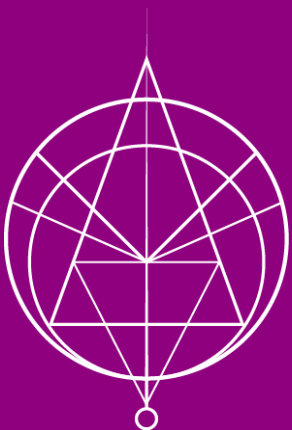
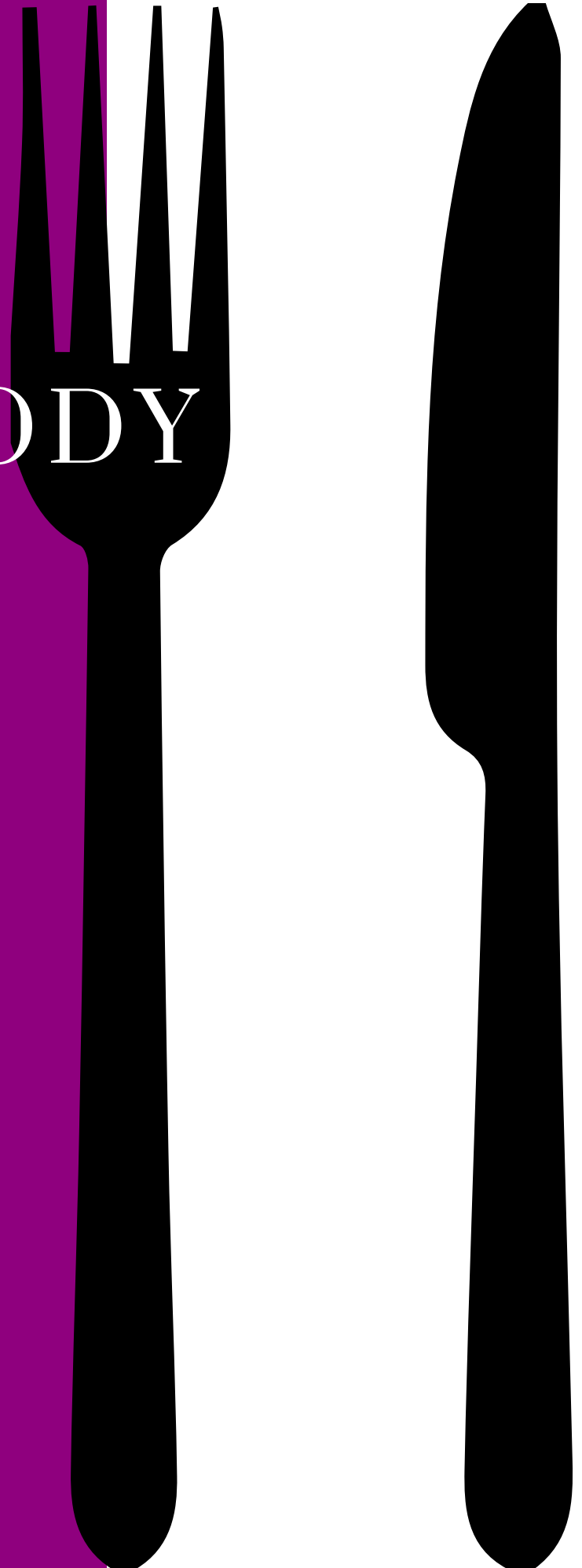


KILLER BODY

**Nutrition  
Guide**



# NUTRITION GUIDE

KILLERBODY

## EATING AND SUPPLEMENT SCHEDULE

Adjust eating schedule to fit your current lifestyle but make sure to eat your meals and drink your liquids. Starving yourself will not help you lose weight, you must fuel your body.

**Morning** ACV shot or tea and 1 Bottle of water

**Breakfast** 7:00 am thru 10:00 am (or within an hour of waking up)

In the morning you want to eat foods that are high in protein and support maintain/gain body mass

Examples: Egg whites, veggies, omelets, turkey bacon, yogurt, fruit

**Snacks** Between Meals After Breakfast 11:00 am thru 1:00 pm After Lunch 3:00 pm thru 5:00 pm)

Maintain good B vitamins, antioxidants and probiotics. Helps sustain energy

Example: Nuts, Yogurt, peanut butter jelly, Surimi

**Lunch** Early Afternoon 12:00 pm thru 2:00 pm

Good source of Protein is beneficial to your active bones during the day

Examples: chicken, salmon, veggies, quinoa, black beans and brown rice

**Dinner** 6:00pm thru 8:00 pm

Large amount of omega-3 oils and protein reduce inflammation and provide nutritional foundation for all organs

Examples: Salmon, Chicken, Steak, Veggies, Sweet potato, Broccoli

**Pre-Workout Before your workout**

Eat Hour before training for sufficient digestion

Examples: Banana, peanut butter or almond butter on toast, boiled eggs

**Supplements:**

Before Workout: BCAAs, Pre-Workout

After Workout- Drink Shake after your workout + (breakfast shake to lose weight)

Good source of vitamins and minerals in fruits contribute to faster recovery of muscles

Example: Protein Shake, Fruit Smoothie

# KNOW BETTER DO BETTER

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## UNDERSTAND YOUR FOOD

What you eat can impact your journey in a good way or a bad way. It is your choice, but it is my goal to guide you in the right direction. Your diet is essential during this entire process so let's make a promise to ourselves now that we will put an effort towards choosing healthier foods. You can train 7 days a week, but if your eating isn't up to par, the results will show and can affect your performance when performing the exercises.

## FOODS TO AVOID

**Trans Fats** can be found in many foods – including fried foods like doughnuts, and baked goods including cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, and stick margarines and other spreads Candy

**Processed Food** A few examples are packaged cooked and uncooked chicken, potato chips, rice, frozen spinach and jarred applesauce.

**Fast Food** is highly processed and contains large amounts of carbohydrates, added sugar, unhealthy fats and sodium. Ex: McDonalds

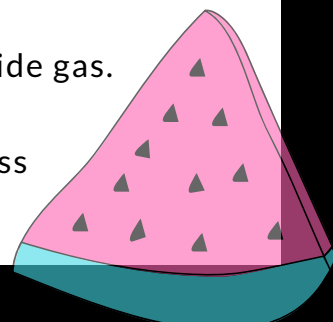
**Refined Sugars** is typically found as sucrose, which is the combination of glucose and fructose. White and brown sugars are used to sweeten cakes, cookies, coffee, cereal and even fruit.

**Packaged/Processed Meats** have been linked to increased risk of cancers. Ex:  
Deli Meat

Preservatives in foods are designed to prevent bacteria growth and spoilage, but sometimes they can also prevent you from enjoying good health. Ex:  
Canned Goods

**Carbonated drinks** are drinks that bubble and fizzes with carbon dioxide gas.  
Ex: Soda

Alcohol is high in sugar and carbs slowing down your body progress



# HEALTHIER EATING

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## SWAP OPTIONS

Swap out **Milk Chocolate chips for Dark Chocolate chips or Cacao**

cacao is less processed and considered a super food offering an abundance of antioxidants and essential vitamins and minerals

Swap out **Pasta for Spaghetti Squash**

Has fewer calories and is a low carb substitute with healthy antioxidants

Swap out **sour cream for non fat Greek yogurt**

Low-calorie, non fat, protein that contains active yogurt cultures that aid in digestion

Swap out **white rice for brown rice or quinoa**

Quinoa is a complete protein high in fiber and is 40 calories less per serving

Swap out **canola oil for olive oil, avocado or non fat Greek yogurt**

Non fat Greek yogurt contains zero fat and is packed with protein and calcium

Swap out **Tortillas or Buns for Lettuce Leaves**

Lettuce is low calorie, carb free alternative- a 2 oz. serving has only 10 calories

Swap out **Mayonnaise for Mashed Avocado**

High in Fiber and potassium. Have fewer calories, cholesterol, saturated fat and sodium

Swap out **Sugar for Unsweetened Applesauce** (for baking)

Unsweetened applesauce naturally contains no fat and low calories per serving

Swap out **croutons for walnuts** (crunchy top for salads)

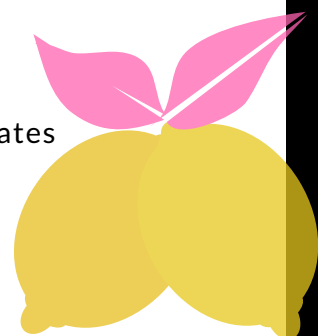
Contain omega-3 fatty acids and lower carb option

Swap out **Breadcrumbs for Rolled Oats** (Meatballs, meatloaf, pies)

Using rolled oats adds cholesterol-lowering fiber and healthy carbohydrates

Swap out **canned fruit for fresh fruit**

Fresh fruits have no preservatives, lower s



# RECOMMENDATIONS

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## LEAN PROTEINS

**Lean Proteins should make up at least 85% of your week.** LP help to lower body fat and build lean muscle at the same time because they are low in fat, sodium and cholesterol. Heavy proteins are high in fat, sodium and cholesterol and which can cause excess bloating. Try to consume heavy proteins for no more than 15 % of your diet

## LIQUIDS

**3x a Week in the Morning:** ACV shot or tea.

1 tbsp Apple Cider Vinegar + 1/2 Cup of Warm water + dash of cayenne pepper

Water all day 4-8 Bottles!

**After Workout** Meal Replacement Shake or Green Smoothie Personal Recommendation: Herbalife Formula 1

**Evening:** 1 Cup of Warm water or Green tea with lemon

## CALORIE INTAKE

**Maintaining Weight** The amount of Calories you are supposed to intake is based off of your weight, height and age. Use a Calorie Calculator to see how many calories you are supposed to intake for your body

**Losing Weight** Calorie Deficit- Consuming fewer calories than your body burns puts your body in a state of negative energy balance, so in order to perform the tasks you need throughout the day your body burns stored fat for energy.

**Gaining Weight** Calorie Surplus- You must combine a calorie surplus with a solid strength training routine to gain healthy muscle and not body fat. Somewhere in between 100-400 calories additional is a good start.

