

* Limitless Fitness Program

NUTRITION GUIDE INTRO





When did our health become as polarizing as politics, religion and Tim Tebow? Seriously, if you ask a thousand different people how to achieve health and wellness success, you'll get a thousand different answers.

- ✦ Paleo is the way to go
- ✦ Be a vegetarian, it's the only way
- ✦ You have to start running
- ✦ Just lift weights bro
- ✦ You can't eat after 8pm
- ✦ Low carb, high carb, what's a carb?

Simply stated, there are a million and one ways you can get healthy; you just have to find what works for you based on what you want to accomplish. Key word—what YOU want to accomplish. Not your neighbor, not your sister in law, and not some dude or dudette in a magazine with washboard abs that are more likely the result of Photoshop than crunches.

So what are you looking to do?

- ✦ Improve general health?
- ✦ Increase energy?
- ✦ Improve performance?
- ✦ Change your body composition?
- ✦ Maybe a combination of a few things?

I'd like you to take a second to define what you are looking to do with your nutrition plan. Don't worry. This doesn't need to be super specific right now. We'll take care of that a bit later. **Remember, taking action over the course of this program is vital.** Don't just read that last sentence and move on. Get busy and define what you are looking to accomplish with your nutrition plan.



— What This Guide Is

Before we jump into what this nutrition guide is, I want you to do me another favor. Close your eyes . . . actually don't do that; you won't be able to continue reading.

Consider the following items as you visualize what living a healthy lifestyle means to you.

- ✦ What does a healthy person do every day? What are their ACTIONS and BEHAVIORS?
- ✦ What time do they wake up?
- ✦ What kinds of foods are they eating and how much?
- ✦ What sort of exercises are they performing? Are they doing it intensely?
- ✦ How do they treat themselves and other people? Are they confident, are they energetic, are they kind, are they passionate?
- ✦ What tiny things do they do over the course of the day? Do they park farther away from the grocery store so they have to walk? Do they take the stairs as opposed to the elevator?
- ✦ What time do they go to sleep?
- ✦ Do they meditate or participate in other stress-releasing activities?
- ✦ Are they excited about taking on new challenges or experiencing new things?

*** Don't worry if you're not sure. Just think about the questions to the best of your knowledge.**



BIG TIP: Just think for the next few minutes about the lifestyle of someone you consider to be a healthy person. If you have a friend, family member or acquaintance that you consider to be healthy, use them as an example for now. To assist yourself with this exercise, use the Healthy Lifestyle Definer your toolbox.

———— The Nutrition Philosophy

You'll probably notice something right away with this Nutrition Guide. You also might have already started to ask yourself some or all of these questions:

- ✦ How many calories do I need?
- ✦ How much protein?
- ✦ Is low carb best, low fat, high protein?
- ✦ How many meals should I eat each day?
- ✦ Is this food OK to eat? Is that food good for me?
- ✦ Where's the meal plan . . . gimme a meal plan . . . I just need a frick'n meal plan!!!

Oh me, oh my, I just gave myself anxiety typing that. The truth is most of us are busier today than we have ever been in human existence. We have families, careers, responsibilities, free time we'd like to enjoy, plus we're trying to figure out how to eat right and exercise consistently. This can feel more than a little daunting and overwhelming.

For instance, how many "diets" have you tried? How many meal plans have you attempted to follow? How many New Year's resolutions have you made to get healthier and start exercising more?



EXACTLY.

William James said it best, “All our life is a mass of habits. It might feel like decision making, but it’s not.”

Completely overhauling your lifestyle is hard. You've been living one way for so long that you probably don't even think about what you're doing anymore. You have a routine that has been engrained in your noodle—it's as automatic as tying your shoe and your brain wants it this way. It wants your days to be as easy and automatic as possible.

One Small Step For You, One Giant Step Towards A New You. The approach this program takes is to focus on one key habit at a time. Through my time studying with Precision Nutrition, personal research, and through working with a variety of clients, I have found the best way to achieve, not only immediate results, but results that are easy to maintain over an extended period of time, is by focusing on one small mission at a time.

Eating healthier isn't about taking in more good foods and eliminating the bad ones. If it were that easy, no one would have a problem. Healthier nutrition involves knowing what foods to buy, how to shop at the grocery store, how to prepare food, cleaning up after yourself, and the list goes on. It involves a host of habits you'll need to establish in order to achieve success. And the hard truth you must learn along the way? As humans, we suck at trying to take on more than we can chew even though we totally think we can.

One reason we try to do so much at one time is because it makes us feel good about ourselves.



"[People who multitask] are not being more productive – they just feel more emotionally satisfied from their work." ([study found here](#))

We also view multi-taskers as being very efficient, and then we desire to be just like them. ([study found here](#))

Various studies show that you are much more likely to establish a habit, and keep it over the long haul, if you focus on building one habit at a time. **So BOOM!** That's precisely what we're going to do.

How to build better habits is discussed in-depth in the *Mindset Guide*. For now, I just want to cover the healthy habits you are about to dominate . . . seriously, you WILL dominate these.

INTRODUCING THE HABITS

Only one healthy habit to practice a week and that's it!

Each week, you will be introduced to a new healthy habit to practice. Your intention should be to practice the habit and to be 100% compliant. You will be able to track your progress using the Daily Progress Log. If at the end of the week you were able to practice the habit to 100% compliance, then you can move on to next week's habit.

Q: What if I am not 100% consistent with the habit?

A: If you did not practice the habit to 100% consistency, it is up to you to decide if you should move on to the next week's habit. If you were 90% compliant, and feel you understand the habit, then you may still want to move on. If you were only



50% compliant, and really struggled with establishing the habit, you may want to stick with it another week before moving on.

Each healthy habit is outlined in detail, and you will be given details and tips on how to dominate it over the duration of the week. However, it is up to you to do the work and make it a priority. I'm giving you the keys to the car, now you have to drive it to your destination.

— A Quick Note on Tracking Progress

Throughout the program, you will measure your progress by checking off whether or not you were compliant with a nutrition habit, if you worked out or not, or by taking body measurements. It is extremely important for your success over the course of the program that you track your progress.

TRACKING HELPS TO KEEP YOU ACCOUNTABLE.

Seeing daily, weekly and monthly progress helps to self-motivate. It gives you immediate feedback, and in a world of instant gratification and results now mentality, feedback becomes very important. It not only shows where you may be hindering progress, but also where you are doing things to promote success. It helps to keep you focused on the task at hand and not lose sight of your goals. Our memories are terrible. Tracking acts as a reminder and helps to create awareness.

BIG TIP: What gets measured gets managed! Simply put, how are you supposed to know if what you are doing is working or



not? And how else are you supposed to know if you are doing those things consistently enough in order to expect success?

So what will the habits be over the next twelve weeks?

- ✦ Get moving: Prioritizing exercise / body movement for a minimum of thirty minutes
- ✦ Crowd out the liquid calories and drink more water
- ✦ Protein with every meal
- ✦ Learn to love the green: Eat more veggies
- ✦ Smart carb choices: Swap those grains with greens
- ✦ Healthy fats: Including healthy fats with every meal
- ✦ Perfect meal planning: Creating daily meals and post-workout meals
- ✦ Plan, prepare, progress: The three Ps for healthy living domination
- ✦ Food logging: How and why to create a food log
- ✦ Mindful eating: Learning to love food again
- ✦ Sleep your way to success: Quality over quantity
- ✦ Top-secret bonus missions: to ramp up your progress for creating limitless health and wellness

There will also be bonus material, articles, tips, tricks and hacks to help understand how your nutrition plan can be better tailored to you and your lifestyle.

Before you even start with the habits there are a few steps I need you to take first. Think of this as offseason training for your better nutrition habits.

STEP 1: PERFORM A KITCHEN MAKEOVER

You get home, open the fridge and don't feel like making anything, so you opt for something quick and convenient. That "something" usually contains a label with



words on the ingredients list that you can't pronounce. It may involve a bowl, a box with a captain or some other mascot on it, maybe a wrapper or possibly a container you put in the microwave.

Regardless, you know you could be doing much better, but as it stands right now you're just too tired, exhausted and not in the mood to spend time preparing food.

So here's what we're going to do; we're getting all Oprah on it and performing a kitchen makeover. We're Paleo-fying your kitchen so that you get one step closer to reaching your health goals and one step further away from another notch in the old belt.

Why are we doing this? If there is food in your house, eventually it will get eaten.

What I mean by that is if there is ice cream, soda, frozen pizzas and donuts at your house, eventually they will get eaten. Now if you're some sort of masochist, it may be fun to keep those foods around and challenge yourself to see if you can resist them. I say just make it easy on yourself and keep them out of the cupboard . . . and fridge . . . and freezer . . . and I think you get me.

Personal note: I use to do this with peanut butter. I more often lost that battle than won. Now it is no longer near me. Otherwise, I will turn into Winnie the Pooh and be sitting on the floor with my hand in a jar.

———— How to Perform a Kitchen Makeover

NOTE: You can download a print out of this found in your toolbox.



If you haven't formally introduced yourself to your kitchen yet, please do so at this time . . . I'll wait. Great! I'm glad you got to know each other. One of the first steps in achieving optimal health and wellness is creating an environment that allows you to thrive. Since the kitchen is where most of us do a majority of our cooking and eating, you are going to want to make sure that it is set up so that this is as easy and seamless as possible.

HOW TO SET UP YOUR KITCHEN FOR HEALTHY LIVING:

Step 1: Black bag it! You want to remove all of the junk that you currently have crowding up the kitchen and replace it with the foods from our Real Food Chart that emphasize a healthier lifestyle. The idea here is that if it is in the house, we are more tempted to nibble on it. Unhealthy foods are usually easier to prepare and less time-consuming, so when we get hungry we tend to rip open a bag as opposed to fixing up a healthier alternative.

Grab a large black trash bag, maybe two...maybe three. Maybe more :)

Open the pantry and look for these items or similar ones.

- ✦ Chips
- ✦ Pretzels
- ✦ Chocolate
- ✦ Candy
- ✦ Baked goods/hostess/little Debbie
- ✦ Instant foods (cake mix, mashed potatoes, macaroni)
- ✦ Flavored nuts

- ✦ Cereals
- ✦ Breads/Bagels/Pasta
- ✦ Crackers
- ✦ Granola bars

Open the freezer and look for these.

- ✦ Ice cream
- ✦ Frozen dinners
- ✦ Hot dogs
- ✦ Cookie dough
- ✦ Candy/chocolate
- ✦ Waffles

Open up the fridge and look for these.

- ✦ Milk
- ✦ Fruit juice
- ✦ Alcohol
- ✦ Any caloric beverage
- ✦ Sweetened yogurt, sweetened anything
- ✦ Processed meats (deli, pre-packed)
- ✦ Restaurant leftovers
- ✦ Margarine
- ✦ Breads, bagels, whole grains
- ✦ Peanut butter
- ✦ Condiments (bbq, ketchup, salad dressings)
- ✦ Cream cheese



These lists do not include everything, but should give you a general idea. If it comes in a box, bag or some sort of wrapper throw it out. If it has more than 3 ingredients, throw it out. If you cannot pronounce some of the ingredients, throw it out.

If you are not sure about a certain food, a good rule of thumb is to throw it out. Refer to the **Real Food Chart** if you want to double-check if a food should be in your home or not.

———— What a waste?

Absolutely not! What you are throwing away is not food. They are substances that promote disease and an unhealthy lifestyle. Please feel free to be liberated while throwing this crap away. Do a little dance if you want. [Kind of like this one.](#)

BONUS POINTS will be awarded if you film yourself doing a happy dance and [send it in to me](#). (Seriously. I'll feature it on the site.)

One excuse you may be holding onto in your head right now is that certain food is needed because it's for the kids or your significant other. Let me assure you, this is a wonderful opportunity to promote health throughout your household.

If you are making the switch to a healthier lifestyle, and are beginning to understand the real dangers that unhealthy foods can promote, wouldn't you want to share that with your loved ones?

This is another thing I'd like you to consider. If you're the one making the meals for everyone at home, they'll eat what you make. Sit down

with your family and friends, and then explain what this means to you. You may field some resistance at first, but that's due to the fact that most people don't like change. If you change that means something is changing in their life, and that can be scary sometimes. Ask for their support, but be firm and let them know you are dialed in with or without them.

————— Must have appliances for success

Spice Rack: Essential for adding variety and flavor to meals. Try and favor whole spices above ground ones as they last longer. Keep them stored in a cool area and away from heat. Heat causes them to go bad quickly. Spices should be calorie free, contain no additives and no extra sodium. Garlic should be garlic, fennel should be fennel and cumin should be just cumin.

All-purpose Knife: You most likely already have an assortment of knives, but make sure a very sharp, eight-inch knife is on hand. It will probably cut tough meats like steak, and be able to gently dice soft foods like tomatoes, with equal effectiveness. Make sure to dry it off immediately after cleaning to avoid wear and rust on the blade.

Spatula and Large Spoon: Both for mixing and serving meals.

Ladle: To serve soups, chilis and broths. A second ladle with holes may be a good idea to help when serving items from a boiling pot.

Glass Containers: Use glass containers for storing leftovers. Make sure they come with a sealing lid. Glass containers actually keep food fresher than plastic ones.



Tupperware: If you are like most, you probably have a job to get to each day. Although bringing a couple hot plates of food to work might be awesome, it's probably in your best interest to store them in Tupperware for the day.

Insulated Bag or large grocery bag: You can usually get insulated bakes at Trader Joe's for as little as five bucks. This will help keep food both warm and cool if necessary. If you are just carrying food for the day, a simple bag will do. You can even use an old Trader Joe's bag to carry your Tupperware!

Kitchen Shears: A good pair is a plus but I have honestly used a pair from the dollar store with pretty good success. They make it easy to chop up chicken, bacon, pieces of beef, and fish. Hey can also be used for veggies and fruit as well.

Cooking Pans: I recommend having one to three pans on hand. This allows you to easily cook in batches, or make a variety of foods simultaneously, in order to save time. Make sure they all have lids.

Cast Iron Skillet: Awesome for steaks, pork chops and cutlets.

Large Pot: For chili's, soups and various broths. Also a great way to cook up a load of veggies.

Optional appliances: These appliances are not completely necessary, but do come in handy depending on the dish you are preparing.

BIG TIP: Visit the [Limitless365 Health and Wellness Store](https://www.limitless365.com) to view or purchase some of the items.

Meat Clever: To assist in cutting thick cuts of meat, chicken and bone.



Whisk: For making homemade condiments and mixing ingredients for certain dishes.

Grater: For vegetables, fruit or acceptable dairy.

Food processor: It really comes in handy if you are making items that call for very fine pieces such as cauliflower rice. You should be able to get away with a standard knife as long as you have a little patience. The food processor comes in handy when you are looking to do something quick, preparing very large batches of food, or have no patience what so ever.

Dehydrator: These can be bought fairly inexpensively and are a great tool for making homemade beef jerky, dried fruit and preparing nuts.

As you get going, you may find that you need a few extra items here and there, but this is a great starting place to prepare, serve and store all of the nutritious grub you are about to embark on.

You've performed your kitchen makeover and have all your cooking appliances, but there's one big glaring problem . . .

YOU HAVE NO FOOD!

So now my kitchen is empty. What the hell do I eat?

Step 2: Grocery shop



Personally, I like to dedicate a day to grocery shopping. I typically reserve this for Sundays, but I've been known to sneak it in during the week as well. I make it a part of my weekly routine, an appointment that I cannot break because I know if I don't have the right food in the house, the chances of me choosing the wrong foods greatly increases.

Grocery shopping should be the easiest thing you do in this course. More often than not, we make it more difficult by debating relatively unessential things like:

- ✦ Should I buy organic?
- ✦ Is chicken better than beef?
- ✦ Are eggs good for me?
- ✦ Are fresh vegetables better than frozen vegetables?
- ✦ And a host of other questions . . .

The grocery shopping strategy for this program is very simple.

- ✦ Print out the *Real Food Chart* from your toolbox.
- ✦ Head to the market, doesn't matter . . . Whole Foods, Trader Joe's, Sprouts, Farmers Market, or Big chain grocery store, whatever is most convenient for you works.
- ✦ Take a look at the *Real Food Chart* and purchase those foods only.

I really wish I could tell you the exact amounts to purchase, but if I try I'd only be lying to you. Depending on your age, gender and if you have a family or other persons in your life that will be dining with you, your grocery quantities will vary.

My suggestion is to hold onto the receipts the first few times you go grocery



shopping, and as you notice certain items running out faster, you can refer to your receipt to see exactly how much you bought and make the necessary adjustments the next time that you go.

A general rule of thumb for healthy grocery shopping is to stay around the perimeter of the store. I find this to be one of the best strategies in the history of the Universe for grocery shopping. Seriously, it never fails. No matter what grocery store you visit, the REAL food is always found on the perimeter of the store and the junk is always down the aisles.

Your grocery store layout may be a little different, but [this will give you a general idea](#) of how to navigate your way around the store.

Recommended bonus reading:

[How to grocery shop on the cheap](#)

Answers what to buy organic, how to find the best deals, and easy swaps you can make.

[How to dominate your local farmers market](#)

Answers the benefits of shopping local, tips and tricks to get the best deals, how it can save you \$\$\$.

———— Cook like Bobby Flay by the End of Today

Some of you might be whizzes in the kitchen . . . excited to get in there, you know your way around, cooking and preparing meals is not only easy for you, but you actually enjoy the process.



For others the thought of turning on a stove, mulling through recipes and trying to make something edible seems like a pipe dream.

But don't worry yo! I got your back. Cooking doesn't need to be overwhelming or confusing. It can be a painless process that takes you only a few minutes or less, depending on the strategies you decide to use.

LEARN HOW TO COOK OR RISK HAVING A KEG FOR LIFE.

If you want to be a Superhero in training, rule numero-uno for succeeding in the health and fitness game is learn how to cook for Pete's sake! And no, throwing a frozen meal into the microwave or opening a wrapper and putting something in the toaster does not count. **I'm talking about some Iron Chef business here!**

Cooking healthy meals does not have to be difficult or time consuming. Hopefully the strategies below will help you in the kitchen on your quest to look good naked, and maybe you can even impress some ladies or dudes while you're at it.

There was nothing to eat so I had to pick something up . . . **cough, cough (bullsh*t)**. This is the number one excuse I hear from clients, friends, family and the crazies (this is a term of endearment for me) on my blog. Guess what . . . if you want to get into shape, you have to start in the kitchen and prepare ahead of time.

What I try and do is cook enough meat and veggies on Sunday to last me to Wednesday. Then Wednesday night, I get my ass back in the kitchen and do it again so that I have meals to get me by until Sunday. Do I want to do this all the



time . . . not really, but my health is important to me so I do it. Before long, it will be second nature for you as well.

If you prefer not to cook in bulk and let food sit in the fridge, you can cook every morning for the day or possibly at night if that is more convenient for you. Before heading off to bed, prepare all your meals for the next day. It may be only 3-4 meals and a snack or two. That should only take **forty-five minutes tops** to get it all done.

| PROTEIN | VEGGIE | FATS | HERBS & SPICES |
|----------------|-----------------|---------------|----------------|
| Chicken Breast | Brussel Sprouts | Coconut Oil | Allspice |
| Salmon | Peppers | Olive Oil | Garlic |
| Eggs | Daikon | Macadamia Oil | Ginger |
| Ground Beef | Asparagus | Avocado Oil | Curry |
| Pork Chop | Cabbage | Lard | Oregano |
| Lamb | Spinach | Bacon Grease | Nutmeg |
| Eggs | Broccoli | Nut Butter | Chili powder |
| Ground Turkey | Eggplant | Mixed Nuts | Pepper |

Select some items from each section. Throw it in a pan and whatdayaknow . . . you got yourself something fit for a king.

Steps to prepare:



- ✦ Put oil in a pan (up to you, but one to four tablespoons for every six ounces of meat is a good reference).
- ✦ Brown some meat in the oil.
- ✦ Add in some spices and herbs.
- ✦ Add in your veggies.
- ✦ Cover it up and let it sit. Check on it every two to three minutes.
- ✦ Rinse and repeat.

But I'm bored eating the same thing . . . I'm bored
with Paleo . . . but, but, but . . .

Look, am I being mean here? No, not really, just honest. I hope that you can appreciate that. How important is your health, the way you look, the way you feel? If these are things that are really important to you, then you will have to work at it and prioritize things like working out and preparing meals over watching TV and other time consuming activities.

Personally, I can eat the same thing the entire day. Even for a few days in a row. If you are someone that needs more variety, then maybe think about cooking all of your meals the night before. Get 3-4 pans going on the stove and create yourself something epic.

MAKE IT FUN!

Throw on some tunes, the game; get at it with your man or woman. Get the kids to help. That time spent preparing your meals could be some quality bonding time, or a great way to discuss the importance of health to the little ones in your



life.

———— Top secret cooking strategies

Strategy #1: Master 3-6 recipes and wear them out.

Recipes create confusion, so if I were you, I wouldn't stress out about them. Remember, you should be focusing on making this process as easy and automatic on yourself as possible.

I know when I look at recipes that have anything over four ingredients, I go Donnie Brasco on it and say, "forgetta about it."

I want quick and easy to prepare meals that I can make in a pinch.

One way to go about this is picking only one or two recipes each for breakfast, lunch and dinner. Use recipes that contain less than five ingredients, and this includes the protein, veggies and healthy fat.

Wear these bad boys out! Keep using the same recipes until you just get plain ol'sick and tired of eating them. When that occurs, it's time to move on.

So for example:

A great breakfast recipe would be Breakfast Apple Hash by my friend, Vic McGary, from his [Easy Caveman Cookbook](#).

Ingredients:

- ✦ 2 eggs
- ✦ 2 slices of bacon cut into small strips
- ✦ 1 apple peeled and chopped
- ✦ 5 walnut halves
- ✦ 1 tbsp. coconut oil
- ✦ Cinnamon to taste

Directions:

Scramble the eggs in the coconut oil and once done remove from pan. Cook the bacon until it is almost done, and then add the apple slices. Cook the bacon and apples together until the apple slices are slightly soft. Crush the walnuts and add them to the mixture/pan. Return the eggs to the pan and mix everything together.

Strategy #2: Cook in bulk

Option #1: Before bed, prepare all meals for the next day.

While you're hanging with the family, or checking out the boob tube, get your cook on. It's easy to cook up three to four meals in about 30 minutes, if you follow this approach.

If you don't mind eating the same thing all day (I do not), take out your protein source—let's say ground beef—and separate it into your servings. If you are weighing and measuring portions, go ahead and do that. If you are eyeballing that is cool too.

Once you have your protein source separated, go ahead and throw it ALL in a pan. After that browns a little bit add one to four tablespoons of cooking oil for every meal you are making.



EXAMPLE: If you are making three meals for the day that would mean three to twelve tablespoons of oil. If you are making four meals for the day that would equal four to sixteen tablespoons of oil. (Note: Make sure if cooking with oils to use a lower heat unless using coconut oil. Most oils do not do well under high heat. Another option is to add the oil after you have distributed your protein source into its container for the next day. Simply add 1-4 tablespoons to each meal.)

Now go ahead and throw in some fresh spices. Whatever tickles your fancy. The *Real Food Chart* provides some excellent options.

While this is finishing cooking, chop your veggies, or if using frozen distribute them into separate containers. You can either throw them in the pan with the protein that's cooking, into a separate pan or just throw them in the microwave for easy and quick cooking.

Once both protein and veggies are done add together in Tupperware and distribute into a cooler or bag and place in the fridge for the morning.

***BIG TIP: Put your car keys or something you always need for the next day in the bag. This way you will not forget to take it with you.**

I highly recommend making four meals for the next day just in case you get extra hungry or something comes up. Worst-case scenario, you have one left-over meal for dinner at night or the next day.

Option #2: Cooking in bulk

This is my personal preference. Let's be honest with one another. We all have



commitments and responsibilities—probably more than we should. As humans, we do a great job of over-extending ourselves. So with our limited time, it is very important that we make cooking fast and painless. Here is essentially how.

Pick two days out of the week or one if you really are time starved. I personally like Sunday and Wednesday. On Sunday, you will prepare meals similar in manor to the steps outlined in strategy #1. This time you will be making enough meals to cover you for Sunday, Monday, Tuesday and Wednesday. Then on Wednesday night, you will prepare enough meals for Thursday, Friday, and Saturday.

Cooking in batches like this allows you to free up more time for yourself to focus on other aspects of your life. It usually only takes about an hour out of your day to get the meals completed. I like to do it first thing in the morning, so it is done ASAP.

I've also found this as a great way to spend time with friends and loved ones. Usually asking them to help chop veggies, spice up food for me or dish it out in containers. It's a great opportunity to connect with those closest to you, share your healthy habits with them, and to get them excited about the nutritious food you are making that tastes great.

Not to worry, all of your food will stay fresh over the course of these few days. I often cook for the entire week on Sunday, and have never had any problems as long as I keep all food refrigerated.

Store all of your meals in their own Tupperware container. There are a ton of useful Tupperware and Tupperware-like products available at stores. I recommend the entrée containers and tall entrée containers for dishes that include big ass salads.



Big Tip: Learn to love Chili

One of my favorite things to eat is chili, and it also happens to be unbelievably convenient. Check out this recipe for [Paleo Chili](#). You can easily whip this up in no time, and have it ready to distribute throughout the week if you forget a meal or something comes up and you cannot cook.

If you happen to have a crock-pot, go ahead and leave your chili in there.

Make it fun: Seriously . . . make cooking fun as hell.

Put on your favorite tunes and shake that ass! Get the family involved. Do it outside on the grill. Just make it fun and enjoyable. You're way more likely to do it, and stay with it, if you actually enjoy the experience. Cooking has fast become one of my favorite stress reliefs. I throw on the tunes, get down like Charlie Brown, and unleash my inner Bobby Flay.

———— Eating at restaurants

Let's make it clear that our first option is always to prepare meals ahead of time, and to eat homemade food whenever possible. However, there will be times when you feel the need to take a break from cooking, have a business lunch, just plain forget or any one of many other numerous reasons.

This is no excuse to fall off the wagon and abandon your healthy eating plan! This is the perfect time to test yourself, apply what you have learned and make healthy choices. Who knows, it may even give you the opportunity to share your new healthy strategies with your lunch date and add a little sum'n-sum'n to the conversation.



Eating out and sticking to your plan is actually very simple. Most restaurants have plenty of healthy options, if you just take the time to scan the menu. Most have a "healthy menu or even gluten free section." Take a look at it to see if there are any options that fit what we are looking for as defined by this program. Here are a few tips to make sure you dine out healthy.

QUICK TIPS:

Order items from the Real Food Chart. Emphasize lean protein sources and salmon.

Ask them (politely) to remove any carbohydrates (i.e.: potato, rice, bread, etc.) and instead fill the plate with veggies. If you just happened to have had a workout (within the hour), a sweet potato should be fine. Or fruit if it is a breakfast meal. Just enjoy that potato plain, not fully loaded.

See if they can prepare any of the food with olive oil. Most restaurants use industrial seed oil . . . YIKES!

Instead of an appetizer or free bread, ask if you can have a plate of veggies or side salad.

If the serving is really large, ask if you can have a to-go box right away and actually put half of the meal in the box before you start to eat.

Drink water only at the meal and try to finish one glass before you start eating.

An example dinner/lunch out would be:

- * Salmon
- * Double serving of vegetables or big ass salad



- ✦ Hopefully prepared in olive oil (if not, it's OK)

An example breakfast out would be:

- ✦ Omelet (ask how many eggs, three or four is perfect)
- ✦ Loaded with veggies (go cheese free)
- ✦ If it comes with pancakes, toast, etc., ask them to 8-6 it and add a small side of fruit, preferably berries.

But what if I am going to a specific ethnic restaurant?

If you're a human being, you probably go out to eat with friends, family or strangers, if that's your thing. Restaurant food can wreak havoc on a nutrition plan. Many folks I know just say the heck with it when they go out to eat and end up overdoing and really falling off the wagon. But it doesn't have to be this way.

Below, I took the guesswork out of what to order when at various ethnic restaurants. You might have to play a game of twenty questions with your waiter or waitress, but don't stress. You are paying for service after all right?

Chinese: ask for no sauce (especially soy), half or no rice, double veggies, emphasize fish dishes.

Japanese: ask for no soy sauce, ask for no rice if sushi and sub shredded carrot, ask for cucumber or seaweed rolls instead of traditional.

Mexican: skip the tortillas and instead eat open faced, or ask for beef, chicken, fish with no rice and double veggies, guacamole usually good to go, no sour creams.



Indian: ask about gluten in any of the sauces or dishes, ask for sauce on side, veggie curry dishes are usually terrific.

Mediterranean: any of the kabobs, with tabbouleh salad, no hummus, no rice and extra veggies.

Fast food: Opt for grilled protein, beef, fish, poultry, and salad. Eat dry or with olive oil or avocado if available.

———— Final notes

Don't be bashful here. Take this opportunity to share what you are learning with others around you. Suggest a healthier restaurant that will be able to provide you with options that fit your nutrition plan.

Don't be afraid to speak up while there. Ask politely if they can prepare a dish a certain way; take away items or add healthier items to it. If they cannot, don't stress. Have you been eating really well 80 to 90% of the time? If you have, a little bit off the wagon will not kill you. Do the best with what you can, in the situation you are in.

Any questions? [Holler at your boy](#)

Live limitless,

Justin