



Golden Rules of Nutrition

Below is a list of some essential rules to follow when dieting for fat loss. The specifics variables of your individual eating plan should always revolve around these 7 Golden Rules.

- 1) Eat frequently:** Eat SOMETHING at least every 3 hours. This means eating at least 5-6 times per day.
- 2) Eat a BIG breakfast:** A higher carbohydrate breakfast combined with a lean protein source and a small quality fat source is ideal to kick-start your metabolism and give you the fuel that you need to start your day. Go big or go home!
- 3) Limit Starch / Refined Sugar Intake:**
Foods such as bread, pasta, rice, bagels/breads, potatoes, etc. should be kept to moderate portions. Cookies, crackers, granola / “energy” bars, and most fruit juices should be kept to the very minimum. Remember if you eat too many donuts, you’re going to look like a donut!
- 4) Eat Fruits and Vegetables:** Try to consume a full spectrum of colors of fruits and veggies. Most green veggies can be eaten in an unlimited quantity.
- 5) Eat a substantial amount of lean protein:** whey protein powder, egg whites, chicken, breast, fish, bison meat, low-fat dairy are all viable options. Remember, LEAN MACHINE = More PROTEIN!
- 6) Don’t do intense exercise on an empty stomach:** Fruit is always a great pre-workout option prior to resistance training or high intensity cardiovascular training.
- 7) Have a post-workout recovery shake after intense exercise:** Combine whey protein powder with fruit and/or fruit juice and water. Consume immediately after weight training and high intensity cardiovascular exercise.

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