



## Healthy Eating Blueprint

It's all about the right choices. What you buy at the grocery, what you keep in your pantry, and how determined you are to reach your goal. Changing your habits is hard. Living a healthier life is not hard. It's all in the choices we make.

Even if you've done everything wrong up to this point, you can do everything right from now on.

You change the future through choices.

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## Calculate Calories

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Let's get started with how much food do you really need. We need to figure out your activity level.

1. If you have a job where you spend little time on your feet <1hr/day and don't exercise much except for an occasional walk we'll say you are inactive.
2. If you have a job where you are on your feet for 1-2hrs/day or you exercise 2x/week we'll say you are lightly active.
3. If you have a job where you are often on your feet 3-5hrs/day or you exercise 3x/week we'll say you are active.
4. If your job is active for most of the day 6+hrs or you exercise 4+/week, you are very active.

Each of these categories will affect your daily calorie goal so it's best to be very accurate with your activity level.

Download the [Calorie Calculator](#) to calculate your daily calorie target.

To determine your weight in KG divide your current bodyweight by 2.2

To determine your height in cm, determine your height in inches and multiply by 2.54

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## Food Choices

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Now let's talk about food choices, this is more black and white than some would like to admit but here too we try to keep it simple. Let's start with the bad.

Sugar, especially added sugars should be removed from your diet entirely with the exception of a serving a fruit each day. All other sugar should go. Ignoring that fact that sugar is bad for your health, sugar is an addictive agent that your body craves. Keep it out of your house or you will eat it, don't buy it when you go to the grocery store, and seriously minimize the amount of sugar you eat. You'll probably go through withdrawal for a couple of weeks, but it's the only way to regulate your hunger and thirst accurately.

As for the good, we break foods down into groups and include a list of some of the best choices.

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## Beverages

Water - essential and 0 calories, should be the cornerstone of your drink choices

Coffee - contains potassium and magnesium as well as antioxidants

Tea - source of antioxidants and manganese

Low fat milk - contains calcium and potassium

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## Protein

Salmon - a full dose of your daily omega 3 content and high in selenium

King Crab - 500mg omega 3s and very high in B12, and 50% your daily zinc needs

Chicken - high in B6, and has iron, magnesium, B12, Vitamin A, and calcium

Lean beef - high in B12, B6, Iron, also contains Magnesium, and Vitamin D

Beans - the list is so long we [have to link to an article](#) describing their value, also beans may be the single best predictor of longevity in older populations... eat more of them

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## Fruit

Pomegranate - great source of vitamin C and vitamin K, high in fiber and folate as well

Avocado - yes it's a fruit, great source of healthy fats and nearly 20 vitamins and minerals

Raspberry - great source of antioxidants, fiber, phytonutrients, iron, magnesium, potassium, zinc

Blueberry - highest antioxidant value of any fruit, also high in fiber and vitamin C

Kiwi - over 100% of your daily vitamin C goal, also high in vitamin K

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## Vegetable

Beets - high in vitamin C, fiber, potassium, folate, and manganese

Microgreens - high in vitamin E, C, K, lutein, and beta-carotene

Collard Greens - contains more than a dozen vitamins and minerals, great source of fiber

Asparagus - contains more than 15 vitamins and minerals

Baby Kale - more than a dozen vitamins and minerals, high in vitamin C, A, K, and B6

Spinach - more than a dozen vitamins and minerals, high in vitamin C, A, K, and B6

Bell Peppers - good source of vitamin A, C, potassium, folic acid, and fiber

Broccoli - more than 15 vitamins and minerals

Watercress - packs folate, pantothenic acid, copper, vitamin A, C, E, K, thiamin, and many others

Potatoes - containing more potassium than a banana, high in vitamin C and fiber, eat the skin

Beet Greens - packed with phosphorus, zinc, fiber, antioxidants, B6, magnesium, potassium, copper and manganese

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## Fat

Olive Oil - great source of healthy fats and antioxidants, good for cooking

Almonds - good source of fiber, calcium, vitamin E, niacin, and antioxidants

Cashews - lots of iron, magnesium, phosphorus, zinc, copper, and vitamin K

Chia Seeds - very high in fiber, and a good source of alpha-linolenic acid

Walnuts - good source of manganese, copper, and antioxidants

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## What About Grains?

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Whole grains are part of a healthy diet, in moderation. 1-2 serving a day of:

- Whole grain rice/wild rice
- Whole wheat bread/pasta
- Steel cut oatmeal
- Popcorn

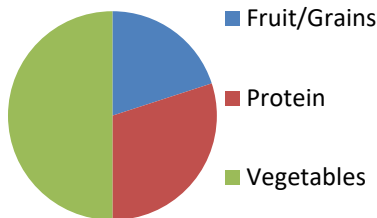
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## Portions

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The rule of 50% of your plate containing vegetables, 30% protein, and 20% fruit or grain will make things very easy. You don't need fruit/grains at every meal, but the portion size for each category is the same. We will weigh or measure each food item and then input that in my fitness pal to accurately keep track of calories.

### 9" Plate



For cooking meat and vegetables use a tbsp. of fat for each, or a small handful of nuts each meal to meet you fat intake needs.

Food choices affect our health, not just short term weight loss.

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## Supplements

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You can't out supplement a bad diet. However, there are a couple of good supplements that help.

**Omega 3** – if you get less than 2 servings of fish each week or vigorously exercise 5x/week taking a fish oil supplement can be beneficial

**Caffeine** – other than it's energy boosting affects, caffeine helps burn fat more efficiently.

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## Habits for Success

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We are what we consistently do. Sometimes we just need a couple of tricks to stay consistent.

- Buy a simple food scale and keep it on the kitchen counter at all times
- Take 5 minutes in the morning to write down what you plan to eat that day
- Before going to the grocery, eat a healthy snack while writing down your shopping list
- Exercise a little every day, if you miss a workout do 3 sets of 5-10 push ups, sit ups, and squats before dinner
- Set an alarm before bed to remind yourself to log your days foods in my fitness pal
- Tell people about your goals, it keeps you honest and motivated. It might be scary but it will make you more successful in the long run!

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## Final Thoughts

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Life is a work in progress. There will always be changes and challenges. Meet them with confidence. You will persevere and grow towards your goals. You may need to adjust your calories, your exercise, habits, and often even your mentality in order to be successful. If you're

finding it difficult, surround yourself with people who have similar goals and more experience. If you need anything, BRFC is always here to help!