

ZONEFITNESS NG NUTRITION GUIDE

Thanks for downloading our nutrition guide! In this guide, I'll show you an easy way to eat for fat loss. It is my hope that this guide will bring some steps closer to your fitness/weight loss goal.

The Nutrition Guide is in two parts:

1. Food Timing

What is food timing?

Food timing is adjusting and optimising your food intake for your weight loss/fitness.

The Three components of food timing

Feeding period: A feeding period is a time between your first meal of the day and your last meal of the day. For example, if you eat breakfast at 9.a.m and dinner at 8.p.m, your feeding period is 9.a.m – 8.p.m.

Feeding intervals: A feeding interval is the elapsed time between your previous meal and your next meal. I recommend 4-5 hours feeding intervals.

Food routine: A food routine is eating the same thing over and over without much variation.

Feeding period and feeding interval are about your feeding time and frequency. Food routine is about what you eat and how much you eat.

2. Food recommendation

Yam, sweet potato, plantain, brown rice, ofada, and all other starchy carbohydrates on the approved list are healthy, but they are also calorie dense. Do not eat more than 300 grammes (or 2 cups) of cooked starchy carbs per day.

Limit your starchy carbs intake to what is allowed in this nutrition guide. It's very easy to gain weight on high carbs foods.

Eliminate the followings

Sugar

Fizzy drinks

Pastries

White rice

White pasta

White noodles (Indomie and co)

White Bread

Deep fried foods

Foods Allowed

Food intake

Carbohydrates: 300 grammes (or 2 cups) of **cooked starchy carbs** per day.

You may eat from any of the following starchy carbohydrates

- Sweet potato

- Yam

- Coco yam
- Plantain
- Quinoa
- Acha
- Millet
- Whole grain oats
- Brown rice
- Ofada rice
- Abakaliki rice
- Whole wheat bread
- Beans

Vegetables: 5-6 servings per day (Make at least 2-3 servings of your vegetables green leafy vegetables).

A serving is 2 cups raw leafy vegetable, 1 cup cooked leafy vegetable or 1 cup raw or cooked non-leafy vegetable.

Fruits: Not more than 2 servings per day.

A serving is one medium fruit or one cup cut fruits.

Protein: 80-100 grammes of lean protein food per meal.

Lean protein foods include: Egg whites (Eggs without yolks), fish and seafood, chicken (skinless) turkey (skinless), goat meat (leanest cut), Greek yoghurt, and whey protein

Nuts and seeds: 6-8 servings per week

A serving is 28 grammes.

You can eat from the following nuts and seeds: Almond nuts. Cashew nuts. Groundnuts (Peanuts). Flax seeds. Chia seeds.

Fat and oil: 3 Tablespoon per day

What you need

Measurement cups

Food scale (a digital food scale preferably)

Your assignment

It's time to turn your current food routine on its head to make it work for you so that you can eat and lose weight. Create a new food routine from the list of foods allowed.

Breakfast

Choose 1 serving starchy carbs

Choose 2 servings vegetables

Choose 80-100 grammes protein

1 TBSP fat

Lunch

Choose 1 serving starchy carbs

Choose 2 servings vegetables

Choose 80-100 grammes protein

1 TBSP fat

Dinner

Choose 2 servings vegetables

Choose 80-100 grammes protein

1 TBSP fat

Snacks

Choose 1-2 servings fruits

Choose 1-2 servings nuts

www.zonefitnessng.com

Must follow instructions

- Eliminate all sugars
- Eliminate deep fried foods
- Avoid alcohol
- Drink plenty of water
- Do not eat starchy foods after 5 p.m.
- Eat dinner 2-3 hours before bedtime

Final word

For the best result, I recommend that you follow the instruction in this nutrition guide diligently for the next 30 days.

Esta Morenikeji