

G.S.S.T.
PERSONAL
TRAINING
CENTRE

**Quick Start Guide
Meal Plan**

Peak Results Fitness
123 W. Birch Ave. Suite 100
Flagstaff, Arizona 86001
Phone: 928.255.0339

The Rules

1. Include a **Protein Source** at each meal

Protein is everyone's answer to gaining lean muscle and a high fat-burning metabolism. If you want to lose fat, you must include high-quality protein in your diet.

Eating protein at every meal and for snacks will help to control your blood sugar levels. Meals that include protein leave you feeling full and energetic throughout the day.

One of the biggest mistakes people make in their eating is they don't include enough protein at each meal. Some people even go all day without consuming any protein! If creating a lean body is your goal, protein is a must at each and every meal.

Protein sources will include:

- grass-fed meats
- poultry
- organic eggs
- wild fish

2. Include a **Healthy Fat Source** at each meal

Unfortunately many people have been falsely led to believe that fat is making them fat. This is only partially true. Hydrogenated, highly processed trans fats and unnatural fats do make you fat. Healthy fats (found in nature) actually help your body burn fat.

Healthy fat sources include:

- extra virgin olive oil
- extra virgin coconut oil
- all nuts (except for peanuts and cashews)
- raw butter
- avocados
- fats naturally found in whole organic eggs and meats.

3. Include a **Fibrous Carbohydrate** at each meal

You do not need to go on a low carbohydrate diet to get lean; you just need to choose the right carbohydrates to burn pounds of fat off your body, and keep it off.

Not only will a serving of fibrous carbohydrates (fruits and vegetables) give you the energy and vitamins and minerals you need, you will also get the added benefit of a huge amount of fiber, which has been proven to accelerate weight loss.

Your healthy fibrous carbohydrate sources will include:

- All vegetables
- All fruits in their natural form (no juices)

4. Only include a serving of **Complex Carbohydrate post-workout**

Complex carbohydrates like brown rice, potatoes and other natural grains are wonderful foods, but are very dense in carbohydrate and calorie content.

Your body only needs 50-100 grams of total carbohydrates per day to function well. Considering that one cup of cooked brown rice contains 45 grams of carbs, it is very easy to go well over your daily necessary amount if carb-dense foods are included in every meal. That is why we save these foods for after workouts.

If you don't work out on a particular day, you are better off excluding these foods from your meal plan for that day. Your complex carbohydrate sources will include:

- Brown rice
- Oatmeal
- Millet
- Quinoa,
- Sweet potatoes
- Beans

5. Eat every 2-3 hours, totaling 5-7 meals each day

Fueling your body consistently during the day keeps your metabolism cranking all day long. I am not suggesting you gorge yourself with food until you feel overly full; just eat several small, well-portioned meals.

A sample eating time schedule may be: 8 am, 11 am, 1 pm, 4 pm, 6 pm, 8 pm. You won't feel hungry when you consistently fuel your body the right way.

6. Drink half of your body weight in ounces in **clean water every day**

Most people who are suffering from digestive disorders, headaches, muscle aches, joint pain, and obesity are really just extremely dehydrated. You can quickly remedy these symptoms just by drinking an adequate amount of water each day!

Drink a minimum of ½ your body weight in ounces of filtered or bottled water each day (no tap water). If you weigh 200 lbs, drink 100 ounces of water per day. If you drink coffee, you need to add 8 ounces of water for every cup of coffee you consume.

7. Eat Real Food

I call most processed foods “non-foods” because the ingredients label describes more of a science experiment than anything that can be called a food.

It is these processed, toxic foods that are making and keeping our citizens so fat. This includes packaged cakes, cookies, frozen meals, and so-called “health bars.”

Chances are, if a product has a long shelf life, it has been infused with a high amount of toxic substances to keep it there. And do you know what these toxic substances do to your body? They make you fat. Worse, they make it impossible for your body to burn fat. (A list of foods to avoid can be found below.)

8. Eliminate processed sugar and artificial sweeteners from your diet

Refined sugar causes weight gain and is one of the leading causes of obesity in the world. Sugar is also extremely addictive, causing feelings of highs and lows in the body similar to most drugs.

Fortunately for those looking for a lean, defined body, once you stop eating sugar, your addiction will quickly disappear. People who are “on” sugar crave it all the time. People who are “off” sugar don’t even miss it.

Unfortunately, many times when people decide to give up sugar, they resort to artificial sweeteners. These chemical sweeteners are not the answer. Sorbitol, saccharin, aspartame, and sucralose may actually be worse for you than sugar.

Artificial sweeteners cause weight gain by disrupting your body’s natural hormones. So it is equally important to eliminate any food that contains these substances. A detailed list of how to find sugars and sweeteners in your food is found below.)

A great alternative to sugar and artificial sweeteners is the supplement STEVIA. It can be found at any health food store and online. Visit www.sweetleaf.com

9. Eliminate wheat from your meal plan

Most people are highly intolerant of wheat and wheat-containing products. This is confirmed by the high prevalence of irritable bowel syndrome, chronic constipation, gluten intolerance and Crohn’s disease.

You may not necessarily be "allergic" to wheat (where you would have a severe reaction) but you may be highly intolerant (where you always feel bloated, suffer gastrointestinal distress, or just can't get that pooch in your lower abs to go away).

When people eliminate wheat from their diets, the results are miraculous. They are able to achieve a lean body in a shorter amount of time and feel much healthier and energetic in the process. Products containing wheat include most breads, baked goods, cereals, cookies and crackers. (A detailed list can be found below.)

10. Do not microwave your food

Avoid using a microwave. While this opinion is controversial, I believe that microwaved food is not healthy for the body. And anything unhealthy for the body can put an incredible amount of stress on your digestive system and your liver. Without these organs and organ systems functioning properly, it becomes extremely difficult for your body to eliminate and metabolize unwanted fat from your body. I promise you that if you eliminate the use of the microwave, you will reach your fat loss goals much faster.

11. Include an Omega 3 supplement in your meal plan

Healthy fats in wild fish and nuts like walnuts are some of the best oils for the human body. Unfortunately we would have to consume a large amount of salmon and walnuts everyday to get therapeutic amounts. An easier approach is to supplement your meal plan with a high-quality Omega 3 supplement. (A list of Omega 3 sources can be found below.)

12. Designate one "Reward" meal per week

A wonderful benefit to your cheat meal is that you will never feel deprived. If you want some cake, just eat it. If you are following all of the above principles on a consistent basis, having a slice of cake, a bowl of ice cream or some pizza once per week will not stop you from losing belly fat.

Points to Consider:

***Keep pasteurized dairy to a minimum**

Contrary to popular belief, pasteurized dairy does not help in the fat loss process. Some people tolerate dairy well, while others suffer from extreme "intolerance".

If dairy causes you bloating, gas, and/or gastrointestinal distress, you are better off eliminating it from your meal plans or keeping it to a minimum. If you are intolerant of pasteurized dairy, you may actually do better drinking and eating un-pasteurized dairy.

Pasteurization and homogenization use high heat temperatures to kill all of the naturally-

occurring digestive enzymes found in raw milk. Your body can have a difficult time digesting dairy without those enzymes. Some people who have a hard time digesting pasteurized dairy actually feel great drinking raw (un-pasteurized) milk, because all the naturally occurring digestive enzymes are still intact.

Whichever dairy you decide is best for you, always make sure it is organic, so that it is free of growth hormones and antibiotics.

***Calorie Counting**

When you follow my 12 nutritional principles, it is unnecessary to count calories.

But I still have included sample meal plans for both men and women to give you a good idea of what the right portion sizes are for you.

If you still feel you are eating too much food, cut the portions back a bit until you feel satisfied (without the overly full feeling). Our bodies are equipped to tell us when it has had enough food. It is up to us to accurately listen to what our bodies are telling us. Don't eat beyond your "good" feeling point, but also do not walk around starving.

Food sources:

Protein Sources

- Grass-fed beef, bison, lamb, pork (lean), venison
- Free-range (preferably organic) chicken, turkey, duck, Cornish game hen, quail (this includes white and dark meat)
- Whole organic eggs
- Wild fish (all varieties, except for tuna which should be consumed 1 time per week maximum)
- Cottage cheese (preferably raw and organic)
- Raw nuts (not including peanuts or cashews) **Nuts will also be included under healthy fat sources.
- Raw nut butters (except for peanut butter and cashew butter)

Fat Sources

- Organic, extra virgin olive oil
- Fish oil (liquid or capsules)
- Cod liver oil (liquid or capsules)
- Flax seed oil
- Organic raw butter
- Avocado
- Organic extra virgin coconut oil
- Raw nuts (not including peanuts or cashews) **Nuts are also included under healthy protein sources.

Fibrous Carbohydrate Sources

- All vegetables
- All fruits (in their natural state -> no fruit juices or dried fruits)

Complex Carbohydrate Sources

- Brown or wild rice
- Barley
- Millet
- Quinoa
- Oatmeal
- Rye
- Spelt
- White or sweet potatoes
- Beans (all varieties)

Sources of Clean Water

Best bottled water sources: Evian, Volvic, Fiji, and Trinity High Quality Water

Suppliers of filters for your sink:

<http://www.newwaveenviro.com>

<http://www.aQuasana.com>

How to spot sources of added sugar

Hint: the words "syrup", "sweetener", and anything ending in "ose" can usually be assumed to be sugar. Remember, your body doesn't care what the label says. It's all just "sugar"! If the label says "no added sugars", it should not contain any of the following:

- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated cane juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado sugar
- Xylose

How to spot artificial sweeteners

- Sucralose (Splenda)
- Saccharin (Sweet n Low)

- Aspartame (Equal)

Instead, purchase STEVIA at www.sweetleaf.com or at a grocery or natural foods grocery.

Eliminate these wheat products

- Bread
- Cereal
- Crackers
- Pasta
- Baked goods
- And anything that contains "wheat" (even whole wheat) in the ingredients list

Dairy products

- Raw milk and raw cheese may need to be purchased at specialty shops or online. Visit <http://www.realmilk.com> or www.organicpastures.com for more information.
- Raw cheese (in many varieties) can be found at Whole Foods, health food stores and many local supermarkets.
- Make sure pasteurized and homogenized milk and cheese are organic

High Quality Omega 3 supplements

The following brands provide high quality Omega 3 supplements:

- OmeQia 3 Supplements
- Nordic Naturals
- Carlsons