

# Nutrition



## Bodi Platium Lifesyle **Trainer**

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## **Nutrition 901**

### **Grocery List**

#### **Protein (Category 1)**

Eggs

Lean beef

Fish

Chicken breast

Turkey breast

Protein Shakes: Whey Protein vanilla (Email [Marcus@bodi.co.nz](mailto:Marcus@bodi.co.nz) for information)

Low Fat Cottage Cheese (use sparingly, cottage cheese has a lot of sodium)

Low sodium turkey slices

#### **Complex Carbs (Category 2)**

Brown Rice

Non-instant oatmeal

Beans

Wholegrain Bread

Sweet potato

Potatoes (no butter)

#### **Fruits and Veggies: Carbs (Category 3)**

Any Fruits

Any Vegetables

#### **Fats**

Olive Oil (use sparingly, one to two teaspoons a day)

Fish oil

Flaxseed Oil

## Other notes:

Best food for **eating out**: Asian Cuisine (Thai, Japanese etc)

Foods to **stay away from**: fruit juices (drink only water and tea), sugar, candy, popcorn, chips, processed white rice, white bread, pasta, chocolate, butter, salt, dairy *(you can have on occasion yogurt, milk and cottage cheese, processed foods however this is not a staple in your diet. For fat loss, stick to carbohydrates that are high in fibre and low in sugar).*

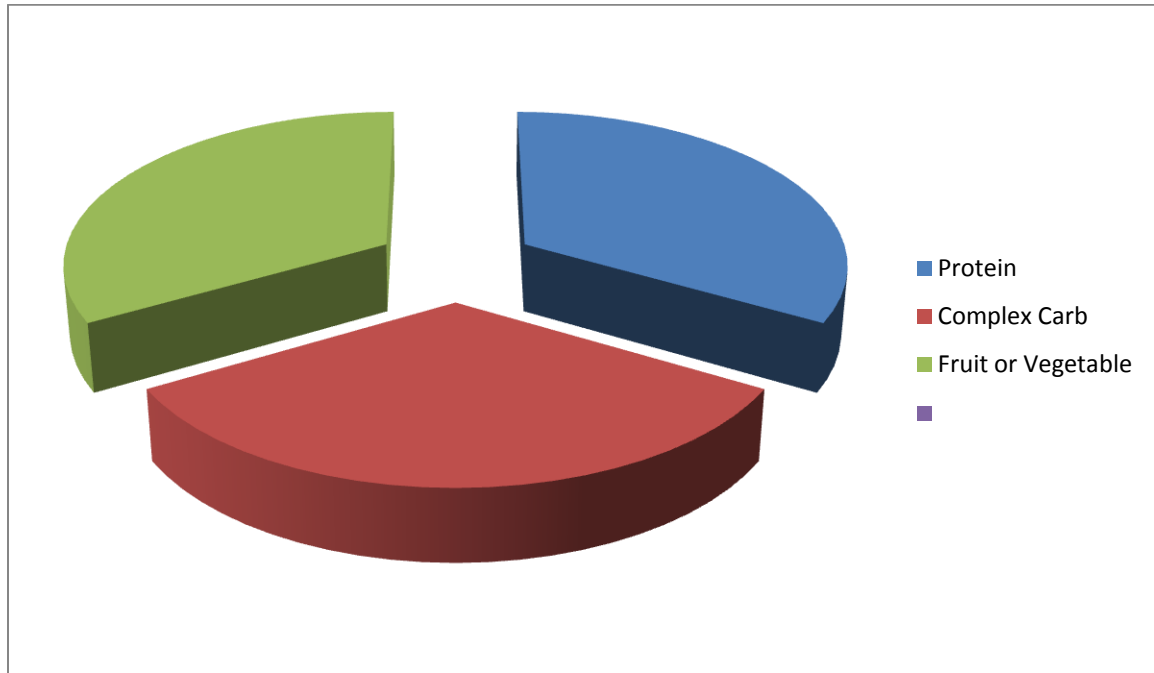
*“These products will damage you”*

You’ll be surprised at how many people will consume numerous cheat meals and then wonder why they are not getting results. For example, on this program you should be eating 5 to 6 times a day (3 meals plus 2 - 3 snacks) that’s about 35 to 42 meals a week. Your probability of success goes up if your 35 meals to 42 meals are healthy and balanced. Eating every three hours will speed up your metabolism and decrease your hungry.

Remember! The more cheat meals you have, the less chance you have of succeeding. Vice versa the more healthy meals you have, the greater chance of success...

## Meal Preparation

When preparing a meal divide the plate into thirds (3 portions) which I've labelled below. Protein, fruit or vege, complex carbs.



So, as an example, let's review your grocery list..

As you can see, your grocery list is broken up into three categories.

They are **protein, complex carbs, and fruits and vegetables**. It's really simple. Take a portion from the complex carb category, one from the protein category and one from the fruits and vegetable category.

How much food do you take from each category? Use the **fist rule**.

The "fist" rule. Is comparing portions that are approximately the full size of your fist. You will be taking a "fist" from each category. This method is *much* easier than counting calories.

Let me give you some examples of how that might look.

### Examples

Meal 1: 4 egg whites with one yolk (protein), oatmeal (complex carb), apple(fruit)

Meal 2: Chicken (protein), Wholegrain Bread (complex carb), small salad (veggie)

Meal 3: Fish (protein), sweet potato (complex carb), steamed cauliflower and broccoli

Meal 4: Chicken (protein), beans (complex carb), grilled asparagus and bell peppers (veggie)

Meal 5: steak (protein), beans (complex carb), and grapes (fruit)

NOTE: If you can't cook (or if the idea of cooking is repulsive to you) chances are you'll be **eating out** more often or **not eating at all**. This generally is **not a good idea**. If you can't cook or don't have the time to cook, **your other option is Meal Delivery and/or Bars and Shakes.**

If that's the case make sure whatever meal delivery program you choose has meals that are similar to the ones outlined in this article. I am making this point because it reminds me of all the corporate clients I have either trained or am currently training. They all seem to have so little time. But remember, this is like a second job. Just like you are dedicated to your work you must be dedicated to changing your diet that is if you want results.

Also, you can look at this as an investment. It is an investment in you, your productivity, energy, enhanced mood, aesthetics etc.

Treat it as an investment and take it seriously. It's interesting because when I am working long days and doing business it is so important for me to be "in the zone" (I define "In the zone" as having physical and mental energy, enhanced mood, articulate, intelligent, invincible, intuitive). We have all had moments like that at work, social settings, and/or sports and training. These traits served me extremely well in business. It meant everything to me to be "in the zone" when I presenting important material to investors. One of the ways I achieved that was through diet and exercise. Finding out how to optimize your body and mind should be essential. As an employee or an employer, a wife or husband, (or any other role you play in life) this is one of the apexes of life. **Feeling your best is an important goal in life.** Why struggle? Nutrition and diet is one way to Find and maintain your own "in the zone"

## **Snacks**

So, what *do* you eat for snacks? Well, unlike most diets where you get a small pretzel or something as your snack here **snacks are similar to the meals.** In a given day you should be eating 3 meals and 2 snacks. That's **eating every 3 hours.** One thing I do guarantee is that you won't ever have the chance to be hungry.

Simply put: If you would like to gain fat, eat one to two huge meals a day. If you want to **lose fat**, eat **5 to 6 small meals a day.** Since I know you're reading this to lose fat \*wink wink\*, please stick to eating 5 to 6 times a day. I could give you a long explanation on 'why'. But I'll just keep this article simple and focus on the 'how' to lose fat.

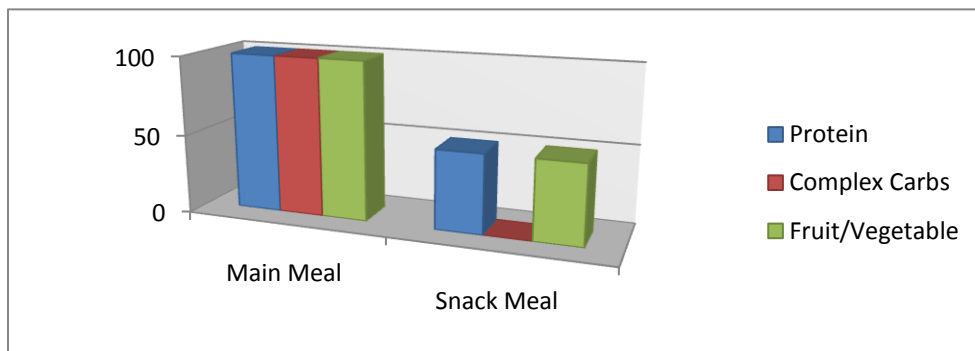
## **Goal: Lose Fat**

If you're trying to **lose fat** your snacks should be limited to only two categories which are **protein** and either a **fruit or a vegetable**.

For example:

- 1) Cottage cheese, apple
- 2) Turkey salad
- 3) Chicken salad
- 4) Eggs and a banana

The size of each portion should be about **half the size of your fist**, instead of a whole fist. So it's half a fist of protein and half fist of fruits or veggies. Your snack is your "mini-meal"



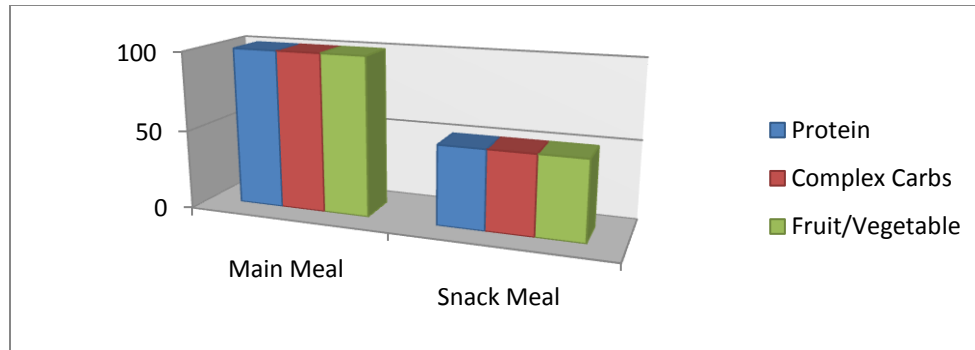
**The Numbers Above Represent:**

**Full Fist (100%) Half Fist (50%) No Fist (0%)**

**Note:** As seen above, the numbers on the graph represent percentages of the size of your fist. For instance, 0% equals no fists, 50% equals half a fist, and 100% equals a full fist.

**Goal: Gain Muscle and Lose Fat**

If you are trying to gain muscle and lose fat, or just want to focus on gaining muscle, please include Complex Carbs with each snack. Just remember, it is a snack. Again: with snacks you will **apply the half a fist rule instead of a whole fist**.



**The Numbers Above Represent:**

**Full Fist (100%) Half Fist (50%) No Fist (0%)**

### **Goal: Gain Muscle**

Only for those that ***are naturally skinny and have a fast metabolism***, you simply have to eat more food. Increase your portions to **two fists** for your **Complex Carbs** and **one fist** of **Complex Carbs** for your **snacks**. If you're still having problems gaining muscle, try three fists for your Complex Carbs for your meals and one fist for snacks. For example for a meal (not a snack) have a fist full of chicken, three fists of rice, and a fist of bell peppers and asparagus. For a snack you can have something like a half fist for eggs, one fist of oatmeal, and a half a fist of grapes.

### **Summary of Goals**

Goal 1) primarily to lose fat

- Fist for meals (protein, complex carbs, and fruits/veggies)
- Half a fist for snacks (protein and fruits/veggies)
- No complex carbs when eating snacks. Remember, you are just

eating protein and either a fruit or a vegetable.

Goal 2) Lose fat and gain muscle

- Fist for meals (protein, complex carbs, and fruits/veggies)
- Half a fist for snacks, but make sure you add complex carbs to your snacks (protein, complex carbs, and fruits/veggies)

Goal 3) primarily to gain muscle

- 2 to 3 fists for complex carbs per meal
- 1 fist for complex carbs per snack.

Something to mention: if you have a superman-fast-metabolism and have had problems gaining muscle you might want to add a mass gainer protein shakes to your diet and count that as a snack.

## **Supplements**

For supplements, Email [Lifesyle@bodi.co.nz](mailto:Lifesyle@bodi.co.nz) the bodi team can analyse your situation and give you the best advice on what you need. Also There are different supplements programs for a variety of goals which include:

1. Fat Loss
2. Fat Loss and Muscle Gain
3. Muscle Gain

If you would like to read more , sign up on [www.bodi.co.nz](http://www.bodi.co.nz)

In these articles, I discuss various aspects of proper nutrition and

exercising. The following is a summary of the areas that are covered:

- Grocery List
- Meal Preparation
- Sample Menu
- Cooking
- Tips
- Benefits
- Supplements
- Pitfalls
- Things to do list
- Motivation
- Strength Training
- Cardio
- Proper Form and Technique
- And much more..

I hope you enjoyed reading this article. Good luck!!

Take care,

*Marcus*