



FIT BLAST NUTRITION GUIDE

Nutrition is usually the most difficult part of a healthy lifestyle change, so please go with it at your own pace. If this is a whole new thing for you, take it one step at a time. We all have different personalities when it comes to these things. Maybe you are the type of person who can suddenly change your eating habits over night with no sudden crazy binges by day 4. Maybe you are the type of person who needs to make slow, gradual changes in order for this lifestyle to stick and become your actual lifestyle.

If you are the latter (and I think most people are), then I definitely want you to start slow. Make short term goals with your nutrition. Take the small steps necessary to make sure you're successful in the long run. My goal with this challenge is to make you a healthy, happy, strong, and confident person, not to get you "bikini-ready" in 6 weeks, only to have you revert to your old ways soon after hitting your goal.

EACH WEEK I want you to make one or two small goals to work towards. Your goal will be based on what you need to work on the most. Some ideas of what to make you goals based on are:

- **MINIMAL processed and fast foods & obvious sugars-** processed foods contain ingredients that weren't created for health purposes. Fast food restaurants can be bad news as well. Your best bet is to start incorporating more whole foods, or foods as close to their whole form as possible. For example, a baked potato instead of a bag of potato chips. The more nutrient-dense your foods are, the better.
- **Increase Water Intake-** You'll want to start by drinking *at least* $\frac{1}{2}$ your bodyweight in ounces each day. If you weigh 160, your daily water goal is 80 oz. Water plays such an important role in health and fat loss, and if you load up on water, you can start cutting out other beverages that don't offer tons of nutritional value (I'm looking at *you*, soda).
- **Prepare snacks and meals ahead of time.** – Stay on top of your hunger with small meals, and you won't find yourself in a drive thru during a desperate time. Even if it's just a sandwich and some fruit, it's better than a big mac ☺
- **Incorporate more vegetables into each meal** – Or anything else you're having trouble getting enough of. Start with adding small portions in with your regular meals. As we incorporate more of the healthy items, the unhealthy choices will start losing their place in your home.
- **Pay attention to portion sizes/Calorie intake-** If you wanted to get technical, you could start counting calories. Once you figure out your necessary calorie intake based on your goals, body type, and activity level, you can track your foods to make sure you're staying within your calories - even if it means counting an unhealthy treat. Just stay within the numbers.
- **Meal Plan** – You don't have to follow these exact meal suggestions I give, but you can plan out your week of meals. Having a plan is helpful, and I have a simple template you can use to fill out each week.

I do have some food measurements listed in the sample meal plan below, but know that every body requires different amounts of calories to function properly. If you want the accountability of tracking your daily food intake, you can calculate your body's basic caloric needs [HERE](#).



SOME BASIC FAQs:

What can I eat when I'm rushed and can't make breakfast?

Have some protein bars handy for these types of mornings, and also try to keep some in your bag when you know you'll be away from the house for a while. I have protein bar suggestions below.

Do I eat back the calories I burn while exercising?

No. If you are tracking your food intake and are trying to lose body fat, you'll want to have that deficit of calories out vs. calories in.

Do I need to follow a strict meal plan every day?

I always suggest having one "free" meal per week. Try to keep it simple and don't completely overdo it, so your stomach isn't in pain the rest of the day.

Can I still drink Diet Coke/Pepsi/Dr Pepper?

Probably not the best idea. I know it can be hard to quit this cold turkey. I will usually suggest trying to get in your daily intake of water before drinking your soda. Hopefully your body will adjust to less soda and you'll love how you feel with more water and less soda.

How's about alcohol?

Like your "free" meal, alcohol is another thing I would tell you to save for certain days. Alcoholic drinks can be full of empty calories, and when you're under the influence, it's easy to be less conscious of the foods you're eating.

How much water should I be drinking?

Try to drink AT LEAST ½ your bodyweight in ounces of water every day. For example, if you weigh 140, your minimum water intake goal is 70 ounces.

Pregnant & Nursing Moms:

Nursing mothers need an extra 300-500 calories each day. If you calculate that you need 1500 calories to burn fat, add 500, and aim for 2000 calories per day. Pregnant mothers, just focus on making healthy food choices for now- eating when you're hungry.

Do I eat before a workout if I work out right after I wake up?

I never suggest doing a tough strength training workout on an empty stomach. You should eat something small with a protein and a carb to get your body ready to tackle the workouts. I suggest a protein shake and a fruit like banana or apple, or half a protein bar.

What should I have after a workout?

You definitely need something directly after your workout! Your body has just been through the ringer. Drink a protein shake, or eat cottage cheese with berries, or just eat one of your regular meals you have planned for the week. You will need a protein and a quick digesting carb to get your body the recovery fuel it needs.



SUPPLEMENTS

Taking supplements are not required to live a healthy lifestyle, but some can be helpful to help your body achieve certain things. I usually only recommend a few different kinds, because I want the bulk of your nutrition to come from real, nutritious foods. However, I do like some supplements and if you wanted to try some, I would only suggest the following;

PROTEIN POWDER

This is not to act as a meal replacement. It's just to help supplement your daily protein intake. It also serves as a great way to quickly get the protein into your system after a tough workout to help with muscle recovery, repair, and growth. Be careful when looking for protein powders, though, as some cheap powders are filled with crap ingredients.

I have a few favorite kinds I would suggest. They are the cleanest ones I've found that actually taste good and are made from Grass fed whey.

[Beloved Blends Whey](#)

[Supervital Foods Whey](#)

[Gnarly Whey](#) – you can use the coupon code *JILLKFIT* at checkout for 20% off.

I don't have a lot of experience with vegan protein powders, but I have used [Orgain](#) and thought it tasted pretty good.

BCAAs

This stands for branched chain amino acids. This supplement helps our body with the few amino acids it can't make on its own. I drink BCAAs during and after a workout to help keep up my energy and assist in the repair and rebuilding of muscles. When shopping for BCAAs, check for other ingredients. If you're getting the powder form to mix with water, be sure there isn't tons of added artificial sweeteners.

I like [Gnarly BCAAs](#) because they don't have sucralose added (remember you can use the code *JILLKFIT* for 20% off)

But you can also get [BCAAs in capsule form](#)

PROBIOTICS

Probiotics promote a healthy digestive system and can help you avoid constipation, IBS, bloating, etc. You can find this at any health food store, or [online](#).

THESE MEAL PLANS FOR THE MONTH ARE NOT CUSTOMIZED TO YOUR BODY'S PERSONAL CALORIE INTAKE NEEDS. THESE ARE MERELY SUGGESTIONS BASED ON AN 1800 CALORIE DIET TO GIVE YOU A STARTING POINT WITH IDEAS TO PLAN YOUR MEALS EACH WEEK. MAKE ADJUSTMENTS AS NEEDED. .If you're not sure how many calories your body needs, you can get an [RMR test](#), or try an [online calculator](#).

Notice there are only two options for the week. I find it easier and more budget friendly to eat similar meals throughout the week rather than have something new with different ingredients each day and each meal. When planning your meals for the week, remember you always have the option to switch "like" for "like." For example, you can switch a lean protein out for a different lean protein source, vegetable for vegetable, fat for fat. If you look on the last page of this document, you will find good options for protein, carbohydrates, and fats.



WEEK 1 MEAL OPTIONS	MEAL OPTION 1	MEAL OPTION 2
MEAL 1 – Within 45 minutes of waking	“Everything But the Kitchen Sink” Scramble 1 cup baby spinach 1/8 cup chopped red bell pepper 1/8 cup chopped broccoli 1/8 cup chopped asparagus 1/8 cup chopped tomato ½ cup chopped sweet potato (bake or microwave these before adding to your scramble) 2 eggs, 2 egg whites <i>Let all veggies soften in a frying pan over medium high heat. Add eggs and egg whites and scramble all together unless you’re a magician that can make an omelet. Season with salt and pepper. Top with salsa if you’d like.</i>	Breakfast Sandwich 1 whole wheat English Muffin 1 egg + 2 egg whites ½ cup chopped spinach 1 slice turkey bacon ¼ avocado 1 slice tomato <i>Cook turkey bacon according to directions. Cook spinach on frying pan for about 1 minute, add eggs and cook through. Fold up to fit into sandwich. Spread avocado on toasted English muffin and add tomato, cooked egg, and turkey bacon. Enjoy!</i>
SNACK – 2-3 hrs after Meal 1 (ALSO GOOD FOR POST-WORKOUT REFUEL)	Cottage cheese & Pineapple ½ cup cottage cheese ¼ cup pineapple chunks -Sweeten cottage cheese with cinnamon and stevia if you’d like!	1 serving protein powder 1 serving powdered peanut butter 8 oz almond milk 1 banana <i>Either blend all ingredients with ice (or have the banana frozen ahead of time to use in place of ice) to make a smoothie, or eat banana separately and have protein shake in shaker cup.</i>
MEAL 2 – 2-3 hrs after snack	Bean Quinoa Tacos 2 small whole wheat low-carb flour tortillas ¼ cup cooked black beans ¼ cup cooked quinoa ¼ cup chopped green bell peppers 2 TBS plain greek yogurt 2 TBS salsa ¼ avocado, cubed <i>Stir quinoa, beans, and bell peppers together. Spread greek yogurt on each tortilla, top with quinoa bean mixture and salsa, avocado</i> <i>This meal is a meatless option! You can add a meat of your choice in place of black beans if you’d like.</i>	Beef Stir Fry 4 oz lean flank steak, cut in to thin slices ½ tsp olive oil 10 oz frozen mixed vegetables (or chopped fresh vegetables of your choice) 2 TBS low sodium soy sauce <i>Brown beef in pan with oil, add veggies to pan once beef is cooked through. Stir in soy sauce</i>
SNACK – 2-3 hrs after Meal 2	Protein Banana “Ice cream” 1 frozen banana 1 TBS peanut butter ½ scoop vanilla protein powder (optional) Splash of almond milk – <i>add a little at a time to blender until you reach the consistency of your dreams</i> Blend all ingredients, top with dark chocolate chips	1 serving protein powder 1 TBS nut butter 8 oz almond milk
MEAL 3 – 2-3 hrs after Snack	Teriyaki Garlic Chicken 5 oz chicken breast, sliced in half (to make them thinner) ¼ cup fat-free Italian dressing ¼ cup teriyaki sauce 1 clove garlic, minced <i>Combine sauces and garlic, add to Ziploc bag with chicken breasts and marinate over night. Grill or bake the next day until cooked through.</i> Side dish: 2 cups grilled veggies, or large green salad.	¾ cup diced sweet potato ¼ cup diced green beans ¼ cup low-sodium black beans -cook sweet potatoes in large skillet with 1 TBS avocado oil. Add 1 TBS chopped oregano and ½ tsp salt. Add in spices of choice (cumin, cinnamon, red pepper, garlic would be best) and ¼ cup water. Cover skillet and let simmer for 5 minutes. Mix in black and green beans and cook until beans are warm. <i>This meal is a meatless option! You can add a meat of your choice in place of black beans if you’d like.</i>
SNACK - 2-3 hours after Meal 3	½ cup cottage cheese 1 TBS nut butter Cinnamon and stevia	Veggies & Ranch Dip ½ cup plain greek yogurt, 1 TBS dill weed, 2 tsp each onion and garlic powder, and S&P to taste. 2 cups vegetables



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1 - Within 45 minutes of waking							
SNACK - 2- 3 hrs after Meal 1							
MEAL 2 - 2-3 hrs after snack							
SNACK - 2-3 hrs after Meal 2							
MEAL 3 - 2-3 hrs after Snack							
SNACK (optional) - 2-3 hours after Meal 3							



SNACK OPTIONS:

- 1 oz Raw almonds and 1 string cheese
- 1 apple and 1 TBS natural peanut/almond butter
- ½ cup plain greek yogurt with 1/8 cup berries
- 1 cup baby carrots and ¼ cup hummus
- 1 scoop protein powder and peanut/almond butter made into protein shake with almond/coconut milk
- ½ cup cottage cheese with cinnamon and stevia + 1 TBS peanut butter
- 2 Hard-boiled egg with slice of whole grain toast and ¼ avocado
- 1 slice sprouted bread, toasted and topped with 1 TBS nut butter and cinnamon and banana
- Celery sticks with nut butter
- 1 slice of deli turkey meat wrapped over avocado and tomato
- ½ avocado with Mrs. Dash seasoning and sesame seeds
- ¼ cup plain greek yogurt, 2 sliced strawberries and cinnamon
- 1 ½ c sliced cucumbers with 2 TBS greek yogurt with dill weed and salt
- 2 oz tuna mixed w/mustard,served w/ 15 whole wheat crackers or 1 cup veggies
- 1/8c dried cranberries+1/8 c almonds+1/8 c dark chocolate chips

PROTEIN BARS: My favorite protein bars are [RX Bars](#) , [Good2Go Bars](#), and Costco's version of Quest bars.



PROTEINS:

Chicken
Eggs
Aidellis brand sausage
Turkey
Ground turkey
Lean ground beef
Flank steak
Albacore tuna
Salmon
Tilapia
Trout
Shrimp
Quinoa
Black/pinto beans
Tofu
Greek yogurt

CARBS:

Brown rice
Sweet potatoes
Quinoa
Vegetables
Couscous
Beans

FATS

Olive oil
Coconut oil
Goat or Feta Cheese
Mozzarella cheese
Avocado
Almond/Peanut Butter
Almonds