

CHEAT CODEZ



**NUTRITION AND FITNESS GUIDE
X FITWITHFRAN**

CAMARILLA COMPLEX
#CCSANKOFA WEEK



Nutrition and Supplement Guide

General Guidelines

- 4 to 6 meals daily : this can be split into meals and smaller snacks
 - spread these out so you eat every 2 to 4 hours
- drink green tea regularly : 1 to 3 cups per day
- drink 2 cups of water as soon as you wake up in the morning
- take 2 tablespoons of apple cider vinegar before breakfast
- add lemon/ lime juice to water to help with fat loss and digestion
- limit hard liquor (vodka, tequila, rum etc.) to once a week OR 1 glass of red wine a day
- reduce your salt/sodium consumption throughout the day: look at nutrition facts when buying packaged products/ snacks
 - The amount of sodium shouldn't exceed 10% of Daily value per serving
- incorporate spicy foods in your meals: hot sauces /peppers/ cayenne pepper
- keep your meals balanced – include carbohydrate, protein and healthy fat source (examples of each on grocery list sample)
- drink water regularly. – 1 gallon a day

Meal & Snack Ideas

Breakfast

- 2 whole eggs , ½ cup berries, 1 slice whole wheat bread, half small avocado
- 1 cup Greek yogurt, ¼ cup granola ,1/2 grapefruit
- 1 cup Whole grain cereal, 1 cup almond milk/ 2 whole eggs/ 1 small banana

Lunches/Dinners

- 3 oz Baked or grilled Chicken breast, 1 small baked sweet potato, 1 cup steamed broccoli, ½ small avocado
- 3 oz Salmon, 1 cup brown rice, 2 cups sautéed spinach
- 3 Meat of choice, 1 cup broccoli, ½ cup carrots, red peppers, mushrooms, ½ cup- 1 cup brown rice, low sodium soy sauce
- 3 oz ground turkey or beef, 1 cup whole wheat pasta, ¼ cup low sodium pasta sauce , kale salad w/ red wine vinegar & 1 tablespoon olive oil as dressing

Snacks

- 1 low fat cheese stick, 1 large apple
- 2 rice cakes , 2 tablespoons peanut butter
- 1 cup Greek yogurt, fruit of choice
- 2 tablespoons hummus with raw veggies (baby carrots, red peppers, celery, broccoli)

Groceries

Carbohydrates <ul style="list-style-type: none">• sweet potatoes• brown rice (can use white rice if it is Long grain)• whole wheat bread• whole wheat cereals• whole wheat pasta• oatmeal• rice cakes• quinoa	Protein <ul style="list-style-type: none">• Eggs• chicken breast• 93%- 99% lean ground turkey• 93%- 99% lean ground beef• lean steak (sirloin, tenderloin, flank)• fish (tilapia, cod, salmon, flounder)• Greek yogurt (low-fat or fat free)	Healthy fats <ul style="list-style-type: none">• avocados• unsalted nuts• olive oil• coconut oil• Peanut butter• Almond butter
		Miscellaneous <ul style="list-style-type: none">• almond milk• Sriracha• Hot sauce• Lemon juice• Green tea• Chai tea

<i>Vegetables</i>	<i>Spices</i>	<i>Dairy</i>
<ul style="list-style-type: none"> • broccoli • spinach • asparagus • carrots • tomatoes • zucchini • summer squash • kale • Cauliflower • cucumbers 	<ul style="list-style-type: none"> • cayenne pepper (metabolism booster) • oregano • onion powder • garlic powder • paprika • Mrs. Dash (any kind) • Chili powder • Light Adobo • cinnamon 	<ul style="list-style-type: none"> • low fat or fat free yogurt • 1% or skim milk • Low fat cheese sticks • Low fat or fat free frozen yogurt

Fueling for Exercise

Depending on your level of fitness and intensity of exercise, these meals will vary in size. In order to perform at an optimal level as well as fuel and replenish you muscles properly however, there are some general guidelines to follow as listed below

Pre-workout

Guidelines

- Eat 1-1.5 hours before exercising
- High in carbohydrates
- Moderate in protein
- Low on fat
- Low on fiber

Post-workout

Guidelines

- Drink protein shake within 20 minutes after exercise
- Eat within 30-45 minutes after exercising

- Moderate in carbohydrates
- Moderate in protein
- Low on fat

Supplements

Although supplements are not essential, they can be very beneficial to overall health as well as proper exercise fuel and muscle repair. Below is a description of some common sports supplements and their benefits

Fish oil pills (omega3s): help reduce body fat by lowering triglyceride levels

- helps with joint pain
- heart and skin health

Multivitamin: easy way to consume micronutrients that may be lacking in everyday diet

- *vitamin A:* formation/ maintenance of skin, hair, bone and tooth growth
- *vitamin B:* metabolism support, cell development, nervous system functioning
- *Biotin:* hair, skin and nail health as well as metabolism
- *vitamin C:* structure of bones, muscles and blood vessels, aids in iron absorption
- *vitamin D:* bone and tooth formation, maintains heart and nervous system functioning
- *vitamin E:* protects blood cells, tissue and essential fatty acids from destruction in body
- *vitamin K:* essential for blood clotting functions

Probiotics: create good bacteria in your system, aid your body in digesting food properly

- boosts immune system
- treats urinary tract infections

Protein powders

Whey: fast digesting protein sources that aids in muscle fueling and repair.

- ideally should be taken within 20-30 minutes after exercise

Whey Isolate: recommended for lactose sensitive individuals. Tends to have less fat and carbohydrates than regular whey protein

Casein: slow digesting protein source ideal before bed to keep metabolism going during sleep

BCAAs: stimulate protein synthesis which aid in muscle recovery and growth

- help with endurance during strenuous exercise

- aid in hydration
- ideally should be taken with water and drank throughout workouts

CLA: aids in breaking down fat cells in order to be used as energy

- helps reduce asthma, cholesterol and inflammation
- ideally should be taken in the morning or with high carbohydrate meals

L-Carnitine: non-stimulant fat burner which also helps sweat during exercise in order to decrease water weight

- helps prevent type 2 diabetes improves cognitive performance and focus
- ideally should be taken 30 minutes before exercise

Glutamine: improves performance and recovery from endurance exercise

- promotes muscle growth and decreases muscle wasting
- improves metabolism and cellular detoxification
- curbs cravings for sugar and alcohol
- ideally should be taken 30 minutes after exercise

Creatine: increases strength and power as well promote muscle growth

- increases work capacity and decreases exhaustion during exercise
- fights fatigue caused by sleep deprivation
- helps improve cognition and reduce effects of depression
- ideally should be taken 30 minutes before and after exercise

Pump products (Nitric Oxide): opens veins in order for more blood and oxygen to

- travel to the muscle
- helps with vascularity
- ideally should be taken 30 minutes before exercise

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