

# The Ultimate Nutrition Guide

By: Hayley London, Pn1



*Hayley London*  
TRAINING

Disclaimer: I, Hayley London, am a Precision Nutrition Level 1 (Pn1) Certified Nutrition Coach and a National Academy of Sports Medicine Fitness Nutrition Specialist (NASM FNS). I designed this guide to help you make better healthy eating habits with intentions to educate you to live a healthy lifestyle. You will find that specific meals are not planned out for you, as you are challenged to create your own with the information provided to you. I have included some ideas; however, you are not required to follow the ideas as they are there for inspiration. Choosing what works best for YOU is what is important.

**Go at your own pace.** You don't have to jump in head-first to start experiencing benefits. Feel free to skim this guide and pull out some helpful first steps. You can always come back to it as needed.

**Don't overthink it.** The best way to start making progress... is to start making progress. That can be as simple as choosing just one concept in this guide and putting it to use. For example, you might begin by using hand portions at one meal a day. As you practice and get used to it, you can use it for other meals.

**Keep this guide handy.** There are a lot of helpful elements here, but it can also be a lot to remember. Refer back whenever you need a refresher.

**Have fun!**

## Table of Contents

Understanding the Basics of Nutrition	4
Proteins	6
Carbs	7
Fats	9
Water and Hydration	11
Vegetables and Fruits	12
Limiting Sugar & Making Adjustments	13
Frequently Asked Questions	14
Breakfast Ideas	15
Lunch Ideas	16
Dinner Ideas	17
Snack Ideas	18
Grocery List	19

## UNDERSTANDING THE BASICS OF NUTRITION

An imperative aspect to living a healthy life is fueling your body with the proper nutrients. That means the food that you put in your body is very important and can dictate the longevity of your life. Supplying your body with whole, clean foods, is the best way to avoid malnutrition and overweight disease. Understanding the basics is the first step in creating a lifestyle that is abundant in nutrients.

### Determining Your Personal Needs

How much you eat depends on many factors. To determine your personalized needs, these factors need to be considered:

- Age
- Gender
- Body weight
- Height
- Activity Level (How active is your job? How intense is your exercise?)
- Your diet (Do you eat a traditional diet? Or are you vegetarian? Vegan? Etc.)
- How frequently you eat (How many meals a day do you eat?)
- Your personal fitness goals (Do you want to lose weight? Gain muscle?)

### How to eat the right amount for your goals

Weight loss:  $\text{Calories In} < \text{Calories Out}$

Weight gain:  $\text{Calories In} > \text{Calories Out}$

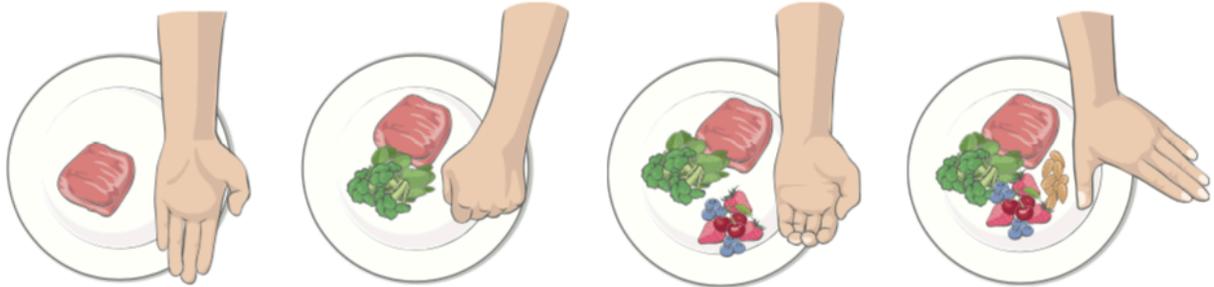
Maintain:  $\text{Calories In} = \text{Calories Out}$

Seems simple, right? Eat more calories than you burn, you gain weight. Eat fewer calories than you burn, and you lose weight.

Except let's **forget counting calories.**

*Why?* Because unless you are an Olympic athlete or training for a Bodybuilding competition, you likely will never need to know exactly how many calories you eat daily. It's time-consuming, tedious, and sometimes even stressful.

Instead... use your hands.



A portion of protein  
= 1 palm

A portion of  
vegetables = 1 fist

A portion of carbs  
= 1 cupped hand

A portion of fat  
= 1 thumb

Here how it works:

- Your **palm** determines your **protein** portions.
- Your **fist** determines your **veggie** portions.
- Your **cupped hand** determines your **carb** portions.
- Your **thumb** determines your **fat** portions.

**Hands are portable.** You won't need to worry about finding a scale or measuring cup when out to eat. You'll have two beautiful tools that go where you go.

**Hands are a consistent size.** Use them as a reference to compare portions.

**Hands are proportional to you.** Your hand size varies from the next person. A bigger person needs more food, but likely has bigger hands to support their nutrition needs.

	Hand Portion	Macronutrient	Conventional Measurement
<b>Protein</b>	1 palm	~20-30g	~3-4 oz cooked meat, 2 whole eggs, 1 cup Greek Yogurt
<b>Carbs</b>	1 cupped hand	~20-30g	~ 1/2 to 2/3 cup cooked grains/legumes, 1 medium fruit
<b>Fat</b>	1 thumb	~7-12g	~1 tbsp

## PROTEIN

Protein, an essential macronutrient in your diet. Our bodies use protein to build and repair tissues. Protein is imperative for bones, muscles, cartilage, skin, and blood. A myth of protein is that it is used by men to “get jacked”, however that is wildly untrue. While a higher protein intake can increase muscle size, that is not how healthy bodies utilize the consumption of protein. Here are some health benefits of eating foods with protein:



- Can aid in avoiding cravings because they make you feel full
- Stabilizes blood sugar levels
- Improves mood
- Promotes healthy brain function
- Maintains strong bones
- Protects heart
- Slows down aging process and promotes longevity
- Boosts muscle mass

*How much protein should I consume each day? Each serving is 1 palm portion.*

	WOMEN	MEN
<b>WEIGHT LOSS</b>	3-5 servings	5-7 servings
<b>MAINTAIN</b>	4-6 servings	6-8 servings
<b>WEIGHT GAIN</b>	5-7 servings	7-9 servings

Eat More Often	Eat Sometimes	Eat Less Often
Eggs and egg whites	Medium-lean meats	Fried meats
White Fish	Tofu	Breaded chicken (wings, fingers, nuggets)
Tuna	Edamame	High-fat meats
Shellfish	Uncultured cottage cheese	High-fat sausage (e.g. hot dogs)
Chicken	Canadian bacon	Processed soy
Turkey	Meat jerky	
Wild-Caught Salmon	Lamb	

Eat More Often	Eat Sometimes	Eat Less Often
Grass-fed lean ground beef Lean Beef Tenderloin Bison Lean Pork Wild Game Plain Greek Yogurt (nonfat) Tempeh Cultured Cottage cheese Lentils and beans	Minimally processed lean deli meats Poultry sausage Protein Powders Canned Tuna	Processed deli meats Protein bars Pepperoni sticks High-mercury fish

## CARBOHYDRATES

Carbohydrates are one of the 3 macronutrients essential in your diet. Carbs are found in many different foods including fruits, vegetables, grains, breads, and even dairy products. These foods are used by our bodies to create glucose, which is the body's main energy source. Glucose is a type of sugar that can be used right away for energy (e.g. exercise) or stored away to be used later. Although carbs have been known to be an “enemy”, carbs are extremely important in a healthy, balanced diet. The key factor is choosing the correct carbs that will not promote weight gain. Without carbs, we would be cranky and tired all the time. Some benefits for consuming carbs:



- Increases brain function
- Reduces bloating
- Boosts the “feel-good” hormones in your body, a.k.a. serotonin
- Improves energy levels
- Contain excellent sources of different vitamins
- They’re yummy!

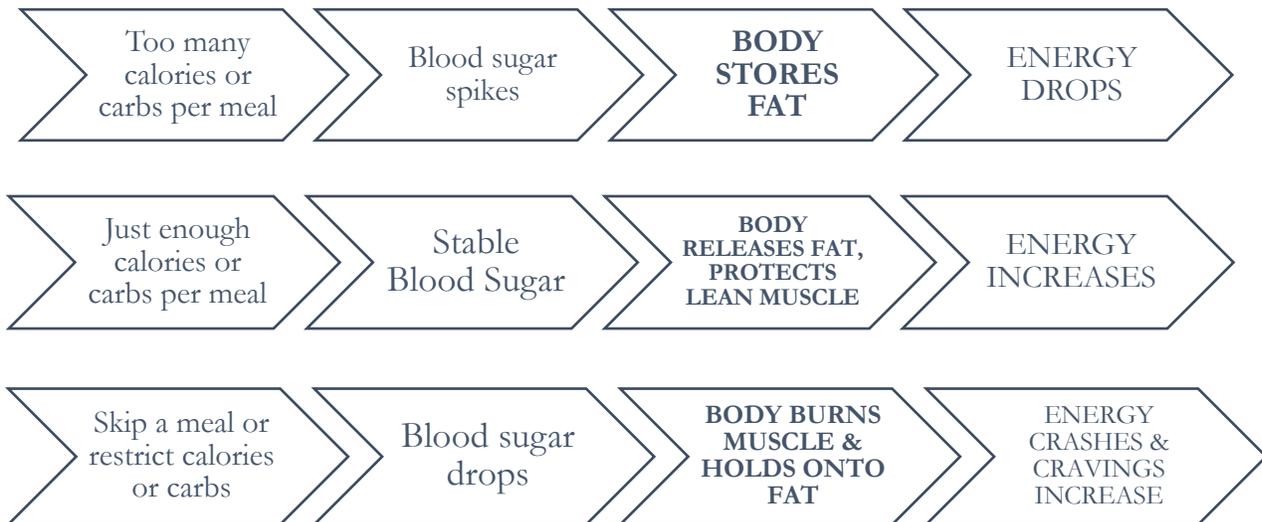
How many carbs should I intake each day? Each serving is 1 cupped hand.

	WOMEN	MEN
<b>WEIGHT LOSS</b>	5-7 servings	8-9 servings
<b>MAINTAIN</b>	6-8 servings	10 servings
<b>WEIGHT GAIN</b>	7-9 servings	12 servings

*Tips:*

1. If you are feeling light-headed during a workout, it could be that you are insufficient in your carb intake. A quick fix is to eat carbs right before you are about to exercise (about 20-30 minutes before).
2. Consuming carbs post-workout inhibits muscle-protein breakdown, resulting in a positive protein balance.

### CARB & BLOOD SUGAR RELATIONSHIP:



Eat More Often	Eat Sometimes	Eat Less Often
Beans and lentils Steel-cut oats and old-fashioned oats Buckwheat Quinoa	Couscous White rice Granola Instant or flavored oats Milk Fortified cereal	Cereal bars Fruit juices Flavored milk Honey, molasses, syrups, & jellies

Eat More Often	Eat Sometimes	Eat Less Often
Whole-grain, black, and wild rice Farro Millet Potatoes Plain Kefir Fresh and frozen fruit Corn Sweet Potatoes Barley Yuca Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps	Vegetable juices Flavored yogurt Flavored kefir Pancakes and waffles Whole-grain crackers Oat-based granola bars Canned, dried, and pureed unsweetened fruit White bagels, breads, English muffins, pastas, and wraps	Canned, dried, and pureed fruit w/ added sugar Soda Crackers Sugar Pretzels Foods with 10+g of sugar  <u>AVOID:</u> Chips Fried Cookies Donuts Cakes Muffins and pastries

## FATS

Dietary fats that is. They are essential in providing the body energy and supporting cell growth. Fat helps protect your cells and organs, especially the most important organ in your body – your brain.

Omega-3 fats are a type of an unsaturated fat. They are crucial for optimum nerve, brain and heart function. Some amazing benefits of consuming Omega-3 in your diet:



- Can fight depression and anxiety
- Improve vision
- Can reduce symptoms of ADHD in children
- Reduces chronic inflammation
- Helps fight several autoimmune diseases, including type 1 diabetes, rheumatoid arthritis
- Can reduce menstrual pain
- Amazing for your skin – manages oil and fights acne.

How much fat should I intake each day? Each serving is 1 thumb portion.

	WOMEN	MEN
<b>WEIGHT LOSS</b>	8 servings	10 servings
<b>MAINTAIN</b>	9 servings	11-12 servings
<b>WEIGHT GAIN</b>	10 servings	13-15 servings

Tips:

- If you are lacking omega-3 in your diet, you may want to consider taking an omega-3 supplement (such as Flax Seed Oil or Fish Oil). This is a cheap and highly effective option to improve your health.
- You can locate the amount of fat in foods by looking at the nutritional facts (usually broken down into unsaturated/healthy and saturated/unhealthy fats).

Eat More Often	Eat Sometimes	Eat Less Often
Extra virgin olive oil	Virgin and light olive oil	Bacon
Walnut oil	Flaxseed oil	Sausage
Avocado and avocado oil	Coconut oil or milk	Butter
Cheese, aged > 6 months	Peanut oil and regular	Margarine
Egg yolks	peanut butter	Processed cheese
Almonds	Dark chocolate	Corn oil
Seeds: chia, flax, hemp, pumpkin, and sesame	Fish and algae oil	Cottonseed oil
Cashews	Cream	Sunflower oil
Pistachios	Cheese aged < 6 months	Vegetable oil
Brazil nuts	Flavored nuts and nut butters	Soybean oil
Pecans	Sesame oil	Sunflower oil
Peanuts & natural peanut butter	Canola oil	Safflower oil
Olives	High oleic safflower and sunflower oils ( <i>these naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats</i> )	Marinades and dressings with oils in this category
Pesto made w/ EVOO	Trail mix	Fat-rich foods with 10+g added sugar
Marinades and dressings w/ oils in this category		Hydrogenated oils and trans fats
Nut butters		Shortening
Fresh unprocessed coconut		

## WATER & HYDRATION

Humans have an inherent, critical need for water. It is the vehicle in which all of our metabolic reactions occur. It gives form to our cells, lubricates your joints and tissues, transports nutrients and waste, and cools body temperature. Consuming water helps maintain the balance of body fluids. Water has many benefits:

- Increases energy and cognitive functions
- Relieves fatigue
- Promotes weight loss
- Flushes out toxins
- Improves skin complexion
- Boosts immune system
- Aids in digestion
- Prevents dehydration



**Water needs** vary from person to person. Typically, the amount of water you intake each day is dependent on your total body weight. For example, an obese person will require more water than a nonobese person, to consider for body surface area and metabolic rate.

As a rule of thumb, I suggest aiming for **at least half** of your body weight in ounces each day plus another 16 or 20 ounces that come from food, for females and males respectively. For example, a 140-lb female adult should drink about 70 ounces of water and roughly 16 ounces that comes from foods (fruits and vegetables).

If tracking your water intake is not your cup of tea, another way to assess your hydration levels is to check your urine color (*I know, ewww!*), if your pee is clear—you're in the clear. Dark yellow urine is an indication that you are not drinking enough water.

**Caveat:** many things can affect urine color, including drinking a large quantity of water soon before urinating (lightens it) or taking B-vitamins (darkens it).

### Hayley's Advice:

Every morning upon rising, drink an 8oz. glass of room temperature water. This helps rehydrate you after you've fasted during your slumber. In addition, it boosts your metabolism, awakens your organs, and stimulates the brain.

*Tips:*

1. Carry a 20oz water bottle (average size) with you everywhere. Sip on this throughout the day, filling up 3-4 times.
2. Add fruit to liven it up and give it more flavor.
3. Order water when eating out – it's FREE!
4. Even when out at the bars, order this: water, spirit (eg. Vodka), and lemon & lime with an splash of cranberry. And boom, you have a low-cal cocktail!

## VEGETABLES & FRUITS



Vegetables provide many nutrients vital for health. Vegetables are important sources of dietary fiber, vitamins A and C, potassium, folic acid, and much more. Eating a vegetable-rich diet allows for an overall decrease in risk of chronic diseases, such as heart disease. Eating vegetables can even tighten the tummy.

Generally speaking, people who eat fruits everyday have reduced their risk of sustaining a chronic disease. Fruits are an excellence source of many nutrients, including vitamin C, potassium, fiber, folic acid, and other vitamins and minerals. Choose fruits that are rich in antioxidants.

*Tips:*

1. **EAT THE RAINBOW**
2. Adding fruit into a smoothie is quick, easy, and suffices your daily fruit needs in one meal.
3. Shop local. This aids in recovery of seasonal allergies. Also, shopping locally for produce ensures that they are fresh. I also find that local farmers' markets are much cheaper than big box grocery stores.
4. One of the best ways to consume vegetables is to think of eating a serving in each meal. Try adding a ½ cup of kale to your smoothie, a handful of spinach and toppings in a salad, or a side of steamed broccoli for dinner.

## LIMITING SUGAR

Sugar is found in nearly most foods; often times you are eating it without even knowing it (e.g. found in breads, condiments, and sauces). This is the *added* sugar, not the natural sugar found in fruits and dairy. Sugar has many side-effects when over-eaten:

- Causes metabolic dysfunction (a.k.a. digestion issues)
- Weight gain (due to calorie-density)
- Abdominal obesity (carry fat in abdomen)
- Irritability
- Increased blood pressure
- Skin inflammation (redness, acne, etc.)
- Can speed the process of wrinkles and skin sagging
- Over-consumption can lead to type 2 diabetes

*Ways to reduce sugar intake:*

1. Read the food labels (as a rule of thumb, if the word ends in -ose, chances are that is sugar hidden under a different name)
2. Switch out sodas for water; start the transition slowly – don't go Cold Turkey
3. Swap canned for fresh (e.g. red sauce for fresh tomatoes)

## HOW TO ADJUST CALORIES, MACROS AND HAND PORTIONS TO FURTHER PROGRESS

Important point: The suggested servings or hand-portion numbers in this guide are a *starting point*, not an *ending point*. With that in mind, you will likely have to make a few adjustments. But first, it's important to know what kind of progress is possible... and probable.

How fast you can lose body fat depends on how consistently you can, or want to, follow the given guidelines. Fat loss is often faster when first starting out and when you have more body fat to lose. The leaner one becomes, the slower the rate of loss becomes, with more frequent plateaus.

The ability to gain muscle is dependent upon age, training experience, biological sex, consistency with food intake, and more.

**Want more individualization? Hayley London Training offers Nutrition Coaching—working with you one-on-one to improve your habits, creating healthy new ones!**

## FAQ:

### **What if I am not losing fat within realistic parameters?**

Decrease your intake by about 250 calories a day, by cutting out some carbs and/or fats. Or simply remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

### **What if I am not gaining muscle within realistic parameters?**

Increase your intake by about 250 calories a day, by adding some carbs and/or fats. Or simply add 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats to your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

### **What if I am losing too much lean mass when losing weight?**

Increase your daily protein intake by about 25 grams. Or simply add 1 extra palm of protein to your daily intake.

### **What if I am gaining too much fat when adding muscle?**

Increase your daily protein intake by about 25 grams, and decrease your daily carb and/or fat intake by about 250 calories. Or simply add 1 extra palm of protein to your daily intake, and remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

### **How long should I wait before making adjustments?**

In general, you should monitor your results about every two weeks before making further adjustments to your intake. And as you become more advanced, or progress closer to your final goal, it may take a full four weeks to see if your intake is working. Give it an appropriate amount of time before considering further adjustments.

### **What if I want to substitute some carb or fat portions?**

You can substitute carb or fat portions for each other to suit your preferences. Pay attention to your response (e.g. appetite, energy levels, body change progress, etc.) and make further adjustments as desired.

### **What about snacks?**

Your daily macro and portion totals can be divvied up as you prefer, so if you want to replace any meals with smaller snacks, feel free. Just make sure to compensate by adding appropriate portions to the remaining meals throughout the day. Again, your main goal is to reach your target intakes for the day.

## Breakfast Ideas:

### Hard Boiled Eggs & Oatmeal

- 16 oz. water
- 2 Hard-boiled eggs
- 1 ½ cupped hand of oatmeal
- ½ cupped hand raw blueberries (to add in the oatmeal)
- 1 thumb of raw local honey to sweeten \*optional

### Vegetable Omelet and Nut Butter Toast

- 16 oz. water
- 2-3 eggs
- 1-2 fists of onions, peppers, and mushrooms (or other veggies of choice)
- 1 slice of toast
- 1 thumb of nut butter

### English muffin + avocado

- 16 oz. water
- 1 English Muffin, whole wheat – toasted
- 2 Whole Eggs – cooked to preference
- 1 thumb or ½ avocado, sliced
- 2 fists of Spinach, cooked

### Super Smoothie

- 16 oz. water
- 2-3 scoops of protein powder
- 1-2 fists of spinach
- 1 cupped hand of frozen berries
- 1 thumb of chia seeds
- 1 cup of unsweetened almond milk or plain dairy milk

### Cereal & Berries

- 16 oz. water
- 1 ½ cupped hands of Oat Bran Flakes Cereal
- ½ cupped hand of dried berries
- ¾ cup unsweetened almond milk or plain dairy milk

## Lunch Ideas:

### **Turkey Sandwich**

16 oz. water  
1-2 palms of roasted turkey breast  
½ fist of spinach  
1 slice of tomato  
1 thumb of mayo  
2 slices of whole wheat bread  
2 fists of raw carrots

### **Chicken Salad**

16 oz. water  
1 palm of shredded chicken (rotisserie)  
2 fists of spinach base  
1 thumb of dried cranberries  
½ fist of shredded carrots  
½ fist of cucumbers  
2 thumbs of balsamic vinegar/EVOO

### **Grilled Chicken Wrap**

16 oz. water  
1-2 palms of chicken breast  
½ fist spinach  
1 slice of tomato  
½ fist of raw peppers and onions  
1 slice of cheese  
2 thumbs of hummus  
1 cupped hand of red grapes  
1 handful of whole grain wrap

### **Grilled Pesto Chicken Wrap**

16 oz. water  
2-3 palms chopped chicken  
1-2 fists of baby carrots and cucumber slices  
1 handful of whole grain wrap and black beans  
1 thumb of olive oil pesto

### **Quinoa Power Bowl**

16 oz. water  
2 palms of cooked chickpeas  
1-2 fists of cooked sweet potatoes  
1 cupped hand of cooked quinoa  
1 thumb of balsamic dressing  
½ thumb or ¼ of avocado

## Dinner Ideas:

### **Steak & Zucchini**

16 oz. water  
2-3 palms Flank Steak – lean, broiled  
1-2 cupped hands of brown rice, cooked  
2 fists zucchini, sauteed

### **Mahi Mahi + veggies**

16 oz. water  
2-3 palms Mahi Mahi (or other white fish—try to avoid Tilapia), fresh, sautéed  
2 fists of broccoli, boiled, no salt  
1 cupped hand brown rice, cooked OR 1 cupped hand black beans, cooked  
1 thumb of olive oil (to cook with)

### **Baked Sweet Potato & Chicken**

16 oz. water  
2-3 palms Chicken Breast, cooked – grilled  
2 fists (1 medium-large) Sweet Potato, baked  
1 ½ cupped hand of spinach, sauteed  
1-2 thumbs of sour cream

### **Chicken Pasta**

16 oz. water  
2-3 palms of grilled or baked chicken  
2-3 handfuls of pasta, whole wheat, cooked  
1 cupped of kale, cooked  
1 thumb extra virgin olive oil  
1 thumb of Italian seasoning or dressing to marinate the chicken  
1 thumb of parmesan cheese

### **Roasted Salmon**

16 oz. water  
2-3 palms of wild-caught salmon, roasted  
1-2 fists of roasted cauliflower  
1 handful of sweet potato slices  
1 thumb of olive oil drizzle on top

### **Seared Tofu with Quinoa and Mixed Greens**

2-3 palms of seared tofu  
1-2 fists of leafy green salad  
1 handful of quinoa  
1 thumb of dressing drizzled on top  
+1 Glass of Wine (counts as 1 handful or 1 thumb)

## Snack Ideas:

### **Fruit & Yogurt**

16 oz. water  
1 Peach (1 cupped hand)  
½ cup Low fat yogurt

### **Carrots + Hummus**

16 oz. water  
1 handful of raw baby carrots  
1 cupped hand of hummus

### **Fruit parfait**

16 oz. water  
½ nonfat Greek yogurt  
1 cupped hand of berries  
1 thumb of granola or seeds

### **Tropical Cottage Cheese Bowl**

16 oz. water  
2-3 cups of cottage cheese  
1 handful of chopped pineapple  
1 thumb of walnuts

### **Wild Rice Soup**

16 oz. water  
½ cup of bone broth  
1 handful of wild rice  
2 fists of chopped carrots, onions, and celery  
1 palm of shredded chicken

Want more guidance on building healthy meals? See This [5-Step Guide](#).

## Grocery List

- Lean meats: Chicken, Turkey, Pork, Lean Beef, Ground Turkey/Beef/Chicken
- Vegetables: Broccoli, asparagus, baby carrots and shredded carrots, sweet potatoes, Brussel sprouts, green beans, spinach, kale, mushrooms, celery
- Fruit: Bananas, raspberries, blueberries, blackberries, tomatoes, avocados, oranges, peaches, apples
- Bread: sprouted grain or whole wheat
- Coconut oil or EVOO
- Nuts: Almonds, walnuts, pistachios
- Brown Rice
- Whole Wheat Pasta
- Natural Peanut Butter
- Rice cakes
- Cereal
- Tomato/pasta sauce
- Whole wheat or spinach wraps
- Whole wheat English muffins
- Organic Eggs
- Organic 1% Milk or Almond Milk
- Low fat cheese
- Granola
- Greek Yogurt or Low-Fat Yogurt
- Quinoa
- Shrimp
- Fish: Cod, Halibut, Salmon
- Light Canned Tuna
- Lightly Buttered Popcorn
- Beans: Black, Pinto, Kidney
- Low-sodium soups
- Whole grain crackers
- Seeds: flax seeds, chia seeds, sesame seeds
- Hummus
- Dark chocolate pieces (containing more than 70% cocoa)
- Corn tortillas
- Corn tortilla chips
- Salad dressings (low-fat, low-sodium & avoid saturated fats)
- Hot sauce of your choice
- Frozen whole grain waffles
- Frozen vegetables (peas, broccoli, carrots)
- Frozen fruit (strawberries, blueberries – no added sugar)
- Low fat ice cream
- Frozen whole grain vegetable pizza
- Chicken or Beef bone broth