

# Nutritional Overview and Guidelines



Before going into the Nutritional Overview and Guidelines, there is something you must do CONTINUOUSLY along the course of your fitness journey - you must listen to your body.

Nutrition and Fitness are not one size fits all concepts. Everyone is metabolically different and we each have unique responses to carbs, proteins, fats and calories. Pay attention to how quickly your body reacts to certain foods. Luckily, one thing is true that makes the approach to food relatively simple:

***We are all different, but we are still human. Years of scientific research and evidence has given us examples of what a human diet should look like in order to minimize body fat and maximize muscle growth, regardless of what tweaks you make. [The nutritional structure of this Program is built with this in mind.](#)***

## Guidelines for Your Meal Plans:

1. Your Meal Plans revolve around a very important document; the Approved Foods List. No matter what you do, **ONLY CHOOSE FROM FOODS IN THE APPROVED FOODS LIST**. If it's not in there, it's (mostly) off limits!
2. Each Meal Plan has a set number of calories plus a 200 calorie wiggle room to go up or down. Stay within this range until you are experienced enough to go higher or lower by **Stage 3** using the Caloric Maintenance Chart as a reference.
3. If you are not able to complete your workouts or feel fatigued during the day, then increase calories by adding Whole Grains/Starches and Vegetables
4. If you are not seeing fat loss quickly enough, then lower your calories by removing Fruit, Sprouted Grain Bread, Minimally Processed Carbs and Juices.
5. The most common recommendation for protein intake is 0.5g to 1g of protein per 1lb of your body weight. In other words, the most protein a 175lbs man should consume would be 175g of protein. This matters more on the high end if you train like an athlete (which you soon will) but generally speaking 10 to 15g of protein over OR under won't make or break your performance (though it's safer to be over than under, especially when you are lean) and your Meal Plans take this range into account. Just keep the above facts about protein handy in case you feel the need to tweak it slightly.
6. Limit Red Meat Consumption between 1 to 3 times per week.
7. Poultry, Fish and Meat should only be baked, broiled, grilled, boiled, or any other cooking method that does not require frying in oil or fat.
8. If you sauté or scramble food, only use non-fat cooking spray.
9. Use of Extra Virgin Olive Oil is permitted when preparing starchy carbohydrates or salad dressings.
10. You can use any dressings, sauces, gravies or condiments for your food that are ideally **85 calories or**

less per serving.

11. Ketchup, Mustard and Light Mayo are ok too.
12. You can have ONE Cheat Meal every 21 days starting from Stage 2.
13. **Rest Day Calories:** Your first Rest Day after training should contain the same number calories as the day before. If there is a second Rest Day, reduce the number between 50 to 150 calories
14. Download the free [Fat Secret](#) Mobile App for your [iPhone](#), [Android](#) or [Windows](#) device when making chances and/or tracking calories yourself.
15. **Don't obsess over every calorie or gram!!!!** Your Meal Plans are designed so that you can choose from any of the items in the Approved Foods List and still be within the ballpark range of fat, carb, protein and calories in the Example/Done for You meals. Just use your best judgment for any exceptions and use the [Fat Secret](#) App to double check portions if you aren't sure.

## SUMMARY



Proper Nutrition is the lifeblood of your Body Transformation Program. I cannot stress this enough. Sometimes we can't get to the gym...and that's okay. For what it's worth though, just know that your consistency with these nutritional guidelines will far outweigh any inconsistencies you may have in the gym. Being committed to what you eat is the one non-negotiable factor that WILL make or break your success. This is where the most discipline is required, and it is also where most people tend to struggle. With that said, just remember rule Number 1:

### **ONLY CHOOSE FROM FOODS IN THE APPROVED FOODS LIST**

The closer you stick to the Approved Foods List (which is loaded with variety and updated periodically), the better.

There's nothing to fear if this sounds like one of the more drastic changes to your lifestyle, because for most people it is. Luckily, your Transformation Program is but a small glimpse of your NEW and IMPROVED lifestyle. You can still eat the foods you love (remember, cheat meals every 21 days starting with Stage 2), you'll never starve to lose weight, and most importantly, you don't need to track EVERY single calorie or macronutrient. Not every banana, apple or sweet potato will be the same size. Everything is based on estimates. Approach these numbers as ranges you can play with as opposed to exact amounts. Staying fit is a fluid process and freedom of choice works a whole lot better than restrictions. 😊