

10 BEST PRACTICES

for optimal nutrition & wellness



- 1 Eat 1 gram of PROTEIN per lb of goal bodyweight** daily 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.
- 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/reduce 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 2-3 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/reduce 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 Balanced dinner & limit to 1 evening snack only** (if needed): aim to front-load your energy intake by fuelling your body earlier and more consistently throughout the day to avoid disrupted blood sugars, stress hormones, and increased cravings that lead to overeating in the evening.
- 7 Meal planning & PREPping** is a game-changer, even for the most committed of 'dieters'; proven repeatedly to dramatically increase your success with nutrition; reduces decision fatigue, controls portions, avoid impulsive choices; this includes on the weekends! Extra tip: never leave the house without food and water.
- 8 Prioritize strength training to build MUSCLE.** 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 1-2 rest days/week.
- 9 MOVE more.** 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! Aim for 10k+ steps daily; get up from your desk every hour or so to move around more; best way to support increased NEAT - aim for 30+ minutes of lifestyle activity outside daily (ie: walking, golfing, gardening).
- 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).



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1	1g protein/lb body weight	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Omit/reduce 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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Omit/reduce 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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Prioritize building 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"/>	<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"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>