

Nutrition Planning 101: Getting Brilliant at the Basics

As with any important learning process in our lives, we must become brilliant at the basics before we can gain an intuition and creative mastery of a new activity. For most people, the fundamentals of practicing proper nutrition are weak. Most do not know what foods to eat, or when to eat them. Although we generally have a concept of what foods are good and bad for us, this concept is vague and serves as a poor compass to navigate by. Through discussions with your coaches and a few very concise tutorials, you will gain a working knowledge of nutrition within a few short months that surpasses the great majority of people. The speed at which you acquire this knowledge, as well as the depth and degree of your development beyond that foundation, is largely up to you. Get interested and participate by doing simple things such as reading food labels, reading the materials provided by your coaches, and by asking questions. A little interest will lead to a tremendous expansion of knowledge, and before long, you will develop an unconscious competence in food selection and food combining.

What follows are the 5 nutritional keys to a lean, energized, and healthy physique. Follow these with consistency, and success will be automatic.

Key 1: Eat every 2-4 hours

This is the first key because it is the most important from a metabolic standpoint. If you want keep the furnace burning steadily, you must keep feeding it. Going too long between meals creates a starvation signal, which prompts the body to store the next intake of calories. Over time, this practice is devastating to the body; it leads to massive fat storage, wasting of muscle and connective tissue, poor bone health, and disease. Learning to reverse this process is something you will begin to benefit from right away. The inconvenience and strategic planning that are experienced in the beginning are well worth the amazing results that follow.

Key 2: Include a lean protein source with each meal or snack

The foundation of your structure (i.e. muscle, connective tissue, bones, enzymes, hormones) can only be maintained or made stronger by one type of macronutrient: protein. Without it, the food you ingest is used merely for energy and storage, with nothing used to repair and rejuvenate your underlying structure. In order to stay strong, regular feedings of complete proteins are critical. During exercise, and even during therapy treatments to a lesser degree, muscle and connective tissues are being stimulated, manipulated, exhausted and damaged. These traumatic events signal a cascade of healing steps, resulting in the tissue regeneration, strengthening, healing or growth. However, without sufficient protein intake, the area will regress in strength and flexibility, and will remain damaged. Protein also ramps up the metabolism and slows the digestion of meals, resulting in more steady energy levels and a decreased tendency to store body fat.

Key 3: Eat vegetables with every meal

As we know, vegetables are always a healthy choice. Aside from being chock full of vitamins, minerals, and fiber, vegetables add volume to a meal and make perfect side dishes for a person with a fat loss objective. Vegetables slow digestion, making for steady energy levels and optimal nutrient distribution to your lean tissues. Getting creative with vegetables can go a long way in avoiding boredom, providing different flavors, crunch, and colour to your meals.

Key 4: Save carbohydrate-heavy meals for after exercise

This is a make-or-break component of proper nutrition planning. For most of the day while we are at rest, our bodies run optimally on stored or ingested fats. However, following intense exercise, the game changes. Our lean muscle tissue feeds, repairs, strengthens and grows by way of carbohydrate stores. Therefore, when these muscles are stimulated through intense exercise, they are most sensitive to the uptake of starchy and sugary carbohydrates used to refuel and repair. During this window of opportunity lasting between two and three hours, the transfer of carbohydrates into your lean structure is placed as top priority for the body. Once this window closes after three hours, any additional carbohydrates consumed tend to be stored as fat. Learning to time your carbohydrate intake is the best way to lose fat and gain lean muscle simultaneously.

Key 5: Consume a balanced source of healthy fats with non-exercise meals

Now that we know about timing our carbohydrates so they are only consumed following exercise, we must consider the components of those meals occurring during your inactive times of day. The energy source that will provide you with calories during your non-exercise meals is fat. Feeding on a balance of those fats shown in the attached charts ensures that you are getting all of the essentials. Feeding from fat provides a more steady energy and is ideal for fat loss, as regular ingestion signals the body that it is safe to dip into existing fat stores to support our regular energy expenditure.

Constructing Your Meals: a guide to protein, fat, and carbohydrate intake for fat loss

The remainder of this tutorial is about how to properly put your meals together. When it comes to serving sizes and amounts, do not get overwhelmed, as your coaches are here to help. Together we can determine the right amounts of different foods, and fine tune over time. The information in this tutorial is intended to provide the most important knowledge one needs for a lifetime of success in nutrition.

The **5 Keys** refer to the timing of different nutrients. When it comes to your day, think of yourself as being in either an **Active Phase** or an **Inactive Phase**

- 1) **The Active Phase:** (this phase occurs in the few hours following exercise)
A plate made of **Lean Protein, Carbohydrates, and Vegetables** acts to refuel the body's recently stimulated lean tissues. Some individuals may include breakfast in

this phase, as the body is in a similarly sensitive position following sleep to make proper use of carbohydrates that we ingest.

2) **The Inactive Phase:** (the rest the day)

The body best utilizes stored body fat as fuel to provide steady energy and a lean physique. To keep the body in this fat-burning gear, eat meals made of **Lean Protein, Healthy Fats, and Green Vegetables**. Avoid starch and sugars in order to keep yourself primed for fat burning all day. Feeding on fats for energy during inactivity signals the body to keep our metabolism set on a steady burn.

On the attached charts, you will see outlined the different types of macronutrients, the foods that contain them, and the relative times they should be eaten. You might want to circle five foods from each chart. Add them to your shopping list for this week, to ensure that you will have them on hand. Your coach will help you to formulate a daily meal plan that fits your schedule and your goals. It is important that you get interested, and begin asking questions and reading food labels. Before long, this will become second nature. The charts provide a solid base of staples for your new dietary plan. Other options will be added as we go, and many are mentioned in the program literature. One important thing to remember, if a food exists in your fridge or pantry, you will eventually find an excuse to eat it. We challenge you to look for any highly processed or packaged foods of poor nutritional quality that you currently have at home. These are not the components of a lean, healthy, and energized physique. Resist the temptation to keep them around. Throw them out right away, and you will be one step closer to your goals.