



# Nutritional Shopping List And Sample Templates.

[www.gablesfitness.com](http://www.gablesfitness.com)

Compiled by, written by, research by  
Glenn Greer Co-Owner of Gables Fitness/Fitness Expert

28 Day Jump Start Nutrition Packet  
For  
***SPINNING***<sup>®</sup>



This program is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or nutrition program. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines.

No health claims are made for this program. This nutrition and exercise program will not help cure, heal or correct any illness, metabolic disorder or medical condition. The author is not a medical doctor, registered dietitian or clinical nutritionist; the author is a fitness and nutrition consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD or CCN) for your special nutrition program.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends that apparently healthy individuals who are male and over 40 or female and over 50 have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program.

A diagnostic exercise test and physical examination are also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly, by using any information described in this course.

The primary goals of this manual are to help you lose fat permanently and to educate you in the process of losing fat. My goal is to turn you into a “fat loss expert”... to teach you why you should lose fat and help you understand the process ... and to do so without bias or ulterior motive. To achieve this goal, I decided – after careful consideration – to self publish this book in layman’s terms, with a minimum of scientific jargon and without long lists of scientific references. Instead of long, boring scientific discussions of biochemistry and long lists of references to scientific papers, you will find sprinkled throughout the manual brief mentions of interesting studies and relevant quotes. This guidebook was written for you as a simple, yet detailed, instruction manual. You get step-by-step instructions: Do this, don’t do that, eat this, don’t eat that, and so on. This is not just an informational book. It is a complete system that will take you from where you are now to where you want to be – in the shortest possible period of time.

Let me first and foremost explain something. [This 28 Day Nutrition plan](#) is to jump start a supportive nutrition and exercise program. Yes, it starts with a modification in your eating and exercise plan. If you are not exercising and eating supportively to provide optimal energy for performance and to alter your body composition, your results will be limited.

If you are Spinning for pure improvement without altering the body composition, then modifications can be made and this 28 day plan would have to be adjusted to fit your fitness level.

1. Always wear a heart rate monitor so you can observe your training intensity based up on your age and fitness level. Your Spinning instructor will be coaching you on training intensities throughout the ride.

## I BELIEVE YOU CAN! YOU HAVE TO BELIEVE YOU CAN

Ladies and Gentlemen, you are participating in one of the best cardio, fat burning workouts possible. Research is continuing to show the benefits of exercise programs that bring your maximum heart rate from 70% to 85% and possibly beyond. Exercise science is showing that intensity (increasing effort) can have a profound effect on the metabolism not just during the exercise, but after. In some studies almost 38 hours after the workout. This is known as EPOC.

***Excess post-exercise oxygen consumption (EPOC, informally called **afterburn**) is a measurably increased rate of [oxygen](#) intake following strenuous [activity](#) intended to erase the body's "oxygen debt."***

*EPOC is accompanied by an elevated consumption of fuel. In response to exercise, fat stores are broken down and free fatty acids (FFA) are released into the blood.*

My goal is to help you maximize your performance nutrition wise for the next 28 days. Adjustments will have to be made and this is based upon your consistency and the effect of what happens to your bodies physiology.

- You might have to increase your overall carb intake after 28 days.
- You might have to start a smart supplement program that emphasizes a recover drink
- Your protein intake might have to go up.

The increase in quality nutrients will help support your performance and body composition alterations (if that is still your goal).

I want to show you how supportive nutrition (eating healthy, every 3 to 3 ½ hours) can effect food hormones to liberate body fat, increase metabolism and challenging exercise to increase metabolism not only during exercise but also after.

## **What's Next?**

**Print Up The Food Choices That Are Categorized For You. Gosh, Do I have to go shopping for you too?**

**You have a:**

Protein List.  
Complex Carbohydrate List.  
Fruit List.  
Fibrous Vegetable List.  
Essential Fats List.

Then, you are going to work on your timeline.

From the time you wake up to the time you go to bed, you are going to eat frequent meals every 3 to 3 ½ hours.

***Everyone has their own time line and the key is structuring a consistent food pattern even if you get busy at work.***

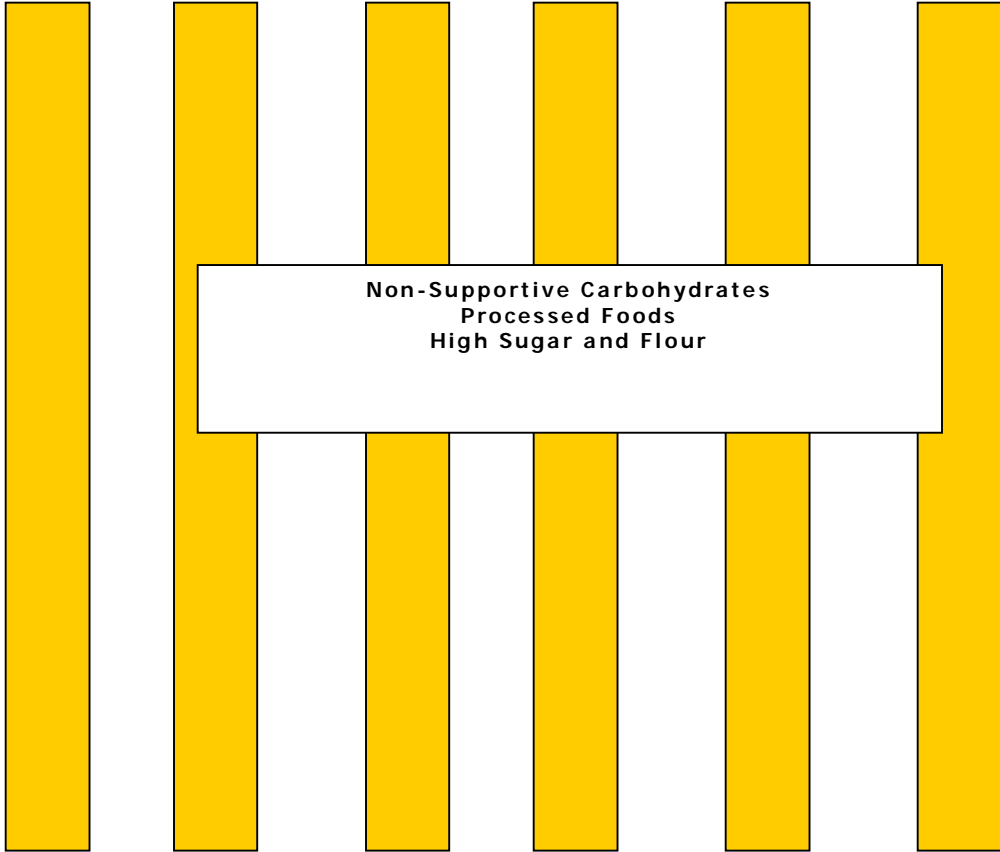
# Grocery Shopping Layout

Protein:

Chicken Breast, Fish, Lean Meat, Low Fat Dairy

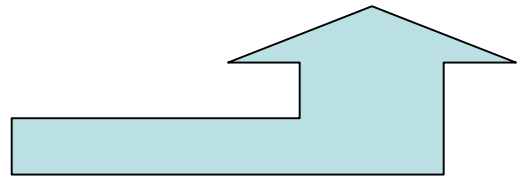


Fruit & Vegetables



D  
a  
i  
r  
y

E  
g  
g  
s





## Adequate Protein (4 to 6 meals)

**Women 20-25 grams of protein/meal. 3oz to 4oz.**

**Men 30 to 40 grams of protein/meal. 4 to 6 oz**

### ***All choices are lean sources of protein***

Be selective when choosing animal proteins. Avoid the fat that comes along. Always trim all visible fat.

#### Beef/Meat Group (3oz-6oz)

- Top Round Steak (20 grams)
- Flank Steak
- Sirloin Steak
- Eye Round
- Pork Tenderloin
- Lean Roast Beef
- Extra Lean Ground Beef
- Filet Mignon
- Veal Cutlet
- Pork Tenderloins (the other white meat)
- **Roast Beef**

#### Fish Group (3oz-6oz)

- Abalone
- Bass
- Bluefish
- Cod
- Flounder
- Grouper
- Halibut
- Orange Roughy
- Salmon (Good source of fat)
- Scallops
- Sole
- Swordfish
- Tuna (if in can, water packed with low sodium)
- Tilapia
- White fish
- Red snapper
- Shrimp
- Lobster
- Mahi-Mahi
- **Sushi**

#### POULTRY GROUP

- Chicken Breast Skinless
- Turkey-Ground from the breast
- Turkey-Breast skinless
- Turkey-deli/low fat/low sodium
- Chicken in a can (wash out excess salt)
- Turkey in a can (wash out excess salt)
- Boars Head Low Sodium Chicken Breast/Turkey Breast

#### DAIRY GROUP(Choose low-fat or nonfat only)

- Low Fat Cheese Slices
- 1 package shredded low-fat American cheese
- Cottage cheese
- Eggwhites (shell or liquid)
- Boiled eggs
- Yogurt (plain non-fat) Watch for the sugar content.
- Skim milk or use Rice Dream

#### Protein Supplements

Ready To Drink protein shakes are already mixed for you. All you do is open them up and you are ready to taste heaven.

- Muscle Milk Light (Ready to drink).
- Eas Myoplex Lite
- Gnc Protein Shakes
- Lean Body
- Pure Protein

Then there our protein powders. They are a bit less expensive then ready to drink protein shakes and they do allow you to add more variety.

- Muscle milk light
- Champion Nutrition

Add your favorite fruit, 1 tbsp of peanut butter, ice and water and you are ready to go.

#### Protein Bars

Protein bars are very popular, but they do contain a little bit more sugar then protein shakes.

Look for a protein bar that is 20 to 30 grams and has half the amount of sugar. I do not recommend having a protein bar and a fruit... Too much sugar.

- Pure Protein Bars
- Lean Body Protein Bars
- Kashi Bars.

Make sure you ask about our Great Snack Ideas guide book for more snack ideas.

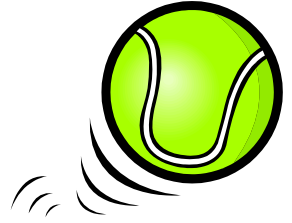
# Supportive Complex Carbohydrates/Favorable Listing

30 to 40 grams-Women

40 to 60 grams-Men

2 complex carbs a day

Visual Cues: Tennis Ball/Closed Fist



Nutrient Timing to provide and restore energy to the body: First meal and post workout meal that involves Spinning. The increase of one additional complex carb is based upon the person's fitness level, their activity level and their rate of metabolism (how quickly they burn through food).

## GRAINS/BREAD/PASTA

- \*Oatmeal (old fashioned) ½ cup of for women: 1 cup for men.
- \*Oatmeal Packet (No sugar)
- \*All Bran
- Cheerios
- Cream of wheat
- Grapenuts
- Product 19
- Total
- \*Fiber One
- \*Alpen
- \*Uncles Sams (Fruit)
- \*Ezekiel Golden Flax
- \*Kashi Go Lean (35 grams to 40 grams)
- Special K

### Whole Wheat Whole grain

- *Arnold* Whole Grain Bread/Whole Wheat
- Rye Bread
- Dark breads
- Pumpnickel
- Whole grain bagel
- Wasa Crackers (whole wheat)
- English muffin (whole wheat)
- Whole wheat pita
- Whole-wheat tortillas
- Whole wheat or whole grain pasta
- Couscous
- Whole wheat crackers (**Wasa**)

## RICE/LEGUMES (BEANS)

- Brown Rice (instant) or slow cook (better)
- Cream of Rice Cereal
- Jasmine Rice
- Couscous (Watch out for the high sodium packets)
- **\*\*Basmiti rice (slow cook) Best**
- Black Beans (low sodium)
- Lentil Beans
- Pinto Beans
- Kidney Beans
- Rice dream original flavor. (Liquid Carbohydrate)
- Wheat Tortillas
- Sweet Potato
- White Potato
- Yams
- Corn 1 cup equals 40 grams.
- Rice Cakes
- Quinoa

When choosing cereals, make sure you look for low sugar cereals that offer 8 grams or less per serving.

The fiber should be 5 grams or higher per serving to make it a supportive choice.

The choices of cereals with the star and dark bold are better choices.

When choosing breads, choose the highest amount of grams that come from complex carbs. On the average, the whole grain bread should have at least 18-20 grams of complex carbs per slice.



## FIBROUS VEGETABLES (2 to 4 Meals)

Vegetables are nothing more than zero-energy yielding foods. They don't produce usable energy for the body and the human body is incapable of making use of fiber as fuel.

Vegetables obviously are beneficial in that they are very difficult to "over eat" and they make you feel satisfied.

When complex or simple carbohydrates are combined with fiber type vegetables, the speed at which the glucose from the complex or simple carbohydrates "hits" the bloodstream is slowed down. In other words veggies slows the rate at which glucose from a complex carb or simple carb reaches the blood.

### Dark green vegetables

bok choy  
broccoli  
collard greens  
dark green leafy lettuce  
kale  
mesclun  
mustard greens  
[romaine lettuce](#)  
[spinach](#)  
turnip greens  
watercress  
Lettuce  
Carrots  
Green beans  
Green peppers  
Spinach  
Tomato  
Peas  
Brussels sprouts  
Artichoke  
Cabbage  
Celery



### Other vegetables

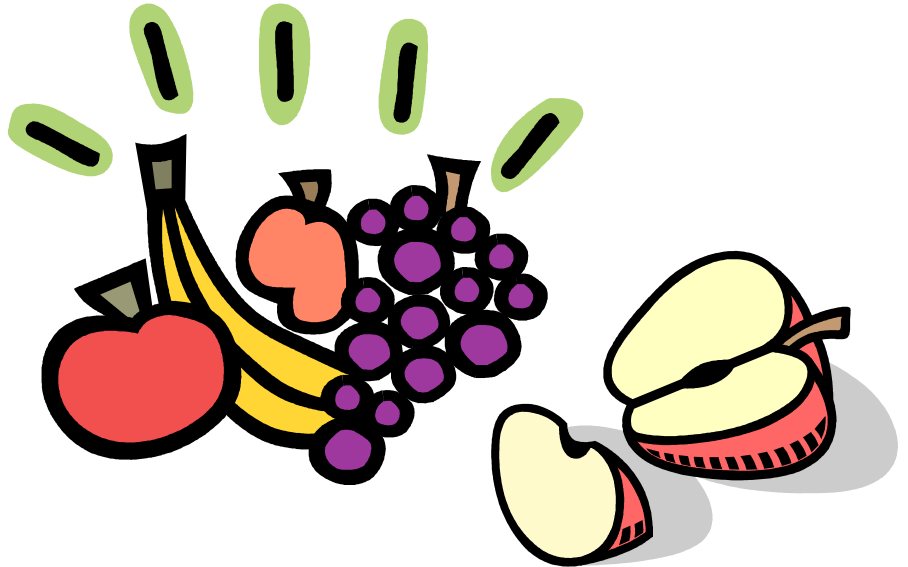
artichokes  
asparagus  
bean sprouts  
beets  
Brussels sprouts  
cabbage  
[cauliflower](#)  
celery  
cucumbers  
eggplant  
[green beans](#)  
green or red peppers  
[iceberg \(head\) lettuce](#)  
[mushrooms](#)  
okra  
[onions](#)  
parsnips  
[tomatoes](#)  
[tomato juice](#)  
vegetable juice  
turnips  
wax beans  
[zucchini](#)  
Vegetables are important sources of many nutrients, including [potassium](#), [dietary fiber](#), folate (folic acid), [vitamin A](#), [vitamin E](#), and [vitamin C](#).

**Add some spices and herbs**  
**Look for low fat/Low Sugar**

**Use seasoned vinegars, balsamic, or wine vinegars to season both salads and vegetables. (Look over my condiment listing for extra flavoring).**

## SIMPLE CARBOHYDRATES (3-4 Fruits)

Apples  
Banana  
Blueberries  
Cantaloupe  
Cranberries  
Grapes  
Honeydew melon  
Kiwi  
Lemons  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Raisins  
Strawberries  
Watermelon in moderation  
Grapefruit



The ingestion of a very sweet fruit can result in the same insulin release as stuffing brownies into your mouth. Fruits are generally high in essential vitamins and minerals, however, if you are trying to reduce or control body fat, try to eliminate sucrose, and minimize your intake of fruits with high sugar amount.

**It is better to have solid fruit then fruit juices.**

**Notes: Never have fruit as a meal by itself. If chosen, it should be eaten along with a protein and optionally with a fibrous vegetable.**

A piece of fruit and either a protein shake or two teaspoons of peanut butter is great right before a workout. If you are training early morning, its not expected for you to prepare a protein and a complex carbohydrate then immediately workout. This had to do with efficient digestion. Since fruit and a minimal amount of protein will be eaten, the body will quickly digest it and give you the energy you need!

**1 Apple**

Calories	81
Simple Carbs	21

**1 Banana**

Calories	105
Simple Carbs	26.7

**1 Cup of Blueberries**

Calories	82
Simple Carbs	20.4

**½ Canteloupe**

Calories	94
Simple Carbs	22.3

**Grapefruit ½**

Calories	46
Simple Carbs	11.9

**10 Grapes (seedless)**

Calories	36
Simple Carbs	8.9

**Jelly, all fruit (no sugar) 2 tbsp.**

Calories	80
Simple Carbs	20

**Nectarine (1)**

Calories	67
Simple Carbs	16

**Orange (1)**

Calories	65
Simple Carbs	16.3

**Peach (1)**

Calories	37
Simple Carbs	9.7

**Pear (1)**

Calories	98
Simple Carbs	25.1

**Plum (1)**

Calories	36
Simple Carbs	8.6

**Raisins ¼ cup**

Calories	130
Simple Carbs	31

**Raspberries 1 cup**

Calories	62
Simple Carbs	14

**Strawberries 1 cup**

Calories	46
Simple Carbs	10.4

**Watermelon (diced) 1 cup**

Calories	50
Simple Carbs	3.6

Choose 20 grams of a fruit.

Start with 3 to 4 fruits a day, when you are not having the starch.

## ESSENTIAL FATS ( 2 Fats)

### Fats



**Polyunsaturated fats** include fish, walnuts, pecans, almonds, flax, some salad dressings, soybean oil, sunflower oil, and safflower oil and corn oil.

**Monounsaturated fats** include avocados, cashews, peanuts, pecans, natural peanut butter, peanut oil, olives, olive oil and canola oil.

Omega 3 fatty acids especially have a valuable role in reducing the risk of heart disease and building healthy brain cells. The standard American diet (SAD) is sadly deficient in omega 3s, found mainly in plant foods (**especially canola oil and flax oil, soybeans, and walnuts**) and sea HYDROGENATED FATS.

Omega 6 - (linoleic acid or LA) **Vegetables oils, nuts and seeds.**

Omega 3 – (alpha linolenic or LNA) **canola oil and flax oil, soybeans, and walnuts.**

- Walnuts (unsalted) - ¼ cup
- Peanuts (unsalted) - ¼ cup
- Almonds (unsalted) - ¼ cup
- Olive oil (Use with Rice)
- Flaxseed oil (2 tablespoons)
- Avocado (Great with Salads)
- Natural Peanut butter(2 teaspoons)
- Canola oil
- Avocado
- Sunflower seeds
- Pumpkin seeds
- Cold-water fish
- Natural peanut butter
- Low-fat cheese
- Low-fat salad dressing
- Low-sodium nuts
- Olives and olive oil
- Safflower oil
- Sunflower oil
- Flax seed oil

**Nut fats.** If you're a peanut butter lover, as I am, be sure to look at the label to detect whether or not it contains the bad fat word - "hydrogenated." Hydrogenating the peanut oil solidifies it so it doesn't separate from the solids and float to the top. In old-fashioned, unhydrogenated peanut butter, the oil has to be stirred back into the peanut butter when you first open the jar. Sure, it's a little bit of work, but your arteries will thank you.

# Condiments

Spice up and flavor your food

Olive Oil  
Black Pepper  
Garlic  
Garlic Pepper  
Lemon juice  
Oregano  
Cloves  
Mustard  
Low fat mayonnaise  
Ketchup (light)  
Tobasco sauce  
Barbecue sauce (Look for low sugar brands)  
Mrs. Dash  
Molly McButter  
Salsa  
Herbs  
Oregano  
Parsley  
Sage  
Thyme  
Dill  
Ginger  
Chopped onion  
paprika  
Light teriyaki marinade

## Reducing Sugar.

Reduce or eliminate sugar by using these sweet-tasting spices.

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

## Reducing Salt

Savory flavors, and flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt.

Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.

## Cooking Tips

Omit or reduce salt from cooking and baking. Experiment with herbs and spices.

- **Beef**-dry mustard, pepper, marjoram, red wine, or sherry, bay leaf, nutmeg, onion, sage, thyme.
- **Chicken**-parsley, thyme, sage, tarragon, curry, white wine, vermouth, ginger, oregano, paprika, poultry seasoning, rosemary.
- **Fish**-bay leaf, cayenne pepper, dill, curry powder, onions, garlic, dry mustard, paprika.
- **Eggs**-oregano, curry, chives, pepper, tomatoes.
- **Veal**- Bay leaf, curry powder, ginger, marjoram, oregano.
- **Pork**- Garlic, onion, sage, pepper, oregano
- **Lamb**-Curry powder, garlic, rosemary, mint.

Light dressings (Ken's steakhouse brands are favorable)

Look for low sodium and low saturated fat.

## OILS/DRESSINGS

- Extra virgin olive oil
- Low-fat balsamic vinaigrette
- Low-fat Italian vinaigrette
- Low-fat mayo
- Fat-free Caesar dressing
- Cooking spray (Watch how much you spray).

Okay, so now you have gone food shopping. Do you notice less junk food? Good.

Here is the plan of action and before you get confused, **I have put together several nutritional templates for you to follow.** Ideally the choosing of a starch/ complex carb, should be based upon when you're going to exercise. **For the next two weeks, you are only going to consume a starch/complex carb after working out.** This does not include a leisure walk in the park. This is exercise that really challenges your muscles and your heart. Hopefully, you are in one of our programs.

Now, before I go any further...**the 2 starch strategy may not work for you.** This is dependent upon several factors. Your rate of metabolism (*how quickly you process food*) and your exercise program. For instance, you might be someone that does weight training and Spinning in the same day. Since there is a higher calorie burn when you are supplementing Spinning with other workout routines, your need for more overall calories to consume goes up. In other words, your body just might need more energy (Complex carbs the primary energy source for working muscles. You might become hungrier. This is great! This simply means that your metabolism is cranking and its burning through food quickly so it can use fat as an energy source. So, do not worry if you need one extra carb/starch. Think of it as taking your car on a longer joy ride. It needs more gas, right?

Remember if you are feeling tired, unfocused and craving sugars....that is your brain and muscles telling you that your calories need to be increased. This is really good, because that means **physiologically your body is becoming a better fat burner.**

Also, I am going to remind you. **This 28 day plan of action can only last for 28 days.** The body adapts to nutritional strategies and concepts just like simple exercise. So, I rather have you increase your calories a bit, but be consistent on results oriented exercise, which I hope you learn at our Gables Fitness Facility. If at any time you feel you need to increase your complex carbohydrate, then do so. When will you know?

- a. You feel hungrier and you are starting to get dizzy.
- b. You are noticing you are eating more frequently, but you lack energy. Your workouts are exhausting. You cannot complete a workout.
- c. You are exercising like a beast, eating frequently..but you are not noticing results.

Okay...let's get to it!

Let's take each macronutrient and separate them for a minute. Now, I have to remind you that this is not a major emphasis on education. The Supportive Nutritional Guide I have put together discusses what each nutrient does. It's recommended if you really, really want to learn more about the concept of eating every 3 to 3 ½ hours and the concept of small frequent meals.

- **Protein-** Helps to maintain lean muscle tissue. Increases metabolism more than any other nutrient.

You are going to look over the lean protein list and foods you bought. At every meal, every 3 to 3 ½ hours...you are going to eat that protein choice. 2 to 3 oz of lean protein, okay? I didn't say have as much protein as you want. Take a food scale and weigh the food raw or use your palm or a deck of cards. Listen, if you never had turkey slices in the morning, go for it. If you never made egg whites, go for it. Greek yogurt, salmon, etc..my gosh...think differently and your body will thank you.

- **Complex Carb-**Primary energy source. Used in a strategy to lower fat storage. This is truly the most confusing nutrient. Poor carbs, they are subjected to harsh words so many times. But, I am going to tell you something. If you manipulate them, the right ones and consume them at the right times, they will become your best friend without putting the fat on you. We know that the right carbs provide energy, right? Well, for 28 days, we are going to place them at your first meal and after your workout. If your workout is in the morning and you have a sensitive stomach, I recommend a Protein Shake or A Protein Bar. Then, after your workout, have a balance protein/complex carb meal. Then, find another meal that includes a protein/complex carb meal. Ideally, 12pm or 3pm. Could you have your 2<sup>nd</sup> complex carb at night? Sure, but studies do show that if you eliminate your complex carbs early part of the day, you have more potential to burn fat. But, with that said, if you do your workouts at night, you want to consume your 2<sup>nd</sup> complex after the workout.

### **Complex Carb Timing**

1. First meal
2. Meal after the workout.

The key is to understand that as your metabolism changes for the better and your exercise fitness level starts to increase, **YOUR ARE GOING TO NEED ADDITIONAL STARCHES/COMPLEX CARBS.**

**You have to read this!** For every 1 gram of carbohydrate, the body stores almost 3 grams of water. It gets stored in the muscle tissue. The reason you initially lose weight is because you are depleting your complex carbs and lowering your water hydration levels. But, if you do it right with exercise and supportive eating, your potential to maintain lean muscle and burn fat is greater and this is to only last 2 weeks. In the mean time you are changing your body physiologically and if you do not slowly add carbohydrates and increase your level of yes, exercise (resistance training with cardio training), you are going to go back to square one. Which means minor results that will not last long.

See, most diet books will tell you to stay low on the carbs, I mean really low. But, they do not have an exercise strategy. Because **diet books do not sell well if you mention challenging exercises.** I am here to tell you that progressive exercise keeps the body burning calories and your performance will be dictated by increasing good carbs to increase exercise effort. Increasing effort equals continuous calorie burning. Okay, got it? You will slowly increase the carbs as you progress your exercise program.

When you look over the carb listing, make sure your choice has the most amount of fiber and is grown on earth.

- **Fibrous Vegetables**

For the next 14 days, vegetables are going to be your best friend. Mom was right, eat your vegetables. Since, we are going to pick up on this exercise thing and deduct all those terrible, unfavorable carbs from your current diet, we need to make sure we have adequate nutrients. The fiber will help satisfy our cravings and help keep us regular. In fact, you might notice more visits to the bathroom. That's natural detoxifying and it's good.

- **Fruits**

Okay, this is a cool strategy. See, during the 28 days, body is going to need sugar. So, let's understand a couple of things. Sugar can convert to fat storage. But, we are going to use sugar as an immediate source of energy to sustain our focus and help with our exercise. So, DO NOT EAT FRUIT ALONE. Have fruit along with a protein and a vegetable and even a good fat. For instance: Low fat cottage cheese with a fruit and a handful of almonds. I give you other ideas on the templates below. Since we are going to lower our starch for 14 days, let's ask another nutrient to take its place, Fruit. Now, I have a chart that shows you to have only 20 grams of fruit at a meal. That is one apple or one orange or one banana. Get it? I am not telling you to go fruit happy. And if you are having a yogurt that has fruit in it, deduct having a solid fruit. Too much sugar.

- **Fats**

Do I really need to discuss that there are good fats? It's in the nutritional guide. But, let me get to several points. This is not a major calorie strict reduction. What we are doing is replacing bad nutrients that you have been eating with metabolism building, fat burning foods. And again, since we are going to limit our starch for the 14 days, we are going to replace it with good, essential fats. I am talking about putting nuts in your salad. About ¼ cup from 2 to 3 times a day. If you are eating salmon that can count as one of your essential fat choices. I am not telling you to eat animal fat, just telling you to have good quality essential fats that are outlined in this system.

- **Water**

Take your body weight and divide it by ½. That is about how much water I want you to drink. Drink...water....like you have never before. Forget this 8 glasses a day...drink more. Detox, rehydrate and help your kidneys and liver liberate the fat.

## **Time Line:**

**This might be one of the most important tool you will ever discover.**

Many people and so many schedules. Well here is a cool thing I learned a long time ago. It's called a **time line**. All you do is sit down and write out the time you wake up to the time you go to bed. I have created a template to show you the different options of food choices. I kept it really simple and you probably can be a bit more creative than I.

# Timeline

**From the time you wake up, to the time you go to bed, you need to establish an eating pattern based upon 3-hour to 3 ½ hour intervals that will require you to have a supportive meal.**

**The supportive meal is to help regulate your blood sugar, maintain a high level of metabolism, and provide necessary nutrients to optimize your body.  
This is how you liberate FAT!**

Strategy #1 - Make a timeline of your day

=====

Break your timeline up into 3 to 3 ½ -hour sections like below.

Your timeline is: This is an example

**6:30AM\_\_\_\_\_/ 9:30AM-10:00AM \_\_\_\_\_/12:30PM-1:00PM/\_\_\_\_\_/3:30PM-4:00PM/\_\_\_\_\_/ 6:30PM- 7:00PM\_\_\_\_\_/ 9:30PM-10:00PM**

Skipping meals (or leaving long gaps between meals) is the cardinal sin of fat burning and muscle-building nutrition. Missing meals slows down your metabolism, causes muscle loss and triggers your body's starvation responses.

Now, chart your meals, snacks, and beverages for today. Place an X on your timeline at the time you ate and also write beneath your X what you ate or drank.

Then, chart your daily activity by writing what you were doing during each 3 hour time period above your timeline.

The last and final step is to look at your timeline and see if you can see any trouble spots. I'm sure you can... we all have them. See if you have any times during the day where you are not active yet you are eating too much, or vice versa, times when you may be fairly active yet not eating enough or anything at all.

Your body burns calories (energy) 24 hours a day so you need to feed it frequently... the key is to position the right amount of food (specifically quality nutrients) at the right time.

By honestly charting your daily activity and nutritional habits you can easily pinpoint areas that need improvement. Now that you know where your trouble spots are, it's time to make some minor (hopefully) adjustments or changes.

Once you make these changes, you stabilize your blood sugar (energy levels) which means you will feel more energy all day long. You will be less likely to burn muscle tissue, more likely to burn excess body fat, and most importantly, you will be less likely to store any additional body fat!

**I have worked with this time line for many years with my clients. It has helped us identify faulty eating patterns and non- supportive food choices that work against the body to liberate fat stores. Identify the time you are at your busiest, where a meal is impossible to get to. It is at that time you should plan the simplest strategy.**

- ***Examples: ¼ cup of nuts with a fruit.***
- ***Protein Shake with a fruit***
- ***Low fat cottage cheese with a fruit***

<b>PROTEIN:</b> WOMEN- 20-25 GRAMS- (30Z TO 40Z) MEN-30TO 40 GRAMS		<b>COMPLEX CARBS</b> <b>2 CHOICES ON-</b> <b>WORKOUTS DAYS-</b> WOMEN- 30 TO 40 GRAMS MEN- 40 TO 60 GRAMS	<b>FIBROUS</b> <b>VEGETABLES:</b> 1 TO 2 CUPS 2 TO 3X PER DAY	<b>FRUIT:</b> 3 CHOICES PER DAY WITH MEALS	<b>ESSENTIAL</b> <b>FATS:</b> 2 SERVINGS A DAY /NOTES
MEAL 1 5:30AM-6:00AM	1. 1 to 2 tbsp of peanut butter or a Protein Shake.	1. Old Fashioned oatmeal			<b>IDEAL IF YOUR WORKOUTS ARE BETWEEN 6AM AND 8AM</b>  *Read below if you cannot have a complex carb before your morning workout.
	2. ½ cup of cottage cheese	2. 2 slices of whole grain bread or Whole Grain English Muffin.	<i>Include Vegetables if having an omelette.</i>		
	3. Greek Yogurt or 3 Egg White Omelette with Spinach.	3. Alpen or Fiber One Cereal. ½ cup.			
MEAL 2 8:30AM-9:00AM	1. 3 Egg White Omelette with Spinach and Feta Cheese	1. 2 Slices of whole grain bread.	<i>Include Vegetables if having an omelette.</i>		
	2. Greek Yogurt or ½ cup to ¾ cup of Low Fat Cottage Cheese.	<b>2. ½ cup of oatmeal</b>			
	3. 3oz of Turkey Slices	3. ¾ cup of Alpen Cereal or Uncle Sam's			
MEAL 3 11:30AM-12:00PM	1. Chicken Breast				
	2. Fish	<b>Deduct The Carb-</b> if you have already fulfilled your 2 <sup>nd</sup> complex carb for the day.	1. 1 cup of vegetables.	1. 20 grams of a fruit.	
	3. Lean Meat				
MEAL 4 2:30PM-3:00PM	1. Protein Shake Or Protein Bar.				
	2. ¼ cup of nuts or 3oz of tuna fish with light mayo.	<b>Deduct The Complex Carb but choose 2 Wasa Crackers or Dr. Kracker.</b>		1. 20 grams of a fruit.	If having the protein bar, deduct the fruit.
	3. ½ cup of Low Fat Cottage Cheese or Greek Yogurt or 3 slices of turkey.				If having wasa crackers or Dr. Krackers, choose turkey slices, tuna fish or low fat cottage cheese.
MEAL 5 5:30PM-6:00PM	1.Chicken Breast				
	2. Fish	<b>Deduct The Starch</b>	1. 1 cup of vegetables.	1. 20 grams of a fruit.	
	3. Lean Steak.				
MEAL 6 8:30PM-9:00PM	1. Protein Shake				
	2. Greek Yogurt or Low Fat Cottage Cheese.				

### Morning Workouts

<b>TOTAL: WOMEN PROTEIN AMOUNT</b> -100 GRAMS <b>CALORIES-400</b> <b>MEN 180 TO 240 GRAMS</b> <b>720 CALORIES/960</b>	Complex Carb/Starch Amount: <b>Women-80</b> grams-320 calories  <b>Men:</b> 100 to 120 grams 400 calories 480 calories.	<b>Fibrous Vegetables:</b> 2 cups 100 calories	<b>Fruits:</b> <b>3</b> 280 calories	<b>Fats:</b> 2 20% of the diet.
---	---	--	--	---------------------------------------

## Reminder If you workout in the morning.

- **Complex Carb-**

If your workout is in the morning and you have a sensitive stomach, I recommend a Protein Shake or A Protein Bar. Then, after your workout, have a balance protein/complex carb meal. Then, find another meal that includes a protein/complex carb meal. Ideally, 12pm or 3pm. Could you have your 2<sup>nd</sup> complex carb at night? Sure, but studies do show that if you eliminate your complex carbs early part of the day, you have more potential to burn fat.

I've had some clients never ever eat anything before their workout in the morning. As soon as they changed their eating habits and ate every 3 to 3 ½ hours, they did wake up hungrier than normal and had to eat something before their workout or they would get dizzy. This in point proved that when a person eats more frequent, supportive foods, they increase their metabolism and actually become hungrier as soon as they wake up.

<b>PROTEIN:</b> WOMEN- 20-25 GRAMS- (30Z TO 40Z) PALM SIZE MEN-30 TO 40 GRAMS		<b>COMPLEX CARBS</b> <u>2</u> WOMEN- 30 TO 40 GRAMS FIST SIZE MEN 40 TO 60 GRAMS	<b>FIBROUS VEGETABLES:</b> 1 TO 2 CUPS 2 TO 3X PER DAY	<b>FRUIT:</b> 3 CHOICES PER DAY WITH MEALS	<b>ESSENTIAL FATS:</b> 2 SERVINGS A DAY /NOTES
MEAL 1 6:00AM-7:00AM	1. 1 to 2 tbsp of peanut butter or a Protein Shake.	1. ½ cup of oatmeal			<b>IDEAL IF YOUR WORKOUTS ARE BETWEEN 6PM AND 7PM</b>  *Read below if you cannot have a complex carb before your morning workout.
	2. ½ cup of cottage cheese.	2. 2 slices of whole grain bread or Whole Grain English Muffin.	<i>Include Vegetables if having an omelette.</i>		
	3. Greek Yogurt or 3 Egg White Omelette with Spinach.	3. Alpen or Fiber One Cereal. ½ cup.			
MEAL 2 9:00AM-10:00AM	1. Protein Shake or Protein Bar.				
	2. Greek Yogurt or ½ cup of low fat cottage cheese.	<b>Deduct The Complex Carb.</b>		1. 20 grams of a fruit.	
	3. ¼ cup of almonds or cashews.				
MEAL 3 12:00PM-1:00PM	1. Chicken Breast				
	2. Fish	<b>Deduct The Carb-</b> if you have already fulfilled your 2 <sup>nd</sup> complex carb for the day.	1. 1 cup of vegetables.	1. 20 grams of a fruit.	
	3. Lean Meat				
MEAL 4 3:00PM-4:00PM	1. Protein Shake Or Protein Bar.				
	2. ¼ cup of nuts or 3oz of tuna fish with light mayo.	<b>Deduct The Complex Carb but choose 2 Wasa Crackers or Dr. Kracker.</b>		1. 20 grams of a fruit.	If having the protein bar, deduct the fruit.
	3. ½ cup of Low Fat Cottage Cheese or Greek Yogurt or 3 slices of turkey.				If having wasa crackers or Dr. Krackers, choose turkey slices, tuna fish or low fat cottage cheese.
MEAL 5 7:00PM-8:00PM	1. Chicken Breast	<b>1. Baked Potato or Sweet Potato</b>			
	2. Fish	<b>2. ¾ cup of brown rice.</b>	1. 1 cup of vegetables.		<b>Post workout Complex Carb after the workout.</b>
	3. Lean Steak				
MEAL 6 9:00PM-9:00PM	1. Protein Shake				
	2. Greek Yogurt or Low Fat Cottage Cheese.				

### Night Time Workouts

<b>TOTAL: WOMEN PROTEIN AMOUNT</b> -100 GRAMS CALORIES-400 <b>MEN 180 TO 240 GRAMS</b> 720 CALORIES/960	Complex Carb/Starch Amount: <b>Women</b> -80 grams-320 calories  <b>Men:</b> 100 to 120 grams 400 calories 480 calories.	Fibrous Vegetables: 2 cups 100 calories	Fruits: <b>3</b> 280 calories	Fats: <b>2</b> 20% of the diet.
---	--	---	-------------------------------------	---------------------------------------

## Reminder If you workout in the Night Time.

- **Complex Carb-**

If you workout in the night time, fulfill your 1<sup>st</sup> complex carb at your first meal. Then, after your night time workout, include a balance of protein and complex carb after your workout. This applies for kickboxing, Spinning, resistance training or bootcamp. I know you heard not to eat complex carbs at night time. It is a strategy to optimize fat, but when night time includes intense workouts and not changing the channel on the remote control, then the timing of the complex carb is ideal after the night time workout.

Now, on days you are not training at night time, then yes, you can move your 2<sup>nd</sup> starch to an earlier time...like lunch time.