

A 3-STEP GUIDE **TO EATING HEALTHIER** **AND ACHIEVING YOUR** **NUTRITION GOALS** **NLPT**

NO LIMIT PERSONAL TRAINING



Congratulations on deciding to make the change toward healthier eating!

Healthier eating is not only just a great idea but it also has the most profound effect on your health and well-being as a whole.

But for any great idea to work and to sustain, it HAS to be executed properly.

Have you ever tried eating healthier in the past but ended up going right back to your old, bad habits?

Have you ever said to yourself, “Healthy eating is just too hard for me and my busy life”?

The 3-step sequence that follows is designed to increase the chances that your transition to healthy eating is as smooth as possible AND leads to long-term changes and, thus, long-term health benefits and results.

Make sure you go through each step IN ORDER and IN ITS ENTIRETY before moving onto the next one. Don’t skip around and don’t jump the gun. Move onto the next step ONLY when the current step becomes thoughtless habit.

You may already be PASSED a step or two (or three) already when reading this, and that’s OK. Start where YOU need the MOST help.

And just remember – it doesn’t matter how FAST you get to the next steps, it only matters THAT you get there.

Let’s get started!

Step 1: Healthier Choices

- When making the change to eat better, the **FIRST** step to take is to start paying attention to **ONLY** the composition of the food you eat
- Try to stick to healthier options for **MOST** of your meals and snacks, this means basing your diet around **MOSTLY** lean proteins, veggies, fruits, whole grains, and healthy fats
- Does this mean you can't have any less healthier options **AT ALL**? No way! Just make sure it's not **ALL** the time and you don't go overboard (the "90/10 Rule" works great here)
- Do your best to control what you eat during the times that you are **ABLE TO**, and maybe save the "other stuff" for special occasions (you probably already know what the "other stuff" is!)
- You **DO NOT** have to be perfect – improvement is relative to how you **NORMALLY** eat on a daily basis
- Don't even worry about portion control yet – eat as much healthy food as you want!
- Because healthy food is normally much more filling and harder to binge on than the "other stuff," almost nobody consumes as many calories as when their diet was less healthy, so you are not only reaping the benefits of improved food composition but likely also calorie control (without even knowing it)

EXAMPLES OF HEALTHY FOOD SOURCES

Lean Protein	Veggies	Fruits	Whole Grain	Healthy Fats
All Fish	Broccoli	Apple	Whole Grain Bread	Cashews
Chicken Breast	Spinach	Pear	White Rice	Pistachios
Turkey Breast	Lettuce	Peach	Brown Rice	Walnuts
Lean Ground Beef	Onions	Cantaloupe	Wild Rice	Sunflower Seeds
Lean Steak	Tomatoes	Watermelon	Oatmeal	Peanuts
Ground Turkey	Green Peppers	Banana	Sweet Potatoes	Almonds
Egg Whites	Red Peppers	Grapes	Quinoa	Macadamia Nuts
Low Fat Greek Yogurt	Yellow Peppers	Blueberries	Pasta	Pecans
Tofu	Asparagus	Cherries	Whole Wheat Pasta	Canola Oil
Protein Powder	Zucchini	Strawberries	Buckwheat	Flaxseed Oil
Low Fat Cottage Cheese	Cauliflower	Raspberries	Whole Grain Crackers	Olive Oil
	Celery	Melon	Whole Grain Wraps	Avocado
	Cucumbers	Oranges	Ezekiel Bread	Nut Butters



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This is not an exhaustive list, just suggestions. There are many other foods that fit into these categories that aren't included here.



STOP! YOU CAN ONLY MOVE ONTO THE NEXT STEP ONCE YOU ARE IN THE HABIT OF MAKING MOSTLY HEALTHY CHOICES!

Step 2: Making Healthy Meals/Snacks

- Now that you are in the habit of making MOSTLY healthy choices, you can then start to organize your individual meals/snacks to make sure that you are meeting your daily macronutrient levels sufficiently
- There are 3 main macronutrients – protein, carbohydrates, and fats
- Start by building every meal/snack around a protein source
- Once you have a protein, you can add in plenty of veggies and some fruit as well
- If you plan on working out a short time after the meal, feel free to include whole grains (they will provide you energy for training)
- If you're extra hungry, include some healthy fats as well (they help slow down digestion)
- If you aren't super hungry, or don't plan on working out shortly after that meal, sticking with lean protein, veggies, and fruits is a great option
- Meals/snacks don't have to be PERFECTLY balanced, but aim for SOME balance in MOST of the time
- Just remember, the LAST thing your meal should go without is the lean protein itself

1 → 2 → 3 → 4 → 5

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STOP! YOU CAN ONLY MOVE ONTO THE NEXT STEP ONCE YOU ARE IN THE HABIT OF BUILDING HEALTHY MEALS/SNACKS AROUND PROTEIN, VEGGIES, FRUITS/WHOLE GRAINS, AND HEALTHY FATS!

Step 3: Meal Size and Number

- By now, you should be comfortable with making MOSTLY healthy choices and eating MOSTLY balanced meals of lean protein, veggies, fruits, whole grains, and healthy fats
- In Step 3, we will take our healthy meals and, for the first time, exert some portion control
- Also by now, you should have a feel for HOW MUCH food per meal it takes to keep you from getting hungry or low on energy, and WHEN your schedule allows you to eat
- From here, you can now make yourself a loose meal schedule by keeping your meals about the same SIZE every day and eating them around the same TIME every day (you don't have to be perfect, but it makes the next step even easier)
- By the end of this step, you will be accustomed to having a certain amount of lean protein, veggies, fruits, whole grains, and healthy fats in MOST of your daily meals
- If you are already of a healthy body weight, YOU CAN STOP RIGHT HERE and live your life in healthy balance (with some of that "other stuff" thrown in every so often, of course)
- If you are looking to lose weight, however, there is just ONE MORE STEP

NLPT NO LIMIT PERSONAL TRAINING **PORTION SIZES**

Men's Portion Guide:

- Your palm determines your protein portions
- 2 palms of protein rich foods
- 2 fists of vegetables
- 2 cupped handfuls of carbohydrates
- 2 thumbs of fat
- Your cupped hand determines your carbohydrates portions

Women's Portion Guide:

- Your entire thumb determines your fat portions
- 1 palm of protein rich foods
- 1 fist of vegetables
- 1 cupped handful of carbohydrates
- 1 thumb of fat
- Your fist determines your vegetable portions

To setup a nutrition consultation, text "NUTRITION" to (714) 909-1203

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Supplement Guide

Supplements should never replace real, whole, nutrient-dense foods. However, when your diet is in check, these supplements can add nutritional insurance and have been scientifically proven to be effective. Here are some that we recommend at No Limit.

- 1) Multi-Vitamin/Multi-Mineral (take a simply and ideally food-derived multi daily)
- 2) Fish Oil (take 1-2g of combined EPA & DHA daily)
- 3) Vitamin D (take 1000-2000IU daily if not getting 30 minutes of sun exposure)
- 4) Protein Powder* (40-60g per serving for men, 20-30g per serving for women)

*Protein powder can be used as a supplemental lean protein source with a mixed meal or as a stand alone meal replacement shake option.

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