

A woman with dark hair tied back is smiling and eating from a white bowl of salad. She is holding a fork with a piece of tomato. The background is a blurred gym with exercise equipment. A banana is visible in the bottom right corner.

# K7

Jumpstart your weight loss  
and flatten your belly  
without exercise

## 7 Key Principles of Nutrition



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## K7 - 7 Key Nutrition Principles



How to properly eat for our fitness goals seems to be the largest obstacle we come up against when wanting to transform our bodies.

There are 7 principles that will definitely change you for the better when you properly execute them.

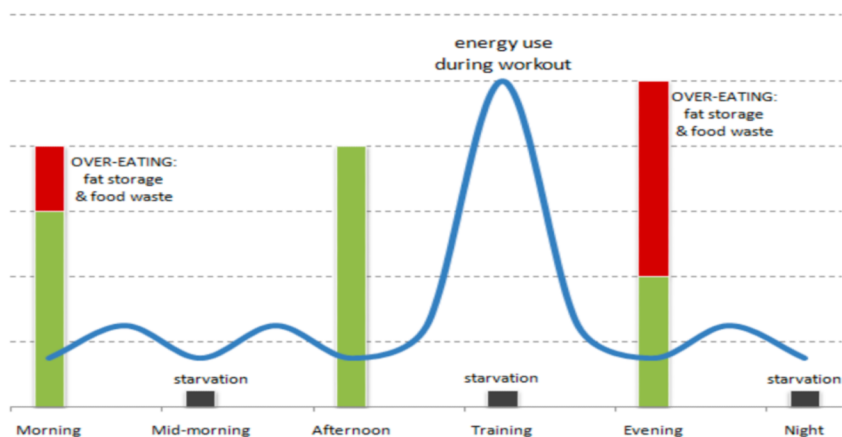
It's time for you to LIVE!



## K7 - 7 Key Nutrition Principles

**1. Meal Timing:** Eat every 3 hours and avoid breaking down muscle for energy and slowing down your metabolism. When you wait to eat longer than 3 hours, your body goes in to starvation mode, conserving calories, storing fat and burning muscle. How to properly eat for our fitness goals seems to be the largest obstacle we come up against when wanting to transform our bodies. There are 7 principles that will definitely change you for the better when you properly execute them. It's time for you to LIVE!

### 3 Meals a Day (BAD)



a. **Hunger Control:** By properly fueling your muscles on a 3-hour basis; your hunger hormones are leveled off and work harmoniously, balance each other, and maintain blood sugar balance, so we never feel too hungry and eat more than is necessary for

b. **Metabolism Boost:** Protecting your muscle from going catabolic (starvation mode), you will naturally increase your BMR (Basal Metabolic Rate) and start burning more fat at rest and definitely MORE during exercise.

c. **Wiser Options:** Knowing you will eat in just a few hours helps you keep your focus on why your making these great decisions and stay on track.

## K7 - 7 Key Nutrition Principles

**2. Portion Sizes:** Use smaller plates; add vegetables and fruit to your plate to limit over eating high calorie foods. Find out how many calories you should not exceed on a daily basis. You can use apps like **dotFIT**, MyFitnessPal or Fitbit.



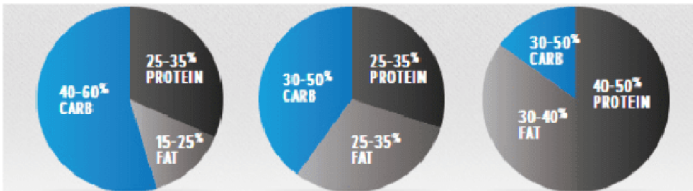
a. Total Day Calories: Track all of the meals, food, drinks, candy that you consume daily and calculate the calories with one of the available calorie counting apps. Tips: 1) pre-calculate what you will eat they day prior to ensure you will hit your intended target. 2) track what enters your mouth as it happens 3) take pictures of what you eat/ drink throughout the day and track it all when you have your scheduled time for it.

b. Calories Per Meal: each meal should be between a minimum of 100 calories and a maximum of 1/3 of your daily calories.

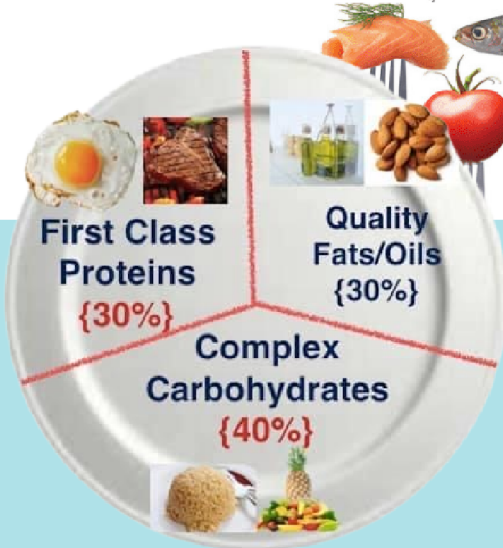
c. Serving Container: Use smaller containers to avoid from over serving. Salad plates for dinner versus a full-size plate.

# K7 - 7 Key Nutrition Principles

**3. Protein:** Quality protein helps sustain muscle during weight loss, which contributes toward optimal weight management. An amount of quality protein to consume when toning up the body is a minimum of 30% of your total food consumption.



VS



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**4. Water:** Hydrate your muscles and increase your body's natural fat burning machinery

a. How much water should I drink? It depends on your size and weight, and also on your activity level and where you live, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day. For example, if you weigh 180 pounds, that would be 90 to 180 ounces of water a day.

There are 128 ounces in one gallon



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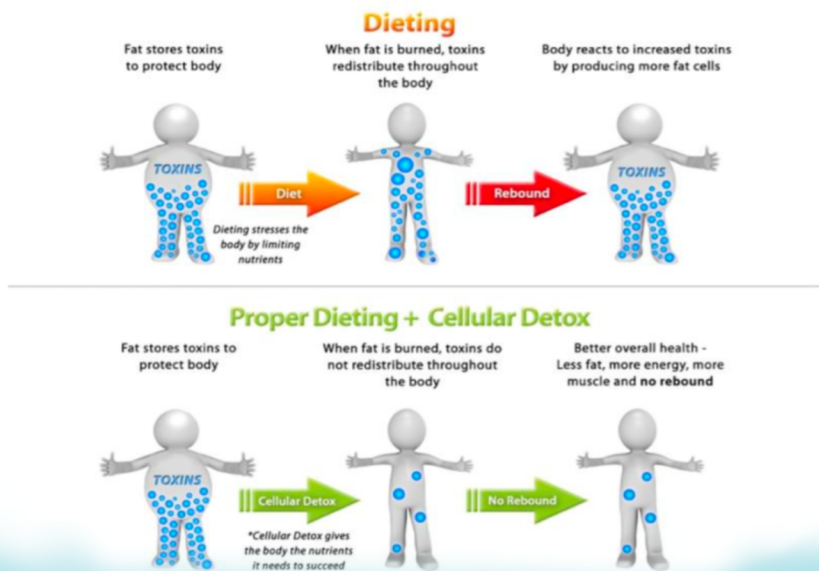


**5. Eat Naturally:** Focus on foods that come from the Earth, not a factory. Fruits, Vegetables and lean meat; this helps avoid processed foods that kill your metabolism. This will limit eating high calorie foods with low nutrients.

When your consumption of nutrients is low, your body will crave more nutrients; we translate that into eating more of what we normally do based on our rituals.



# K7 - 7 Key Nutrition Principles



**6. No Chemicals** or Toxins: Avoid Artificial Sweeteners; toxins that slow down your metabolism

Keeping in line with its desire to preserve its health, your body will first store "excess" toxins in your fat tissues. This is because your fat tissues are less vital to your immediate survival than other tissues like your ligaments, muscles, and nerves. To keep your body protected from these toxins, it will not allow the fat tissue to metabolize as easily when following a calorie reduced meal plan or increase in exercise. To reiterate, you will keep the flab even if the scale goes down.

## K7 - 7 Key Nutrition Principles

**7. Supplementation:** Some dietary supplements can improve overall health and help manage some health conditions.

If you're looking to support your health, increase your energy levels, boost your mood and mental acuity, and even improve your chronic health condition symptoms, getting the right amount of vitamins and minerals each day is vital.

While diet is the best way to get the nutrients you need, dietary supplements can be an important way to fill in the gaps.

