



# Jump Start Nutrition Manual

## Disclaimer

This manual is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs outlined herein should not be adopted without consultation with your health professional. Use of programs herein is at the sole choice and risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from this program or the use of the information or exercises described herein.

[www.o2bodyfit.com](http://www.o2bodyfit.com)

## Introduction

Welcome to the O2 BodyFit Family! We couldn't be happier that you have chosen to start your new fitness journey with us, and we are excited to watch you change your life over the course of the next weeks and months ahead!

It has become very clear to our team at O2 BodyFit that simply starting a new training program isn't enough to get you the results that you want. We know there are other factors that play a huge role in your success within our program. That being said, we also understand that it can be a bit overwhelming to start a brand new training program and simultaneously make drastic changes in other aspects of your life.

There are four pillars to your success in our program. These pillars are the factors that will determine your level of success in our program. If you can consistently meet all of your goals for each pillar, you will be wildly successful and reach all of your fitness goals.

**Our four pillars approach to results includes:**

- 1. Proper Training Programs**
- 2. Proper Nutrition Programs**
- 3. Proper Supplementation**
- 4. Proper Recovery**

In your training program, you will be given the resources and training needed to get the best results possible. Our training programs are second to none. Along with your training program, you will receive world-class coaching, genuine motivation, and accountability from our entire team. We are here to help you succeed.

The next pillar is where most people stumble, and it keeps them from reaching their full potential. This is also the toughest area to change. We know that there is so much information—much of it conflicting—out there about what to eat, what not to eat, and when to eat it that it can be overwhelming. Luckily, we have done all of the research, have tested hundreds, if not thousands, of clients, and have figured out a very simple way to implement results-driven nutrition into your life without making it seem overwhelming.

In this manual, you will learn how to create habits that will keep you getting results for life, recipes to ensure that eating well doesn't have to mean boring foods, and a plan of attack that is simple and effective.

## 5 Habits

There are 5 basic habits that we teach at O2 BodyFit for nutrition. If you can master these 5 habits, you will be well on your way to the body of your dreams without ever counting calories or weighing food. These habits should guide your eating choices and help you make the right decisions no matter the situation you are in.

You may already be following some of these habits. That is great! If you are, then continue to do so and read on a bit more about each of them. We will be providing you with a meal plan at the end of the manual you can use for great results.

You also may not be following any of the habits, and that is OK as well. We all have a starting point, and knowing that point is crucial to our success. If you are not following any of the habits, start with the first one and master it for the first week. Each week, continue to add in one habit until you have mastered all of them! If it takes longer than one week to consistently apply a habit to your life, no worries! Simply try again next week.

We want to focus on successes in this program. Don't worry about your mistakes; instead, focus on what you did well each week, and build on those successes so that you can continue to grow and learn about your nutrition.

### Here are the 5 Habits:

#### 1. Eat frequently.

This doesn't mean that you need to eat 6 meals a day. That can be overwhelming. We recommend eating every 3-4 hours, but don't sweat the details. At first, just try to get in consistent meals and one snack each day.

This way of eating will help you keep your metabolism running high and maintain your lean muscle mass. You are also less likely to binge if you eat consistently every 3-4 hours.

A great schedule for this is eating when you wake up at 6 or 6:30am, then again at 11am, then a snack at 2 or 3pm and dinner at 6 or 7pm. This is a simple and easy to follow schedule. You can also eat first thing at 6am, snack at 10am, lunch at 2pm, and dinner at 6 pm. The meals can be moved around to fit your schedule.

You shouldn't be so concerned about eating at the exact right time that you can't focus on anything else. The important thing is that you are prepared with your foods and understand when you need to eat.

## **2. Eat a complete protein at every meal /snack.**

Protein is the staple in our nutrition plan. It helps support your lean muscle mass and will keep you full. Try to get in at least 10-30g of protein at each meal. If you look on a food label, it will tell you exactly the amount per serving of protein. We will cover what is included on a list of complete proteins later.

You have to remember that 20-30g of protein isn't the weight of the food you are eating; it is the protein in the food. If you look at the food label, you will be able to see the grams of protein in a given food. You can also use the palm of your hand as a guide for protein servings (a portion the size of your palm will provide approximately 20-30 grams of protein).

One of the biggest objections that we get for this habit is that it is hard to eat protein on the run. That simply isn't true if you know what you are looking for! There are protein supplements, tons of options in convenience stores, and simple snacks that you can pack to help you stick to your habits.

## **3. Eat vegetables at every meal.**

Try to get in two servings of veggies at each meal and snack. This can be one of the tougher habits to master, but you can make it easy on yourself by keeping easy veggie snacks around such as carrots, celery, and other quick to eat veggie sources.

One serving of veggies is about ½-1 cup. So you need to be eating 1-2 cups of veggies each meal. This can easily be accomplished with salads.

Veggies not only help to give you nutrients that you need to get the most out of your training program, but they help give you fiber, keep you full, and provide you with many illness-preventing nutritional components. You won't have a problem with hunger if you make sure to get your veggies in at each meal.

## **4. Only eat carbohydrate-rich foods after your workouts.**

Especially if your goal is fat loss, we want to adjust your carbohydrate consumption to within 1-2 hours post workout. This is great news because you don't have to deprive yourself of carbs, but you have to earn them first in a workout! :)

The reason that we remove carbs from our meals (other than veggies) outside of workout times is that they increase fat storage because of the effect that they have on our insulin levels. When our insulin levels increase, fat storage increases. This is something we want to avoid.

However, after a workout, our bodies are primed to utilize those carbs for energy and to repair our muscles. This is a great thing! After a workout, we want to replace the glycogen (or broken down carbs) that we used during the training sessions and use them to repair our muscles and make sure we are recovering well. If we recover well, we can come back and train hard again the next time and get better results.

Try to avoid breads and gluten-based carbs after your workout and stick to things like potatoes, rice, and other non-wheat based carbs as much as possible. The reason is most of us don't handle gluten or wheat very well, and it can cause some inflammation, which can cause bloating and fat storage (along with other health problems). Keep in mind that carbs are not bad for you and are essential to healthy living. Carbs are energy, it's just knowing when to eat them so our body uses it as energy.

## **5. Eat healthy fats daily.**

Fats are not the bad guys! You should work to eat a good balance of fats (saturated, monounsaturated, and polyunsaturated—just no trans fats!). Fats help regulate hormones in your body and keep you full. It is important that you don't limit your fat intake to help with weight loss. You should try to get 1/3 of your fat intake each day from each of the types listed above. If you have a carbohydrate-based meal after training, try to limit your fats in this meal if possible.

## Superfoods

One of our goals is to make it really easy to pick what types of food you can eat and get great results. To do this, we have included our superfoods list! This list is comprised of nutrient-dense foods that will help you reach your goals. This isn't a comprehensive list of foods that you are able to eat, but you should shoot to eat 4-5 servings of each of these foods a week.

## 90/10

We follow a 90/10 rule at O2 BodyFit to make your nutritional programs tolerable. **The 90/10 rule states that you will get great results if you follow your program and nutritional habits 90% of the time.** The other 10% of the time, you are free to make mistakes, treat yourself or just skip meals. You don't have to be perfect to reach your goals.

Let's run the numbers to make this easy. If you are eating 4 times per day (3 meals and 1 snack), that means you have 28 eating opportunities each week. If you are following the 90/10 rule, that means that you can have 2.8—let's round up to 3—meals each week that don't have to follow the habits.

These 3 meals can be planned cheat meals, meals that caught you off guard where you didn't follow the habits, missed meals, or any other circumstance. Following these meals, you should simply move on and get back to your habits at your next planned meal.

## Hurdles

### >> Eating Out

Due to your job or other circumstances, you may be required to eat out frequently, especially if you travel. This is perfectly acceptable and will still allow you to reach your fitness goals if you make sure to take a few precautions when ordering your food!

First, make sure you follow the 5 habits. That is one great thing about them: You can use them anywhere. Make sure to order your meal according to the 5 habits. If the restaurant doesn't have a meal option that fits your guidelines, practice feeling comfortable ordering specially to make a meal that fits your guidelines. Increase your proteins, lower your carbs, increase veggies, and ask about how the food is prepared. Most all restaurants now will make meals to fit your nutritional needs if you ask.

## >> **Busy Life**

We all have the same 24 hours in a day and get to choose how we use them. However, it just seems that some of us get a bit busier than others. That doesn't mean that you can't follow these habits. It simply takes a little planning. Here are a few tips:

*Sunday ritual*- Write your menus, shop, and prepare your food for the week during a few hours on Sunday

*Breakfast ritual*- Prepare your food for the day each morning

*Pre-cooking protein*- Prepare all of your proteins on your shopping day and store until you need to eat it.

*Pre-chopping veggies*- Chop half the veggies you get on shopping day and store in Tupperware in the fridge or freezer.

*Liquid nutrition*- Supplement with protein powder and prepare super shakes at home or work for really busy days.

## >> **Travel**

During travel, eating well can be a challenge. We suggest that you prepare supplements and plenty of quick snack and meal options for on-the-go eating. You can carry nuts, jerky, and other protein options with you anywhere you go.

Once you arrive at your location, you may want to stake out restaurants that will allow you to be compliant. Get menus online or from the hotel and find the places where you can eat ahead of time.

If needed, go to the grocery store and purchase easy items such as low sodium deli meats, nuts, jerky, and salads that will keep you on track .

## >> **Boredom**

It happens to all of us! We get bored with eating the same things over and over again to stick to our nutritional plans. I hope that we have included enough recipes for you to plan your meals and keep them fresh for a while. The best tips for this is to try something new, search the internet for healthy recipes that fit your habits, or buy some cookbooks that help spark some ideas.

## Rate of Progress

It is important that we address what an acceptable rate of progress is for our clients. With all of the conflicting messages out there about what are considered good results, really it can be a bit discouraging if you are focused on reaching those goals.

If you are losing .5-1% of your of your body fat every 2 weeks, this would be considered excellent fat loss. .5% lost over 4 weeks is considered average and slow would be less than .5%.

All of us will see results at differing rates. If you have 50 lbs of fat to lose, you can lose it much quicker when starting than someone that only has 10lbs of fat to lose. Make sure that you keep things in perspective and focus on the positive changes you are making and not only on the scale.

Another thing to think ponder: 1 pound lost each week for one year is 52 total pounds of fat lost!

## My Plate

On the following pages, you will find an easy to use guide for determining what you should eat at certain times and what your plate should look like when you do eat. This is one of the best visual resources for ensuring that you are eating according to your guidelines and following the 5 habits.

There is an “Anytime,” “Post-Workout,” and “Vegetarian” plate. The “Anytime” plate should be used to determine meals at any time. These will be your protein- and veggie-based meals. The “Post-Workout” plate will show you what and how much you can eat of each item within 60 minutes of your workouts. The “Vegetarian” plate can be used to guide those that choose to not include meat options or animal options for their protein sources.

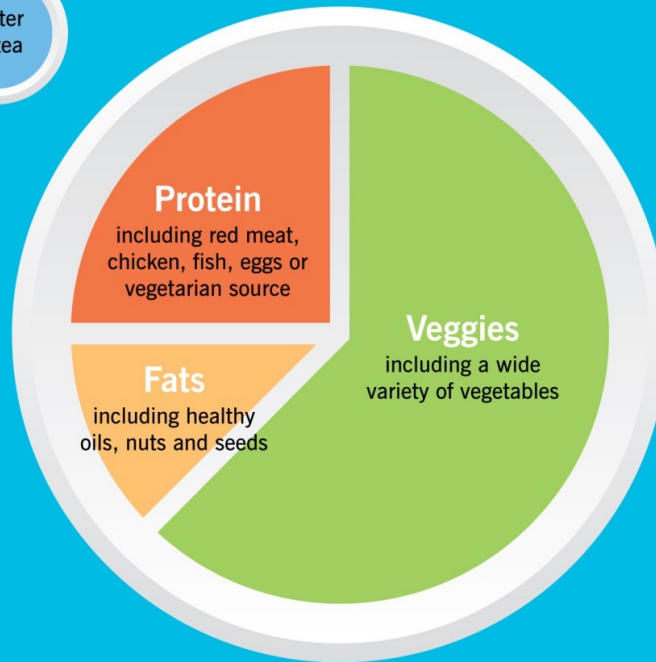
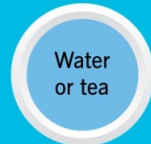
You will notice that most of your plate should be comprised of veggies. This is important not only for your results and health but also to control your calories. With this eating plan, you don’t have constantly count calories because you will automatically be regulating them with the increased veggies.

See the following 3 pages for the My Plate diagrams.



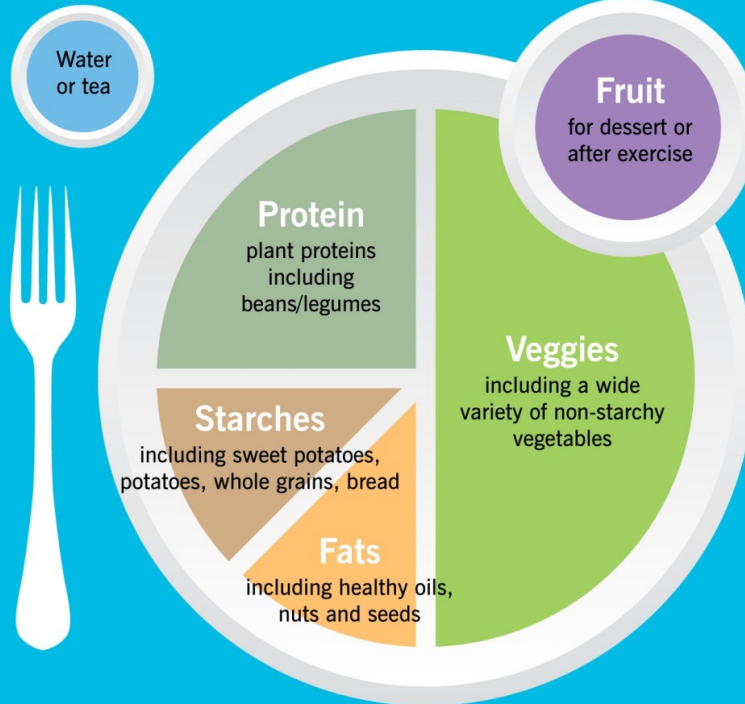
# Anytime Meal

All your meals not directly after a workout



- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

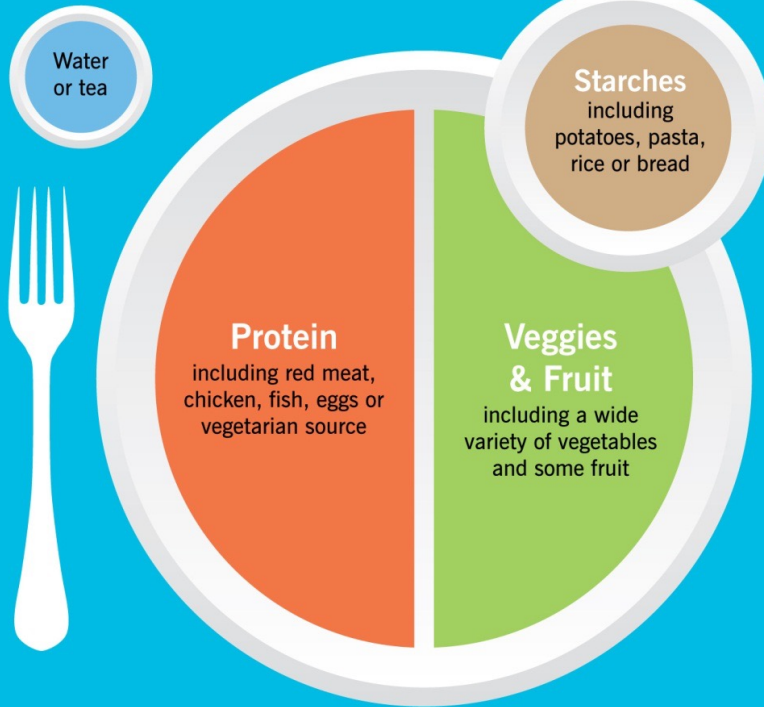
# Plant-Based Eating



- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Take your plate outside and eat in the sun for extra vitamin D.
- After the meal, freshen breath with a piece of vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.

# Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

## Meal Plan

One of the toughest things with getting started with your nutrition program is not having a structure or ideas on how your meals should be. We have taken care of that by providing you with several meal, snacks and shakes ideas below.

### **O2 BodyFit's Nutrition Made Simple For BUSY People**

Eat immediately upon waking and then every 3-4 hours for a total of 4-5 meals per day EXACTLY as outlined below:

<b><u>Meal#</u></b>	<b><u>Meal Time</u></b>	<b><u>Menu</u></b>
1	6-7 am	Drink 2-4 cups of cold water Take <b>Multi-Vitamin</b> Choose your <b>Fit and Healthy MEAL</b> of choice
2	9-10 am	Drink at least 1-2 cups of cold water Choose your <b>Fit and Healthy SNACK</b> of choice
3	12-1 pm	Drink at least 1-2 cups of cold water Choose your <b>Fit and Healthy MEAL</b> of choice
4	6 pm	Drink at least 1-2 cups of cold water Choose your <b>Fit and Healthy MEAL</b> of choice
5	Post Workout	On Training Days ONLY drink your post workout shake after your training session

#### **Say "NO" To:**

Anything NOT Recommended in the Above Menu, Alcohol, Starches, Refined Sugars, Packaged Goods, Liquid Calories

## Fit and Healthy MEALS

<b>Options</b>	<b>Female Servings</b>	<b>Male Servings</b>
1	<p style="text-align: center;">3 Eggs UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>	<p style="text-align: center;">3 Eggs UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>
2	<p>3-4 oz Extra Lean Meat, Fish, OR Seafood (size of 1 clenched fist)</p> <p>1.5 Tsp. Extra Virgin Olive Oil OR 1/8 cup mixed nuts OR 1 oz. full-fat cheese OR 1.5-2 oz. Avocado</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>	<p>6-8 oz Extra Lean Meat, Fish, OR Seafood (size of 2 clenched fists)</p> <p>1 TBSP. Extra Virgin Olive Oil OR 1/4 cup mixed nuts OR 2 oz. full-fat cheese OR 3-4 oz. Avocado</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>
3	<p style="text-align: center;">3-4 oz Extra Lean Beef OR Salmon (size of 1 clenched fist)</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>	<p style="text-align: center;">6-8 oz Extra Lean Beef OR Salmon (size of 2 clenched fists)</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>
4	<p style="text-align: center;">1/2 c - 1 c Tofu 1/2 c quinoa 1/4 avocado</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>	<p style="text-align: center;">1/2 c - 1 c Tofu 1 c quinoa 1/2 avocado</p> <p style="text-align: center;">UNLIMITED Greens (at least 2 cups = 2 clenched fists)</p>

### **UNLIMITED GREENS**

Green Beans, Broccoli, Asparagus, Spinach, Romaine Lettuce, Brussels Sprouts,  
Any Dark Green Leaf Lettuce, Cauliflower, AND UNLIMITED Veggies

BESIDES Corn, Peas, Carrots, Potatoes, and Beets!

## Fit and Healthy Snacks

<b>Options</b>	<b>Item and Serving Size</b>
1	1/4-1/2 cup mixed nuts (about 20-40 nuts) OR 2-4 Tbsp. nut butter (no added sugar, low in salt)
2	2-4 pieces of string cheese
3	2-4 slices Boar's Head Deli Meat (no added sugar, low in salt)
5	1 Cup Non Fat Greek Yogurt or Cottage Cheese(plain)
6	1-2 Scoops Protein powder

## Fit and Healthy Super Shakes (Substitute for Meal)

<b>Options</b>	<b>Item and Serving Size</b>
1	1 Cup Unsweetened Almond Milk, 1 Scoop Chocolate Protein, 1 Tbsp Natural Peanut Butter, 1 ½ Cup Ice, Splenda to taste
3	1 Cup Frozen Strawberries, ½ Cup Frozen Blueberries, ½ frozen Black Berries, ½ Cup Non Fat Greek Yogurt, 1 Scoop Vanilla Protein, 1 Cup Ice - add a bit of water if needed
4	QUICK FIX- 1 Scoop Protein, 2 Tbsp Flax Meal
5	Muscle Gruel (IT'S GOOD!) – ½ Cup Non Fat Cottage Cheese, 2 Tbsp Flax Meal, 1 Tbsp Natural Peanut Butter, 1 Scoop Chocolate Protein, Splenda to taste - Mix together in a bowl NO BLENDING NEEDED

## **The Fit and Healthy Grocery List**

For those who are interested in keeping costs very low, we have included helpful price brackets on the side. However, if you are interested in more variety, you can definitely ignore the price brackets and shop on!

### **Produce Section- Fruits and Vegetables\* (\$10-20)**

- ✓ Green Veggies of choice: green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, etc.
- ✓ Unlimited Veggies of choice (besides corn, peas, carrots, beets, and potatoes)
- ✓ Low GI/Fibrous Fruits: mixed berries, cherries, apples, oranges, pears, and grapefruit (frozen is most convenient)
- ✓ Mixed Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted or raw)
- ✓ Extras: Avocados or guacamole, natural salsa, romaine lettuce wraps for naked sandwiches

### **Lean Proteins: Extra Lean Meat, Poultry, Fish, and Seafood (\$30-\$60)**

4-5/8-12 lbs\* total of a healthy mix of the following:

- ✓ Extra Lean Meat (extra lean sirloin cuts or 93% or higher extra lean ground beef)
- ✓ Extra Lean Deli Cuts (unsweetened, low in salt)
- ✓ Extra Lean Skinless, Boneless Chicken Breasts
- ✓ Extra Lean Turkey or Extra Lean Ground Turkey
- ✓ Extra Lean Pork
- ✓ Fish: Salmon, Tuna, Tilapia, etc.
- ✓ Seafood: Shrimp, Mussels, Squid, Scallops, etc.

**\* 4-5 lbs for women (assuming 9-12 oz. consumed per day), 8-10 lbs for men (assuming 18-24 oz. consumed per day)**

### **Dairy Section (\$10-20)**

- ✓ 2-4 Cartons of eggs (preferably omega-3 eggs for yolks: Private Select Brand)
- ✓ Part-skim string cheese, part-skim mozzarella cheese, or full fat cheeses of choice

### **Miscellaneous (\$10-20)**

- ✓ 100% Natural Nut Butter (no sugar added, unroasted, low in salt)
- ✓ Non-Fat cooking spray (extra virgin olive oil or coconut oil spray) and calorie free spray butter
- ✓ Extra Virgin Olive Oil or Avocado Oil
- ✓ Salad Dressings: Maple Grove Fat Free Balsamic Vinaigrette or Walden Farms calorie free dressings.
- ✓ Vinegars: apple cider or red wine (great for salads)
- ✓ 1 package of organic ground flax meal (contains added fiber/omega 3's to throw in meal replacement shakes)
- ✓ Low Calorie/Carb Condiments: Mustard, No Sugar-Added Tomato Sauce, Reduced Sugar Ketchup, etc.

# Super Foods List

## Proteins

Lean red meats (93% lean, sirloin, top round)

Salmon

Omega 3 Eggs

Low fat plain Greek yogurt

Protein supplements

## Vegetables and Fruits

Spinach, Arugula (any Leafy Greens)

Tomatoes

Cruciferous vegetables (broccoli, cauliflower, cabbage)

Mixed Berries

Oranges

## Other Carbohydrates

Mixed beans

Quinoa

Whole Oats

## Good Healthy Fats

Mixed nuts

Avocados

Extra virgin olive oil

Coconut oil

Fish oil

Flax Seeds (Ground or Meal)

## Drinks/Other

Herbal Tea's

Super Greens Supplement

Wheatgrass