

# NUTRITION TEMPLATE

Fats, carbohydrates, proteins, vitamins, minerals -- it's easy to see how people get overwhelmed by nutrition. The good news is that our approach to eating well and nourishing your body is not a diet. It is not strict, restrictive or limiting. It is not about deprivation, but about integration. Our approach to nourishment will teach you how to incorporate wholesome eating into your lifestyle and will leave you feeling energized and satisfied.

- Below, you will see timing for a post-workout snack, as well as a mid-day or afternoon snack. Your second snack should be fruit or veggies served with some protein. Find all of your snack ideas in our handy Recipe Box!
- Food Prep – We recommend that you put aside one hour per week to cut up your veggies and fruits and to prepare produce for your recipes. We also suggest that you pre-make your snacks (definitely try our Ranch Dip and protein balls!). If you take the time to prepare some of these easy snack ideas, you will be amazed by how many options you have when you open the fridge!
- Our R.D. recommends this framework, a form of intermittent fasting, as it will give your body 12 hours to dig into its fat stores rather than using up quick energy from recent meals, thus boosting weight loss. Read [here](#) to make sure intermittent fasting will work for you
- This type of intermittent fasting can help you break through difficult weight loss plateaus -- you know, when you are exercising regularly and eating well, but can't seem to lose weight.

## Early Workout

6:00 AM	Workout
7:30 AM	Breakfast
10:30 AM	Snack
1:00 PM	Lunch
6:00 PM	Dinner
7:30 PM	Light snack: 1 cup of a smoothie or a handful of almonds and a few slices of an apple

## Mid-Morning Workout

7:30 AM	Breakfast
9:30 AM	Workout
10:30 AM	Snack
1:00 PM	Lunch
3:30 PM	Snack
6:00 PM	Dinner

\*If you find you are hungry, add more protein and fiber to your 3:30 pm snack or dinner

## Evening Workout

8:30 AM	Breakfast
10:30 AM	Snack
1:00 PM	Lunch
3:30 PM	Snack
6:00 PM	Dinner (75% normal portion)
8:00	Workout

\*If needed, a light snack: 1 cup of a smoothie or a handful of almonds and a few slices of an apple