

Nutrition Guide

Carbohydrates = Breads, Grains, Pastas, Fruits...



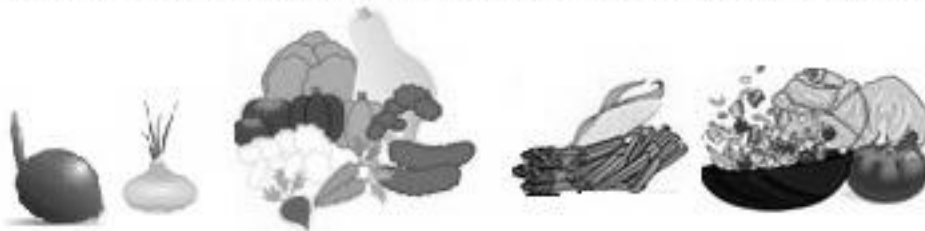
Fats = Cheese, Nuts, Oils...



Protein = Fish, Eggs, Meats...



Vegetables = Greens, Spinach, Peppers, Cabbage...



Eating a balance of the energy sources above is one of the keys to weight loss. Nutrient timing, when to eat a meal, is also a key ingredient for balancing weight. Combine this with exercise and you are on your way to weight loss!

Try to involve one of the food groups above at least once throughout the day. Start at the bottom of the chart and work your way up. Begin by adding more vegetables, then protein, fats and finally carbohydrates. We generally eat too many carbs because they are inexpensive form of energy (candy, rice, and potatoes) but they are easily converted to fat. Protein on the other hand takes longer to burn and is harder to convert to fat. Inexpensive forms are eggs, tuna, whey, and buying in bulk.

Component	Breakfast	Lunch	Supper	Pre Workout	During Workout	Post Workout	Snack	Comment
Protein	Yes. Eating a portion but focus on getting carbs and some fat.	Yes. This should be a larger portion than breakfast.	Yes. Same as lunch.	Yes. Any choice but keep intake to 20gms max. Prevents stomach problems	Small. <15gms per hour.	Yes. It's proven that taking carbs with protein is the ideal recovery regime.	Yes.	Protein metabolizes slower than carbs making it more desirable. This will make a large portion of your diet.
Carbohydrate	Yes. Low blood glucose in the morning will mean that any carbs eaten will be stored in the liver for energy; not fat.	Maybe. This depends on you feel during the day and when your workout is.	No. Eating energy here, unless you work out at night, will have a greater chance of being stored as fat.	Yes. Ideally workouts would be after breakfast. But energy requirements are needed to GET you to workout.	<1hr no. Use water. >1 hour yes (100cals). >90mins (250cals/hr)	Yes. It's important to replenish your muscles. Skipping this is like skipping breakfast.	No. Veggies are ok.	Eating carbs with high fiber should make up the bulk of your choices.
Fat	Yes. Fat here will be used to burn all day.	Maybe. Initially, giving up fat entirely will be hard as it will limit you to only protein sources. Over time, fat should be dialled back	No. This would be a major no, no. Eating fat this close to bed will surely be converted into body fat.	Maybe. Fat can be a slow burner, so depending on the length of the workout. Replace carbs.	No. Can cause stomach issues.	No. Takes too long to break down.	Maybe. Same as lunch.	Since fat has twice the calories of carbs, it should be monitored during the day.

Nutrient Timing Table – Choosing the composition of your meals can help promote weight loss. Focus on changing the carbohydrates first, then fat, and finally protein. At first it will be a challenge to change the grocery store “habits” but with time you can work into a routine.