

## 3 Steps to Starting a Nutritional Plan

1. Limit your calories to \_\_\_\_\_ per day. Use the My Fitness Pal or Lose It app to track this. You could skip meals, skip snacks, portion control, or think in calorie density. We have to figure out what works best for you. Limit calorie dense foods such as:
  - Fatty meats - bacon, sausage, pepperoni, pork, beef (not all)
  - Peanut butter and nuts
  - Cheese - fat free is much better
  - Coffee creamer - look for a low calorie like Chobani zero
  - Oils and Butter - including healthy oils like olive, use spray
  
2. Protein 3 times a day the size of your hand. 80g/day for a female. 120g/day for a male.
  - It keeps you full longer than anything.
  - It helps decrease muscle loss and metabolism loss
  - 6 good sources
    1. Lean Meats - Chicken, Turkey, Shrimp, Fish, Lean Beef, Deer
    2. Eggs - egg whites are even better
    3. Beans and Peas
    4. Yogurts -Chobani Zero Sugar, Dannon Light and Fit, Oikos Triple Zero
    5. Fat Free Cheese
    6. Protein Shakes
  
3. Limit processed carbs and instead eat natural carbs.
  - Processed carbs come in bags and boxes and never go bad - chips, crackers, cereals, snack bars, most breads, most pastas, etc. These lead to reward eating and rebound hunger.
  - Instead eat natural carbs: fruits, vegetables, beans, peas, potatoes, corn, brown rice, steel cut oats, whole grain or whole wheat bread or pasta.