

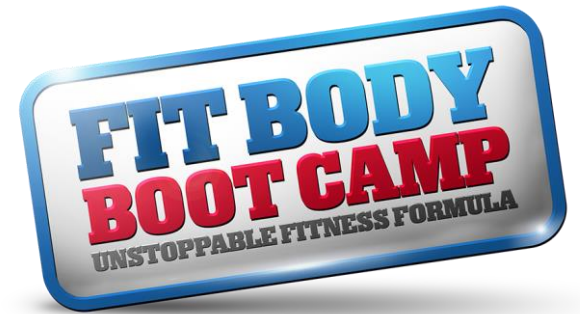
# Nutrition for Champions!

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## James Gaida

*Owner of Fit Body Boot Camp Cochrane  
Voted Cochrane's Best Trainer 2015 & 2016*



# Goals of Nutrition Planning

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- Look Better => Improve Body Composition

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- Look Better => Improve Body Composition
- Feel Better => All-day ENERGY!

# Goals of Nutrition Planning

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- Look Better => Improve Body Composition
- Feel Better => All-day ENERGY!
- Live Better => Improve your Health Profile

# Goals of Nutrition Planning

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Compliant Nutrition = Achieving 3 Goals

# Goals of Nutrition Planning

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Compliant Nutrition = Achieving 3 Goals

Non-Compliant Nutrition = No Bueno

I SAID YOU'RE THE  
GOOD KIND OF FAT!



Nutrition Secrets



# What you'll Learn Today

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- 5 Habits of GOOD Nutrition

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- Simple Lifestyle eating strategy

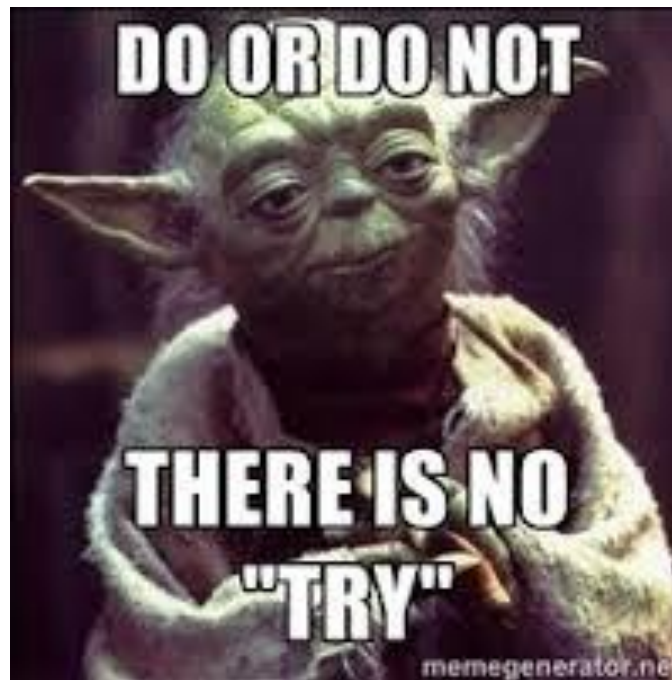
# What you'll Learn Today

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- 5 Habits of GOOD Nutrition
- Simple Lifestyle eating strategy
- Action plan to start tomorrow

# 5 Habits of GOOD Nutrition

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# 5 Habits of GOOD Nutrition

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1. 8-12 servings of Veggies/ Day
2. Protein w/ Every Meal
3. Limit Carbohydrate Intake
4. 3 Key Daily Supplements
5. Focus on 80/20 & Always Track it!

# 8-12 Serving of Veggies

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Maybe broccoli doesn't like you either.

# 8-12 Serving of Veggies

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Rich in Vitamins, Minerals & Antioxidants

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High in Fiber & Water

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Less Body Fat, More Energy & Reduced Risk of  
Chronic Disease

# 8-12 Serving of Veggies

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**Practical Strategy to Eat more Veggies**

# 8-12 Serving of Veggies

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## **Practical Strategy to Eat more Veggies**

- Have veggies chopped and ready to go



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- Have veggies chopped and ready to go
- Always have frozen veggies in your freezer

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## **Practical Strategy to Eat more Veggies**

- Have veggies chopped and ready to go
- Always have frozen veggies in your freezer
- Come up with innovative ways to add Veggies
  - Spinach Bread
  - Cauliflower Mash
  - Add to protein shakes

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**1 Serving = 1 Handful or ½ cup of Chopped or 1 cup Leafy**

# Protein w/ Every Meal

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- Maintains strong bones
  - Enhances calcium absorption

# Protein w/ Every Meal

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**\*\*Looking for Complete Protein Sources\*\***

(all of the essential amino acids)

# Protein w/ Every Meal

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## **\*\*Looking for Complete Protein Sources\*\***

(all of the essential amino acids)

Meat Group	Vegetarian Sources
Beef	Quinoa
Eggs	Spirulina
Chicken/Turkey	Chia Seeds
Fish	Hemp Seeds/ Powders
Whey Protein Powder	Vegetarian Protein Powders
Cottage Cheese	Beans & Rice combo



# Protein w/ Every Meal

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**Practical Strategy to Protein w/ Every Meal**

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## **Practical Strategy to Protein w/ Every Meal**

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  - Beef Jerky
  - Bison or Turkey Pepperoni Sticks

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  - Stock your pantry with some protein shake options
- On-the-go Protein Sources
  - Beef Jerky
  - Bison or Turkey Pepperoni Sticks
  - Protein Shakes
  - Protein Bars ([Bulletproof.com](http://Bulletproof.com))

# Limit Carb Intake

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- SUGAR will make you fat
- SUGAR is inflammatory and dramatically increases your chances of chronic disease: Cancer, Diabetes, & Cardiovascular Disease
- Carbs need to be LIMITED but not ELIMINATED

# Limit Carb Intake

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- Good Carbs are compliant in the first meal after your workout

Good Carbs	Not-so-Good Carbs
Yams, Sweet Potato's, White Potato's	Bread (white, brown, sprouted)
Rice (Wild, Brown, White etc.)	Corn
Squash, Carrots, Beets, Peas	Pasta
Berries (Straw, Rasp, Blue etc.)	Muffins, Cookies, Bagels, Cakes etc.
Fruit (Apples, Oranges, Pears etc.)	Honey, Agave, Maple Syrup

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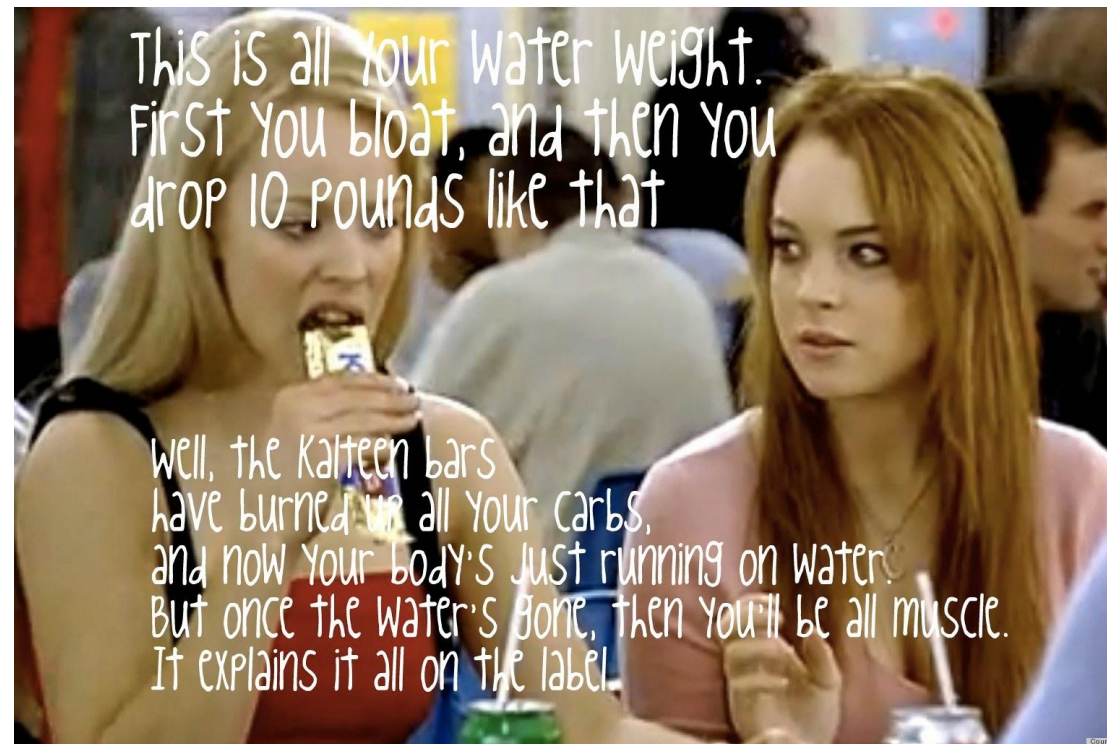
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- Not-so-Good Carbs fall into the 20% category

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- Vitamin D<sub>3</sub> (+K<sub>2</sub>)
  - Cancer, Heart Disease, Diabetes, Arthritis, Osteoporosis, Multiple Sclerosis, Psoriasis, Autism, Depression, Dementia, Obesity

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**Practical Strategy to the 3 Key Supplements**

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- Probiotics
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  - 30 Minutes of mid-day sun w/ skin exposed

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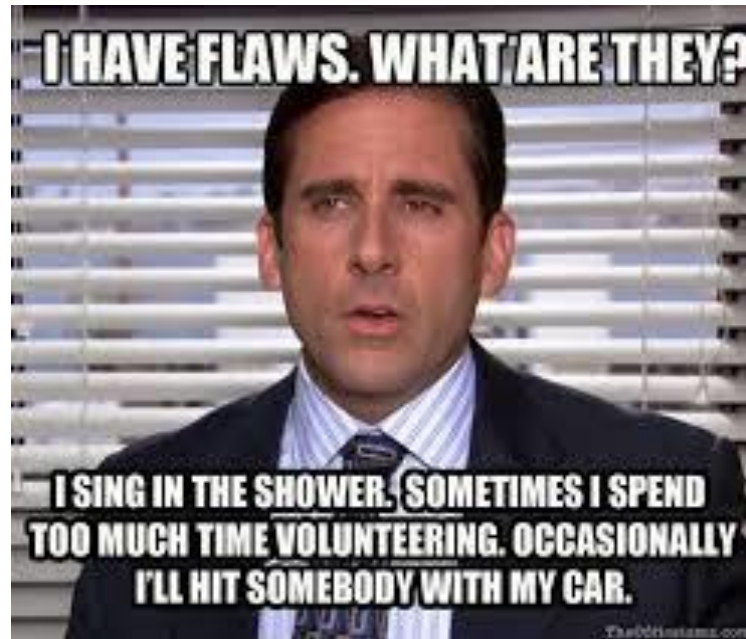
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- Vitamin D<sub>3</sub> (+K<sub>2</sub>)
  - 30 Minutes of mid-day sun w/ skin exposed
  - Supplement w/ 2,000-6,000 IU per day

# Focus on 80/20

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# Focus on 80/20

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- You don't need to be PERFECT
- 80% of the time you are Compliant
- 20% of the time – NO RULES
- 80/20 is mindful eating for long-term without diets
- Always be tracking!

# Focus on 80/20

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**Compliant Nutrition Rules**

# Focus on 80/20

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## Compliant Nutrition Rules

1. Protein & Veggies w/ healthy fats (avocado, olive oil, coconut oil etc.)

# Focus on 80/20

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## Compliant Nutrition Rules

1. Protein & Veggies w/ healthy fats (avocado, olive oil, coconut oil etc.)
2. Good Carbs first meal after workout
3. No sugars or artificial sweeteners

# Focus on 80/20

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**Tracking Compliance**

# Focus on 80/20

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## Tracking Compliance

- 3 meals a day for 7 days = 21 meals/ week

# Focus on 80/20

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## Tracking Compliance

- 3 meals a day for 7 days = 21 meals/ week
- 80% of 21 is about 17 meals
- 20% of 21 is about 4 meals
- So.....4 NC's per week is roughly 80/20

# Focus on 80/20

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## Tracking Compliance

- On a weekly basis keep track of your NC's

# Focus on 80/20

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- On a weekly basis keep track of your NC's
- 80/20 is Relative: Goal set for the week based on what you need for success

# Focus on 80/20

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## Tracking Compliance

- On a weekly basis keep track of your NC's
- 80/20 is Relative: Goal set for the week based on what you need for success
- Measure results every 4-6 weeks and determine the success of your Action Goals (adjust if needed)

# Focus on 80/20

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# 5 Habits

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**Practical Strategy to Use the 5 Habits**

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Week 3: Supplement daily w/ Fish Oil, Probiotic and Vitamin D

Week 6: Tracking Veggie Intake with Minimum Daily Serving Goal

Week 9: Consistent Breakfast (protein shake)



# THANK YOU!

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