

NUTRITION GUIDE



20 MINUTE BODY

Recipes
Nutrition Log
Shopping List

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20minutebody.com



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INTRODUCTION

Nutrition is more than 50% of what it takes to lose weight and change your body. How many times a day do you workout? How many times a day do you put food or drink into your body?... a lot more. Everyone is motivated by results, and the fastest way to get the results you want is by locking down your nutrition from the get go. Period.

This nutrition plan is lower in carbs, but higher in nutrient-dense foods. It's not easy going lower in carbs, but the results are worth it.

If you are a **vegetarian**, you will need to get your protein from different carbs and grains. If you are not sure, you should read a book on vegetarian cooking to know what carbs to combine to get a complete protein e.g., rice and beans or humus made with garbanzo beans and tahini seed paste.

I talk about being emotionally connected; being connected inside to **why** you're on this journey. What you should **not** be emotionally connected to is food. Over the next week, I'm going to ask you start looking at food as fuel, as a means to getting results.

To change your body, it starts from within, including what you put **in** your body. To reach your goals, it takes my workouts and a solid nutrition plan, not one or the other.

I've created this manual to help you with your nutrition while on this journey. Please take some time beforehand to go over the information here.

I'm looking forward to kicking ass and getting results with you over the next week.

In health,

-- Brett



CHALLENGE PREPARATION

On Monday we hit the ground running so use this time now to prepare and set yourself up for success. There are 4 major steps you can take today to make this the best experience for you:

- 1. Share Your Challenge:** You're about to make some major lifestyle changes, including the way you eat. Tell your family and friends about the challenge. A support system is crucial when it comes to being successful. Also, if you're responsible for cooking/providing meals for your family, consider how you're going to incorporate your new way of eating with your family meals.
- 2. Throw Out the Junk:** Take yourself out of trigger/temptation situations, (e.g. if you are a night-time TV snacker), take yourself out of that situation and don't be in front of TV at night. Go for a walk or read a book instead. Open your refrigerator, cupboards and pantry drawers and throw out all of the "junk" food – ALL of it. Get rid of any unhealthy temptation: crackers, cookies, ice cream, potato chips, etc. Don't think that if you hide those chips in the back of the cupboard you'll forget they're there or that you'll have the willpower to resist. Throw it out today and make room for healthy, nutrient-dense, clean foods that will nourish your body and give you the energy you need to get through my workouts.
- 3. Go Food Shopping:** Do your food shopping today. Don't wait until after work on Monday when you're tired and hungry – you'll be less likely to stick to the Challenge plan. Go to the grocery store with a list and try not to stray from it. The list provided here is a recommendation of food options; you don't need to purchase every item. If you shop from this list, you'll notice you're spending the majority of your time shopping the perimeter of the store. The outer perimeter is where you'll find fresh, clean foods and less refined, processed junk.

One item that needs to be on your shopping list is **Tupperware**. Pre-portioning out your meals is so important in managing your food intake. Buy a few meals worth of containers and when you're cooking food in advance, portion out into the containers. If it's in the container eat it... if it's not, don't eat it.

- 4. Food Prep and Bulk Cooking:** When you get home from the grocery store, prep and batch cook what you can for the week. Depending on your needs, you may need to do this 1-2x/week but this cuts down on late hours after work trying to throw together a meal. To prep in advance:
 - Wash and cut all of your vegetables. Portion out and leave in container with a damp paper towel to keep vegetables fresh. For example, chop onion and peppers for omelets, chop carrots and celery for snacks, etc.



- Cut and portion out meats.
- Season and batch cook meats. Turkey burgers, chicken breast hold well. Consume within three days.
- Portion out snacks. In small Ziploc bags include: washed/ chopped veggies or 1 ounce of nuts. If using a dressing or nut butter, portion this out in advance as well.

Another option for bulk cooking is to use a slow cooker (aka crock-pot). Using a slow cooker is a great option because the recipes are generally very easy (think throw all of the ingredients into a pot and turn on) and they allow you to cook a large amount of food at once, making this nutrition plan easier for you. Check out the slow cooker recipes at the end of this document.

NUTRITION GUIDELINES & TIPS

- 1. The Green & White Eating Club:** You will be a member of this club for the next week. The majority of your diet is going to be very simple – it’s what I call “green & white.” Eating green means lots of vegetables and leafy greens (spinach, kale, mixed, etc) and eating white means lean protein (egg whites, chicken, turkey, white fish, etc.) This should make up the bulk of your nutrition with some fruit incorporated in a post workout shake. *See chart below.*
- 2. Food Journaling:** You’ll need to keep track of what you’re eating. I recommend tracking your food and fluid intake using an online app like MyPlate (<http://www.livestrong.com/myplate/>) or MyFitnessPal (<http://www.myfitnesspal.com>). Other options are taking photos of your food and create a visual food journal or simply keeping track in a notebook. I’ve also created a food journaling template (included here) if you’d like more guidance.
- 3. Calorie Needs:** When it comes to getting results with nutrition, quality and quantity go hand-in-hand. Regarding quantity, women in general should aim for 1200-1400 calories a day and men, 1600-1800 calories per day. These numbers are **NOT** set in stone and can be changed if you need more or less calories.
- 4. Water/Fluids:** Start each morning by drinking 8-16 ounces of water. Over the course of the day, you should drink about half your body weight in ounces of water e.g., if you weigh 150 lbs., you should drink 75oz of water daily, which is 2.5 liters or $\frac{3}{4}$ of a gallon. To gauge if this is the right amount, monitor your thirst levels and urine color. The more clear your urine is, the more hydrated you are. Pale yellow is hydrated and dark yellow is dehydrated. A good trick is to take a liter or gallon bottle with you to work and to the gym so you know how much water and other liquids you’ve had during the day.
- 5. Eat 5-6 times a day:** Eating smaller, more frequent meals prevents you from feeling extreme hunger and keeps you from making poor food choices and overeating at the next meal. You should consume breakfast, lunch, dinner and 2-3 small snacks a day (depending on your calorie needs).
- 6. Post-Recovery Nutrition:** What you eat after a workout is crucial. Eating the right foods allows you to recover faster and build a stronger, leaner body. One option is a protein shake within 30-45 min after a workout. If it’s a meal replacement

shake, feel free to add a piece of fruit and a good source of fat (almond butter, avocado, etc.). If your shake is not a meal-replacement, have the protein powder with water or almond milk and then eat your real meal one hour after.

- 7. Avoid refined grains, added sugars and highly processed foods.** Processed foods like cereals, bread, pasta, candy, desserts, sugary sports drinks or energy bars, can satisfy a sweet tooth or craving but leave you feeling hungry and further away from your goals. Remember, nothing tastes as good as fit feels.

8. Fresh, Frozen and Canned

Fresh and frozen fruits and vegetables are your best options nutritionally. Just make sure you read the label on frozen foods to make sure they are clean. Avoid canned food when possible as it typically contains a large amount of sodium.

9. Cooking Methods

There are a lot of cooking methods to choose from but some are healthier than others. These are my top recommendations when cooking vegetables, meat, fish, etc. They require no added fat or oils keeping calorie intake in check. Here's the breakdown of the best:

- **Bake:** You can bake lean meats, fish, and vegetables. To bake, place food in a dish (may be covered or uncovered).
- **Broil:** This exposes food to direct heat. To broil, place dish of food in the broiler and let it cook. Watch food to make sure it's cooking evenly. No added fat/oil required.
- **Poach:** Similar to boiling. To poach, cook food (eggs, fish, etc.) in a small amount of hot water (just below the boiling point). No added oils/fat required.
- **Roast:** It's similar to baking but is done at very high temperatures. Roasting is great for cooking vegetables and can be done in a roasting pan or a baking sheet. May need to coat pan in light oil or spray to keep from sticking to pan.
- **Steam:** To steam, fill the very bottom of a pot with about one inch of water. Put steaming basket in the pot and food in the basket. Turn on heat. No added fat/oil required.

10. Potential Issues:

- a. **Fatigue:** Make sure you're getting 6-8 hours of sleep. If still fatigued and drinking coffee, discontinue coffee in your diet. It will take a few days to kick a coffee habit, so try caffeinated teas to wean yourself off slowly.



- b. **Constipation:** When following a diet lower in carbohydrates, constipation may occur. If this happens, drink more water and eat more vegetables, especially those high in water (cucumbers, peppers, etc.) If constipation persists, consider adding a fiber supplement and/or a stool softener.

11. Eating Out

Eating out can be difficult when you're trying to lose weight. Huge portions, sauces, and added oils, salt and sugar can make it hard to reach your weight and fitness goals. If you're going to eat out, ask these 4 questions:

1. **What's in this meal?** Is there dairy, soy, added sugar, etc.
2. **How is this prepared?** Many restaurants will give you the option so ask for your food to be baked, steamed, or broiled instead of sautéed, fried, etc.
3. **What's in the sauce:** Many sauces add cream, sugar, excessive oil, and salt. Your waiter should know so ask for the ingredients.
4. **Can I have the sauce on the side (or not at all):** Ask for the sauce to be left off or added on the side as a controlled option.

Foods to Eat	Foods to Avoid
<p>“Green and White” Foods <i>Green:</i> green veggies & green leafy veggies <i>White:</i> lean meats (chicken breast, turkey breast, egg whites, white fish, etc.)</p> <p>Good Fats: olive oil, coconut oil, avocado, nuts (limit nuts to 1 ounce/day)</p> <p>Protein Powders/Bars: choose dairy free – egg or vegan powder are best. <u>Recommended Brands:</u> <i>Vega One</i> plant-based or <i>Jay Robb’s</i> Egg protein powder - if using as a meal replacement after a workout, can add a serving of fruit (berries are best) to the shake. - <i>PB2</i> is powdered peanut butter with 75% less oil. Add this to shakes for peanut butter flavor without the extra calories. <i>Quest Bars</i> are tasty and helpful with a sweet tooth. They are loaded with fiber, but are made from whey protein, which has dairy. (this would be an exception)</p> <p>Water/Tea Coffee: water, tea and coffee are permitted. Coffee before a workout may help to keep your focus but if you feel overly fatigued during the day or become constipated, omit coffee from your nutrition plan.</p> <p>Single Ingredient Foods: foods that only have one ingredient like fish, chicken, kale, etc. These foods have existed for 1,000 of years and have no additives or chemicals.</p> <p>Organic: choose organic when possible</p> <p>Recommended Supplements: <i>Fish oil (with +700mg of EPA & DHA):</i> heart health, reduces inflammation</p> <p><i>Probiotics:</i> supports digestion</p> <p><i>Glutamine & Branched Chain Amino Acids:</i> supports recovery (from exercise)</p> <p><i>Electrolytes:</i> helps hydration when sweating, drink when working out</p>	<p>Processed Foods: avoid if it has lots of ingredients, if ingredients are hard to pronounce, or comes out of a box, bag or can</p> <p>*Alcohol: wine, beer, spirits etc. (empty calories, water retention, and affects sleep)</p> <p>*No dairy: cheese, yogurt, butter, milk/cream (replace with Unsweetened Almond milk) *avoid coconut, soy, rice milks/yogurts/creams (high sugar) (dairy intolerance is common and can cause bloating and poor digestion)</p> <p>Added sugar: cookies, ice cream, yogurt, etc. (empty calories and can affect insulin poorly)</p> <p>*Fruit: unless in a post workout shake/meal or if you are feeling extremely tired and need more carbs, then I suggest an apple or cup of berries. No dried fruit. (dried fruit is higher in sugar/carbs)</p> <p>*Grains: bread, corn, oats, pasta, rice etc. (refined carbs turn into fat easily)</p> <p>*Other Starchy Foods: unless in a post workout meal or if you are feeling extremely tired and need more carbs, then I suggest sweet-potatoes, yams or beans. These are better than corn and other potatoes (limiting carbs can help body burn fat)</p> <p>Soda/Diet Soda/Sugary Sport Drinks (avoid drinks high in sugar and fake sugar)</p> <p>Fake Artificial Sweeteners: Splenda (sucralose), Equal (aspartame), Sweet & Low (saccharin) *Stevia is OK (fake sugars can cause a bad digestive reaction)</p> <p>*Salt: intake should be low since you’re eating all natural, fresh foods. Limit intake to 1,500mg per day. (to avoid water retention and high BP)</p> <p><i>*These foods can be added back into your diet after the 3-weeks. My suggestion is to start by adding either one serving of fruit or starch a week. You will find out what your carb-tolerance is to maintain your results.</i></p>



SHOPPING LIST

PRODUCE	PROTEINS
Asparagus Avocado Bell Peppers (red, green, orange, yellow) Broccoli Brussels Sprouts Cabbage Cauliflower Celery Cucumber Eggplant Green beans Leafy greens (kale, spinach, mixed, arugula, romaine, etc.) Onions Zucchini	Chicken breast (boneless, skinless) Egg whites (100% liquid egg whites, avoid Egg Beater brand) Fish/Seafood <ul style="list-style-type: none"> • Alaskan salmon • Alaskan halibut Pacific cod • Pacific halibut • Shrimp • Tilapia Ground chicken (95-97%% lean) Ground pork (95-97%% lean) Ground turkey (95-97% lean) Pork chops (lean, cut fat off) Protein powders: egg white and vegan Turkey breast (boneless, skinless) *Tofu (only if vegetarian) *Beans/Legumes (only if vegetarian)
CONDIMENTS, SPICES & SWEETENERS	DRINKS
Balsamic vinegar Cinnamon (natural sweetener) Coconut oil Dijon mustard Ketchup (low sugar) Mrs. Dash (use as a salt substitute) Olive oil (spray bottle for baking) Pepper Stevia or Truvia (natural sweetener) Tabasco Vanilla (natural sweetener) Variety of dried herbs and spices (black pepper, cumin, curry, dill, garlic, ginger, paprika, red pepper, rosemary etc.)	Unsweetened Almond milk Club soda (low sodium, natural flavors) Caffeinated teas (to help get off coffee) Herbal teas (can make iced tea) *Coconut water (in post workout shake) **Avoid high sugar sports drinks, soda, diet soda or diet drinks
<div style="background-color: #f39c12; padding: 5px; margin-bottom: 10px;">NUTS</div> Raw almonds, walnuts and cashews Nut butter (peanut, almond, cashew)	<div style="background-color: #8e44ad; padding: 5px; margin-bottom: 10px;">GRAIN & STARCHES</div> *corn, oats, rice (mainly if vegetarian) *sweet potato, yam (mainly if vegetarian)
	<div style="background-color: #6b341a; padding: 5px; margin-bottom: 10px;">FRUIT</div> *Apples *Berries use only in a post workout shake/meal or if you are feeling extremely tired.

FOOD JOURNAL TEMPLATE

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Day: _____

WHEN	WHAT	HOW MUCH
Time		Quantity
8:10am	Egg white veggie scramble	4 egg whites
		½ cup spinach
		¼ cup mushrooms
		¼ cup tomatoes
		Light spray of olive oil
10:45am	Quest protein bar (chocolate peanut butter)	1
1:15pm	POST WORKOUT:	
	Vega protein powder (vanilla)	1 scoop
	Almond Breeze almond milk (unsweetened)	1 cup
	Banana	1/2 small
2:00pm	Turkey burger salad	1 turkey burger 7oz
		2 cups romaine
		2 cups mixed greens
		¼ cup mushrooms
		¼ cup tomatoes
		¼ cup celery
		1 TBSP olive oil
		2 TBSP vinegar
3:45pm	Walnuts	12

Tip:

Take note of how you felt up to 60 minutes after your meal. If you experience a “bad reaction” e.g., tired, cravings, bloated, try to adjust your meal by either changing the time you eat, how much time between meals, and the ratios of protein, carb and fat.

Notes:

SNACKS!



Seaweed Chips



Plain Air-Popped Popcorn



Raw Carrots & Cucumber



Hummus
(Mainly for vegetarians)



Hardboiled Eggs



Quest Protein Bar