



Precision Nutrition ***10 Habits for Weight Loss and*** ***Healthy Eating***

As many of my clients know, I do not like to make a science out of eating. It takes the fun out of ice cream and burgers when we should be able to enjoy an occasional treat. Luckily, there are people out there who have made it their life's work to teach us how and what to consume. One of those people is John Berardi, Ph.D., who developed a very effective system called Precision Nutrition. PN lays out ten easy-to-follow habits that will guarantee weight loss success. Here they are in a nutshell:

1. Eat every 2-3 hours.
2. Eat complete, lean protein with each eating opportunity. Women should be eating 20-30 g per meal and men should be getting 40-60 g per meal. See The Protein Chart below for examples.
3. Eat vegetables with each eating opportunity. Use a green supplement product if necessary.
4. If fat loss is your goal, eat veggies and fruits with any meal; "other carbs" only after exercise. See The Carbohydrate Chart below for examples.
5. Eat healthy fats daily. See The Fat Chart below for examples.
6. Don't drink beverages with more than 0 calories. Water and green tea. Avoid artificially sweetened beverages.
7. Eat whole foods instead of supplements whenever possible.
8. Plan ahead and prepare meals in advance.
9. Eat as wide a variety of good foods as possible.
10. Plan to break the rules 10% of the time. If you eat 5 times per day for 7 days of the week then you get 3-4 cheat meals.

Use your **Nutrition Adherence Chart** below to track your progress.

Want the more information with a recipe book and full diet guide? Contact Shawn at 910-231-5011 to set up a nutrition consultation and receive the Precision Nutrition Kit at a discounted price.

The Protein Chart	
Food Type:	Lean, Complete Protein Sources
Food Timing:	Eaten with Each Feeding Opportunity
Examples:	<p>Lean meats: ground beef, chicken, turkey, bison, venison, etc.</p> <p>Fish: salmon, tuna, cod, roughy, etc.</p> <p>Eggs</p> <p>Low Fat Dairy: cottage cheese, yogurt, part skim cheese, string cheese, etc.</p> <p>Vegetarian Choices: tempeh, beans</p> <p>Milk Protein Supplements: whey, casein, milk protein blends, (do not use soy protein)</p>

The Carbohydrate Chart for Fat Loss				
Food Type:	Exercise Recovery Drink	Carbohydrate Simple Sugars	Carbohydrate Starchy Foods	Carbohydrate Fruits and Veggies
Food Timing:	During Exercise Only**	Minimize Intake	Eat Soon (w/in 1-2 hours After Exercise)	Eaten with Each Meal (Anytime you eat)
Examples:	<p>Sugary, Protein Rich Recovery Drinks</p> <p><i>**If you tolerate carbs well, you can include such a drink during exercise. If you don't, you should probably stick with water or a Branched Chain Amino Acid workout drink.</i></p>	<p>Sugary Sports Drinks</p> <p>Breakfast Cereals</p> <p>Soda</p> <p>Fruit Juice</p> <p>Table Sugar</p> <p>Sugary Desserts</p> <p>Ice Cream</p> <p>Muffins, bagels and other carb-rich snacks</p>	<p>Bread (preferably whole grain)</p> <p>Pasta (preferably whole grain)</p> <p>Rice (preferably whole grain, wild, unprocessed)</p> <p>Potatoes (preferably sweet potatoes)</p> <p>Oats (preferably whole oats)</p> <p>Cereal Grains (wheat, rye, etc.)</p>	<p>Spinach</p> <p>Carrots</p> <p>Tomatoes</p> <p>Broccoli</p> <p>Cauliflower</p> <p>Apples</p> <p>Oranges</p> <p>Avocados</p> <p>Berries</p>

The Fat Chart			
Food Type:	Saturated Fat	Monosaturated Fat	Polyunsaturated Fat
Food Timing:	None- just be sure to get about 1/3 of total fat intake from these fats.	None- just be sure to get about 1/3 of total fat intake from these fats.	None- just be sure to get about 1/3 of total fat intake from these fats, focusing on the omega-3 fats.
Examples:	Animal Fats: (fat in eggs, dairy, meats, butter, cheeses, etc.) Palm Oil	Olive Oil Nuts and nut butters Avocado	Flax Oil/Seeds Fish Oil Nuts and nut butters Vegetable Oils

The 21 Super Foods	
Proteins	Lean red meat (93% lean, top round, sirloin) Salmon Omega-3 Eggs Low Fat Yogurt without added sugary fruit syrups Kefir Protein Supplements (whey, milk or rice proteins)
Veggies and Fruits	Spinach Tomatoes Cruciferous Vegetables (broccoli, Cabbage, Cauliflower) Mixed Berries Oranges
Other Carbs	Mixed Beans Quinoa Whole Oats
Good Fats	Mixed Nuts Avocados Extra Virgin Olive Oil Fish Oil Flax Seeds (ground)
Drinks/Other	Green Tea Liquid Exercise Drinks without artificial sweeteners (quickly digested carbohydrate and protein) Greens Plus Supplement

If you are really looking to lose fat fast these are the
Things to Say “NO” to:
 Alcohol, Processed Starchy Foods, Refined Sugars, Sodas, Fried Foods

Follow the menu below as an example:

Meal #	Meal Time	Menu
1	6:00 AM	Omelet with cheese, green peppers, onions, salsa <u>or</u> Hard-boiled eggs with raw vegetables 1 piece of fruit Green tea or Water Fish oil supplements
2	9:00 AM	Frozen Berry Protein Shake with Greens Plus Supplement
3	12:00 PM	Huge Salad with Lean Meats and Nuts Fruit Green Tea or Water
4	3:00 PM	Carrots with Hummus Dip Handful of Nuts
Exercise at 5:30 PM		
5	7:00 PM	Lean red meat with mashed sweet potatoes or pasta and a salad or side vegetable
6	9:30 PM	Yogurt or Kefir with walnuts Fish Oil Supplements



Nutrition Adherence Chart

Week ____

NAME: _____

Adherence	Training Time	Time Meal 1	Time Meal 2	Time Meal 3	Time Meal 4	Time Meal 5	Time Meal 6	Time Meal 7
Monday Date:								
Tuesday Date:								
Wednesday Date:								
Thursday Date:								
Friday Date:								
Saturday Date:								
Sunday Date:								

Here's how the adherence chart works:

1. Each time you eat a meal designated for that time slot, you get to put an "X" in the box. Please write in the time you ate that meal.
2. Each time you miss a meal, you put an "O" in the box.
3. Each time you eat a non-compliant meal, you put a "-" (dash) in the box.
4. If a meal isn't applicable (you are eating less meals than is listed), you put a N/A in the box.