



NATURAL NUTRITION

FRAMEWORK & GUIDE FOR BUSY PROFESSIONALS



NATURAL NUTRITION

THE FRAMEWORK



Align

(eat seasonal & local foods)

Micronutrient Profile

(nutrient dense whole foods)

Macronutrient Profile

(metabolic typing)

Energy Balance

(calories in vs calories out)



NATURAL NUTRITION

MEAL GUIDE



NATURAL NUTRITION

FIND A ROUTINE THAT WORKS

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*
- *Intermittent 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
 - Find the routine/plan that will fit within it the best

~Find what plan works best for how you operate~



NATURAL NUTRITION

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
 - 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*
 - 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
 - *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

Why?

- ⚡ *Mid-day Energy*
 - A common occurrence 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*
 - **If** you eat a snack choose whole food options without additives
 - 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 (what's in season?)
 - 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

Whole Milk Yogurt

Other

Avocados

Coconut oil

Olives

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