

STATE OF FITNESS NUTRITION CHEAT SHEET

7 STEPS OF EATING SUCCESS

1 REDUCE NUTRITIONAL DEFICIENCIES

In order to see if you are deficient in a nutrient, you can utilize blood, saliva, and urine testing with your doctor to uncover specific needs. But you can start here with a simple intake with what we call the **BIG 4 NUTRIENTS**:



WATER

If you have a low level of hydration, simply drink more water.



VITAMINS AND MINERALS

Eat more fruits, vegetables and perhaps take a green food supplement.



PROTEIN

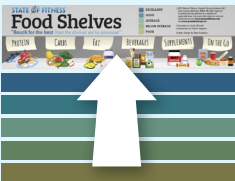
Eat more foods rich in protein and consider a whey or plant-based protein powder.



ESSENTIAL FATS

Eat more foods that contain essential fats. Consider taking a fish oil, algae oil, or plant based fatty acid supplement.

2 CHOOSE HIGH QUALITY TIER 1 FOODS



Eating the highest-quality foods is much more important than the amount (calories and macronutrients). Refer to our SOF Food Shelves for a comprehensive breakdown of food quality.

Focus on **local**, and when possible, **organic** produce. Choose grass-fed meats, organic eggs and poultry and wild-caught fish for protein sources.

Eat slowly and enjoy your food. This will help with digestion, absorption and utilization of nutrients and keep you from overeating.

Don't focus on calories, grams of protein, carbohydrates and fats when reading a food label. Focus on the ingredient list instead. **Quality first**, then focus on the quantity of the food. There may be good times to track calories and macronutrients but first master the 7 steps above.

Don't be afraid of eating fat. Many **healthy fats**, such as coconut, olive oil, avocados, nuts, seeds, grass-fed meats, organic eggs and wild-caught fish provide you with fats that help increase the metabolism, burn fat and keep you satisfied.

Eat the right types of carbohydrates. Foods such as root vegetables (beets, parsnips, turnips, carrots, onions), potatoes (sweet, white, purple, redskin), squash, jasmine and basmati rice are **high-quality sources of carbohydrates** that provide fiber, tons of phytonutrients (plant particles) and sustained energy.

Choose grains wisely and eat sparingly. Sprouted grain bread, quinoa and steel cut oats are your best options. Fruit such as berries, apples and pears should be consumed 1-3 times a day for optimal health and fat burning.

Drink lots of water and eliminate calorie containing beverages. Tea and coffee have wonderful benefits and can be part of the SOF nutrition protocol but just **make sure to get your water in**.

3 REDUCE LOW QUALITY FOOD



After you start to increase the quality of your food and reduce nutrient deficiencies, start to ditch low-quality food such as candy, soda, processed grains, fried foods, low-quality protein sources and foods at restaurants.

4 USE YOUR HAND FOR FOOD PORTIONS, NOT CALORIES

Trying to keep track of calories and macronutrients using some type of calculator can be tough. There is a possible 20-30% error when counting calories and macronutrients and it can also backfire since it can lead you towards focusing just on food quantity rather than food quality. We feel the following method adapted by Precision Nutrition is a better way...



THE HAND MEASURING SYSTEM!

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients with minimal counting required.

Men should consume 2 SERVINGS of each category

Women should consume 1 SERVING of each.

You will need to adjust your portion sizes based on activity level, goals, previous health history and other factors.

5 CHOOSE YOUR MEAL FREQUENCY



As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often. Intermittent fasting can also be an option for you. There is no one way that science has found to be the best way. In the end, you need to find what works for you!

6 WORKOUT NUTRITION

Workout nutrition really doesn't matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals...

1 TO 2 HOURS BEFORE AND AFTER

Eat an appropriate meal as outlined below.

DURING

Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.

AFTER

Consume 20-40 grams of a high-quality protein powder. We like grass-fed whey protein. If you are someone that has a high-activity level or are looking to put on some muscle, 20-60 grams of carbohydrates would be helpful to consume. For fat loss, ditch the carbs after a workout.

7 PLAN, SHOP, PREPARE

This is where everything comes together. You could even argue that this is the most important component of healthy eating. As they say, "If you fail to plan, you plan to fail". Here are the steps we suggest to stay on top of meal preparation:

LOOK AHEAD - Which busy days in the coming week will you need pre-prepped meals?
MAKE A MENU - Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.
SHOP FOR YOUR FOOD - Buy the ingredients for your pre-prepped meals.
COOK FOR THE WEEK OR NEXT DAY - Cook time-consuming meal components: chicken, veggies, potatoes, etc. We like to use the crock-pot and one-pot meals like chili, soups, stews and the like.
STORE IT WHERE YOU CAN USE IT EASILY - Pack your prepped food in stackable clear containers and make them accessible in the fridge.

FAT BURNING AND MUSCLE BUILDING TIPS

STATE OF FITNESS NUTRITION CHEAT SHEET

7 DAY SAMPLE MEAL PLAN

**SUNDAY
DAY 1**

BREAKFAST

Eggs, Peppers, Bacon



LUNCH

Big salad with leafy greens, avocado, cucumbers, tomatoes, feta with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein

SNACK

Organic Yogurt with ½ cup Mixed Berries



DINNER

Grass-fed beef (any cut) with 2-3 different veggies cooked in olive oil and small potato



**MONDAY
DAY 2**

Super Shake



Wild-caught fish with asparagus and broccoli



Veggies and Hummus



Chicken breast spiced as desired with sweet potatoes and cauliflower

**TUESDAY
DAY 3**

Coffee with Coconut Oil or Grass-fed Butter



Quinoa salad with avocado, boiled eggs, seeds, and leafy greens drizzled with olive oil and vinegar



RX Bar

Rx Bar

Blackened cod or other fish with green beans and jasmine rice.

Dessert: Handful of nuts with a small amount of dried cherries

**WEDNESDAY
DAY 4**

Hard Boiled Eggs and Apple



Chicken or turkey in sprouted grain wrap, veggies and goat cheese

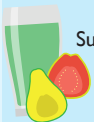
Get over the HUMP with the 7 Day Sample Meal Plan!

Chili



**THURSDAY
DAY 5**

Super Shake



Arugula salad with chopped apples, walnuts, feta, & peppers drizzled with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein

Guacamole with Celery and Carrot Sticks



Bacon burger with avocado, onion, lettuce, tomato and a side of veggies.

Dessert: Mixed berries in heavy organic whipping cream

**FRIDAY
DAY 6**

Grass-fed whey protein shake with side of almond butter



Big salad with leafy greens, avocado, cucumbers, tomatoes, feta with olive oil and balsamic vinegar. Add meat, fish or poultry for extra protein



TGIF Have fun prepping food on the weekend!

Roast, potatoes, carrots, onions, garlic and mushrooms

Dessert: Plain yogurt mixed with peanut butter and dark chocolate chips

**SATURDAY
DAY 7**

Super Shake



Slow cooker chicken with roasted broccoli and zucchini



RX Bar

Rx Bar

Grass-fed steak or Fish with sweet potato, beets and squash



THE SOF FOOD PLATE



Most of your plate should be **FRESH LEAFY VEGETABLES** such as kale, spinach, arugula, collards, or other greens. Broccoli, asparagus, cucumber, peppers, cauliflower and Brussels sprouts are also good options that provide a nutrient surge to your daily green choices. In the end, find the veggies you like and start there. Raw is best, but minimally cooked and frozen veggies are good as well.

PROTEINS such as grass-fed beef, wild-caught fish, organic turkey chicken and eggs should make up around a quarter of your plate. If you are a vegan, you can focus on more nuts, seeds, quinoa and possibly a vegan protein powder supplement.

Eat **WHOLE FRUIT** and ditch the processed types of fruit (applesauce, juice, etc.). About 1-3 servings a day should do the trick.

For optimal energy, satiety and fat loss, make sure you consume **NUTRIENT DENSE FATS** that come from coconut oil, grass-fed meats, wild-caught fish, avocados, nuts and seeds. Avoid processed oils.

If you are very active and/or need some extra energy, **ADJUST YOUR CARBOHYDRATE INTAKE** accordingly. Stick with starchy veggies, potatoes, sprouted grains and rice.

When you're crunched for time or to get a ton of nutrients in easily, make a **SUPER SHAKE**. Pick a protein powder (grass-fed whey, hemp, brown rice, chia), liquid (water, coconut water, almond milk), fat (coconut or coconut oil, nuts or nut butter), veggies (spinach, kale, green food powder) and fruit (berries, banana) and blend with ice.

SEVEN SUPER SUPPLEMENTS

Supplements shouldn't replace your whole food intake. Consuming clean whole foods such as vegetables, fruits, organic animal products, whole grains, nuts and seeds is always optimal for your best health. However, with our busy lifestyles, high physical and mental stress, and poor food environment, there are some deficiencies we must account for by taking certain supplements. **Below are the SOF Supplement Essentials to round out your overall nutritional intake.**

- 1 FISH OIL:** Balances out Omega 3-6-9 fatty acid ratio, reduces inflammation, improves overall health.
- 2 GREEN FOOD SUPPLEMENT:** Other green food powders, spirulina, chlorella, wheatgrass (cubes or fresh squeezed) are all other appropriate options will help reduce vitamin and mineral deficiency.
- 3 VITAMIN D** (check with doctor): Maintains calcium and phosphorus balance and utilization for bone health. Best from sunlight, but we don't get enough due to environment. Cellular growth and health. Boosts immunity, reduces risk of osteoporosis, protects from high blood pressure, and other autoimmune deficiencies. Basic recommendation is 2,000 I.U. a day, but check with your doctor for dosage recommendations
- 4 TURMERIC and CURCUMIN:** Helps reduce and balance whole body inflammation naturally. Natural pain reliever in joints muscles and bones. Powerful anti-oxidant. Improves digestion and immune system
- 5 BRANCHED CHAIN AMINO ACIDS (BCAA)** (peri, pre, and or post-workout): Other essential and branched chain amino acids will also work. Improves recovery, endurance, and delays fatigue. Helps build lean muscle tissue. Increase growth hormone to help burn body fat. Great during a fasted state
- 6 GRASS-FED WHEY PROTEIN POWDER:** Convenient high quality protein source. Can be used during fasted states and post-workout. Improves immune function. High in BCAA's and high bioavailability
- 7 PROBIOTICS:** Digestive aid, utilization and absorption of nutrients. Increase natural intestinal flora (good bacteria). Improves immune function



HOW TO TRY INTERMITTENT FASTING

Start fasting by **skipping breakfast**. You can have coffee with a nice dose of fat in the morning to give you some energy and satiety. Coconut oil and grass-fed butter work best.

Try the **16-hour fast, 8-hour feed Leangains method** out first. Wait 16 hours to eat after the last time you eat at night. So, if you ate dinner at 7pm, do not eat anything besides fatty coffee until 11am. If 16-hours is too long, start with 10-12 hours and work up from there. It will take about 2-4 weeks for your body to adjust to the new style of eating.

If you are someone that has trained your body to eat every 2-3 hours, then you might feel hungry the first few times that you try IF. **Remember that hunger is all in your head;** you are not starving yourself! Just remind yourself that you have already gotten some nutrients and water in your body in the morning and you will be eating very soon!

Intermittent fasting has many benefits that date back hundreds of years. Eating too much and too often can be hard on digestion, insulin, energy levels and your mental clarity. Fasting is perfect for controlling appetite, reducing overall food intake, convenient, boosts metabolism, increases growth hormone production, improves insulin response, slows aging and can even build precious muscle. You will be sleeping through the majority of your fast, which will make it relatively painless.

THE BIG 6

SLEEP

Controls all metabolic processes, recovery, hormones, fat loss, tissue rebuilding. Stress management. Get 6-9 hours a day.

BREATHING

Starts in lymphatic system and extends to all other systems in the body. Increases mobility, recovery, and stress management. Use crocodile breathing.

STRESS MANAGEMENT

Sleep, breathing, self-care, white space, meditation, counseling and mentorship, time management, preparation.

WATER

Controls all systems in the body, detoxifies, balances hormones and increases energy, improves hunger management. Reduce caloric beverages.

NUTRITION

Rectify nutrient deficiencies, improve food quality, reduce portions, no calorie counting, adjust frequency, establish workout nutrition, carb and calorie cycling, supplementation.

MOVEMENT

FMS, strength training, conditioning, daily movement, walking, sports.

THE SOF SUPERFOODS

THESE ARE THE STAPLE FOODS THAT YOU SHOULD INCLUDE IN YOUR DIET. REMEMBER TO CHOOSE GRASS-FED, ORGANIC AND LOCAL WHEN POSSIBLE.



AVOCADO



ORGANIC EGGS



ORGANIC WHOLE FAT YOGURT



NUTS



APPLES



OLIVE AND OLIVE OIL



GRASS-FED MEATS



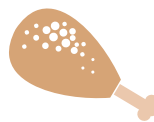
POTATOES



FERMENTED VEGGIES



SPROUTED GRAINS



PASTURE-RAISED POULTRY



COCONUT



WILD-CAUGHT SEAFOOD



BERRIES



LEAFY GREENS



FLAXSEEDS



PEPPERS



CRUCIFEROUS VEGGIES



ROOT VEGETABLES



GRASS-FED DAIRY FATS