



NUTRITION GUIDE

BEAT THE GYM

INTRODUCTION

Do you feel tired and run down? Are you unhappy the way you feel and the way your clothes fit? It's time to take control and do something about it. I'm sure you're saying, it's not that easy, I've tried and it doesn't work. How hard did you really try? Did you enjoy the process, or did you do it begrudgingly?

The reason why living a healthy lifestyle is hard is because it requires change. You must change the way you live. Eating well and exercising and feeling good is a lifestyle. It is something you need to do consciously every day.

We are starting up a new year. This is the perfect time to make a fresh start and focus on your health. Think of the new year as a new opportunity to make the best investment you will ever make. That investment is you and your health.

If you seriously follow the instructions in this guide, you will see results. You will feel better. You will look better. You will be happy. All your hard work will be worth it. **You must remember that you are worth it!**

- Tony Thomas

GENERAL RECOMMENDATIONS

This nutrition guide encourages you to eat food in moderation, but with sufficient amounts of proteins, simple carbohydrates, fats, vitamins and minerals.

This guide will teach you how to make good nutritional choices even when eating out at a restaurant, on vacation, or while travelling without abandoning your commitment to your health.

This plan is for mid and long term results. You will be able to sustain this nutritional plan as you will be losing weight without starving yourself.

This plan is individualized, so it's built specifically for you to eat the foods you need so you don't store food at fat reserves which causes people to gain weight.

To help lose weight faster, you should:

- Increase the amount of non-sugared drinks (pure or mineral water, tea or coffee, sweetened with stevia) you have in a day by 2 8oz cups.
- Exercise regularly, according to your ability.
- Limit your salt and salty products intake.
- Eliminate foods with excess refined sugar, fat, oil, alcohol, flour.
- Teach your body to eat on a schedule and eat in moderate. Don't fast.

Learn to love yourself and your body, exactly as it is right now. Be better today than yesterday, but don't hate yourself today. Love the process and understand that wanting to be better doesn't mean that you hate yourself.

Don't hesitate to contact us with any questions.

YOUR NUTRITION PLAN



- Divide the times you eat evenly and keep it on schedule. You are eating three meals and two snacks per day, so you should have about 4 to 5 hours between meals. Staying on a schedule will help your body not feel hungry as often.
- Do not skip meals. This just makes you hungry and make poor food choices.
- If you get that mid-morning hunger surge, try to distract yourself with something other than eating. If that doesn't help, eat a low calorie food (low fat yogurt, fruit) or drink water, coffee or tea.
- Avoid alcohol; it is the caloric equivalent to taking a shot of oil.
- Use 1 teaspoon of olive, marigold, canola, corn or grape seed oil as salad dressing. Avoid mayonnaise or other fatty dressings.
- Stop eating when you feel satisfied. Avoid overeating. Chew slowly. It takes 20 minutes for your stomach to feel full. Be in control of what you eat and how much.

WHAT TO EAT AND WHAT TO AVOID

What to eat

Below are the recommended foods:

- Drink skim, nonfat, or soy milk. Eat low fat yogurt and fresh cheese, like ricotta or cottage cheese. Eat fat free cheddar cheese.
- Eat 2 - 3 servings of whole fruit with skin or in juice a day. Wash fruits carefully.
- Eat raw or cooked vegetables. If eating salad, you can use 1 teaspoon of vegetable oil, prefer extra virgin olive oil, lemon and a tiny pinch of salt, or balsamic vinegar.
- Eat skinless chicken and turkey, smoked ham, any variety of fish (except fried fish or tuna). Eat specific cuts of beef, such as sirloin, top round, flap steak, skirt steak, filet mignon and tartar.
- Limit eggs with yolk to 2 - 3 per week.
- Eat mussels and oysters. Limit the amount of shrimp, prawns, lobster and other seafood high in uric acid or cholesterol.
- Eat whole grains, such as pita and whole wheat bread. Eat whole grain crackers and soda crackers.
- Drink 8 8oz glasses of pure or mineral water. Carry a water bottle around with you.
- Use vegetable oil, like marigold, olive, grape seed oil. Brush the oil on your food as opposed to spraying it.
- Grill or bake your food.

WHAT TO EAT AND WHAT TO AVOID

What to avoid

Below are the foods to avoid:

- Avoid whole milk, fatty cheese, cheese with cream and whipped cream.
- Avoid grapes and bananas.
- Avoid alcohol and sodas
- Avoid beets.
- Avoid ribs, pork chops, sausages, salami, pate, non-smoked ham, brown fatty meats like lamb and duck.
- Avoid fast food type foods, such as pizza, hot dogs, hamburgers, sandwiches.
- Avoid beans, corn and peas.
- Avoid rice, noodles, and potatoes.
- Avoid peanuts, walnuts, almonds, chestnuts, raisins, and olives.
- Avoid sugar and products containing sugar, such as dessert, cookies and cakes. Use stevia or sucralose.
- Avoid juice and sugary soft drinks.
- Avoid animal fat like butter and food containing butter like bread dough, croissants, and empanadas.
- Avoid margarine, although they are light, they are derivatives of milk.
- Avoid fried foods and food that is battered in butter and crumbs.

WAYS TO PREPARE YOUR FOOD

- Cooked
- Grilled
- Baked
- Steamed

ALLOWABLE CONDIMENTS

- Salt, in moderation.
- Lemon juice.
- Vinegar or Balsamic Vinegar.
- Mustard and Ketchup (in moderation).
- Dry seasonings (pepper, oregano, cumin, etc).

ALLOWABLE DRINKS

- Stay hydrated. Make sure you count the number of cups of water you drink each day. You should drink 8 8oz cups of water per day.
- Pure or mineral water
- Herbal / green tea (2 cup per day)
- Pure tea
- Coffee (no more than 2 cups per day)
- Light, or reduced calorie juice or nectar

SAMPLE MENU

Breakfast

Below are sample dishes for your breakfast

Monday thru Friday

- 1 slice of whole grain bread
- 2 tablespoons of Almond butter
- 1 tablespoon of honey
- Cinnamon
- 1/2 cup of mixed berries

Saturday and Sunday

- 1 organic egg (fried)
- 1 slice of whole grain bread
- 1/2 cup of mixed berries

Snack (2 hours after breakfast)

- 1 bowl of watermelon and 1/2 Kiwi
- Or
- 1 bowl of pineapple and 1/2 Kiwi
- You can add 1 spoon of Chia seeds to either

SAMPLE MENU

Lunch

Below are sample dishes for your lunch

Monday / Tuesday

- 1 cup of lentils
- 1/2 cup of quinoa
- Lettuce, tomato and avocado salad

Wednesday / Thursday

- Sushi (Brown rice salmon avocado roll or California roll)
- Mixed Salad: lettuce, hearts of palm, carrots, broccoli, parsley, cauliflower

Snack (around 4:00PM)

- Cinnamon or apple tea
- Pair with one of the following options:
 - *Seasonal fruit: peach, berries, apple*
 - *Celery, cucumber, carrots and hummus*
 - *Low fat Greek yogurt*

Friday / Saturday

- Grilled Organic chicken
- 2 hard boiled eggs (1 yolk)
- Mixed salad: lettuce, hearts of palm., carrots, broccoli, parsley and cauliflower

Sunday

- Cheat / free meal (in moderation)

SAMPLE MENU

Dinner

Below are sample dishes for your dinner

Monday / Tuesday

- Grilled salmon
- Vegetable soup
- Asparagus
- Salad: lettuce, carrots, cilantro, cherry tomato

Wednesday / Thursday

- Shrimp cocktail
- Zucchini pasta
- Mixed salad

Friday / Saturday

- Smoked salmon
- Grilled chicken
- 1/3 avocado
- Mixed salad
- Steamed vegetables

Sunday

- Cheat / free meal (in moderation)

THE BOTTOM LINE

All of the information contained here are guidelines for a nutritional plan that you will follow. In addition to this nutritional plan, you must incorporate physical activity. Start where you are. If all you can do is walk, then walk. Start with a three minute walk, if that's all you can do. Add a minute every day and you will be amazed at how quickly you are speed walking a mile. Just keep moving.

Any change is difficult, at first. But, it is worth it. You are worth it. The success of your plan lies solely with you. It will seem difficult at first. You must stick with it and make eating well a habit and a lifestyle. Invest in yourself and live your best life. Making small changes will make a huge impact on your wellbeing and health. You will be amazed at how making these changes will drastically improve not only your physical health, but also your mental health. Change starts now!

DISCLOSURE

This guide is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.