

SOARING EAGLE



FITNESS

Nutrition Guide

Soar Above The Rest

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Nutrition Guide

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If you're reading this, then you have decided to take the biggest step in your fitness journey; Getting started. Together I guarantee we will get you where you want to be, all I need is 100% commitment from you! I promise to give you 110% in return.

The Nutrition Guideline is your tool to get you on the right track to success. Everything you need to know about nutrition, the good, the bad, and the ugly will all be here to guide you along your weight loss journey. Telling you a specific fad diet to follow would be easy and may or may not get you the results you're looking for. My goal in training you and through this guideline is to TEACH you. I want you to learn how to properly eat, not just for the time we are training together, but for a lifetime. Diets are temporary, changing your eating habits all together, well that's permanent. Here at Soaring Eagle, we don't believe in quick fixes, we believe in permanent change!



The first thing I must stress to you, and you will hear this over and over is this; Food is intended to fuel our body! While it may taste delicious and aide in making life a whole lot more fun, it is 100% intended to keep the body working. You see the body has 3 energy sources, each energy source is derived from (you guessed it) food! So

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without food, well there is no life. Get in the mindset of eating for 'Fuel.' When your gas tank is full do you continue filling it? It is the same with the bodies fuel.

The best advice I can give you in your weight loss journey is this; **MAKE THE RIGHT CHOICE!** What I mean by that is chose the better option, make wise decisions based on your knowledge on nutrition. After reading this guideline you should be able to decipher what the "right choice" is 100% of the time. Making the smart choice will help you burn fat, increase lean muscle mass, help regulate the metabolism and have you feeling/performing better than you ever have.

As great as our programs here at Soaring Eagle Fitness are, they will not be as effective in reaching your goals if you do not follow the nutritional guidelines. The foods you consume can lead you to a healthier, better version of you, or all your hard work can be in vain. Our programs are designed to be followed inside and outside of the gym. Failure to follow the nutritional side of the program can make it difficult to obtain your goal!

Now let's get to work. Exercise is only 30% of the battle, nutrition is 70, yes that's right 70% of the battle against fat! By changing your eating habits, and making the "right choice" you will be on the right track to winning the war on the fat. I guarantee your results to come if you make the "right choice" 90% of the time.

I'm not saying it's easy, but it is doable! Just like in your workout program, we can't just jump into the fire. Take small steps that lead to bigger and bigger steps until you finally have your eating habits under control. Set small goals like not drinking pop/eating fried food for a week, and continue from there. I PROMISE you will be amazed at how strong you are! The small steps will eventually become habits and you will see a whole new person when you look in the mirror!

Understanding Fat Loss:

In order to understand weight loss, we must first understand how foods effect our body. Here is the breakdown

I. Metabolism.

We have all heard this term “metabolism” but do we really understand what it is?

Metabolism broken down is this; it is how quickly your body processes and breaks down food, also known as how quickly your body burns through the calories (food). The slower your metabolism, the easier it is to gain weight. The faster your metabolism, the easier it is to burn through the calories you consume.

Growing up I always had buddies who were lean and muscular, I was envious (I was the chunky boy). I always told myself they had a better metabolism than I did. As I grew older and began studying weight loss, I learned something that changed my outlook on metabolism. Metabolism is not something you are just born with and have no control over, rather metabolism is something that can be changed and controlled by you! Through your eating habits.

Weight loss is simply this, burn more calories than you consume.



Food is on this earth to give us energy, it comes in different forms also known as macronutrients; proteins, carbohydrates, and fats also known as the bodies 3 energy sources. When you consume more energy (food) than is needed your body WILL (not maybe) store it as fat. The opposite effect happens when you consume less energy(food) than is needed, you will lose weight. Eat enough energy (food) to supply the bodies demand and you will remain the same-neither gain or lose.

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A review on what we just learned about calories in vs. calories out?

Maintaining your weight requires eating the **same** amount of calories your body burns

Gaining weight requires consuming **more** calories than your body burns

Weight loss requires consuming **fewer** calories than your body burns

I'm not lying guys, it is literally that simple. Weight control is easy when you think of it like this. As a whole people have made weight gain/loss more complicated than it needs to be.

The worst thing I see is people eating too little in order to lose weight, guys this is terrible. In order to burn calories and fat the body **MUST** have calories to burn, otherwise it will find energy from other sources, mainly your proteins also known as your muscles.

So back to our metabolism, how do we train it and keep it from crashing?

- 1. Muscle, believe it or not the more muscle you have the higher your metabolism. The body burns more calories when you have more muscle mass, this is why building muscle is important.*
- 2. Eat enough, as stated earlier the more muscle you have the higher your metabolism. When you don't eat you don't build muscle also you tear down the muscle and can ultimately lose tons of muscle mass due to restricting your calories too much.*

II. FEED your metabolism

Guys it's time to eat! Now I'm not saying go crazy and eat 10,000 calories, but I am saying you **NEED** to eat in order to lose weight. Many people have the false perception that if they restrict their calories to bare minimum-which in turn causes them to starve- they will lose weight. Guys doing this will literally send your body into

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starvation mode. When you restrict your calorie intake below the needed amount of energy to get through the day you can feed your nervous system! Now if it's one thing we need to feed, it's our nervous system. So, when you're in starvation mode your body WILL burn your muscle for its energy source (proteins). As we stated earlier the more muscle you have, the more calories you burn. If you are burning away your muscle and breaking it down, well we are causing our metabolism to slow down at the same time. Will you lose weight by starving yourself? Yes, but I promise you will look weak and will gain all of your weight back once you start eating again.

My recommendation? Make smart decision in what you eat, don't starve yourself and make sure you are ALWAYS getting enough energy(food) to support your body.

Feed your muscles and body, this is the only way to properly lose weight. Make smart decisions, eat healthy, stay within your calorie range, and DO NOT STARVE YOURSELF. Get out of the mindset of "I can't eat, I'll gain weight," get into the mindset of "I need to fuel my body."

A faster metabolism leads to more calories being burned throughout the day, this is our big goal.



Lastly, please guys do not attempt to go on any diet that restricts your calories to a dangerously low number. Personally, I think anything less than 1400 is not enough to sustain your basal metabolism (the fuel for your vital body functions). This can and WILL crash your metabolism.

Here are some habits I want you to CREATE. This isn't a temporary solution, we are creating habits that WILL last you a lifetime and lead to a healthier life.

III. Habits to Soar Above the Rest

1. Eat More! Not Less! Instead of eating breakfast, snack and then dinner. Let's eat 5-6 times a day. Like we talked about earlier, your body needs calories to burn calories. Eating constant will maintain your bodies caloric needs and boost your metabolism. Now be sure to eat good, quality foods! The better quality the foods are the more energy is required to digest it properly. This means we use more energy (calories) breaking down this food, thus burning more calories throughout the day. I recommend eating when you feel hungry, don't count the hours, listen to your body. If you're hungry eat! If you live a busy life then set an alarm and remember every 2-3 hours to grab a bite!

Guys I cannot stress enough how important this step is, if you starve yourself or eat too little, YOU WILL slow your metabolism, along with this your body will likely store any calories as fat. Pretty much causing the opposite of what we wanted, right?

Lastly this will keep your blood sugar stable throughout the day, so the random bursts of fatigue will be non-existent.

2. Eat Carbohydrates and Protein at Every Meal

The combination of proteins and carbohydrates will not be stored as fat, it is also easier for your body to breakdown. The recommended amount of protein is .8 - 1 gram per body weight. If you are wanting to gain muscle it is recommended to eat 1.2 - 1.5 grams of protein per body weight. So, if you weigh 160 Lbs. then 128-160 grams of protein per meal is recommended, or 192 – 240 if muscle gain is your goal. Now Carbs are a little tricky, depending on what your goal is. If weight loss is your main goal, restricting carbs isn't a bad idea, now eating no carbs at all, well let's just say don't do



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it. I recommend 10-30 % of your calories to come from carbohydrates, when gaining muscle, we want 40-60% to be carbohydrates. Now remember carbs are our main source of energy, the combination of proteins and carbs aid recovery. So, if you are experiencing fatigue or feel tired, your body is telling you "hey feed me carbs and protein."

3. Like mom and dad said, eat your veggies and fruits

Your parents were on to something, there are so many important chemicals and nutrients that can only be found in fruits and vegetables. They help to regulate and keep your body well balanced, many proteins and grains are acidic to the blood, too much of this can lead to a loss of bone strength and muscle mass. Fruits and vegetables give the body an alkaline burst to balance your blood stream. Consume At least 1 cup per meal, heck some make great snacks!

4. Earn your Carbs!

Carbs are great, they are our primary source of energy, but consume too many too late and they will quickly store as fat. So, prevent this we MUST eat them smartly. If you are eating carbs, eat them earlier in the day so they are being used for your daily activities, the later in the day it gets eat less and less carbs. If you are going to consume a lot of carbs, or did consume a lot of carbs, make sure you earn them. This means work your butt off and do extra sets/ pick up the intensity on these days. There is nothing wrong with indulging every now and again but be sure you earn them. Be sure to consume good carbs and not bad carbs, below is an informational list.

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GOOD CARBS	BAD CARBS
<i>High in Nutritional Values</i>	<i>Empty Calories/High in Sugar</i>
Fruits	White Bread/Pasta/Rice
Vegetables	Soda
Whole Wheat Bread	Candy
Whole Wheat Pasta	Artificial Syrups
Oatmeal	Any Sugar
Whole Grain Rice	Crackers
Sweet Potato (Personal Favorite)	Doughnuts (Sadly)

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5. Eat Your Calories, Don't Drink Them!

I know this sounds crazy, but guys hear me out. If you are allowed 2,000 calories in a day, this includes the calories from your drinks. So, if you have 2 sodas and 1 juice per day, that's 420 calories! That is equivalent to a whole meal. I don't know about you but I would much rather eat 420 calories than drink 420 calories. Also many juices have 0 nutritional value and will offer your body no real substance like food can. Remember, everything we put in the body is for a purpose, to make us stronger and healthier, empty calories offer our body nothing. If you cannot have a meal without some flavor in your drink, I suggest buying the flavor packets that are 0 calories, this will keep our sense of taste happy while our calorie count stays low. Be sure to consume 1-2 gallons of water per day, depending on how physically active you are.

Remember, 420 calories in a week (7 Days) is equal to 2,940 calories, that is 60 calories short of a pound. In one month that is 4 lbs., all from cutting out your liquid calories.

6. Plan! Plan! Plan!

This is the hardest part about the entire weight loss/gain process.

Staying on track and consistent is key, if you don't have a plan it is not going to work, no matter what you tell yourself. Be sure to plan your day (nutritional) at least the day before. Whether it is cooking all your meals for the week in one day, or waking up an hour early and preparing your meals for the day, get it done.

One trick I would do in college was to grill 2 times a week, I would grill enough chicken/steak/ whatever proteins I needed for $\frac{1}{2}$ the week at a time. It takes about an hour 2x a week but it is definitely easier and cheaper than fast food.



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Lastly, have an insurance policy, I myself still get hungry at random times and am in need of some form of food. For the longest I would just go grab fast food, not only was this terrible for my body, but it became expensive. Finally, I began purchasing snacks in bulk, things like Oat Bars, Cliff bars, protein shakes, protein bars, and fruit. I now at all times, at home/work/in my car have snacks readily available just in case I get hungry. Purchase some healthy snacks and keep them with you at all times! Your body and bank account will thank you.

When Meal prepping be sure to get accurate measurements, don't mistakenly eat 1400 calorie meals, thinking they are 700 calories. Measure and be as accurate as possible, this way we ensure our results will come.

7. Plan to break your diet.

Guys we are not focusing on short term goals, our main goal is to change our eating habits Permanently. It is nearly impossible to eat clean and healthy every meal of your life, so prepare to have cheat meals. This will not just help us mentally-which is the hardest part of eating healthy- but physically it is good to feed your muscles different carbs and fats.

Now don't have 5 cheat meals a week, that would lead to results being hindered. I don't believe in a specific number of cheat meals, what I do believe in is the 10% rule. The 10% rule is simple, consume 90% of your meals on par with your "diet," leave 10% to help you mentally as "cheat meals."

I must clarify cheat meals, DO NOT consume 3,000 calories in one meal. Eat something out of the norm but DO NOT-I cannot stress this enough- over eat. There is no reason why a cheat meal should be over 1000 calories. Enjoy yourself but do not over indulge.



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8. Always ask yourself, will this bring me closer to my goal or is this self-destructive behavior!

It is easy for us to stay focused in the beginning stages, the first weeks finding motivation is easier than in the later weeks. No matter what the situation, not just within our fitness journey, but within our journey of life, ask yourself "is what I am about to do/eat going to bring me closer to my goal? Or is this self-destructive." Is what you want now worth jeopardizing what you want in the future? Is that piece of pizza and pop worth getting off track? Is the extra 30 minutes of sleep really worth missing your workout?

We are all human, its normal to question yourself and fail time and time again, its learning from those failures and pushing yourself to reach that big goal, motivating yourself, believing you can become who you have always wanted to be that, that is what's most important. That is what is going to make you successful in this fitness journey and in life.

This has been instilled in me since my high school wrestling days, my coach used to say over and over "when you want to succeed (I'm pretty sure he meant win) as bad as you want to breath, then you will be successful." Put this phrase into perspective with your fitness goals, when you want to lose those 30lbs more than anything in this world, you WILL make it happen. You WILL follow this program, you WILL watch your calorie intake, you WILL NOT miss a workout. Excuses become obsolete once you have made the commitment in your mind and want/believe you will achieve your results.

I cannot stress enough how big of a roll your mind plays in achieving your fitness and life goals, it's like my favorite bible scripture, "*all things are possible for those who believe.*" – Mark 9:23



Let's reach your goals together!



Now that our habits are established, our main priority is to follow these as close if not perfect as possible. I guarantee if you follow this program as perfect as possible YOU WILL see the results you seek. A weight loss of 1-2 lbs a week can be expected when following this program as it was meant to be.

Commit, Plan, do every step necessary, we are here for you and support you 100%. If we run into bumps in the road or you just have questions, please do not hesitate to email, text or even call. I promise we WANT you to call us, we WANT to answer your questions. Is kind of our job!

So, let's figure out the important stuff

First things first: Let's calculate the number of calories needed in order to be properly nourished and still lose weight at the same time.

Multiply your weight by 10. So a 200 lb man would be 200×10 , this is equivalent to 2000 Calories per day.

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When losing weight use this equation in order to find your daily calories needed.

Your Weight _____ X 10 = _____ Calories Needed.

For weight gain

Multiply your weight by 15. So a 200 lb man would be 200×15 , this is equivalent to 3000 Calories per day.

When losing weight use this equation in order to find your daily calories needed.

Your Weight _____ X 10 = _____ Calories Needed.

Second: Be sure to spread out your calories throughout the day. Breakfast and lunch should be more calories than dinner as you will be burning these calories throughout your day. Yes guys that means you must eat breakfast. NO FASTED CARDIO!

Lastly: Follow the 8 Habits to Soar Above the Rest! Before every meal, before every fitness related movement think back to your goal, think if what you are about to do/eat is going to bring you closer to your goal or further from it. Follow these habits and I guarantee your results will come!

Remember Guys and Gals

1. *Eat More Not Less*
2. *Eat Carbs and Proteins at every meal*
3. *Listen to mom and dad, Eat your veggies!*
4. *Earn your carbs!*
5. *Eat your calories, don't drink them!*
6. *Plan! Plan! Plan!*
7. *Plan to break your diet!*
8. *Always ask yourself, will this bring me closer to my goal or is this self-destructive behavior!*

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Inspired?

Good, we want you to be!

We have complete faith in you and know you will soon be in the best shape of your life.

Accountability is key, so be sure to log everything in the Soaring Eagle Fitness App (Download from the App store).

Contact myself or Madi and always know we are here for you.

We love when you ask questions and are happy to give you the answers you seek.

Email Cesar: Cesarponce@soaringeaglefitness.com

Email Madison: madisonwittmer@soaringeaglefitness.com

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**Not Yet a Member of
the Soaring Eagle Fitness Family?**



Fill out this online training form and let's get you one step closer to becoming who you have always wanted to be!

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