



**GET  
WRIGHT**



**NUTRITION GUIDE  
BY COACH PAUL WRIGHT**



## Nutrition Guidelines Description

The #GetWright nutrition guideline was made to help build habits that will help you stay on track year round. In this document you will learn about the basics of nutrition, some of my own personal philosophies behind fueling the body, different types of macros/ micros, and be able to learn about the best ways that you can fuel your body for your specific lifestyle and preferences. This guide was not made to tell you what to do, as this is not a **plan** or **diet**. This was made to help paint a clearer picture about food, nutrition, and training all in one so you can develop a sustainable routine with how you eat. Whenever we want to "change" we must get in tune with what we do the most and we spend plenty of time EATING DAILY! Please read/view this doc and come back to it multiple times a week or month. It will keep you in the right mindset needed nutritionally to stay disciplined and always be ready!

*—COACH PAUL WRIGHT*



*#GETWRIGHT*



## #GetWright Nutrition Prep

### Fasting...

This is a timing approach to meals where you don't consume calories for a specific period of time during the day and choose to load up in a shorter time frame typically inside of a 6-8 hour window, sometimes even smaller. This is about giving your body space and time in between your meals; letting your body react to what it's going through. When we spend time letting our bodies handle the food already inside, digestive health and metabolism can increase.

### How much water should I be drinking a day?

As you put more stress on your muscles and bones, water is an essential element to help them heal. You should always have it handy. If you measure, 100 plus ounces a day should be good. If not, at least 8 cups of water a day.

### How many meals a day should I be eating?

This question always varies based on who's asking and the goals of who's asking. We should all eat for the lifestyle that we live. If you're not expending significant energy throughout the day there is no need to go into a caloric surplus and eat meal after meal as that will slow down the digestive process. With a normal lifestyle maintaining good movement and weight lifting you should aim for 2-3 SOLID DENSE meals a day and look to make them dense with macros, micros, and good calories.

### Can you work off a bad meal?

There is no such thing as a cheat meal. Do not get into the habit of feeling guilty about eating bad and then trying to exercise it off. This creates bad habits mentally and emotionally. It also reinforces the idea to under eat and over train which does not have good physical effects on the body. Just start each day fresh after your so called "cheat meal". To much of anything is bad so don't sweat it! Cheat meals only become bad when they become a regular part of your diet. Find balance between your guilty pleasures and disciplined routine.

### Should I be counting calories/macros?

If you're looking to create real change for the first time in a long time, then ABSOLUTELY. It's a great way to learn about what certain portions of calories actually look like on a plate. It will only keep you dialed through your journey. I experienced it and am now more aware of the AMOUNT of macros I consume when it comes to protein, fats, and carbs and what that looks like on my plates.



## #GetWright Nutrition Principles

### MODERATION

*Everything in moderation.*

Too much of one thing is not good!

### DRINK YOUR FOOD

*Don't inhale it, chew slowly, swallow, and give yourself a chance to digest your food efficiently.*

The digestive process starts in your mouth and if you rush, your food will break down differently. Slow down!

### READ LABELS

*Don't ignore them.*

Increase awareness so you know what you're putting in your body

***Have a good relationship with your food and meals!***

***#GetWright***

### FEED YOUR BODY

*Feed your body, not your mind!*

Don't always eat what you want, eat what you know will benefit your body and not your feelings.

### FOOD PREP

*Be prepared!*

In order to be successful you must be prepared!

### BURN

*Burn your calories before you eat them!*

Don't load up the stomach before a big workout, induce stress first, so the body can absorb your food more efficiently afterwards.

### EAT COLORFULLY

*Eat colorfully with different textures.*

The more natural colors the better.

### DIGEST

*Give your body time to digest your meals.*

Meaning, if you ate a big breakfast, no need to eat a big lunch 2-3 hours later. Of course this all depends on the person and their goals, but for us this isn't necessary.

### LIFESTYLE

*Eat for your lifestyle!*

If you're not a sumo wrestler you don't need to eat like one, same if you're not a marathon runner. Establish the amount of energy that YOU put out daily to find the right amount of fuel to put back inside that is conducive to your goals.



## Carbs, Fats, and Protein

### Carbs

Carbs are our body's preferred source of fuel, you need them! The healthiest sources of carbohydrates are unprocessed or minimally processed whole grains, vegetables, fruits and beans—all of these promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients.

- Oatmeal
- Sweet potatoes
- Brown rice (slow digesting)
- White rice (fast digesting)
- Whole wheat bread
- Fruit

### Proteins

Protein is our body's building block and essential part of our diet. All your organs, including the skin, muscles, hair, and nails are built from proteins. Protein is vital to development and to a properly functioning body. You can make the choice if you want your protein intake to come from animals or plants. Personally, I like to rotate animal proteins.

- Eggs
- Chicken breast
- Fish
- Lean ground turkey
- Steak
- Beans
- Broccoli
- Brussels Sprouts

### Fats

A properly functioned and balanced diet must include fats. Portion control is key when it comes to fats as it is very easy to overdo this.

- Avocados
- Natural Peanut Butter
- Nuts (almonds, pecans, walnuts, cashews)
- Almond butter
- Olive oil
- Fish oil





## Weekly Nutrition Guide

If it does not run, swim, or grow on Earth, then it will not be included in this plan. Getting back to eating REAL food.

Proteins [P]			Carbs [C]			Fats [F]		
<ul style="list-style-type: none"><li>• Free range chicken breast</li><li>• Lean ground turkey</li><li>• Ground bison</li><li>• Fish (salmon, wahoo, cod, filet, tuna, etc.)</li><li>• Tofu</li><li>• Eggs</li><li>• Grass-fed steak</li></ul>			<ul style="list-style-type: none"><li>• Sweet potato</li><li>• Yuca</li><li>• Squash</li><li>• Oats (rolled, steel-cut)</li><li>• Quinoa</li><li>• Brown, wild, or black rice</li><li>• Legumes (beans)</li><li>• Pasta (quinoa, brown rice, whole grain)</li><li>• For bread, use Ezekiel bread for a healthy option</li></ul>			<ul style="list-style-type: none"><li>• Nuts (almonds, pecans, hazelnuts, cashews, walnuts)</li><li>• Nut butter (almond, cashew, peanut)</li><li>• Avocado</li><li>• Coconut oil</li><li>• Olive oil</li><li>• Ghee butter (good source of fat in LOW quantities. Use no more than 1 tbsp.)</li></ul>		
Vegetables [V]			Fruits/Natural Sugars [S]					
<ul style="list-style-type: none"><li>• Spinach</li><li>• Swiss chard</li><li>• Asparagus</li><li>• Zucchini</li><li>• Cauliflower</li><li>• Broccoli</li><li>• Lettuce</li><li>• Brussels Sprouts</li><li>• Cabbage</li><li>• Green beans</li><li>• Eggplant</li><li>• Arugula</li><li>• Kale</li><li>• Watercress</li><li>• Bok choy</li><li>• Edamame</li><li>• Celery</li><li>• Bell Peppers</li><li>• Cilantro</li><li>• Onions</li><li>• Cucumber</li><li>• Garlic</li><li>• Carrots</li></ul>			<ul style="list-style-type: none"><li>• Bananas</li><li>• Strawberries</li><li>• Blueberries</li><li>• Apples</li><li>• Pineapple</li><li>• Kiwi</li><li>• Raspberries</li><li>• Blackberries</li><li>• Grapes</li><li>• Cantaloupe</li><li>• Honey dew</li><li>• Watermelon</li><li>• Pear</li><li>• Oranges</li><li>• Mango</li><li>• Papaya</li><li>• Pomegranate</li><li>• Grapefruit</li><li>• Tomato</li></ul>					



## Weekly Nutrition Guide (cont.)

If it does not run, swim, or grow on Earth, then it will not be included in this plan. Getting back to eating REAL food.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Late Evening
<b>MONDAY</b>	<p><b>P+C+V</b></p> <p>Goal: Your breakfast should consist of 75% protein and 25% fiber-rich carbs and vegetables.</p> <p>A vegetable is not required, but it is recommended to increase your vegetable intake.</p>	<p>Goal: 10-15 grams of protein every 2-3 hours.</p> <ul style="list-style-type: none"> <li>Handful of nuts</li> <li>Turkey jerky</li> <li>1/2 protein bar</li> <li>Green juice</li> <li>Fiber-rich fruit</li> <li>Veggie sticks</li> <li>Greek yogurt</li> <li>Cottage cheese</li> </ul>	<p><b>P+C+V</b></p> <p>Goal: Meal prep your lunch that follows P+C+V. If you eat out, always aim to get a good source of lean protein.</p> <p>NO oil and preferably baked or grilled protein (instead of fried).</p>	<p>Protein Shake: Water or almond milk, ice, 1 fruit of choice, and 1-2 scoops of protein powder* (based on your goal).</p> <p>*I used MOMENTOUS protein powder</p>	<p><b>P+V</b></p> <p>No carbs at this time.</p> <p>Protein portions: 4 oz* for women 6-8 oz* for Men</p> <p>*Make adjustments based on your appetite.</p>	<p>Brush your teeth after dinner.</p> <p>Late night snacking is usually attributed to boredom. Remember, your goal has to be greater than the moment.</p>
<b>TUESDAY</b>	<p><b>P+C+V</b></p> <p>Goal: Your breakfast should consist of 75% protein and 25% fiber-rich carbs and vegetables.</p> <p>A vegetable is not required, but it is recommended to increase your vegetable intake.</p>	<p>Rotate your snacks based on what you had the day before.</p> <p>Start to educate yourself on fiber-rich foods. The body digests fiber slowly and will keep you feeling full for longer.</p>	<p><b>P+C+V</b></p> <p>Goal: Meal prep your lunch that follows P+C+V. If you eat out, always aim to get a good source of lean protein.</p> <p>NO oil and preferably baked or grilled protein (instead of fried).</p>	<p>Momentous protein shake</p>	<p><b>P+V</b></p> <p>No carbs at this time.</p> <p>Protein portions: 4 oz* for women 6-8 oz* for Men</p> <p>*Make adjustments based on your appetite.</p>	<p>If you are craving a snack, always drink water first.</p> <p>Our body sometimes mistakes dehydration for hunger.</p>
<b>WEDNESDAY</b>	<p><b>P+F+V</b></p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.</p>	<p>Rotate your snacks based on what you had the day before.</p> <p><u>Examples</u></p> <ul style="list-style-type: none"> <li>Hard boiled egg</li> <li>1/2 protein bar</li> <li>1 cup of berries</li> <li>Carrots w/ hummus</li> </ul> <p>*Be mindful of portions.</p>	<p><b>P+F+V</b></p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.</p>	<p>Momentous protein shake</p>	<p><b>P+F</b></p> <p>No carbs or vegetables at this time.</p> <p>Protein portions: 4 oz* for women 6-8 oz* for Men</p> <p>*Be mindful of portions for fat.</p>	<p>As the week progresses, your focus may start to slip. Remain strict to the plan and keep late night snacking to a minimum.</p>



## Weekly Nutrition Guide (cont.)

Day	Breakfast	Snack	Lunch	Snack	Dinner	Late Evening
THURSDAY	<p><b>P+F+V</b></p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.</p>	<p>Rotate your snacks based on what you had the day before.</p>	<p><b>P+F+V</b></p> <p>Note: Carbs have been replaced with fat. This will help you from feeling depleted.</p> <p>Refer to the top of the page for foods that are rich in healthy fats.</p> <p>*Be mindful of portions for fat.</p>	<p>Momentous protein shake</p>	<p><b>P+F</b></p> <p>No carbs or vegetables at this time.</p> <p>Protein portions: 4 oz* for women 6-8 oz* for Men</p> <p>*Be mindful of portions for fat.</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>
FRIDAY	<p><b>P+V</b></p> <p>Note: Carbs and fats have been removed from this day. Mental toughness is key as your body will be carb deprived.</p> <p>Stay consistent with your meals (every 2-3 hours).</p>	<p>Rotate your snacks based on what you had the day before.</p> <p>Do NOT miss your snacks. Make sure you are eating every 2-3 hours.</p>	<p><b>P+V</b></p> <p>Note: Carbs and fats have been removed from this day.</p> <p>Create your meals using the list at the top of the page.</p>	<p>Momentous protein shake</p>	<p><b>P+V</b></p> <p>Reminder: Your metabolism slow down towards the end of the day. The less food you put into your body, the easier it will be for your body to break down your meal.</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>
SATURDAY	<p><b>P+C</b></p> <p>Note: Carbs have been added back for breakfast.</p>	<ul style="list-style-type: none"> <li>Mixed nuts</li> <li>Apple slices w/ cinnamon</li> <li>Celery w/ nut butter</li> </ul>	<p><b>P+V</b></p> <p>Note: Only protein and vegetables at this time.</p>	<p>Momentous protein shake</p>	<p><b>P+V</b></p> <p>Note: Only protein and vegetables at this time.</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>
SUNDAY	<p><b>CHEAT DAY</b></p> <p>Enjoy breakfast, however, be mindful of portions.</p>		<p><b>CHEAT DAY</b></p> <p>Enjoy lunch, however, be mindful of portions.</p>	<p>Momentous protein shake</p>	<p>Eat clean for dinner</p>	<p>Brush your teeth after dinner.</p> <p>Remain strict to the plan and keep late night snacking to a minimum.</p>