

WOMEN'S NUTRITION GUIDE



The background is a solid red color. Two white diagonal lines run from the top-left towards the bottom-right. One line starts near the top-left corner and ends near the middle of the right edge. The other line starts further down the left edge and ends near the bottom-right corner. The text is centered between these lines.

TIPS AND TACTICS

TIPS AND TACTICS FOR

Healthy Eating

- 1 Eat plenty of high-quality protein, fiber, and unsaturated fats.
- 2 Limit saturated fat, added sugar, refined carbs, and processed foods
- 3 Don't grocery shop without a set list
- 4 Don't grocery shop when you are hungry
- 5 Increase your protein
- 6 Drink at least half your bodyweight in water
- 7 At minimum, drink of 8 x 8 oz glasses of water per day
- 8 Don't drink your calories — eliminate juice, soda, fancy coffees, and other flavored beverages

9 Add greens into your breakfast

10 Choose healthy oils (like extra virgin olive oil, avocado oil and coconut oil)

11 Drink your coffee black

12 Eat during a specific time window (i.e. 11 a.m. to 7 p.m.)

13 Eat three meals and one or two snacks per day

14 Use a calorie tracking app to record everything you eat for a week



TIPS AND TACTICS FOR

Healthy Living

1

Get seven to nine hours of sleep per night

2

Stop looking at electronics one hour before bed

3

Avoid smoking and excessive drinking

4

Move at least 30 minutes a day

5

Get up from your seat once an hour

6

Practice self-care for 10 to 20 minutes every day

7

Try meditation to increase mindfulness

8

Start small – don't try to tackle new lifestyle changes all at once

9

Surround yourself with positive energy

10

Challenge your mind — learn a new skill, start a hobby, play brain games

11

Stay up-to-date on all your doctor and dentist visits



GROCERY LIST



PROTEIN

✓ Turkey

✓ Chicken

✓ Bison

✓ Eggs

✓ Egg whites

✓ Wild fish

✓ Grass-fed steak

✓ Pork

✓ Lamb

✓ Chunk light
tuna

✓ Salmon

✓ Sardines

✓ Trout

✓ Cod

✓ Herring

✓ Beans

✓ Lentils

✓ Quinoa

✓ Cottage cheese

✓ Greek yogurt

✓ Lentils

✓ Protein
powder: whey,
vegan, pea,
hemp, collagen

✓ Tempeh



CARBS

✓ Sweet potatoes

✓ Potatoes

✓ White rice

✓ Brown rice

✓ Oats

✓ Oat flour

✓ Quinoa

✓ Oatmeal

✓ Buckwheat

✓ Ezekiel bread

✓ Sprouted grains

✓ Rice cakes

✓ Yuca

✓ Amaranth

✓ Barley



VEGGIES

✓ Artichokes

✓ Asparagus

✓ Beets

✓ Bean sprouts

✓ Broccoli

✓ Brussels
sprouts

✓ Cabbage

✓ Carrots

✓ Cauliflower

✓ Celery

✓ Cucumbers

✓ Eggplant

✓ Fennel

✓ Green beans

✓ Leafy greens
(lettuce, kale,
spinach, etc.)

✓ Radishes

✓ Tomatoes

✓ Turnips

✓ Rutabaga

✓ Zucchini



FRUITS

✓ Apples

✓ Apricots

✓ Bananas

✓ Blackberries

✓ Blueberries

✓ Grapefruits

✓ Grapes

✓ Kiwis

✓ Oranges

✓ Pineapples

✓ Raspberries

✓ Strawberries



FATS

✓ Almonds

✓ Almond butter

✓ Algae oil

✓ Avocado

✓ Avocado oil

✓ Brazil nuts

✓ Cashews

✓ Chia seeds

✓ Coconut oil

✓ Flaxseed

✓ Hemp seeds

✓ Macadamia
nuts

✓ Olive oil

✓ Peanut butter

✓ Pistachios

✓ Pumpkin
seed oil

✓ Pumpkin seeds

✓ Walnut oil

✓ Walnuts



OTHER

✓ Halo Top
ice cream

✓ Coffee

✓ Tea

✓ Snacks

✓ CBD



SUPPLEMENTS

✓ Protein

✓ Pre-workout

✓ Post workout

✓ BCAAs

✓ Glutamine

✓ Creatine

✓ Vitamin C

✓ Multivitamin

The background is a solid red color. Two thin, white diagonal lines run from the top-left towards the bottom-right. One line starts near the top-left corner and ends near the middle-right. The other line starts further down and to the left, and ends near the bottom-right corner. The text 'MEAL PLAN' is centered in the middle of the image.

MEAL PLAN

Macro Counting

If you're trying to lose weight,
multiply your goal weight by 12.

A person aiming to weigh 150 lbs should eat around 1,800 calories per day until they reach that weight.

If you're trying to maintain your weight,
multiply your weight by 15.

A person who weighs 150 lbs should eat around 2,250 calories per day to maintain that weight.



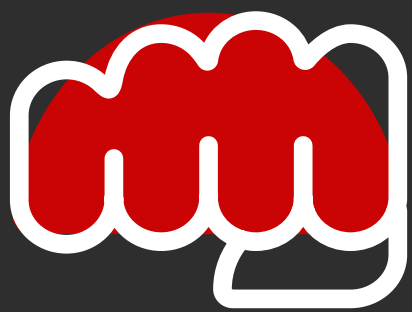
Portion Size

You can roughly measure out portion sizes with your hands. Measure carbs and veggies using your fist, protein using your hands, and fat using your thumb.



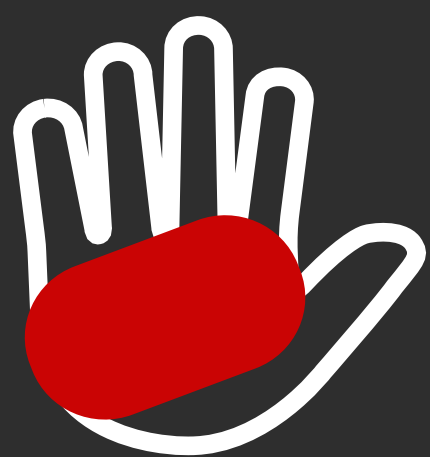
Carbs

A clenched fist equals about 1 cup.



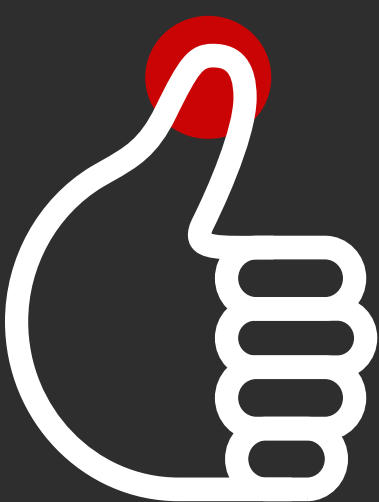
Veggies

The front of your closed fist equals about ½ a cup.



Protein

Your palm is equal to one portion of meat or fish (approx. 100 g).



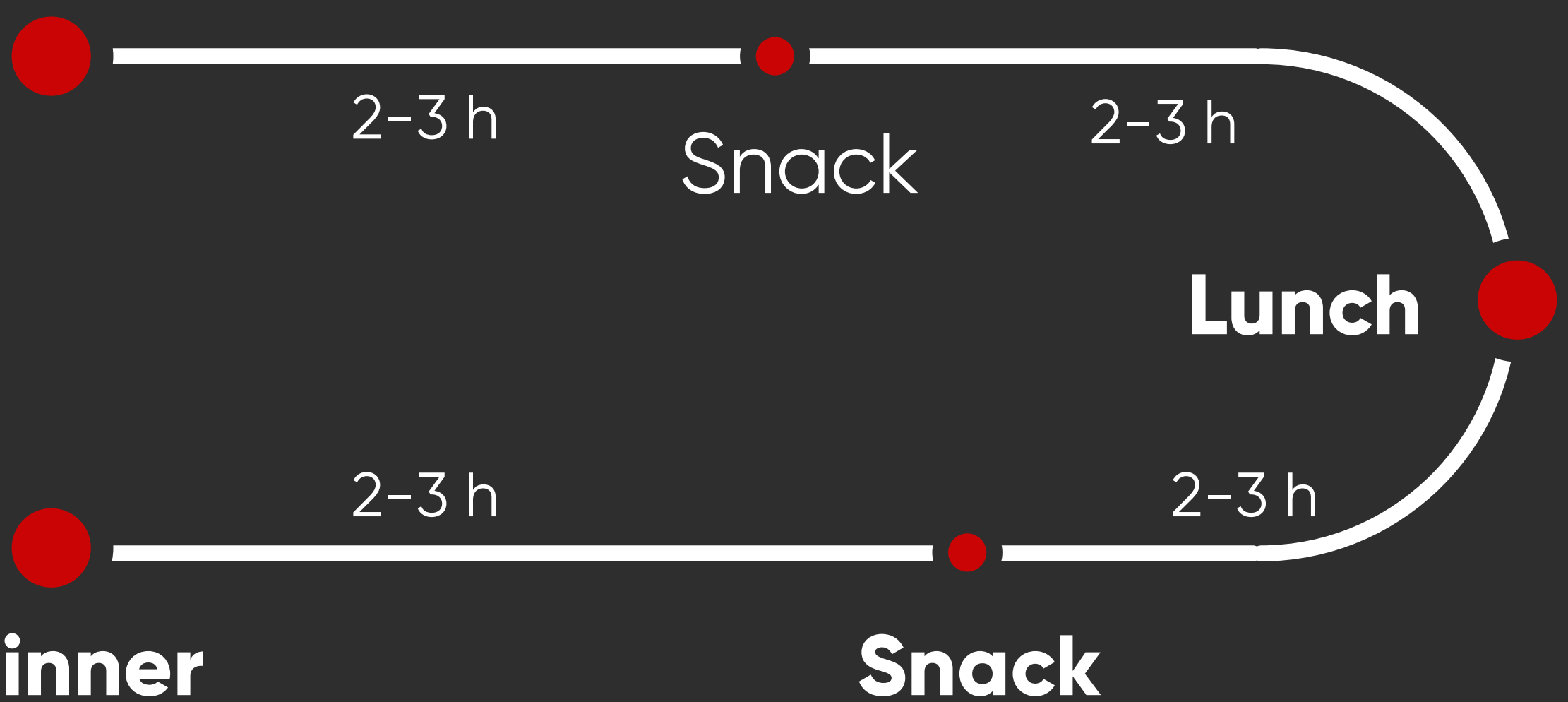
Fat

From the tip of your thumb to the base of your thumb is about 1 tablespoon.



Number of meals

Breakfast



- ✓ Eat small meals every two to three hours, five times per day.
- ✓ Breakfast, lunch, or dinner should come one hour after your daily workout.
- ✓ You can drink as much water, sparkling water, black coffee, and tea as you want.
- ✓ Make sure lunch and dinner (and breakfast, if you can!) contain a large portion of greens.

Questions?

Go to my profile and tap
the message icon.



loganperformance