

IRON  STANCE

FITNESS

**NUTRITIONAL
GUIDANCE**

Your daily diet plays a massive role in your fitness journey. If you are serious about making changes in your health, you need to **change your diet**. At Iron Stance, we don't believe in creating daily meal plans because, let's face it, people don't like to eat the same thing every day. We have seen more people give up on meal plans than succeed. We believe in a **healthy, well-balanced** diet. Nutritional foods and some of your favorite no-so-nourishing foods. You only get to live life once, so let's make the best of it.

That's why I will guide you in your nutrition throughout your training. We will figure out your **caloric** and **macronutrient** needs to reach your goals. Once we figure that out, we will choose the foods that will go in your diet. Sometimes people have trouble figuring out how much food to consume per meal so we have created the following guidelines to help you get a great start.

NUTRITIONAL GUIDELINES

1. PROTEIN SHOULD BE IN EVERY MEAL

Eat 4-6oz of protein per meal, 1-2 scoops of **whey isolate** or **plant-based** protein powder, or **low sugar** protein bars as an option for snacks (not more than 10 grams of sugar).

2. CARBOHYDRATE INTAKE

1/2 - 1 Cup of **complex carbs** per meal (dependent on fitness goals). If you are trying to lose weight, keep at recommended. If you are trying to gain weight, add 1/2 cup. If you are gaining weight too fast, then taper it down by 1 cup until you get to a weight you are comfortable at.

3. FATS

1/2 to 1 Serving size per meal.

4. FRUITS & VEGGIES

1-2 Servings of fruit and 1-2 servings of veggies every day.

5. EAT 4-6 TIMES A DAY

Aim for three meals and 1-3 snacks a day.

6. DRINK WATER

Drink half of your body weight in ounces. For example, if your body weight is 150 pounds, you drink 75oz of water daily.

**“TO EAT IS A NECESSITY, BUT TO
EAT INTELLIGENTLY IS AN ART”**

"OPTIMUM NUTRITION IS THE MEDICINE OF TOMORROW"

TRACKING & WEIGHING YOUR FOOD

Tracking and **weighing** your food is one of the most important things you can do in your fitness journey. Weighing your food will show you how many calories you are consuming. A lot of people will usually eyeball how much they are putting on their plate, without realizing that they could be off by up to **500 - 1,000** calories.

This is where a **food scale** and measuring cups become beneficial. To log your food for the day, you can use apps like **My Fitness Pal** or **Cronometer**. These apps will allow you to track calories, protein, carbs, fats, fibers, and **micronutrients**. This will be a great way to look back and see if you are lacking any nutrients.

Logging your food can be tedious, and it can be too much to start. But we are willing to meet you in the middle. Start by **measuring** your food. Get familiar with what a cup of rice and 4oz of chicken look like. Once you get better at measuring, you can start to ease into tracking. It's a habit that needs to be built. so take your time and be **consistent**.

HOW TO MEASURE YOUR FOOD

This is an example of a **nutrition label** that you can find on the back of **packaged** foods. This label will tell you roughly how many calories, macronutrients, and micronutrients there are in a single serving. Go by the number on the upper right corner next to the "g" (**grams**) when you measure. Add the food to the scale until you reach that number. That number of grams equals those calories, macronutrients, and micronutrients on the label. If you add more, you will be eating **more** than you intend. Do this will all the packaged foods you will be consuming for the day.

Certain meats, fruits, and vegetables will not have a nutrition label. To find out how many calories, macronutrients, and micronutrients there are in those foods, you can use My Fitness Pal or Cronometer. Type the food into the search bar along with the "USDA." This will give you information based on the United States Food Database. Then you can log it from there.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

TIPS TO KEEP IN MIND WHEN TRACKING AND MEASURING:

*Measure meat protein (after it has been cooked) and liquids in **ounces**.

*Measure rice, fruits, veggies, condiments, protein powder, plant-based protein, etc. in **grams**.

***Do not weigh** pre-packaged foods such as bread, protein/energy bars, rice cakes, etc.

Pre-packaged foods are pretty close to the weight given on the nutritional label.

MEAL TIMING

We all have different schedules. It can be challenging to fit in a meal during your hectic schedule, or we don't have **appetites** at certain times of the day. This is where you come in and figure out the best time to have your meals.

Suppose you are busy in the morning and don't have time to sit down and eat. You can eat your snacks in the morning and fit your meals in the afternoon and evening. If you are not hungry in the evenings, you can eat your meals and snacks earlier in the day.

TIPS ON MEAL TIMING TO HELP WITH YOUR GAINS:

1. AVOID EATING RIGHT BEFORE YOU GO TO SLEEP

Eating before bed can disrupt your sleep. Food is **fuel**, and if you eat before bed you are sending a signal to your body to wake up and be alert when it's time to relax and wind down. When you sleep, your body is **recovering** from all the things it went through during the day. Suppose you wake up in the middle of the night multiple times. Then you are not adequately giving your body time to **recover, build muscle, and burn fat**. Finish eating a couple of hours before bed and get excellent sleep quality.

2. IF EATING BEFORE TRAINING, MAKE SURE IT IS A COUPLE OF HOURS BEFORE

Eating before training can **hinder** your gains. Your body is so busy breaking down the food you ate that it can cause you to feel **sluggish**, have stomach cramps, bloat, and have low energy. Not the best thing to feel when you are about to squat. Try training at a **fasted state**, but if you think you are at your best with a meal before training, then eat a **protein-heavy, moderate carbs, and no fats** meal. Wait an hour to an hour and a half before training. Try both ways and see what works best for you.

3. EAT A PROTEIN-HEAVY SNACK OR MEAL AFTER A TRAINING SESSION

You just crushed your training session, and you want to give your body all the nutrients it needs to recover, build muscle, and **get stronger**. Eat a protein-heavy and moderate carb meal or protein shake with or without fruit 30-45 minutes **after** your training session.

**DISCIPLINE IS DOING WHAT NEEDS TO BE DONE,
EVEN WHEN YOU DON'T WANT TO DO IT.**

ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL IF ONE HAS NOT DINED WELL

HOW TO EAT ON OFF DAYS

Suppose you are not active on the days that you don't train. Keep protein **high** and **lower** the carbs. Carbs are a **fast-absorbing energy source**, and there is no need for high carbs on the days that you are not moving as much. Take away one serving of carbs on your off days. If you have an active and productive day on non-training days, continue to eat the same as on training days.

SUPPLEMENTATION

Supplements are used to help in your overall diet and nutrient needs. You don't need supplements if you get nutrients from your daily diet. It can be a waste of money and an expensive habit. A blood test can help you understand what nutrients you lack in your diet.

These are some supplements that can be beneficial in your fitness journey:

- *Protein powder (whey isolate or plant-based)
- *Specific vitamins and minerals that your body needs (indicated by blood test results)
- *Creatine monohydrate
- *Omega-3 fish oil
- *Supergreen

MANAGING EATING HABITS & BEHAVIORS

We all have **cravings**, **eating habits**, and **behaviors** that are created or taught to us throughout the years. Managing those habits and behaviors can be difficult and take a long time. Sometimes we get excited, and the next thing you know, You ate a whole box of cookies.

This usually happens because our diets are too **restricted**. We restrict calories so much during the week that we can't wait for the weekend. You have your epic cheat meal or cheat day. Then we gain all of those calories we restricted and more in that one cheat day or meal. We are creating **bad eating habits** and relationships with food.

So, if you have a craving, be in the present and be **mindful** of what is going on. Notice what you are about to do and ask yourself, "is this going to help me reach my goal or create more roadblocks?" Answer the question honestly and accept the consequence.

You can decide to not have your favorite cookie or you can have 1 or 2 cookies and not the entire box. There is nothing wrong with having a craving. Track it, satisfy it, and **enjoy yourself**. There's no need for cheat meals, cheat days, or reward days if you do this. You can continue to make gains and not give up the foods you love. Stay consistent, be in the present, and move forward.

FOODS TO HELP WITH YOUR MEALS*

PROTEIN

- Chicken (breast, thighs, & ground)
- Steak (NY strip & rib-eye)
- Ground Beef
- Ground Turkey
- Tuna
- Bison
- Lamb

- Whole Eggs
- Egg Whites
- Salmon
- Tilapia
- Pork Tenderloin
- Mahi-Mahi
- Sardines
- Trout

- Cod
- Catfish
- Shrimp (wild-caught)
- Scallops
- Greek Yogurt (0%)
- Thick-Cut Bacon
- Protein Powder (whey isolate & plant-based)

CARBOHYDRATES

- Rice (white & jasmine)
- Potatoes
- Oats (steel cut & gluten-free)
- Quinoa
- Beans (black, kidney, & pinto)

- Lentils
- Chickpeas
- Fruits & Berries
- Vegetables (roots, squash, sprouts, & cruciferous)

FATS

- Oil (olive, coconut, avocado, MCT)
- Grass-fed butter
- Nuts, Seeds, & Nut Butter
- Avocado

FIBER

- Sweet Potatoes
- Oats (gluten-free)
- Beans (black, kidney, & pinto)
- Lentils
- Chickpeas

- Vegetables (roots, squash, sprouts, & cruciferous)
- Fruits & Berries (bananas, blackberries, raspberries, apples)

- Seeds (chia & flax)
- Avocado

***I am not a dietitian. These are just suggestions and ideas. If you have food allergies or intolerance, do yourself a favor and don't eat it. If it causes terrible reactions to your body, stay away from it and find a substitute.**

It's time to make yourself a priority. Approach this with confidence. Make the changes that need to be made. Put in the work and get the results you deserve.

**WHEN IN DOUBT,
USE NUTRITION FIRST.**