



NUTRITION FOR FAT LOSS GUIDE

It's not as simple as calories in and calories out for fat loss. The type of food DOES matter. What you eat affects your hormones, which affects how you feel energy wise but also how full you feel. Certain foods will leave you feeling satisfied while others will make you eat more. Processed foods are engineered to be appetizing and palatable. They make you want to eat MORE of it.

Stick with whole foods and your body will self-regulate on what feels good and full for your body.

Personally, I recommend going with the 80/20 rule. 80% of your daily diet consists of whole foods and 20% whatever else you feel you need to eat to be mentally happy. If you can do 90/10 even better.

If you have a sweet tooth, eat some fruit!

Whole Foods List- Sample Ideas!

Avoid Processed foods as Much as Possible

Protein	Fats	Vegetables	Carbs
Eggs	Avocado	Spinach	White rice
Chicken	Olive Oil	Broccoli	Brown rice
Beef	Ghee	Tomatoes	Sweet potato
Fish	Almonds	Onions	Quinoa
Shrimp	Macademia Nuts	Cabbage	Buckwheat
Turkey	Cashews	Artichoke	Beans
	Pistachio	Asparagus	Lentils
	Chia Seeds	Cumcubers	Oatmeal
	Flax Seeds	Squash	
	Non sugar nut butter <small>(read label)</small>	Peppers	
		Carrots	
		Kale	

Try this: Each meal, pick 4 oz of protein with 4 oz of carbs and as many veggies as you want
To add fat, add olive oil when you are cooking | Snack on handful of nuts

Why no processed foods?

- 1) Less inflammation, easier to process for your digestive system
- 2) The easier for your body to digest food, the better it will use it for building muscle
- 3) Process foods generally have too many additives
- 4) Whole foods will leave you feel FULLER and be more in tune with your body telling you what it needs (when it's actually hungry vs cravings). You are less likely to overeat if you are eating whole nutrient dense foods.

****I challenge you to eat all whole foods for two weeks and take photos before and after - YOU WILL SEE SOME AMAZING CHANGES!****

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