

Dynamic Duo Training “Flexible Dieting” Checklist

Below is a checklist of what we suggest you need to obtain a Great Flexible Dieting Program

1	Macronutrients and Variety	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Make sure to get each of the 3 Macronutrients in each day (Protein, carbs, fats)2. Add a wide variety of whole and nutrient dense foods within your daily nutrition3. Keep your daily macro allotment within a 5-10g range. Think consistency, not perfection	
2	Micronutrients	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Look to aim for 20-30g of Dietary Fiber each day. A good rule of thumb is for every 1,000 calories you consume, you eat 10g of fiber2. Get 1-3 servings of Veggies per day. Enough to what your GI tract can handle3. Get 1-2 servings of Fruit per day. Enough to what your GI tract can handle	
3	Adherence	<input type="checkbox"/>
	<ol style="list-style-type: none">1. Plan and prep your meals ahead of time each day2. Use a 80% Whole foods and 20% Non-Traditional Foods rule of thumb3. Figure out what meal frequency and meal timing works best for your lifestyle4. Be patient, consistent, and get after your goals5. Consistency is key	

This program is the intellectual property of Eric and Chris Martinez. Any copying, posting, or distribution of this program in print or electronic format including posting in an online public forum or download website is forbidden. Please contact us for written approval if you would like to post highlights from the workout, but posting the program in its entirety is strictly forbidden.

Copyright © 2014 Dynamic Duo Training

