

QUICK START NUTRITION TIPS



The following tips will play an instrumental part in helping you reach your fitness, weight loss and fat loss goals. For a step by step Meal Planning Program, check out **Phase I and Phase II of the XTreme Body Transformation**.

Drink .5 -.6 x your body weight in ounces of water each day. Ex. 200 lb. man should consume 100-120 ounces of water

Eat whole, non-processed foods. Focus on lean meats and fish, vegetables and fruits

Consume 5-6 small meals per day that are 2-3 hours apart

Consume 25-35 grams of fiber per day

Limit/Cut out fried foods

Journal everything you eat and drink for at least 3 days. This will keep you accountable.

Stay with a 90% compliance on your healthy eating rules. You CAN cheat every once in a while IF you are eating great 90% of the time.

Limit alcohol consumption (2-3 drinks max/week)

Take a high quality multivitamin each day

Take an Omega3/Fish/Krill Oil or Essential Fatty Acid pill each day

Try to never have just carbohydrates and fats alone without protein present

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Consume a post workout drink within 20-30 minutes after each strength training workout or interval training workout

Recommendations

Here are my recommended sources for multivitamins, essential fatty acids and post workout drinks from Prograde Nutrition. They are an all natural, high quality supplement company that I have had plenty of success using myself.

Multivitamin: <http://gregcarbone.getprograde.com/multi-vitamin-for-women.html>

Essential Fatty Acid: <http://gregcarbone.getprograde.com/essential-fatty-acid.html>

Post Workout Drink: <http://gregcarbone.getprograde.com/pre-and-post-workout-drink.html>

Calorie Tracker: You can use <http://www.DailyBurn.com> to track your foods and determine how many calories/contents are in each.