

Before you begin any diet or exercise program, consult your physician. This guide is not meant to provide medical advice. You should obtain medical advice from your own private healthcare practitioner. No liability is assumed by UltraFlex Fitness, LLC for any of the information contained herein.

# EZ8 Lifestyle Guidelines

## Food Portion Size Guide

Use your hand to determine portion sizes:

**Carbohydrates** should equal the size of your clenched fist.



**Proteins** should be about the size of your palm.



**Fats** should be not larger than the tip of your thumb from the knuckle up.



## Tips & Tricks

### Take A Deep Breath

Oxygen is essential to a healthy body. Breathe deep and let it do its magic.

### Get Moving

Even small things such as taking the stairs instead of the elevator or walking for a half an hour after dinner instead of watching TV can help.

### Eat Before You Shop

Going to the grocery store while hungry can lead to unhealthy purchases and, in extreme cases, desperate side trips to the local fast-food drive-thru.

### Don't Eat While Watching TV

People tend to get distracted while watching TV and don't realize how much they're eating. The type of convenience foods most people eat in front of the TV are usually not conducive to a healthy lifestyle.



## 1 Eat six meals a day

If you've been following the typical nutritional advice of cutting back on calories and consuming no more than "three square meals" a day in the hope of shifting your fat-burning efforts into high gear, you may actually be throwing the whole process into reverse. According to scientists at Georgia State University, active folks who skimp on calories and eat infrequently (only three times a day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as body fat. Instead, these researchers and many others advise active people to eat frequently (about every three hours) to accelerate metabolism and maintain steady energy levels throughout the day. We have provided you with a sample seven day meal plan for you to look at.

## 2 Combine carbohydrates and protein at every meal

The simple fact is, our bodies work better with a balance of carbohydrates and protein. Not only is protein essential for building healthy muscle and maintaining a strong immune system, it stabilizes insulin levels, which leads to steady energy throughout the day. One more benefit: eating protein has been shown to reduce your appetite. So, avoid high-carbohydrate nutrition plans and instead balance your protein and carbohydrate intake.

## 3 Choose "appropriate" portion sizes

USDA statistics show that because of increased portion sizes, the average total daily calorie intake has risen from 1,854 calories to 2,002 calories over the last 20 years. That increase—148 calories per day—theoretically works out to an extra 15 lbs. every year. **Portion size is important to weight management. Employ a common sense approach, such as using the palm of your hand or your clenched fist for gauging the portion sizes of food.**

## 4 Plan meals ahead of time

You may even want to try different recipes and decide what works for you before you begin your training program. Experiment with different seasonings, try a variety of vegetables, and find which microwave settings work best for preheating food. By the time you're ready to start, you'll have the supplies you need and the confidence that you know what you're doing. Then, fix your meals in advance and freeze them. It's important to shop at least once a week. If you forget, you'll run out of good food and be tempted to cheat on your diet.

## 5 Get containers to store your food

Purchase plastic storage containers, sports bottles, a water jug and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track.

## 6 Drink 10 glasses of water every day

It's especially important to stay well hydrated when following a comprehensive training, nutrition, and supplementation program. Drink at least one glass of water with each of your six meals, and four more throughout the day. If you have an occasional diet soda, coffee or tea, you'll need to drink an additional glass to compensate for the diuretic effect of these beverages.

## 7 Find your "emotional reason" for staying on track

Researchers at George Washington University discovered that people who successfully transform their bodies are set in action by some sort of "emotional trigger" that helps to clarify their reasons for deciding to make change. In the study, researchers found that any event which elicited strong emotions such as alarm, embarrassment, shame and/or fear actually inspired people to transform their bodies for the better. Take a moment to consider your "emotional trigger" and use it to stay committed to your nutrition program.

## 8 Strive for consistency, not perfection

You can be sure there will be the occasional meal or snack that's not on the recommended food list. When you get off track in this way, don't allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.

# Sample Meals



DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm
1	Six egg-white omelet, 1/2 cup oatmeal, prepared with water	Snack	Grilled fresh tuna with broccoli and roasted new potatoes	Nutrition bar	Eye of round steak with sweet potato and green beans	Cottage cheese with blueberries
2	Breakfast wrap (low-fat sausage, scrambled egg whites, low-fat cheese, salsa, whole wheat tortilla)	Smoothie	Teriyaki salmon with cooked spinach and brown rice	Nutrition Shake	Pork tenderloin with asparagus and baked potato	Cottage cheese with strawberries
3	Egg-white pancakes (six egg whites, 1/2 cup oatmeal, 1/2 T pancake mix, mix in blender), serve with sugarless fruit spread	Snack	Chicken fajita wraps (grilled chicken breast, grilled vegetables and a whole wheat wrap)	Smoothie or other snack	Sushi made with brown rice, seaweed salad	Green salad with cottage cheese
4	Scrambled egg whites, one slice whole wheat toast	Fruit other shake	Southwest chicken salad (chicken, lettuce, brown rice, black beans, tomatoes, onions, avocado)	Nutrition bar	Tofu-vegetable stir fry with brown rice	Cottage cheese and grapes
5	Six egg-white omelet, oatmeal	Snack	Turkey burger on whole wheat bun with lettuce and tomato	Smoothie or other snack	Grilled salmon with cucumber-dill dressing, green salad and baked potato	Cottage cheese with an apple
6	Egg-white pancakes (see Day 3); sugarless fruit spread	Nutrition Shake	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Nutrition Bar	Rosemary chicken with mushroom gravy, snap peas and whole wheat pasta	Cottage cheese and yogurt
7	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY	FREE DAY

## Low Calorie Replacements

Replace this...	with this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
ice cream	low-fat/fat-free yogurt or sorbet
cheese	reduced fat cheese
pasta with white (cheese) sauce	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
eggs	egg whites or egg substitutes
croissants, brioches	hard French rolls or soft "brown-n-serve"
white bread	whole-wheat
cake (pound, chocolate, yellow)	angel food or gingerbread
cookies	reduced fat, ginger snaps, fig bars
mayonnaise	reduce calorie, fat-free or mustard
regular salad dressings	reduced fat/calorie dressings
guacamole	salsa
creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree

NOTE: Remember that you are creating a new healthy lifestyle...be

## Approved List of Foods (All fruits and vegetables are good...particularly raw...eat all you want)

## Drink Water

### Carbohydrates

Baked potato  
Sweet potato  
Yams  
Squash  
Pumpkin  
Steamed brown rice  
Steamed wild rice  
Pasta  
Oatmeal  
Barley  
Beans  
Kidney beans  
Corn  
Strawberries  
Melon  
Apple  
Orange  
Fat-free yogurt  
Whole-wheat bread  
High-fiber cereal  
Rice cake  
Popcorn  
Tortilla  
Whole grains

### SPICES

Cinnamon  
Pepper  
Salt  
Paprika  
Garlic powder  
Cloves of fresh garlic  
Cumin  
Parsley  
Dill weed  
Basil  
Oregano  
Cilantro  
Chili flakes  
Ginger  
Chili powder

### Vegetables

Broccoli, Asparagus, Lettuce, Carrots, Cauliflower, Green beans, Green peppers, Mushrooms, Spinach, Tomato, Peas, Brussels sprouts, Artichoke, Cabbage, Celery, Zucchini, Cucumber, Onion

### Fats to Avoid

Butter  
Fried foods  
Mayonnaise  
Sweets  
Whole-fat dairy products

### Vegetarian Proteins

Tofu, Texturized vegetable protein, Soy foods, Veggie burgers, Tempeh, Seitan

### Fats

Avocado, Sunflower seeds, Pumpkin seeds, Cold-water fish, Natural peanut butter, Low-fat cheese, Low-fat salad dressing, Low-sodium nuts, Olives and olive oil, Safflower oil, Canola oil, Sunflower oil, Flax seed oil

### Meat Proteins

Chicken breast  
Turkey breast  
Lean ground turkey  
Swordfish  
Orange roughy  
Salmon  
Tuna  
Crab  
Lobster  
Shrimp  
Top round steak  
Top sirloin steak  
Lean ground beef  
Buffalo  
Lean ham  
Egg whites or substitutes  
Trout  
Low-fat cottage cheese  
Wild-game meat

Water is the substance of life. Life cannot exist without water. We must constantly be adding fresh water to our body in order to keep it properly hydrated. Water can be a miracle cure for many common ailments such as headaches, fatigue, joint pain, and much more. We can go for weeks without food, but only 3 days without water!

Water is essential for proper circulation in the body. The levels of oxygen in the bloodstream are greater when the body is well hydrated. The more oxygen the body has readily available the more fat it will burn for energy without the presence of oxygen the body cannot utilize stored fat for energy efficiently. Not only will the body burn more fat when well hydrated but because there are increased oxygen levels you will also have more energy.

Water helps remove toxins from the body, in particular from the digestive tract. Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Drink 1 Gallon of purified water daily.

If you drink 12 oz of water with each meal and snack, a glass when you rise each morning and when you retire you are in pretty good shape.