



NUTRITIONAL PLAN

I want everyone about to participate in the **FBT60 NUTRITIONAL PLAN** to know that I am not a doctor or a nutritionist. I am just an athlete who decided to take a serious look at what I was putting into my body. Unfortunately for me I was beginning to have some health issues such as nagging injuries, tiring quickly, snoring during sleep, and had acquired an on-going bout with acid reflux. Fortunately it was time for my routine physical. I did the entire lab work and returned for my review. To my surprise the doctor explained all of the bad results to me. (Cholesterol over 300, glucose off the charts (pre-diabetic), blood pressure 145/98, and resting pulse was 74). He explained that I could have some serious health issues in the near future such as diabetes as well as being put on medication for the cholesterol and high blood pressure which most never come off of.

After analyzing my current diet it was decided that I needed to make a "**lifestyle nutritional change**". Diets are short term, inconsistent, and not healthy. I decided that day was going to be a defining moment in my life. I made the "**lifestyle nutritional change**" and began working out and I lost 10 lbs. over the next 2 months and a total of 40 lbs. in the next 10 months after that. It has been three years since I lost the 40 lbs. and I feel great. Most importantly my numbers are great. My cholesterol is 180, glucose normal; blood pressure is 116/60, and resting pulse of 54.

I realize that some people may have genetic issues which make physical milestones impossible without medication; however I took what has been working for me and ran with it. I feel that this plan can benefit anyone though because everyone needs to look at what is in everything you eat, and take very seriously everything you put into your body.

When writing this I did not want to be like everyone else and give you meal plans you need to follow for breakfast, lunch, dinner, and snacks. I read many of those and much of them were either foods I did not care for, may not of had access to on the road, or on a particular day. My goal here is for you to realize what I did not, and that is what is good and bad for you as well as portions.

Before you start, remember the slogan of **FBT60, Building a Stronger Mind, Body, and Game**. Let's discuss probably the most important aspect of this program:

THE MIND

The basis of **FBT60** is the **MIND**. Before you start this program you must have your mind right. Having your mind right not only means that you are ready to work hard, but also it means that you are willing to change, and willing to change for life! It is being mentally tough when you are feeling down or out with friends and not fall victim to your vices or comfort foods. **Your body gets programmed to like whatever you put in it, even if it is bad for it. I followed this program for 60 days and my body began to crave the good foods, and find the bad foods disgusting.** The mind must come first though. Once your mind is right you can accomplish anything. My motto for FBT60 has been "**What the Mind Believes, The Body Achieves**"!

THE NUTRITIONAL FAB 5

1. THE FATS

Bad Fats/Substitutions – This was one of my biggest kryptonites. There was really no excuse for me not knowing this information before, especially being an athlete my entire life. I guess I just did not ever comprehend the actual damage the bad fats could and were doing to my body. I always felt that if I worked out, they would burn off and didn't matter. There are so many foods that I ate that had a tremendous amount of fat in them. Beware of the "fat-free" label as well because it doesn't mean you can eat all you want without consequences to your waistline and your body. Many fat-free foods are high in sugar, refined carbohydrates, and calories.

Bad Fats: My Substitutions in Red

1. **Red Meat/Fish/Poultry/Very limited use of any red meats**
2. **Butter/Olive Oil**
3. **Cheese/Hummus**
4. **Mayo/Fat Free Mayo/Very limited use**
5. **Pizza/Low Fat Flat Bread Alternatives/Very limited use**
6. **Salad Dressings/Olive Oil, Balsamic Vinegar, Lemon, or Lime**
7. **Hot Dogs/Sausage/Eliminated**
8. **Beef Hamburgers/Turkey or Veggie Burgers**
9. **Fried Foods (i.e.: Fish, Chicken, Chicken Wings)/Eliminated**
10. **Packaged Foods/Look carefully at Fat, Sodium, Sugars, and Chemicals/Portions**
11. **Dairy Products/Silk Light instead of Milk**
12. **Soups/Low Fat/Low Sodium Soups, No cream based soups**
13. **Fast Food/Eliminated/Pack Healthy Lunches/Snacks on road or eat correctly/Salads**
14. **Snacks (Chips and Crackers)/Low Fat/Sodium**
15. **Pastries and Cookies/Eliminated/Rare occasions Sugar-Free cookies.**

Then there are the good fats that I was missing altogether.

Good Fats:

1. **Olive Oil**
2. **Avocados**
3. **Nuts (walnuts, almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)**
4. **Peanut Oil**
5. **Pumpkin, Sesame, and Sunflower Seeds**
6. **Dark Leafy Greens**
7. **Flaxseed**
8. **Olives**
9. **Salmon**
10. **Tuna**
11. **Peanut Butter**

2. SODIUM

I was known as a pre-salter. A pre-salter is someone that begins salting their food even before they take a first bite. Frozen packaged foods, fast foods, table salt, garlic salt, soups, cheese, snack foods, and cold meats were just some of the high sodium items that were on my daily list that I had to address immediately. There are many low or no sodium choices out there now. Once you stop using the table or garlic salt your pallet will adjust and no longer crave it. Try it!

3. SUGARS

There are many low or sugar free choices out there now. Just select these sugar free items carefully because sometimes they can have a lot more ingredients and chemicals that could be harmful. Products like cakes, pastries, candies, table sugar as a sweetener are the bad sugars that I was eating. I was neglecting the good sugars found in such foods as fruits and vegetables that are good for your body and immune system. I tend to eat the raw fruit in the early morning so the sugar can burn off throughout the day.

4. THE CARBS

Soda, Candy, Pastries, Beer, are some of the bad carbs that needed to be addressed in my diet. I replaced them with the good carbs such as whole grains, vegetables, fruits, and beans.

5. Portions You Eat and Deceptive Portions on Packages

Many packages that could be considered 1 serving for an adult list the package as 3-4 servings. This makes the ingredients listed on a package: 8 fat grams, 1000 mg of sodium, three to four times as much!

Portions are also important to your change. I would go all day without eating much of anything and then eat a huge meal at dinner. This was leading me to become a diabetic. I found if I ate something as soon as I woke up, and ate small portions though out the day, I ate much less for dinner, and felt so much better at night.

The daily structure I follow is Breakfast, Healthy Mid-Morning Snack, Lunch, Healthy Afternoon Snack, Dinner, and Light Healthy Snack. This structure keeps all of my portions small as opposed to getting very hungry and eating large portions all at once.

THE PLAN

The key to this plan is that it should not be a diet, rather something that is sustainable long-term. Learn to have healthy solutions to all of your vices. **The Nutritional Plan** is more of a Mantra. It is all about eating good things on a consistent basis. To get a good sampling of where you are nutritionally, create a journal for everything that you eat, drink, and times of each for a seven day period. Remember to be very detailed with your entries. Usually a lot of the bad stuff is in the details. An entry such as Lunch - salad is not good enough. You must put everything that was on the salad as well as the dressing. The dressing usually is a deal breaker unless you pick a healthy one. Another example would be Lunch - baked potato. Loading the potato with butter, cheese, bacon, and sour cream would be a deal breaker, and has to be entered into the journal as such.

At the end of the week review your entries and mark each of the entries as good or bad utilizing what you learned from the **Nutritional Fab 5** above. Find healthy solutions for items marked "bad". Remember, the solution has to be sustainable otherwise it is only a diet and will likely be short-term. To assist with this plan, when shopping, always look at the nutritional information on the package before you purchase it. If it does not make it home with you, you won't eat it!

SUMMARY

I now pay attention to everything that goes into my body, and try very hard to make the best decisions possible whether I am at home or on the road. I treat myself occasionally, but most importantly I have found healthy solutions to my vices. The key to any fitness program such as FBT60 is nutrition. You can perform strenuous daily workouts and never lose a pound unless you have a sound nutrition plan. Eat well for life!