

REAL NUTRITION™

Your Guide to a Better and Healthier You



By **PAUL ROSENBERG**
Founder of REAL RESULTS Fitness

**REAL
RESULTS™**
LEANER. STRONGER. SOONER.

REAL NUTRITION

ACKNOWLEDGMENTS



I am not sure what the ideal process is for completing a book, but I suppose it's different for everyone. For me the process began in 2002 after I was unsuccessful in helping a client lose weight. This event lit a fire in me to create a structured meal plan of what is now the fifth version you see here.

There were countless people who were paramount to this project. Without them this book would not exist.

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- Paul

**AVOID THE
TEMPTATION
TO MAKE
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THAT ARE
FAMILIAR BUT
NO LONGER
SERVE YOU**

CONTENTS

09 INTRODUCTION

10 BEFORE + AFTER

29 THE PROGRAM

33 FOOD SELECTION LIST

40 INTRO TO MACRONUTRIENTS

44 CHEAT MEALS

48 SMART GOALS

54 LIFE MANAGEMENT

59 THE DETAILS

72 MACRONUTRIENTS GUIDELINES

84 DINING OUT

86 FOOD PREPARATION

88 SHOPPING LIST

91 HEALTHY RECIPES

126 REAL NUTRITION RECAP

125 FOOD + CARDIO LOG



INTRODUCTION

Simple, sustainable changes



A better and healthier you. For life. That's the proper result of an effective fat loss and fitness plan. And it's within your reach – with REAL NUTRITION®.

This 12-week program encourages you to make simple, sustainable changes to the way you eat and how you think about food. Changes that have been proven to work for many REAL RESULTS® clients just like you. (You can read their success stories in the next section, BEFORE + AFTER.)

No counting calories or restrictive diets. Just commonsense advice about eating healthy foods, avoiding overeating, and when and how often you should eat. Plus regular cardio exercise to burn fat and improve your cardiovascular fitness.

If you're ready to dive right in, read THE PROGRAM on page 29. For extra help from a certified nutrition coach, we've got you covered. REAL RESULTS coaches provide the information, encouragement and above all, accountability that you need. Visit www.RealResultsfitness.com for additional help from a REAL RESULTS coach.

That said, learning how to set the right goals and better manage your time and priorities will help you succeed. For more about these topics, turn to page 49. This guide also has important information about metabolic rates, blood sugar levels and more, starting on page 61.

Lastly, for best results, we encourage you to join REAL RESULTS and begin an ongoing program of small group training (with our Virtual Training) to address your strength, balance, stability and workout consistency needs. This will complement your meal plan and cardio sessions, boost your metabolism and accelerate your results.

Commitment, consistency and accountability. Live by these character traits, and you'll see the REAL RESULTS you want.

Thank you for participating in REAL NUTRITION. We value the trust you've placed in us.

The REAL RESULTS fam
#bettereveryday

**BEFORE
+ AFTER**



Nick J 8 WEEKS

"It was easy for me, as a business owner, to find reasons why I didn't have time to exercise or eat right. REAL RESULTS helped me create new lifestyle habits that let me reach my fitness goals, without compromising my personal life or work commitments. For anyone seeking a positive change that will make you feel and look better and increase your energy level, I can't think of any program better than REAL RESULTS."



Heather S 16 WEEKS

"I'd focused every ounce of energy on maintaining my business, my family, my nonprofit and my social life. In the process I lost my fierceness. REAL NUTRITION helped me get it back. The coaches helped me find a balance with my responsibilities and showed me that it really was possible to be better every day. It was an intense journey to get to where I am. Now I am healthy. I am strong. I am fierce."



Amber B 20 WEEKS

"I started to gain a significant amount of weight in my 20s. Then I became pregnant, and got up to a whopping 200 pounds. I was completely miserable. When I returned from maternity leave, I was amazed at how a work friend changed for the better with REAL NUTRITION. I called her coach the next day. REAL NUTRITION was the hardest physical challenge I've ever endured, but definitely the most worthwhile. I saw results. Fast. This program transforms not only your body, but also your mind. "Can't" is no longer an option."



BEFORE



AFTER

Kim O 16 WEEKS

“At age 34, I found myself 30 pounds overweight and suffering from chronic back pain. I needed to do something about my issues before they progressively got worse. I heard about REAL RESULTS from a friend, who told me about the amazing results her husband had achieved. I called right away and jumped into the program head-first! After 12 weeks, I’d lost 25 pounds and reduced my body fat to 22 percent. Now, eight months later, I’m in the best shape of my life and training for a figure competition.”



Julie C 12 WEEKS

"This plan works! It's comprehensive and easy to follow — you just have to commit to the process. And the results were noticeable quickly, so it was easy to stay motivated. My biggest struggle was getting over my addiction to processed carbs. But reporting everything I ate in my diary, and having my coach hold me accountable, made me not want to cheat. I love how I look now, and I know that I won't let myself get back into the bad habits that led to that "before" picture."



Justin B 24 WEEKS

"My fitness and diet practices took a back seat with the birth of my son and a new position at work. Over the next two years I became 45 pounds overweight, and I had very little energy. A good friend had outstanding results with REAL RESULTS. I knew I had to give it a try. My new eating habits became, not a diet, but a way of life. I feel better than I've ever felt before, and I'm in the best shape of my life."



Andrea L 24 WEEKS

"A few years ago I'd let myself go, and I hated it! I tried to get back into the gym on my own, but I felt I was too out-of-shape to even be there with "those people" — those people, of course, being the people I wanted to be. In shape and in control of their health and lives. A girlfriend of mine said that she trained with REAL RESULTS and that they could help me. I signed up and began my journey. I worked hard every day and made my fitness a priority. I've done things that I never thought possible. I completed a half marathon and then my first triathlon. It's truly amazing, the life I got back, simply by learning and living the REAL RESULTS program."



BEFORE



AFTER

Rick L 16 WEEKS

"I knew that I was in a very poor physical state. I weighed 230 pounds and I got tired easily. I decided to stop wasting time and joined a gym, but I didn't know where to begin. I was unguided and unhappy with myself. That's when a friend of mine introduced me to REAL RESULTS. They have some of the best trainers in Las Vegas. In just 12 weeks, I lost 50 pounds, and my self-confidence skyrocketed."



Ben S 12 WEEKS

"I had an unhealthy lifestyle and had no idea about proper nutrition. Then a friend invited me to the REAL RESULTS gym. On that first day, I discovered how out of shape I was. REAL NUTRITION made the dietary changes easy to implement, so I picked up on the program quickly. The workouts were challenging, but with my coach's guidance and direction I learned to do things correctly. I firmly believe that if someone follows the REAL NUTRITION program, and does cardio along with strength training, they'll see results."



BEFORE



AFTER

Jorge R 24 WEEKS

"I thought my age and metabolism were the reasons I couldn't lose weight on past diets. REAL NUTRITION taught me to how to burn calories by eating right and focusing on my health rather than on how I look. And I will forever be thankful. It's not easy, but nothing in life that's worthwhile comes easily. Now my priority is to stay healthy and keep conquering new physical challenges. I can enjoy the summer with my fit, new body, thanks to REAL RESULTS."



Lee M 36 WEEKS

"I was in the worst shape of my life when I was convinced to try REAL RESULTS. My first session, I failed miserably — I lasted only 35 minutes. But, with help and encouragement, I made it through the week. Joining REAL NUTRITION and eating clean definitely stopped my cravings for all the toxic food I'd been feeding my body. In nine weeks, I went from 233 pounds to 190 pounds. This is just the beginning of my journey. My coaches helped me make a lot of changes in my life, and my wife and kids can't thank them enough."



Marcio B 12 WEEKS

“When I first came to REAL RESULTS, I wasn’t in great shape at all. Now I have a completely different lifestyle. My body has changed so much! I prep all my food, try new types of food, and I now eat raw veggies all the time. I don’t even desire to cheat anymore. What I’ve learned most from the REAL NUTRITION program is what I’m capable of achieving. I’m definitely in the best shape of my life now. REAL NUTRITION showed me I could do it and provided me with the tools I needed.”



Josh T 12 WEEKS

"Prior to joining REAL RESULTS I got up to my heaviest weight. I did my fitness assessment and realized I was heading down the same path as my father, who passed away from a heart attack. That assessment, and working with REAL RESULTS, motivated me more than anything ever has. In 12 weeks, I lost over 30 pounds and over 15 percent body fat. REAL RESULTS is fun and contagious, and everyone should do it!"



BEFORE



AFTER

Marc F 12 WEEKS

"After talking with a REAL RESULTS coach, my wife and I committed to the 12-week program. It was tough. We had to change our diets, set goals and stay accountable. But we were committed, and our coach made sure we stayed on track. We had good days and bad days, but always strived to be better. The results were real — and we couldn't have done it without REAL NUTRITION and the REAL RESULTS team."



Tiffany H 12 WEEKS

"REAL NUTRITION changed my life! I lost 60 pounds over the course of a year and lowered my body fat percentage. This phenomenal program taught me not only how to work out, but also how to sustain weight loss. I learned tips and life hacks that allowed me to truly and fully commit to my goals. I've been able to teach my children healthy eating habits and the value of regular exercise. It feels great to have coaches who are invested in my success for the long haul. I strongly recommend REAL NUTRITION. It's the real deal!"



Scott H 12 WEEKS

"REAL NUTRITION was the single biggest health, nutrition and emotional transformation I've ever experienced. I was in denial about my fitness and eating habits, which directly affected my self-confidence and the energy it took to problem-solve work and life situations on a daily basis. I highly recommend this program to everyone. Thank you, REAL RESULTS!"



BEFORE



AFTER

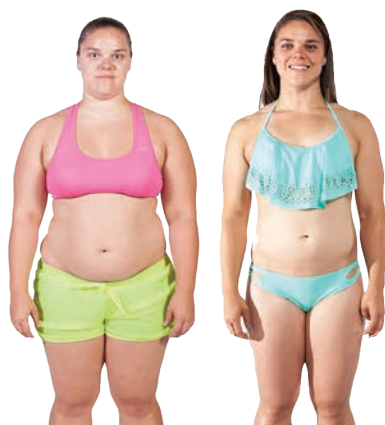
Charlie P 1 YEAR

“REAL RESULTS completely revived the athlete in me. I’ve done tons of fitness programs over the past 10-plus years, and the hands-on and accountability approach REAL RESULTS takes produced big results. I lost 40 pounds, and lowered my body fat and my metabolic age. Above all, I feel like myself again — like an athlete. I can run faster and jump higher. REAL RESULTS has lit a fire that isn’t going away.”

Aziza I



Jackie G



Ian J



Antonio C



THE PROGRAM

THE PROGRAM

THE PROGRAM

THE PROGRAM

Every body is different

Some of us burn fat more easily. Others process sugars less efficiently, or need more nutrients of one kind or another. No single nutrition plan is suitable for everyone.

What's the way forward, then? You shouldn't constantly worry, "Am I making all the right choices?" Instead, focus on building a healthy relationship with food. Learn to eat to nourish your body, not to relieve stress or boredom.

Most people change their eating habits because they want to lose weight and look better. There's nothing wrong with that. But we encourage you to set more meaningful goals. To make lasting changes that will make you feel better and make you more fit.

The REAL NUTRITION program asks you to follow some general guidelines and to log your food intake and cardiovascular exercise in this book or in your digital log. We also suggest you weigh yourself weekly for accountability.

You and your coach can then adjust your meal or cardiovascular program as needed. We've made it all as simple as possible, with few food restrictions and no careful measuring.

Even though REAL NUTRITION is simple in concept, this program will challenge you. Accept that challenge with all that you are, and remember that few worthwhile things in life come easily.

IMPORTANT WEEKLY VIRTUAL MEETINGS

During the 12-week REAL NUTRITION program, you must attend weekly virtual meetings with your REAL RESULTS coach. You'll discuss topics relevant to your success, and your coach will offer support and guidance.

THE THREE RULES

We call our nutritional guidelines the Three Rules. They cover, in a very easy-to-follow way:

1. **What to eat**
2. **How much to eat**
3. **When to eat**

Let's briefly consider each of these three.

RULE #1:

WHAT TO EAT

The foods that your body needs in the largest quantities – proteins, carbohydrates and fats – are called *macronutrients*. These foods sustain your body and provide it with fuel. It's important to eat a balanced amount of these macronutrients at every meal, every day.

On the right you'll see lists of approved foods in each macronutrient category. We also include a fourth category, vegetables. These are considered carbs, but we list them separately for reasons we discuss below.

Note that carbs and vegetables are separated into "primary" and "secondary" choices. Choose foods from the primary list as your mainstays. They're higher in fiber, which aids digestion and weight loss. Primary carbs and vegetables are also recommended for people with slower metabolisms.

Foods on the secondary lists are more water-based. Eat them for variety, as snacks or part of a post-workout meal.

For in-depth guidelines about each macronutrient, see page 73.

During the next 12 weeks you'll eat only the foods that appear on the FOOD SELECTION LIST.

Note that certain foods are "off limits" under the REAL NUTRITION program. These contain too much sugar, fat or salt.

FOOD SELECTION LIST

PROTEINS

Beef	Hemp	Shellfish
Chia	Lentils	Soy/Tofu*
Chicken	Mahi-mahi	Tempeh
Cod	Nutritional yeast	Tilapia
Edamame	Orange roughy	Tuna
Eggs	Pork	Turkey
Greek yogurt	Red Snapper	Vegan protein powder
Halibut	Salmon*	

*Salmon and tofu count as one protein and one fat.

CARBOHYDRATES PRIMARY

Barley	Lentils*	Wild rice
Beans*	Quinoa	Yams
Brown rice	Steel cut oats	
Peas	Sweet potatoes	

*Beans and lentils count as one protein and one carb.

SECONDARY

Apples	Carrots*	Nectarines
Apricots	Corn*	Oranges
Beets*	Grapefruit	Pears
Berries	Honeydew	Plums
Cantaloupe	Kiwi	Tangeines

*Beets, cooked carrots and corn are higher in sugar and should be eaten in moderation.

VEGETABLES PRIMARY

Artichokes	Cauliflower	Spinach
Asparagus	Chard	String beans
Bok Choy	Greens	Squash
Broccoli	(collard, mustard, turnip)	Zucchini
Brussels Sprouts	Kale	
Cabbage	Okra	

SECONDARY

Arugula	Cucumber	Onions
Bean Sprouts	Leeks	Radish
Bell Pepper	Lettuce	Sprouts
Celery	Mushrooms	Tomatoes

FATS

Avocado	Nuts	Olives
Coconut	Nut butters	Pumpkin seed
Extra Virgin Olive Oil	(almond, cashew, peanut)	Sesame seeds
Ground flax seeds	Oils (avocado, coconut, grapeseed)	Sunflower seeds
Non-Dairy milks		
(almond, cashew, oat, soy)		

⊘ OFF LIMITS ⊘

Alcohol	Fried foods	Sports drinks
Bread	Mayonnaise	Sugar
Candy	Pasta	Tortillas
Chips	Pitas	Vegetable juice
Dairy milk/cheese/yogurt	Salt	
Dried fruit	Soda/diet soda	

RULE #2:

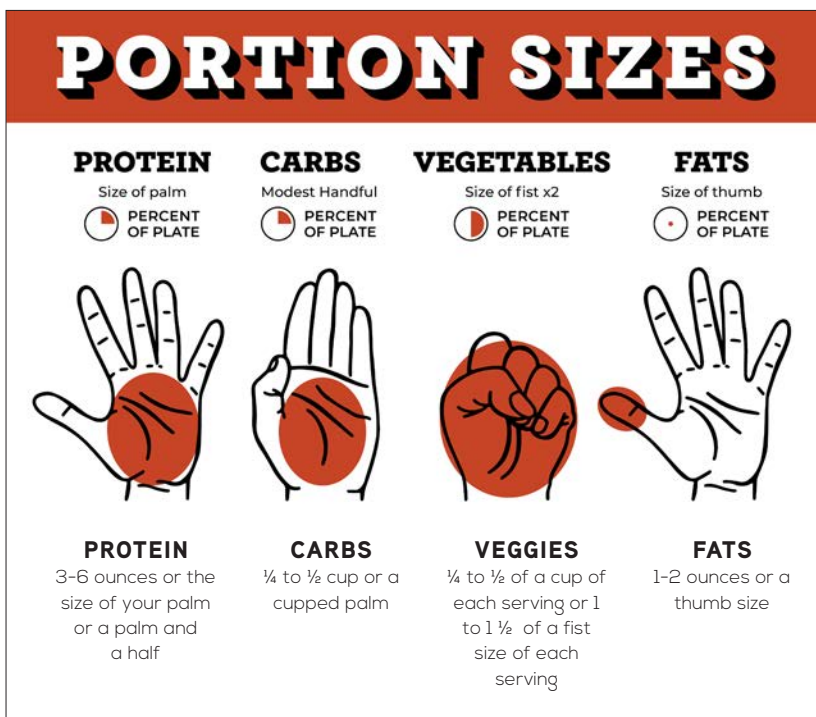
HOW MUCH TO EAT

Portion control is a problem for many of us. We serve ourselves more food than our bodies need and rush through meals before our bodies can tell us we're full.

The REAL NUTRITION program has a solution.

First, you need to learn what *serving sizes* are appropriate for each macronutrient – proteins, carbohydrates and fats (plus vegetables). Second, you need to eat the right *number of servings* of each macronutrient per day.

REAL NUTRITION uses simple hand measurements for all serving sizes. Please see the chart below.



For flexibility, we provide a range of serving sizes for each macronutrient. Again, you and your coach can adjust these sizes as needed.

What about the right number of servings? REAL NUTRITION uses simple numeric meal program formulas that are slightly different for men and women. A typical daily formula looks like this:

5/3/5/2+10

Let's break that down. It means:

- o five PROTEIN servings
- o three CARBOHYDRATE servings
- o five VEGETABLE servings
- o two FAT servings

That's the *total amount of food* you'd be allowed to eat each day, under this formula. You'd build a day's worth of meals by combining servings from each macronutrient category, and keep track by logging your consumption as you go.

The +10 indicates the minimum amount of water you should drink each day – that is, 10 servings of eight ounces each. This will keep your body hydrated and help you feel full.

For more information about water and proper hydration, see page 82.

! IMPORTANT KEEP A FOOD AND EXERCISE LOG

For accuracy and accountability, you must log everything you eat and drink, as well as all your cardio sessions – every day, through the entire 12-week program. Your REAL RESULTS coach will monitor your digital log and offer advice and encouragement.

For a sample food and exercise log, and for more information, see page 130.

**FOR MEN
START WITH
5/3/5/2+10**

This provides a good baseline for the average man. For some, a different formula may be appropriate – maybe 5/2/5/2+10 or 5/1/5/2+10. (That is, they may need less carbs in their diet.) You can also try 4/3/5/2 by adjusting protein intake in your diet.

**FOR WOMEN
START WITH
4/2/5/2+10**

Women tend to have smaller frames, less muscle mass and slower metabolisms. They need less protein and carbohydrates, and fewer calories in general. Petite women may find that a formula like 3/2/5/2+10 or 3/1/5/2+10 is sufficient.

4
2
5
2
+10

WOMEN





MEN

5 3 5 2 +10

The REAL NUTRITION formulas can vary based on multiple factors – your goals, metabolism, activity level, cardiovascular fitness, body fat percentage and muscle mass. Keep an accurate food log, note your progress and talk to your coach. You may need to experiment to find the formula that’s right for you.

Once you learn what serving sizes you should eat, and in what numbers, you’ll be set up for success. Your body will get all the nutrients and fuel it needs, proper digestion will be supported, and your body will grow leaner and stronger.

! IMPORTANT LISTEN TO YOUR BODY

Slow down and eat mindfully, without distractions. We recommend the “80 percent method” – that is, eating until you’re 80 percent full. (It takes practice, but over time you’ll master it.) Also, it’s okay to skip a meal if you’re just not hungry, especially at night.

RULE #3:

WHEN TO EAT

Should you eat only once a day? Try intermittent fasting? The advice you get may be confusing.

Here's what we know: Digestion burns more calories than any other body function. So keep your body working by eating every few hours. This will help you reduce body fat and achieve better overall health.

Remember, though, that every body is different. Some people are more successful when they eat small meals throughout the day. Others do better on three full meals with light snacks in between.

Your REAL RESULTS coach will help you decide what works best for you. Just be sure to log everything you eat, and don't exceed your daily serving amounts.

! IMPORTANT STAY A LITTLE HUNGRY

If you don't feel hungry now and then, you may be overeating. Reduce your serving sizes or eat less filling foods. Also, make your last meal of the day a light one, so you'll wake up ready to eat.

WEIGH YOURSELF WEEKLY

Checking and logging your body weight is important for tracking your progress and staying accountable. We ask all REAL NUTRITION clients to step on the scale once a week. For consistency, weigh yourself on the same day of the week at the same time.

Don't worry if your weight doesn't start dropping right away. Body weight depends on several factors, especially with women. If it's the same after two weeks, though, talk to your coach.

A conventional scale will do, but a body composition scale will also display your body fat percentage.

For information about body composition scales, see page 61.

Checking and logging
your body weight
is important for
tracking your
progress and staying
accountable.



INTRO TO MACRONUTRIENTS

We discuss macronutrients in detail starting on page 73. But here's some information that all REAL NUTRITION clients should know.

PROTEINS

Proteins are essential for maintaining and repairing the body's tissues. But be mindful of your consumption of proteins and don't over-eat. Consuming too many proteins can lead to weight gain and slow digestion. Plus, if you are consuming predominantly meat for protein, keep in mind that saturated fats found in meat can raise your LDL cholesterol.

To avoid getting bored with your meals, try eating a variety of protein sources. Mix those chicken breasts with filets and other lean cuts of beef, wild-caught fish, free-range eggs (more whites and less yellows) and ground turkey. Don't forget plant-based sources of protein like black beans, pinto beans and kidney beans. And vegan protein powder, nutritional yeast and seeds like hemp and chia are also good sources of protein.

CARBOHYDRATES

Eating fewer servings of carbs can speed weight loss – but can also lower your energy level. It should only be done for a short-term weight-loss boost, under the advice of your REAL RESULTS coach. Later, as your cardiovascular fitness improves and your body gains lean muscle mass, you'll need more of the fuel that carbs provide.

Keep in mind that your body can process only so many carbs. One carb-heavy meal can supply two full days' worth. Your body converts the excess into fat. And fat cells have an unlimited capacity – you can keep gaining more and more fat.



VEGETABLES

You'll notice that, under our formula system, that when making adjustments the numbers that tend to vary most often are proteins (the first number) and carbs (the second). But we recommend that you eat at least five servings of vegetables each day, preferably raw or lightly cooked.

Not only are vegetables packed with nutrients, they're low in dietary sugar and high in fiber. Eating vegetables helps stabilize food cravings. It also helps stabilize blood sugar levels, which is a crucial benefit of the REAL NUTRITION program.

For more information about blood sugar levels, see page 62.

Note that the program allows you to eat more than one serving of vegetables in a single meal. When you do, try to choose one from the primary list and one from the secondary list. (And remember that vegetables make excellent snacks.)

FATS

Contrary to a lot of nutritional advice over the years – advice that has since been disproved – dietary fats are not the enemy. In fact, your body needs healthy “essential” fats to function properly. (They're called essential because they provide nutrients your body can't make on its own.)

If you lower your carbs to boost fat loss and find that you need more energy, try consuming more of these healthy fats. A standard REAL NUTRITION formula calls for two servings of fats from the approved list each day, so you would raise that to three or even four servings.

For more information, see page 78.

CHEAT MEALS

The REAL NUTRITION program allows one cheat meal each week, when you can eat foods that are considered “off limits.” A cheesy pasta dish, a rich dessert – it’s up to you.





But there are still a couple of rules. For one, you must complete 30 days of the program before you can cheat.

Enjoy yourself in moderation. A cheat meal is a reward for your hard work and discipline, not an excuse to over-indulge.

Remember that it's a cheat meal, not a cheat day. Be sure to make healthy choices for your other meals.

Lastly, before you rush to have your first cheat meal, ask yourself: "Can

I eat this – and only this – then go right back on the program?"

For some, the answer is no. When it comes to certain foods or drinks, they simply lack control.

Remember all the reasons you joined REAL NUTRITION, and be honest with yourself. You may have to skip cheat meals – or even avoid certain situations, certain foods or certain people – because they tempt you to over-indulge.

ASK YOURSELF:

**“Can I eat this—and only this—
then go right back on the program?”**

**I ALREADY
KNOW WHAT
GIVING UP
FEELS LIKE**

**I WANT TO
SEE WHAT
HAPPENS
WHEN I DON'T**

SMART GOALS

Let's dig a little deeper, and learn about some practices and habits that will help you get the results you want.

One reason diets and exercise plans fail is that the goals they set don't have the best chance of success. That is, their goals aren't SMART – specific, measurable, attainable, relevant and time-sensitive.

SPECIFIC
MEASUREABLE
ATTAINABLE
RELEVANT
TIME SENSITIVE

We've found that the SMART Goals model helps our clients stay focused, sustain momentum and feel a greater sense of control.



SPECIFIC

Goals like “lose weight” or “get in shape” aren’t specific. But a goal like “reduce my body fat by five percent over 12 weeks with REAL NUTRITION” is clear and precise.

A specific goal usually answers these five “W” questions:

- What do I want to accomplish?
- Why do I want to accomplish it?
- Who is involved in accomplishing it?
- When does the goal take place?
- What are the requirements and constraints?

MEASURABLE

If your goal can't be measured, it's impossible to know whether you're making progress.

ASK YOURSELF QUESTIONS LIKE:

“How many pounds do I want to lose?”
“What percentage of body fat do I want to achieve?”
“How will I know when I've succeeded?”

ATTAINABLE

We don't mean your goal should be easy – in fact, it should challenge you. But it shouldn't be out of reach, either.

ASK YOURSELF:

“How will I accomplish this?”

Knowing what concrete steps you'll take means your goal is attainable.

RELEVANT

Relevant goals aren't just fantasies; they matter. They align with other goals. And they tend to attract support – from friends, family, co-workers, bosses, organizations.

ASK YOURSELF QUESTIONS LIKE:

“Is my goal worthwhile?”
“Is now the right time to pursue this?”
“Do others support my goal?”

TIME-SENSITIVE

Distractions and crises always come up. How can you maintain focus and avoid being sidetracked? By putting yourself on deadline. By giving your goal a sense of urgency.

ASK YOURSELF:

“When do I want to accomplish this?”
“How can I advance my goal today?”

Examples of SMART Goals

To make your goals real, write them down! We encourage all our clients to put their daily, weekly and longer-term goals in writing. Your food and exercise log, your list of goals and your weekly planner (see below) will reinforce each other and maximize your success.

DAILY GOALS

- Review my goals before bedtime and upon rising for the day.
- Drink 10 eight-ounce glasses of water each day.
- Read a chapter before bedtime nightly.

WEEKLY GOALS

- Every Saturday morning at 10, go on a five-mile run.
- Every Saturday evening at 6, plan my meals for the week.
- Cut the rest time between exercise intervals by 10 seconds.

90-DAY GOALS

- Lower my body fat to 15 percent by (date).
- Win my age group in (event) on (date).
- Read three books by (date).

IMPORTANT SET YOUR REAL NUTRITION GOALS

Write down your daily, weekly and 90-day goals in the spaces to the right. Don't put it off – do it now.

DAILY GOALS

WEEKLY GOALS

90-DAYS GOALS

LIFE MANAGEMENT

How do we know what's important to us?

By the amount of time we devote to it.

Family and work probably top your list of priorities. But how about your health? Are you willing to make changes to your life, so that you can invest the time and effort necessary to achieve your REAL NUTRITION goals?

This program is an investment. You'll be expected to make time for planning your shopping and cooking, for logging your meals, for writing down your goals and for regular cardio exercise.

Those life changes may not be easy. You may have to go to bed earlier and wake up earlier, to have time to work out in the morning. You may have to quit some old habits – or even avoid unsupportive people – to stay on track.

Make a candid appraisal of your lifestyle, the people in it your life, your responsibilities and the demands on your time.

TIME + EFFORT = RESULTS

Use the weekly planner example to help guide you in how to schedule specific days and times for all your REAL NUTRITION program requirements. These include food shopping, meal prep and exercise. Remember, your health is now one of your highest priorities.

WEEKLY PLANNER EXAMPLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30–6 am	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
6–6:30 am	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
6:30–7 am							
7–7:30 am	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
7:30–8 am							
8–8:30 am							
8:30–9 am	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
9–9:30 am	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
9:30–10 am							
10–10:30 am	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
10:30–11 am							
11–11:30 am							
11:30 am–12 pm	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
12–12:30 pm	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
12:30–1 pm			Shop				
1–1:30 pm	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
1:30–2 pm							
2–2:30 pm	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
2:30–3 pm	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
3–3:30 pm							
3:30–4 pm							
4–4:30 pm	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
4:30–5 pm	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water	1 Water
5–5:30 pm	Workout	Cardio	Workout	Cardio	Workout	Cardio	Shop
5:30–6 pm	Workout	Cardio	Workout	Cardio	Workout	Cardio	Meal Prep
6–6:30 pm		Stretch		Stretch		Stretch	Meal Prep
6:30–7 pm		Foam Roller		Foam Roller		Foam Roller	Meal Prep
7–7:30 pm							Meal Prep



**I DIDN'T COME
THIS FAR
TO ONLY COME
THIS FAR**

THE DETAILS

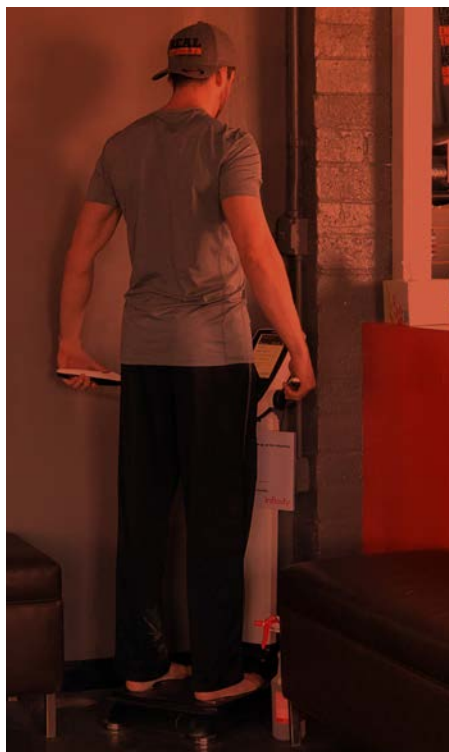
THE DETAILS

BODY COMPOSITION SCALES

As noted on page 38, we ask that you weigh yourself and log your weight at least once per week.

Unfortunately, a conventional scale can't give you the full picture – not just body weight, but body fat percentage, fat mass and muscle mass as well. For that you need a body composition scale. We recommend using an InBody scale at your local gym.

The Inbody website includes a map of locations near you, such as gyms and spas, that make themselves available as Inbody Testing Centers. Visit inbodyusa.com to learn more.



BMR — BASAL METABOLIC RATE

Your basal metabolic rate is a measurement of the energy your body burns while at rest, as it maintains its essential functions. Understanding BMR will help you understand why diets fail, and why losing fat can be challenging.

Simple calorie reduction isn't the answer. If you don't eat enough to keep up your BMR, you'll lose both fat and muscle, which will slow your metabolism and make fat loss harder. Because your body is trying to conserve precious energy, you may even put on more stores of fat. Also, as we mentioned on page 38, digestion burns more calories than any other function of the body.

This is why the REAL NUTRITION program calls for eating the proper serving sizes of each macronutrient, and the proper number of servings each day, for your body.

**Understanding BMR
will help you understand
why diets fail, and why
losing weight can be hard.**

The Three Rules – plus regular cardio exercise and REAL RESULTS small group training – add up to an effective plan for achieving a healthy weight, lowering body fat and building muscle.

CARBOHYDRATES AND INSULIN

As we discussed, the REAL NUTRITION program is designed, in part, to optimize your carbohydrate intake and stabilize your blood sugar levels. Why is this important?

It's about chemistry – about how your body breaks down carbs into sugars, how your cells absorb them for fuel and how your body regulates the way those sugars are absorbed.

Carbs consist of the sugars, starches and fibers found in fruits, grains, vegetables and milk products. When you consume these foods, your body converts these carbs into simple sugars called *monosaccharides*. This sugar then

travels through your bloodstream to ultimately be absorbed by the cells of your body so those cells have energy to do their job.

When you consume carbs, in whatever form, your blood sugar naturally rises. This is a normal process of your body. Your pancreas then responds by secreting proportionate amounts of insulin into your bloodstream. In other words, the sugar has to go somewhere. (letting sugar flow freely through your bloodstream can be unhealthy).

To be clear, insulin's job is to get the sugar into your cells.

! IMPORTANT LIMIT ALCOHOL

Alcohol is a carb, and too much or even moderate amounts of consumption can make it more difficult to lose body fat. Drinking alcohol can undermine your best efforts to achieve your goals.



THE EFFECTS OF SUGAR SPIKES

But what happens when you eat too many carbs? Or eat foods from the “off limits” list, or anything that’s high in sugar or overly processed?

The amount of sugar in your body rises rapidly. Your pancreas pumps even more insulin into your bloodstream. This causes multiple problems – some right away, some in the future:

- The extra insulin does its job, facilitating the absorption of sugar. But now your blood sugar level drops below normal. That leads to lower energy, mood swings and cravings for more carbs, which continues the cycle.
- Your blood sugar level is able to drop quickly – but not your insulin level. The excess insulin remains in your bloodstream. Then, when you consume carbs again, your pancreas produces even more insulin. The amount of this powerful hormone in your body ratchets up.
- In the presence of insulin, your body can’t access its fat cells for energy. That is, it can’t convert the fat stores in those cells into free fatty acids, which it releases into your bloodstream for use as fuel. Insulin blocks this process. The result is weight gain.
- That new weight has to go somewhere. Some of it becomes subcutaneous fat – the fat under your skin that makes thigh bulges and love handles. Some is stored internally as visceral fat, which is much more dangerous. Visceral fat packs around your internal organs and leads to an increased risk of atherosclerosis, hypertension, heart attack and stroke.
- Forcing your pancreas to produce insulin can cause insulin resistance. That means your body has to produce even more insulin to keep up with all the sugar. Over time, this can lead to type 2 diabetes and other degenerative diseases.
- Lastly, feeding your cells too much sugar can result in *over-glycation*. This causes cellular inflammation (oxidative stress), which is one of the biggest aging factors and cancer precursors.

To recap: When you consume too many carbs, your body struggles to keep up. Your pancreas secretes more and more insulin, which leads to weight gain and serious health problems like diabetes.

THE BENEFITS OF HOMEOSTASIS

Weight gain, fatigue, serious disease, premature aging. It's a grim picture. But you can avoid all that by achieving homeostasis. This is an equilibrium in which your body's blood sugar and insulin levels are balanced and under control.

We designed REAL NUTRITION to help you achieve homeostasis. Our program centers on low-glycemic and non-processed foods that don't cause insulin spikes.

With REAL NUTRITION, your blood sugar level will remain steady. Your body will be able to burn its stored fat as a primary energy source. Food cravings and mood swings will be eliminated.

You'll feel more satisfied throughout the day, and more energetic. Your immune system will be more efficient. And you can become less reliant on medications for hypertension or other health issues.

This doesn't mean you have to give up sugary, fatty foods completely. In fact, your success depends on your not feeling deprived, which is why our program allows cheat meals. The point is to be aware of the effect carbs have on your body and to moderate your consumption accordingly.

IMPORTANT FOR THOSE WITH DIABETES

Diabetics have special nutritional needs and must be careful with their carb intake. If you have diabetes, ask your coach about customizing your REAL NUTRITION formula.

THE INDUCTION PHASE

You may remember the popular Atkins Diet, which centered on restricting carbs. We apply an insight from that diet in our REAL NUTRITION program.

Under the Atkins Diet, the induction phase is the period in which carbs are limited to a minimum amount, and mostly consumed as vegetables. This allows the body to reset its blood sugar level and stimulates fat loss.

We do something similar, by recommending that you wait 30 days before your first cheat meal, and then have a cheat meal only once per week.

You can restart the induction process by waiting another 30 days between cheat meals. Some clients choose not to have a cheat meal throughout the 12-week program.



GLYCEMIC INDEX AND GLYCEMIC LOAD

The glycemic index (GI) measures how quickly your body converts carbs into sugar for absorption by your cells. The higher the GI, the faster your blood sugar rises. Glycemic load (GL) measures the amount of sugars in a food.

Any foods that are high in sugar – such as desserts and sodas – will be high on the GI and GL scales, and should be avoided. But it's essential to read nutritional labels and know what you're eating.

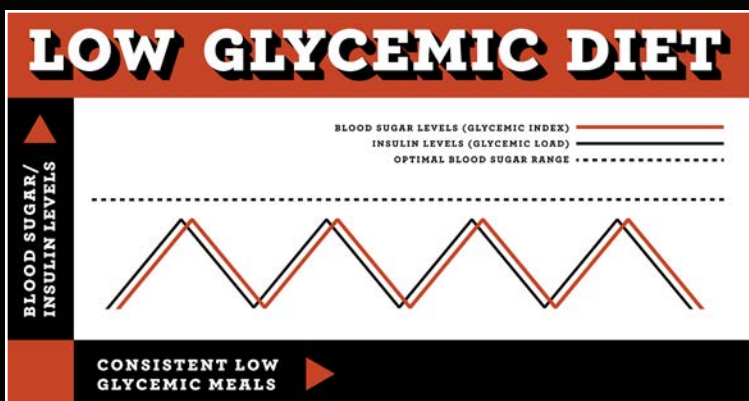
Many packaged and processed foods are full of sweeteners. Often these appear under names other than sugar, and in combinations that raise the food's overall sugar content – its GL. Look for names like sucrose, fructose, corn sweetener, evaporated cane juice and malto-dextrine, among others. If a food's ingredient list includes these, avoid it.

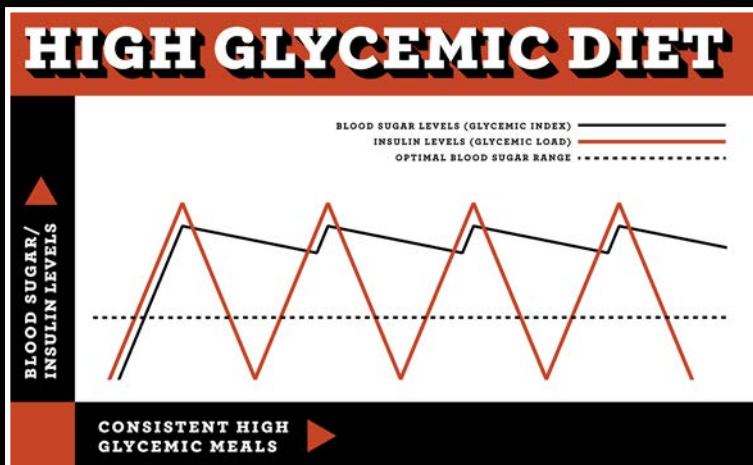
Conversely, carbs that are low in dietary sugar and high in fiber are low on the GI and GL scales. They help you feel full and facilitate digestion, and they won't spike your blood sugar and insulin levels.

Follow our list of approved foods in each macronutrient category when building your REAL NUTRITION meals. These foods are carefully chosen to be low in GI and GL.

Note: *If you're a competitive athlete, or preparing to engage in vigorous or extended exercise such as a race, you may choose foods that are higher on the GI and GL scales. Their extra sugar can provide the energy for increased performance and stamina.*

If however you are not going to engage in vigorous or extended exercise, eating a food high in GI or GL simply for pleasure could lead to weight gain.





Glycemic Index Chart

FOOD GROUP	VERY LOW GI	LOW GI	MEDIUM GI	HIGH GI
	0-20	21-55	56-69	70 OR GREATER
GRAINS		Aramath	Bread (high fiber)	Bagels
		Barley	Chocolate	Beer (alcohol)
		Brown Rice	Couscous	Cereal (processed)
		Bulger	Ice Cream	Cookies
		Buckwheat	Millet	Crackers
		Oat Milk	Muffins	Grits
		Quinoa	Pasta	Instant Oatmeal
		Rye	Popcorn	Pretzels
		Spelt	Yogurt	Rice Cakes
		Steel Cut Oats		Rice Crackers
		Whole Wheat		Tortillas
		Wild Rice		White Rice (instant, long grain, basmati, jasmine)
				White Bread
				Wheat Bread

Glycemic Index Chart

FOOD GROUP	VERY LOW GI	LOW GI	MEDIUM GI	HIGH GI
VEGETABLES	0-20	21-55	56-69	70 OR GREATER
	Artichoke	Acorn Squash	Beets	Cooked Carrots
	Aurugula	Butternut Squash	Corn	Chips
	Asparagus	Carrots (Raw)	Leeks	French Fries
	Avocados	Chile Peppers		Parsnips
	Avocado Oil	Eggplant		White Potatoes
	Bean Sprouts	Garlic		
	Bok Choy	Red Peppers		
	Broccoli	Sea Vegetables		
	Brussels Sprouts	Spaghetti Squash		
	Cabbage	Spirulina		
	Cauliflower	Squash		
	Celery	Sweet Potatoes		
	Collard Greens	Winter Squash		
	Cucumbers	Yam		
	Extra Virgin Olive Oil			
	Fennel			
	Green Beans			
	Kale			
	Lettuce			
	Mushrooms			
	Okra			
	Olives			
	Onions/Chives			
	Radish			
	Spinach			
	Summer Squash			
	Swiss Chard			
	Tomatoes			
	Turnip Greens			
	Watercress			
	Zucchini			
BEANS & LENTILS	Lima Beans	Adzuki Beans		
	Edamame	Black Beans		
	Soybeans	Black Eyed Peas		
	Tahini	Fava Beans		
	Tofu	Chickpeas		
	Tempeh	Green Beans		
		Green Peas		
		Kidney Beans		
		Lentils		
		Lima Beans		
		Mung Beans		
		Navy Beans		
		Pinto Beans		
		Soy Milk		

Glycemic Index Chart

FOOD GROUP	VERY LOW GI	LOW GI	MEDIUM GI	HIGH GI
	0–20	21–55	56–69	70 OR GREATER
FRUIT		Apples Apricots Bananas (under ripe) Blueberries Blackberries Cherries Cranberries Grapefruit Grapes Lemons Limes Mango Oranges Peach Pears Plums Prunes Raspberries Strawberries	Cantaloupe Figs Honeydew Kiwi Papaya Pineapple	Bananas (over ripe) Dried Fruit Jam Watermelon
NUTS & SEEDS	Almonds Chia Seeds Coconut Coconut Milk Coconut Oil Flaxseeds Hazelnuts Hemp Seeds Macadamia Peanuts Peanut Butter Pecans Pistachios Sesame Seeds Sunflower Seeds	Almond Butter Almond Milk (Unsweetened) Cashews Sunflower Seeds Walnuts		
MEATS	Beef Chicken Cod Eggs Lamb Salmon Shrimp Turkey Tuna	Scallops Cheese Cow's Milk Yogurt		

BLOOD WORK AND A1C

We strongly recommend getting a blood test yearly if you're age 40 or older, and consider twice a year if you are 55 or older.

The specific test to ask for is *hemoglobin A1C*. The results will tell you at once if you're making progress. The A1C test is the ultimate form of personal accountability for your health.

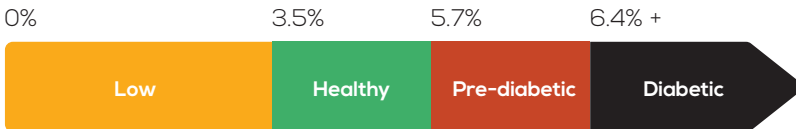
When testing for blood sugar, most blood work checks for *fasting glucose*, which tells you how much sugar was in your bloodstream over the past 24 hours. This is important information for those with diabetes, but is of little value to the average person.

The A1C test measures how much sugar was in your blood over the past three months. It's a reliable way to know whether your blood sugar level is coming down over time.

Persistently high A1C makes it harder to lose body fat and is a biomarker for the onset of degenerative diseases like the ones mentioned on the lower half of this page. As a result you would need to adjust your nutrition plan and lifestyle accordingly.

Request the A1C test when you schedule your blood work. Knowing your A1C can strongly motivate you in the REAL NUTRITION program.

HEMOGLOBIN A1C



DEGENERATIVE DISEASE

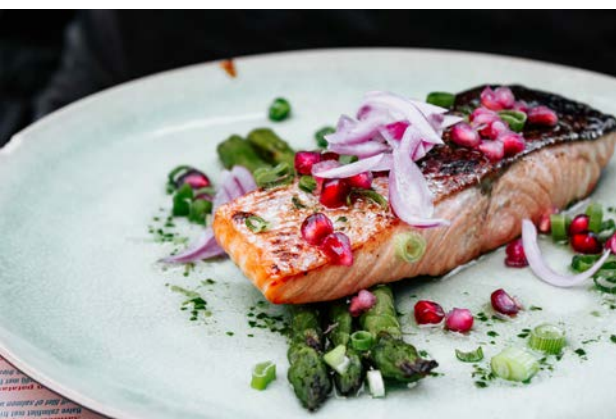
All too often, people die not of old age, but of diseases such as cancer, atherosclerosis and diabetes or of a heart attack or stroke. What these things have in common is that they are related to your lifestyle. That is, diet and exercise choices made each day, compounded over the years.

At REAL RESULTS, we believe that we have a duty to guide our clients away from these outcomes. To provide you with the information, accountability and encouragement you need to change for the better.



**ACTION
EXPRESSES
PRIORITIES**

MACRONUTRIENT GUIDELINES



PROTEINS

- For space reasons, we don't list every protein source. You may eat varieties of meat and fish that don't appear on the Food Selection List, if they're low in fat and not packaged or processed.
- Choose organic protein sources. Factory-farmed animal products are likely raised on growth hormones and antibiotics, which you should avoid.
- Avoid deli meats and canned fish. Most contain salt and preservatives.
- Avoid fatty cuts of beef like ribeye. Instead, choose lean cuts like filet mignon.
- Cook your meat however you like – grilled, broiled, baked or sautéed.
- One scoop (or heaping tablespoon) of protein powder equals one serving of protein.
- When shopping for protein powder, check the ingredients. Avoid products with a long list of artificial ingredients.
- We recommend vegan and hemp protein powders, which are the least processed. Both are great in smoothies.
- Smoothies are a great way to get proteins, carbs, fats and vegetables in a single meal. Blending aids in digestion so they are a perfect pre-workout meal or last meal of the day.
- Avoid protein bars and meal-replacement shakes, as you would avoid all packaged and processed foods.

CARBOHYDRATES

- Avoid eating carbs by themselves, which can cause an insulin spike. Accompany them with protein or fat – ideally both, in a balanced meal – to lessen the insulin reaction.
- Fiber also slows down carb absorption. Choose high-fiber carbs like leafy green vegetables, brown and wild rice, quinoa, beans and lentils more often for your meals.
- Note that tofu, beans and lentils count as one protein and one carb.
- White bread, instant grains, pasta and dried fruit are highly processed and nutrient-poor, and should be avoided (aside from a weekly cheat meal).
- Fruits are considered carbs, but they have higher sugar content, so eat them less often. Choose fruits that are lower in sugar (such as berries, grapefruit and pears) and limit those that are higher in sugar (such as oranges, bananas, pineapples and mangoes).
- Bookend your workouts with a meal that also contains carbs – before, for energy, and after, to replenish your body.
- Avoid carbs at night. They're less likely to be burned as fuel while you sleep. However, a serving of carbs at night is appropriate if you plan to wake up early (at 5 a.m, say) for a workout. Ask your coach for advice.
- The sugar substitutes Stevia and agave are acceptable when consumed sparingly – once or twice a week.



**SUCK IT UP
SO ONE DAY
YOU WON'T
HAVE TO
SUCK IT IN**



VEGETABLES

- You may eat vegetables that don't appear on the macronutrients chart. Notify your coach if so for confirmation.
- "Eat the rainbow." The more colorful vegetables you consume, the more diverse the nutrient content. Try different vegetables from the primary and secondary lists throughout the week.
- Note that beets, cooked carrots and corn are higher in sugar and should be eaten in moderation.
- As we mentioned earlier, you're allowed more than one serving of vegetables in a single meal. But don't exceed two servings per meal – instead, spread your vegetable consumption throughout the day. (Smoothies are the exception.)
- Choose organic vegetables. Buy organic or conventional, always wash your vegetables to remove pesticides and other contaminants.
- Buy fresh vegetables whenever possible. Frozen vegetables are allowed, but avoid canned vegetables, which often contain salt and preservatives.
- Most vegetables are best eaten raw. This preserves their nutrients and fiber, both of which are reduced by the cooking process. (If raw vegetables upset your stomach, introduce them slowly into your diet.)
- The exceptions are tomatoes, carrots and spinach. Each is excellent raw. But, when cooked, tomatoes release the enzyme lycopene, and carrots and spinach release beta carotene. This makes them easier to digest and absorb.
- If you choose to cook your vegetables, try to limit cooking times to less than a minute. For variety, mix up your cooking methods – steamed, blanched, baked, sautéed, grilled or stir-fried.
- When cooking with oils, choose from the list of essential fats. Avocado oil, coconut oil, grape seed oil and extra virgin olive oil are allowed. But use them in moderation, both in amount and in frequency.
- If eating all five daily servings of vegetables is difficult for you, try them in smoothies to mask/camouflage their taste or texture.
- You may enjoy snacking on vegetables with dips (non-dairy), hummus (low-salt), dressings (fresh or oil-based), fresh salsa (not from jars or cans), balsamic vinegar, avocado, marinara, guacamole or Makoto ginger dressing.

FATS

- Why does the REAL NUTRITION program call for eating only two servings of fats per day? Fats are calorie-rich. On gram of fat contains nine calories, while one gram of protein or carbs contains only four calories.
- As noted previously, the best fats are “essential” fats, which provide nutrients that your body can’t make on its own. All of the fats listed on the Food Selection List on page 33 are essential fats.
- Essential fats have many benefits. They actually help lower your body fat percentage. They also help lower LDL cholesterol (the “bad” one), increase your energy level, curb food cravings and aid in digestion.
- All the nuts and seeds on the approved list are good sources of healthy fats. But choose raw or lightly roasted nuts and seeds, and avoid those with added salt. And don’t overeat them – stick to the recommended serving sizes.
- Fatty fish, like salmon, are also good sources of healthy fats





**YOU ARE
WHAT YOU EAT
SO DON'T BE:
FAST
EASY
CHEAP
FAKE**

SALT

- o Your total salt intake should be no more than 1,500 to 2,000 milligrams per day. If you don't add salt to your meals, and avoid packaged and processed foods, you should remain well under this limit.
- o Those who are very active, or who are outdoors in hot, humid weather, may need up to 5,000 mg of salt per day. This is because salt helps you stay hydrated and helps transport glucose through your body. Ask your coach if more salt is appropriate for you.
- o Eat restaurant meals in moderation, and avoid fast foods completely. Most contain enough salt to fulfill your dietary needs for an entire week. For more information about dining out, see page 85.

ALCOHOL

- o We advise you to avoid alcohol completely, or limit your alcohol consumption to one or two drinks, one night per week.
- o Why? Because alcohol is the most highly processed carb you can consume. You will fill your "carb gas tank" quickly of which these excess carbs easily convert to body fat.
- o Alcohol also affects judgment. That can make it difficult to stop at one or two drinks.

MILK/CHEESE/YOGURT

- o These products are listed as "off limits." If you consume dairy milk, cheese or yogurt do so sparingly.
- o Although dairy products contain protein, they count as fat servings in your nutrition plan.
- o Keep in mind that these products often contain preservatives and hormones. Choose high-quality, organic dairy when you can.
- o Better still, try a substitute like unsweetened almond, coconut, oat or soy milk.
- o Nutritional yeast, which is listed on the macronutrient chart as a protein, is a flavorful replacement for cheese and can be added to most foods.
- o Dairy products contain lactose. If you are lactose intolerant, even a glass of milk may trigger digestive distress. Choose Lactose-free alternatives instead.



FRUIT JUICES/SODA/SPORTS DRINKS

- o Each of these is considered “off limits.” Juices are processed foods and, like many whole fruits, are high in sugar. Soda, including diet soda, has no nutritional value – it’s just sugar, or an artificial sweetener, flooding your bloodstream.
- o Sports drinks are high in salt and may contain artificial sweeteners. They have a role to play in keeping athletes and other active people hydrated, especially in hot, humid conditions. If you consume sports drinks outside of those conditions or a vigorous endurance exercise, it’s likely the extra sugar will be converted to fat.

WATER

- o As we noted previously, you should drink at least 10 eight-ounce servings of water each day.
- o For proper hydration when you’re more active, or in hot or humid conditions, increase your water intake – 15 servings may be called for. And consider adding an electrolyte supplement or a pinch of Himalayan sea salt to your water.
- o Don’t worry about drinking too much water. Over-hydration can be dangerous when it dilutes the levels of salt and other electrolytes in your bloodstream. But this is rare in people who aren’t endurance athletes and who have no underlying medical conditions, like kidney or liver problems.
- o If you’re well-hydrated, your urine will be nearly clear to pale yellow in color. A sure sign that you need more water is urine that’s a darker shade of yellow.

COFFEE+TEA

- o Both coffee and tea contain caffeine, which is an appetite suppressant that can slow your weight loss. Limit your consumption of these beverages to one cup per day, and avoid adding sugar or other sweeteners.

IMPORTANT MAKE YOUR OWN SNACKS

Even products marketed as healthy snacking options, such as protein bars, should be avoided. They’re still processed foods, and may be nutrient-poor or high in sugar. For a better alternative, prepare your own healthy snacks in advance.

Drink at least
10 eight-ounce servings
of water each day.



**DINING
OUT**



If you're used to going to restaurants or having take-out food, you'll need to change your lifestyle.

Success with the REAL NUTRITION program calls for making most of your meals at home.

Why? This puts you in control. Your portion sizes are controlled. You can combine macronutrients to create balanced meals. And you know everything that goes into your meals – added sugar, hydrogenated oils, salt and preservatives aren't a concern.

That said, we all want to treat ourselves to restaurant meals sometimes. Or just appreciate the convenience of dining out once in a while.

So be smart. Commit to dining out no more than once or twice a week. Eat light, especially at dinner. Consider splitting an entrée with a dining companion, or making a meal out of side dishes. And, as always, follow the "80 percent method" of portion control.

FOOD PREPARATION

Sometimes life defeats our best intentions. Pressed for time or driven by cravings, we make quick and easy food choices that are less than healthy.

That's why the REAL NUTRITION program recommends that you prepare at least some of your meals in advance. For example, you can prepare a week of lunches to take to work. Having healthy meals on hand keeps you in control of your diet and helps you save time.

This requires some planning and time management. Shop in advance for all the ingredients you'll need, and set aside a day and time to prepare meals for the week to come. Also, think about storage – is there enough room in your refrigerator? Do you have enough of the right containers?

(If you enjoy smoothies, consider buying eight-ounce containers with lids for your advanced prep. Amazon, for one, sells 50-packs of these containers.)

IMPORTANT SHOP THE PERIMETER

When shopping for groceries, a good rule is to stick to the perimeter of the store. Most foods in the middle aisles are packaged or processed, and should be avoided.

On pages 89 and 90 is a sample shopping list for making the recipes in the next section.





SHOPPING LIST



PANTRY STAPLES

These are basic items to always have handy in your pantry and will make preparing meals much easier.

- o Olive oil
- o Sesame oil
- o Cooking Spray
- o Salt-free seasoning (like Mrs. Dash & McCormick)
- o Pepper
- o Italian seasoning
- o Red chili pepper flakes
- o Agave
- o Vinegars (apple cider, balsamic, red wine, rice wine, white)
- o Amino acids
- o Peanut or almond butter
- o Nutritional yeast

OATMEAL

- o Steel cut oats
- o Ground cinnamon
- o Fresh berries or fruit
- o Almond milk (if not using water)

EGG WHITES WITH VEGGIES

- o Carton of egg whites
- o Mushrooms
- o 3 bell peppers

ROASTED PEPPERS

- o 4 medium chili peppers
- o 2-3 small jalapeño peppers

FRESH SALSA

- o White onion
- o Cilantro
- o Dried oregano
- o 2 cloves garlic
- o 5 tomatillos
- o 7 Roma tomatoes
- o Roasted green chilis
- o 1 Jalapeño
- o Cumin

SPICY TAHINI KALE CHIPS

- o Large bunch curly kale
- o Tahini
- o Lime

FRESH GARDEN SALAD

- o 1 head of lettuce (romaine, green leaf, red leaf or butter lettuce)
- o 1 medium bag/container fresh baby spinach leaves
- o Cherry tomatoes
- o Radishes
- o Cucumber
- o Chives
- o Nuts (Almonds, Pine, Sunflower.)

VINAIGRETTES

- o Dijon Mustard
- o Garlic
- o Lemon

TACO SALAD

- o Premade broccoli slaw mix
- o Seasoned black beans
- o Mixed whole grain rice
- o Salsa

DECONSTRUCTED CHICKEN MANGO SUMMER ROLL SALAD

- o 1-2 boneless skinless chicken breasts
- o Sweet Thai chili sauce
- o Fish sauce
- o Garlic
- o Ginger
- o Brown rice noodles
- o Carrots
- o Red bell pepper
- o Lettuce
- o Firm mango
- o Mint
- o Basil
- o Avocado
- o Kimchi
- o Peanuts

SPICY PUMPKIN PEANUT SOUP

- o Onion
- o Garlic
- o Turmeric
- o Paprika
- o 15 oz. can pumpkin purée
- o Chicken or vegetable stock
- o Jar of roasted red peppers
- o Nondairy heavy cream alternative
- o Peanuts
- o Scallions

OVEN ROASTED CHICKEN

OR SALMON

- o 2 large fresh salmon filets
- o 2 packages of fresh chicken breasts (about 12 breasts)

MARINADES

- o Plain Greek yogurt
- o Lime
- o Lemon
- o Curry powder
- o Cilantro
- o Garlic
- o Basil
- o Ginger

TURKEY MEATLOAF

- o 2 lbs of fresh ground turkey
- o 2 egg whites
- o Onion
- o Spinach leaves
- o Garlic
- o 1 jar low-sodium marinara sauce

MIXED WHOLE GRAIN RICE

- o 1 bag long grain brown rice
- o 1 bag short grain brown rice
- o 1 bag wild rice

ROASTED SWEET POTATO/YAM

- o 1-4 large yam

STEAMED VEGETABLES

- o 3 large heads of broccoli
- o 1 head of cauliflower
- o 1 head of cabbage

SMOOTHIE

- o Frozen bananas
- o Chia seeds
- o Medjool dates
- o Almond milk
- o Spinach
- o Hemp seeds (optional)

COOKING EQUIPMENT:

- o Large baking sheet pans
- o Small loaf pan or baking dish
- o Large nonstick pan
- o Large nonstick pot with lid
- o Aluminum foil
- o Whisk
- o Wooden spoon
- o Spatula
- o Measuring cups
- o Mixing bowls
- o Cutting board
- o Knife
- o Plastic storage containers
- o Freezer bags
- o Vacuum sealer
- o Blender
- o Vegetable steamer
- o Salad spinner
- o Colander

HEALTHY RECIPES

HEALTHY RECIPES

We've included some of our favorite recipes for breakfast, lunch and dinner. Each is nutritious, balanced, pre-measured and easy to store in your refrigerator or freezer.



Each serving contains			
P	C	V	F
0	2	0	0

Oatmeal

EST. PREP & COOK TIME: 30 MIN
SERVINGS: 4

ITEMS NEEDED:

- 1 cup steel cut oats
- 3 cups water
- 1 cup non-dairy milk
- Ground cinnamon
- Berries, fruit or nut butters for toppings

In a large saucepan, combine water and milk and bring it to a simmer.

Stir the oats into the simmering liquid. Reduce heat to medium-low. Cook for about 30 minutes, stirring occasionally, until mixture is very thick and creamy.

Remove from heat and stir in the cinnamon. Add desired toppings.

Once cool, store in food containers.



P	C	V	F
1	0	1	1

Egg Whites with Veggies

EST. PREP & COOK TIME: 20 MIN

SERVINGS: 6

ITEMS NEEDED:

6 egg whites
2 bell peppers, one red
& one yellow
1 cup mushrooms
1 cup spinach or other
greens of choice
Italian seasoning
Ground pepper
Cooking spray
Avocado, sliced

If using whole eggs, separate yolks from whites and discard the yolks. Whisk together ground pepper and Italian seasoning in a large bowl.

Dice the bell peppers. Clean the mushrooms and cut into slices. Rough chop the greens.

Heat pan on medium. Add cooking spray, then peppers, mushrooms and greens and cook until softened slightly.

Pour in egg mixture and stir with spatula until desired texture is reached.

Store in food containers (1 serving each).

TIP:

Our Roasted Peppers (pg. 99) add an exceptional flavor to this meal.

To save prep time, prepare the vegetables in advance, then store single servings in individual food containers.





P	C	V	F
0	0	1	0

Roasted Chilis and Peppers

EST. PREP & COOK TIME: 15 MIN

SERVINGS: 1-2

ITEMS NEEDED:

4 medium chili peppers

2-3 jalapeño peppers

Place oven's grilling rack on top level, closest to the heat of your broiler. Turn oven broiler on high and preheat.

Lay peppers on pan and place pan on grilling rack.

Rotate peppers as needed to blacken evenly on all sides (about 10-15 minutes).

Remove pan from oven and place peppers in plastic bag.

Tie bag loosely and let cool about 15 minutes. This allows the skin to separate from the flesh of the peppers easily.

Remove peppers from plastic bag. Cut off stems and remove skins.

Depending on preferred heat level, remove seeds as necessary.

TIP:

Experiment with different peppers for a variation of spice levels and flavors. Keep the seeds intact for heat, or discard if you prefer a more mild spice level.

P	C	V	F
0	0	1	0

Fresh Salsa

EST. PREP & COOK TIME: 30 MIN

ITEMS NEEDED:

1 white onion
5 tomatillos
7 Roma tomatoes
2 garlic cloves
**1 1/2 cups roasted green
chili peppers**
**2 Tbsp roasted
jalapeños**
3 Tbsp diced cilantro
1/2 tsp dried oregano
1/2 tsp ground cumin
**1 tsp apple cider
vinegar (optional)**

Chop onion, tomatoes & tomatillos.

Add onion, garlic cilantro, parsley and oregano to food processor. Quickly pulse food processor 5 times.

Add tomatillos and pulse 10 times. Add tomatoes and pulse 10 times. Mix with wooden spoon, then pulse 10 times. Add chili and jalapeño peppers. Mix, then pulse 15 times. Add cumin. Mix, then pulse to desired consistency.

Place into food container.

TIP:

Don't overuse the food processor, or the salsa may get soupy.



P	C	V	F
1	0	1	2

Spicy Tahini Kale Chips

EST. PREP & COOK TIME: 30 MIN

SERVINGS: 2-4

ITEMS NEEDED:

1 large bunch kale
2 Tbsp Lime juice
4 Tbsp Tahini
1/2 tsp kosher salt
1 tsp Nutritional yeast
1 tsp Red pepper flakes
2 Tbsp Olive oil

Preheat oven to 200 degrees. Line baking pan with foil or parchment paper.

Wash and thoroughly dry kale, then remove the leaves from the tough inner stems. Rip leaves into large pieces. They will shrink while cooking so don't make them too small. Place in a large bowl.

In a small bowl, whisk together remaining ingredients. Pour over kale and coat each leaf thoroughly using your hands.

Spread chips in a single layer on baking sheet and bake in oven for about an hour, checking them after 30 minutes. They're ready when the seasoning and kale are crisp.

TIP:

Keep in mind that cooking Kale is not ideal but this is still a far better snack option than processed food.



P	C	V	F
0	0	2	1

Garden Salad

EST. PREP & COOK TIME: 15 MIN

SERVINGS: 4–5

ITEMS NEEDED:

1 bag/container baby spinach leaves
1 head of lettuce or bag of lettuce greens
1 container cherry tomatoes
8 radishes
1 cucumber
1 bunch chives
1 bag nuts of choice
Balsamic vinegar & oil dressing, or vinaigrette of choice
(see recipes on page 106)

Rinse vegetables. Use salad spinner to dry greens, or dry with paper towel.

Chop lettuce into bitesize pieces. Slice up radishes, cucumber and chives.

In each separate food container, layer the vegetables starting with the greens and work your way down the list. Top with your favorite nuts, one or two servings in each container, then seal.

When ready to serve, add dressing, close lid and shake to toss everything together.

TIPS:

Avoid soggy salads! Only add dressing when each salad is ready to be eaten.

Salad ingredients are endless! Add a variety of toppings, including beans, grains, proteins, fruits, herbs and so much more.



Each serving contains			
P	C	V	F
0	0	0	1

Vinaigrettes Variations

EST. PREP & COOK TIME: 5 MIN

Basic salad dressings or vinaigrettes are easy and quick to prepare with a few staple pantry ingredients, such as fat, acid and seasonings. There are many variations and below are a few to try.

BASIC VINAIGRETTE:

1 Tbsp Olive oil
Vinegar (red wine, cider or white)
Pepper

Combine ingredients in a small bowl and whisk together until blended.

BALSAMIC VINAIGRETTE:

1 Tbsp Olive oil
Balsamic vinegar
Dijon mustard
1 small garlic clove, minced
Italian seasoning
Pepper

TIP:

Use a small, lidded container for easy prep and storage, and minimal clean-up.

LEMON VINAIGRETTE:

1 Tbsp Olive oil
Fresh lemon juice
1 small garlic clove, minced
Italian seasoning
Pepper

ASIAN VINAIGRETTE:

1 Tbsp Olive oil
Sesame oil
Unseasoned rice wine vinegar
Amino acids
1 small garlic clove, minced
Agave
Pepper





P	C	V	F
1	1	3	0

Quick & Easy Taco Salad

EST. PREP & COOK TIME: 7 MIN

ITEMS NEEDED:

**Half a bag premade
broccoli slaw mix**

(available in the bagged
salads section)

Mixed whole grain rice

(see recipe on pg 120)

**1 15 oz. can seasoned
black beans**

**Nutritional yeast or
vegan cheese**

Salsa (recipe of page 100)

Lime wedges

Heat up a $\frac{1}{4}$ cup of canned seasoned black beans.

Combine premade broccoli slaw mix, cooked mixed whole grain rice and seasoned black beans in a bowl. Use a small palmful of vegan cheese or nutritional yeast. Scoop on $\frac{1}{2}$ cup of salsa. Top with a squeeze of lime juice and mix together.



P	C	V	F
1	1	1	2

Deconstructed Chicken Mango Summer Roll Salad

EST. PREP & COOK TIME: 30 MIN

MARINADE:

2 Tbsp liquid aminos
1 Tbsp agave
1-2 boneless, skinless chicken breasts

FOR THE DRESSING:

1/3 cup sweet Thai chili sauce
1 Tbsp rice wine vinegar
1 tsp fish sauce
1 garlic clove, minced or grated
1 Tbsp ginger, grated or powdered

1 box brown rice noodles

TOPPINGS:

2 large carrots, shredded or thinly sliced
1 red bell pepper, seeded and sliced into matchsticks
1 butter or Romain lettuce
1 firm mango, sliced
1/4 cup fresh mint, chopped
1/4 cup fresh basil, chopped
1 avocado, sliced
1 cup Kimchi (optional)
Chopped peanuts

In medium bowl, whisk together liquid aminos and agave. Add chicken to mixture and marinate for 15 minutes.

In a jar, shake together dressing ingredients and set aside.

Grill chicken in pan until cooked through. Let the chicken rest for 10 minutes covered, then slice into thin strips.

Cook noodles according to directions on package. Once cooked, drain in colander and run under cold water to chill.

Divide noodles into 2-4 bowls and top with portions of each topping. Add dressing and enjoy.

P	C	V	F
0	1	1	1

Spicy Pumpkin Peanut Soup

EST. PREP & COOK TIME: 30 MIN

SERVINGS: 4-5

ITEMS NEEDED:

2 Tbsp olive oil
1 sm onion, diced
1 tsp garlic, minced
1/4 tsp turmeric
1/2 tsp chili flakes
1/2 tsp paprika
15 oz. can pumpkin pureé
1 1/2 cup chicken or veggie broth
1 jar roasted red pepper (drained & chopped: save some for garnish)
1/3 cup smooth peanut butter
1 tsp agave
Pepper
1 Tbsp nondairy heavy cream alternative
Peanuts, chopped
1 Tbsp scallions, diced

Heat oil in saucepan and sauté onion until translucent. Add garlic and cook for 1 minute. Add turmeric, chili flakes and paprika and stir. Mix in pumpkin purée, broth, roasted red peppers (save some for garnish) and the peanut butter. Whisk to combine and bring to a boil. Reduce heat to a simmer and let cook for 5 minutes.

Add agave, dash of pepper and 1 Tbsp nondairy heavy cream alternative.

Transfer to blender (half batch at a time) and blend until smooth. Split between bowls and add reserved chopped red pepper, chopped peanuts and scallions to garnish.



P	C	V	F
1	0	0	1

Oven Roasted Chicken Breast

EST. PREP & COOK TIME: 1 HOUR

ITEMS NEEDED:

2 pkg fresh chicken breasts (about 12 total)

Olive oil

Salt-free seasoning or marinade

(see recipes below)

TIP:

Keep at least two days' servings (one bag) of these important protein sources thawed in your refrigerator.

Preheat oven to 400 degrees.

While oven is warming up, layer baking pans with aluminum foil and place chicken breasts on to the baking pans. Season with a salt-free seasoning of your choice and drizzle olive oil onto each piece. Bake until the internal temperature of the breasts reaches 165 degrees, about 22-25 minutes. Remove from the oven and let cool.

Store in food containers, freezer bags or vacuum seal (2 servings each).

6 Healthy Marinades

EST. PREP TIME: 20 MIN

CURRY YOGURT

1/4 cup plain Greek yogurt

2 tsp lime juice

2 tsp curry powder

1 tsp agave

CILANTRO LIME

1 Tbsp Olive oil

1/4 tsp pepper

2 Tbsp lime juice

1/2 Tbsp lime zest

1 Tbsp chopped cilantro

LEMON GARLIC

1 Tbsp Olive oil

1/4 tsp pepper

1 tsp minced garlic clove (1 clove)

2 Tbsp lemon juice

1 Tbsp lemon zest

BASIL BALSAMIC

1 Tbsp Olive oil

1/4 tsp pepper

2 Tbsp balsamic vinegar

1/2 Tbsp chopped basil

ASIAN GARLIC GINGER

1 Tbsp Olive oil

1 tsp sesame oil

1/4 tsp pepper

1 Tbsp amino

1 Tbsp lime juice

1 tsp grated ginger

1 tsp garlic, minced

ITALIAN HERB

1 Tbsp Olive oil

1/4 tsp pepper

1 Tbsp Italian seasoning

Mix ingredients together and add to plastic bag. Add 1-2 chicken breasts per bag, and marinate for at least 30 minutes, or up to 24 hours



P	C	V	F
1	0	0	1

Baked Salmon

EST. PREP & COOK TIME: 30 MIN

ITEMS NEEDED:

1 lrg fresh salmon filets

Olive oil

Salt-free seasoning

(spicy dill is recommended)

Lemon wedges

(for serving)

Preheat oven to 400 degrees.

While oven is warming up, prepare your salmon. Slice filets into single portion sizes. Layer baking pans with aluminum foil and place salmon onto the baking pans. Season with a salt-free seasoning of your choice and drizzle olive oil onto each piece and top with lemon slice, if using. Bake until the internal temperature of the salmon reaches 145 degrees, about 15-18 minutes. Remove from the oven and let cool.

Store in food containers, freezer bags or vacuum seal.



P	C	V	F
1	0	1	0

Turkey Meatloaf

EST. PREP & COOK TIME: 1 HOUR 30 MIN

SERVINGS: 6

ITEMS NEEDED:

Cooking spray

2 lbs ground turkey

2 Tbsp olive oil

1 medium onion

**2 cups chopped fresh
spinach leaves**

2 cloves garlic, minced

**2 tbsp salt-free Italian
seasoning**

1 tsp red pepper flakes

2 egg whites

**1 jar low-sodium
marinara sauce**

Preheat oven to 375 degrees.

Coat a baking loaf pan with cooking spray. Heat oil in nonstick pan over medium heat. Dice onion and add to pan. Cook until soft, about 10 minutes. Remove from heat and cool. Next, mix ground turkey, cooked onion, Italian seasoning, red pepper flakes, chopped spinach leaves and minced garlic in bowl. Add egg whites and mix thoroughly with hands.

Spread the mixture evenly in the prepared baking pan. Bake for approximately 40-45 minutes. Remove from oven and spread marinara over the top. Put pan back into the oven and cook for 15 minutes more. Remove from oven and let cool. Once cooled, cut into single servings.

Store in food containers or freezer bags or vacuum seal (1 serving each).

TIP:

For a Southwestern turkey meatloaf, replace the spinach with roasted green chili peppers and use mild red chili sauce as your spread instead of marinara.



P	C	V	F
0	1	0	0

Mixed Whole Grain Rice

EST. PREP & COOKTIME: 55 MIN

SERVINGS: 5-7



ITEMS NEEDED:

**3/4 cups long-grain
brown rice**

**3/4 cups short-grain
brown rice**

3/4 cups wild rice

In a large nonstick pot, add rice and mix with hands. Add water equal to twice the amount of rice and mix. Bring to a boil, then cover and reduce burner to medium-low heat. Let simmer until rice is done (about 45 minutes). Alternatively, you can cook in a rice cooker.

Store in food containers.

Each serving contains

P	C	V	F
0	1	0	0

Baked Sweet Potatoes or Yams

EST. PREP & COOK

TIME: 1 HR

SERVINGS: 2-8

ITEMS NEEDED:

1 to 4 large yams or sweet potatoes (the size of two clenched fists)

Preheat oven to 425 degrees. On a baking sheet lined with foil or parchment paper, prick sweet potatoes all over with a fork.

Bake until tender, or when there is no resistance when inserted with fork into thickest part, about 45-50 minutes.

Let cool, then cut in half and season with your favorite topping, such as herbs, cinnamon or garam masala.



P	C	V	F
0	0	1	0

Steamed Vegetables

EST. PREP TIME: 20 MIN

SERVINGS: 8-10

ITEMS NEEDED:

3 lrg broccoli crowns
**2 med heads of
cauliflower**
1 lrg head of cabbage

Chop broccoli, cauliflower, cabbage and zucchini. Place all chopped vegetables in mixing bowl. Add generous amount of Italian seasoning. Mix thoroughly, then place in vegetable steamer. Cook until desired texture is reached (12 to 15 minutes). Separate into food containers (two servings each).

TIP:

To prevent overcooking the cabbage, add them to the steamer in the last 5 min.



RECIPES

Each serving contains

P	C	V	F
1	1	1	1

Creamy Green Smoothie

EST. PREP TIME: 5 MIN

ITEMS NEEDED:

1 frozen banana
1 Tbsp nut butter
1 Tbsp chia seeds
1 Medjool date, pitted
1 cup almond milk
2 cups fresh spinach
1 Tbsp hemp seeds,
optional

Place all ingredients into a high end commercial blender like a Vitamix or Blendtec and blend until creamy. Add more milk for desired thickness.

TIP:

Add a scoop of your favorite plant-based protein powder, or for extra energy, a teaspoon of maca powder.



FOOD + CARDIO LOG

FOOD + CARDIO LOG

FOOD + CARDIO LOG

We can't overstate the importance of logging everything you eat and drink, plus all your cardio exercise, throughout the next 12 weeks. It's the best way to hold yourself accountable, remain disciplined and track your progress.

The sample log on the following page shows an ideal day of the REAL NUTRITION program. Note the spaces to record meals, water consumption and cardio sessions.

Again, your REAL RESULTS coach will monitor your digital log and offer advice and encouragement. Be as specific as possible – this will help your coach provide the most effective guidance.

SAMPLE FOOD + CARDIO LOG

DATE: 5/20		WEIGHT: 150				
MEAL 1	TIME: 6 am	P	C	V	F	W
3 Egg Whites w/cabbage and cauliflower oatmeal, cinnamon and ground flax seeds		X	X	X	X	X
		X			X	
MEAL 2	TIME: 3 pm	P	C	V	F	W
Vegan protein shake and fresh blueberries		X	X			X
		X				
MEAL 3	TIME: 12 pm	P	C	V	F	W
Chicken and collard greens with balsamic vinegar, extra virgin olive oil and brown rice		X	X	X	X	X
		X				
MEAL 4	TIME: 3 pm	P	C	V	F	W
Hummus and celery		X		X		X
		X				
MEAL 5	TIME: 6 pm	P	C	V	F	W
Grilled filet mignon and steamed broccoli		X		X		X
		X				
DAILY TOTAL		5	3	5	2	10
CARDIOVASCULAR EXERCISE		STRETCH Y/N				
30 mins on treadmill at 3.4 speed and 10.0 incline		Yes				



**IT'S NOT
WHAT YOU DO
ONCE IN A
WHILE THAT
MATTERS**

**IT'S WHAT
YOU DO ALL
THE TIME
THAT MATTERS**

REAL NUTRITION™

QUICK RECAP

- ➔ **Eat Low Glycemic foods from
THE FOOD SELECTION LIST**
- ➔ **Stick to the MEAL PROGRAM FORMULAS
and portion sizes**
- ➔ **Control your carbohydrate intake by eating
only a certain amount of carbs per day**
- ➔ **Go 30 DAYS before you have your first
cheat meal**

Following these guidelines will allow your blood sugar to reset and stabilize (induction) to normal levels, so you can begin accessing your body fat for energy.

The REAL NUTRITION program is simple by design. But the challenge is real. To succeed, you may have to change a lifetime of habits and choices.

Accept that challenge. Commit to the program, consistently follow the advice in this guide, and be accountable to your coach and yourself. Above all, stay in the proper mindset and set yourself up for success.

You're following many other people for whom REAL NUTRITION was the way to lasting weight loss and better fitness.

Better

EVERY

REAL
NUTRITION™

DAY