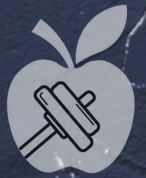


# 10 BEST PRACTICES

for optimal nutrition & wellness



- 1 Hit your daily PROTEIN target.** A good amount is 1 gram of PROTEIN per lb of goal bodyweight (OR your own personalized numbers) to support fat loss, muscle growth & maintenance, and metabolic health. Higher protein intake increases satiety hormones, reduces hunger hormones, and has a higher thermic effect—meaning your body burns more calories digesting it; also provides the amino acids needed for muscle protein synthesis and hormone regulation.  
NOTE: if you'd like, you can calculate your carbs & fats too, using our Macro Calculations Guidebook. But here's the beauty in tracking protein - the rest often takes care of itself!
- 2 Eat a minimum of 2 cups of VEGGIES** daily for the essential micronutrient-dense, low calorie, high fibre that supports all the parts of your metabolism (digestion, blood sugar control, hormone production, overall cellular health).
- 3 Omit refined SUGAR** because it's calorie-dense, but nutrient-void. This means it offers no vitamins, minerals, fiber, or protein to support the way your body functions. It sabotages your efforts in the gym and the kitchen by spiking blood sugars, increasing inflammation, disrupting hunger signals, and disrupting hormone balance. Reducing or eliminating added sugar creates space for nutrient-rich foods that actually fuel fat loss, muscle-building, and better metabolic health.
- 4 Drink a minimum of 2 litres of WATER per day** - more on training days! Studies show that drinking 500 ml of water increases metabolic rate by 30% in both men and women. This is observed within 10 minutes after intake and reaches a maximum 30-40 minutes after water drinking. And there are loads of other proven metabolic benefits to being well hydrated.
- 5 Omit ALCOHOL** to stay focused and metabolically strong. Alcohol is just more empty calories with no nutritional benefit, yet it can slow metabolism, disrupt sleep, interfere with muscle recovery, throw off hormone balance, and impair judgment around food (hello mindless munching)!
- 6 Eat a balanced dinner & limit to only 1 EVENING SNACK if needed.** Spreading your energy/calorie intake more consistently throughout the day helps to avoid disrupted blood sugars, stress hormones, and increased cravings that lead to overeating in the evening.
- 7 Meal planning & PREpping** - a game-changer, even for the most committed of 'dieters'; proven repeatedly to dramatically increase your diet success; reduces decision fatigue, controls portions, avoid impulsive choices; this includes on the weekends! It need not be large batch prepping on a Sunday - even a little forethought into grabbing healthy snacks to go is 'prepping'; it's all about being intentional and avoiding impulsive, poor food choices.
- 8 Prioritize MUSCLE.** Strength training 4-6x/week boosts metabolism & improves body composition; muscle increases your resting calorie burn, improves insulin sensitivity, and balances hormones. Cardio and/or HIIT are great add-ons, but strength is the foundation for fat loss, injury prevention, and healthy aging; take 1-3 days off lifting weights each week, but still engage in muscle recovery on these days (ie: stretching, mobility work, massage).
- 9 30 minutes lifestyle activity outside daily**, ie: walking, golfing, gardening. NEAT (non-exercise activity thermogenesis) can account for up to 40% of the total energy (aka calories) your body burns in a day - or 3.5x more calories than what you'd burn busting your butt for an hour in the gym! Other ways to increase NEAT: aim for 10k+ steps daily; get up from your desk often. Why outside? For the many benefits of fresh air, sunshine, and nature.
- 10 Sleep 7+ hours each night** for optimal energy production, mental focus, to regulate hunger hormones & enhance insulin sensitivity, reduce cortisol-driven fat gain, help muscles repair & build with optimal growth hormone release (occurs during deep sleep).

# 10 BEST PRACTICES

30 day tracker



1	Hit protein targets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Min. 2 cups of veggies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Omit refined sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Min. 2 litres water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Omit alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Balanced dinner & only 1 eve snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Meal planning & prepping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Prioritize muscle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	30+ min walk outside (NEAT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Sleep 7+ hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>