

# MASTER NUTRITION IN 2 EASY STEPS

## Step 1: Choose the Right Foods at the Right Times of the Day

Our **Recommended Food List**, to the right, contains your best options for maximum fat loss and optimal fitness. So, identify those foods you enjoy from each of the five categories.

## RECOMMENDED FOOD LIST

### LEAN PROTEINS

#### IDEAL

buffalo  
chicken  
cottage cheese  
egg whites  
egg (*whole*)  
extra lean beef  
extra lean pork  
fish (*cod, halibut, tuna*)  
greek yogurt  
ostrich  
FitFreeze  
shellfish (*lobster, shrimp, clams*)  
turkey  
venison

#### ACCEPTABLE

non/lowfat cheese  
non/lowfat milk  
non/lowfat yogurt  
nut butters  
nuts  
seeds  
seitan  
soy beans  
soy hot dogs  
soy milk  
soy/veggie burger  
tempeh  
texturized veg. protein  
tofu

### NATURAL STARCHY CARBS

#### IDEAL

beans (*black, kidney, lima*)  
black eyed peas  
brown rice (*or wild, basmati*)  
couscous  
edamame  
lentils  
millet  
oat bran  
oatmeal (*rolled oats, steel cut*)  
porridge  
potato  
pumpkin  
quinoa  
squash  
sweet potato  
yam

#### ACCEPTABLE

barley  
bread (*whole wheat*)  
buckwheat  
cream of rice  
cream of wheat  
high fiber cereal  
pasta (*whole wheat*)  
popcorn  
rice cake  
spelt bread  
tortilla (*whole wheat*)

### SIMPLE CARBS (FRUITS)

apple  
apricot  
banana  
blackberries  
blueberries  
cantaloupe  
cranberries  
figs  
grapefruit  
grapes  
honeydew melon  
kiwi  
lemon  
limes  
mango  
nectarine  
orange  
papaya  
pear  
pineapple  
plum  
pomegranate  
prunes  
raisin  
raspberries  
strawberries  
watermelon  
and all other fruits

### FIBROUS CARBS (VEGGIES)

alfalfa  
asparagus  
beets  
bell peppers  
broccoli  
brussel sprouts  
cabbage  
carrot  
cauliflower  
celery  
collard greens  
cucumber  
eggplant  
fennel  
garlic  
green beans  
green peas  
jicama  
kale  
leeks  
mushrooms  
okra  
onion  
parsnips  
radish  
romaine lettuce  
snow peas  
spinach  
swiss chard  
turnip  
watercress  
water chestnut  
zucchini  
and all other veggies

### HEALTHY FATS

avocado  
chia seeds  
coconut oil (*extra virgin, unprocessed*)  
fatty fish (*salmon, mackerel*)  
flaxseed  
flaxseed oil  
nuts (*walnuts, almonds, pistachios*)  
nut butters (*peanut, almond, cashew*)  
olives  
olive oil  
seeds (*sunflower, pumpkin, flaxseed*)  
sunflower oil

Next is our **Meal Guidelines**, which outline the kinds of foods to eat at particular times of the day.

Notice that at every meal we suggest a protein and healthy fat – combined with either a starchy or simple carb (or both) earlier in the day ... and then later in the day transition to fibrous carbs.

## MEAL GUIDELINES

### MEAL 1

PROTEIN + STARCHY CARB <sup>AND/OR</sup> SIMPLE CARB + HEALTHY FAT

+  <sup>AND/OR</sup>  +

### MEAL 2

PROTEIN + STARCHY CARB <sup>AND/OR</sup> SIMPLE CARB + HEALTHY FAT

+  <sup>AND/OR</sup>  +

### MEAL 3

PROTEIN + STARCHY CARB <sup>AND/OR</sup> SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

+  <sup>AND/OR</sup>  +  +

### MEAL 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

### MEAL 5

PROTEIN + FIBROUS CARB + HEALTHY FAT

+  +

As shown in our **Meal Guidelines** chart above (and below), each meal includes a protein source, one (or more) of the three types of carbs, and a healthy fat. Here's an example of how to use our **Recommended Food List** and **Meal Guidelines** to choose the right foods at the right times of the day:

### RECOMMENDED FOOD LIST

LEAN PROTEINS	NATURAL STARCHY CARBS	SIMPLE CARBS (FRUITS)	FIBROUS CARBS (VEGGIES)	HEALTHY FATS
<b>IDEAL</b> buffalo chicken cottage cheese egg whites egg (whole) extra lean beef extra lean pork fish (cod, halibut, tuna) greek yogurt ostrich FiFreeze shellfish (lobster, shrimp, clams) turkey venison  <b>ACCEPTABLE</b> non/lowfat cheese non/lowfat milk non/lowfat yogurt nut butters nuts seeds seitan soy beans soy hot dogs soy milk soy/veggie burger tempeh texturized veg. protein tofu	<b>IDEAL</b> beans (black, kidney, lima) black eyed peas brown rice (ar wild, basmati) couscous edamame lentils millet oat bran oatmeal (rolled oats, steel cut) porridge potato pumpkin quinoa squash sweet potato yam  <b>ACCEPTABLE</b> barley bread (whole wheat) buckwheat cream of rice cream of wheat high fiber cereal pasta (whole wheat) popcorn rice cake spell bread tortilla (whole wheat)	apple apricot banana blackberries blueberries cantaloupe cranberries figs grapefruit grapes honeydew melon kiwi lemon limes mango nectarine orange papaya pear pineapple plum pomegranate prunes raisin raspberries strawberries watermelon and all other fruits	alfalfa asparagus beets bell peppers broccoli brussel sprouts cabbage carrot cauliflower celery collard greens cucumber eggplant fennel garlic green beans green peas jicama kale leek mushrooms okra onion parsnips radish romaine lettuce snow peas spinach swiss chard turnip watercress water chestnut zucchini and all other veggies	avocado canola oil chia seeds coconut oil (extra virgin, unpro- cessed) fatty fish (salmon, mackerel) flaxseed flaxseed oil nuts (walnut, almonds, pistachios) nut butters (peanut, almond, cashew) olives olive oil seeds (sunflower, pump- kin, flaxseed) sunflower oil

### MEAL GUIDELINES

<b>MEAL 1</b>	PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + HEALTHY FAT eggs + potato AND/OR strawberry + almonds
<b>MEAL 2</b>	PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + HEALTHY FAT cottage cheese + black beans AND/OR pineapple + avocado
<b>MEAL 3</b>	PROTEIN + STARCHY CARB AND/OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT chicken + yam fries AND/OR [ ] + salad + sunflower seeds
<b>MEAL 4</b>	PROTEIN + FIBROUS CARB + HEALTHY FAT shrimp + broccoli + olive oil
<b>MEAL 5</b>	PROTEIN + FIBROUS CARB + HEALTHY FAT Greek yogurt + green beans + pistachios

MEAL 1

PROTEIN + 
 STARCHY CARB AND/OR
SIMPLE CARB + 
 HEALTHY FAT

eggs

+

potato

+

AND/OR

strawberries

+

almonds

## Step 2: Choose the Right Portion Sizes

Counting, calculating, and measuring your food is way too complicated and time-consuming. Figuring out your meal portions really doesn't need to be that difficult! Here's a much easier way:

As shown in our **Meal Guidelines** above, each meal includes a protein source, one (or more) of the three types of carbs, and a healthy fat. Here's how to select the right portion of each food type, **specifically** for YOU:



### CARBS (STARCHY, SIMPLE, AND FIBROUS)

The carb that you choose for each meal should be approximately the size of your fist. For example, the average woman has a fist about the size of a small baked potato. **Note:** Some meals suggest more than one type of carb. For example, at meal 2 you might have half of a baked potato (starchy carb) and half an apple (simple carb), so that the size of your total portion of carbs (starchy + simple) is about the size of your fist.



### PROTEIN

Your choice of protein should be approximately the size of your palm. For example, a medium-sized chicken breast.



### FAT

The fat source you choose should be about the size of your thumb. This is about 5 almonds for the averaged-sized woman or 7 almonds for the average man.

**Important notes**

- Don't feel like you have to finish everything on your plate! The Fist/Palm/Thumb Rule is an excellent guide of how much to dish up, but ultimately, you should pay attention to your internal signs of hunger and fullness to know when to stop eating. Let **your** body be your guide for when and how much to eat. If you begin feeling comfortably full and satisfied three-quarters of the way into your meal, put your fork down and push away from the table. If you choose the right foods (step 1 above) and then listen to your body and stop eating when full, you simply cannot fail on our program.
- Don't worry about limiting the portion of **fibrous** carbs to the size of your fist. Because fibrous carbs (vegetables) are so low in calories and so rich in beneficial nutrients, it's okay to dish up a portion larger than your fist.



**Try to drink 96 oz. of water a day.**

- Water is critical to your success, as it greatly influences your metabolism, kidney function, and your internal signs of hunger and fullness. We recommend 3 quarts (96 ounces) of water per day, and an additional 8 ounces for every 25 lbs you carry above your ideal weight. As a bare minimum, you should at least follow the common "eight 8-oz glasses per day" rule.



**Fibrous carbs are low in calories and packed with nutrients, so load up your plate!**

# INSPIRATION

The success stories you see to the right were once in the same spot you are now – not really sure if A.C.E. Coaching would in fact work for them. It's certainly understandable, considering how many weight loss and fitness products don't live up to their claims. But they put their trust in me and they took action.

I'm not just asking you to believe in me, however. I'm asking you to believe in yourself. The difference between "the impossible" and achieving your own personal goal is largely a matter of belief and action. So is the difference between fear and success.

You will be and become whatever you truly believe ... and belief in yourself will enable you to overcome any difficult challenge and give you enormous power to create the results you want and so greatly deserve.

Believe you can do this, take action, and feel assured that i am here to help you every step of the way and congratulate you when you join these successful men and women that we are so proud of.

*Pam Roth*

Pam Roth, CPT

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**Katie Lost 23 Inches!**



**John Lost 127 Lbs!**



**Holly Lost 107 lbs!**



**Jason Lost 40 lbs!**



**Shannon lost 13 inches!**



**Lee-Pierre Lost 38 lbs!**