

HALO ACADEMY'S

ULTIMATE NUTRITION GUIDE

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UNDERSTANDING THE BASICS

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:

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



How to Eat the Right Amount For Your Goals

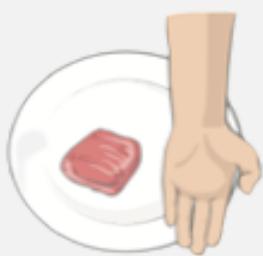
Weight loss: $\text{Calories In} < \text{Calories Out}$
Weight gain: $\text{Calories In} > \text{Calories Out}$
Maintain: $\text{Calories In} = \text{Calories Out}$

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.

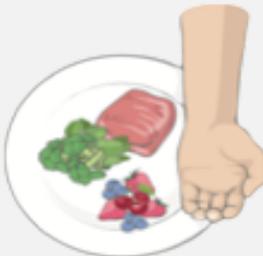
Instead... use your hands.



1 portion of protein = 1 palm



1 portion of vegetables
= 1 fist



1 portion of carbs =
1 cupped hand



1 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.

Macronutrient	Hand Portion	Serving Size	Conventional Measurement
Protein	1 Palm	~ 20-30g	~ 3-4oz cooked meat, 2 whole eggs, 1 cup Greek Yogurt
Carbs	1 cupped hand	~ 20-30g	~ 1/2 to 2/3 cup cooked grains, legumes, 1 medium fruit
Fat	1 thumb	~ 7-12g	~ 1tbsp oil or butter

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 & satiated
- 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

GOAL	Women	Men
Weight Loss	3-5 Servings or 60-150g	5-7 Servings or 100-210g
Maintain Weight	4-6 Servings or 80-180g	6-8 Servings or 120-240g
Weight Gain	5-7 Servings or 100-210g	7-9 Servings or 140-270g

PROTEIN

Eat More Often	Eat Sometimes	Try to Avoid
<p>Eggs and egg whites White Fish Tuna Shellfish Chicken Turkey Wild-Caught Salmon Grass-fed lean ground beef Lean Beef Tenderloin Bison Lean Pork Wild Game Plain Greek Yogurt (nonfat) Tempeh Cultured Cottage cheese Lentils and beans Low-temperature processed Protein Powders</p>	<p>Medium-lean meats Tofu Edamame Uncultured cottage cheese Canadian bacon Meat jerky Lamb Minimally processed lean deli meats Poultry Sausage Canned Tuna</p>	<p>Fried meats Breaded chicken (wings, fingers, nuggets) High-fat meats High-fat sausage (e.g. hot dogs) Processed soy Processed deli meats Protein bars Pepperoni sticks High-mercury fish</p>

For ideas on how to implement these proteins into meals, see pages 14-17 for breakfast, lunch, dinner, and snack ideas.



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 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

GOAL	Women	Men
Weight Loss	5-7 Servings or 100-210g	8-9 Servings or 160-270g
Maintain Weight	6-8 Servings or 120-240g	10 Servings or 200-300g
Weight Gain	7-9 Servings or 140-270g	12 Servings or 240-360g

CARBS

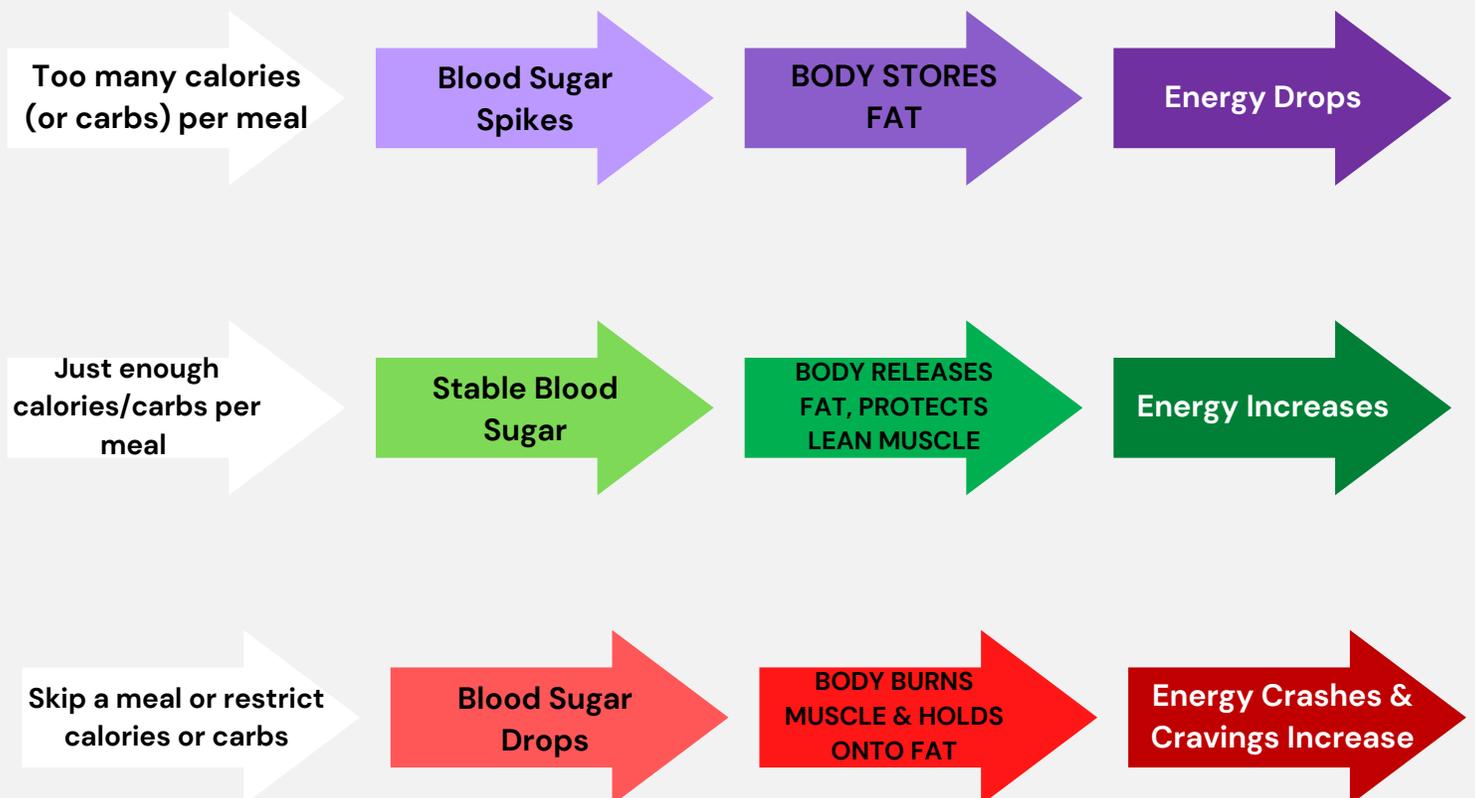
Eat More Often	Eat Sometimes	Try to Avoid
<p>Beans and lentils Steel-cut oats & Old-fashioned oats Buckwheat Quinoa Whole-grain, black, and wild rice Farro Millet Potatoes Plain Kefir Fresh and frozen fruit Corn Sweet Potatoes Barley Yuca Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps</p>	<p>Couscous White rice Granola Instant or flavored oats Milk Fortified cereal 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</p>	<p>Cereal bars Fruit juices Flavored milk Honey, molasses, syrups, & jellies Canned, dried, and pureed fruit w/ added sugar Soda Crackers Sugar Pretzels Foods with 10+g of sugar AVOID: Chips Fried Cookies Donuts Cakes Muffins and pastries</p>

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). Avoid any foods high in fiber and fats as they are slower to digest and may upset your stomach.
2. Consuming carbohydrates post-workout inhibits muscle-protein breakdown, resulting in a positive protein balance. (i.e. consuming carbs with post-workout protein will stimulate more muscle growth)

CARB & BLOOD SUGAR RELATIONSHIP

Carbohydrates are broken down in our body and turned into glucose, which is then stored, used for energy, or converted into fat. As glucose travels through the blood, it is called blood glucose or blood sugar, requiring insulin to assist in transportation from the blood and into your cells. Understanding the relationship between carbs and blood sugar is important to properly utilize energy and avoid chronic diseases like diabetes and hypertension (high blood pressure).



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.

GOAL	Women	Men
Weight Loss	8 servings or 56-96g	10 servings or 70-120g
Maintain Weight	9 servings or 63-108g	11-12 servings or 77-144g
Weight Gain	10 servings or 70-120g	13-15 servings or 91-180g

FATS

Eat More Often	Eat Sometimes	Try to Avoid
<p>Extra virgin olive oil Walnut oil Avocado and avocado oil Cheese, aged > 6 months Egg yolks Almonds Seeds: chia, flax, hemp, pumpkin, and sesame Cashews Pistachios Brazil nuts Pecans Peanuts & natural peanut butter Olives Pesto made w/ EVOO Marinades and dressings w/ oils in this category Nut butters Fresh unprocessed coconut</p>	<p>Virgin and light olive oil Flaxseed oil Coconut oil or milk Peanut oil and regular peanut butter Dark chocolate Fish and algae oil Cream Cheese aged < 6 months Flavored nuts and nut butters Sesame oil Canola oil 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>) Trail mix</p>	<p>Bacon Sausage Butter Margarine Processed cheese Corn oil Cottonseed oil Sunflower oil Vegetable oil Soybean oil Sunflower oil Safflower oil Marinades and dressings with oils in this category Fat-rich foods with 10+g added sugar Hydrogenated oils and trans fats Shortening</p>

Tips:

1. 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.
2. You can locate the amount of fat in foods by looking at the nutritional facts (usually broken down into unsaturated/healthy, saturated/unhealthy fats, and trans fat).

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



TRY THIS:

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.

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 non-obese 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. *Many things can affect your urine color, including drinking a large quantity of liquids soon before excretion (which lightens it) or taking B-vitamins will darken it.*

Tips continued on following page

TIPS TO DRINK MORE WATER

1. **Carry a refillable 20oz water bottle (average size) with you everywhere. Sip on this throughout the day, filling up 3-4 times.** Fill up stations are becoming more and more available, allowing this to be much easier to stay hydrated when you're traveling or out-and-about. This also serves as a visual reminder to drink more water.
2. **Add Fruit to liven up your water.** If you're the type that doesn't like the taste of water, adding fruit will add more flavor (& vitamins, bonus!). Try a slice of lemon, orange, or maybe even a squeeze of grapefruit.
3. **Order water when eating out -- it's FREE!**
4. **Even when out at the bars, order this: water, spirit (e.g. vodka), and lemon & lime with a splash of cranberry... and BOOM, you have a low-cal cocktail!**
5. **Set reminders to drink a sip every 30 minutes.** Especially if you're forgetful, it's helpful to increase your water intake.
6. **Sometimes thirst can be mistaken for hunger, drinking a glass of water and waiting 10 minutes will allow you to assess whether it was truly hunger or if you feel satiated, it was likely just thirst.**



VEGETABLES & FRUIT



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.

Vegetables & fruits are lower in calories compared to hyper-palatable foods like cakes, cookies and chips, which means that you can eat more and still be in a caloric deficit!

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. Often times 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. For example, 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 overeaten:

- 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



Tips for Cutting Down on Sugar (from American Heart Association, Inc.)

- **Toss the table sugar** (white and brown), syrup, honey and molasses. Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the usual amount of sugar you add by half and wean down from there.
- **Swap out the soda.** Water is best, but if you want something sweet to drink or are trying to lose weight, diet drinks can be a better choice than sugary drinks.
- **Eat fresh, frozen, dried or canned fruits.** Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.
- **Compare food labels and choose products with the lowest amounts of added sugars.** Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients list.
- **Add fruit.** Instead of adding sugar to cereal or oatmeal, try fresh fruit (bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).
- **Cut the serving back.** When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.
- **Try extracts.** Instead of adding sugar in recipes, use extracts like almond, vanilla, orange or lemon.
- **Replace it completely.** Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- **Substitute.** Switch out sugar with unsweetened applesauce in recipes (use equal amounts).
- **Limit Non-nutritive Sweeteners.** If you are trying to lose weight, a temporary fix to satisfying your sweet tooth may be with non-nutritive sweeteners. But watch out! Make sure that swapping sugary options for non-nutritive sweeteners now doesn't lead to eating more later.

FREQUENTLY ASKED QUESTIONS

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

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



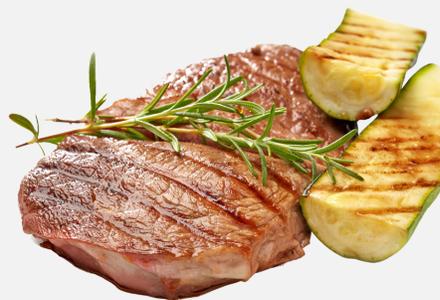
Quinoa Power Bowl

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, sautéed



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, sautéed
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 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

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



GROCERY LIST

Lean meats:

Chicken
Turkey
Pork
Lean Beef
Ground Turkey/Beef/Chicken

Seafood:

Cod
Halibut
Salmon
Mahi Mahi
Shrimp
Light Canned Tuna

Vegetables:

Broccoli
Asparagus
Baby carrots
Shredded carrots
Sweet potatoes
Brussel sprouts
Green beans
Spinach or Kale
Mushrooms
Celery

Fruit:

Bananas
Raspberries
Blueberries
Blackberries
Tomatoes
Avocados
Oranges
Peaches
Apples

Bread & Like:

Sprouted grain or whole wheat
Whole Wheat English Muffins
Whole Wheat or spinach
wraps

Coconut oil or EVOO

Nuts & Seeds:

Almonds
Walnuts
Pistachios
Peanuts & Peanut Butter
Flax Seeds
Chia Seeds
Sesame Seeds

Rice & Pasta:

Brown Rice
Whole Wheat Pasta
Protein Pasta (Banza)
Quinoa

Dairy:

Organic Eggs
Organic 1% Milk or Almond
milk
Low fat cheeses
Greek Yogurt or Low-Fat
Yogurt (no sugar added)

Snacks:

Low-sodium Soups
Whole grain crackers
Hummus
Rice cakes
Whole grain Cereal
Lightly Buttered Popcorn
Corn Tortillas
Corn Tortilla Chips
Low-Sodium Potato Chips
Chicken or Beef bone broth
Dates
Dark Chocolate pieces
(containing more than 65%
cacao)

Frozen:

Frozen whole grain Waffles
Frozen Vegetables (peas,
carrots, broccoli)
Frozen fruits (strawberries,
blueberries, raspberries - no
added sugar)
Low fat ice cream or Dairy-
free ice cream
Frozen whole grain vegetable
pizza

Beans:

Black
Pinto
Kidney

Dressings:

Low-fat dressings of your
choice (aim for low sodium
and avoid saturated fats)
Hot Sauce of your choice

DISCLAIMER

I, Hayley London, am a Precision Nutrition Level 1 Certified Nutrition Coach (Pn1), a National Academy of Sports Medicine Certified Nutrition Coach (NASM CNC) and Certified Sports Nutrition Coach (NASM CSNC). 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.

It's also important to note the suggested servings or hand-portion numbers in this guide are a *starting point*, not an *end point*. With that in mind, you will likely have to make a few adjustments. But first, 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.

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.

WANT MORE INDIVIDUALIZATION?

HALO ACADEMY Offers Nutrition Coaching—working with you one-on-one to improve your habits, creating healthy new ones!

Go to HaloAcademyPA.com to get started.