and exercise schedules for 3 different types of people: those who workout first thing in the morning, those who workout mid day, and those who workout in the evening.

These schedules are adapted from real life examples, to give a visual timeline of where your food and exercise should or could (closely) align with each day. Find which day suits your schedule best, and adjust the timing to fit your exact scheduling needs.

## Daily Eating & Workout Schedules

Here are some ideas of how to plan your day for both healthy eating and adequate exercise.

Time	Sunrise Workout	Time	Mid-Morning Workout	Time	Evening Workout
5am	Wake up and hydrate	5am		5am	Wake up and hydrate
6am	Workout	6am		6am	30min walk or yoga
7am	Eat breakfast & hydrate	7am	Wake up and hydrate	7am	Eat breakfast & hydrate
8am		8am	Workout	8am	
9am		9am		9am	
10am	Snack	10am	Workout	10am	Snack
11am		11am	Post-workout smoothie	11am	
12pm	Lunch & hydrate	12pm		12pm	Lunch & hydrate
1pm		1pm	Eat lunch and hydrate	1pm	
2pm		2pm		2pm	
3pm	Snack & hydrate	3pm		3pm	Snack & hydrate
4pm		4pm		4pm	
5pm	30min walk or yoga	5pm	30min walk or yoga	5pm	Workout
6pm		6pm		6pm	
7pm	Eat dinner & hydrate	7pm	Eat dinner & hydrate	7pm	Eat dinner & hydrate
8pm	Drink hot tea	8pm	Drink hot tea	8pm	Drink hot tea

Adjust as needed, but these should give you a good starting point for creating a consistent daily exercise and meal schedule.

## Meal Prep For Convenience

Weekly food preparation is an absolute lifesaver and time saver! It allows you to eat delicious, balanced meals with much more convenience and ease.

Select a set day and time each week for planning out your meals. I personally find that Sunday evening works best for us, as does for most people.

The planning is really easy; you just need to first think about what you feel like eating throughout the week, and map out different types of meals so you have a good variety in all food groups. Use the recipes included in The Fit Body Way Cookbook & Recipe Guide to ensure you are making smart, healthy choices that help you work toward reaching your goals.

For example, since our prep day is Sunday, we visit our local farmers market each Saturday afternoon, picking up seasonal produce and fresh eggs. On Sunday, we purchase the remainder of our groceries at a local store.

### **An Example of Grocery Staples for Our Week Include:**

- Wide variety of in-season fruits - some for snacking, breakfast yogurt bowls and smoothies
- Wide variety of in-season vegetables – greens for salads/smoothies, crunchy veggies for salads and snacking, hearty vegetables for cooking
- Non-fat plain Greek yogurt – for morning yogurt bowls, snacks, smoothies, also for making chicken salad
- Chicken breasts (organic, hormone-free) – for lunches and dinners
- Eggs – both organic/free-range & regular eggs (we like to use the regular eggs for just the egg whites)
- Quinoa – for lunches and dinners, to use either as a side dish or added to a salad
- Chickpeas – these are available in No-Salt Added cans (we still drain/rinse before using)
- Frozen vegetables and fruits – we either sauté the veggies as a side dish or add to eggs to make veggie omelets. Frozen fruits are really great for smoothies!

### **How We Prep Fresh Foods For the Week**



#### **Greens For Salads & Smoothies**

We like to wash all of our salad greens ahead of time. This makes creating salads a snap. First, we thoroughly wash, then spin dry (using a salad spinner) all of our greens: spinach, kale, swiss chard, spring mix, arugula, etc.

Then, we store everything in a large Tupperware container in the refrigerator. Using this method makes preparing salads, wraps and smoothies quick and easy!



Also, using single serving containers, you could portion-out salads for each day, if that fits your needs best, and may find that more convenient to your schedule. The greens, cucumbers, carrots, radish, onions and legumes all store very well either a large salad bowl or Tupperware, even chopped ahead of time. This can last a good 3 to 4 days. Just wait to put the salad dressing on until

you are ready to eat it - otherwise you'll have a soggy salad.

### **Keep Quinoa and/or Brown Rice on Hand**

Both quinoa and brown rice keep really well and are very versatile once cooked. So, we typically cook an entire package on Sunday evening and store in a container for the rest of the week. We use both quinoa and brown rice in various dishes, in salads or we put a small scoop on our dinner plates to mix in with our chicken or fish, paired with roasted or steamed vegetables.



Quinoa cooks up in just a few minutes and keeps well for days!

Canned chickpeas (no salt added) are another great option to keep on-hand. They are quick and easy to open, rinse and add to any salad, soup or roast, even as a snack by themselves.

### **Fresh Meats Prepared By Hand Are The Best Choice**

On Sunday night we like to either bake or grill a lot of chicken, which we then eat throughout the week for either lunch or dinner. For the baked chicken, we bake an entire tray of 8 marinated chicken breasts (see Perfect Baked Chicken recipe in [The Fit Body Way Cookbook & Recipe Guide](#)), or we might do a large roast with various bone-in chicken (legs, bone-in breasts) pieces along with some vegetables; this is a great one-pot option that can last for a few days.

If we're on the grill, we will season and skewer about 6 to 8 chicken breasts, along with onions and peppers, for kabobs (see [The Fit Body Way Cookbook & Recipe Guide](#) for more details).

Ground meat (chicken, turkey or lean ground beef) is a great protein to keep in the freezer and defrost when needed, as it's quick to prepare and very versatile. You can use it to power up a veggie spaghetti sauce or a protein burrito bowl (on top of fresh greens).

### **Frozen Vegetables Store Well & Add Convenience**

Frozen vegetables are a great option that we always make sure to keep stocked in the freezer. Some of our favorites include peas, carrots, green beans and broccoli; these are also a delicious group of veggies to sauté together and add to an omelet (there is an awesome recipe in [The Fit Body Way Cookbook & Recipe Guide](#) for this). Frozen spinach is also great to have on hand to whip up a quick, delicious side dish – just add caramelized onions and first cold pressed extra virgin olive oil.

### **Containers Needed for Food Storage**

Have a few different sizes and types of food storage containers. For smaller containers used to store pre-portioned meals, we prefer glass (Pyrex) containers with tight fitting lids.

To store large amounts of pre-washed greens, we use a large rectangular Tupperware container. See below.



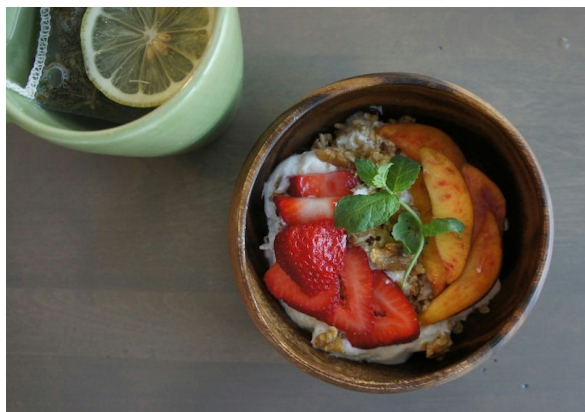
A large stainless steel salad bowl is perfect for chopping a large salad, covering it, and storing it for a few days in the refrigerator.

## Easy Recipes to Get You Started

Here are 5 staple recipes taken from The Fit Body Way Cookbook & Recipe Guide. These recipes are designed to taste great, be easy to prepare and most important, they are nutritionally balanced to help you burn fat and boost energy.

Recipes Taken From: *The Fit Body Way Cookbook & Recipe Guide*

### Fit Body Way Greek Yogurt Bowl



#### Ingredients

- 1 cup fat-free plain Greek yogurt
- ½ cup hemp granola
- 1 handful of raw walnuts
- 1 cup fresh fruits
- ½ tablespoon of ground cinnamon
- ½ teaspoon of 100% pure maple syrup, Grade A

\*Suggestions: Try some of our favorite seasonal fruit combinations.

- ½ small apple + 3 to 4 strawberries (winter)
- 3 to 4 strawberries + ½ handful of blueberries (spring and early summer)
- ½ peach (late summer and early fall)

#### Directions

1. Put all ingredients in a cereal bowl and mix together.

**Meal** - perfect for breakfast, snack or as a post workout small meal

## Quinoa Salad - Citrus Vinaigrette



### Ingredients

- ½ cup cooked quinoa
- 2 cups kale or other favorite greens
- 1 cooked organic chicken breast, sliced
- ½ cucumber, sliced
- 1 carrot, sliced
- ¼ red onion, diced
- ½ tomato, diced
- 4oz - 6oz chicken, fish or other favorite clean protein

### Directions

1. Combine all ingredients in a bowl
2. To make the dressing, combine: 1 tablespoon extra virgin olive oil with juice from ½ lemon and a pinch of sea salt and fresh black pepper. Mix well into the rest of the salad.

**Meal** - perfect for lunch or dinner

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## The Fit Body Way Fitness Frosty

### Ingredients

- 1 cup almond milk, unsweetened
- 2 scoops Orgain chocolate protein powder
- 1 banana
- 5 frozen strawberries

This smoothie calls for Orgain Creamy Chocolate Fudge Protein Powder. This is by far the best texture and flavored chocolate protein powder we have tried.



## Directions

Combine all ingredients in a blender and blend well.

**Meal** - perfect as a snack or post-workout small meal

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## Chicken Fajitas + Black Beans



## Ingredients - Fajitas

- 3 boneless, skinless chicken breasts
- 1 sweet onion
- 1 green bell pepper
- 1 red bell pepper
- 2 tablespoons extra virgin olive oil
- 2 teaspoon chili powder
- 2 teaspoon garlic powder
- 1/2 teaspoon cumin (Note: cumin packs a strong flavor! Use less if you're new to this flavor)

## Directions

1. Preheat the oven to 350 degrees.
2. Clean the chicken in a vinegar/water bath. Remove any and all excess fat. Once clean and squeezed dry, cut the chicken into 1 inch thick slices.
3. Slice both peppers and the onion in about 1/2 inch thick.
4. Put the chicken, peppers and onion in a mixing bowl and add the extra virgin olive oil and the spices, and mix together thoroughly, coating both the chicken and the peppers/onion.
5. Transfer all ingredients to a baking dish (We prefer to use the Pyrex glass) and bake at 350 degrees for 25 minutes (checking the chicken occasionally to make sure it is thoroughly cooked).

**While the chicken and peppers are baking, prepare the black beans.**



1. Using a colander, open 1 can of organic black beans, rinse and drain. In a saucepan, heat 1 tablespoon of olive oil & sweat 1 small chopped yellow onion.
2. When the onion turns translucent, add in the black beans along with oregano (1 tsp), garlic powder (1 tsp) and 2 bay leaves. Add ½ teaspoon of coriander, if you like.
3. Next, pour in enough fresh water to just cover the top of the beans, & let simmer on low, medium-low until chicken is done baking.

\* Serving Suggestions: Enjoy combined in a bowl, or try wrapping in an Ezekiel 4:9 tortilla or Spelt wrap. Additional toppings include: fresh chopped avocado, tomato or cilantro.

**Meal** - perfect for dinner or lunch and keeps well for leftovers

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## Baked Fish with Lemon & Tomato



### Ingredients

- 2 fish fillets - grouper, snapper, mahi, really any white flaky fish
- 1 large tomato
- 2 lemons
- ½ bunch cilantro
- 2 tablespoons extra virgin olive oil
- Garlic powder
- Sea salt & fresh black pepper
- 1 bunch broccoli
- 1 cup quinoa

### Directions

1. Wash and slice the tomato and lemon. Set aside.
2. Wash and chop the cilantro. Set aside.

3. Wash and pat dry your fish filet. Then, season both sides of the fish by rubbing with extra virgin olive oil, dust with garlic powder and a pinch of sea salt and black pepper.
4. Next, assemble everything in the baking dish or pan. Put a little olive oil on the bottom of the dish. Then, lay the tomato slices across the pan. Season the tomatoes with a dash of sea salt and sprinkle a little of the cilantro over top.
5. Arrange the fish filets on top of the seasoned tomatoes. Place the lemon slices on top of the fish filets and add another small drizzle of olive oil on top of the lemons. Sprinkle the rest of the cilantro over the top of the fish and lemons.
6. Bake in the oven at 350 degrees for about 30 minutes.

\* Serving Suggestion: Serve with a side of steamed broccoli and quinoa.

> For the broccoli, steam 1 bunch, then season with extra virgin olive oil, sea salt, black pepper, garlic powder and 1 teaspoon of fresh lemon juice.

**Meal** - this is a perfect meal for dinner

## Grocery Shopping List

Organic, Non-GMO food products are great, but we completely understand that these may be difficult to find or too costly to purchase on a consistent basis. This is not a problem!

The Fit Body Way does not require you to buy all organic foods to follow the program. Conventionally grown fruits, vegetables and meats will be just fine.

Also, you do not need to buy all of the items listed at once! Rather use this list to assist you in picking the best food options available. From the list given, select fruits, vegetables and meats that you prefer. Quantities will always depend on how you'll be using the items and the number of people to be fed.

If it's available, visit your local farmers market first. Typically, this is where you can find the freshest, locally grown foods. To fill in the gaps for things you still need to purchase, make a trip to the grocery store for the remaining essentials.

All items in these food categories are approved by The Fit Body Way and should be considered when shopping for food and preparing meals.

\*The grocery shopping list is on it's own page so that it can be printed out and taken with you to the grocery store.

\*\*The spices and herbs are separated from the list since spices tend to keep for long periods of time and you should not need to re-purchase the same ones week after week.

# The Fit Body Way Grocery Shopping List

## Vegetables

- Greens (kale, spinach, arugula, swiss chard, romaine, spring mix)
- Squash
- Zucchini
- Sweet potatoes
- Bell peppers (green, yellow, red)
- Onions (red, white, yellow, green/spring)
- Green beans
- Broccoli
- Cauliflower
- Cucumbers
- Mushrooms
- Carrots
- Beets
- Brussels sprouts
- Cabbage
- Radish
- Asparagus
- Bean sprouts
- Celery
- Snap peas

## Grains & Legumes

- Quinoa
- Brown rice
- Wild rice
- Muselix
- Oats (gluten free, steel cut, rolled)
- Farro
- Ezekiel 4:9 brand - bread, pita, wraps and English muffins
- Chickpeas – dry or canned (No Salt Added)
- Black/Red/White beans – dry or canned (No Salt Added)
- Lentils – dry or canned (No Salt Added)
- Unsweetened hemp granola

## Fruits

- Lemons
- Limes
- Tangerines
- Oranges
- Grapefruit
- Pineapple (fresh/frozen)
- Strawberries (fresh/frozen)
- Blueberries (fresh/frozen)
- Apple
- Banana
- Mango(fresh/frozen)
- Cantaloupe
- Honeydew
- Watermelon
- Pomegranate
- Kiwi
- Grapes
- Cherries
- Avocado
- Tomato

## Dairy

- Eggs – organic, cage free
- Unsweetened Almond milk
- Nonfat, plain Greek yogurt
- Earth Balance, soy-free

## Meats

- Chicken – skinless, hormone free
- Ground Chicken
- Lean Ground Turkey
- Lean Turkey (from deli) – no-sodium or lowest-sodium option
- Wild Caught Seafood
- Lean beef
- Canned Tuna in water

## Beverages

- Chamomile tea
- Organic green tea
- Hibiscus tea
- Organic black tea
- Unflavored coconut water
- Fresh coffee

## Nuts & Seeds (Unsalted)

- Almonds
- Walnuts
- Ground flaxseeds
- Chia seeds
- Hemp seeds
- Almond butter (all natural or fresh ground)
- Peanut butter (all natural or fresh ground)

## Oils – for cooking and salad dressings

- Extra virgin olive oil, first cold pressed
- Organic coconut oil, first cold pressed
- Sesame seed oil (stir fry)
- Avocado oil

## Vinegars

- Balsamic vinegar (dark & white)
- Red wine vinegar
- White distilled vinegar
- Apple cider vinegar
- Coconut amino acids
- Braggs liquid amino acids

## Condiments & Packaged Goods

- Whole grain mustard
- Nutritional yeast (healthy alternative for cheese)
- Raw cacao powder
- Maca powder
- Coconut sugar
- Stevia
- Local honey
- Tomato sauce – Pomi brand (no salt added)
- Chopped tomatoes – Pomi brand (no salt added)
- San Marzano Crushed tomatoes (no salt added)
- Unsalted vegetable or chicken stock
- Organic protein powder (ie: Orgain, Garden of Life, Sun Warrior)

## Herbs & Spices to Keep On-Hand

### Spices

- Ground cinnamon
- Ground cumin
- Ground turmeric
- Ground cloves
- Group coriander
- Curry powder
- Garlic powder
- Onion powder
- Chili powder
- Dried oregano
- Dried basil
- Dried dill weed
- Dried Thyme
- Dried Tarragon
- Dried paprika
- Dried bay leaves
- Sea salt
- Black pepper

### Herbs

- Fresh basil
- Fresh oregano
- Fresh mint
- Fresh ginger
- Fresh garlic
- Fresh cilantro
- Fresh tarragon
- Fresh parsley

## Important Tips For Dining Out

Everyone dines out – for social occasions (birthdays, get-togethers, business meetings, special events, etc) and sometimes it's purely for convenience (working late or running short on time in-between errands) – these things will always pop up. You should not feel trapped in your clean eating habits, and I certainly don't want you to miss out on spending quality time with your friends or family for important events and special occasions. However, be selective on which outings you attend, and more so, what you choose to order, eat and drink.

Many restaurants are getting better about offering more health conscious items on their menus. But still be mindful of the nutrition principles outlined throughout this guide. Don't let a night out sabotage the awesome progress you've been making to improve your health, because most of us know how can easily we can be thrown off our healthy eating game when it's time to go out to eat. So if you're serious about keeping your fit body.. have your alerts on high.

### Helpful Tips for Ordering Out at a Restaurant

#### Have a Pre-Game Plan

Before arriving to the location, pull up the restaurant's website menu ahead of time, so that you can have an idea of what healthier meal you could order, before showing up feeling either rushed, confused or pressured into something else that's not-so-healthy.

#### Full Menu Scan

Take a moment to see the kind of ingredients that are in the descriptions of each menu item. Look for the entrees that have a lean grilled meat option (ie: chicken, fish) and couple that with 1-2 side items of vegetables (preferably steamed plain or grilled) or a side salad with an olive oil/balsamic or an infused vinegar dressing, on the side.

#### Beware of The 4 S's - *sauces, sodium, sugars, and seconds*

Avoid the heavy cream sauces, butters, oils, juices, toppings, mix-ins, sweet flavors/syrups, cheese or dressings that may accompany the meal. If it comes out and is noticeably swimming in a liquid of some sort, you could use napkins to soak up the extra sauce (etc.) or pat the item with napkins/paper towel to remove excess oil, butter, and sauce – or better yet, just return it to the kitchen to have them make it the way you (hopefully) custom ordered. If there is an appetizer on the table (ie: bread & butter, or chips & salsa) and you plan to eat your actual entree, it would be safer to avoid that pre-meal filler, and avoid having seconds.. aka unnecessary calories.

### **Sometimes You're Safer with a Salad**

If you're ordering a salad as your meal, don't hesitate to request from your server, a darker leafy green like spinach, instead of the common iceberg lettuce (which lacks vitamins and nutrition). Salad toppings can sure add up, so avoid any crunchy tortilla strips, cheese, bacon, and too many dried fruits. If all the restaurant claims to have are creamy, sweet, salty or fatty dressings, then ask for olive oil, vinegar and a few lemon wedges - this will make for a nice fresh, lemon vinaigrette! Every restaurant should have at least that in the kitchen.

### **Smart Selection of Side Items**

It is common for an entree to come with a side of fries, cheesy macaroni or rice for example. Of course, they all want you to leave stuffed with a full belly. BUT - if you can see that there are other vegetables available throughout the menu or on the sides section, request to trade that heavy carb loaded side item with steamed, grilled or roasted vegetables, a side salad or fresh fruit. Your body will be paying for what you'll be eating, so you're better off making each bite count to keep you on the healthy track.

### **Request the To-Go Box**

If the entree you ordered comes out and looks like a huge portion and you know it is more than you 'should' eat, be safe and already ask for a to-go box before diving in. Pre-divide your meal into half (or even  $\frac{1}{4}$ , depending on the amount) and take the other half home to eat at a later time (ie: the next day for lunch). There is no need to feel like an eating-contest hero and put it all down at once - you'd be left waddling away from the table, hardly able to breathe a full breath. Save it for later.

### **Breathe Between Bites**

Be mindful of the speed of which you consume your foods. Many of us are guilty of quickly scarfing down a meal. Each bite should be chewed completely for proper breakdown before swallowing, making it easier on your digestion. Also, drink water between every few bites to avoid overeating. Scarfing down your food is a sure-fire way to invite heartburn and acid reflux. Take your time to eat, enjoy, and engage in conversation.

### **Wherever You Go, Have Water**

ALWAYS, ALWAYS, ALWAYS order water (+ lemon is great) and try to drink at least 1 entire glass before eating the meal. This practice will help you to not overeat, as well as keep your digestive tract happy. During and after the meal, consume more water, so there is definitely no room for a high calorie dessert.

### **Eat Veggies First!**

Eat your vegetables first, and put your utensils down between bites, so you can take time to chew, enjoy the food, and also help stave off over-eating. Ask your server if the veggies are fresh made, steamed or grilled. Many times they are dressed with an overdose of salt, fat or sweet dressing.

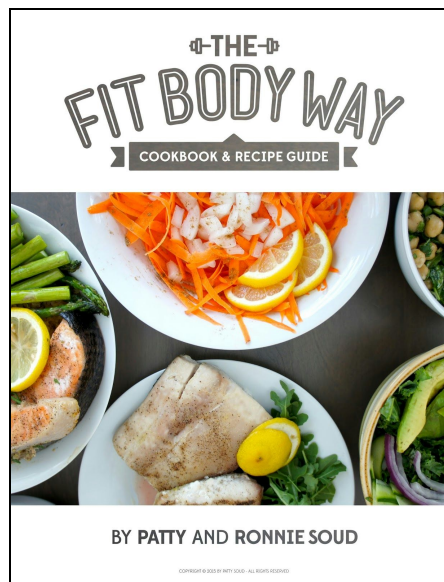


## Final Thoughts

We want to thank you for becoming a part of The Fit Body Way family. We hope you enjoy all of the information we have provided and outlined. We worked very hard to make sure this book provides all of the essential nutrition information you need to eat healthy and continually maintain a *fit body* day-after-day.

If you have not already, please check out [The Fit Body Way Cookbook & Recipe Guide](#). This is the cookbook that we wrote to accompany the Fit Body Way Nutrition Guide. We give over 100 healthy, fat burning, lean body recipes, including:

- breakfast
- sandwiches and wraps
- salads and dressings
- entrees
- side items
- smoothies
- beverages



All recipes are easy to prepare using fresh ingredients that are easy to find and inexpensive to keep stocked in your kitchen.

You can learn more about The Fit Body Way Cookbook & Recipe Guide here: <http://www.thefitbodyway.com/cookbook>

Also, if you're not already a member of our Fit Body Way newsletter, you can subscribe for free at <http://www.fitbodyway.com/newsletter>

A couple times per month we send out an email newsletter sharing all kinds of fitness and nutrition information, new recipes, as well as exclusive deals on healthy products you can buy online to make your healthy living cost-effective and convenient. We give this great information to help keep you moving forward through your own health and fitness journey.

I wish you the best of health, as you enjoy your fit body - today and always.

Patty Soud

Certified Personal Trainer  
Nutrition & Lifestyle Coach

I truly hope you will find this guide to be helpful, as we have put a lot of effort into condensing many topics that may have been confusing/controversial. I wish you the best of health, as you enjoy your fit body - today and always.

Patty Soud

Certified Personal Trainer  
Nutrition & Lifestyle Coach