



Z FIT FITNESS

MEAL GUIDE

THIS MEAL GUIDE IS STRICTLY A GUIDIE, NOT A TAILORED MEAL PLAN.



EVERYDAY FOOD CHOICES

Before you prepare your meal, you must plan. Let's plan our meals then create a grocery list using the selections below.

Protein Sources

Beef (lean cut)
Chicken (breast, tenderloins)
Fish
Salmon
Steak (lean cut)
Tuna
Turkey (ground turkey and/or turkey cutlets)



Carbohydrates

Brown Rice
Jasmine Rice
Quinoa
Carrots
Sweet Potatoes
Squash

Vegetables

Spinach
Kale
Asparagus
Broccoli
Green Beans
Bell Pepper
Zucchini
(If any of the vegetables above cause bloating, stop consuming.)



EVERYDAY FOOD CHOICES

Grains

- Brown Rice
- Whole Wheat Bread (bread with grains and seeds)
- Whole Wheat Pasta
- Whole Wheat Tortilla Shells (low carb)
- Oats
- Granola
- Quinoa



Fruits

- Banana, Pineapple (Eat occasionally and in the earlier part of your day. Very high in sugar.)
- Granny Smith Apple
- Grapefruit
- Mango
- Orange
- Kiwi
- Watermelon(hydration)

Etc.

Mixed Berries:

- Strawberries
- Blueberries
- Blackberries
- Raspberries

(Fresh/Frozen)

If you are making a smoothie, measure out a cup of fruit. It can be a mixture, but only a cup. Fruit is not for nightly snacks. 1 cup of fruit is enough. No can goods and no fruit that already saturated in syrup.



EVERYDAY FOOD CHOICES

Healthy Fats

- Olive Oil
- Coconut Oil
- Almonds, Cashews, Walnuts
- Avocado
- Peanut Butter
- Flaxseed



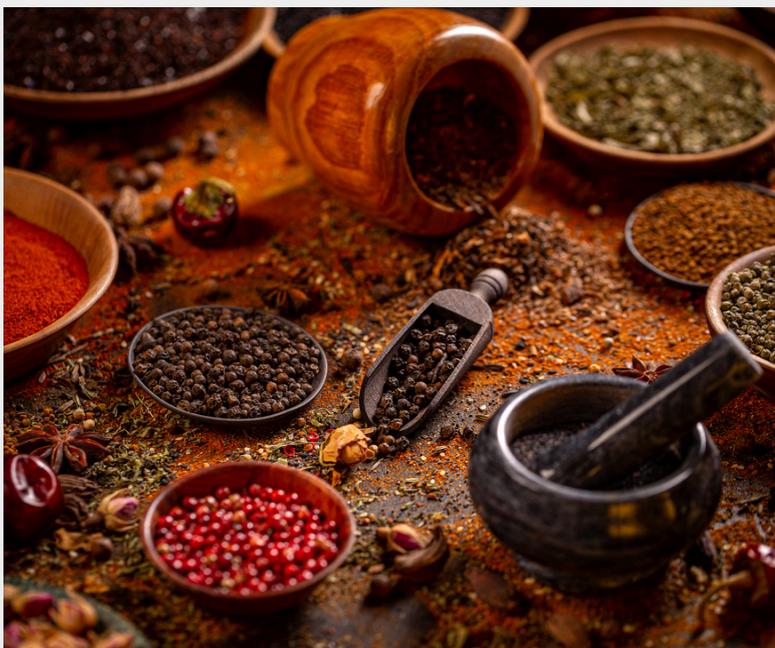
Liquids:

- Water
- Protein Smoothie (Plant Based/Whey)
- Green Tea
- Almond Milk
- Oat Milk
- Tea (Regular/Decaffeinated)
- Coffee (Regular/Decaffeinated)

Wine (No More Than 3 (4-6 oz) Glasses a Week)

Liquor (Straight liquor/Shots No More Than 3 a Week. Stay away from fruity mixed drinks. If you have one, just have one.)

(You can add fruits and veggies to your water if you'd like such as mint, lemon, fruit, cucumbers, etc. for flavor and to create a detox)



Seasonings:

- Pink Himalayan Salt
- Celtic Sea Salt
- Kosher Salt
- Mrs. Dash
- Garlic Powder
- Pepper
- Tony Chachere's (no salt)
- ect.

** The above suggestions are just for the basics. It's ok to season your foods. I want you to enjoy your goods, but don't over season and don't under season. Have flavor.**



MEAL & SNACK IDEAS

Breakfast

- Scrambled eggs or 2 boiled eggs & ½ avocado and/or fruit
- Oatmeal with fresh fruit, nuts
- Slice of whole wheat toast with peanut butter/cream cheese & fruit
- Plain Greek yogurt parfait
- Omelet with spinach and peppers with a side of fruit
- Protein Shake/Smoothie (Plant Based Protein/Whey)
- Avocado Toast with a side of fruit & bacon/sausage (pork or turkey)
- Protein/Regular Waffle(s)with fruit & a side of eggs and bacon/sausage/chicken (Drizzle of syrup, honey, or sugar free syrup.)

(If you're losing weight, stay away from peanut butter or an excess of it. It sticks and has too much sugar. Natural peanut butter only)

Snack

- Palm full of almonds & fruit
- Celery sticks with peanut butter & almonds or fruit
- Plain Greek yogurt & fruit or mixed nuts
- Carrots, fruit, & almonds or mixed nuts
- Green Protein Fruit Smoothie
- Apple slices with a drizzle of peanut butter or caramel
- Mini meals, salad, etc. get creative

(If you're losing weight, stay away from peanut butter or an excess of it. It sticks. Use all natural peanut butter.)

Lunch/Dinner

- Meats: Chicken, turkey, salmon or fish
 - Carbs: brown rice, sweet potatoes, whole wheat pasta, squash, etc.
 - Veggies: broccoli, spinach, asparagus, brussels sprouts, zucchini, etc.
 - Fresh Green Salad (Mixed Greens and/or spinach base)
 - Whole Wheat Pasta with grilled chicken, spinach/broccoli (can be a side or mixed it)
- Tacos on whole wheat, spinach or white tortilla shell (light toppings and cheese. If you can do without cheese do so. Light sour cream and avocado. You want to taste all your ingredients.



GUIDED MEAL STRUCTURE

These are examples of how to structure your meals daily. This is not a tailored plan.

DAY 1

Breakfast:

2 Scrambled Eggs with spinach and tri peppers or veggies of choice (optional), protein of choice (2 strips of pork/turkey bacon/sausage or chicken, half avocado)

Lunch:

Salmon, saute' spinach and baked sweet potato

Dinner:

Mixed green salad or spinach base, choice of protein and dressing (balsamic or oil & vinegar)

Snack 1:

Protein Shake

Snack 2:

100 calorie pack of mixed nuts or almonds & cut of fruit



DAY 2

Breakfast:

Green Smoothie or Protein Shake
Grilled chicken spinach omelet with breakfast red skin potatoes

Lunch:

Steak Quesadilla with tri peppers and light sauce with a side of rice

Dinner:

Ground Turkey Patty with a side of mixed vegetables

Snack 1:

cup of fruit and 100 calorie pack of mixed nuts

Snack 2:

Green apple slices drizzled with warm all natural peanut butter



GUIDED MEAL STRUCTURE

These are examples of how to structure your meals daily. This is not a tailored plan.

DAY 3

Breakfast:

Avocado Toast your way (use 1/2 avocado)

Lunch:

Steak bites over rice and veggies drizzled with caribbean jerk sauce

Dinner:

Low carb wheat or tortilla wrap with a side of mixed steamed or sauteed vegetables

Snack 1:

Granola parfait

Snack 2:

Protein shake or green smoothie with 100 calorie pack of mixed nuts



DAY 4

Breakfast:

Protein Waffles topped with mixed berries and a low sugar syrup, 2 turkey sausage links

Lunch:

Salmon over a bed of rice drizzled in sauce of choice with a side of asparagus or green beans (Fresh or frozen. No can foods.)

Dinner:

Lemon Butter chicken breast with a side of squash and zucchini or over a bed of spinach drizzled with balsamic vinaigrette

Snack 1:

cup of fruit and 100 calorie pack of mixed nuts

Snack 2:

Green apple slices drizzled with warm all natural peanut butter



CREATING LASTING HABITS



Sustainable Nutrition

Nutrition should be natural to you. My moto is, if you can't stick with it, don't start it. I like nutrition that allows me to still eat my favorite foods such as, burgers, pizza, tacos, etc. Creating sustainable nutrition to me means recreating healthier versions of my favorite foods. This makes nutrition practical and enjoyable. Mostly importantly, it makes nutrition sustainable. Sustainable nutrition helps us to create a lifestyle of healthy choices and that is what helps us to have lasting habits.



INSTRUCTIONS

Instructions for Day to Day Eating:

1st Meal of the Day! Breakfast. Eat breakfast within 1 hour of waking up. This is the first meal of that day. It will set the tone for how you eat throughout the day and break the overnight fast.

DO NOT SKIP ANY MEALS! Always prepare for the day ahead. We suggest that you **MEAL PREP** and pack healthy snacks. Meal prepping will help keep down the temptation of making terrible selections. Place snacks in your snack cabinet at work, in your purse or car, etc.

STAYREADY!

If you fail to plan, you plan to fail.

We suggest that you eat every 2-4 hours, consuming 3 meals a day and 1-2 snacks. Bake, steam, sauté & grill your food. **PORTION CONTROL IS KEY! DON'T PILE YOUR PLATE.** You should have a healthy balance of food from all food groups. Half of your plate should consist of vegetables. The other half protein and carbs. Make your plate as sexy as you. Make your plate attractive with color.

Need Help with Practicing Portion Control? There are portion control plates, meal prep bowls and measuring cups that you can purchase to help measure and control your portions. Purchase small meal prep bowls, not the large ones. **** See photos below ****

**** Preparing your food! Cook your food with nonfat cooking spray. ****



HYDRATION AND NUTRITION TRACKING

Hydrate! You are to drink 4-6 (16oz) bottles of water daily or half of your body weight in ounces. (If you weigh 160lbs, you'll drink 80oz of water. If you weight 200lbs, you'll drink 100oz of water. See chart below.) Water helps to flush out the toxins in your body and fight off illnesses. Your body requires an adequate amount of water to help burn calories, lose, gain and maintain weight. If you were to get dehydrated, it will slow down your fat burning rate.

Protein!

How much protein should I consume? 1 gram per pound of body weight (150lbs = 150 grams of protein)

How to Calculate my Caloric intake?

Take your GOAL body weight and multiply it by 12. That will give you the calorie amount to consume. (150 x 12 = 1,800 calories)

How to Track my Meals?

Download MyFitnessPal

How do I measure/weigh my meals?

Purchase a food scale

**** FOR OPTIMAL RESULTS PLEASE SCHEDULE A FITNESS CONSULTATION WITH FITNESS SPECIALIST Z ****



FOR MAXIMUM RESULTS

COMBINE THIS GUIDE WITH CARDIO & EXERCISE TO MAXIMIZE RESULTS. THE KEY IS TO BURN FAT. TRAIN YOUR BODY TO DO WHAT YOU WANT. YOU CAN EAT SALADS IF YOU'D LIKE. WATCH YOUR DRESSINGS AND THE AMOUNT YOU APPLY TO YOUR SALAD. TRY OILS, VINAIGRETTES AND HOMEMADE DRESSINGS.

DON'T UNDER SEASON YOUR FOOD & DON'T OVER SEASON YOUR FOOD.

NO JUNK FOOD. DON'T CONSUME A LOT OF BREAD & PASTA. IF YOU MUST HAVE EITHER, EAT WHOLE WHEAT/MULTIGRAIN BREAD & PASTA.

REST AND RECOVER! GET THE ADEQUATE AMOUNT OF SLEEP AND DON'T OVERTHINK YOUR JOURNEY. STRETCH AND SCHEDULE MASSAGES.

YOU'RE ENTITLED TO ONE PLEASURE MEAL A WEEK (JUST BECAUSE YOU CAN TAKE ONE DOESN'T MEAN THAT YOU SHOULD), BUT STILL BE WISE IN YOUR CHOICE. (EX: IF YOU WANT A BURGER, GET A LEAN TURKEY/BEEF BURGER WITH LIGHT CONDIMENTS ON WHOLE WHEAT BREAD. GET YOUR CONDIMENTS ON THE SIDE SO YOU CAN CONTROL HOW MUCH YOU PUT ON YOUR BURGER. INSTEAD OF LETTUCE, SEE IF THEY HAVE SPINACH. ORDER FRIES WITH NO SALT. ADD YOUR OWN SALT. ALLOW THE CONDIMENTS TO SEASON YOUR FOOD. IF YOU MUST HAVE A DRINK, JUST HAVE ONE WITH WATER ON THE SIDE.) EATING CLEAN REQUIRES EXTREME DISCIPLINE, BUT YOU CAN DO THIS.

MOVE ON PURPOSE



THOUGHTS AND FEELINGS:

Below are questions to ask yourself to reflect and determine what you need to continue doing or change in order to reach your goal.

- **WHAT WAS THE MOST CHALLENGING THING ABOUT THIS WEEK'S DIETING AND TRAINING?**
- **DID YOU WANT TO GIVE UP? WHY OR WHY DIDN'T YOU WANT TO GIVE UP?**
- **WHAT COULD HAVE BEEN DIFFERENT?**
- **WHAT'S YOUR MOTIVATION?**
- **WHAT'S YOUR GOAL FOR NEXT WEEK?**



WATER CHART

HOW MUCH WATER SHOULD YOU DRINK?		
Body Weight	Water Intake	8 oz Glasses
80 lbs	40 oz / 1.2 L	5
140 lbs	70 oz / 2.1 L	9
220	110 oz / 3.3 L	14

BMI CHART

The BMI chart is to help you learn what your healthy weight is. Find your height and current weight. Look at the colors and numbers below to determine where you stand, then find your healthy weight that is in the shade of green. From there, add 5-10 pounds and that is the weight you should aim for. Don't be alarmed if it says overweight, that's ok. This is a general reading.

BUILTLEAN®

BMI CHART

HEIGHT	WEIGHT																												
	lbs	kgs	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330					
4'10"	124.5	54.4	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69					
4'11"	149.9	59.0	24	26	28	30	32	33	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67					
5'0"	152.4	63.5	23	25	27	29	31	32	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65					
5'1"	154.9	68.0	23	25	26	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62					
5'2"	157.5	72.6	22	24	25	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60					
5'3"	160.0	77.1	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59					
5'4"	162.6	81.6	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57					
5'5"	165.1	86.2	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55					
5'6"	167.6	90.7	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53					
5'7"	170.2	95.2	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52					
5'8"	172.7	99.8	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50					
5'9"	175.3	104.3	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49					
5'10"	177.8	108.9	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47					
5'11"	180.3	113.4	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	45					
6'0"	182.9	117.9	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	43	43	45					
6'1"	185.4	122.5	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44					
6'2"	188.0	127.0	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42					
6'3"	190.5	131.5	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	41	41					
6'4"	193.0	136.1	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40					
6'5"	195.6	140.6	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39					

■ Underweight: < 18.5
 ■ Healthy: 18.5 - 24.9
 ■ Overweight: 25 - 29.9
 ■ Obese: 30 - 39.9
 ■ Severely Obese: ≥ 40



SALT

CELTIC SEA SALT	VS. HIMALAYAN SALT		
			
<ul style="list-style-type: none">● Alkalizes body● Eliminates mucus buildup● Builds immunity● Improves brain function	<ul style="list-style-type: none">● Regulates water content throughout body● Absorbs food particles through intestinal tract● Supports respiratory health● Promotes sinus health● Promotes bone strength● Supports libido		
<h2>BOTH</h2>			
			
Promote blood sugar health and can help reduce the signs of aging	Prevent muscle cramps	Regulate your sleep	Regulate blood pressure with sufficient water and potassium intake
			
Increase energy	Promote vascular health	Promote healthy pH balance & electrolyte balance	
<h2>Dr. Axe</h2>			



MEAL PREP TOOLS



MEASURING CUPS



MEASURING SPOONS



FOOD SCALE

The food scale helps to measure your good for a more accurate tracking. MyFitnessPal is also a good reference. If you need to know how much a 6oz chicken breast is, put it in your app and it'll tell you that it's 280 calories, 6 grams of fat and 52 grams of protein. Always click tare when adding anything to the scale for a more accurate reading.



KITCHEN SHEARS

Kitchen shears is to help cut your protein



MEAL PREP BOWLS

Small bowls, not large. 2 sectionals or single section bowls. 28 oz

Bowls can be found in your local super markets, Sam's, Dollar General, Dollar Tree, Walmart, Kroger and Walgreens as well as online. The photo to the left if a photo from amazon.

