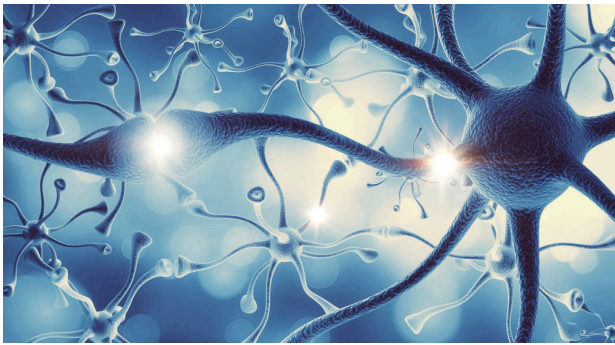


PROTEIN

[illegible]

Muscle repair, growth & maintenance. Preserve muscle during weight loss. Satiety & appetite regulation. Blood sugar regulation. Enzyme & hormone production. Immune system support. Nutrient transport. Cell structure. Tissue repair & wound healing. Hair, skin & nail health. Fluid balance. Blood clotting. Neurotransmitter production. Detoxification. Joint & bone health. Sleep & mood regulation. Brain cell repair. And so much more!



Lean meat: chicken or turkey breast, lean beef, pork tenderloin, lean ham, bison, venison, lean jerky

Lean seafood: cod, halibut, mahi-mahi, bass, snapper, tuna, shrimp, scallops

Eggs: whole eggs, egg white

Dairy: low/non-fat yogurt, low-fat skyr, low-fat cottage cheese, low/non-fat milk, low-fat cheese

>>> NUTRITION BASICS

CARBS

Dietary carbohydrates are broken down into glucose, which is used as the body's primary source of energy. Every cell in the body relies on glucose to function. Excess glucose is stored in the liver and muscles as glycogen for later use; when those stores are full, additional glucose is mostly converted to fat.



>>> WHAT ARE ITS ROLES IN THE BODY

Primary energy source. Fuel for brain & nervous system. Muscle energy during exercise. Support for high-intensity workouts. Glycogen storage for later energy. Blood sugar regulation. Muscle-sparing (prevents muscle breakdown for energy). Hormone regulation. Gut health (fiber supports digestion). Mood & cognitive function. Support for thyroid & adrenal function. Immune system support. Recovery & repair. And much more!

HOW MUCH DO WE NEED <<<

Carb needs vary based on goals, activity level, and metabolism. Anything between 0.5-3.0g per lb IBW per day can be reasonable. On a fat loss plan, a good place to start is often 1g per lb IBW per day, which means about 1:1 protein:fat. It's reasonable to eat more carbs on the days you work out, especially in the 30-60 minutes post-workout. Of all the macros, the carb goal is the most flexible.



>>> SOME HEALTHY EXAMPLES

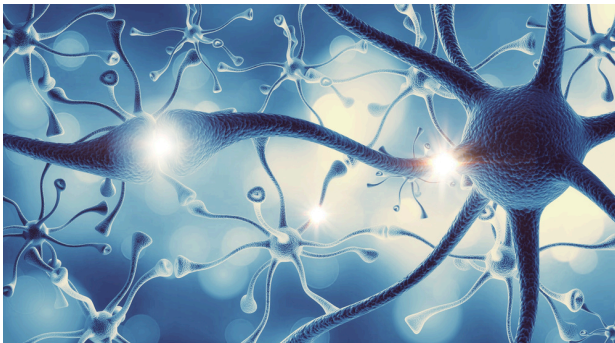
Prioritize low glycemic-index foods: these break down to glucose more slowly & generally don't cause blood sugar spikes.

- **Fruit:** berries, apples, pears, oranges, grapefruit, kiwis, figs
- **Veggies:** leafy greens, cruciferous, zucchini, asparagus, green beans, bell peppers, mushrooms, cucumber, tomatoes
- **Grains & legumes:** steel-cut oats, quinoa, barley, wild rice, lentils, chickpeas, beans, whole grain bread

>>> NUTRITION BASICS

FAT

Dietary fat is broken down into fatty acids & glycerol, which are used to build a wide range of fat-based molecules vital for countless processes. Eating too little fat can disrupt these processes, but eating too much can lead to weight gain & increased risk of many health problems.



>>> WHAT ARE ITS ROLES IN THE BODY

Energy storage & supply. Cell membrane structure & integrity. Hormone production & regulation. Absorption of fat-soluble vitamins (A, D, E, K). Insulation & temperature regulation. Brain function & nerve signaling. Inflammation control. Protection of organs. Skin health & moisture. Satiety & appetite regulation. Blood clotting. Cellular communication. Immune system support. Healthy cholesterol balance. Joint lubrication. And much more!

HOW MUCH DO WE NEED <<<

This depends heavily on your goal. If eating in a calorie deficit to lose fat, limiting dietary fat intake is helpful because fat is so calorie-dense. The minimum generally considered safe is 0.3g per lb IBW per day. If you have metabolic or hormonal issues, a safer minimum is 0.4g to support hormone production & hormone health. If in a maintenance or bulking phase, it's reasonable to eat up to twice that or even more.



>>> EXAMPLES OF HEALTHY OPTIONS

Monounsaturated fat:

- Olives, olive oil, avocado, avocado oil, many types of nuts

Omega-3 polyunsaturated fat:

- Seafood: salmon, tuna, sardines, mackerel, trout, oysters
- Plant-based: walnuts, flaxseeds, chia seeds, hemp seeds, edamame
- Fortified milk, fortified eggs