

# Guide To Success

## Daily

- Sign Up For Your Sessions In Mindbody
- Track Your Food On An App (MyNetDiary, Cronometer, or Lose It!)
- Stick to recommended calories on the app
- Protein Goal =  $(WT/2.2) \times 1.5$
- Follow 6 Pillars of Nutrition
  - Eat Multiple Meals Per Day
  - Eat Minimally Processed Food
  - Eat Fruits and Vegetables
  - Eliminate Calorie Containing Beverages
  - Eat Lean Protein at Every Meal
  - Only Have Carbs at Breakfast or Around Workout

## Monthly

- Sign Up For Your Next Month's Sessions
- Do An Inbody To Measure Progress
- Make The Frequent Sweaters Board
- Complete Your New Program
- Refer A Friend To Get A Free Month



# Food Suggestions (Stick To Your Food Tracking App Macro Limits)

## Protein

- Ground Lamb
- Atlantic Salmon
- Wild Caught Shrimp
- Pork Tenderloin
- Deli Ham
- Whole Eggs
- Chicken Breast
- Sea Bass
- Mahi Mahi
- Cod
- Tuna
- Deli Turkey
- 0% Greek Yogurt
- Eggs
- Steak
- Ground Beef
- Ground Bison
- Ground Turkey
- Ground Chicken
- Bacon

## Carbs

- Butternut Squash
- Carrots
- Spaghetti Squash
- Yellow Squash
- Green Zucchini
- Jasmine Rice
- Brown Rice
- Quinoa
- Black Beans
- Oats
- Potatoes
- Sweet Potatoes
- Plantations
- Banana
- Applies
- Blueberries
- Raspberries
- Strawberries
- Blackberries

## Veggies

- Celery
- Bok Choy
- Mushrooms
- Zucchini
- Radish
- Asparagus
- Cauliflower
- Bell pepper
- Eggplant
- Brussel Sprouts
- Broccoli
- Spaghetti Squash
- Pumpkin
- Carrots
- Peas
- Corn