

IONIC FITNESS

NUTRITION BLUEPRINT

The foods we eat impact our wellbeing, not just on a cellular level, but on a whole life level-how we feel, how much energy we have, how strong we are and how capable we can be.



Eat Whole Foods, Not Too Much, More Veggies

Over the years I have gathered plenty of information through studies, personal experience and clientele experience to relay to you the basic knowledge of a healthy, balanced nutritional diet. There are a thousand different views on nutrition, so please take my advice as another steppingstone for your new healthy lifestyle! Nutrition is a very broad, but in-depth subject, so if you have any

questions please do not hesitate to ask!

If you would like more specific and individualized nutrition plan, feel free to get in contact with Donnie directly.

DISCLAIMER

Please recognize that it is your responsibility to work directly with your health care provider before, during, and after seeking nutrition and / or fitness consultation. Any information provided is not to be followed without prior approval of your doctor. If you choose to use this information without such approval, you agree to accept full responsibility for your decision.

Calorie Balance

There are three different types of calorie states, Eucaloric, hypocaloric and hypercaloric.

EUCALORIC When you ingest the same number of calories as they burn in a week.

HYPOCALORIC When you burn more calories than ingested per week (**This is what most are striving for**). Hypocaloric diets are for individuals who want to lose weight (**most of us**). The primary focus is to implement an effective (not to be mistaken with unhealthy) caloric deficit.

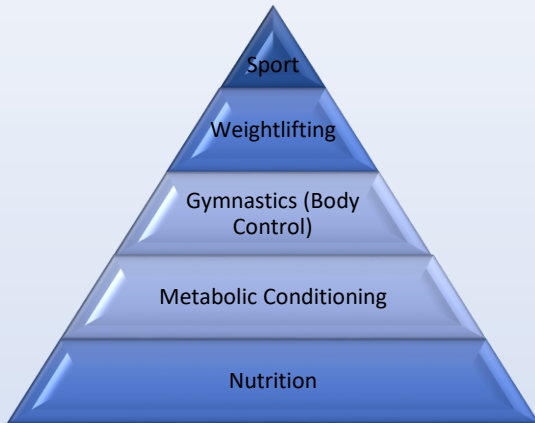
HYPERCALORIC When you ingest more calories in a week than burned (**most Americans are in this state**). Those who are interested in gaining weight would strive for a hypercaloric diet.

Did you notice the common denominator there? Week. If you want to lose or gain weight, you should base it off a week, not day to day. One day is simply not enough time for your body to recognize which state you are in.

10 Principles of Nutrition

1. The quantity of food you eat (in calories) determines your weight.
2. The quantity of food you eat (in macronutrients) determines your body composition.
3. Timing only matters to the extent it affects quantity.
4. The quality of food (as determined by micronutrient density) determines your health.
5. It is never one thing.
6. All diets control quantity to varying levels of precision.
7. Sustainability is the most important factor in diet selection.
8. The universal diet problem is processed foods.
9. Your diet can't be validated.
10. There are diminishing returns on attaining perfection.

Macronutrients



Nutrition is the foundation of everything we do.

As the name suggests, macronutrients are nutritional compounds that your body needs in significant quantities for daily functioning. The three macronutrients are carbohydrates, proteins, and fats. While each type supplies you with most of the energy you need to operate, they all have different roles in your body overall.

PROTEIN builds new muscle and saves existing muscle from being burned.

CARBOHYDRATES store as glycogen and are used as primary energy source.

FATS Mono saturated fats are healthy fats and saturated fats are unhealthy. Monounsaturated fats include olive and canola oil, avocado and most nuts.

The suggested minimum daily intake of protein is .4 grams per pound of body weight, carbs 1 gram per pound of body weight and fats are 10% of body weight. On the other hand, optimal daily intake suggests .8 grams of protein per pound of body weight, 1.5 grams of carbs per pound of body weight and fats are the same right at 10%, per day.

Nutrient Timing

Protein should be split over the course of 3-4 meals a day. The human body cannot store protein, so it is either used right away or discarded as waste.

There are three different types of protein; whey protein, which is derived from milk and takes 1 hour to break down and into your system to be used or discarded. Chicken, beef or fish (protein) takes 2-3 hours for the body to use as "fuel" and casein, which is another source of protein, that is also derived from milk but is the slowest form of acting protein. It takes approximately seven hours for the body to be able to use the casein to rebuild our muscles. Think of protein as the frame of a car. Without the frame, there is no car. Without protein there are no muscles.

Carbohydrates should be eaten before exercise to reduce muscle breakdown and after your workout to help build your muscles. Try your best to stay away from fat intake immediately after your workouts, strictly stick to protein and carbs. Remember carbs are your energy source, so cutting out carbs can deplete your energy level and can be very difficult to complete an hour of exercising at an optimal rate.



Please get the social norm that carbs make you fat out of your head. Instead, try to view carbohydrates as the gasoline for your car, if you don't have gas the you cannot move your car.

Finally, fats are recommended to be eaten in the middle of the day. View good fats as the oil for your car, you need them for the car to run smoothly but too much or too little will destroy the engine (your heart).

Healthy Food Choices

Lean Protein Source	Veggies	Healthy Fats	Healthy Carbs
Any Seafood	Broccoli, Cauliflower	Small handful of Nuts	Brown Rice
Chicken Breast	Spinach, Lettuce	Avocado, Avocado Oil	Brown Rice pasta
Turkey Breast	Onion, Tomato	Tbsp. Olive Oil	Raw Oats/ Oatmeal
Any Ground Meat 90% or leaner	Peppers, Asparagus, Cabbage, Celery	Seeds: Chia, Flax, Hemp, Pumpkin and Sesame	Sweet Potatoes/Red Potatoes/Purple/Pots
Eggs	Cucumbers, Green Beans		Quinoa
Pork	Brussels Sprouts		Fresh and Frozen Fruits
	Mushroom, Squash, Zucchini,		

Food and Ingredients to Avoid

Dairy	Artificial Sweeteners	Peanuts	Soy	Gluten
Milk	Flavored Coffee Creamer	Peanut Butter	Soy Sauce	Breads
Cheese	Soda		Soybean Oil	Pasta
Yogurt				



Suggested Intake

Sizes are in simple terms so no weighing or measuring needed.

Non-Training Days (No Snacks – No Seconds)

	Protein	Vegetable	Fats	Carbohydrates
Meal 1 (Within 20 minutes of waking)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	NO CARBS
Meal 2 (3-5 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	NO CARBS
Meal 3 (3-5 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Small handful of carbs (size of baseball)
Meal 4 (3-5 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Small handful of carbs (size of baseball)

Morning Training Days (No Snacks – No Seconds)

	Protein	Vegetable	Fats	Carbohydrates
Meal 1 (2/3 upon waking, 1/3 during workout)	SFH Pure Protein Shake			
Meal 2 (Within 1 hours of workout)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Big handful (size of softball)
Meal 3 (3-5 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Small handful of carbs (size of baseball)
Meal 4 (3-5 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Small handful of carbs (size of baseball)

Afternoon Training Days (No Snacks – No Seconds)

	Protein	Vegetable	Fats	Carbohydrates
Meal 1 (Within 20 minutes of waking)	Lean protein source (size of palm)	Veggies size of hands shaped as a bowl	1 tbsp	No CARBS
Meal 2 (3-4 hours before workout)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Big handful (size of softball)
Meal 3 (2/3 before workout, 1/3 during workout)	SFH Pure Protein Shake			
Meal 4 (3-4 hours after last meal)	Lean protein source, size of palm	Veggies size of hands shaped as a bowl	1 tbsp	Small handful of carbs (size of baseball)

GROCERY SHOPPING – 8 Tips for Successful Shopping

1. Have a plan. Shop intentionally and think about the week ahead before you go into the store.
2. Shop in the perimeter of the store, not the aisles.
3. Find individual protein, carb and fat sources you like and can eat consistently.
4. Developing consistency in your diet and shopping allows for flexibility in the future.
5. Master the basics before experimenting with new recipes. Ideally, new recipes are based on your staple foods. You can make hundreds of recipes with chicken breast and broccoli.
6. If you're still learning your way around the kitchen, paying for convenience in the form of pre chopped or frozen vegetables can ease the transition and reduce food waste.
7. Avoid trigger foods at all costs and buy treats in small quantities. If you can't stop eating ice cream, do not buy the gallon. You can also prepackage treats for portion control.
8. Buy staple condiments, spices and canned goods in bulk to shorten your shopping lists and reduce impulse buys.

Breakfast Scramble

INGREDIENTS

4 Eggs	Small handful diced onion
8 Mini sweet peppers, diced	1 Tbsp. Olive oil
Small handful mushrooms	Salt and Pepper

Using a medium size skillet on medium high heat, add olive oil and vegetables. Cook until desired tenderness. Add eggs and cook thoroughly. Split into two containers, one for the next day. Makes up to 2 meals

Breakfast Power Shake

INGREDIENTS

1 Scoop SFH protein powder	1 Tbsp. Honey
1 Large handful mixed berries	1 Large pinch flax seed
1 Small handful of spinach and kale	8 oz. Water

Blend all ingredients and serve.

Breakfast Bowl

INGREDIENTS

1lb Ground turkey 99% lean
12 Mini sweet peppers, diced
1 Bag Uncle Bens Rice (Ready Rice)
Large handful of spinach
Small handful of onion, diced
2 Tbsp Garlic, minced
1 Tbsp Olive Oil
2 oz Water

In large pan on medium high heat add olive oil and garlic and cook until browned. Add ground turkey cook until pink is gone. Add rice and 2 oz water and simmer for two minutes while stirring. Add vegetables and cook until desired tenderness.

Makes up to 4 meals

Banana Proats (Protein Oatmeal)

INGREDIENTS

¼ Cup quick oats
½ Cup water
1 Scoop Vanilla SFH protein
1 Large banana

Add oats and water to bowl. Microwave for 90 seconds. Add SFH protein powder to cooked oats and stir. Top with sliced banana and enjoy!

Lunch Bowl

INGREDIENTS

2 Chicken breasts cut into half dollar size or 1-pound ground turkey 99% lean
1 ½ Bags Uncle Bens Rice (Ready Rice)
1 Bag Broccoli slaw
1/2 Onion chopped
Large handful fresh spinach or 5 small chopped peppers
1 Tbsp. Olive oil
Favorite seasoning or hot sauce

Lunch bowls are a quick and easy meal prep option for anyone with a busy schedule. Double the recipe and freeze the second batch to have later.

Using a large skillet, set to med high temp, add olive oil and cut chicken breasts. Cook until completely white and then add diced onion. If using ground turkey cook until most of pink is gone then proceed.

Add 2 oz of water and rice and let simmer for two minutes. Add all vegetables and stir for three minutes or until desired tenderness. Use favorite seasoning or hot sauce to add flavor and enjoy! Package in Tupperware and eat for lunch the next few days. Makes up to 4 meals

Grilled Chicken

INGREDIENTS

- 4 Chicken breasts, cut into strips
- 1 Bag of green beans (about 30, if bags are small use two)
- 5 Sweet potatoes
- Olive Oil
- Garlic
- Salt and Pepper

Season chicken with favorite seasoning and grill. Sautee green beans in pan with olive oil, minced garlic and black pepper, cooking until desired tenderness. Cut Sweet potatoes in small cubes, add salt and pepper. Cover baking sheet in aluminum foil and add olive oil to keep potatoes from sticking. Arrange potatoes on baking sheet and bake at 400 degrees for 35 minutes.

Take 3-4 pieces of chicken, large handful of green beans and small handful of sweet potato and package in Tupperware.

Makes up to 5 meals

Seafood Scampi

INGREDIENTS

- ½ lb. Sea scallops
- ½ bl. Shrimp
- 1 Bag brown rice pasta
- 2 Tbsp minced garlic
- 1 Fresh lemon
- 4 Tbsp olive oil
- Oregano and salt and pepper

Boil enough water for bag of pasta and cook until desired tenderness. In a large skillet on medium high heat add olive oil and minced garlic. Brown garlic then add shrimp and scallops. Season with oregano, salt and pepper. Cook thoroughly.

Turn heat to low and simmer for 3 minutes. Add half squeeze lemon while on simmer. Add scampi sauce over drained pasta. Squeeze remaining lemon and enjoy!

Makes up to 4 meals

Low Carb Cheeseburger Skillet

INGREDIENTS

- 1lb Ground beef
- 2 Zucchini
- 2 Squash
- ¼ Onion diced
- Large pinch of favorite seasoning

Cube zucchini and squash and cook on medium high heat with olive oil and black pepper (about 10 minutes or until desired tenderness). In a different pan cook ground beef seasoned with favorite seasoning. Add onion, zucchini and squash to ground beef and enjoy. (Add shredded cheese for taste)

Makes up to 4 meals

Pulled Pork

INGREDIENTS

1/2lb Pork butt or shoulder
1/3 Cup chicken broth
2 Tbsp garlic, minced
Salt and Pepper
BBQ Sauce

Add contents to slow cooker and place on low heat for 8 hours. Pull pork out of broth and shred with two forks in a bowl and enjoy!

Add cooked vegetables of your choice and sweet potato and package in Tupperware.

Makes up to 4 meals

Spicy Orange Pork Tenderloin

INGREDIENTS

2lb Pork tenderloin
1 Jar orange marmalade (sugar free)
3 Tbsp Chili sauce or paste
2 Tbsp Rice vinegar
2 Packages Uncle Bens Rice
1 Package of broccoli Slaw
1 Large handful spinach

Add pork to crockpot. Mix orange marmalade, chili paste and rice vinegar together in bowl and pour over pork. Cook on high for about 4 hours or until pork is cooked through.

Remove pork, add rice and broccoli slaw to remaining sauce in crockpot. Cook for about 15 minutes or until very little liquid remains. Add spinach in last few minutes to cook. (Spinach cooks fast so not much time is needed). Slice pork tenderloin and serve with vegetable and rice.

Makes up to 5 Meals

Apple Cider Chicken

INGREDIENTS

4 Chicken breasts, cut into strips
1 Cup apple cider vinegar
2 Tbsp mustard
2 Tbsp garlic, minced
Olive Oil
Salt and pepper

Add all contents to large Tupperware and marinate for up to 24 hours in refrigerator. Preheat oven to 400 degrees. On baking sheet with aluminum foil and smeared olive oil (to keep chicken from sticking) place chicken on pan about an inch from each other and bake for 18-22 minutes until cooked thoroughly.

Add cooked vegetables of your choice and healthy carbohydrate and package in Tupperware.

Makes up to 5 meals

Shrimp Fried Rice

INGREDIENTS

1 Bag Uncle Bens brown basmati rice
1 Bag Stir fry vegetables
2 Eggs
½lb Shrimp
2 Tbsp gluten free soy sauce
2 Tbsp Olive Oil

Heat olive oil on medium high heat. Add shrimp and cook until pink. Then add rice and veggies. Cover and simmer on medium low heat for 5 minutes.

In a small pan cook eggs scrambled (with some olive oil so eggs don't stick to pan). Add eggs to large pan and mix throughout. Finish with gluten free soy sauce and enjoy.

Makes up to 3 meals

Spicy Chicken Spaghetti Squash

INGREDIENTS

2 Spaghetti squash
3 Chicken breasts
½ Cup chicken broth
Olive Oil
Salt and pepper
Hot sauce

Add chicken breasts and chicken broth to crock pot and cook on high for 4 hours. Pull chicken out of crock pot and shred with two forks. Once all chicken is shredded to desired size add hot sauce and mix in bowl to cover all chicken.

Preheat oven to 400 degrees. Cut top off of the squash and then cut in half. Scoop seeds out with spoon. Add olive oil, salt and pepper for taste. Bake seasoned side down for 35 minutes. Pull out of the oven and after squash cools run a fork top to bottom to remove spaghetti like strands.

Makes up to 5 meals

Sweet Potato Prep

INGREDIENTS

5 Sweet potatoes, cubed
Olive or coconut oil
Salt and pepper or cinnamon

Preheat oven to 400 degrees. On large baking sheet place layer of aluminum foil and use olive or coconut oil to keep potatoes from sticking. Place sweet potatoes on sheet. Do not stack cubed potatoes, it will cause uneven tenderness. Add salt and pepper or cinnamon and bake for 40 minutes or until tender.