

Nutrition Guide

When, What, And How Much To Eat For Fat Loss



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What To Eat

- The majority of what you eat should be whole or minimally processed foods. Whole foods are foods that have not been processed, such as fresh fruit and vegetables. Minimally processed foods are foods that have a short ingredients list. The longer the ingredients list, the more processed the food is.
- Eat foods with clean and healthy ingredients. Limit the consumption of foods with artificial ingredients, fillers, preservatives, processed/added sugars, and processed vegetable oils. Try to eat organic as much as possible.
- When eating meat and other animal protein, pay attention to the quality. Avoid food with GMO and added hormones and preservatives. Go for grass fed beef, wild caught fish, and free range/pasture raised poultry.
- This goes for beverages too. Limit the consumption of drinks with processed sugar/artificial sweeteners and other artificial ingredients.
- The purpose of eating is to provide your body with energy and nutrients. Unhealthy and highly processed food will give your body energy, but it won't give it the adequate nutrition that whole food provides.
- Be sure to eat a variety of food (whole grains, fruit, vegetables, lean meat, nuts/seeds, beans/legumes) to have a balanced nutrient intake.



More

Fruit/Vegetables

Whole grains

Lean Meat

Water



Less

Fast Food/Eating Out

Baked Treats/Candy

Chips

Soda/Sugary Juice



When To Eat

- Eat on a schedule. Eating at random times can disrupt your internal body clock/circadian rhythm. This disruption can negatively impact your digestion, appetite, and ability to metabolize fat, which can lead to weight gain and other health risks.
- Eat every 3-4 hours. This will give your body time to fully digest meals. This can also help keep your blood sugar stable and your metabolism functioning optimally.
- Eat in a 8-12 hour window. Putting your body on a consistent eating and fasting cycle can promote fat loss and improve overall health.
- Have your last meal a few hours before bed. Eating too close to bedtime can cause digestion to disrupt your sleep. Disrupting sleep can cause the dysfunction of your appetite hormones, which can lead to weight gain and/or metabolic disorders.



8:00am - Breakfast

12:00pm - Lunch

4:00pm - Snack

7:00pm - Dinner

How Much To Eat

- How much you should be eating depends on your current body composition, your goals, and your activity level.
- For weight loss/fat loss, you need to be burning more energy (calories) than you are eating.
- An easy way to find out how many calories you should be eating is to use a Calorie Calculator . This will give you a starting point and you can adjust as needed from there.
- The best way to make sure you are eating the right amount of calories is to track your meals. Do this until you become familiar with what a certain amount of calories looks like in a meal, and then you can eat more intuitively.
- Staying hydrated is also important. Try to drink $\frac{1}{2}$ of your body weight in ounces each day. If your number is above 100oz, just shoot for 100oz.
- Your macro nutrient ratio also plays a role in your body composition. The macro nutrients are carbohydrates, protein, and fat. A ratio of 40% carbohydrates, 30% protein, and 30% fat of your daily caloric intake is good for weight loss/fat loss. Start with this and adjust as needed.

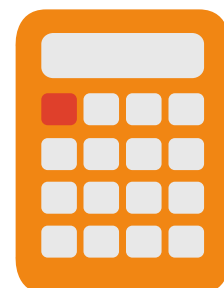
***Click Here For
Calorie Calculator***

1,670 calories

105g Protein

50g Fat

200g Carbohydrates



Tips To Stay Consistent

- Plan and prep your meals. This will save time and reduce decision making throughout the week.
- Use repetition in your meal plan. Eating the same or similar meals throughout the week saves time and improves the accuracy of your caloric intake. You can switch it up every 1 or 2 weeks to keep some variety.
- Be flexible. A meal plan that is too rigid is only sustainable for so long. You will eventually get really intense cravings which can lead to binge eating. Include those foods and meals you love in small doses, even if they aren't the healthiest. Moderation is fine.
- Find healthier versions of your favorite foods/meals. For example, prepare your own burger and fries at home with healthier food and ingredients. Air fry your fries instead of deep frying.

***CONSISTENCY
IS KEY***

Implement

Try implementing these tips and strategies into your nutrition plan.

If this guide was helpful, let me know! You can connect with me via email or social media.

If you need more in depth coaching and guidance, sign up for Nutrition Coaching with me. You will get a customized plan that suits you and your goals. ([Sign Up For Coaching](#)).

Thanks for your support and keep working!



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