

LIONHEART **APF**

AND

LH: *CROSSFIT*

NUTRITION
GUIDE



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Food should be fun

All creatures here on earth can't survive without food, so why has food become one of the most frustrating things when trying to become more fit? Food should be a celebration. Something you look forward to. Something that makes you have a better quality of life. Some of the things you read in this book may ruffle a few feathers, but it is what I have seen work, time and time again. There are very few things that are completely off limits when it comes to foods. It really boils down to quantity and timing. Now if you are competing in some sort of bodybuilding, physique competition, or some type of weight regulated sports like MMA, wrestling, or boxing, then that is a different story.

“ There are very few things that are completely off limits when it comes to foods. ”

All of my clients I tell them to have at least one piece of dark chocolate everyday. This does several things. One, it allows you to feel like you can still have “less healthy” things and still continue on your journey without feeling bad. It keeps you from feeling like you are dangling a carrot in front of a starving horse, so to speak. Two, it keeps the cravings in check so that you are a lot less likely of binge eating later on. If you feel like you are always with holding, then you will at some point break, and it probably won't be good.

One word that I would like to clarify is the word DIET. This word has been demonized and I would like to set the story straight on what the word means. Wikipedia says the definition for it is- In nutrition, diet is the sum of food consumed by a person or other organism. Ok, so if that is the case

then it's better to think about your food as your diet, not the “how you are starving yourself now” method. Once again, I like to get back to the overall thought that food should be fun. If you begin to change your thought process about food to something that is good, then you have already begun to make a lasting change that will give you peace of mind and control over it for the rest of your life.

Questions to ask yourself

How much do you think it would be if you could still go out with friends and have whatever you wanted and still reach the goals you wanted?

How much are you willing to change some of the habits that are holding you back?

Do you already have a goal and is a long term or short term one?

What has held you back in the past and what are going to do now to make it different?

“Failing to plan, is planning for failure!”

PORTION CONTROL CHEAT SHEET			Prevention.
	FOOD	SERVING SIZE	SERVINGS
GRAINS			5 PER DAY
VEGGIES			3 PER DAY
FRUITS			2 PER DAY
DAIRY			3 PER DAY
MEAT & PROTEIN			3 PER DAY
HEALTHY FATS			4 PER DAY

Portion control

So before you can make the plan you need to know how much of everything to eat. I've seen people eat very good in terms of healthy food, but because the proportions were off they weren't seeing results. Once again this is a general rule. Depending on your genetics, goals, activity levels and many other factors, it could change.



Weekly/Bi-monthly/monthly Meal Planning

Planning ahead is the best way to keep your consistent

One of the biggest things to hold people back from sticking to healthier eating is having the food with them when it's time to eat. These first steps will set you up to be successful and consistent.

The first step in the planning department is just that, planning it out. Most people do not have tons of time to spend making trip after trip to the grocery store and making so many different meals like a personal chef.

The thing that I found that was the easiest to plan is making something for the whole month. When you are making the list, make week 1 and week 3 the same. Then make week 2 and week 4 the same. That way you can buy things in bulk. You don't have to stick to the list for each day 100%. If Thursday is meatloaf and you want it on Tuesday instead, then just switch the days.

Another reason that this approach works really well is because if you have activities during the week, you will know that as you putting the plan together. If adjustments need to be made you know ahead of time and can make them before you get in the position and the only option is fast food.

SHOPPING “HACKS”

- Don't go to the store without making a list first. When it comes to saving time this one step can save a ton of it. Make sure that you go through the whole list of foods and figure out how much of everything is needed. I highly suggest to not go to the store without the detailed list. For example don't just put sweet potatoes, but either the number of potatoes or lbs. You don't want to get to the kitchen to cook and find out you are short something. Take the couple extra minutes to get it squared away.
- This may sound really weird but everything that is the healthiest for you is on the outskirts of the grocery store. Everything down the aisles are either frozen, canned, and full of ingredients you can't even spell much less say.
- Even though fresh fruits and veggies are the best for you, it's understandable if you aren't able to do it all the time. So here is the good, better, best model for that. BEST- fresh BETTER- frozen veggies GOOD- canned is better than nothing, but at all cost try to use this as a backup and not a go to option. Be especially careful with canned fruit. It has a ton of added sugars from either syrups or just sugar that a lot of the times it's about the same amount of sugar as candy.
- Get in the habit of reading the labels on the back. Just because a cereal or bar says high in fiber or zero carbs doesn't mean it's good for you. Most of the time if it's advertising something super “healthy” it means that there is something else in it that makes just the opposite.



- NEVER GO SHOPPING HUNGRY. I can't even tell you how many times I have gone shopping hungry and ended up not getting anything that I should have. Not to mention that most of it was junk food.



“Before anything else, preparation is key to success”

-Alexander Graham Bell

One step closer to enjoying the hard work

Look at that yummy food. Ok, so we checked our portions. We made our food calendar. Then went shopping with our list and used the shopping hacks on the previous page to help us. Now it is time to prepare everything. Everyone's schedule is going to be a bit different on this one. Some like to prep everything at one time. Others like to prep only the main parts and then cook veggies and such on a daily basis or every couple days. Just depends how what works with your schedule. Sit down and really think about what could hold you back and plan to attack it. Set a time in your calendar at a particular time that works for you. Treat it just like you would with any other appointment that you have. Remember this is your future you are planning for, so make it a priority.

While you are prepping, there are a couple things to keep in mind. The first being, where did you buy your food. Mainly your produce. It may not seem like a big deal, but depending on how fresh it is will determine when you should cook it. If you got it at a discount center or a place like walmart, you may want to just cook a little of it at a time to see how long it stays good for. The more that you are able to prep the better.

Anything that is going to be heated up, try and use a pyrex glass container. When you heat things up in plastic some of the plastic gets into the food. Ever felt the plastic after it's been heated and it's semi flimsy and soft?

That's what's going on there. What I do is, after the food is prepped, it goes in a cheap plastic container in the fridge. Then the night before it's switched over from the plastic to the glass. That way I don't have to buy a ton of glass containers. Now don't forget when you are putting the meals together, to use your portion guide.

The next step is to get some kind of lunch box to keep it all together. I prefer a bigger box so that it can fit all my food that I will need while I'm not at home. It will fit my ice packs, as well as my [Rehydrate by Advocare](#) for my workouts. It's similar to Gatorade but about a trillion times better. I carry everything in there besides dinner. The reason I do that is because life gets crazy and that one day that I don't bring my lunch or snack or something, that will be the day that something changes in my schedule. Now if you drive a lot for work, or your kids play a lot of sports, then they have [lunch boxes that plug into your aux power](#) (cigarette lighter in your car). I have not used any of them, so you may want to look around a bit, but I put a link to one. It is also a good idea, at least at the beginning, to pack a couple extra things with you. As you start to eat healthier you will become more hungry. We will talk about that a little more in detail on the next page.

Eat more, Do more!

I know this statement can be a little shocking but let me explain. Energy is not creating in the body. The energy we have is from the potential energy in our food. So that means if we don't have enough (potential) energy in our body we can't do the work. This goes for non fitness activities as well. The better we fuel our bodies the better results we will have.

Total Daily Energy Expenditure- TDEE

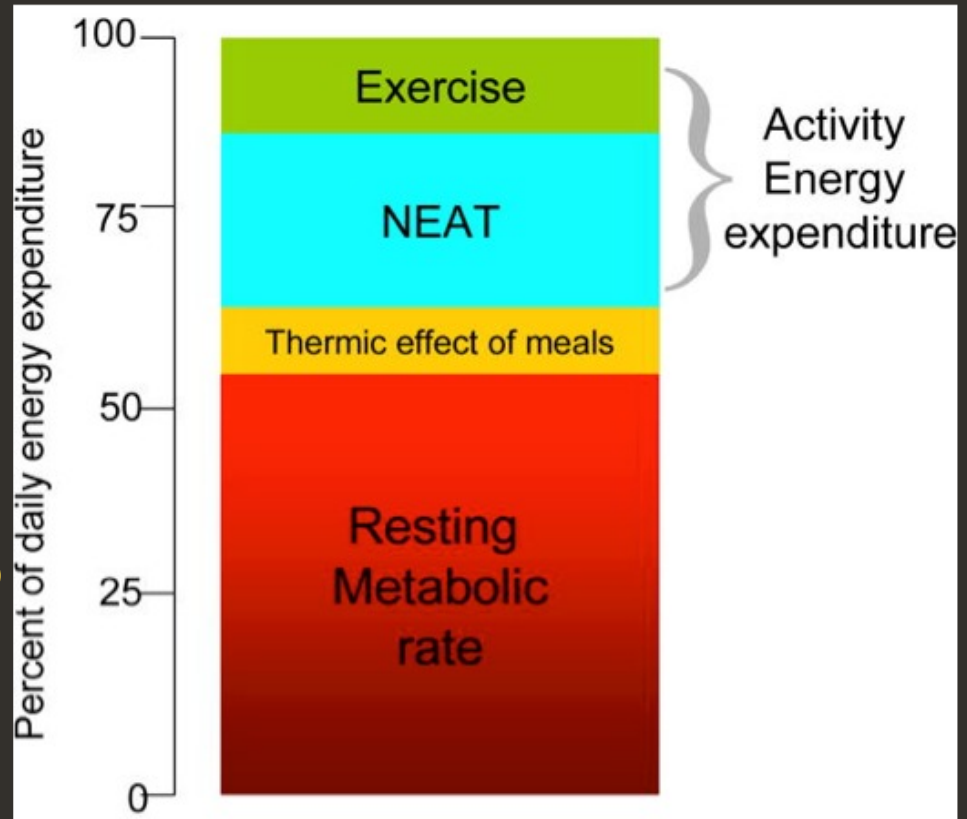
This graph to the side shows what processes use what amount of energy throughout the day. As you can tell your resting metabolic rate (RMR) is what uses the most amount. This is the amount of calories needed just to keep your body operating. Like if you were going to lay on the couch and did nothing. This number is affected by the amount of lean muscle you have.

Resting Metabolic Rate

As you can see now why resistance training is so important. Bodyweight exercises is resistance training, it doesn't have to be weights. However, weights are the best option. 3-4 days a week of resistance training and 2-3 days of "cardio" type exercises. This can include resistance training put into a cardio setup.

NEAT (Non exercise Activity Thermogenic)

That sure is a fancy word, lol. All it means is your activity level outside of the gym. Like errands, yard work, your job, etc. This is the 2nd highest contributor to your overall daily calorie burn. Roughly 25%. A couple really easy ways to increase this is to park further away at the store. You can also go on a walk. Really avoiding the time that you are just sitting down. A really good way to track this is with some kind of step counter. I've found that the Fit bit Charge HR, is a really good one. The thing I like about it, is the fact that it uses your heart rate to determine the overall calorie burn. They also have the step counter. Now when you get yours don't get it and go overboard here. The first couple days to first week should be used to establish a base line. After you see your average of steps per day, just add 5% more steps per week. This allows for continued progress. If you jump right to a big number, it's really hard to get higher from there.



Exercise

Now that we are down to exercise you can see that it doesn't make up that much. Only 10-15%. With this number so small, why is it so important? There are lots of reasons so here are a few 1) It helps maintain, or build, the lean muscle to sustain the resting metabolic rate. 2) Countless studies showing the mental and psychological changes that are effected by working out.

Thermic effect of meals

This section is less than 10%. It is very small, but once again important. Would you rather have your car running at 80-90% optimal range or 100?

"Secret Sauce"

I'm just kidding. There is no secret to any of this. It comes down to consistency and finding a way to make a plan that works for YOU, long term. There is one thing that is consistently forgotten about though. Now because we want to have a better energy balance, that means we need to adjust your carbs on the days that we are not doing resistance training. This not only allows us to eat way more carbs on the days that we train but it makes sure that the body has all it needs when you workout and a little less when you don't.



Too many or too little carbs make you fat:

If you are eating too many carbs & overfill your storage:
Carbs turn into fat.

If you are constantly too low on carbs:
Your body's metabolism slows down & protects it's fat depot.

Putting it all together

Now that you have a good understanding of how it all works. Where do you start?

Support System

Having people around you that are willing to lend a hand and help is a very important part of this entire journey. Whether it's a friend, co worker, family member, or one of our trainers.

If you are in the habit of always starting and stopping when it comes to health and nutrition, then let someone know what you are doing. Explain your reasons for why you want to do this, and ask for their help. Some times just having someone you have to "report" to can make the difference.

This is one of the reasons why we offer a nutritional coaching option. We ask that you give a 6 month commitment, so that you can focus on taking things slow. Once again, changing habits and not sprinting for the "finish line". You get the trainers personal cell phone number. It includes as much contact as you need. If you are about to go out with friends or go grocery shopping and have a question, ask it. The trainer will also help you find out exactly how much to be eating, and adjustments as you move along.

The service is \$50/ month. That is to be paid on a monthly basis.

[Contact](#) us to get set up.

Quantity

The first step is to make sure that you are eating enough to support your daily activity. This should be done in a slow process and not all at once. If you go from under eating to what you should be eating overnight, you will gain weight, and it will not be muscle. Start by adding a little extra every week until you feel yourself start to "level" out. You should notice that your sleep is better, you have more energy, and workouts should also be improving as well as your recovery from them. Normally people have to increase for 4-6 weeks until they reach the point of where they should be eating. Most times when people want to get healthy they do an all or nothing plan. This may start good, but quickly leads to relapse and frustration. What typically happens is calories are dramatically dropped and activity level is jumped way up. This creates a large energy imbalance. So make sure you are eating enough. Unless you are 5'2" and not very active then 1,200 - 1,500

Timing

After you have got these two things under wraps, the next step is to focus on the timing of the food. The biggest ones to focus on are, what you eat before and after your workout. After those its, what do you eat before bed, after you wake, etc.

Quality

After you have made sure you are eating enough food in general. Now is the time to focus on what you are eating a little more. Instead of saying you are going to do without something, try substituting instead. Also, don't try to change everything at one time. Pick just one maybe two things, and start with that. Then when you feel ready, move onto another one. Once again, if you are looking at the long term success here, then we want to be able to maintain this for the rest of our life. Allow yourself to enjoy your food, your body and your life. So what if it takes longer to grasp some things. If you still have them under control in 20+ years then that's change, and that's what you want.

Enjoy

This step is last, but it's really first. If you do all this work and then don't enjoy it or yourself, then you have missed something and need to revisit this book. Crawl, walk, and run. In that order. I am about building you up forever and not just right now. Some things may take longer than others. That's ok. Enjoy this journey. Experiment, have fun, love yourself, and others. As easy as this step may seem, I promise, for most it is the hardest. Don't hold yourself hostage to an all or nothing mentality. ENJOY, ENJOY, ENJOY!!

