CHASE LIVINGSTON

NUTRITION GUIDE

DISCLAIMER

The information found in this package is not intended to be medical advice or a medical service and does not serve as a replacement for professional medical counseling and direction.

Any information provided by Chase Livingston is not to be followed without first obtaining proper consent from your physician. If you choose to use the information herein, you accept full responsibility.

This meal guide is to serve as a reference tool to help you identify proper food portions and choices in relation to your fitness goal. It does not guarantee success but can help you move in the right direction of improving your eating habits related to your fitness.

The coach can provide the tools, but it is up to you to adopt a healthy lifestyle (proper exercise, nutrition, rest, consistency, etc.) in order to become successful.

INTRODUCTION

This meal guide was created to serve as a resource and learning tool for you to use on your fitness journey. This small book will provide everything you need to know about what food you should be eating and how it will properly fuel you and help you reach the body composition you desire.

Before diving in, I want to encourage you to begin to utilize what you learn here and in your training as not something you are doing to reach your goals in three months and then returning to the person you were before, but implementing this into a lifestyle. It's not enough to lose ten pounds for your wedding only to find you've gained twenty five after a year of marriage. Instead, make healthy eating habits a part of who you are.

Gaining muscle and losing fat are only two benefits of making better nutrition choices. It lowers the risk of heart disease, type 2 diabetes and some types of cancers. It improves your immunity, digestive system and neurological function. Your energy levels rise, your mood improves, you're more driven and focused. Seriously, the benefits of regular exercise and proper nutrition are too good not to claim for yourself.

However, many are in the dark about what it means to eat healthy, what looks like or where to start. My aspiration is to simplify this process and give you the information and strategies to become successful so that you can not just have the strength and body you desire, but so that you can be the High Powered person you were born to be.

Remember, the most important part of any training program or meal plan is adherence. Adopt the concepts you learn here, eat high quality food and stick with it for the long haul, and your chances of seeing positive results become exponentially higher.

CALORIES

A calorie, or kcal, is a unit of measurement for the amount of heat needed to raise the temperature of one gram of water by one degree Celsius. When we speak about calories in terms of our food, we are speaking of energy our food provides us to live and stay healthy. That's why when we say "burning calories" we are talking about our bodies burning through the energy we have consumed or stored.

LOSING FAT

In order to burn fat, you need to be in a caloric deficit, or be eating less than what is necessary for the maintenance of your current body weight. This is also known as "Calories In/Calories Out." You need to burn more calories than you consume in order to reach body composition goals. A 100-300 calorie deficit can illicit results, but rarely do you want to dip below 500 calories for healthy sustained weight loss.

GAINING MUSCLE

In order to gain muscle, you need to be eating in a caloric surplus, or taking in enough calories to meet body maintenance as well as to build and repair muscle. Anywhere from 100-300 calories over maintenance will support positive gains, but going over 500 could lead to unhealthy weight gain stored as body fat.

If you are unsure about caloric consumption or body composition goals, speak with your coach or visit one of the following resources. Each of these provides a pretty accurate estimation for daily caloric consumption.

TDEE CALCULATOR

MyFitness Pal
MyMacros+

MACROS

Macronutrients, or macros, are the essential nutrients our bodies need to function and provide us energy. There are three macros that make up the food we eat, each of them having their own job in helping our bodies perform the way they are designed to. Being defecient in any of these areas can lead to many health problems. The three macronutrients are Protein, Carbohydrates and Fats.

Protein - This macronutrient asists in the building and maintaining of muscle tissue. In their rawest form, they are used to build new cells and tissues. When eaten in excess, protein can be broken down into other forms of energy.

Carbohydrates - The primary function of this macronutrient is to provide the body with energy. Many of the "carbs" we eat are broken down into glucose and then sent throughout the body to be further broken down into ATP to be utilized as energy. Once current energy needs are met, spare carbohydrates will be stored as gycogen in the liver and in muscle. If eaten in excess to the point of maxing out stores in the liver and muscle, they will be converted and stored as fat.

Fat - Healthy fats are another fuel source for the body, however, fats are denser than carbohydrates so they serve as long-term energy. There are also other important cellular and neurological functions that fats provide. The consumption of healthy fats, especially with Omega-3's, have been found to promote brain health and healthy joints.

PROTEIN

All Macros are equally important but with an intense training regimen, protein may take precedence. Protein contains both essential and non-essential amino acids which help not only fuel the body but aid in the building and recovery of cells and tissue. Every meal you consume throughout the day should contain a decent amount of protein. If you are new to training and nutrition, let protein be your primary focus.

BUILDING MUSCLE

.8-1.0 grams / pound of bodyweight

BURNING FAT

1.0-1.2 grams / pound of bodyweight

TOP PROTEIN CHOICES

- Steak
- Ground Beef 93/7
- Chicken
- Wild Caught Salmon
- Wild Game (Venison, Elk, Duck, etc.)
- Eggs
- Turkey Breast / Ground Turkey
- Tuna, Mahi-mahi, other fish
- Protein Powder

OTHER PROTEIN CHOICES

- Milk
- Yogurt
- Quinoa
- Beans / Legumes
- Almonds, Walnuts, Brazil Nuts, etc.
- Nut Butters
- Cottage Cheese
- Bacon (No Nitrates or Nitrites)
- Protein Bars

CARBOHYDRATES

Carbs are going to be your primary source of energy. Without proper fuel from carbohydrates, you will not have the energy to perform well during your workouts, at work, or with your family. It is important to get most of your carbohydrate intake in around your workouts. Before allows you to fuel the body for the workout and after allows your glycogen stores to be replenished. The number of daily carbohydrates you consume will be dependent on how active you are throughout the week.

DAILY CALORIC INTAKE FROM CARBOHYDRATES

45-65% of daily calories
Less if you work a sedentary job and only workout a couple of times a week. 65% if you have a physically demanding job and are working out 4-5 times per week. For more clairty on carbohydrate intake, speak with your coach.

COMPLEX CARBOHYDRATE SOURCES

- Sweet Potatoes
- Brown Rice
- Black Beans
- Quinoa
- Oates
- Whole Grain Pasta
- Whole Grain Bread
- Fiber-Rich Vegetables (Brocolli, Spinach, Carrots, etc.)

SIMPLE CARBOHYDRATE SOURCES

GREAT BEFORE WORKOUTS

- White Potatoes
- White Rice
- Milk
- Fresh Fruit
- Yogurt

AVOID

- Soda
- Juice from Concentrate
- Processed Snack Foods
- Breakfast Cereal
- Candy

FRUITS & VEGETABLES

Aside from eating the appropriate macronutrients, it is also important to eat plenty of quality micronutrients. Micronutrients are vitamins and minerals that our body needs to function optimally. While we may get these from lean meats and healthy fats, one of the best places to get a diet rich in micronutrients is one filled with fruits and vegetables. Having a diet rich in these foods ensures you get lots of fiber to keep you full longer and improve gut health. Eating a luscious variety of plants also helps lower risk of various cancers, type 2 diabetes, heart disease and high blood pressure. Not to mention, many are low in calories, which means you can really load your plate with them guilt free. Make sure to add these to every meal for improved health, feeling fuller and to power yourself with vibrant energy.

DAILY FIBER INTAKE

Men: 30-38grams
Women: 21-25grams

TOP VEGGIE CHOICES

- Spinach
- Broccoli
- Brussels Sprouts
- Green Beans
- Bell Peppers
- Jalepenos
- Cauliflower
- Carrots
- Kale
- Celery
- Cucumber
- Romaine Lettuce
- Asparagus

TOP FRUIT CHOICES

- Strawberries
- Black Berries
- Blueberries
- Raspberries
- Apples
- Pears
- Banana
- Dates
- Cherries
- Oranges
- Kiwi
- Grapefruit

HEALTHY FATS

Fats are essential to becoming a High Powered performer in the gym and in life. This macro provides the body with dense sustainable energy, helps metabolize fat-soluable vitamins and provides heat for the body. Fats are huge stores of energy with 9kcal/gram and essentail fatty acids vital for proper funciton.These foods can not only help you stay full longer, but can even help you burn fat!

DAILY CALORIC INTAKE FROM HEALTHY FATS

After calculating your daily protein and carbohydrate intake, the rest of your calories should consist of healthy fats. This should average to about 30% of your daily caloric intake.

TOP FAT CHOICES

FOODS

- Avocados
- Almonds, Walnuts, Brazil Nuts, etc.
- Eggs
- Salmon and Othet Fatty Fish
- Full Fat Yogurt

OILS

- Extra Virgin Olive Oil
- Coconut Oil
- Avocado Oil
- Grass-Fed Butter

OTHER FAT CHOICES

- Chia Seeds
- Flax Seeds
- Nut & Seed Butters
- Olives
- Coconut Flakes
- Full Fat Milk
- Grass Fed Beef
- Dark Chocolate

SNACKS

Who doesn't like snacks? Once you build up a solid habit of training consistently, you're going to work up an appetite. Sometimes those three meals a day just don't cut it. Not to mention it helps to be feeding your body quality food and protein every few hours. It becomes critical to have snacks on hand. However, this doesn't mean we hit the convenient store or the vending machine for our snacks, but we have other healthy and nutritious options available that will satisfy and keep us on track. Healthy snacking can help keep energy levels high, prevent overeating at larger meals and also help you adhere to your nutrition plan for the long haul.

The key with snacks is not to go overboard. Watch sugar and caloric content, make sure it fits your daily macros and caloric intake. A snack should average around 150cal and rarely exceed 300 unless specified in your specific plan or special circumstances. These are not to be full sized meals, but a simple serving to provide the body more fuel. Here are some tried and true veterans in the snack game. Your snacks are not limited to this list, just remember to make them healthy options and include protein.

- Mixed Nuts
- Greek Yogurt
- Beef Jerky
- Almond Butter
- Fresh Fruit
- Fresh Vegetables
- Cottage Cheese
- Hummus
- Protein Shake
- Dark Chocolate
- Guacamole
- Hard Boiled Eggs
- Healthy Trail Mix
- Superfood Smoothie
- Protein Bar

SPICE IT UP

Eating the same few meals may provide convenience and consistency, but often times, they lead to burnout. To prevent the inevitable, it is important to keep your food interesting and tasty. So how do we do this without packing on tons of empty calories or resorting to ordering take out? By adding spices, seasonings and sauces or condiments, you can radically change the taste of your food. What may have been a bland chicken breast can be transformed into a delicious sage and hickory smoked meal with a side of barbecue sauce. Let's explore these options:

Herbs, Spices & Seasonings

- Basil
- Oregano
- Thyme
- Ginger
- Garlic
- Paprika
- Sea Salt
- Black Pepper
- Turmeric
- Parsley
- Mint
- Sage
- Cinnamon
- Cumin

Sauces & Condiments

- Oceans Halo Soy Free Teriyaki
- Salsa
- Primal Kitchen Dressing
- Tessa Mae's Ketchup
- Organic Yellow Mustard
- Tabasco Chiptotle Pepper Sauce
- Apple Cider Vinegar
- Tamari Sauce
- Organic Low Sodium Worcestershire

There are far more seasonings, spices and sauces out there that you can choose from. When choosing spices and herbs, it is always better to use fresh produce if possible (fresh cilantro, basil, ginger, etc).

When looking for sauces/condiments, be sure to check labels for calories, added sugars and high sodium.

For more guidance in this area for your specific goals, speak to your coach.

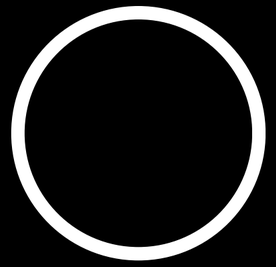
PORTION SIZES

In America, we tend to eat in larger portions than are necessarily healthy. Many restaurants fill our plates with loads of food. Instagram is riddled with pictures of incredible looking food but far too large of portion sizes. Even the healthy foods we see online like salads and smoothie bowls are filled with far more calories than is necessary for any given meal. That is not to say that you can not enjoy these foods, but it is important to take portion sizes into your control and prevent yourself from overeating.

To assist us with this, there are several guidelines that you can follow that will ensure you not only get enough food with each meal and stay full, but you prevent yourself from overeating. And the only tool you need to guide you is your hand. By using this guide and your hand, you can make sure you are eating proper portion sizes at each meal, especially post-workout and at dinner. You can also view the next page for another reference for meal sizes,

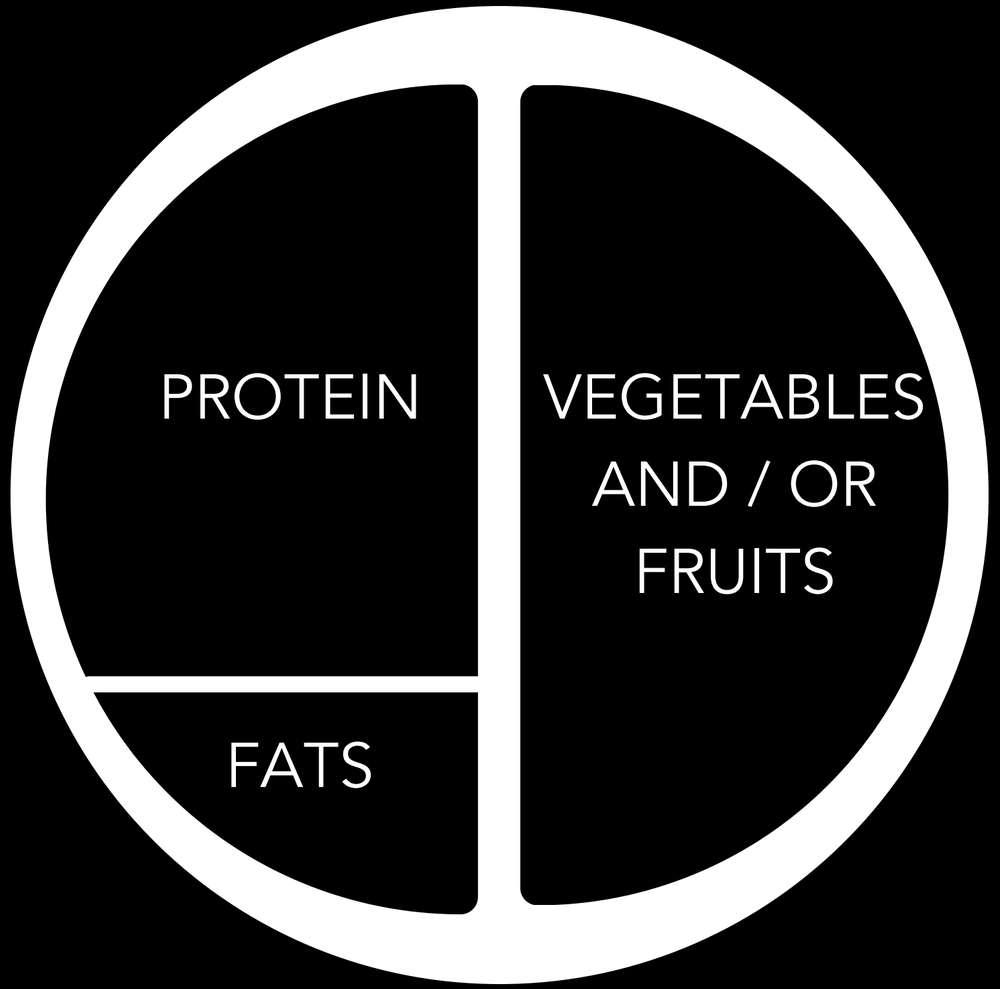
1. Meats, Chicken & Fish (Protein) - Use the size of your palm.
2. Starches & Grains (Complex Carbs) - Use the size of your hand cupped.
3. Vegetables - Use the size of your fist clenched.
4. Oils, Nut Butters & Other Healthy Fats - Use the size of your thumb.

PORTION SIZES



WATER OR BEVERAGE

Tea, sparkling water or any other low/zero calorie beverage that fits your nutrition needs may be enjoyed here.



While fruit is filled with fiber and healthy micronutrients, it also contains sugar. For those looking to lose weight, opt for fruits with a low-glycemic index or eat fruit in moderation. Ask your coach for more clarity.

NUTRITION GUIDELINES

Here are a few simple nutrition-related guidelines that may assist you on your journey towards your goals. These are only recommendations and are to be decided upon by the trainee and the coach. Find what works for you, what you can adhere to, and use it.

1. Eliminate Processed Foods - The majority of the foods you eat need to come from whole natural sources. Processed and packaged foods are loaded with unneccessary ingredients and preservatives. None which are vital for human function and actually hinder your progress. Be sure to read labels and if you can't pronounce it or grandma wouldn't eat it, DON'T EAT IT!
2. Eat Every 3 Hours - Eating every few hours will ensure you are consuming plenty of protein and will keep your metabolism revved up. This is especially important for individuals looking to gain muscle. If you are looking to burn fat, ask your coach about Intermittent Fasting or other alternative strategies.
3. Don't Starve Yourself - In order to burn fat, it is important to be in a caloric deficit. But this does not mean starving yourself or keeping yourself hungry. If you feel hungry, eat vegetables and fruit which are low in calories and high in fiber which will improve satiety. It is also important to eat healthy fats and plenty of protein at each meal to keep you satiated longer as well.
4. Limit Sugar Intake - Especially for those looking to lose weight, it is important to limit high-glycemic fruits and completely avoid added sugars as much as possible. For the best results, try to remain under 24grams for women and 36grams for men.
5. Enjoy a Free Meal Each Week - Every week, you need to have a meal where you enjoy some of your favorite comfort foods. This may be a cheeseburger from your favorite restaurant, ordering a pizza or going out with friends for Mexican. Be disciplined on your journey but dont restrict yourself from all foods all the time.
6. Plan and Prepare Your Meals - Chances are, you are busy. There will be days when you don't have time to cook, are tired or have to change plans. That's why it is important during these times that you have prepped meals ready to go or a plan of action for what you can eat and where that allows you to adhere to your goals.
7. Stick With it! - Reaching your fitness goals won't happen over night. But you can make significant progress very quickly when you lock in your nutrition and adhere to it day in and day out. If you have a bad day, don't sweat it! Just learn from it, apply it and get back at it!

SAMPLE DAY OF MEALS

This is not a definitive meal plan but rather a tool to give you an overview of what a day of meals may look like to you when focusing on promoting a healthier lifestyle through fitness and nutrition. Specifics on the number of meals, meal timing, and portions may be further discussed with the assistance of your coach. Choose 1 from each category.

BREAKFAST

Meal 1:
Bacon, Eggs,
Sliced Avocado w/ Sriracha

Meal 2:
Eggs, Turkey Sausage,
Spinach & Salsa

Meal 3:
Whole Grain Oatmeal,
Protein Powder,
Sliced Strawberries &
Cinnamon

SNACK #1

Snack 1:
Cup of Yogurt,
Blueberries,
Coconut Flakes

Snack 2:
Hard Boiled Eggs
Handful of Almonds

LUNCH

Meal 1:
Chicken, Tomatoes,
Spinach & Sliced
Avocado w/ Dressing

Meal 2:
Ground Beef,
Sweet Potato Fries,
Chopped Onion & Mustard

Meal 3:
Chopped Steak,
Romain Lettuce, Peppers,
Cheese & Tabasco Sauce
in Tortilla Wrap

SNACK #2

Snack 1:
Beef Jerky,
Fresh Vegetables
& Hummus

Snack 2:
Protein Shake,
Banana &
tbsp of Peanut Butter

DINNER

Meal 1:
Baked Salmon,
Grilled Asparagus
& Brown Rice w/ Teriyaki

Meal 2:
Chicken Breast,
Black Beans, Quinoa,
Brocolli & Avocado

Meal 3:
Grilled Steak,
Baked Swet Potatoe
& Green Beans w/
Grass-Fed Butter

KEEPING TRACK AND PROGRESSING

TRACKING FOOD

The best way to make sure you are eating the right amount of calories and macronutrients is to track and document everything you eat. Especially if you are new to mindful eating and dialing in your nutrition, getting a food scale and keeping a food diary can teach you a lot about your eating patterns and if you are properly fueling your body. For most, tracking your food through an app will suffice. I personally use the 1st Phorm app which is the best option that simplify the process of tracking for you. Using this link will also allow me to personally advise your nutrition!

WEIGH-INS

Every week, on the same day at the same time, it is important to step on the scale and monitor your progress as you move towards your ideal weight. If you are working to lose weight/burn fat, then you want to see anywhere from .5-2lbs coming off the scale every week. For those gaining muscle, healthy weight gain could look more like 1-2lbs a month. With that being said, you may also decide to have a body composition analysis done every 2-4 weeks to ensure you are on progress for your specific goal (gaining muscle/burning fat).

GET AFTER IT!

A WORD FROM YOUR COACH

I get it! A lot of this stuff is difficult. It's a lot to learn and you already have so much going on. Not to mention, many of us are dealing with years of mental programming when it comes to eating patterns and the ways we look at food. When you begin to apply these guidelines and principles, take them in stride. One day at a time, one step at a time. Daily effort and consistency are your two greatest allies on your journey towards your goals.

I will take a quote I got from Whole 30 that applies just the same here. "Fighting cancer is hard. Giving birth is hard. Climbing out of mountainous debt is hard. Eating healthier food is not hard." Keep perspective on this path! It may be different than what you're accustom to. It may require some uncomfortable change. But it is not difficult. You are stronger than your eating patterns. You are stronger than your sugar cravings. And you are worthy of achieving all of your health, fitness and life goals. Go after them relentlessly and pave a way for others!

Lastly, I will say that I am praying for your success. My aspiration is that you will not only begin to eat better food and reach you fitness goals, but that it will allow you to break through walls in other areas of your life and allow you to conquer any mountain you feel called to take. I hope you achieve your fullest potential live out your life's purpose to your greatest capacity. I am here for anything you might ever need and I am honored to serve you on the journey.

-Chase Livingston
CPT, BCS, CNC

ABOUT YOUR COACH

Chase Livingston CPT, BCS, CNC

Chase is dedicated to helping people live up to their fullest potential and achieve their life's purpose. He is a certified Personal Trainer, Behavioral Change Specialist and Certified Nutrition Coach through the National Academy of Sports and Medicine. He is currently working on attaining his Strength and Conditioning Coach Certification through the National Strength and Conditioning Association. Chase loves competing in obstacle course races and pushing his limits through functional training. He also runs the High Powered Podcast where he shares insight on how to grow stronger mentally, physically and spiritually. He is committed to helping as many people not just reach their fitness goals, but also their life goals. Chase wants to remind you to tap into your greatness and share it with the world!

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