

**B KINETIC  
FITNESS**

**Quick Start  
Nutrition  
Guide**



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# B KINETIC FITNESS

## NUTRITION GUIDE

Most people think that losing weight is some arduous, complicated experience, coupled with a strict, bland diet. It doesn't have to be this way.

Nutrition is so individual. There is no one-size-fits-all approach that works for everyone. It requires a detective's mentality, experimenting, tweaking, and observing. No matter how much you think you know about nutrition, it's always best to start with the basics.

Macronutrients and calories are important to know about, as a caloric deficit is needed in order to lose weight and adequate amounts of each macro help build muscle and keep performance in the gym at full throttle.

In the interest of keeping things simple, don't worry about eating all organic, grass-fed, pastured, cage-free, etc. Just focus on getting more produce, more lean protein, and fewer processed, less-than-healthy foods in your daily diet. Focus on the big rocks — caloric deficit, adequate protein, and tons of veggies.

We'll take a habits-based approach to eating to fuel our goals. A few examples of the habits you may decide to take on:

- Eat until only 80% full (just enough to feel satisfied, not stuffed)
- Eliminate liquid calories
- No snacking after dinner
- Eat 30 grams of protein at each meal
- Add 2 servings of veggies at each meal (or 6 total per day)
- Cut out 1-2 servings of starches or sugar each day

Whatever you choose to do as far as forming habits and/or counting macros/calories, start at a moderate place. Stick with it for 2 weeks or until it feels nearly effortless. Track what works and what doesn't.

Experiment, but only change one thing at a time so that you can know for sure what is doing what. It takes time, but eventually you'll get to a place where it feels more effortless, and it'll be a way of eating that you can see yourself still doing in five years. And then your results will actually last.

# MACRONUTRIENTS

Macronutrients are the building blocks of our food. They include protein, carbohydrates, and fats. (I've included fiber below as well, as it is an important part of a healthy diet -- it fits in under the carbohydrate umbrella). It's helpful to know these basics to better inform our food choices.

## Protein

Protein contains amino acids, which are the building blocks of muscle. Amino acids are responsible for hormones, enzymes, immune chemicals (immunoglobulins and antibodies), and transportation of proteins.

MACROS

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PROTEIN = 4 CALS/G  
CARB = 4 CALS/G  
FAT = 9 CALS/G

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Protein provides a satiety effect that can help you eat less overall, and studies have found that people on diets high in protein (25-35% of daily calories) tend to burn more fat and lose less muscle than people on diets with intakes of 15% or less. A more optimal protein intake is 1.4-2.0 grams per kilogram of body mass (for example, 95-135 grams for a 150-lb. individual).

Another well-known guideline is 1 gram per pound of body weight or lean muscle mass (if the individual is very overweight or obese). A high protein intake helps spare muscle when cutting calories.

## Fat



Dietary fat has a host of benefits — managing inflammation, creating a favorable hormonal balance, and supporting healthy immune function. It's an energy source, helps transport fat-soluble vitamins A, D, E, and K, (which is why you want to have a small amount of fat in your salads — to help the absorption of those vitamins), and provides essential fatty acids that the body can't make.

# Carbohydrates

Carbs are not evil. They are individual. Some people do best on a higher carb diet, such as those who compete in endurance sports or have an ectomorph body type (naturally thin, hard time gaining weight). Some see better results with a low-carb approach, while most seem to thrive on something in the middle. It's all about experimenting and seeing what works best for YOU.

Carb intake should be inversely proportional to fat intake. When fat is high, carbs should be lower; if fat is low, carbs should be higher.

Carbs that have a slower rate of absorption and digestion (fibrous produce) are best for satiety, keeping blood sugar steady, and improving body composition. Carbs that are digested more quickly (starches, whole grains, higher-sugar fruits) tend to be more beneficial when consumed around a workout for performance, muscle-building, and recovery.

Fiber increases satiety, improves intestinal mobility (bowel movements), helps reduce cholesterol, and reduces risk of colon cancer. Aim for 25-35 grams per day from produce and whole grain carb sources. Gradually increase your intake to minimize gastrointestinal distress.



# SOURCES

## PROTEIN

Bison  
Chicken Breast  
Chicken Thighs (skinless)  
Lamb  
Lean Ground Turkey  
Lean Beef (flank, sirloin, etc.)  
Salmon  
Scallops  
Shellfish (crab, shrimp, lobster)  
Turkey  
Turkey/Chicken Sausage  
Tilapia  
Mahi Mahi  
Halibut  
Eggs  
Liquid Egg Whites

## PROTEIN SUPPLEMENTS

About Time  
Cellucor  
Jay Robb  
Optimum Nutrition  
Quest Nutrition  
Sun Warrior  
Tera's Whey  
Vega

## CARBOHYDRATES

Apples  
Asparagus  
Bananas  
Bell Peppers  
Berries  
Broccoli  
Cabbage  
Citrus Fruits  
Cucumbers  
Figs & Dates  
Kale  
Melon  
Onions  
Peaches  
Pears  
Peas  
Plums  
Salad Greens (spinach, romaine, arugula, etc.)  
Snow Peas  
Squash (acorn, delicata, zucchini, yellow, butternut, pumpkin, etc.)  
Tomatoes

## STARCHY CARBS

Oatmeal / Oat Bran  
Beans  
Potatoes (russet, sweet, red, etc.)  
Quinoa  
Rice (brown, white, jasmine, etc.)  
Whole Grains

## FAT

Avocado  
Coconut Oil (refined)  
Nuts & Seeds  
Nut Butters (natural)  
Olive Oil (extra virgin)

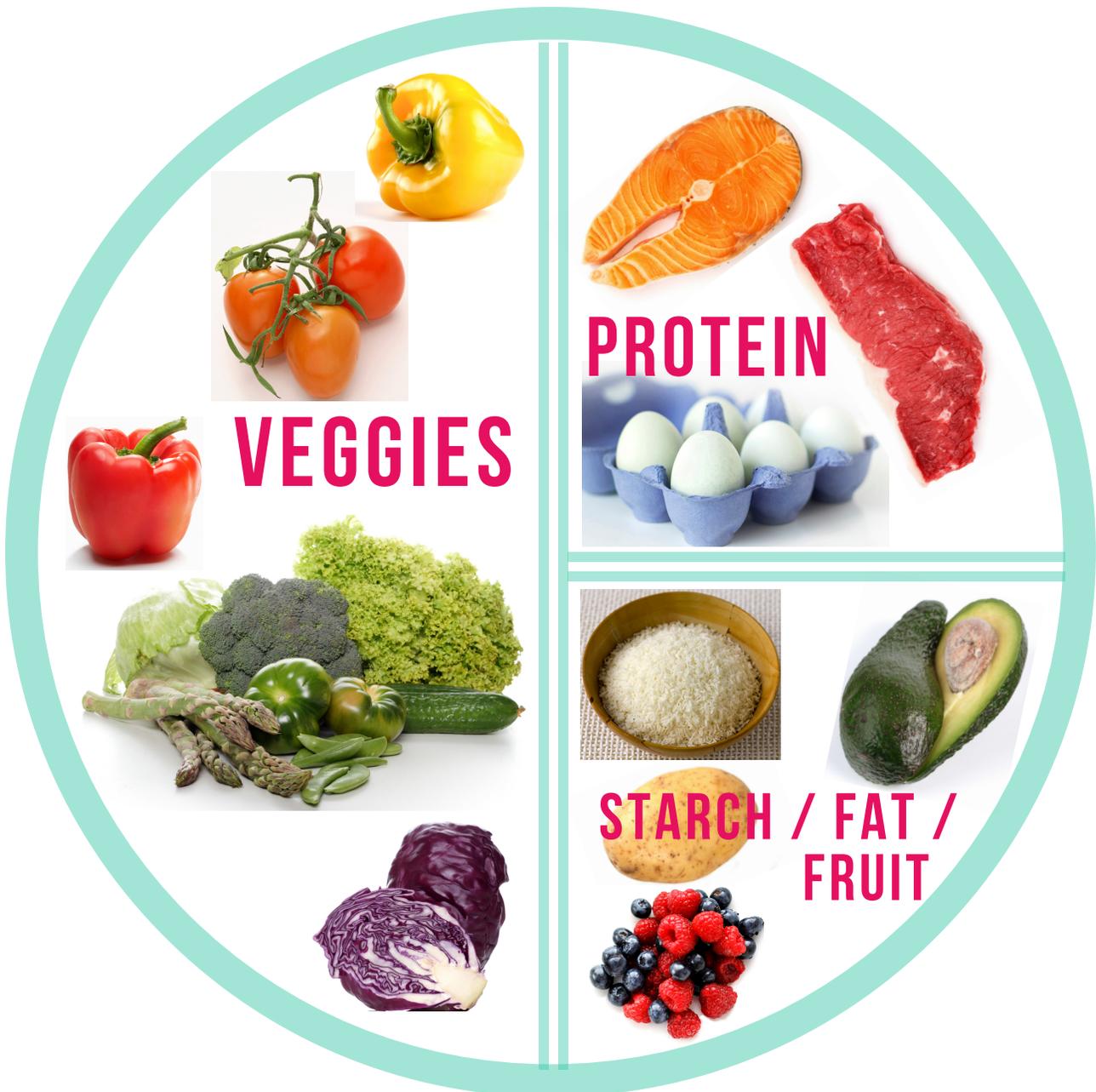
## FIBER

Beans  
Veggies & Fruit  
Ground Flaxseed  
Nuts & Seeds  
Whole Grains

# YOUR HEALTHY PLATE

Keep it simple and easy, especially when you're just starting out, whether you're a newbie or a veteran of healthy eating. It takes time to build healthy habits and overcome bad ones. The more effortless and automatic we can make our eating habits, the more effective the diet and the more lasting the results will be.

Load up half your plate with a variety of vegetables, add a lean protein (about the size of the palm of your hand), along with a small serving of starch, fat, and/or fruit (equal to about 1/4 of the plate). If you do decide to indulge a little (say with a dessert or glass of wine), cut the starch out of your meal to balance things out.



# A TYPICAL DAY OF EATING

This is not meant to be a meal plan or a list of the absolute best meals for you. It's simply an example of how you could put your meals together for fat loss, muscle building, and health.

And you don't necessarily need to eat 5-6 meals per day. There's no scientific evidence that a certain number of meals is optimal for fat loss. Choose the amount that works for your schedule, preferences, activity level, and hunger level. Experiment and see how it works for you. You can always adjust if you find yourself still hungry after meals or lacking energy.

## **BREAKFAST:**

Omelet: 1 whole egg + 1/2 cup liquid egg whites + 1 cup spinach + diced veggies (bell pepper, mushroom, tomato), topped with 1-2 Tbsp. salsa / 1 small piece of fruit

## **SNACK:**

Ezekiel English muffin (or whole wheat English muffin) / 1 Tbsp. natural nut butter

## **LUNCH:**

Buffalo Chicken Salad: 4 oz. shredded grilled chicken + 2 Tbsp. Frank's Red Hot Sauce over 2-3 cups spinach or romaine lettuce + 1/2 cup shredded carrots + 1/2 cup broccoli slaw

## **SNACK:**

4 oz. turkey breast / 1 cup sliced cucumber / 100-calorie almond packet

## **DINNER:**

Stir Fry: 1 cup broccoli slaw + 1/2 cup shredded carrots + 1/2 cup snow peas + sliced green onion + 6 oz. shrimp sautéed in 1/2 Tbsp. coconut oil and 2 Tbsp. reduced sodium soy sauce or coconut aminos / 1/2 cup brown rice

## **SNACK:**

Small Protein Shake: 1/2 scoop vanilla protein powder + 1/2 cup frozen pineapple + water + ice + 1 cup spinach

# HABITS

## **Take It Slow**

I can't emphasize enough the importance of being patient and compassionate with yourself everyday. It takes time to create new habits and overwrite the old ones. After you master your healthy habits, don't be surprised if the old ones pop up, especially during times of stress. Just do your best, give yourself a break for the slip-up, and get back to it.

Give yourself at least 14 days with each habit. Before adding a new habit, the current habit should feel automatic and nearly effortless. You should be at least 80-90% successful with it. If you're still struggling with it, stick with it for another week or so until you got it down pat. This may feel like a super slow process, but when we focus on one thing at a time, putting all of our energy into it, we are way more successful. Just gotta trust the process and do the work.

## **Progress, Not Perfection**

It's inevitable that you'll slip up a little and have a mixture of success and failure each week, and that's okay! You don't have to nail each habit 100% every single day. Some days will be a struggle, and some days will feel effortless. Give yourself credit for the little wins and some grace for the mistakes. This is a long game, so learn from the slip-ups and get right back to practicing your habits at the very next opportunity. You're only 1 meal or workout away from being back in fat-burning, muscle-building mode.

Make sure you use the Habit Tracker to keep track of your progress. Seeing it all in black and white makes it more tangible. You can see where you're slipping, and conversely, where you're kicking ass! Daily feedback is important when it comes to building habits.

# MODERATION 365

## **Life in the Gray**

If you learn and utilize nothing else, the unsexy concept of moderation is a pretty good place to start. We tend to see moderation as a cop-out. It seems too simple to be effective. It may be simple, but it's not always easy. What is easy is cutting out entire food groups or following a strict meal plan, and being all-or-nothing with your food choices. But that doesn't last very long. White-knuckling it through each day and social situation is a tough place to be.

Nutrition is not an exact science. Unfortunately, there are no black-and-white rules that work for every one in every circumstance. We gotta live in the gray. Figure out what works for us, discover our own fat loss formula (or maintenance, if that's your goal). It's more effective over the long haul and keeps us from feeling deprived. And it looks different for everyone. (Of course, if you have a food allergy, intolerance, or sensitivity, by all means, avoid those foods completely.)

## **Food is Not Good or Bad**

Food and our consumption of it is not inherently good or bad. We aren't better people because we were "good" on our diet. And we aren't horrible people if we can't stick to a diet. Ignore that critical inner voice! When we let our self-worth be wrapped up in our appearance and how compliant we are with our diet, we face a no-win battle. No one is perfect or has a perfect body. And when we label foods as good or bad (I'm guilty of this sometimes), we attach a moral value to them, and by extension, ourselves.

But food is so much more. It's nourishment for the health of our bodies, it's fuel for our activities, it's a social activity, and it's a pleasurable experience. Unfortunately, we need to unlearn just about everything the diet industry (and maybe even our own family) has taught us about food. And we need to work on building a relationship with food that serves us and keeps us sane.

This doesn't happen overnight; it takes concerted effort to change our mindset around food and fat loss.

# PORTION SIZES

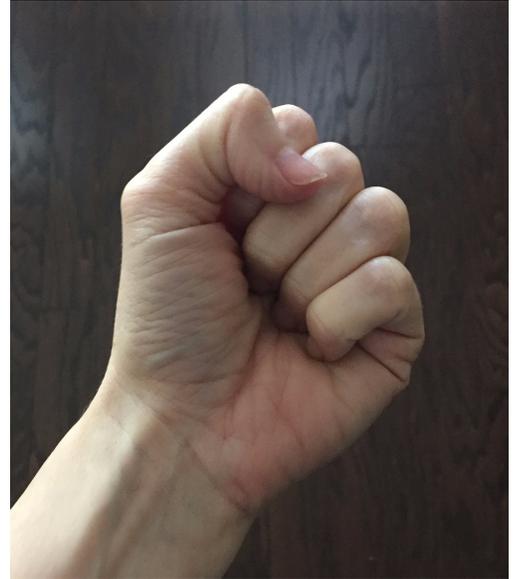
One of the easiest ways to properly portion your food out each meal is to use your hands. They are proportionate to your body, never change in size, and are always with you.

## PROTEIN



A serving of protein = 1 palm  
(~20-30 grams)

## VEGGIES



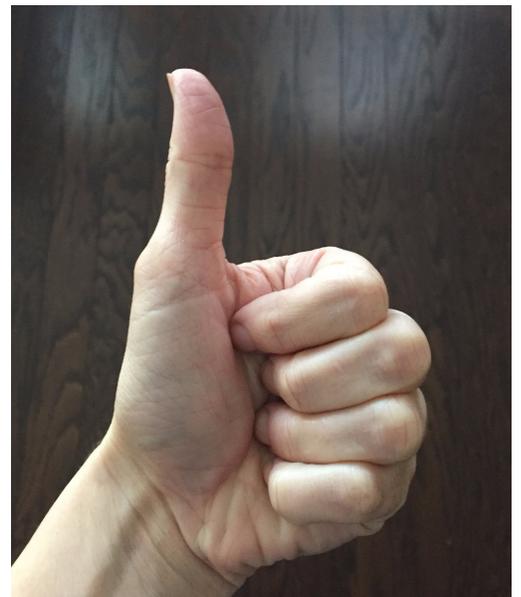
A serving of veggies = 1 fist  
(leafy greens, broccoli, celery, etc)

## CARBS



A serving of carbs = 1 cupped hand  
(~20-30 grams)  
(grains, starches, beans, fruits)

## FAT



A serving of fat = 1 thumb  
(~7-12 grams)