
The Ultimate Nutrition Guide





The Ultimate **NUTRITION GUIDE**

WELCOME TO FIZĒK HEALTH & NUTRITION

WITH ALL THE CONFLICTING
MESSAGES OUT THERE I KNOW HOW
CONFUSING IT CAN BE TO KNOW
WHAT AND HOW TO EAT.

I ALSO UNDERSTAND THAT EVERY
PERSON HAS INDIVIDUALIZED
GOALS, PRIORITIES, AND A
DIFFERENT BACK GROUND OF
UNDERSTANDING WHAT IT MEANS
TO EAT HEALTH.

THIS GUIDE WILL SEVRE TO BE A
BASIC INTRODCTION TO NUTRITION.

NUTRITION BASICS:

- CALORIE INTAKE
- MACRONUTRIENTS
- MICRONUTRIENTS

CALORIE INTAKE

Calories are found in the foods we eat and produce energy for our body to either use or store.

There are three states of a calorie (Energy Balance)

Calorie Maintenance

Calories in + Calories Out

Weight Maintenance

Calorie Deficit

Calories In < Calories Out

Weight Loss

Calorie Surplus

Calories in > Calories Out

Weight Gain

➤ WHAT ARE ➤ ➤ ➤ ➤ ➤ ➤ ➤ MACRONUTRIENTS

These are the main sources of calories in our diet and should be managed to produce optimal health and body composition.



- **Protein:** Proteins provide **4** calories per gram. Proteins are vital for cell signaling, structural, immune and hormonal health. Recommended daily protein intake is 30-35% of your daily diet, or .7-.8 of your body weight.
- **Carbohydrates:** Carbs provide **4** calories per gram. They make up most of your calorie intake. 40-50% of your daily diet. Carbs provide the primary source of fuel (or energy) for the central nervous system, the brain and exercise.
- **Fats:** Fats provide **9** calories per gram. They make up 20-35% of daily diet. Fats are essential they support the body in nutrient absorption, provide energy, help balance and manufacture hormones, and form our brain and nervous system.



MICRONUTRIENTS

- **Micronutrients are important vitamins and minerals that play key roles in your cells and organs.**
- **Vitamins and minerals play a role in normalizing bodily functions and cannot be made by the body (except for vitamin D from the sun).**
- **Adequate intake from food and/or supplements is necessary to prevent deficiency,**
- **They promote optimal health, improve nutrient partitioning and promote fat loss and muscle gain.**

WHAT TO EAT

➤ PROTEIN SOURCES

Prioritize fresh, Lean, Minimally processed sources of protein.
Limit red meat to 3-4 servings a week.



EAT MORE

Eggs / Egg Whites Shellfish
Wild Caught Fish
Free Range Chicken Breast
Lean Grass Fed Beef Lamb
Bison
Lean Pork Plain Greek Yogurt
Cottage Cheese Tempeh Lentils and Beans



EAT SOME

Meat Jerky Moderately lean cuts of beef
Tofu Edamame
Deli Meats (uncured) Chicken/Turkey Sausage Canadian Bacon Whey
Protein Powder Protein Bars



EAT LESS

Meat Jerky Moderately lean cuts of beef
Tofu Edamame
Deli Meats (uncured) Chicken/Turkey Sausage Canadian Bacon Whey
Protein Powder Protein Bars

WHAT TO EAT

➤ CARBOHYDRATE SOURCES

Prioritize minimally processed sources of carbohydrates with a short ingredient list. Focus on root vegetables and whole grains



EAT MORE

Oats, Buckwheat ,Beans, Lentils ,Quinoa, Potatoes, Wild Rice, Fruit, Sweet Potatoes, Tarro, Yucca, Kefir, Regular Plain Yogurt, Whole Grain/Sprouted: Breads, Wraps, Bagels, English muffins, Pasta



EAT SOME

Vegetable Juices, Flavored Yogurt, Flavored Kefir, Milk Dried Fruit (Unsweetned), Canned Fruit (unsweetened), Granola, Granola Bars, Pancakes, White Rice, Couscous Crackers Waffles ,Flavored Oats
White bread, Bagels, Pasta and English Muffin



EAT LESS

Juices ,Fried Foods, Soda Soft Drinks, Chips, Cookies, Donuts, Candy
Honey, Molasses, Syrups, Cereal bars, Flavored milk, Sugar Muffins Pastries,
Foods with added sugars, Alcoholic Beverages, Sweetened canned fruit, Sweetened dried fruit.

WHAT TO EAT

➤ FAT SOURCES

**Include a mix of whole foods (nuts and seeds)
blended whole foods (nut butters), and pressed oils.**



EAT MORE

Nuts, Seeds, Coconut, Olives, Avocado
Avocado Oil, Olive Oil, Egg Yolks.



EAT SOME

Canola Oil, Flax Seed Oils, Sesame Oil, Coconut oil/milk,
Dark Chocolate, Aged Cheese, Fish Oil
Cream, marinades and dressings.



EAT LESS

Bacon, Sausage, Processed Cheese, Sunflower oil,
Soybean Oil, Safflower oil, Fats w/added sugars,
Shortening, Margarine, Hydrogenated Oils.

WHAT TO EAT

➤ VEGETABLES

Technically these will include a dose of carbohydrates and protein! To get the most diverse micronutrient profile, try and include a variety of colors & eat your rainbow!

- Romaine Lettuce, Spinach, Kale, Broccoli, Asparagus, Bok Choy, Green Peppers, Brussel Spouts, Green Cabbage, Snap Peas, Celery, Green Beans, Cucumbers, Zucchini
- Yellow Peppers, Orange Peppers, Pumpkin, Yellow squash, Butternut Squash, Acorn Squash, Carrots, Golden Beets, Spaghetti Squash.
- Tomatoes, Red Peppers, Red Onions, Red Cabbage, Radish
- Eggplant, Purple cabbage, Rutabaga
- Cauliflower, White onions, Parsnips, Turnips, Garlic

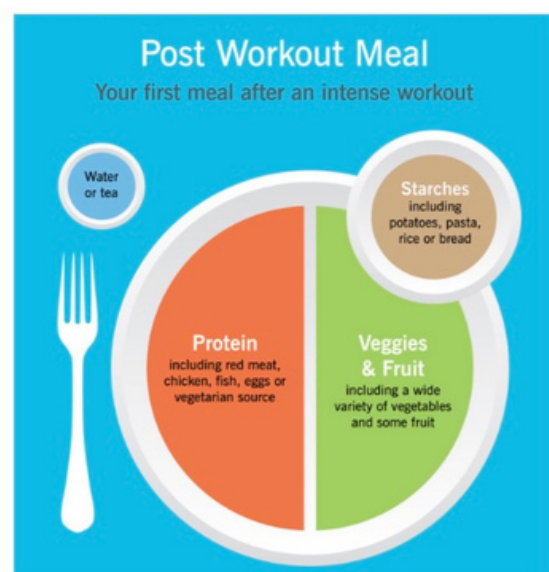


HOW MUCH TO EAT

- **Dialing in Food Quantity**
 - **Building Meals**
 - **Portion Sizes**

Keep it simple.

*Here is a visual that I want you to keep in mind for "anytime meals" and "post workout" meals. If you don't have your food scale handy at all times or if you make recipes for your family-
- it's ok. Just think of these visuals!*



**Images are from Precision Nutrition*

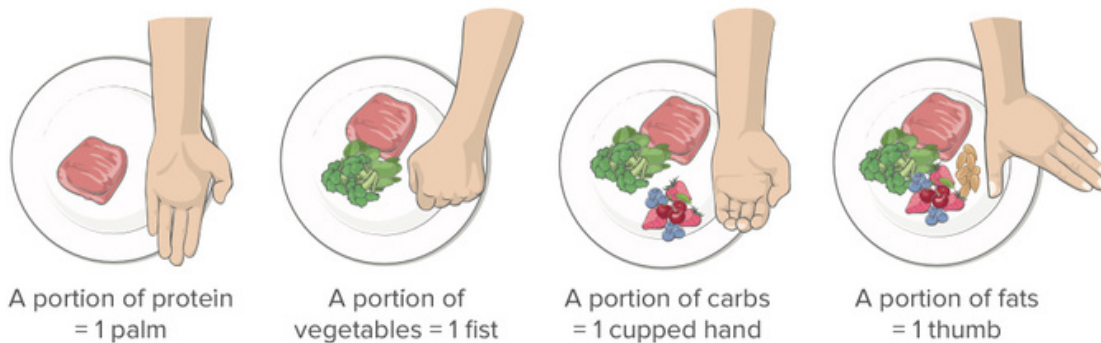
Portion Sizes & How Many Meals

➤ Your hand can be a great place to start when trying to learn approximate portion sizes of various food items. This is a great place to start because your hand is always with you.

➤ Aim for 3-5 meals a day as a starting place. Adjust up or down based on hunger and energy levels.

Limit snacking between meals.

Here's the general idea.



This handy portion-measuring system works well for many reasons.

1. **Hands are portable.** They come with you to work lunches, restaurants, social gatherings, and even Grandma's house.
2. **Hands are a consistent size.** This provides a consistent portion reference.
3. **Hands are proportional to the individual.** Bigger people generally need more food, and tend to have bigger hands, so therefore get larger portions. Smaller people generally need less food, and tend to have smaller hands, so therefore get smaller portions.

Plus, the hand portion-measuring system provides appropriate amounts of nutrient-dense foods and their specific macronutrients.

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

This approach helps most folks meet their protein, vegetable, carb, fat, and calorie needs without having to count a gram or weigh an ounce of food.

YOU MAY NEED MORE FOOD IF

- You are larger in stature.
- Not feeling satisfied after meals
- Eat less frequently
- Are very active
- Are trying to gain muscle

➤ Start by adding 1/2 servings of carbs and fats to a few meals a day.

YOU MAY NEED LESS FOOD IF

- Are smaller in stature
- are feeling to full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Not getting weight-loss results

➤ Start removing 1/2 serving of carbs and fat from a few meals a day



Tips & Tricks

MONITOR YOUR PROGRESS

- Body weight change,
- Photos
- Measurements
- Performance and energy levels are all good ways to see how your current plan is working.
- Water, drink at least 70% of your body weight. Adjust up or down based on activity levels and how much you sweat.
- Meal plan and prep ahead of time so you are always prepared.
- Buy containers to store prepared meals for grab and go!
- Choose two proteins, two vegetables, two starches, and two fats. Prepare those foods in cycles and rotate mid week! This will make meal preparation simple.
- Keep meals simple in the beginning so that you do not get overwhelmed.
- STALLED PROGRESS: Lets talk 928-965-7869

This guides recommendations are meant to serve as a starting point to building better nutritional habits and educate.

It is not necessarily a guide to specific weight loss or muscle gain goals. For more specific nutrition guidance, please feel free to contact me.

TIPS

Tips & Tricks



Carbohydrates

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Macro Cheat Sheet

Proteins

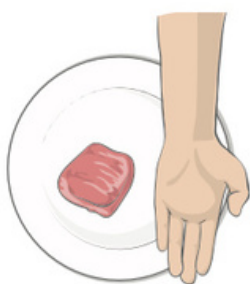
Beans
Sprouted
Grains
Quinoa
Most Yogurts
Skim Milk
Peas
Chicken
Turkey
Egg Whites
Fish
Buffalo
Bison
Whey Protein
Turkey Bacon
Lean Beef
Low/Non-fat
cottage
cheese
Low/Non-fat
greek yogurt

Eggs
Salmon
Bacon
Chia Seeds
Cottage
Cheese
Whole Fat
Milk
Duck
Whole-Fat
Yogurt

Acocado
Nut Butters
Egg Yolks
Nuts
Oils
Olives
Flaxseed

Fats

Serving sizes



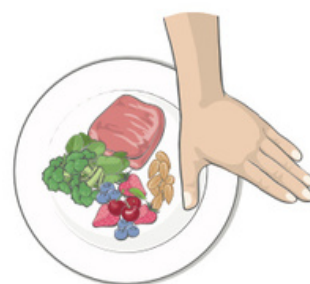
A portion of protein
= 1 palm



A portion of
vegetables = 1 fist



A portion of carbs
= 1 cupped hand



A portion of fats
= 1 thumb