

YOUR PERSONAL NUTRITION GUIDE

“I know what to eat”. How many times have I heard that in my career! Do you actually know what makes up a meal? When you look at your plate, what foods are there? Are you eating enough not only for your goals, but just to wake up and be productive during your day? Hopefully this template can provide you with the framework you need to consume a balanced diet, and compile a grocery list of champions!!

So when I say the word “meal” what does that mean? When we sit down to eat for breakfast, lunch, or dinner, or if it's your 6th meal of the day, (not sure what to call that lol) there should be 4 things on our plate!! These are:

- Lean Proteins
- Fruit or vegetables
- Carbs
- Fat

The best analogy I always use with clients is to think of the assembly line! If 4 people are working on the assembly line, and one person steps away, the remaining 3 need to pick up the slack and complete the extra workload!! SAME WITH OUR FOOD! If we don't have one of the above on our plate at any given meal, our body will use the remaining 3 for the functions that the body needs. This will not allow our body to use each individual macro to its full potential. For example, if I don't have any carbs after a workout and only have protein, I am going to prevent the protein I eat from fully repairing the tissues I just broke down during my workout!! NOT GOOD. You workout hard, and live life hard so you should get a maximum return on your investment (I.E the time and effort you commit to your health).

The four categories I listed above are what we call “Macronutrients”. The prefix of that word, Macro, meaning large-scale. These are foods our body needs in large amounts which is why we should be consuming them at every meal. Below, I am going to list some examples from each category!! This is the first step. Before we get into amounts, just ask yourself, do I have one item from each of the four categories above on my plate? If yes, you're off to a great start!! Whenever you go to the grocery store, you'll want to purchase 1-2 of these items in each category so your kitchen is stocked!! Going into the grocery with this in mind, it puts you in complete control over your nutrition. You don't have to follow some weird diet to “be healthy” whatever that actually means!!

Below, I am going to provide some examples of foods from each category. You can use this as an initial template when at the grocery store and considering what to buy!!

YOUR PERSONAL NUTRITION GUIDE

Protein

- Eggs/Egg Whites
- Fish
- Shellfish
- Chicken or lean beef
- Duck breast and thighs
- Turkey
- Lean Beef
- Bison
- Lean Pork
- Wild Game
- Plain Greek yogurt
- Cottage Cheese

Fruits and Vegetables

- Greens: Green tea, green beans, arugula, snap peas, legumes, broccoli, chinese cabbage, soy, collards, spinach, green peas, salad greens, chard, Brussels sprouts, kale, black tea, parsley
- Reds: Tomato, cranberries, walnuts, persimmon, cherries, raspberries, grapefruit, watermelon, chili powder, pomegranates, red cabbage, papaya
- Orange: Cantaloupe, corn, citrus fruits, mango, squash, turmeric, pineapple ginger, pumpkin, carrots, sweet potato, peaches
- White: Green tea, parsnips, garlic, onions, coconut, apples, black tea, rutabaga
- Purple: Cranberries, beets, cocoa, eggplant, wine, blueberries, grapes, peanuts, prunes, blackberries, strawberries, purple potatoes

Carbs

- Beans & Lentils
- Steel, rolled, & old fashioned oats
- Buckwheat
- Quinoa
- Whole grain, black, wild rice
- Sorghum
- Farro
- Millet
- Potatoes
- Amaranth
- Plain non-Greek yogurt
- Plain kefir
- Fresh and frozen fruit
- Corn
- Sweet potatoes
- Barley
- Taro
- Yuca
- Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

YOUR PERSONAL NUTRITION GUIDE

Fat

- Extra Virgin Olive oil
- Walnut oil
- Marinades and dressing with oils in this category
- Avocado and avocado oil
- Cheese
- Egg yolks
- Seeds: chia, flax, hemp, pumpkin, pepita, & sesame
- Cashews
- Pistachios
- Almonds
- Brazil nuts
- Pecans
- Peanuts and natural peanut butter
- Walnuts
- Olives
- Pesto made w/ extra virgin olive oil
- Nut butters from other nuts in this category
- Fresh unprocessed coconut

WOW, THAT'S A LOT!!!

Please don't feel overwhelmed. Just to reiterate, all you need to do is have one item from each category on your plate and you have yourself a meal. With that said, you can see how you have countless options when it comes to the different meals you can construct for yourself!!!

Now that we have a sense of what a meal is and what it's made up of, how much food should we be eating?

Great Question!! And the answer is, IT DEPENDS!!

"Don, you're killing me! I need something more specific than that!"

Okay, okay!! I will give you one of the most practical ways to begin figuring out how much of each food group you should be consuming. You will see that with the method I am about to provide you, you are in complete control and you will be able to tailor the amount of food you eat to what your body needs at any given time. Obviously, demands vary person to person, sex to sex, age to age, activity level to activity level.

Without question, the most accurate way to consume as close as possible to what you should be eating is weighing your food. Is this the most practical though? Do the majority of people need to weigh their food to achieve the goals they want to accomplish? The answer is of course, no!! The most practical way to determine amounts for yourself is by using hand portions!! Hands are portable so they come with us wherever we go including, work, date night, vacation, weddings, and at home! Hand portions work well because for the most part, smaller people tend to have smaller hands and bigger people tend to have bigger hands. THIS IS NOT ALWAYS THE CASE! But, most of the time, it is.

YOUR PERSONAL NUTRITION GUIDE

So, starting with protein, if we look at our open hand, the size of your palm would be one serving of protein. One serving of fruits and veggies would be a closed fist. One serving of a carb would be one cupped hand, and one serving of a fat would be one thumb size portion. For liquids/oils, refer to your nutrition label on the bottle for what a serving size would be.

Generally speaking, most people do well with 1-2 servings of each of the four above at each meal. This is where trial and error comes in and you will play around to figure out what works for you right now. If you tried two servings of everything at lunch for example, and you felt really full, then the next time you sit down for lunch cut back by half a serving of each.

The goal is to reach your satisfaction point. This is what we refer to as being 80% full! You're not totally stuffed and moaning and groaning, and you're not still starving!! You're just, good!!

To bring this to a close, whenever sitting down for a meal, first ask yourself, "do I have one food from each of the four categories above on my plate?" If yes, you're good!! If not, get off your butt, and go grab the missing piece!! If you don't have what you're missing, be sure to pick it up at the grocery store next time you're shopping!! Second, ask yourself, "how much do I have of each food on my plate?" Refer above to the hand portions that I broke down for you and move forward with trial and error. Give and take away from each category, until you find that you're finishing a meal, and you feel satisfied which again is about 80% full!!

I hope you found this to be valuable and I encourage you to use this as a reference document! We all fall off the wagon from time to time. We can always CHOOSE to get back on or stay off. The choice is ours.

Your body is not a Toyota Camry. You are a damn Ferrari, (input your favorite high end/performance vehicle here). Would you put regular gasoline in a Ferrari? Ask yourself, "what am I putting in my body?"