

## **Actualize Nutrition Coaching: Introduction**

In our experience pursuing health, fitness and nutrition as individuals and in encouraging and equipping Actualize clients, we have found that if our members do not figure out their nutrition it is nearly impossible for us to guarantee results from the training we administer.

We often say, “You can’t outwork poor nutrition.” However, no matter how many times we share this maxim, a large percentage of people think the addition of training alone will move them toward their goals. The reality is, without proper nutrition, the addition of training alone will inhibit your ability to actualize your purposes and potential in health, fitness, nutrition and life. In contrast, when an effective training program is implemented alongside optimal nutrition habits the results can be life changing.

When creating Actualize Nutrition Coaching, the Founders of Actualize considered their over 40 years of collective coaching experience and extrapolated the time-tested principles and tactics that deliver results while embracing a spirit of sustainability and lifestyle-orientation.

**Enter Actualize Nutrition Coaching.**

## Actualize Nutrition Coaching: First Steps to Success

The following steps will set you on a course to explore, discover and actualize your purposes and potential in health, fitness, nutrition and life.

- **Step 1: Conduct Your First InBody270 Body Composition Test.** Arrive 10 minutes early to your first training session at Actualize, Foundation, to attain a baseline body composition analysis. The results will enable your assigned Actualize Coach to begin tracking your progress, gather information from which to prepare for your first 1-on-1 Success Session meeting (see below), and prepare your Weekly Virtual Check-In (see below). It's important you do not train before your Foundation training session and you don't drink alcohol the night before to ensure accurate results.
- **Step 2: Weekly Virtual Check-In.** Upon completion of your Foundation training session, you will receive an email with your personal online Weekly Virtual Check-In link with instructions how to use this tool to implement your individualized nutrition plan, track progress of your body composition, and several other factors that aim to optimize your success. You will also learn your assigned Actualize Coach in this email and learn how to set up your first 1-on-1 Success Session. Let us know if you did not receive this email.
- **Step 3: Schedule Your first 1-on-1 Success Session.** Using the contact information for your assigned Actualize Coach in the email from Step 2 above, contact your coach to schedule your first 1-on-1 Success Session. Your coach's purpose is to encourage, equip and walk with you through your health, fitness, nutrition and life journey while at Actualize. In these scheduled meetings, you and your coach will explore your purposes and potential, develop (over time) your individualized nutrition plan and determine the tactics, and incorporate tools and resources needed to actualize your goals. Let us know if you do not know who your assigned Actualize Coach is.
- **Step 4: Implement the Actualize Nutrition Principles on Pages 4-8.**  
**IMPORTANT! The Actualize Nutrition Principles are essential guidelines to ensure your success with Actualize. See the next page for the Actualize Nutrition Principles.**
- **Step 5: Read the [Actualize Nutrition Revelation](#).**
- **Step 6: Explore Actualize University (<http://www.actualizesports.com/actualize-university>).** Actualize University is our online members-only portal—where you are provided helpful tools and resources to empower your success.

## Actualize Nutrition Coaching: Nutrition Principles

1. **Eliminate junk.** You cannot have a house full of unhealthy foods and expect success. First, you need to eliminate anything that is likely to trigger poor nutrition choices. Everyone has trigger foods and the last place they should be is in your house. That's right—throw out the bag of chips you've been working on, and that carton of ice cream that's been calling your name. Get it out!

The following things need to be removed from your cupboards, fridge, freezer and the private hiding spot you may have stashed away some goodies:

- **Processed junk food:** pretty much anything that is in a package and has more than a couple of ingredients you can't read or pronounce, is not in the plan. This typically includes most wheat products such as cereals, breads, bagels and crackers.
  - **Calorie containing beverages:** this includes sodas and juices. We would rather you eat fruit rather than drink it.
  - **Sugar:** this includes sucrose, glucose and fructose. Anything ending in "ose" is a sugar. Also, Corn Syrup (High Fructose) is a sugar too.
  - **Alcohol:** Alcohol can increase your risk of metabolic syndrome, which means it increases your likelihood of gaining unsightly belly fat. Alcohol is a splurge and can be enjoyed during your 10% off plan each week (see #11 below).
  - **Do you need a kitchen makeover?** Find out here:  
<https://www.actualizesports.com/wp-content/uploads/2017/01/KitchenMakeover.pdf>
2. **Go shopping and stock up on whole foods.** Shopping can feel complicated, or like a pain in the butt – if you don't have a clear system and structure. It doesn't have to be like that. With a shopping list full of foods that you like and will eat, you can hit the grocery store, get in and out quickly, and leave knowing you've bought all the things you need to make your meal plan happen.
    - **Utilize the list of Healthy Proteins, Vegetables, Carbohydrates & Fats on Pages 7-8.** You'll see a list of options for each type of food. We've included every food category, including ones you might not eat so you can use this resource if you're ever preparing food for people with different food restrictions.
    - **Need healthy recipes ideas?** Checkout 50 recommended recipes here:  
<https://www.actualizesports.com/wp-content/uploads/2017/01/50RecommendedRecipes.pdf>
  3. **Eat breakfast within 15 minutes of waking-up followed by a meal every 3-4 hours.** You must keep fuel coming in all day to keep your blood sugar stable, starting first thing in the morning. Breakfast is the breaking of a fast. Your body is in a fasted state upon waking because you have not eaten for 6-12 hours. Being in a fasted state regularly is not ideal because it means your metabolism is in the gutter and you are not burning fat, supporting lean muscle and optimal health. Also, skipping meals increases your likelihood of metabolic syndrome which includes decreasing your good cholesterol, increasing blood pressure, and increasing belly fat. Why is this? Fasting decreases insulin sensitivity which means your body becomes insulin



# Actualize Sports & Fitness

resistant, or it has trouble removing glucose from the blood, leading to metabolic syndrome. Do not skip meals!

- 4. Do not workout when running on empty!** Have a meal or small snack before training. You cannot expect your body to perform when you have not given it some fuel. If you are training first thing in the morning, make yourself a shake (see #10 below) and drink half before training, and finish the rest when you finish. There is no point doing a workout on an empty stomach, you will not be able to push yourself to get the result you desire if you don't have fuel in your tank.—not to mention you will become catabolic and actually eat the muscle you are trying to maintain or build. If consuming food before training disrupts your stomach, talk to your assigned Actualize Coach about the use of pre-workout supplementation.
- 5. Have a protein source at every meal (1-3 palm sizes per meal; your assigned Actualize Coach will help you determine portion sizing).** Protein contains amino acids that your body needs to maintain and build muscle, and support several other important aspects of your health. Never eat carbohydrates alone. Carbohydrates raise your blood sugar, some faster than others, telling your body to go into fat storage mode. Protein blunts this increase in blood sugar and keeps you in a stable fat burning mode. At every meal have a source of protein with the healthy vegetables, carbohydrates and fat portion sizes your assigned Actualize coach suggests. Use the list of healthy proteins on Pages 7-8.
- 6. Have a vegetable source at every meal (2-5 fists per meal; your assigned Actualize Coach will help you determine portion sizing).** Vegetables provide fiber, vitamins, minerals, antioxidants and much more your body needs for optimal health, digestion, performance and recovery. At every meal have a source of vegetables with the healthy protein, carbohydrates and fat portion sizes your assigned Actualize Coach suggests. Use the list of healthy vegetables on Pages 7-8.
- 7. Eliminate all processed carbohydrates and have a whole carbohydrate source at every meal (2-5 cupped handful per meal; your assigned Actualize Coach will help you determine portion sizing).** Some carbohydrates will raise your blood sugar faster than others. You want to completely avoid the carbohydrates that will shoot your blood sugar straight into fat storing mode; which includes processed foods such as breads, pasta, pastries, cereal and sugar. All of your carbohydrate sources should be from: whole grains, starchy tubers, legumes and fruits. At every meal have a source of carbohydrates with the healthy proteins, vegetables and fat portion sizes your assigned Actualize coach suggests. Use the list of healthy carbohydrates on Pages 7-8.
- 8. Eat healthy fats throughout the day (2-5 thumbs per meal; your assigned Actualize Coach will help you determine portion sizing).** Don't be afraid of fats! You need fat for energy. No more fat free creamer, fat free peanut butter, etc. Most fat free products replace fat with sugar. At every meal have a source of fat with the healthy proteins, vegetables and carbohydrate portion sizes your assigned Actualize Coach suggests. Read your labels. Use the list of healthy vegetables on Pages 7-8.
- 9. No more caloric beverages.** Drink mostly water. Your goal is to drink 1/2 your bodyweight in ounces of water every day. Being dehydrated is a big "no no" when it comes to achieving a fit body and optimal health. Being dehydrated diminishes your exercise performance, leading to

**ACTUALIZE YOUR PURPOSE & POTENTIAL**

decreased results, causes fatigue and increases your cortisol levels—the stress hormone that breaks down muscle tissue (BAD!). Your urine should be clear. If your pee is not clear you are not drinking enough water. If you have a diet coke habit, it is time to cut it out. Sodas do nothing for your hydration and health. Stick with water. Tea and coffee are OK in moderation.

10. **Take a Multi-Vitamin/Mineral, Omega-3 Fish Oil & Probiotics as a foundational supplement to your nutrition.** Actualize has a great option for these supplements if you are not taking a pharmaceutical grade product with therapeutic levels of these ingredients (FDA suggestions are not ideal for fitness enthusiasts). Actualize has partnered with a pharmaceutical grade supplement company to create what we call our Foundational Nutrition Pack. This product includes all the supplements listed above and a bunch more of the things research has suggested an adult fitness enthusiasts need. Consider the Foundational Nutrition Packs an insurance card to come alongside your training and nutrition plan to ensure you are firing on all cylinders and operating at optimal health. Talk to your assigned Actualize Coach about this great product.
11. **Periodically utilize the 3-Day Dietary Record (<http://www.actualizesports.com/wp-content/uploads/2017/01/Threedaydiet.pdf>) to journal what you're eating and share with your assigned Actualize Coach.** Keeping a journal periodically will hold you accountable and help keep you on track, not to mentioned helping your assigned Actualize Coach stay in-the-know with where you're at in your health, nutrition, training and life journey.
12. **90/10 Rule: Forget everything we just shared 10% of the time. Seriously!** If you follow the Actualize Nutrition Principles 90% on a weekly basis you will actualize your health, fitness, nutrition and life goals. BUT, it's important to be honest with yourself. This allows you 10% of the time to splurge, or otherwise known as a re-feed or cheat meal. Enjoy your splurges, it's one of the things that makes pursuing your goals manageable and enjoyable.

What's 10% splurge look like? For example, if you eat 4 meals per day, that's 28 meals per week. 10% of 28 meals is 2.8 splurge meals—go ahead and round it up to 3. There is one important caveat. Everybody is working with a different body type, energy system, age, etc. If you're not moving toward your goals at the pace you desire after quantifying your progress with a Inbody270 body composition test, it's possible your assigned Actualize Coach may suggest less splurges per week.

Don't feel bad about splurging! Live life to the fullest. When you splurge, just get back on track the next meal. You will find that because you have been eating healthy 90% of the time, you feel better and won't have the cravings. Also, having a splurge is a great way to disrupt and trick your body's metabolism to keep burning fat!

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.

The above nutrition recommendations have been influenced by Precision Nutrition and other trusted sources. We're honored that you trust Actualize to help you explore, discover and actualize your purpose and potential in health, fitness, nutrition and life!

## Healthy Protein, Vegetables, Carbohydrates & Fats

### Protein

#### MEAT

Lean/extra-lean cuts of beef  
Lamb  
Lean pork (e.g. pork tenderloin)  
Wild game (e.g. venison, elk)

#### POULTRY

Chicken  
Turkey  
Duck  
Eggs & egg whites

#### FISH

Tuna  
Salmon  
Tilapia  
Cod  
Haddock  
Trout  
Sardines or mackerel

#### SEAFOOD & SHELLFISH

Shrimp (fresh or plain frozen)  
Mussels, clams, scallops  
Crab, lobster  
Squid (calamari) or octopus

#### DAIRY

Milk  
Cottage cheese  
Plain yogurt / Greek yogurt  
Protein powders (e.g. whey protein)

#### PLANT BASED

Lentils  
Beans  
Peas (chickpeas, pigeon peas, etc.)  
Hummus  
Tofu, tempeh  
Vegetarian protein powders

### Vegetables

Bean sprouts  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant / aubergine  
Fennel / anise

Fresh herbs  
Garlic  
Green beans  
Green peas  
Green peppers  
Kale  
Lettuce  
Mushrooms  
Okra  
Onions, leeks, shallots  
Turnip greens

Collard greens  
Radishes  
Rapini (broccoli rabe)  
Red lettuce, radicchio  
Red peppers  
Rhubarb stems  
Spinach  
Sweet potatoes  
Tomatoes  
Winter squash & pumpkin  
Zucchini / courgette

**CARBOHYDRATES****WHOLE GRAINS**

Oats  
Buckwheat  
Barley  
Brown, red, or wild rice  
Amaranth  
Sorghum  
Quinoa  
Spelt  
Kamut  
Teff  
Wheat berries  
Sprouted grains or breads  
Whole grain pasta

**STARCHY TUBERS**

Purple, red, or gold potatoes  
Sweet potatoes / yams  
Yuca / cassava

**LEGUMES**

Lentils & beans  
Bean / lentil pasta

**FRUITS**

Apples  
Apricots  
Banana  
Berries

Cantaloupe

Cherries

Cranberries (fresh)

Currants (fresh)

Grapefruit

Grapes

Guava

Mangoes

Melons

Oranges

Peaches, nectarines

Persimmons

Pineapple

Plantains

Plums

Pomegranates

Strawberries

Watermelon

**FATS****COLD-PRESSED OILS**

Extra-virgin olive oil  
Walnut oil  
Hemp seed oil  
Pumpkin seed oil  
Avocado seed oil  
Flax seed oil  
Extra-virgin coconut oil  
Fish oil or algae oil

**NUTS & SEEDS**

Raw, unflavored, unsalted nuts  
Raw, unflavored, unsalted seeds  
Ground flax seeds  
Coconut  
Natural peanut butter  
Natural nut or seed butters

**OTHER**

Butter  
Fresh avocado or fresh guacamole