



**FUEL
GUIDE**

FLEXIBLE DIETING

THINK OF YOUR INTAKE LIKE A BUDGET

You have a certain amount of calories, and further macronutrients, to spend each day. If you overspend on your budget (read; overeat!), you're not going to hit your goals. It's as simple as that. Same goes for the opposite if you're looking to reverse diet or gain weight.

Basically, you are given macronutrient targets and as long as you are hitting them, we are able to make minor adjustments over time to keep you moving forward. Accurately tracking intake allows us to see exactly what's going on with your metabolism and thus shows us the tweaks we need to make in order to reach goals. I once read "You can manage what you can measure". I don't remember the book or who said it, but it's super applicable in this case.

80 / 20 RULE

Okay, so the main goal of flexible dieting and why it's sustainable is the fact that you can still enjoy the foods and drinks you love. That's why it's sustainable. You can literally eat whatever foods you want and still work toward goals. Yay! Great! However, for proper micronutrient intake and for optimal performance mentally and physically, you're going to want to hang around 80% whole, nutrient-dense foods. Give yourself 20% of wiggle room. More and more data is coming out showing that diets that are perceived as restrictive lead their victims to crash and burn because they aren't allowed the foods that make me truly happy. Sound familiar?

So go ahead, eat that donut, but know that that may be a big part of your day (budget). You may just have room for protein and veggies the rest of the day. So be at least a little proactive in planning for the day. If you know you're going out drinking one night, fill up on your protein and veggies early in the day and maybe avoid the late night taco bell and pizza run. You know, things like that. Flexible dieting is all about finding that balance. It's going to look a little different for everyone.

TRACKING MACROS

- CALORIES ARE A UNIT OF MEASUREMENT OF ENERGY.
- DIFFERENT CALORIE DENSITIES ARE PRESENT IN EACH MACRONUTRIENT.
- WE SET CALORIE GOALS, FURTHER BROKEN DOWN INTO MACRONUTRIENT GOALS

PROTEIN

4 KCAL/GRAM



CARBS

4 KCAL/GRAM



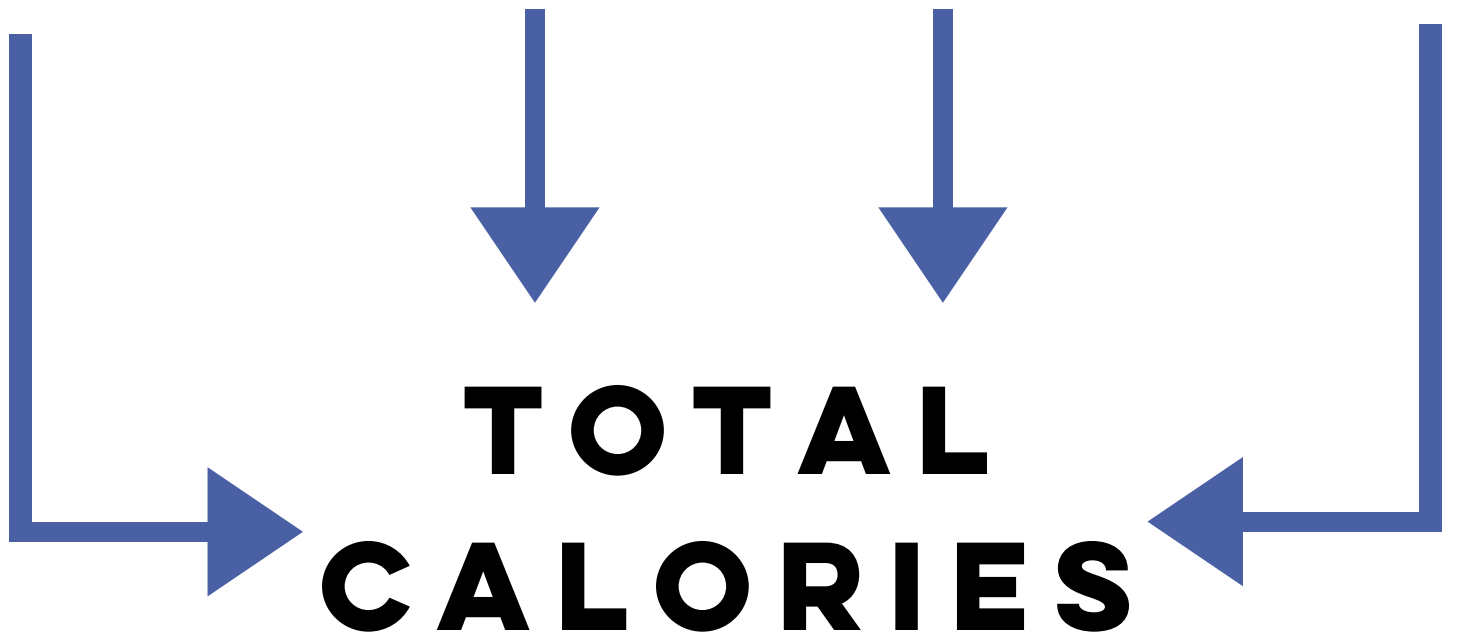
FAT

9 KCAL/GRAM



ALCOHOL

7 KCAL/GRAM



MACRONUTRIENTS

MACRONUTRIENTS ARE COMPOUNDS OUR BODY REQUIRES IN RELATIVELY LARGE AMOUNTS, AND ARE THE SOURCE OF OUR CALORIE INTAKE.

THE 4 MACRONUTRIENT CATEGORIES ARE CLASSIFIED AS PROTEIN, CARBOHYDRATES, FATS, AND ALCOHOL.

NO MACRO IS INHERENTLY "BAD" FOR YOU. EVEN ALCOHOL IN SMALL AMOUNTS CAN BE PART OF A BALANCE LIFESTYLE.

MACRONUTRIENT GOALS ARE EXTREMELY INDIVIDUALIZED BASED ON DIETING HISTORY, ANTHROPOMETRY MEASURES, ACTIVITY LEVEL, GOALS.

METABOLISM IS DYNAMIC, SO CHANGES IN MACRO GOALS WILL BE REQUIRED TO MAKE PROGRESS.

PROTEIN OVERVIEW

PORTION: DAILY REQUIREMENT: 0.8-1.1G/LB LBM

FUNCTION:

- CELL RECEPTORS
- TRANSPORTATION OF NUTRIENTS AND COMPOUNDS
- LEAN MUSCLE & CARTILAGE STRUCTURE AND MAINTENANCE
- COLLAGEN AND ELASTIN
- BLOOD-CLOTTING PROTEINS AND MORE.

RELEVANT FACTS:

- HIGH SATIETY SCORE; highly satisfied after eating
- Muscles/ physique are generally the body's last priority.
 - Protein and stimulus (workout) must be sufficient to maintain and grow muscle
 - MUSCLE TISSUE CONTRIBUTES TO METABOLIC ACTIVITY, so important to preserve it when attempting weight loss to preserve metabolism as best as possible
 - This is why it's important to consume enough protein when attempting both muscle gain and fat loss
- MOST THERMOGENIC OF THE MACRONUTRIENTS- protein requires the most energy to breakdown the macronutrient
- PROTEIN POWDER -I have lactose intolerance and a sensitive stomach, so I choose vegan powders or whey protein isolates. There are many on the market. Generally you want a protein powder containing 2.5-3g of Leucine per serving to stimulate muscle protein synthesis.

CARBOHYDRATE

OVERVIEW

PORTION: CAN BE PRODUCED FROM OTHER MACROS, SO NOT NECESSARY TO CONSUME BUT IDEAL FOR OPTIMAL PERFORMANCE

FUNCTION:

- Glucose (carb building block) is the brain's fave food
- **FIBER:**
 - intake goal of 10g/1000 kCals consumed
 - SOLUBLE FIBER: aids in absorption of nutrients by slowing down digestion
 - found in oats, apples, beans, lentils, raspberries, and more
 - INSOLUBLE FIBER: Adds fecal bulk. Important for cleansing bowels
 - found in whole grains, veggies
 - Fiber deficiency is correlated with irregular bowel movements, diverticulitis and colon cancer

RELEVANT FACTS:

- Carbs are particularly helpful for fuel during workouts, so you might find it useful to consume ~30% of intake pre-workout and another 30% post-workout.
- carbs aren't bad for you. However, foods with high carbs and high fats are most palatable and easiest to overeat on. Stick with the 80/20 rule here.
- 3g of water are stored with each g of carbs, so if you ate a higher carb meal/day, expect to hold on to some water weight!
- if you're following the 80/20 guideline (and have no pre-existing pancreas condition), don't stress about glycemic response or insulin. over a 24hr period, insulin levels are fairly similar regardless of release quantity when calories are constant.

FAT OVERVIEW

PORTION: 20-35% OF TOTAL CALORIE INTAKE.

FUNCTION:

- MYELIN SHEATH STRUCTURE; coating on nerve cells that aids in the speed of cell signal transduction
- Endocrine health & hormone production; reproductive hormones
- Vitamin absorption and transport (Vit. A, E, D, K)
- Insulation and organ protection
- Cell membrane structure

RELEVANT FACTS:

- HIGH SATIETY SCORE; highly satisfied after eating
- Deficiency in omega 3's and 6's can affect nervous system signal speed
- deficiencies in fat can lead to amenorrhea and related symptoms in women
- unsaturated fats (liquid at room temp) help to decrease blood CHOLESTEROL and may decrease risk of t2 Diabetes
- SATURATED FATS should be <10% of total dietary calories. These fats are SOLID at room temp.
 - HIGH SATURATED FAT CONSUMPTION INCREASED "BAD" CHOLESTEROL (LDL)
 - high LDL= increased risk of cardiovascular disease

ALCOHOL OVERVIEW

PORTION: UNNECESSARY TO CONSUME

AS ALCOHOL SERVES NO REAL FUNCTION, THIS IS HOW TO TRACK:

TO SUBTRACT DRINK CALORIES FROM CARB BUDGET:

Divide drink cals by 4 and subtract the dividend from carbs

TO SUBTRACT DRINK CALORIES FROM FAT BUDGET:

Divide drink cals by 9 and subtract the dividend from fats

TO SPLIT DRINK CALORIES BETWEEN CARB AND FAT BUDGETS EVENLY:

Take half of drink cals and divide by 4. Subtract dividend from carbs.

Take other half and divide by 9. Subtract dividend from fats.

RELEVANT FACTS:

- Metabolized in the liver to create acetaldehyde (highly toxic and known carcinogen). Further broken down to acetate, then into water and carbon dioxide.
- Still possible to incorporate alcohol into diet and reach fitness goals, as long as calorie goals are hit.
- When tracking alcohol, you can subtract macros from fat, carbs, or combination of both.
- Oftentimes alcoholic beverages contain additional carbs. Try to limit the calories from mixers if you're drinking. Straight liquor, or mixers that are 0 calories are the best way to save cals while drinking.

HOW TO TRACK

SCALE REQUIRED

- Accuracy is important. There is no other accurate way.
- I recommend a scale that can measure both ounces and grams.
 - buying a portable travel scale has been a key for me when I'm serious about my goals. No excuses.
- Apps like MyFitnessPal or MyMacros+ are super useful and have fairly good databases.
 - Just open app, set goal macros, and add foods! Any specific or further questions, reach out! I'm here to help!

DIRECTIONS:

- Find food in app or on google
- weigh on scale, enter serving size
- BOOM. It's not that hard.

For some reason, people feel really intimidated by the idea of weighing their food. Are you pouring your cereal into a bowl anyway? Ok great, put the bowl on the scale, tare scale, pour desired amount of cereal in based on what fits your macros. 15 extra seconds, maybe. You've got this. It's not something you're going to have to do the rest of your life if you don't want, but it is beneficial in learning how to estimate portion size.

COMPLIANCE

PROTEIN AND CARBS +/- 5 G/DAY
FAT +/- 2G/DAY
CALORIES +/- 20

PLEASE NOTE THAT THE USDA ALLOWS 20% MARGIN OF ERROR ON FOOD LABELS.

That means if something says it's 100 calories, it will be anywhere between 80 and 120 calories. If compliance is a 20 calorie range, hopefully you can see how this range on food labels can become a problem. To be as compliant as possible, try to limit pre-packaged and processed foods.

Compliance is all about creating that consistency. If we're hitting our targets, we know exactly what to adjust (or not) to keep working toward the goal. If you're inconsistent with hitting your macros, it makes it very difficult to make these adjustments and will likely result in a longer amount of time until success.

RESTAURANT HACKS

PORTION CONTROL

Choose easy to track and estimate meals

- ex. steak, potatoes & broccoli

Order dressings and extra toppings on the side so you have the ability to add appropriate amounts

Pre-Track

- Look at the menu ahead of time if possible, and plug those macros in ASAP. I often plan to take half of my meal home.

Don't go on a completely empty stomach

Even if you aren't sure exactly what to track, give it your best effort. Being mindful and estimating is better than giving up on the rest of the day! It never killed anyone to bring a travel scale when going out to eat, either!

HATE TO COOK?

NO EXUSE

- Meal prep in advance. Get it done all at once, and it doesn't have to be everything you plan on eating.
 - Having some foods on hand will make it easier to pick those foods during the week. What's easier, eating the cookies sitting on the counter or hard boiling some eggs quick. We both know the answer there. Make it available to you so you have the chance to choose it!
 - I just make a variety of food in bulk (usually 3 days worth). Not the tupperware prep like you see in pictures, although that is very helpful to many people. When I'm that rigid with myself, I have a harder time being consistent. Having it on hand allows me to decide portions on the spot instead of planning every detail of my week!
- Hop on pinterest for crockpot or 1 pan recipes.
- Meal delivery services like DeliciouslyFit or Iconmeals. There are so many, just google and see what looks good! Pick a service that provides macros or even let's you set your macro goals!
- Pre-made foods:
 - Frozen veggies/rice
 - Instant potatoes
 - Pre-made chicken/turkey meatballs, deli meat, etc.
- Hellofresh, blue apron, ingredient-delivery services (these are super cool because the macros are usually already included!)
 - Be careful though, many of these come high in fat but there are swaps you can make

COMMON FRUSTRATIONS

TAKES TIME
REQUIRES A SCALE
TOO HARD
CAN'T FIND FOOD ITEM EASILY

I don't care. I've used all of these excuses before and honestly, it's just not that difficult to track. It takes seconds, and it allows for you to develop the skill of fairly accurate portion estimate in social situations (where most people fall off!).

Do it for a few months. Make a real effort. If you never want to do it again, that's fine, but quantifying your food is the most accurate way of tracking your intake and the only way we can fine tune your diet to guarantee results.

We are creatures of habit. Once you're tracking for a few days, you'll realize that your inputting the same foods over and over again. Maybe even copying full meals day to day. I love food and I eat as many foods as I can, but I still eat almost the same foods daily for at least a week at a time. Don't get caught up in the fact that it's one more step.

IN THE END, YOU'RE BUILDING A SKILL. DON'T QUIT JUST BECAUSE
YOU GET FRUSTRATED

COMMON NUTRITION MYTHS

ANYTHING ELSE BEING MORE IMPORTANT THAN CALORIE INTAKE

I can't emphasize enough that your energy balance is the key to success. For gaining, maintaining, and losing weight. Where those calories come from aren't as influential as the quantity of calories.

You hear success stories about almost any diet simply because some aspect of calorie intake shifted. People can lose weight on any diet, if their energy balance is in check.

NET CARBS

Net carbs aren't a thing. It's an advertising trick to make you think the calories you eat don't count.

They do.

Companies calculate "net carbs" by subtracting fiber from the total carb content. By doing this, they are leading the consumer to assume that the fiber doesn't have calories. And it does.

Fiber won't be metabolized the same way, but different types of fiber have different caloric values, so to assume they have no caloric value and contribute no energy is false.

Please track all of your carbs.

Don't fall for these marketing tactics.

COMMON NUTRITION MYTHS

EATING BEFORE BED

* See 'Anything else being more important than calorie intake'*
Simply put, as long as you're consistently eating the same calorie intake, timing is far less important. You will not gain fat just by eating before bed. The only way to gain is to be in a caloric surplus. Unless you're **OVEREATING** (above your calorie requirement) before bed, it really doesn't matter.

PREWORKOUT NUTRITION/ REQUIRED BREAKFAST

Never feel like you're required to have a meal at a certain time. If you prefer training fasted, feel free to do so. If this is you, I highly recommend keeping something with some quick sugars in your gym bag in case you find yourself "hitting a wall".

As mentioned before, it can be helpful for sustaining energy in a workout to have a decent amount of carbs beforehand. But if you're like me and train first thing in the morning, you may feel fine on an empty stomach.

I don't particularly recommend any pre-workout supplement. Caffeine has shown some great boosting affects for endurance sports, and to me that sometimes can feel like any workout!

COMMON NUTRITION MYTHS

SMALL BITES, COOKING OILS, AND VEGGIES DON'T COUNT.

Does what you're putting in your mouth have any calories?

Yes?

Then track it.

It's that simple. We are trying to quantify the amount of calories going into your body. If you're cooking with 1 tbsp of oil and don't track it, that's 126 cal (14g fat) going untracked, and for many of us, that ends up being a pretty significant portion of the day!

SNACKING / SMALL MEALS / LARGE MEALS / ETC ARE BETTER

I REPEAT- THE MOST IMPORTANT FACTOR IN ENERGY
MANAGEMENT IS CONSISTENCY IN CALORIC INTAKE.

(and also consistent exercise, let's not forget the calorie-output aspect).

Regardless of when you eat, how you break up your meals, why you do what you do, if you're calories are the same over the 24hr period, your body doesn't really care as much as you think.

CARBOHYDRATES

Whole-grain breads and cereals

hick sauces (bbq)

Syrup-based foods (fruit snacks, sour patch)

Leafy greens

Fruit

Dried Fruit

Starchy

Veggies

Potatoes

Rice

Oatmeal

Granola

Nutritional yeast

Most beans

Peas

Asparagus

Spirulina

Reduced-fat milk

Fried & Breaded meats

Trail Mix

Edamame

Lentils

Chia seeds

Many nut butters

Pumpkin seeds

Whole milk

Protein powder

Egg whites

Ground turkey

Low fat ground
beef

Skinless chicken

Greek yogurt

Canned tuna

Canned chicken

Shrimp

Scallops

Mahi Mahi

Cod

Monkfish

Tilapia

Salmon

Most steak cuts

Ground beef

Bacon

Pork chops

Breaded chicken

Whole eggs

Cheese

Turkey burgers

Pork tenderloins

Halibut

Tuna

Low fat cheese

FATS

EVOO

Coconut Oil

Pecans

Walnuts

Macadamia nuts

Butter

Almond milk

coconut milk

PROTEIN

13 NON-ANIMAL SOURCES HIGH IN PROTEIN

80%
44%
40%
37%
32%
31%
28%
26%
26%
22%
20%
17%
17%

% OF KCAL FROM PROTEIN

SPIRULINA
ASPARAGUS
NUTRITIONAL YEAST
EDAMAME
BROCCOLI
LENTILS
BRUSSELS SPROUTS
BLACK BEANS
GREEN PEAS
CHICK PEAS
SPROUTED GRAIN BREAD
OATMEAL
WILD RICE

@SADIELIFTS

Food	Serving Size	kCal	P (g)	C (g)	F (g)	Fiber	[P]
Spirulina	7g	20	4	2	0.5	0.3	80
Asparagus	90g	20	2.2	3.7	0.2	2	44
Nutritional Yeast	5g	20	2	2	0	1	40
Edamame	182g (frozen, no shell)	200	18.5	15.5	8.6	9	37
Broccoli	91g	31	2.5	6	0.3	2.5	32
Lentils	198g	230	18	40	16	1	31
Brussels Sprouts	100g	36	2.5	7	0.5	2.5	28
Black Beans	86g	114	7.5	20.5	0.5	7.5	26
Green Peas	160g	132	8.6	25	2.9	8.8	26
Chickpeas	82g	134	7.5	22.5	2	6.2	22
Sprouted Grain Bread	1 slice	80	4	15	0.5	3	20
Oatmeal	50g uncooked	195	8.45	33	3.5	5.3	17
Wild Rice	50g	175	7.5	37	0.5	3	17
Peanut Butter	16g	95	4	3.1	8	1	17
Pumpkin Seeds	64g	285	12	35	12.5	12	17
Almonds	1oz	164	6	5.6	14	4	15
Quinoa	185g cooked	222	8.1	39.5	3.6	5.2	15
Chia Seeds	28g	137	4.5	12	8.5	10.5	13
Cashews	1oz	163	4.3	9	1	0.7	11
Almond Butter	16g	101	2.4	3.4	9.5	0.6	10