



### NATURAL NUTRITION

FRAMEWORK & GUIDE FOR BUSY PROFESSIONALS

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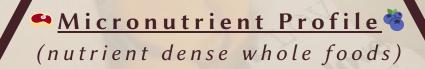


### NATURAL NUTRITION THE FRAMEWORK





(eat seasonal & local foods)





Energy Balance (calories in vs calories out)





# NATURAL NUTRITION

MEAL GUIDE

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#### Why?

- · Having A Plan
  - As a busy professional, parent, or individual having a routine you know works for you is key for convenience.
  - More convenience = more consistency, and more consistency = sustainable success
- Helps Keep Us Accountable
  - Having a routine you can follow also helps to keep you accountable to that plan/routine.

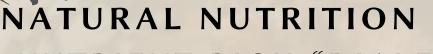
#### Examples:

- 3 Meals
- 2 Large meals + 1 Snack
- Intermitten fasting
- OMAD (one meal a day)

#### How to pick a routine:

- First take a psychological inventory
  - Ask yourself which routine works best for you psychologically
    - Ex:
      - 3 meals a day: eat more often BUT meal sizes will be smaller.
      - 2 meals a day: eat less often BUT meal sizes will be larger
- Take an audit of your schedule
  - o Find the routine/plan that will fit within it the best

~Find what plan works best for how you operate~



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#### EAT A NUTRIENT RICH "DIALED IN" BREAKFAST

#### Why?

- Start the day strong
  - Starting your day with a dialed in nutritious breakfast is a great way to fuel yourself for the day.
- Healthy behavior anchor
  - Beginning the day with a healthy behavior helps promote more healthy behaviors throughout the day
  - o It also serves as a great refocus anchor if previous night/day was

Eating a nourishing breakfast sets yourself up, mentally and physically, for a great day!

#### How:

- Eat breakfast like a king
  - o Find your favorite nutrient dense foods
  - This is YOUR dialed in breakfast make it as enjoyable and sustainable as possible. Something you look forward to being on point with every morning you can.
- Protein + fat = sustaining fuel
  - · Choose foods you enjoy that are high in protein with moderate fat
  - o Examples: eggs, steak, chicken, salmon, ground beef, greek yogurt are all great
  - Add in some greens (if you'd like)

## NATURAL NUTRITION EAT AN ENERGIZING LUNCH/SNACK

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#### Why?

- + Mid-day Energy
  - A common occurance is the mid-day (~2:30pm) slump when our energy levels start to crash.
  - When we eat energy/nutrient dense foods, our lunch/snack can help re-energize us to power through the rest of the day (especially when paired with a post meal walk !!).

#### How:

- = The Lunch Formula
  - The lunch formula is pretty simple:
    - Greens + lean protein topped with 1-2 nutrient dense carb(s)
  - Example:
    - A power bowl
      - Leafy greens (spinach, lettuce, bok choy, etc)
      - Lean protein (chicken, salmon, lean ground beef, shrimp, scallops, etc.)
      - Nutrient dense carb (white rice, quinoa, beets, sweet potatoes, carrots, etc.)
- Whole food snacks only
  - o If you eat a snack choose whole food options without additaves
  - Examples:
    - SEASONAL fruit (by itself always), clean jerkey, nuts/seeds





## NATURAL NUTRITION ENJOY DINNER

#### Why?

- End the day on a high note
  - Dinner is the time most of us eat with friends &/or family. Allow yourself some variety with dinner (especially if on point with breakfast/lunch).
  - This doesn't mean go balls to the wall. Enjoy variety in dinner but still use (some) discernment.

#### How:

- The Dinner Plate Breakdown
  - Here is a quick and easy breakdown of how to structure your dinner plate to ensure a nourishing dinner:
    - 50% seasonal veggies (<u>what's in season?</u>)
    - 25% lean protein
    - 25% fat OR carbs (depending on your metabolic type)

### natURal Nutrition Meal Plan

#### Protein

1g/lbs of goal bodyweight

#### **Red Meat**

Beef Bison Deer/venison Lamb

#### White Meat

Eggs Chicken Pork

#### Other

Bone Broth Fish/Salmon Shrimp Greek Yogurt

#### Fat

.8-1g/lbs of goal bodyweight

#### **Animal Fat**

Butter Ghee Tallow Eggs Raw cheese

Other Avocados Coconut oil Olives

Raw cheese Whole Milk Yogurt

#### Carbs

.7-1.7g/lbs of goal bodyweight (based on activity levels that day)

#### Seasonal Veggies & Fruit:

See what's in season here: seasonalfoodguide.org

#### Other:

White Rice
Raw/Organic Honey
Organic Maple Syrup
Ezekiel or Hommade Sour Dough
bread

#### Notes

- Prioritize protein: get 40-75g/meal
- Eat natural whole foods (animals & plants) 80-95% of the time. Eat whatever 10-5% of the time
- Align your nutritonal environment (pantry/fridge) for success. Really make it a priority to only purchase these whole foods when grocery shopping.
- Eat 2-3 meals a day trying not to snack if possible or eat snack before or after workout
- Eat when HUNGRY don't eat when STRESSED
- On days you move &/or workout a lot, eat more (quality) food.

#### **Snacks**

Grass-fed Beef Jerky Greek Yogurt Whey Protein Shake Seasonal Fruit