



RESULTS NUTRITION *GUIDE*

Compiled, written and researched
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FITNESS.



The primary goals of this Nutrition Manual is to help you lose fat permanently and to educate you in the process of transforming your body.

My goal is to turn you into a “fat loss expert” by teaching you the concepts and strategies needed for your body transformation. To achieve this goal, I decided – after careful consideration – to self publish this book in layman’s terms, with a minimum of scientific jargon and without long lists of scientific references. Instead of long, boring scientific discussions of biochemistry and long lists of references to scientific papers, you will find sprinkled throughout the manual brief mentions of interesting studies and relevant quotes. This guidebook was written for you as a simple, yet detailed, instruction manual.

You get step-by-step instructions: Do this, don’t do that, eat this, don’t eat that, and so on. This is not just an informational book. It is a complete system that will take you from where you are now to where you want to be – in the shortest possible period of time.

“Progress is impossible without change, and those who cannot change their minds cannot change anything-George Bernard Shaw.”

Read this whole guidebook. Book stores are filled with diet books that have 300 to 500 pages of information and stories. This is right to the point. This is about understanding the concepts and strategies of supportive nutrition along with results-oriented fitness programming.

This guidebook includes:

- A comprehensive shopping list with quality foods.
- The right lean proteins, favorable complex carbohydrates, vegetables, fruits, essential fats and water.
- Portion sample amounts of these nutrients.
- The concept of complex carb timing for energy, recovery and body composition results.
- There is a tool called The Timeline that teaches you how to prepare your meals based upon your busy life and your workouts.
- There are sample templates as examples that show you how to put meals together and based upon the time of your workout.
- [**Click here to view the sample templates created for you.**](#)

THE THERMIC EFFECT OF FOOD- IT TAKES ENERGY TO DIGEST FOOD!

PROTEIN



20% - 30%

Match your protein to your lean body mass
(Refer to your Inbody Test)

CARBS



5% - 10%

1 to 2 Favorable Complex Carbs

FATS



0% - 3%

Supportive meals are far more “thermic” than highly processed, high fat meals, which is why Supportive Eating by itself will have a positive impact upon metabolism. When you combine Supportive Nutrition with The RZ workout system your results will be truly amazing.

Note: You burn more calories digesting minimally processed whole foods compared to highly processed foods. Processed foods are manufactured foods (avoid them as much as you can)

In general, you'll burn more calories in your effort to digest and absorb protein (20-30 percent of its calories) and carbs (5-6 percent) than you do fats (3 percent).

- Lean portioned PROTEIN will be the foundation of your nutrition plan. You burn more calories eating lean protein than any other macronutrient. When you perform the inbody, you will notice your **Lean Body Mass** read out. We recommend you take your lean body mass provided by your **INBODY BODY COMPOSITION TEST** and shown on the **INBODY RESULTS SHEET** and equal that to the amount of protein in a day. *Example:* If your lean body mass is 100 pounds (not your body weight) your protein intake for the day is 100 grams of protein. Simply divide an average of 5 meals a day and that is 20 grams (3oz) at a meal.
- Favorable Complex Carbohydrates will be portioned at chosen at ideal times for energy (They will help you with your rz workouts). We propose 2 favorable complex carbs a day. Ideally first meal of the day and after the workout or after the workout and at another meal.
- Fruits will be chosen at ideal meals and portioned. Usually when there is not a favorable complex complex carb included.
- Essential Fats like olive oil, Canola oil, Sardines nuts, Chia seeds, certain fish and avocados are great sources of omega 3s that help your body perform. We recommend these good fats with most of your meals.
- Fibrous Vegetables will be included as much as possible with meals to help with digestion and provide essential nutrients.
- Water, Water for hydration and to eliminate wastes.

The following pages will show you lean proteins, favorable complex carbohydrates, fibrous vegetables, fruits and essential fats.

Adequate Protein (4 to 6 meals)

Women 15-25 grams of protein/meal. (2oz to 4oz)

*****Your Protein intake is based upon the results of your INBODY test and specifically your lean body mass displayed on your INBODY RESULTS SHEET.***

All choices are lean sources of protein. Be selective when choosing animal proteins. Always trim all visible fat.

ANIMAL PROTEIN

- Chicken Breast, Chicken breast slices, Turkey Breast, Turkey Breast Slices.
- Eggs/Egg Whites.
- Top Round Steak, Ground Beef *90%lean.
- Flank Steak
- Sirloin Steak, Bison
- Eye Round
- Pork Tenderloin
- Lean Roast Beef
- Extra Lean Ground Beef
- Filet Mignon
- Veal Cutlet
- Pork Tenderloins (the other white meat)
- Roast Beef

FISH GROUP

- Abalone
- Bass
- Bluefish
- Cod
- Flounder
- Grouper
- Halibut
- Orange Roughy
- Salmon (Good source of healthy fat)
- Scallops
- Sole
- Swordfish
- Tuna (if in can, water packed with low sodium)
- Tilapia
- White fish
- Red snapper
- Shrimp
- Lobster
- Mahi-Mahi
- Sushi

DAIRY GROUP

- Cheese Slice
- Low Fat Cottage cheese
- Greek Yogurt (plain non-fat) Watch for the sugar content. (Add real fruit to Greek Yogurt).

VEGETARIAN

- Vegetarian Burger
- Tofu, Tempeh, Edamame
- Cooked dried beans, peas, lentils.
- Seitan
- Chickpeas and most varieties of beans
- Spelt and Teff
- Spirulina
- Amaranth and Quinoa
- Ezekiel Bread and breads made from Sprouted Grains.
- Wild Rice
- Chia Seeds
- Nuts, Nut butters and other seeds.

PROTEIN SUPPLEMENTS

When you absolutely cannot get to a solid meal, we recommend a protein powder, ready to drink shake or a protein bar.

Ready to Drink protein shakes should provide 20 to 30 grams per drink. All you do is open them up and you are ready to taste heaven. Publix, GNC, Vitamin Shop. *NOTE: If you have 2 protein shakes a day, you are already at 50% of your protein for the day.*

- Muscle Milk Light (Ready to drink).
- Eas Myoplex Lite
- Premier



Then there are Protein Powders. They are a bit less expensive than ready to drink protein shakes and they do allow you to add more variety.

- Muscle milk light
- Ghost Protein (GNC)
- Champion Nutrition
- ISO-100 by Dymatize (VITAMIN SHOP)

Add your favorite fruit, 1 tbsp of almond butter, unsweetened almond breeze and ice and you are ready to go.

Protein bars are very popular, but they do contain a little bit more sugar than protein shakes.

Look for a protein bar that is 20 to 30 grams and has half the amount of sugar. I do not recommend having a protein bar and a fruit... Too much sugar.

- Pure Protein Bars
- Quest Protein Bars
- One Protein Bars
- Lean Body Protein Bars



Click here/Copy Paste to get some great ideas on Shake Recipes.

<https://www.rzonefitness.com/2018/07/31-flavors-of-protein-shakes/>

Favorable Complex Carbohydrates

Visual Cues: Tennis Ball/Closed Fist
Women 30 to 40 grams of complex carbs at recommended times. *On average 2 complex carbs. First meal and after the workout. Or after the workout and one more time in day.

FAVORABLE COMPLEX CARBOHYDRATES

- Old Fashioned Oatmeal/Steel Cut
- Alpen Cereal (Low Sugar)
- Uncles Sams (Fruit)
- Kashi Go Lean (35 grams to 40 grams)
- Ezekiel Whole Grain Breads (In the Frozen Section).
- Whole Grain Pasta or Chick Pea Pasta
- Quinoa
- Whole Grain Brown Rice, Basmati White, Wild Rice Jasmine Rice
- Couscous (Watch out for the high sodium packets)
- Black Beans (low sodium)
- Lentil Beans (low sodium)
- Pinto Beans (low sodium)
- Kidney Beans (low sodium)
- Sweet Potato
- White Potato
- Yams
- Corn.

When choosing cereals, make sure you look for low sugar cereals that offer 8 grams or less per serving.

The fiber should be 5 grams or higher per serving to make it a supportive choice.

The choices of cereals with the star and dark bold are better choices.

When choosing breads, I recommend Whole Grain Breads in The Frozen Section. Ezekiel is one of the best. On the average, the whole grain bread should have at least 15-20 grams of complex carbs per slice.

Note: 30 to 40 grams of favorable complex carb at meal 1 and after a RZ workout or after a RZ Workout and at another meal of your choice.

On workout days, we recommend a favorable complex carbohydrate after the workout. It does not matter what time you workout. This will be eaten with a lean protein and vegetables. Also, we recommend a favorable complex carb at the first meal as well. If this cannot be eaten at the first meal, save it for another meal, but always remember to include the post workout favorable complex carb after RZone Fitness workouts.

[Click here to view the Nutrition Templates based on your workout time.](#)

Summary Of Favorable Carbohydrates.

*Ideally 2 favorable complex carbs at 30 to 40 grams at meal 1 and after a workout or after a workout and at another meal that includes a lean protein and vegetables.

Your average intake should be between 30 to 40 grams at a meal. Ideally first meal **unless you are performing RZone Fitness early in the morning and after your workouts. Please review the complex carb strategy discussed in this guidebook.



#7 – Baked Potato- Potatoes are one of the most popular vegetables because they're nutritious, easy to prepare, and very versatile. They're rich in complex carbohydrates that can supply energy, but not all that high in calories because they're low in fat and protein.

One medium-sized plain baked potato (about three inches in diameter) has about 150 calories. That same potato has about five grams of fiber, which is important for a healthy digestive tract, and they're also a healthy source of vitamins and minerals. A small baked potato has about 130 calories. A large baked potato can have about 275 calories. Toppings such as butter, sour cream and cheese will add more (sometimes a lot more) calories.

Potatoes contain more potassium than any other fresh vegetable in the produce department – even more than bananas. One potato has almost 900 milligrams, which is about 20 percent of what you need every day.



#6 – Sprouted Grain Bread- Sprouted grain breads, like Ezekiel 4:9 bread (one of the most popular brands of sprouted grain bread) is a great way to include bread in your diet without all the issues associated with white breads and even 100% whole wheat breads. Instead, Ezekial bread is organic, sprouted, 100% whole grain flourless bread. A 2-slice serving even contains 8 grams of complete protein, 15 grams of complex carb per slice and 6 grams of fiber, so don't give up the bread, just choose the right kind!



#5 -Whole Grain Brown Rice/Wild Rice and White Rice. The difference between brown rice and white rice is not just color! A whole grain of rice has several layers. Only the outermost layer, the hull, is removed to produce what we call brown rice. This process is the least damaging to the nutritional value of the rice and avoids the unnecessary loss of nutrients that occurs with further processing.



#4- Beans, Lentils, and other Legumes- Beans and Lentils, part of the "legume" family, just may be my #1 choice for a healthy carb. Packed with loads of fiber and protein, these guys come in so many different varieties that you'll never get bored: lentils, chickpeas, black eyed peas, black beans, red beans, kidney beans, navy beans, butter beans, lima beans, pinto beans...and the list goes on.



#3 – Quinoa-While brown rice is thought to be the healthy grain, there's one even better, and that's quinoa. Quinoa is a gluten free grain that contains double the protein of brown rice along with greater fiber content and a lower glycemic load. Not only that, but quinoa is the ONLY grain to contain complete protein and the full spectrum of amino acids. It comes in several varieties, including "oatmeal-like" flakes and it's wholegrain rice-like form. Enjoy it as an oatmeal substitute for breakfast, in salads or casseroles, or as a wholesome whole-grain, high protein side item to any lunch or dinner meal.



#2 – Steel-cut (Irish) oats and Old Fashioned Oats-These are the least processed type of oat cereal. A bowl of quick-cooking or instant oats might not keep you satisfied for as long as rolled or steel-cut oats would. Also based upon experience with clients, steel oats as well as old fashioned oats help to keep their energy levels sustained. Meaning they can perform more intense workouts longer without feeling tired.



#1 – Sweet Potato-**Sweet potatoes** are rich in complex carbohydrates, dietary fiber, beta-carotene . In 1992, the Center for Science in the Public Interest compared the nutritional value of sweet potatoes to other vegetables. Considering fiber content, complex carbohydrates, protein, vitamins A and C, iron, and calcium, the sweet potato ranked highest in nutritional value.

There are many different types of carbohydrate-containing foods, and they vary greatly in their health effects.

Although carbs are often referred to as "simple" vs "complex," I personally find "whole" vs "refined" to make more sense.

Whole carbs are unprocessed and contain the fiber found naturally in the food, while refined carbs have been processed and had the natural fiber stripped out.

This list above is Whole carbs, that are smart and favorable.

TIMING YOUR COMPLEX CARBS IS CRUCIAL FOR OPTIMAL ENERGY AND WEIGHT LOSS.

Recommending the amount of favorable carbs varies from person to person. It depends on their metabolism, fitness goal, their exercise intensity and their exercise frequency.

Complex Carb Timing: Favorable Carbs (Oatmeal, brown rice, sweet potato, baked potato) is to be eaten at **first meal of the day or after the RZ workout and the 2nd complex at lunch time or Dinner. In some cases, clients will need to have a 3d complex carb. This will depend on their metabolism, exercise intensity, duration and frequency and if they include additional activities like spinning classes, jogging outside for example.

**If you workout early in the morning at 5:30AM, 6:30AM or 7:30AM , we understand it might be impossible to include a favorable complex carb at this time. A simple strategy would be to have a protein source such as Greek yogurt with a fruit or a protein shake with a fruit. This should provide enough energy for a great workout. I will mention this several times throughout the guide . See below for examples.

The Complex Carb Strategy- And Early Exercisers Should Read this.

Ideally Complex Carbohydrates along with a lean protein and vegetables are to be eaten at the first meal of the day and post workout that includes intense exercise programs such as RZone Fitness classes. These classes simply burn more calories not just during the workout but hours after. This is known as the AFTERBURN and the body, especially after exercise requires lean proteins and favorable complex carbohydrates.

For Participants that workout early in the am with sensitive stomachs.

**Now, although the strategy to eat a protein and a favorable complex before workouts like RZ is backed up by Nutritional and Exercise Science we understand this strategy might be very hard for participants to adapt who train very early in the morning such as 5:30AM, 6:30AM and even 7 :30AM. Eating eggs and oatmeal right before a workout or even a protein shake mixed with oatmeal might be super nutritious, but it can make you feel sick if you eat it right before you workout when your digestive system is very sensitive in the morning. Here are some simple suggestions if you would like something light to eat to help you with your performance before the workout.

1. Protein Shake with a banana mixed in.
2. Protein Bar.
3. Greek Yogurt with fruit.
4. 1 to 2 Tablespoons of almond butter with a fruit.
5. A fruit by itself. (Fruit by itself is only ideal if you need some immediate energy before your workout.

Why The Complex Carb Strategy?

R favorable complex carb strategy is based on the RZone Fitness Workout System.

The cardio/strength training workouts maximize calorie burn and require more supportive nutrition than basic exercise programs that do not maximize calorie burn and challenge your body.

- R cardio strategy is to maximize calorie burn and to improve your cardio system.
- R strength training strategy is to fatigue the working muscles and in turn strengthen them.
- The overall result is changing your body composition so there is less body fat mass and maintenance of your skeletal muscle.

The RZ system for women overall requires more fuel, raw materials to help rebuild your body and provide vital nutrients. *This is why I recommend adequate complex, favorable carbs at the right times, right portion amount and the right ones.*

Remember: The right favorable/smart complex carb consumed in a portioned amount at the right time can make a difference in your energy, performance and overall body composition results.

Providing adequate nutrients to your body is also performance fuel for the RZ workout. If you feel great and have the energy to workout, you will have a bigger return on investment. Increase energy+ Effort= Ability to workout at your best and maximize your potential

Now, if you weren't participating in an exercise program that didn't provide a high calorie burning workout like an RZone Workout, (cardio intervals and strength training) your protein and favorable complex carb amounts can be minimized. We wouldn't recommend matching your lean body mass to your overall protein for the day for example.

Example: If you had a twin sister that was performing outside walks, treadmill jogs for example, their protein and favorable complex carb amount would be lower than yours since you participate in the RZ workout system. Their protein wouldn't have to match their lean body mass for example since no strength training is involved or higher calorie burning workouts.

By eating a complex carb before (if you can) and after the RZone workout or after the workout and at another meal, you are first providing energy to your working muscles and brain then replenishing important fuel for the body by eating a protein/complex carb after the workout. This will help the metabolism, energy supplies and maintenance of lean muscle.

In Summary: I am here to help you provide performance energy to your workouts so you can maximize your calorie burn (lower body fat mass), strengthen your muscles, provide optimal nutrients and change your body composition to favor less body fat mass while preserving your lean body mass.

Favorable Smart Complex Carbohydrate Reminders:

- You'll have 40 grams on average of a complex carb (Fist size or about ½ ¾ to 1 cup).
- Ideally first meal and after the workouts.
- On average, you'll be having 2 complex carbohydrates in a day.
- If you increase frequency, intensity of RZone Fitness Classes or exercises you do on your own, there is a possibility that you'll be burning more calories and your body will require more energy coming from complex carbohydrates. You might need to add an additional carbohydrate.
- If you are a morning participant and cannot have a complex carb along with a lean protein, then look through the snack ideas guide book 1 and 2 for options. Make sure you do include a lean protein complex carb after the workout and then focus on another meal that will include the 2nd favorable complex carb along with the lean protein.
- Night time participants. Make sure you include a lean protein along with a complex carbohydrate after the workout with vegetables.

Non-Active Days (Days you are not participating in the RZone Fitness) or Days you are not performing Higher Intensity Workouts.

On Non-Active Days (No RZONE FITNESS CLASSES) or days where you are performing lower impact cardio (Bike Riding, Power Walk, Jog) you can adapt a strategy where you include your protein/ complex carb at morning time and your 2nd protein/complex carb at lunch time.

Can you include your 2nd complex carb at Dinner Time? Absolutely! You can rotate your 2nd complex carb at lunch time and on another day you can rotate the complex carb at night time.

If cravings of sugar and lack of energy are present, you might require one extra complex carb for the day.

Now, before I go any further...the 2 complex carb strategy may not work for you...you may actually need to increase to 3 favorable complex carbs. This is dependent upon several factors and you may need to add one more.

- Your rate of metabolism (how quickly you process food)
- The intensity at which you exercise.
- The frequency of exercise.
- The duration of exercise.
- Amount of exercise sessions you do in a day. Example: RZone Fitness Class in the morning and jogging outside at night time.

Since there is a higher calorie burn than regular walking, your need for more overall calories to consume goes up. In other words, your body just might need more energy (Complex carbs the primary energy source for working muscles). You might become hungrier. This is great! This simply means that your metabolism is cranking and its burning through food quickly so it can use fat as an energy source. So, do not worry if you need one extra carb/starch. Think of it as taking your car on a longer joy ride. It needs more gas, right?

Remember if you are feeling tired, unfocused and craving sugar, that is your brain and muscles telling you that your calories need to be increased. This is really good, because that means physiologically your body is becoming a better fat burner.

How?

Your body is processing food more efficiently. For many years you trained it to slow down. Now you're going to teach it to speed up by eating the right foods in portion amount and making sure you focus on the best lean proteins, best complex carbohydrates, fibrous vegetables, fruits, essential fats and water and you're going to compliment this with results oriented fitness programming.

The body adapts to nutritional strategies and concepts just like simple exercise. So, I rather have you increase your calories a bit, but be consistent on results oriented exercise, which I hope you learn at our Fitness Facility. If at any time you feel you need to increase your complex carbohydrate, then do so.

When will you know?

- a. You feel hungrier and you are starting to get dizzy.
- b. You are noticing you are eating more frequently, but you lack energy. Your workouts are exhausting. You cannot complete a workout.
- c. You are exercising like a beast, eating frequently, but you are not noticing results.

Deducting a Complex Carb on Non-Workout Days

This is a strategy that you can test out to see how you feel. This is only recommended on a non-RZone Fitness workout day. Since you are not requiring extra energy from a 2nd complex carb (you're not performing high intensity intervals and exercising for 50 to 60 minutes) you can deduct the complex carb.

Just monitor how you feel. At any time you feel, tired, unfocused, craving sugar, then you should include the complex carb with the meal. Also, we recommend that you increase your vegetables with your protein and increase your water intake.

Low impact exercise to keep the body burning calories. On this day, we would recommend a low impact activity like power walking, jogging, bike riding or a form of cardio on exercise equipment at around 30 to 50 minutes. This can help the body burn more calories.

FIBROUS VEGETABLES (2 to 4 Meals)

Vegetables are nothing more than zero-energy yielding foods. They don't produce usable energy for the body and the human body is incapable of making use of fiber as fuel.

Vegetables obviously are beneficial in that they are very difficult to "over eat" and they make you feel satisfied.

When complex or simple carbohydrates are combined with fiber type vegetables, the speed at which the glucose from the complex or simple carbohydrates "hits" the bloodstream is slowed down. In other words veggies slows the rate at which glucose from a complex carb or simple carb reaches the blood.



Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress
Lettuce
Carrots
Green beans
Green peppers
Spinach
Tomato
Peas
Brussels sprouts
Artichoke
Cabbage
Celery

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
cauliflower rice
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg (head) lettuce mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini
Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.

Add some spices and herbs to your vegetables. Look for low sodium choices when choosing pre-packaged vegetables. Use seasoned vinegars, balsamic, or wine vinegars to season both salads and vegetables. (Look over my condiment listing for extra flavoring).

SIMPLE CARBOHYDRATES 20 grams of a fruit (2-3 Fruits a Day)

Apple	Oranges
Banana	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Cranberries	Plums
Grapes	Raisins
Honeydew melon	Strawberries
Kiwi	Watermelon in moderation
Lemons	Grapefruit
Pineapple	Avocado
Pomegranate	Cranberries
Mango	Lemons
Blackberries	Cherries

The ingestion of a very sweet fruit can result in the same insulin release as stuffing brownies into your mouth. Fruits are generally high in essential vitamins and minerals, however, if you are trying to reduce or control body fat, try to eliminate sucrose, and minimize your intake of fruits with high sugar amount. On the next page is more information on fruit and also the 20 gram amount I recommend when having a fruit. There is a simple strategy to having a fruit with a protein/vegetable, based meal with some essential fats that will absolutely provide benefits to you for supportive nutrition, energy and fat loss if that is a goal of yours.

Simple Strategies to follow:

- First and foremost, it's better to have solid fruit then fruit juices.
- Never have fruit as a meal by itself. If chosen, it should be eaten along with a protein and optionally with a fibrous vegetable.
- A piece of fruit and either a protein shake or 1 to 2 teaspoons of almond butter is great right before a workout. If you are training early morning, it's not expected for you to prepare a protein and a complex carbohydrate then immediately workout. This had to do with efficient digestion. Since fruit and a minimal amount of protein will be eaten, the body will quickly digest it and give you the energy you need! We call this PERFORMANCE ENERGY.
- I usually recommend a fruit along with a protein, vegetables and good fats when not including a complex carb/starch.

Example: Salmon with Asparagus, cut orange slices on a small salad with ¼ cup of almonds.

- On average you'll be having 2-3 fruits a day at 20 grams.
- I recommend not having a fruit when its time to have a protein and your favorable, complex carb.
- Always include a protein with a fruit and in most cases (based on meal times) a vegetable and essential fat.
- Performance Strategy before exercise if you cannot have a full balanced meal. In most cases early morning workouts such as 530am to 730am workouts might have you in a rush. Never neglect quality nutrition that can help sustain your energy so you perform well at RZone. A simple strategy 30 minutes before exercise is to have a quick to choose protein source with a fruit.

Example: Greek yogurt with ½ cup of blueberries or a protein shake with 1 banana.
Or Protein shake with unsweetened almond breeze

- When having a meal and you have already fulfilled your favorable complex carbs for the day or you're having a meal that at the time doesn't contain a favorable complex carb, include vegetables, the fruit and essential fat.
- Ideally you are having a fruit when you are not having a complex carb.
- Fruits provide energy to the body, but not the same way complex carbohydrates do. But, they will provide important nutrients and help to keep your blood sugar stable when combined with lean protein and vegetables especially.
- Remember if you cannot have a complex carb before your workout, fruit is a great option when combined with a lean protein and vegetable (if adding the vegetable makes sense at the time).

Example

- Greek Yogurt with 1 cup of blueberries.
- Chicken Breast Salad with apple slices and cashews.
- Protein Shake with unsweetened almond breeze with one banana and 1 tablespoon of almond butter.
- Low fat cottage cheese with 1 cup of blueberries.

Here are some examples of fruits that are close to the 20 gram amount

Grapes (1 cup / 151g)	26 grams
Banana (1 medium)	24 grams
Pear (1 medium)	22 grams
Apple (1 medium)	21 grams
Pineapple (1 cup / 165g)	20 grams
Blueberries (1 cup / 148g)	17 grams
Oranges (1 medium)	12 grams
Kiwi (1 medium)	9 grams
Strawberries (1 cup)	20 grams
Lemon (1 fruit)	6 grams
½ Canteloupe-	20 grams
1 Medium Size Grapefruit-	20 grams
Raspberries 1 cup-	20 grams.

ESSENTIAL FATS (2 Fats)

- Two crucial ones -- EPA and DHA -- are primarily found in certain fish.
- ALA (alpha-linolenic acid), another omega-3 fatty acid, is found in plant sources such as nuts and seeds. Not only does your body need these fatty acids to function, but also they deliver some big health benefits.

Polyunsaturated fats include fish, walnuts, pecans, almonds, flax, some salad dressings, soybean oil, sunflower oil, and safflower oil and corn oil.

Monounsaturated fats include avocados, cashews, peanuts, pecans, natural peanut butter, peanut oil, olives, olive oil and canola oil.

Omega 3 fatty acids especially have a valuable role in reducing the risk of heart disease and building healthy brain cells. The standard American diet (SAD) is sadly deficient in omega 3s, found mainly in plant foods (especially canola oil and flax oil, soybeans, and walnuts) and sea HYDROGENATED FATS.

Omega 6 - (linoleic acid or LA) Vegetables oils, nuts and seeds.

Omega 3 – (alpha linolenic or LNA) canola oil and flax oil, soybeans, and walnuts.

Walnuts (unsalted) - ¼ cup Peanuts (unsalted) - ¼ cup

Almonds (unsalted) - ¼ cup

Olive oil (Use with Rice)

Flaxseed oil (2 tablespoons) Avocado (Great with Salads)

Natural Peanut butter(2 teaspoons) Canola oil

Avocado

Sunflower seeds

Pumpkin seeds

Cold-water fish

Natural peanut butter

Low-fat cheese

Low-fat salad dressing

Low-sodium nuts

Olives and olive oil

Safflower oil

Sunflower oil

Flax seed oil

EXAMPLES

- ¼ cup of almonds with apple slices.
- ¼ cup of cashews mixed with a protein and salad and 1 cup of fruit.
- Salmon with brown rice and asparagus.
- Avocado slices with tuna fish on Dr. Kracker.

CONDIMENTS

Spice up and flavor your food

Olive Oil
Black Pepper
Garlic
Garlic Pepper
Lemon juice
Oregano
Cloves
Mustard
Low fat mayonnaise
Ketchup (light)
Tobasco sauce
Barbecue sauce (Look for low sugar brands)
Mrs. Dash
Molly McButter
Salsa
Herbs
Oregano
Parsley
Sage
Thyme
Dill
Ginger
Chopped onion
paprika
Light teriyaki marinade

Reducing Sugar

Reduce or eliminate sugar by using these sweet-tasting spices.

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

Reducing Salt

Savory flavors, and flavors with “bite,” such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt. Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.

COOKING TIPS

Omit or reduce salt from cooking and baking. Experiment with herbs and spices.

- Beef-dry mustard, pepper, marjoram, red wine, or sherry, bay leaf, nutmeg, onion, sage, thyme.
- Chicken-parsley, thyme, sage, tarragon, curry, white wine, vermouth, ginger, oregano, paprika, poultry seasoning, rosemary.
- Fish-bay leaf, cayenne pepper, dill, curry powder, onions, garlic, dry mustard, paprika.
- Eggs-oregano, curry, chives, pepper, tomatoes.
- Veal- Bay leaf, curry powder, ginger, marjoram, oregano.
- Pork- Garlic, onion, sage, pepper, oregano
- Lamb-Curry powder, garlic, rosemary, mint.

Light dressings (Ken’s steakhouse brands are favorable) Look for low sodium and low saturated fat.

OILS AND DRESSINGS

Extra virgin olive oil
Low-fat balsamic vinaigrette
Low-fat Italian vinaigrette
Low-fat mayo
Fat-free Caesar dressing
Cooking spray (Watch how much you spray)

PORTION AMOUNTS FOR NUTRIENTS

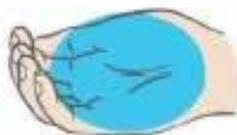
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



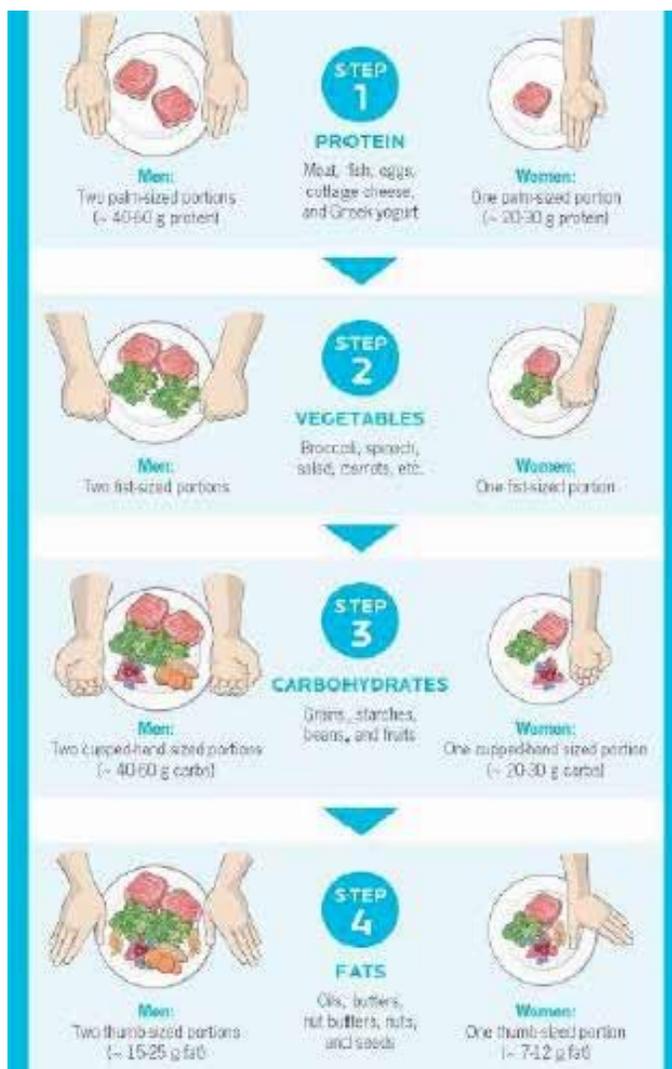
A serving of vegetables
= 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb



Here's a bit of information on the importance of each macronutrient.
And summary of how we apply them in your nutrition plan.

PROTEIN- Helps to build/maintain lean muscle tissue, build cells and tissues. Protein helps your body heal cuts and wounds. Protein helps your immune system build antibodies that protect you from disease. Protein increases metabolism more than any other nutrient. Protein will be the foundation of supportive nutrition. 2oz to 4oz if recommended when participating in programs that integrate resistance training and cardio training intervals. Remember to match your lean body mass on the Inbody results sheet to your protein intake of the day.

You are going to look over the lean protein list and foods you bought. At every meal, every 3 to 3 1/2 hours to 4 hours...you are going to eat that protein choice. 2oz to 4oz of protein at every meal. I didn't say have as much protein as you want. Take a food scale and weigh the food raw or use your palm or a deck of cards. Listen, if you never had turkey slices in the morning, go for it. If you never made egg whites, go for it. Greek yogurt, salmon. **If you are not in the mood for a protein solid meal, choose a protein shake.

COMPLEX CARBOHYDRATE- Primary energy source. Used in a strategy to lower fat storage. Ideally first meal of the day and after a workout. 30 to 40 grams at a meal. **You can deduct one complex carb on a non-RZone Fitness day, but please see how you feel.

This is truly the most confusing nutrient. Poor carbs, they are subjected to harsh words so many times. But, I am going to tell you something. If you choose the right ones and consume them at the right times and the right portions they will become your best friend without increasing your fat mass. We know that the right carbs provide energy, right? Well, for 8 weeks, we are going to place them at your first meal and after your workout.

***Note: If your workout is in the morning and you have a sensitive stomach, I recommend a Protein Shake, Protein Bar, Greek Yogurt with a fruit.

Then, after your workout, have a balance protein/complex carb meal. Then, find another meal that includes a protein/complex carb meal. Ideally, 12pm or 3pm. Could you have your 2nd complex carb at night? Sure, but studies do show that if you eliminate your complex carbs early part of the day, you have more potential to burn fat. But, with that said, if you do your workouts at night, you want to consume your 2nd complex after the workout.

Complex Carb Timing For Optimal Results. When is the best time to eat your favorable carbs?

1. First meal unless you are working out at RZone Fitness very early in the am. A protein/fruit combo would be ideal 30 minutes to 45 minutes before the workout.
2. Meal after the workout that includes resistance training with high intense cardio and/or intense cardio training such as RZone Fitness training.
3. If you didn't have the protein/complex carb at the first meal, then apply it to the post workout and for lunch or at another meal. The key is knowing your workout schedule.

- **Fibrous Vegetables** may be the part of plants that people don't break down or digest, but it does have a big impact on our health. Vegetables are going to be your best friend. Mom was right, eat your vegetables. Since, we are going to pick up on this exercise thing and deduct all those terrible, unfavorable carbs from your current diet, we need to make sure we have adequate nutrients. The fiber will help satisfy our cravings and help keep us regular. In fact, you might notice more visits to the bathroom. That's natural detoxifying and it's good.
- **Fruits-** So, let's understand a couple of things. Sugar can convert to fat storage. But, we are going to use this natural form of sugar as an immediate source of energy to sustain our focus and help with our exercise if needed. By the way, DO NOT EAT FRUIT ALONE. When you pair a protein source, vegetables and a fruit, you control your energy levels better. I do not expect you to have vegetables every time with a fruit.
But, including a lean protein along with a fruit will probably be more of the standard...especially at morning time. For instance: Low fat cottage cheese with a fruit and a handful of almonds. Also, I have a chart that shows you to have only 20 grams of fruit at a meal. That is one apple or one orange or one banana. Get it? I am not telling you to go fruit happy. And if you are having a yogurt that has fruit in it, deduct having a solid fruit. Too much sugar. It's better to have Greek yogurt and add your own fruit (ideally blueberries/blackberries.)
- **Essential Fats-** Monounsaturated fats and polyunsaturated fats are known as the "good fats" because they are good for your heart, your cholesterol, and your overall health. R focus is to put quality essential fats in your body. Foods like avocados, olive oil, nuts and salmon all in portion amounts can help you get these fats in and add food variety.
- **Water-** Take your body weight and divide it by 1/2. That is about how much water I want you to drink. Drink water like you have never before. We recommend you drinking 1/2 of your body weight or more. Detox, rehydrate and help your kidneys and liver liberate the fat.

Time Line:

This might be one of the most important tool you will ever discover.

Many people and so many schedules. Well here is a cool thing I learned a long time ago. It's called a TIME LINE. All you do is sit down and write out the time you wake up to the time you go to bed. I have created a template to show you the different options of food choices.

TIMELINE

[Click here to download the Nutrition Templates Based on Your Workout Time](#)

From the time you wake up, to the time you go to bed, you need to establish an eating pattern based upon 3-hour to 3 ½ hour intervals that will require you to have a supportive meal. The supportive meal is to help regulate your blood sugar, maintain a high level of metabolism, and provide necessary nutrients to optimize your body. This is how you liberate FAT!

Strategy #1 – Make a timeline of your day

Break your timeline up into 3 to 3 ½ -hour sections like below.
Your timeline is: This is an example:

6:30AM____/ 9:30AM-10:00AM_____/12:30PM-1:00PM/____/3:30PM-4:00PM/____/ 6:30PM- 7:00PM____/ 9:30PM-10:00PM

Skipping meals (or leaving long gaps between meals) is the cardinal sin of fat burning and muscle-building nutrition. Missing meals slows down your metabolism, causes muscle loss and triggers your body's starvation responses.

Now, chart your meals, snacks, and beverages for today. Place an X on your timeline at the time you ate and also write beneath your X what you ate or drank. Then, chart your daily activity by writing what you were doing during each 3 hour time period above your timeline.

The last and final step is to look at your timeline and see if you can see any trouble spots. I'm sure you can... we all have them. See if you have any times during the day where you are not active yet you are eating too much, or vice versa, times when you may be fairly active yet not eating enough or anything at all.

Your body burns calories (energy) 24 hours a day so you need to feed it frequently... the key is to position the right amount of food (specifically quality nutrients) at the right time. By honestly charting your daily activity and nutritional habits you can easily pinpoint areas that need improvement. Now that you know where your trouble spots are, it's time to make some minor (hopefully) adjustments or changes.

Once you make these changes, you stabilize your blood sugar (energy levels) which means you will feel more energy all day long. You will be less likely to burn muscle tissue, more likely to burn excess body fat, and most importantly, you will be less likely to store any additional body fat!

I have worked with this timeline for many years with my clients. It has helped us identify faulty eating patterns and non-supportive food choices that work against the body to liberate fat stores. Identify the time you are at your busiest, where a meal is impossible to get to. It is at that time you should plan the simplest strategy.

- Examples: ¼ cup of nuts with a fruit.
- Protein Shake with a fruit
- Low fat cottage cheese with a fruit

FREQUENT QUESTIONS

Q: I wake up to go to the 5:30AM or 6:30AM and it's hard for me to eat a meal. What do you recommend?

Answer: For now it may not be a big deal, but as you become more consistent with exercise and eating small frequent meals every 3 to 3 ½ hours your metabolism is going to elevate like never before and what was a routine for you for so long, meaning not eating before a workout, will possibly change.

Your body is going to burn through food quicker. I would choose one of the samples in the template I have provided and test that out. It can be as easily as ½ a protein shake instead of the whole thing. Or, it can be as easy as 1 tablespoon of peanut butter with a banana or apple. How about Greek Yogurt with some blueberries.

Remember, if you are still okay with exercising on an empty stomach, just make sure you start your meal pattern after the workout with a Protein/Complex Carb Meal. Also, refer to the Great Snack Ideas GuideBook.

Q: Even if I workout at night time I should have a complex carbohydrate?

Answer: After high intensity training such as RZone Fitness your body requires proteins and complex carbohydrates to replenish the energy and the amino acids lost from the workout. If you do not replace these important nutrients after intense workouts your body can lose lean muscle tissue. Muscle is the site where fat is burned. Muscle helps the metabolism. Remember on days you not participating in RZone Fitness classes you may choose to have a lean protein source, fibrous vegetables and a fruit since you are not exercising intense. Just remember to have two favorable complex carb along with your lean protein choices.

Q: What if I don't feel hungry on the 3 to 3 ½ hour?

Answer: In the beginning when you follow this concept/strategy of eating small frequent meals every 3 to 3 ½ hours, you might not be in the mood to eat at a particular time. This mostly happens after a protein/complex carb meal or just by you implementing more meals. I recommend trusting the process and in times when you are not hungry try these simple snacks:

Make a delicious protein shake. Chocolate protein powder with a tablespoon of peanut butter, low sugar almond breeze and a banana, is a treat and nutritious.

- Greek yogurt with blueberries.
- ¼ cup of almonds, cashews, peanuts.

You will start to notice when you eat portion meals frequently and the right nutrition and feel great to exercise consistently your metabolism (how quickly your burn through food) is going to skyrocket. Trust the process.

Q: Do I always eat 2 favorable complex carbs a day with my protein and vegetables.

Answer: We recommend starting on the 2 complex carb strategy as the foundation. If your energy has increased, you feel hungrier even though you are eating more, then this is a great start. Over weeks you will notice a difference in your body composition. If you start to notice more cravings of sugar, less energy, then you might need to increase your carb intake by one meal. You are not participating in low heart rate workouts. RZ workout system brings your heart rate up and this accelerates metabolism.

Now, as mentioned in the guide book, there is a strategy to deduct one complex carb on a NON WORKOUT DAY. You are less active so your need for extra energy is lessened since it's your rest day or an activity that doesn't drive your heart rate up. This can be tested by you. Make sure you get your meals in, drink your water. See how you feel. Less energy, more fatigue, cravings of sugar might indicate the 2 complex strategy is perfect for you, regardless if it's a workout day or not. Trust the process.

Q: If I don't eat anything before I workout and I do have the Protein and favorable complex Carb after the workout, I can have the 2nd favorable complex anytime I want?

Answer: Yes. The key is fulfilling your smart, favorable complex carb for the day. If you want to have it for lunch or dinner its totally fine. Just remember. Food is like a drug. It's a mater of getting your proper dosages in for the day.

[Click here to view the Nutrition Templates based on your workout time.](#)

Questions?

Email me at glenn@rzonefitness.com

Request the Template on Word so you can make your own template.