



EarthFIT Fuel

The Nutritional Scroll
For EarthFIT Trainees





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The nutritional Scroll for all EarthFIT Trainees

First off, I would like to congratulate you on taking the first step on your journey towards a healthy and fit lifestyle. As our society has prospered and become more innovated and technologically advanced we have increasingly become addicted and dependent on foods that that are less than ideal for our health and nutritional needs. We have too many options nowadays and unfortunately 90% of the options are loaded with metabolism destroying, blood sugar spiking, chemically altering ingredients that cause us to:

- Gain weight*
- Store fat*
- Feel depressed*
- Feel anxious*
- Get run down*
- Get sick easier*
- Drain our energy*

So we created our rules that get back to the basics. It is bar none the most effective plan you will ever find when it comes to nutrition. It's not a fad diet, as we all know, those do not work and never will. It's a real approach to making the lifestyle changes necessary for a dramatic body transformation and promoting a long healthy, happy and fit lifestyle.

Follow these rules starting riiiiigghhht... NOW! and watch as your body and life get shaped into the visions that you have in mind.

Below are basic nutrition guidelines that yield amazing results with our clients. It's simple, yet structured.



NUTRITION RULES

1. Get rid of junk and stock up on healthy, life sustaining fuel.

The first thing you need to do is eliminate all the junk food from your home, especially anything that would trigger an avalanche of junk food consumption. We know that everyone has his/her own triggers and you know what yours is, so grab the bag, box or bottle and chuck it in the garbage, do not strain your willpower.

Junk food is: anything that has more than a few ingredients and is not naturally coming from the Earth. This includes:

- **All processed junk food** – When you look at the Ingredient list in a package, if there are more than a few of ingredients, or if you can't pronounce the ingredients in the package, it usually means it's processed and is **not** a part of the plan. This includes wheat products such as cereals, bread, bagels and crackers.
- **All calorie-containing beverages** - No more sodas (yes, even diet soda), throw them out. No more juice (unless it's fresh squeezed). Unless you juiced the beverage yourself and you know how many fruits you are using, it's better you eat the fruit than drink it.
- **Sugar** - Anything ending in "-ose" is a sugar, including sucrose, glucose and fructose. Keep an eye out for "high fructose corn syrup" ... that's a sugar too.
- **Alcohol** – It can increase your risk of metabolic syndrome. i.e. it increases your likelihood of having unsightly belly fat! Yes, even the bottle of red wine you were "only" drinking because of the antioxidants. Alcohol prevents fitness results by affecting your nervous system, is an appetite stimulant, and the calories on the label do not accurately depict what your body is going to put on; it ends up being MUCH, MUCH more. Alcohol is a splurge and can be enjoyed during your 10% that you're allowed to splurge each week (we'll get into that some more later).
- **No Fried Food - Enough said**

The next step is to stock your household with all the things you need to be successful and make it a habit of being prepared. Being prepared is the key to everything in life, and it's the same with food. The more you leave to chance with your nutrition, the higher the odds that you slip up and self sabotage. There is no excuse not to pack a cooler of healthy food and bring it with you everywhere. This is all about creating healthy habits and lifestyle change.

Next, you will need to make a grocery store trip and stock up on metabolism boosting fuel you will need to transform into the body of your dreams. Luckily, right below is a grocery list! Go ahead and highlight the items that you like, drop by the grocery and stock the shopping cart with EarthFIT foods that will change your body and health.

Your Recommended Grocery List:

PROTEINS - You MUST have one at every meal. Try to buy organic and grass fed when 2 with red meat.

Chicken Breasts	Beef - Organic, grass fed preferable	Pork – Lean
Turkey Breasts	Eggs/Egg Whites	Milk*, Lactaid
Shellfish - Crab, Lobster, Shrimp (Canned tuna instead of regular)	Fish: Salmon, Cod, Flounder, Herring, Halibut, Orange Roughy, Tilapia, Tuna	High Quality Whey Protein
String Cheese*	Cottage Cheese*	Ham
Natural Yogurt	Wild game - Buffalo, Venison	Veal
Ricotta Cheese	Ostrich	

* Be attentive about how you feel when you have dairy. It can be an excellent source of protein, but many people have an intolerance to it. If you feel bloated, gassy, lethargic, heavy, have a stuffy or runny nose after you ingest it, you should consider eliminating it from your diet.

FRUITS & VEGETABLES - You MUST have one around every meal.**

Alfalfa Sprouts	Arugula	Açaí	Apples
Artichoke	Asparagus	Apricots	Avocado
Bamboo Shoots	Beet greens	Banana	Blackberries
Bok Choy	Broccoli	Blueberries	Cantaloupe
Brussel Sprouts	Cabbage	Cherries	Coconut
Carrots	Cauliflower	Cranberries	Dates*
Celery	Chard	Figs	Goji Berry
Chives	Chicory	Grapefruit	Grape
Collard greens	Cucumber	Guava	Jujube
Edamame	Eggplant	Kiwi	Lemon
Endive	Escarole	Lime	Lychee
Fennel	Green & Red Peppers	Mandarin	Mango
Green Beans	Green Beet	Nectarines	Orange
Jicama	Kale	Papaya	Peach
Leafy Greens	Leeks	Pears	Persimmons
Lettuce	Mushroom	Pineapple	Pomegranate
Onions - Green & White	Peas	Plums	Raisins
Pumpkin	Radicchio	Raspberries	Strawberries
Radishes	Rhubarb	Tamarind	Tangerine
Sauerkraut	Scallions	Tomato	Watermelon*
Snap Peas	Spinach		
Squash	Water Chestnuts		
Zucchini			

* High sugar fruits and fruits high in Glycemic content must be eaten in moderation

** It's best to eat fruit 1/2 hr before or after meals

STARCHES

Beans (Black, Red, Brown)	Cream of Rice	Grits
Lentils	Oatmeal	Oats
Potatoes	Quinoa	Rice (Brown or Wild)
Rice Cakes - Non-flavored	Sweet Potatoes	Tortillas (Corn Rice, Spelt)
Wheat Bran	Wheat-free breads - Rye, Millet, Spelt, Ezekiel, Rice Bread	

*** If you have a gluten sensitivity eliminate all grains**

FATS - Don't worry about limiting fat on this plan. Enjoy good fats with any meal!

Almonds (Raw)/ Almond Butter	Avocado	Butter (NOT MARGARINE)
Raw Cashews	Coconut Oil/ Coconut	Flax Oil/Flax Seeds
Grapeseed Oil	Macadamia Nuts	Olive Oil/ Olives
Peanut Butter (Natural)	Pecans	Pumpkin Seeds
Sunflower Seeds	Raw Walnuts	

2. From Start to Finish

Eat breakfast 15 minutes upon waking and then a meal every 3-4 hours thereafter. While you were asleep your body was in a fasted state because you have gone 8-12 hours without food. This situation is less than ideal for your metabolism. You must keep your body fueled continuously to keep your blood sugar stable and prevent the likelihood of metabolic syndrome, which is when your body becomes insulin resistant or has trouble removing glucose from the blood. **SO DO NOT SKIP MEALS.** For what we're trying to achieve, being in a fasted state is not good, it is slowing your metabolism down!

Do NOT train running low on EarthFIT fuel: Having a small snack before you train is important for performance and energy production. Just like your car, you can't drive it if it is running on empty. Ideal fuel right before training:

- Banana
- Teaspoon of raw honey

These are metabolized quickly and give instant energy that can be used during training. There is not much point in doing a workout without the fuel necessary to perform your best.

3. Hydration is Key (from **water** no more caloric beverages/Crystal Light/Flavor added drinks)

You must be fully hydrated to get the best possible results when burning fat, losing weight and working out. Your body is 60-80% water. Every single system in your body is reliant on water. Many times, fatigue, headaches, joint aches, muscle cramps, hunger and lethargy are just results of dehydration. If you train dehydrated in will be detrimental to your body and your results. It will decrease exercise performance and increase cortisol levels that is responsible for break down muscle tissue, the opposite of what we want.

The better hydrated you are the better the results are. Your pee should be from clear to a slight lemonade color. If not, then you're not drinking enough water. If you have a diet coke habit, it's time to cut it out. Diet coke is a detriment to your health. **Stick with water.** You can have tea and coffee in moderation (no more than 2 cups a day).

Rules for hydration:

- Drink 2 full cups of water 2 hours before training: this gives the water enough time to absorb into your system to be used during training and enough time to get rid of excess fluid before training
- During training constantly sip 6-8oz of water every 15-20 minutes
- After training drink until you feel full (at a bare minimum drink another 2 full cups of water)

4. Eat a source of Protein at every meal.

When I say protein, what I am really talking about are amino acids. They are the building blocks that you MUST have to build lean muscle and boost your metabolism. Generally speaking, there are 9 essential amino acids, meaning that we must get them from an outside source and 11 non-essential amino acids meaning that our body creates them. We need a combination of all the amino acids to have a full protein.

It is important to eat a source of protein with carbs at every meal. NEVER eat carbohydrates alone! Protein keeps your body in a fat burning state and creates the thermic effect of feeding; this means that your body will burn calories just through digestion. Carbs raise your blood sugar and without the presence of protein carbs will spike it faster than what is ideal for the body. Aim to have 4-6 oz. of protein for breakfast lunch and dinner. 4-6 oz. should be like the size of the palm of your hand.

5. Eliminate ALL processed Carbohydrates.

Like I said in #4 above, some carbohydrates will raise your blood sugar faster than others. Make every effort to completely avoid the carbs that will fire your blood sugar straight into fat storing mode. With the presence of certain carbs it is impossible to burn fat. These carbs include:

- Breads
- Pasta
- Pastries
- Cereal
- Sugar

All of your carbohydrate sources should be from fruits, vegetables, or whole grains.

6. Fat is A Friend not the Enemy.

Do not be afraid of fats, although we are trying to burn fat, eating it is an important part of the process. No more fat free items, most products that are too good to be true - "fat free" - usually replace the fat with worse ingredients like sugar and synthetic ingredients. Make sure to always read your labels.

7. Eat whole foods instead of supplements whenever possible.

Eat whole, all natural food from the Earth as close to the time they were harvested (or processed, if meat) as much as you can. Limit and/or totally eliminate over-processed, low-nutrient foods. Post work out you should have a protein shake or protein bar. This is a time when simple sugar is not as bad as it can increase recovery speed and replenish glycogen storages, which is our body's preferred source of fuel.

8. Take a Multi-Vitamin and Omega 3 Fish Oils daily to supplement your diet.

Today's foods are lower in the necessary nutrients needed for the body than generations prior. Many times people are deficient in vitamins and minerals that are needed for performance and normal bodily function. At the same time, when in training, the body needs more vitamins and minerals. A multi-vitamin can help replace these low nutrient levels. Remember that water is the body's #1 nutrient.

9. Always drink a workout shake immediately after your workout.

High quality whey protein is absorbed into the body faster than any other protein and we recommend this in or around your work out only; otherwise, obtain calories from whole foods. You have a "metabolic window" of time of about a half hour or less to get your body replenished with quick-releasing carbs and high absorbing protein needed for optimal recovery and metabolism building. If you skip this step, you will NOT get everything out of your work out. 20-30 grams depending on your size mixed with some fruit or other type of carb is good. Another great recovery drink is organic chocolate milk, because it has a great ratio of carbs, proteins and electrolytes.

10. Keep a Journal of what you are eating.

Either written or in DotFIT, EarthFIT's online affiliate program that is also a great source for high quality protein, vitamins, omega fats, and meal replacement bars and snacks if real food is not an option.



Know your resting metabolic rate or how many calories your body is expected to burn daily and then based on your goal, how many you should be consuming; then watch the result graph as you log your food using DotFIT. Keeping a journal will hold you accountable and is a scientifically proven way to assist in weight loss and keep you on track toward your goal. To become fit and healthy you MUST keep records of what you are doing so you can look back and make the necessary changes as we are all unique and respond differently to certain things. For example, some people are lactose intolerant; others are gluten sensitive, while another may have a food allergy that prevents results. The Goal Tracker on www.dotfit.com will guide you along the way to achieving your goals.

The above rules are EarthFIT's nutrition rules for your life. Know them inside and out. You may be tested on them during weigh-ins. The better you know them the faster you can watch your body transform to the dream figure you are deserving of. To break it down into simple terms:

- Fuel your body using the 10 rules as closely as possible.
- Proper fuel leads to better, more productive trainings: FASTER and DRAMATIC RESULTS
- Push yourself when training and refuel

100%/90% RULE

Be honest with yourself 100% of the time. Nothing can be more damaging than dishonesty; we can't help people who are not honest with themselves.

Follow the Nutrition rules 90%. Using your journal, at every meal give yourself an "EF" for "EarthFIT FUEL" if you followed the rules correctly and a BIG X if you missed a meal or did not follow the rules. To get results you must have a 90% consistently!

If you follow what we have laid out 90% of the time you will be on your way to the body you desire. This also allows you to cheat 10% of the time.

Lets do the math: You should be eating approximately 6 meals a day, times 7 days a week is 42 meals. 10% cheat meals is a total of 4.2 meals in the entire week. This by no means is saying to destroy yourself during these meals, but don't feel bad about cheating once in a while. Live life and enjoy the good things that it has to offer. You will find as you become healthier and fitter that you feel better, won't crave the bad food and will not like how you feel after indulging in the bad stuff. In fact, indulging once in a while is a great way to stimulate the metabolism and trick your body from time to time.

Legal Mumbo Jumbo: These recommendations are meant to improve your nutrition and lifestyle. They are not intended as treatment or prescription for any disease, or as a substitute for regular medical care. It is advised that you consult with your doctor prior to following the advice laid out in this report.



**** If you would like a fat burning, lean muscle building and nutrient dense meal plan to follow that is laid out exactly for you and garners incredible results, follow the plan below.**

<http://www.earthfittraining.com/earthfit-meal-plans/>

It's a fact that from time to time people go out for meals. Below is a list of local restaurants (Beaufort, SC) and meals offered that are EarthFIT Approved... Over time, this list will change and evolve. Be on the look out for more!

We believe that a higher intake of fresh fruits and vegetables is needed for success in health and fitness, and juicing is a great way of getting a combination of fruits and veggies into one cup, jam-packed with vital nutrients. Here are a few of our favorite recipes. Enjoy!

THE RED ROCKET*	SIP OF SERENITY*	THE EARTHFIT ELIXIR*
3 Carrots	1/2 Papaya (whole if small)	1 Bag Spinach (pkg.)
3 Apples	1/2 Pineapple	1 Cucumber
1/3 Large Beet (1 if small)	2 Apples	2 Kiwis
< 1 tsp Ginger	2 Carrots	1/2 Pineapple
	1 Orange	2-3 Apples
		1 Stalk Celery (optional)

*** Each recipe makes about 4 cups.**

Maggie's Burger - 8.5 ounce Grass Fed Beef

Nutritional Values*:

Bun: Calories: 182	Burger: Calories: 182
- Carbs: 29g	- Fat (both) 9g
- Fat: 3g	- Cholesterol: 65mg
- Protein: 6g	- Sodium: 49mg
	- Carbs: 0g
	- Protein: 23g



*** Note:** Does not include calories from slaw, dressing and onion rings



Shoofly Kitchen: Chicken Salad Cranberry Pecan Sandwich

Chicken Salad Cranberry Pecan Sandwich

Servings: 16

Nutrition Facts

Serving size: 1/16 of a recipe (4.6 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



Amount Per Serving	
Calories	282.1
Calories From Fat (45%)	127.86
% Daily Value	
Total Fat 14.65g	23%
Saturated Fat 2.27g	11%
Cholesterol 77.38mg	26%
Sodium 260.71mg	11%
Potassium 284.73mg	8%
Total Carbohydrates 9.51g	3%
Fiber 1.23g	5%
Sugar 3.55g	
Protein 27.74g	55%

Shoofly Kitchen: Crab Cakes

Crab Cakes - Shoofly

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe (5.8 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



Amount Per Serving	
Calories	187.51
Calories From Fat (45%)	85.31
% Daily Value	
Total Fat 9.48g	15%
Saturated Fat 1.78g	9%
Cholesterol 111.14mg	37%
Sodium 680.27mg	28%
Potassium 342.49mg	10%
Total Carbohydrates 13.28g	4%
Fiber 1.87g	7%
Sugar 2.47g	
Protein 12.13g	24%