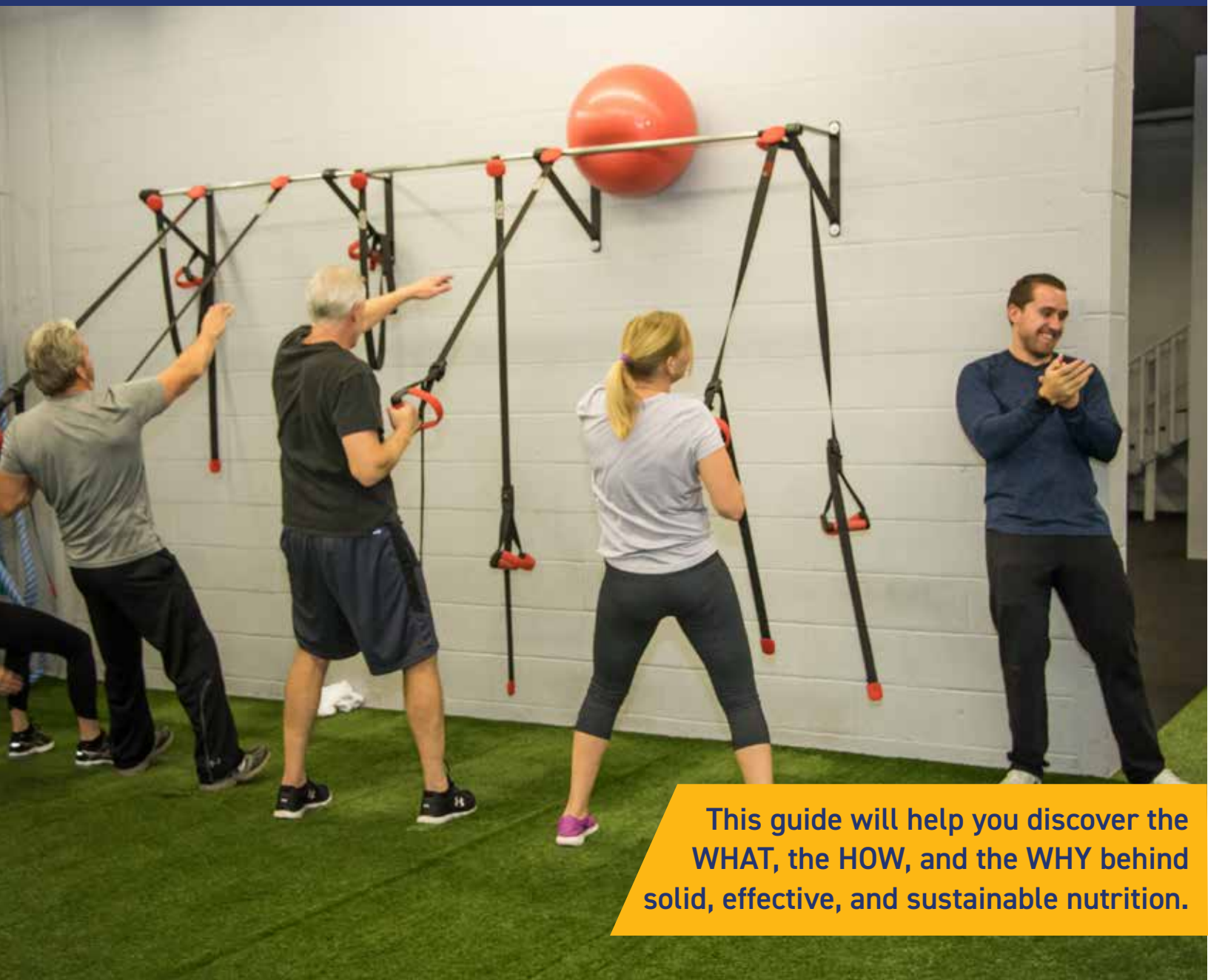




GPS TO SUCCESS

These simple, helpful guidelines will lead you down the road to health and fitness success both inside and outside of the kitchen!



This guide will help you discover the **WHAT**, the **HOW**, and the **WHY** behind solid, effective, and sustainable nutrition.

HELLO NEW BOLTER!



We are The BOLT Fitness Team!

The book you hold here is the distilled wisdom of our years of research, trial and error, and the combined experience of not only us as coaches, but of ALL our clients. We have jam packed these pages with the fat loss secrets we use every single day to get people just like you to have SUSTAINABLE transformations without feeling deprived, angry, sad, or miserable.

Diets suck.

Our approach to health and fitness involves integrating bite sized habits and lifestyle changes into the context of YOUR REAL LIFE.

Now... To the GPS!

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NUTRITION AND LIFESTYLE EDUCATION



GOALS

Motivation will come and go. When motivation is at a high, we want to use that time to develop sustainable habits that will last over the long-term. Sustainable habits keep us on track when motivation fades.

TIP #1 KNOW YOUR WHY

You are here for a reason. Something caused you to want to change your body or your eating habits.

It's something more than wanting to fit in your old jeans or drop a few pounds. Your goals on the surface are driven by a deeper want or need.

Get crystal clear as what that reason is. Why are you doing this? If your "why" is important enough to you, you will find a way to accomplish it.

TIP #2 TRY SOMETHING NEW

Search for new recipes in this guide. Implement a new morning routine. Try new exercises.

Switching things can breathe new life into your health and fitness routine and resurrect those feelings of novelty that you experienced at the beginning of your journey.

TIP #3 CREATE A VISION BOARD

Create a board with inspirational sayings, pump-you-up words, and photos that depict what you are working towards. If you don't want to create an entire board, change your phone lock screen to display your goal or a motivational saying.

Keeping your goal front and center helps to re-invigorate you when things get hard.

TIP #4 BE GRATEFUL

A goal without a plan is just a wish. Wishes don't always come true.

Don't compare yourself to others. I know, I KNOW this is hard. Especially in this age of social media. Go through your social media accounts right now and unfollow or unfriend anyone who causes you to slip into the comparison game. Be grateful for your body, your family, your friends, and any progress you have already made.

More importantly, be grateful for the opportunity to make change. Not everyone has this opportunity.



GOALS

TIP #5 REWARD YOURSELF

Set small milestone along the way and plan a reward when you hit those milestones. Lose 5 lbs? Get a pedicure. String a week of consecutive tracking together? Time for a new workout outfit.

Setting small goals with rewards can help the process to feel like several sprints rather than a marathon.

EXTRA THOUGHTS:

CHANGE TAKES TIME.

YOU CAN'T OUT TRAIN YOUR DIET.

STRONGER IS BETTER.

FAIL TO PLAN = PLAN TO FAIL.

ACCOUNTABILITY IS KEY.



PROTEIN

WHAT IS PROTEIN?

Proteins are organic molecules made up of amino acids – the building blocks of life.

WHY IS PROTEIN IMPORTANT?

Without an adequate protein intake, our bodies can't function well at all.

Protein helps replace worn out cells, transports various substances throughout the body, and aids in growth and repair.

Consuming protein can also increase levels of the hormone glucagon - a very important hormone that can help to control body fat.

WHAT ARE BOLT-APPROVED PROTEIN SOURCES?

- MEAT (e.g. turkey, chicken, fish, lean beef, bison)
- EGGS
- BEANS / LEGUMES (e.g. lentils, chickpeas, black beans, white beans, etc.)
- WHEY PROTEIN

HOW MUCH PROTEIN DO I NEED?

For basic protein synthesis, you don't need to consume more than around 0.7-0.9 g/lb of protein per day. Nevertheless, consuming higher levels of protein (upwards of 1g per pound of body weight) may help you feel satisfied after eating as well as maintain a healthy body composition and good immune function.

We recommend some protein before and after training to ensure adequate recovery.





FATS

WHY ARE FATS IMPORTANT?

We need adequate fat to support metabolism, cell signaling, the health of various body tissues, immunity, hormone production, and the absorption of many nutrients (such as vitamins A and D). Having enough fat will also help keep you feeling full between meals.

WHAT ARE BOLT-APPROVED HEALTHY FAT CHOICES?

- NUTS
- SEEDS (*hemp, flax, and chia are especially nutritious*)
- FISH
- SEAWEED
- PASTURE-RAISED/GRASS-FED ANIMALS/EGGS
- OLIVE
- AVOCADO
- COCONUT
- CACAO NIBS

HOW MUCH HEALTHY FAT IS NECESSARY?

Keep it simple. Don't worry too much about exact percentages and grams. $\frac{1}{2}$ - 1 Tbsp. of oil per $\frac{1}{2}$ Tbsp. nut butter, or $\frac{1}{2}$ avocado per meal is a great start!

For additional benefits, supplement fish oil daily. We recommend 3-6 g of fish oil each day.



CARBOHYDRATES

WHAT ARE CARBOHYDRATES?

Carbohydrates are the primary immediate source of energy for all of your body's cells.

WHY ARE CARBS IMPORTANT?

Carbohydrates also feed a healthy gut and keep your hormones balanced. For women especially, getting enough carbs is crucial for their thyroid and adrenal glands in order to maximize fitness results.

WHAT ARE BOLT-APPROVED CARB OPTIONS?

- SWEET/RED/PURPLE POTATOES
- JASMINE RICE
- QUINOA
- BROWN RICE
- WILD RICE
- OATMEAL
- (GF) TORTILLAS
- PLANTAINS
- MILLET
- YUCCA
- BLACK/PINTO BEANS
- STARCH VEGGIES (*spaghetti squash, parsnips, butternut squash*)

HOW MANY CARBS ARE RECOMMENDED?

The minimal recommended intake for carbohydrate is 130 grams per day for non-competitive athletes. The amount of carbohydrate that should be consumed depends on body size and activity levels: bigger and/or more active people need more while smaller and more sedentary people require slightly less.



FIBER

WHAT IS FIBER?

Dietary fiber is a non-digestible polysaccharide, which means it's a complex form of carbohydrate (poly = "many"; saccharide = "sugar").

WHY IS FIBER IMPORTANT?

Getting enough fiber is important for overall health and disease prevention. And it keeps your plumbing in good working order.

WHAT ARE BOLT-APPROVED SOURCES OF FIBER?

- VEGETABLES
- FRUITS
- LEGUMES
- FLAX SEEDS
- NUTS
- SEEDS

HOW MUCH FIBER IS RECOMMEND?

Women should aim for at least 30 to 35 grams of fiber per day. Men should aim for at least 40 to 45 grams of fiber per day.

You should get your fiber from whole foods. Fiber supplements (or fiber-supplemented foods) don't provide the micronutrients, phytochemicals and water found in whole plant foods. When you eat enough fiber, you need to be sure to consume enough fluids.



WATER

Water. Water. Water. The essential nutrient to your well being.

WHY IS WATER IMPORTANT?

Transporting messages to your hormones, improves your skin, hair and healthy. Also is a powerhouse at regulating your temperature. IMPROVES POOP!

IS THERE A SPECIAL WATER?

We recommend using a filter system in your home or a alkaline water. The magic isn't in the water - it's the magic what these waters DON'T contain that your unfiltered tap water does.

HOW MUCH WATER IS RECOMMENDED?

½ bodyweight in oz per day. Add 20 extra oz if you are active/sweating that day! (ex. 160 pound woman will need at least 80 ounces of water per day).

TIPS TO DRINK MORE WATER!

- PURCHASE A HYDRO FLASK OR NON PLASTIC BOTTLE
- DRINK WITH A STRAW
- DRINK 12-16 OZ BEFORE COFFEE IN THE MORNING
- FILL UP YOUR WATER BOTTLE THE NIGHT BEFORE
- SET TIMERS ON YOUR PHONE
- DRINK 12-16 OZ BEFORE & AFTER YOUR MEAL



SLEEP

If your eating and training is on point but you don't feel or look the way you want, poor sleep may be to blame.

5 SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU

Your brain is foggy, you are getting sick a lot, your training feels hard, you're unhappy, you have major cravings, you are struggling with your fat loss.

HOW TO PREPARE FOR A GREAT NIGHT OF SLEEP:

- WAKE UP AT THE SAME TIME EVERY DAY
- GET MOVING RIGHT AWAY
- LIMIT SOCIAL MEDIA AT LEAST 60 MINS. PRIOR TO BED
- PLUG YOUR PHONE IN ON THE OTHER SIDE OF THE ROOM
- EAT YOUR DINNER 90 MINS. AWAY FROM BEDTIME

MORE TIPS... :)

- CLEAR YOUR MIND
- GO THE &\$*% TO BED
- TAKE A HOT SHOWER OR BATH BEFORE
- CREATE A BEDROOM JUST FOR RELAXING
- MAKE YOUR ROOM AS DARK AS POSSIBLE
- SET YOUR TEMPERATURE TO COOL 67-69 DEGREES



STRESS

Being stressed out can make it really hard to reach your health and fitness goals.

Sympathetics (Fight or Flight) = Stress. Parasympathetics (Rest and Digest) = De-stress.

GOOD STRESS RESPONSES:

- INSPIRED & ENERGETIC
- BALANCED AND IN CONTROL
- FOCUSED AND ALERT ABOUT THE FUTURE

NEGATIVE STRESS RESPONSES:

- WEAK AND WORRIED ABOUT THE FUTURE
- STUCK IN A NEGATIVE MINDSET
- NOT ENOUGH REST AND RECOVERY
- SCATTERED AND CLUTTERED
- FAT GAIN AND MUSCLE LOSS
- LOW ENERGY AND IMMUNITY

HOW TO HANDLE STRESS LIKE A CHAMP:

- PRACTICE MORE PARASYMPATHETIC RELAXING ACTIVITIES (SHOW UP FOR YOURSELF DAILY)
- WALK OUTSIDE
- ENJOY NATURE AND THE SUN AT LEAST 2X A WEEK
- MEDITATION
- LAUGHING AND SPENDING TIME WITH POSITIVE PEOPLE
- SNUGGLING WITH A PET OR LOVED ONE
- PRACTICE SELF COMPASSION
- WALK 8K STEPS A DAY (SLOW)
- LESS SMART PHONE





ENVIRONMENT

If it's in the house, you will eat it eventually.

This is not to say that things are “good” or “bad”, but if you've got a habit of going all-in on a sleeve of cookies or a bag of chips while watching TV., maybe we can take those things far away.

WHY IS THIS IMPORTANT?

Rather than risk temptation by keeping some of your vice foods in the pantry, why not get rid of them?

Willpower is a finite resource. We will only have so much of it before we cave. This is why we cannot rely on willpower alone to take us to our goals. When we are dipping our hands in buckets of sugar, our fat loss results will stall, our brain fog will increase, and cravings will not go away.

HOW TO CREATE THE ENVIRONMENT OF A BOLTER!

PANTRY CLEAN OUT!

Do it in one fell swoop or in baby steps – whichever makes sense for you.

Buy the items that are on your list and stick to that.

Set guardrails around when you will indulge in your vices, and how much. (When we don't do this, we can often mindlessly overeat and not even realize it).

Only buy the items that you need in the pantry or fridge. If you want to have ice cream or cereal, go out and buy that 1 serving sized box or ½ pint. If you don't finish it, trash it!



MOVEMENT

In total, Americans are sitting an average of 13 hours a day and sleeping an average of 8 hours resulting in a sedentary lifestyle of around 21 hours a day.

WHY IS MOVEMENT OUTSIDE OF THE GYM IMPORTANT?

Prevents heart disease and other chronic illness, improves mood, reduces stress, improves sleep, improves energy, and burns tons of calories.

WHAT IS A GOOD STEP GOAL?

As always it depends where you are starting...

If you have no idea of the number of steps you take a day... first step is start tracking (we love the Oura Ring, Garmin Vivos, any wearable).

Next step will be to add 1,000 per week on top of that current total.

The north star goal would be 8k steps a day. Up to 10k is great, but getting more isn't actually better because it may limit recovery!

TIPS TO MOVE LIKE A BOLTER

- PARK FARTHER AWAY FROM THE FRONT DOOR OF THE STORE/WORK/GYM
- SCHEDULE A DAILY WALK
- TAKE BREAKS AT WORK AND WALK AROUND YOUR BUILDING
- TAKE FRIENDS ON WALKING DATES
- WHEN YOU CATCH YOURSELF SCROLLING, GO FOR A WALK INSTEAD
- TAKE CALLS WHILE YOU WALK
- RANDOM DANCE PARTY!



THE KITCHEN

Where the magic happens.....

BOLTER GADGET KITCHEN STAPLES

- Greenlife Cookware
- Food Scale
- Measuring Cups
- Broiler Toaster Oven
- Ninja
- Food Processor
- Wooden spatula
- Water filter
- Glasslock Glassware
- Baking Sheets
- Parchment Paper
- Instant Pot
- Chef's Knife
- Crockpot
- Veggie Peeler
- Ecos Dish Soap
- Mason Jars
- Hydroflask

BOLTER SPICE KITCHEN STAPLES

- Himalayan Pink Salt
- Peppercorn
- Garlic Powder
- Onion Powder
- Curry Powder
- Ground Mustard
- Cumin
- Bay Leaves
- Chili Powder
- Dill Weed
- Paprika
- Nutmeg
- Ginger
- Oregano
- Chipotle
- Cayenne Pepper
- Rosemary
- Tarragon
- Cinnamon
- Vanilla Extract
- Stevia

BOLTER SAUCE KITCHEN STAPLES

- Mateos Salsa
- Sriracha
- Special Sauce
- Coconut Aminos
- Buffalo Sauce
- Tessamae Sauces
- Mustard
- Organic Ketchup

BOLTER MISC. KITCHEN STAPLES

- Bone Broth
- Kimchi
- Coconut Flour
- Unsweetened Coconut
- Canned Organic Pumpkin
- Baking Powder
- Protein Powder
- Collagen (Vital Proteins)

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HOW TO WIN





WIN WITH THE INSTANT POT

Want to make planning and preparing meals quick easy, and achievable even for the least “culinarily challenged” of us?

ENTER THE INSTANT POT.

If quick, easy cooking options have been a challenge for you in the past...

The instant pot may be one of the greatest investments you can make in your fitness journey!

FOOD	WATER RATIO	TIME
Sweet Potatoes (Large)	-	12-15 Minutes
Potatoes (Small)	-	8-10 Minutes
Oatmeal	1 : 2	2-3 Minutes
Quinoa	1 : 1.25	12 Minutes
Brown Rice	1 : 1	15-18 Minutes
Wild Rice	1 : 2	12-24 Minutes
Dry Black Beans	-	20-25 Minutes
Fresh Fish Filet	-	4-6 Minutes
Chicken Breast (per lb)	-	6-8 Minutes
Turkey Breast (boneless)	-	7-9 Minutes
Beef (large pieces)	-	20-25 Minutes
Eggs (hard)	-	5 Minutes
Butternut Squash*	*When steaming veggies, they will require 1 cup of water and will be placed on the steam rack inside the steel bowl.	6-8 Minutes
Green Beans*		5-7 Minutes
Broccoli Florets*		2-3 Minutes
Mixed Veggies*		3-5 Minutes
Whole Carrots*		6-8 Minutes

INSTANT POT RECIPES

STEAMED RICE

INGREDIENTS:

- 1 rinsed cup of rice
- 1½ cups of water
- 1 tsp. salt

INSTRUCTIONS:

- 1 Add 1 rinsed cup of rice, 1.25 cups of water, and 1 tsp of salt to the pressure cook pot. Stir.
- 2 Lock lid in place. Select high pressure and 3 minutes cook time. When the timer beeps, turn the pressure cooker off and use a natural pressure release for 10 minutes.
- 3 After 10 minutes, do a quick pressure release.
- 4 Fluff the rice with a fork or the paddle that came with your pressure cooker.

TIPS: *To double recipe, double ingredients.*

BOILED EGGS

INGREDIENTS:

- 1 cup of water
- eggs

INSTRUCTIONS:

- 1 Place 1 cup of water in the inner pot of pressure cooker (liquid is ALWAYS needed for the pressure cooker to be able to release pressure.) Place eggs carefully in the rack that came with the pressure cooker.
- 2 Seal pressure cooker. Set on high pressure for 5 minutes.
- 3 After cook time has elapsed, let pressure release naturally for 5 minutes.
- 4 Once 5 minutes has elapsed, release any remaining pressure in the instant pot by knocking vent knob into vent position.
- 5 Carefully, remove the eggs from the pressure cooker and place in ice bath. The eggs are VERY hot, so use pot holders!
- 6 After eggs have been sitting in ice bath for 5 minutes, remove, peel and enjoy your PERFECT hard boiled eggs!

CHICKEN AND BROCCOLI

INGREDIENTS:

2 Tbsp. of coconut oil, olive oil,
or sesame oil
1 lb. of boneless chicken breast,
cut into bite sized pieces
½ cup of diced shallots
(about 1 whole shallot)
2 cloves of garlic, minced
⅔ cup of low sodium chicken stock
(can substitute water)
⅓ cup of coconut aminos
(soy sauce replacement)
1 Tbsp. of honey
3.5 cups of broccoli florets
½ Tbsp. of arrowroot or your
favorite thickener/flour
scallions
¼ tsp. salt
crushed red pepper

INSTRUCTIONS:

- 1 Whisk coconut aminos, honey, and chicken stock together. Set aside. Set instant pot to the saute.
- 2 When it's hot, add oil and shallots and saute until they begin to soften and become fragrant. Add in garlic and cook an additional minute. Pour stock mixture into instant pot and add in diced chicken.
- 3 Cover and lock your instant pot and set to manual pressure/cook for 7 minutes. When cook time is up, finish with an instant release. Carefully remove the lid and remove the cooked chicken. Set aside.
- 4 Remove one cup of the cooking liquid and make a slurry by whisking in ½ Tbsp. of arrowroot starch. Mix until well combined and then return to pot. Set the instant pot to saute and stir until the sauce begins to thicken. Stir in salt. Turn the pot to keep warm.
- 5 Add in chicken and chopped broccoli florets and stir everything together. Place lid on instant pot and give the broccoli 5-10 minutes to steam from the heat of the pot.
- 6 When broccoli is to desired tenderness, garnish with some scallions, crushed red pepper, and serve over rice, quinoa, or cauliflower rice.

MAMA'S MEATLOAF

INGREDIENTS:

1 lb. of ground beef or turkey
1 cup oats
1 large egg
½ large onion diced
½ tsp. salt
¼ tsp. pepper
½ cup ketchup, plus some for topping
1 piece aluminum foil
1 cup water

INSTRUCTIONS:

- 1 Mix ingredients (except extra ketchup and water) and mold into a loaf.
- 2 Make a dent down the middle of your loaf.
- 3 Place your loaf in a greased "boat" made of aluminum foil.
- 4 Pour your water in your instant pot.
- 5 Place your loaf in the instant pot, making sure your sides are much higher than the water.
- 6 Place the lid on your instant pot and seal. Set on the meat setting for 30 minutes.
- 7 Quick release and serve! (If desired, put your loaf boat on a cookie sheet and broil on high for about 2 minutes to crisp up your edges.)

SPAGHETTI SQUASH

INGREDIENTS:

- 1 Spaghetti squash
- 1 Cup Water

INSTRUCTIONS:

- 1 Slice the spaghetti squash in half and scoop out the seeds in the center.
- 2 Place a trivet or steamer basket in the bottom of the instant pot and add a cup of water to the bottom. Arrange the cut squash halves on top of the trivet and secure the lid. Make sure the vent at the top is set to the "sealed" position.
- 3 Use the manual button to set the pressure cooker for 7 minutes on high pressure. When the timer goes off, carefully turn the vent at the top to quickly release the steam and lower the pressure.
- 4 Carefully remove the lid and use a fork to check the squash and make sure it is done to your liking. Your squash should be tender, but not mushy. If there is water collected in your squash, drain it before serving.

To serve the squash, use the tines of the fork to separate the cooked strands into spaghetti-like pieces and remove them from the hard shell.

SWEET POTATO CHILI

INGREDIENTS

- 1 tsp. Olive oil
- 1 medium onion - diced
- 3 garlic cloves - minced
- ½ lb. ground turkey
- 1 lb. ground beef
- 1 large sweet potato peeled and cut into ½ inch pieces
- 3.5 cups (or 28 oz. can) crushed tomatoes
- 1 Tbsp. Worcestershire sauce or Coconut Aminos
- 1 tsp. cumin
- 1 tsp. chili powder
- Salt and Pepper to taste

INSTRUCTIONS

- 1 Set the instant pot to the saute setting.
- 2 Add olive oil to the interior pot, followed by the diced onion.
- 3 Saute until tender, then add the minced garlic, ground turkey, and ground beef.
- 4 Cook, stirring frequently, until the turkey and beef are browned.
- 5 Add sweet potato, crushed tomatoes, Worcestershire sauce, cumin, and chili powder.
- 6 Stir to combine well and situate the top onto the instant pot.
- 7 Set the instant pot to 10 minutes of high pressure using the manual setting. Allow to release the pressure naturally and then carefully release any additional pressure by removing the top of the instant pot.
- 8 Serve the chili with any additional toppings desired.



INSTANT POT RECIPES CONTINUED

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BUFFALO CHICKEN

INGREDIENTS

- 1½ lbs. boneless skinless chicken breast
- 1 small onion, diced
- 1 cup buffalo wing sauce
- ½ cup water
- 2 tsp. garlic powder
- 2 tsp. salt & pepper

INSTRUCTIONS:

- 1 Using the instant pot, add chicken, buffalo sauce, water, and spices. Lightly stir to get sauce under the chicken. Close lid, seal pressure valve, and set on manual for 10 minutes.
- 2 When the time is up, either naturally release pressure or manually release pressure by flipping the valve.
- 3 Remove the lid, then remove the chicken breasts and place on a cutting board.
- 4 Using 2 forks, shred the chicken. Add shredded chicken back to the pot with the buffalo sauce mixture. Stir to coat.
- 5 Serve on a bed of rice, sweet potatoes, or on top of a salad.

LEMON SALMON

INGREDIENTS

- ¾ cup of water
- A few sprigs of parsley, tarragon, basil, or a combo
- 1 lb. Salmon filet (skin on)
- 3 tps.. of ghee or olive oil
- Salt and pepper to taste
- ½ lemon, thinly sliced
- 1 zucchini julienned
- 1 carrot, julienned

INSTRUCTIONS:

- 1 Put water and herbs in the instant pot and then put in the steamer rack, making sure the handles are extended up.
- 2 Place salmon, skin down, on the rack.
- 3 Drizzle salmon with ghee or olive oil. Season with salt and pepper and cover with lemon slices.
- 4 Close the instant pot and make sure the vent is turned to “sealing”. Press “steam” and press the + or - buttons to set it to 3 minutes.
- 5 While salmon cooks, julienne your veggies.
- 6 When the instant pot beeps that it’s done, quick release the pressure, being careful to stay out of the way of the steam that will shoot up.
- 7 Remove the lid, and using hot pads, carefully remove the rack with the salmon and set on a plate.
- 8 Remove herbs and discard. Add veggies and put the lid back on. Press “saute” and let the veggies cook for just one or two minutes.

DAVE AND KELSEY'S ROCKSTAR OATMEAL

INGREDIENTS

- ¼ cup Bob's Red Mill Oats
(we like the gluten free version)
- 2.5-3 cups of almond milk or coconut milk
- 1 cup of regular or non-dairy cream
(see notes for substitutions)
- ½ cup chopped apple
- 1 large carrot, shredded into shavings
- 1 cup raisins
- ½ cup chopped walnuts
- ¼ cup of flaxseed or chia seed
- ½ Tbsp. of cinnamon
- Pinch of sea salt
- 1 Tbsp. stevia

INSTRUCTIONS:

- 1 First, add the 3 cups of milk. Then, add your oats and prepped ingredients (minus the toppings) in the instant pot. Barely mix together.
- 2 Place instant pot on pressure cook for 10 minutes, then natural release. If you are using quick oats, only cook for 7 minutes or so.
- 3 Once cooked, add in optional protein.
- 4 Spoon into 6-7 small 1 cup mason jars or 5 medium bowls. Top with blueberries. Optional honey and pinch of cinnamon/splash of milk.

TOPPINGS and MIX-INS

- 1 scoop of favorite protein powder (recommended)
(we like vanilla flavor)
- Fresh blueberries to top once cooked
- Extra milk/sweetener to top if desired



WIN BY BECOMING A SIMPLE CHEF

MASTER THE BASICS

PROTEIN OATS

Peel and mash $\frac{1}{2}$ banana.

Stir banana and $\frac{1}{2}$ cup oats, $\frac{3}{4}$ cup egg whites, and $\frac{1}{2}$ cup almond or coconut milk in a medium sized bowl with room at the top so the oats can “grow” in the microwave without overflowing.

Microwave on high for three minutes, stirring after 75 seconds, and then again every 30-45 seconds until three minutes are up.

Top with your favorite toppings (Sun butter, berries, pumpkin pie spice, etc.) and enjoy.

SAUTEED MEAT *(any)*

Place ground meat in a non-stick skillet and cook over medium-high heat.

The most important part to browning ground meat is using a wooden spoon or heat-proof spatula to break up the ground beef into equal-sized pieces as it cooks. This ensures that the beef cooks evenly.

Store in a glass container for 1-2 days. Serve with brown rice and veggies or spaghetti squash.

STEAK FAJITAS

Slice and Saute one red pepper, one green pepper, one yellow pepper, and one medium onion over medium heat for 5-8 minutes, stirring every 1-2 minutes. Season with salt, pepper, and chili powder.

Place 1lb of flank steak, seasoned with salt and pepper, in a pan or grill pan on medium heat. Cook 3-5 minutes per side based on thickness. Let the steak rest 10 minutes before slicing.

Slice steak against the grain and mix in a bowl with peppers and onions. Squeeze juice from a fresh lime over the fajita mix and top with fresh cilantro.

Serve with warm corn tortillas or over brown rice.

TURKEY AND PEPPERS

Saute onions, bell peppers, and garlic:

Heat 1 Tbsp. of olive oil in a large skillet on medium-high heat. Add the chopped onions and bell peppers and cooked until the onions and peppers are soft.

In a separate skillet, brown the turkey. Cook the turkey on one side without stirring, then flip to brown the other side. Once both sides are browned, stir in the peppers and onions.

Serve over rice or sweet potatoes.

LEMON BAKED SALMON

Preheat oven to 400 degrees F. Arrange lemon slices in a single layer in a baking dish. Layer with 2 sprigs of rosemary. Top with salmon filets (skin down).

Bake 20 minutes or until fish is easily flaked with a fork.

ROASTED BROCCOLI

Preheat oven to 425 degrees F. Wash broccoli and dry very thoroughly. Cut into medium-sized spears and coat well with 1 Tbsp. olive oil. Spread onto a rimmed baking sheet and sprinkle with salt and pepper.

Bake for 10 minutes, flip each piece over, and bake for 10 more minutes.

BAKED GREENS

Preheat oven to 400 degrees F. Trim the rough edges of asparagus/greens off. Line a cookie sheet with foil. Lay greens on cookie sheet in an even layer.

Drizzle lightly with olive oil. Season liberally with salt and pepper or garlic salt.

Cook for 10 minutes until greens darken slightly and are tender.

TIP: Your greens should be crisp, not mushy when removing from the oven. They will continue to cook as they sit.

SKILLET GREEN BEANS

Heat a large skillet to medium-high heat. Add olive oil and green beans to the pan.

Cook for 10-15 minutes, stirring occasionally, until green beans have blistered or browned on the sides. Add in garlic, lemon zest, red pepper flakes, and salt.

Stir and saute for one minute.

STEAMED VEGGIES

Cut the vegetables. Smaller pieces will cook more quickly than larger pieces.

Add 1 inch of water into a saucepan. Insert the steamer basket. The surface of the water should be under the steamer basket. Bring water to a boil.

Add the vegetables. Cover and reduce heat to medium.

Start to check the vegetables by sticking with a fork every few minutes. Tender veggies, like asparagus and broccoli, will cook in just a few minutes. Harder veggies, like carrots and potatoes, will take longer.

SAUTEED ONIONS AND ZUCCHINI

Place sliced zucchini or summer squash into a colander. Place colander into a large bowl. Sprinkle with salt. With a serving plate, press down firmly on the zucchini to dry excess water.

Heat a skillet on medium-high heat and add 1 Tbsp. of olive oil. Add the squash, onion, garlic, salt, and pepper.

Saute until the onion is caramelized to a golden brown, stirring frequently.



BAKED BUTTERNUT SQUASH

Preheat the oven to 375 degrees F. Cut the butternut squash in half and scoop out the guts and seeds with a spoon and toss.

Turn the squash flesh upside-down and pour about ¼ cup of water in pan.

Bake in the oven, uncovered, for about 40-45 minutes, until the squash is soft enough to be easily pierced with a sharp knife. Add a bit more water if you feel the squash is becoming too dry.

When the squash is fully cooked, remove it from the oven and allow it to cool for a few minutes until you can safely handle it. Scoop out the flesh with a spoon.

EASY BAKED SWEET POTATOES

Heat oven to 400 degrees F. Scrub your sweet potato and pat dry with a towel. Prick potato with a fork 8-10 times.

Place sweet potato on a baking sheet and bake between 30-75 min based on the size of the potato.

Test to see if your sweet potatoes are cooked by squeezing with an oven mitt. If they are tender, they are ready to serve. If they are firm, bake for another 10-15 minutes.

PAN ROASTED POTATOES

Preheat oven to 425 degrees F.

Dice potatoes in wedges or cubes. Lay the potatoes out in a single layer on a roasting tray. Drizzle 1 Tbsp. of olive oil, cinnamon, salt, and pepper over the potatoes.

Roast for 15-20 minutes on one side, then flip and roast on the other side for another 10-15 minutes.



WIN IN THE KITCHEN

SWEET POTATO EGG MUFFIN

INGREDIENTS

1 small sweet potato
2 eggs
1/2 Tbsp. Coconut oil
2 egg whites
2 slices turkey bacon - chopped
½ red bell pepper - chopped
¼ red onion - chopped
Seasonings - salt, pepper, garlic

INSTRUCTIONS:

- 1 Preheat oven to 350.
- 2 Use grater to shred sweet potato.
- 3 Combine shredded sweet potato, oil, and seasonings.
- 4 Spoon into sprayed muffin tin filling 6 muffin tins and bake for 30 minutes.
- 5 Combine eggs, turkey bacon, peppers, onion, and season.
- 6 Pour egg mixture into sweet potato and continue to bake for 15-20 minutes until eggs are cooked.

CHOCOLATE OVERNIGHT OATS

INGREDIENTS

1 cup unsweetened almond milk
½ cup plain low-fat greek yogurt
(or mashed banana or pumpkin)
2 Tbsp. Unsweetened Cocoa powder
(or more to taste)
1 tsp. salt
2 Tbsp. baking stevia
1 cup Oats
¼ cup Protein powder

INSTRUCTIONS:

- 1 In a small bowl, mix all the ingredients together. Divide between 2 small bowls, mugs, or mason jars. Cover and refrigerate overnight (or at least an hour to let the oats soften and absorb the liquid).
- 2 Top with chopped nuts or a topping of choice if desired! Enjoy cold, or microwave for 30-60 seconds to enjoy warm!



VEGGIE FRIED RICE

INGREDIENTS

3 cups cooked brown rice
2 Tbsp. olive oil or avocado oil
1 cup thinly sliced carrots
½ cup finely diced yellow onion
1½ cups small diced broccoli florets
1 cup small diced red bell pepper
4 cloves fresh garlic, minced.
4 large free range eggs
1 cup frozen petite peas, thawed & drained
4 Tbsp. coconut aminos
(or Bragg's liquid aminos)
Sea salt and pepper to taste

INSTRUCTIONS:

- 1 Heat oil in a large non-stick skillet over medium-high heat.
- 2 Add carrots, onions, garlic, and saute for 2-3 minutes. Stir in broccoli and bell pepper and cook until veggies are almost soft - about 5 minutes.
- 3 Move veggies over to one side of the pan, crack eggs into the opposite side, and scramble until cooked through. Season with salt and pepper to taste.
- 4 Add in cooked rice, peas, coconut aminos, and cook while stirring continuously for 2 minutes until heated through.

GARLIC TENDERLOIN

INGREDIENTS:

2 Tbsp. olive oil
1 Tbsp. sea salt & fresh cracked pepper
2 lb. pork tenderloin
2 oz. butter, thin sliced into 2 pats
2 Tbsp. diced garlic
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried thyme
1 tsp. dried parsley
½ tsp. dried sage

INSTRUCTIONS:

- 1 Preheat oven to 350 degrees. Line baking sheet with aluminum foil.
- 2 In a small bowl, combine all spices. Set aside.
- 3 Generously season tenderloin with salt and pepper.
- 4 In a large pan, heat oil until shimmering.
- 5 Add tenderloin to the pan and cook on all sides until golden brown.
- 6 Add tenderloin to baking sheet.
- 7 Generously coat tenderloin with herb mix.
- 8 Place pats of butter on top of tenderloin.
- 9 Wrap in foil. Bake until pork is 150 degrees internally at the widest part of the tenderloin (about 25 minutes).
- 10 Let rest for 5 minutes to lock in the juices. Slice against the grain and serve immediately.

RASPBERRY PORK TENDERLOIN

INGREDIENTS

- 2½ lb. Pork Tenderloin
- 1 can (7 oz.) Chipotle sauce
- ½ cup sugar-free raspberry preserves
- ½ cup low-sugar BBQ sauce
- ½ ?? water

INSTRUCTIONS:

- 1 Blend the chipotle sauce, preserves, and BBQ sauce in a food processor.
- 2 Add water and pork to the crock pot.
- 3 Fully coat the pork with the mixture.
- 4 Cook on high for 3-4 hours or low for 7-8 hours. (Instant Pot - cook on manual for 35 minutes).
- 5 When done, you can either slice or shred pork and serve.

COCONUT CHIA PUDDING

INGREDIENTS:

- 1 can coconut milk (approx. 400ml)
- 1 cup Chia seeds
- 1½ Tbsp. maple syrup
- ¼ tsp. dried ground cardamom
- Pinch of Saffron (4-6 threads)
- OPTIONAL: *Chopped pistachios and goji berries to garnish*

INSTRUCTIONS:

- 1 Whisk all pudding ingredients in a medium sized bowl until well combined. Let sit for 10 minutes.
- 2 Whisk again and divide mixture evenly into four ramekins. Refrigerate for 3 hours or overnight.
- 3 Garnish with pistachios and goji berries or other toppings of choice and serve. You can keep the pudding covered and refrigerated for up to 5 days.

FROZEN BERRY BLISS

INGREDIENTS:

- 2 cups frozen berries
- ½ cup plain yogurt, greek, or full fat.
- 2 Tbsp. Honey
- OPTIONAL: *1 tsp. vanilla or lemon*

INSTRUCTIONS:

- 1 In food processor or blender, add frozen berries, yogurt, and honey. Blend for 2 minutes or until the mixture is creamy. Serve soft or transfer to an airtight freezable container and freeze for at least 3 hours or overnight.
- 2 Store in freezer for up to 2 weeks.

PROTEIN PUMPKIN PANCAKES

INGREDIENTS:

- 1½ cups oats
(ground in a food processor or coffee grinder)
 - 1 large egg or 75g egg whites
 - 2 tsp. baking powder
 - ½ tsp. salt
 - ½ cup pumpkin puree
 - 1 dash stevia
 - 1 cup almond milk
 - 2 tsp. cinnamon
- OPTIONAL:
- 1 Tbsp. nut butter
 - 1 Tbsp. honey

INSTRUCTIONS:

- 1 In a large bowl, whisk the oat flour, baking powder, and salt. Add the remaining pancake ingredients and whisk until just combined and smooth. The batter will thicken slightly while you wait for the griddle pan to heat up.
- 2 Heat a griddle pan over medium heat and grease with oil or cooking spray.
- 3 Pour the batter ½ cup onto the skillet. Wait until some bubbles start to form on top. Allow to cook for 2 more minutes then flip the pancakes over. Cook for about 3 more minutes until the batter is cooked through.
- 4 Serve hot and drizzle honey or any other of your favorite toppings on top.

PROTEIN BERRY BREAKFAST PARFAIT

INGREDIENTS:

- 1 cup 2% Fat Greek Yogurt
- ¼ cup oats
- ¾ scoop vanilla protein powder
- ½ cup frozen blueberries
- ¼ cup frozen raspberries
- ¼ cup pumpkin seeds or cashews

INSTRUCTIONS:

- 1 Combine yogurt, oats, and protein powder in a medium sized mixing bowl. Combine the frozen berries and pumpkin seeds/cashews in a separate bowl.
- 2 Scoop half of the yogurt mixture into a glass tupperware. Top the entire layer with ½ of the berry mixture.
- 3 Repeat for second layer.



PEPPERMINT ENERGY YUMS

INGREDIENTS:

- 1 cup walnuts
(or pecans/almonds/combo)
- 1 cup unsweetened desiccated coconut
- 7 medjool dates
(pits removed)
- 3 Tbsp. cacao powder
- ½ tsp. natural peppermint extract
- 3 heaping Tbsp. unsweetened almond butter
- Pinch of fine pink salt

INSTRUCTIONS:

- 1 In a food processor, using the “S” blade, mix nuts and coconut for about 1-2 minutes on low until mixture is very fine.
- 2 Add rest of ingredients and mix on high for about 2 minutes or until well combined.
- 3 Taste - Adjust as necessary.
- 4 Form into balls. Dust with extra cacao if desired. Serve or transfer to airtight container and refrigerate for up to 2 weeks.

PUMPKIN OATMEAL BALLS

INGREDIENTS:

- 1 cup rolled oats
- 2 Tbsp. chia seeds
- 1 cup vanilla protein powder
- 1 tsp. ground cinnamon
- ½ cup sunflower seed butter
- ¼ cup maple syrup
- ½ cup pumpkin puree
- 1 tsp. pure vanilla extract
- ¼ cup coconut flakes

INSTRUCTIONS:

- 1 Mix oats, chia seeds, protein powder in a bowl. Set aside.
- 2 In a medium bowl, mix sun butter, maple syrup, pumpkin puree, and vanilla. Pour over dry ingredients. Mix well.
- 3 Add in coconut flakes until well mixed.
- 4 Place in refrigerator for 5 minutes.
- 5 Roll into 20 small balls and place in refrigerator until ready to eat!



WIN WHILE EATING OUT

EAT OUT OFTEN?

TIP #1 DON'T STRESS

It's overwhelming but it doesn't have to be. Go with a plan and do your best.

TIP #2 PICK YOUR PROTEIN

Choose 3 you think would be the best choice then pick the 1 that is the BEST!

Eg: chicken, salmon, lean steak cut, mahi mahi, egg whites, turkey, ham.

TIP #3 CHOOSE YOUR CARBS

Most places serve rice or beans for a side dish. Also corn tortillas are a good option at Mexican Restaurants. Use your hand as a guide when you are in a pinch.

TIP #4 EAT YOUR VEGGIES FIRST

Again most places serve a side of steamed broccoli, mixed greens, or a salad.

Ask for EXTRA veggies and no butter and you are good to go! OR order the salad w/a light balsamic on the SIDE.

Eat these veggies before diving into the rest of your meal to control hunger and avoid over-eating.

TIP #5 FATS ARE ESSENTIAL

Typically restaurants cook veggies in fat so you are good to go unless you'd like specify no butter or oil. I would recommend doing this if you are dairy sensitive. Having a side of avocado would be an option as well.

TIP #6 LOOK AT THE MENU BEFOREHAND

Decide before walking into a place to smell the fried greasy foods that are so hard to resist. Look at the menu beforehand and pick 2-3 dishes that sound good then choose the #1 option beforehand!

WIN AT THE GROCERY STORE

CHOOSE 2-3 FROM EACH CATEGORY



Eggs
 95% Lean Ground Beef
 99% Lean Ground Turkey
 Chicken breast/tenderloin
 Salmon/Tuna/Mahi Mahi
 Shrimp
 Bison
 Lean Steak (sirloin)
 Egg Whites
 Protein Powder:
Whey/Brown Rice



Potatoes:
Sweet/Red/Purple
 Jasmine Rice
 Quinoa
 Brown Rice
 Wild Rice
 Oatmeal (GF)
 GF Tortillas
 Plantains
 Millet
 Yucca
 Black/Pinto Beans
 Sourdough Bread
Starch Vegetables:
*Spaghetti Squash, Parsnips,
 Butternut Squash*



Bananas
 Apples
 Peaches
 Blueberries
 Strawberries
 Cranberries
 Grapes
 Mangoes
 Oranges
 Kiwi
 Cherries
 Pears
 Watermelon
 Guava



Topo Chico
 Zevia
 Unsweet Tea
 Herbal Teas
 Kombucha
 Unsweet Almond Milk
 Unsweet Coconut Milk



Olive Oil
 Avocado Oil
 Coconut Oil (unrefined)
 Nuts:
Almonds, Cashews, Walnuts
 Flax Seeds
 Pumpkin Seeds
 Sesame Seeds
 Olives
 Avocado
 Chia Seeds
 Sunflower Seeds
 Ghee (butter)



Brussel Sprouts
 Squash & Zucchini
 Broccoli
 Mushrooms
 Cauliflower
 Asparagus
 Green Beans
 Cabbage
Dark Leafy Greens:
*Kale, Spinach, Spring Mix,
 Collard Greens*
 Carrots
 Bell Peppers
 Tomatoes
 Radish
 Okra
 Onions
 Leeks



Bone Broth
 Kimchi
 Plain Greek Yogurt
 Collagen Peptides
 Sriracha
 Salsa
 GF BBQ Sauce
 Oil & Vinegar



Basil
 Rosemary
 Thyme
 Dill
 Curry
 Garlic Powder
 Onion Powder
 Pink Salt
 Paprika
 Cayenne Pepper
 Black Pepper
 Chili Powder
 Trader Joe's:
Everything But Bagel Seasoning
 Onion Salt
 Ground Mustard

SHOPPING TO WIN

PS: It's not about what you buy - it's about what you don't buy.

If you apply 1 of these general concept to grocery shopping, you're automatically starting at a healthier place due to overall elimination of the added sugars, fats, and preservatives—and focusing on the most wholesome version of the food.

TIP #1 SHOP THE PERIMETER OF THE STORE

The dairy case and the fresh produce, poultry and seafood sections of most grocery stores are all located on the perimeter. The middle isles are usually filled with processed temptations.

TIP #1 BE SELECTIVE - BUY ORGANIC

Buy produce according to the “Dirty Dozen and Clean 15” lists. Buying all organic isn't realistic for most [people], but you can easily and affordably minimize pesticide exposure when you buy according to the lists.
**See page 37*

TIP #1 TRY SOMETHING NEW

Trying something new? Use the bulk food aisle to scoop up a small portion of lentils, grind your own nut butter, or bulk seasonings!

TIP #1 BUY MORE PROTEIN

Estimating the amount of protein you eat per day may be unknown at this point. You may also start to realize how fast you go through chicken or beef, next time grab an extra package for the freezer!

TIP #1 BUY MORE FROZEN

Frozen fruits and vegetables (without sauce) are a convenient way to help fill in the produce gap. Also, they are washed & chopped!



EXTRA TIPS:

DON'T SHOP HUNGRY.

IF YOU WANT ICE CREAM, BUY IT.

Enjoy the amount you plan, and throw it out (or buy single servings).

IF YOU CAN'T MODERATE, THAT'S OKAY.

Don't buy it.

BUY 1 NEW VEGGIE A WEEK.

GO TO THE STORE WITH A LIST.

PARK FARTHER AWAY FROM THE STORE.

USE CURBSIDE IF YOU ARE TEMPTED.



DIRTY DOZEN

DIRTY DOZEN (BUY ORGANIC!)

The EWG identified the following items on its "Dirty Dozen" list of produce with the most pesticide residue:

- STRAWBERRIES
- SPINACH
- NECTARINES
- APPLES
- GRAPES
- PEACHES
- CHERRIES
- PEARS
- TOMATOES
- CELERY
- POTATOES
- SWEET BELL PEPPERS

CLEAN FIFTEEN (NON-ORGANIC = OKAY!)

These are the items the EWG identified for its "Clean Fifteen" which report the least likelihood to contain pesticide residue:

- AVOCADOS
- SWEET CORN
- PINEAPPLES
- CABBAGES
- ONIONS
- SWEET PEAS
- PAPAYAS
- ASPARAGUS
- MANGOES
- EGGPLANTS
- HONEYDEWS
- KIWIS
- CANTALOUPE
- CAULIFLOWER
- BROCCOLI



BUILD A WINNING PLATE

Calorie Control: A Simple Guide

FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods with most meals



2 entire thumbs of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

Calorie Control: A Simple Guide

FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

WIN IN THE GYM

SHOW UP

You may not always be motivated, but you are committed to it. Important stuff fits in the schedule.

WORK TOWARD 1% BETTER EVERY DAY

Seek progress over perfection. Strength is a skill to be practiced. Like the piano, you just keep working at it and get better. And remember: Progress is not linear. Apply effort over the long haul.

RUN YOUR OWN RACE

Meet yourself where you are and don't compare your journey to someone else's. Just keep moving to your best self. Know when to push and when to back off based on where YOU are each day.

WORK TOWARD 1% BETTER EVERY DAY

What's your goal? Why do you want to achieve it? Why do you want to achieve THAT? Go a few levels down to find the deep-rooted "why"? Use that to show up for yourself daily.

HAVE FUN!

Most importantly. Take your fitness seriously, but not yourself. Gym time doesn't have to suck!



WIN IN LIFE

EVERY NEW DAY IS A CHANCE TO CHANGE YOUR LIFE.

Treat others how you want to be treated.

Express positivity everywhere you go.

Embrace the basics.

ASK FOR HELP.

Empower those around you to be their best.

Be honest.

BE OPEN-MINDED.

Ask tons of questions.

TAKE ACTION.

Connect with the people who are important to you.

Do the boring work.

Celebrate the success of everyone.

EMBRACE CHANGE.

Surround yourself with a community that supports you.

Learn about yourself daily.

BE A TEAM PLAYER - *If you want to go fast (go alone) If you want to go far (go together).*

USE YOUR FAILURES AS OPPORTUNITIES TO LEARN.

3

ROCKSTAR FOUNDATION HABITS



WIN WITH THE FUNDAMENTALS

RECORD YOUR DAY

- **WHEN:** A 2-3 day commitment to start
- **WHAT:** Be detailed. How did you feel? How hungry were you? How full were you?
- **TIPS:** *Use an app like "MyFitnessPal". Use your phone for pictures. Go old-school with pen and paper. Record useful notes. Plan a day ahead of time*

HALTS:

- **WHAT:** An acronym:
Hungry
Angry
Lonely
Tired
Stressed
- **WHEN:** Any chance you feel an urge to binge on a certain food or break a "bad" eating pattern, use HALTS to become more aware of WHY this behavior is happening.
- **EXAMPLES:**
 - When we want to drink wine at the end of a long day, we are usually stressed - not thirsty.
 - When you want to eat a sleeve of Oreos, you may not be hungry - but lonely and bored.

HYDRATE OFTEN:

- **HOW MUCH:** Start with $\frac{1}{2}$ your body weight in oz. of water.
- **TIPS:**
 - *Purchase a non-plastic water bottle.*
 - *Drink with a straw.*
 - *Set timers on your phone.*
 - *Drink 12 oz. before and after each meal.*

WIN WITH THE FUNDAMENTALS CONTINUED

EAT SLOWLY:

- Sometimes it's not about what you eat, but HOW you eat.
- Eating slowly can allow us to realize how hungry or full we really are.
- **TIPS:**
 - Put your fork down between bites
 - Chew each bite 20-30x
 - Stop when you are just barely full
 - Be the last one done
 - Observe what that felt like and record.

DOUBLE DOWN METHOD:

- It takes just as long to cook two chicken breasts as it does one.
- **WHAT:** Double down on the amount you cook at a time while doubling down on how much you get done during the time you cook.
- **TIPS:**
 - Add extra cups of rice to the pot
 - Dice up veggies while the turkey is cooking
 - Boil eggs on the stove while potatoes are baking.
 - Make your breakfast during dinner

EAT PROTEIN

- **WHY:** Build lean muscle mass, burn fat, highly satiating.
- **TIPS:**
 - Add protein to your salad
 - Start your day with a super shake or high protein meal
 - Prepare bulk lean protein ahead of time

EAT SMART CARBS

- **HOW MUCH:** 1-2 cupped hand sizes per meal
- **TIPS:**
 - Use the instant pot to make bulk grains
 - Chop potatoes ahead of time
 - Stock up on grains in bulk

4

FAQS



FAQS

1 HOW MANY TIMES A DAY IS NORMAL TO POOP?

1-2 times a day with a solid consistency but easier to pass. No diarrhea or constipation.

2 WHAT VEGETABLES ARE EASY ON THE GUT TO DIGESTION?

Lettuce, kale, leafy greens, squash, zucchini, bok choy.

3 HOW MANY STEPS IS A GOOD GOAL TO HIT?

It depends, if you are fairly active already and do things like HIIT training, 8k is a solid goal. If you are fairly sedentary, just start moving and setting 10k as your long-term goal.

4 HOW MUCH WATER SHOULD I BE DRINKING?

½ bodyweight in oz. plus 1 extra (20 oz. glass) if you are training.

5 IS YOGURT BAD?

Read the ingredients. Watch for any ingredients you can't pronounce. Choose a higher protein content. 12 grams or more per serving. Look at the sugar--aim for 10 grams or less. Choose without fruit and add your own.

6 DO I HAVE TO EAT EVERY 3 HRS?

No meal timing throughout the day is more beneficial than another. So NO — you do not have to eat every 3 hours. In fact, feel free to eat more or less frequently as you see fit! This is YOUR diet; eat in a manner that suits you and your schedule.

7 DO I HAVE TO EAT BREAKFAST IF I DON'T WANT TO!?

Nope! You don't have to do anything you don't want to do, BUT if it is holding you back from having energy, feeling better and getting results then maybe some breakfast might be what you are missing.

8

WILL EATING AT NIGHT MAKE ME FAT?

“Nutrient timing” sounds impressive. Science-y. The way sport and exercise people throw it around, you’d think it must be pretty important. And in the right context, it can be.

What’s most important is you make high-quality choices, consistently, whenever it works for you.

For the average person, as long as you eat good foods in reasonable amounts, timing doesn’t really matter. Big breakfast or big dinner—it’s all personal preference.

9

WHAT AND WHEN SHOULD I EAT AROUND MY WORKOUTS?

The answer all depends on who’s asking.

For most people, eating a normal mixed meal 1-2 hours before and after exercise is sufficient. This will provide adequate protein and carbs to both fuel the workout and maximize recovery/adaption.

If you are working out at our early class you could try a protein shake + coconut water or wait until post-workout to have a full meal within 60 minutes.

If you are training in the afternoon - We recommend have a smaller meal 1-2 hrs prior to train.

Apple & nut butter! Ground turkey & rice! Chicken & sweet potatoes! All good options!

10

WHAT ARE THE BEST “DETOX” FOODS?

Being kind and gentle to your body daily. Our liver does the best job daily to detox. There aren’t certain foods that directly detox you but the best foods are the ones that YOU feel best with.

We recommend replacing processed carbs with whole foods and getting vitamin D daily to flush your lymphatic system!

11

WHAT ARE “GOOD” SNACK IDEAS?

“Snack” foods these days tend to be fruit rolls ups, fruit snacks, 100 cal packs, handfuls of the latest and greatest protein packed junk in a bag, granola bars, or whatever you can find in pantry as you mindlessly search.

In reality, a snack can be a small meal similar to a “breakfast, lunch or dinner”.

(GOOD SNACK IDEAS CONTINUED)

Reasons why we like to add in an extra meal like a “snack” is:

- To nourish your body
- To regulate blood sugar
- To decrease cravings
- To gain energy

Here are some ideas to get you started:

- Boiled eggs + 1 apple
- 1 cup yogurt + 2 rice cakes + 1 avocado spread on cake 3 oz. tuna mixed with ½ cup rice + chopped celery + ½ mashed avocado
- 3 oz. shredded chicken + ½ baked sweet pot + ½ Tbsp. coconut oil on the pot
- RX Bar
- 1 scoop protein powder + 1½ cup of fresh/frozen fruit + 1 Tbsp. nut butter in a blender with almond milk and ice



THANK YOU

THANK YOU FOR TAKING THE TIME TO RUN THROUGH YOUR BOLT GPS!

We have worked to develop this resource to guide you through the mumbo jumbo of all the nutrition advice out there #overwhelming...

I want to give a huge shout out our personal “Go-to” coaches for nutrition - Kelsey Flanagan and Dave Rascoe. This guide is nothing without their guidance. Check out the rest of their nutrition coaching content on Facebook, Instagram (@KelseyFlanaganNutrition, @DavidRascoe), and at LiftFitnessAcademy.com.



We truly appreciate you trusting us to be your coaches and guides. Give yourself a large pat on the back for taking the initiative to invest in yourself and become a member of the BOLT Tribe.

I hope this GPS will guide you towards improving your habits and health in & outside of the gym!

LET'S DO THIS!

The BOLT Team



BOLT

FITNESS & PERFORMANCE TRAINING



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