



Nutrition Lesson Cheat Sheet

Hierarchy of a Beginners Nutrition

Plate in Thirds

3 Dynamic Meals and 2 Snacks

Portion Control

Food Choices

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Visualize Your Plate in Thirds:



Each Day Aim for:

- 3 Dynamic Meals
- 2 Snacks

Here is an example of how you will spread out your meals throughout the day.

Just a recommendation:

Dynamic Meal 1/Breakfast: 7:00 am

Snack 1: approx. 10 am

Dynamic Meal 2/Lunch: approx. 1 p.m

Exercise: approx. 1-2 pm

Snack 2: approx. 4 pm

Dynamic Meal 3/Dinner: Between 6-7 p.m

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Portion Control:

Credit goes to Precision Nutrition

Protein – The portion of protein for women at primary meals should be the size of your closed fist. For men, it should be the size of 2 closed fists.



Carbohydrates – The portion of carbohydrates for women at primary meals should be the size of your open palm. For men, it should be the size of 2 open palms





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Fats- The portion of fats for women at primary meals should be 1 thumb sized portion. For men, it should be 2 thumb sized portions. Important note: If the portion sizes are slightly bigger than your thumb, don't stress over it



Food Choices and A, B, and C System:

***Dynamic Meals**

*For each meal choose 1 source from A, B, and C to complete Plate in thirds and 3 Dynamic Meals.

Example: A. Chicken
B. Brown Rice
C. Almonds

***Snacks**

**For each snack choose 1 source from A and C. Remember to use a closed fist as your protein portion and your thumb length for your fats portion.*

Example: A. Greek Yogurt
C. Almonds



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(A)Protein: Chicken, tuna, fish, low fat or fat free milk, eggs (mostly whites), low fat cheese, low fat cottage cheese, Greek yogurt, ground turkey, turkey slices, ham, lean pork (preferably tenderloin), lean beef (preferably top sirloin, grass fed, flank), protein shakes, protein bars.

(B)Carbohydrates: Brown rice, whole wheat cereal, oatmeal, oat bran, whole wheat bread, whole wheat pasta, high fiber tortillas, baked chips, low fat popcorn, potatoes, sweet potatoes, fruits, veggies, whole beans or black beans, brown rice cakes.

(C)Fats: Fish oil caps, all natural peanut butter or almond butter, cheese, nuts, avocado, olive oil, canola oil, coconut oil, MCT's, flax oil, egg yolks, fats from meats (i.e., beef, steak, salmon)

Kitchen Essentials:

Cooking Skillet, Pots and Pans



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Cooking Utensils



Tupperware



Knife Set & Coffee Pot



Blender

