

How to Change your Body with Nutrition

Habit and Superfood based Nutrition.

www.Gymfirebrand.com

Here are some questions to help keep your eating habits on the path. When you read this, if your answers don't line up with the answers given below, then adjust your habits and try again. Test and retest in this way. To find your way! Ready go!

Part A) When did you last refuel?

1. Has it been longer than 2-4 hours since you've eaten?
2. A regular eating schedule helps blood sugar, maintain muscle.
3. Are you a Grazer 3-5 small meals or a Predator 1-2 meals

Part B) Where is your complete protein?

1. Eat at least one serving of protein eat feed 20-30g
2. Females get one serving, Males get 2
3. Eating protein with each meal can reduce body fat.
4. For Fat loss and muscle gain, protein should make up 50% of your diet.

Part C) Where are your vegetables?

1. Eating 5-10 servings of vegetables a day is recommended for optimal body composition.
2. Nutrient-Dense, packed with vitamins and minerals, fiber and carbohydrates
3. One pc fruit, ½ cup chopped fruit, and 1 cup of raw veggies equal a serving.
4. The fruit is not a vegetable.

Part D) What Carbs are you eating?

1. If you have fat to burn but haven't just worked out, do not eat starchy carbs like; pasta, bread, rice, potato, tortilla, bagel, cake, muffin, and noodles, candy, cereal, or dairy products.
2. Instead, eat two servings of vegetables, mixed greens, and one serving of raw fruit.
3. If you have fat to burn, but you've just worked out hard, then a mix of Carb sources is fine.
4. Control Carbs, not Low Carbs, save your carbs within 1-2 hrs after exercise.
5. Focus on whole-grain variety
6. If you want to lose fat, you only get to eat carbs when you earn them—no exercise, no carbs other than fruits and veggies, of course.
7. If you want to gain muscle or support carb-dependent activities, use the carb timing principles.
8. For Fat loss, Carbs should make up 20% of your diet.

Part E) Where are you getting your fats?

1. You need fat from animal foods, oils, nuts, seeds, and seed oil.
2. Spread fats throughout your day, try to add Healthy monounsaturated fats.
3. Fat doesn't make people fat; too many calories does
4. Fat should make up 30% of your diet.
5. Add oils, nuts, and seeds to your salads or meals. (Like olive oil, herbs on baked chicken)

Reference Chart for success

If you need help remembering your nutrient timing, just refer to this chart. Once you have these protocols memorized, your eating will be a lot more streamlined, and the behavior will become more comfortable for you to repeat, and more importantly, stick too!

Protein Chart

Type: Lean Complete Protein

Timing: Eaten at each feeding

Amount: 1 serving women, two servings men. palm size

Examples: Beef, chicken, bison, turkey, venison

Fish, Eggs, Low Fat Dairy, Vegetarian Choices

Milk Proteins, shakes, bars, etc

Fats Chart

Type: Saturated, Monounsaturated, and Polyunsaturated Fats

Timing: None, just be sure to get $\frac{1}{3}$ total fat from each source

Amount: Focus on Healthy Monounsaturated Fats first

Examples: Mono, Extra virgin olive oil, some nuts, avocados, nut butter

Saturated, Animals fats, eggs, dairy, meat, butter, cheese, coconut oil

Polyunsaturated, flax seeds, seed oils, fish oil, nuts, vegetable Oil

Carb Chart for Fat Loss

Type: Exercise Recovery Drinks

Timing: During a prolonged session of exercise of one to two hours only.

Amount: None if you can avoid it unless you are an athlete,

Examples: Sugary, Protein-rich shakes, recovery drinks like Biotest, Surge, Endurox, Gatorade, Powerade, etc.

Type: Simple Sugars and Highly Processed Carbs

Timing: Minimize or avoid at all costs.

Amount: None

Examples: Sugary sports drinks, Breakfast cereal, Soda, Juice, Table Sugar, Desserts, Candy, Milk Shakes, Blended Coffee, Donuts, Ice Cream, Muffins, Bagels, and any carb-rich snacks that come in a wrapped package.

Type: Whole-Grain Starchy Carbs

Timing: Eat within one to two hours of exercise.

Amount: One serving

Examples: Whole-grain Bread, Whole-Grain Pasta or Flax, Unbleached, wholegrain, unprocessed rice, potatoes, roots, and yams. Oats, wheat, rye, quinoa, millet grains, and cereals only.

Type: Fruits and Veggies

Timing: Eat with each feeding, emphasis on vegetables.

Amount: Two to one ratio of Veg to Fruit. Five to 10 servings a day.

Examples: Spinach, Carrots, Tomatoes, Broccoli, Cauliflower, Apples, Oranges, Avocado, Berries

If you have fat to lose, you should stick with water, unsweetened teas, 0 calorie drinks, or amino acid workout drinks with no calories and zero sugar.

Carb Chart for Muscle Gain

Type: Exercise Recovery Drinks

Timing: During a prolonged session of exercise only.

Amount: One serving during exercise only.

Examples: Sugary, Protein-rich shakes, recovery drinks like Biotest, Surge, Endurox, Gatorade, Powerade, etc.

Type: Simple Sugars and Highly Processed Carbs

Timing: Minimize intake and consume immediately after exercise only. If at all.

Amount: One serving

Examples: Sugary sports drinks, Breakfast cereal, Soda, Juice, Table Sugar, Desserts, Candy, Milk Shakes, Blended Coffee, Donuts, Ice Cream, Muffins, Bagels, and any carb-rich snacks that come in a wrapped package.

Type: Whole-Grain Starchy Carbs

Timing: Eat within two to three hours of exercise.

Amount: One serving

Examples: Whole-grain Bread, Whole-Grain Pasta or Flax, Unbleached, wholegrain, unprocessed rice, potatoes, roots, and yams. Oats, wheat, rye, quinoa, millet grains, and cereals only.

Type: Fruits and Veggies

Timing: Eat with each feeding, emphasis on vegetables.

Amount: Two to one ratio of Veg to Fruit. Five to 10 servings a day.

Examples: Spinach, Carrots, Tomatoes, Broccoli, Cauliflower, Apples, Oranges, Avocado, Berries

You should minimize these food choices. Yet, they are permissible after exercise if you have good carbohydrate tolerance and a definite mass gain goal. You should eat carbohydrates if you want to gain weight.