

SCULPT MY BODY FITNESS, LLC.

TOP 10 NUTRITION TIPS



No fad diets – the key is eating REAL FOOD! Lots of simple, clean, whole foods & meals consisting of plenty of fruits and veggies, lean proteins, complex carbohydrates, monounsaturated good fats and lean proteins are key to training your body to run efficiently, shed body fat & help you avoid overeating empty calories.

Here are more tips on getting healthy, lean and increasing your energy for our great workouts together!

1. Avoid drinking alcohol Monday through Thursday. And keep a 2-drink max on the weekends.
2. Greatly reduce or avoid all processed packaged foods, white flour products & fried foods.
3. Cut down on red meat. People who eat more red meat are at higher risk for developing colon cancer.
4. Cut back on sugar and avoid energy drinks altogether! This includes soft drinks too! Drinks contain empty calories and way too much sugar. All calories that are not used for energy are converted to fat. Some drinks from Jamba Juice, Starbucks, etc can contain 500-650 calories! Yikes! Stay away from them!
5. Frequent Small Meals throughout the day & Maintain Portion Control. Strive for 5-6 minimeals throughout the day to boost your metabolism and maintain blood sugar levels. Use smaller plates, fill the majority of your plate with fresh veggies or greens at each meal, and remember that an appropriate protein portion is the size of your palm. Protein is good for you, but too much is still considered excess calories that go unused. 😊
6. Stop Eating 2 hours before bedtime. Your body goes into rest mode at night time and doesn't need extra calories, especially carbs. Save your starchy complex carbs for earlier in the day. If you are starving for a snack before bed, make a high protein snack and a small portion of good fat, i.e. a piece of turkey and slice of avocado, scoop of whey protein w/almond milk, serving of almonds, a hard boiled egg and a teaspoon of natural peanut butter.
7. Get enough sleep. Sleep deprivation leads to over eating and weight gain. Sleep is also essential for muscle recovery, strength and size.

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8. Drink plenty of water. Lots of water! Drink a glass of water with each meal and between each meal, and also before, during and after exercise. If you are trying to avoid overeating, drink two glasses of water before eating your meal. This will help you feel fuller faster and increase your metabolism at the same time.
9. Add color to your dishes! Go for green, red, yellow, blue and orange foods, like leafy veggies, bell peppers, broccoli, strawberries, raspberries & blueberries! These foods are rich in vitamin c, antioxidants, beta carotene and fiber!

Top Thermogenic Foods (foods that require high amts of energy to digest & boost your metabolism) – berries, oranges, grapefruit, broccoli, asparagus, celery, spinach, tomatoes, beans, avocado, almonds, cinnamon, peppers, fish).

10. Variety is the Spice of Life (and Fitness & Nutrition). Strive for a balanced diet and plenty of fiber.