

NUTRITION GUIDELINES

Stay hydrated
Shop, prep and pack
Track, track, track!

EMPHASIZE

- Drinking *at least* 64 ounces of water per day – *more is better*
- Prioritizing whole foods, vegetables, and protein at every meal
- Tracking everything – *use MyFitnessPal & portion size graphic*

AVOID

- Drinking calories – *try lemon water, sparkling water, coffee, tea*
- Sweets or refined carbs – *keep it complex*
- Alcohol – *critical to reset & kickstart results!*
- Eating after 7:00 pm – *or another defined cutoff time*

KEEP IN MIND

- Eat before you get too hungry – *don't be hangry*
- Consume fruit and nuts sparingly – *sugar & fat calories add up*
- Track and use sauces & oils sparingly – *think more spices*

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Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



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FIST

Equal to 1 cup is a portion of rice, fruits or vegetables.



200 kcal

FINGERTIP

Equal to 1 teaspoon is a portion of fats like mayonnaise or butter.



35 kcal

CUPPED HAND

Equal to 1/2 cup or 1 ounce is a portion of snacks like nuts or dried fruits.



170 kcal

THUMB

Equal to 2 tablespoons is a portion of dairy and peanut butter.



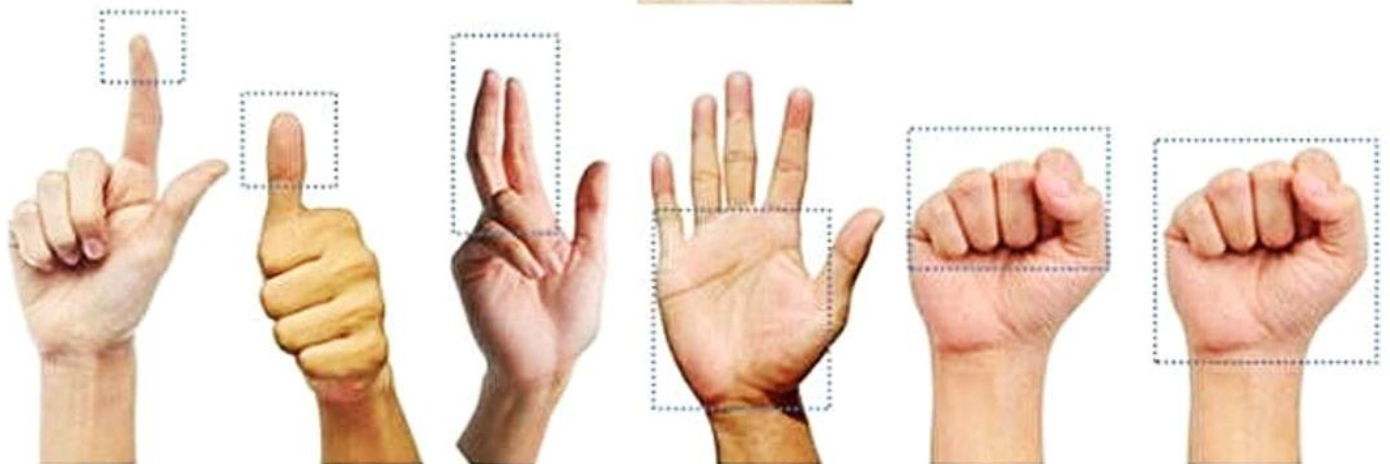
170 kcal

PALM

Equal to 3 ounces is a portion of protein like red meat or chicken.



160 kcal



1 teaspoon
Use this for
oil and butter

1 tablespoon

1 ounce
of cheese

3 ounce
To measure
your meats

1/2 cup
equivalent to size of
computer mouse.
Use for rice or pasta

1 cup
for cooked
vegetables

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GOOD

COMPLEX CARBS

HIGH IN FIBER
METABOLISM BOOSTER
FEEL FULLER, LONGER

FOOD EXAMPLES

WHOLE GRAIN BREAD
BROWN RICE
QUINOA
BEANS
NUTS / SEEDS
OATMEAL
FRUITS
SWEET POTATO
VEGETABLES

BAD

SIMPLE CARBS

LOW IN FIBER/NUTRIENTS
EMPTY CALS TURN TO FAT
FEEL TIRED

FOOD EXAMPLES

WHITE BREAD
SUGAR, BROWN/WHITE
FRUIT JUICES
WHITE RICE
MUFFINS
CANDY
COOKIES
PRETZELS/CHIPS
SUGARY CEREALS