



Basic Nutrition for Fat Loss and Overall General Health

Diet Breakdown

- 20 - 40% of diet from lean protein sources.
- 40 - 60% of diet from carbohydrate sources (depending on activity levels and goals).
- 10 - 20% of diet from healthy fat sources.

Meal Frequency

- Eat 5-6 meals throughout the day (every 2-3 hours) depending on activity levels and caloric needs.
- Sample meal plan for fat loss:

7 am:

4-6 oz protein, 1/3-1/2 cup complex carbs, 1 piece of fruit (optional), fat

10 am:

4-6 oz protein, 1/3-1/2 cup complex carbs, 4 oz vegetable and/or fruit, fat

1 pm:

4-6 oz protein, 1/3-1/2 cup complex carbs, 4 oz vegetable and/or fruit, fat

4 pm:

4-6 oz protein, 1/3-1/2 cup complex carbs, 4 oz vegetable, fat

7 pm:

4-6 oz protein, fat, vegetable (or salad with low-fat, low-calorie dressing), NO CARBS

9 pm:

4-6 oz protein, NO CARBS



Examples of Optimal Food Sources (not an all-inclusive list)

- Protein (lean sources only, remove any extra fat):
 - egg whites - chicken breast - turkey - steak (lean cuts)
 - ground beef (at least 90% lean) - pork (lean cuts) - soybeans
 - fish (tuna, albacore, tilapia, mahi-mahi, orange-roughy) - yogurt (low sugar)
 - cottage cheese - fat free milk - tofu (limited - high in fat)

- Carbohydrates:
 - vegetables (green veggies - broccoli, asparagus, peas, etc) and salads (light on dressing)
 - fruits (apples, apricots, blueberries, cherries, grapes, peaches, pears, raspberries, strawberries)
 - oatmeal - brown rice - sweet potatoes/yams
 - legumes - whole grain bread - whole grain cereal

- Fat (healthy fats only, small portion sizes):
 - egg yolks - almonds - walnuts - peanuts
 - pecans - avocado - flaxseed oil - soybean oil
 - extra virgin olive oil - fish oil (found in salmon, trout, mackerel)

Remember, losing weight is a calories game!!! You must burn more calories during the day than you consume!