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# NUTRITION GUIDE

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for Weight Loss

L I V E   O P T I M I Z E D

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# INTRODUCTION

Nutrition is a foundational pillar of long-term health and when you understand the basics of how food fuels your body, you're better equipped to improve body composition, maintain energy, and prevent future health decline.

How much you need of each macronutrient depends on your age, activity level, body composition, and goals. This guide will walk you through the essentials.

## START HERE

Top 5 tips to improving your nutrition

### 1 Drop the Liquid Calories

Soda, energy drinks, and alcohol are some of the biggest hidden sources of excess calories. They spike blood sugar, increase inflammation, and offer zero nutritional value. Switch to water, black coffee, or sugar-free electrolyte drinks. It's one of the fastest ways to see real change.

### 2 Cook at Home

Eating out means consuming roughly 200 more calories per meal — with lower quality ingredients and higher cost. When you cook at home, you control what goes in. Focus on whole foods: lean proteins, quality fats, and vegetables.

### 3 Increase Your Protein

Protein is the foundation of muscle recovery, hormone production, and satiety. It keeps you full longer and is nearly impossible to overeat. Aim for at least 1 gram per pound of your goal body weight daily. Prioritize whole sources like chicken, eggs, fish, and lean beef.

### 4 Increase Your Fiber

Fiber supports digestion, detoxification, and long-term gut health. The best sources are vegetables, berries, beans, and lentils — foods that also deliver essential micronutrients for energy and cellular repair. Aim for about 14 grams of fiber per 1,000 calories.

### 5 Stop Eating After Dinner

Late-night snacking disrupts your body's ability to enter its natural rest-and-digest phase. When blood sugar stays elevated, fat burning stalls. Extending the window between your last and first meal improves metabolic function, blood sugar regulation, and fat loss over time.

# MACRONUTRIENTS

Protein. Carbs. Fats. The building blocks of your nutrition.

## PROTEIN — CENTER YOUR PLATE HERE

**YOUR TARGET: 1g per pound of body weight per day**

### The Rules:

- 3 meals per day, each built around protein first
- Minimum 30g of high-quality protein per meal
- 30–50g per meal is the sweet spot for muscle protein synthesis
- If your daily protein target is high, add another meal rather than just making one meal massive

### Hitting Your Protein Goals:

- Builds and repairs muscle
- Supports metabolism, blood sugar regulation, and overall function
- Keeps you fuller longer
- Critical during weight loss, especially on GLP-1 medications, to help protect lean mass
- Muscle is the organ of longevity

### Best Sources:

Beef, chicken, turkey, fish, eggs, Greek yogurt, cottage cheese, whey protein

*Note: Soy and quinoa can contribute, but typically require more total protein to hit the same leucine threshold as animal protein or whey.*

## THE BIG PICTURE

- Protein gets set first
- Fiber-rich carbs come next
- Fats fill the remaining calorie budget
- Build meals around high-quality protein + high-fiber whole foods
- Keep ultra-processed foods low

**Example: If your goal weight is 180 lbs → target 180g of protein per day**

## CARBS — PRIORITIZE FIBER FIRST

- Focus first on fibrous carbohydrates
- Best choices: vegetables, berries, beans, lentils
- High-fiber carbs help with fullness, digestion, and overall health
- Fiber matters: aim for about 14g per 1,000 calories
- Keep carbs to about 30–40g max per meal
- If you are less active, a good daily range is often 90–130g/day
- If you are overweight or show signs of carb intolerance, start by limiting starches and grains

### Best Carb Choices:

Broccoli, green beans, leafy greens, berries, beans, lentils, apples, citrus, oatmeal

## FATS — FILL IN THE REST

- Once protein is set, fats help fill out the rest of your calories
- Carbs and fats can be adjusted based on your activity, preferences, and goals
- A common fat range is 0.7 to 2.2g per kilogram of body weight per day
- Focus on whole-food fat sources

### Best Sources:

Olive oil, avocado, olives, nuts, seeds, fatty fish

### Keep in Check:

Highly processed fats and ultra-processed foods overall

### BUILDING YOUR PLATE

- ① Set your protein target first
- ② Add fiber-rich carbs next
- ③ Fill remaining calories with healthy fats
- ④ Build every meal around high-quality protein + high-fiber whole foods

**PROTEIN**  
**1g per lb**  
of bodyweight  
**4 calories per gram**

**CARBOHYDRATE**  
**130 g/day**  
**4 calories per gram**

**FAT**  
**0.7–2.2g/kg**  
of bodyweight  
**9 calories per gram**

*Note: Every macronutrient has a calorie count per gram.*

# SHOPPING LIST

Stock your kitchen with these essentials.

## PROTEIN

- Eggs
- Ground beef
- Steak
- Bison
- Chicken breast
- Chicken thighs
- Turkey
- Salmon
- Sardines
- Shrimp
- Greek yogurt
- Cottage cheese

## FRUIT

- Raspberries
- Strawberries
- Blueberries
- Blackberries
- Lemons
- Limes

## BEANS & LEGUMES

- Lentils
- Black beans
- Chickpeas
- Kidney beans
- White beans

## VEGETABLES

- Broccoli
- Green beans
- Spinach
- Arugula
- Mixed greens
- Brussels sprouts
- Asparagus
- Zucchini
- Cauliflower
- Mushrooms
- Bell peppers
- Cucumbers

## FATS

- Extra-virgin olive oil
- Avocados
- Olives
- Nuts

## STRATEGIC CARBS

- Oatmeal
- Apples
- Citrus
- Potatoes
- Rice

## PANTRY BASICS

- Sea salt
- Pepper
- Garlic
- Mustard
- Vinegar
- Herbs
- Spices
- Sparkling water

## LIMIT

- Sugary cereals
- Pastries
- Chips
- Crackers
- Candy
- Sweetened drinks
- Heavily processed snacks

## Not sure what you're missing?

We can do a blood test that digs into your micronutrient levels inside your cells, not just what's floating around in your bloodstream that day. It shows whether you're actually getting and using key nutrients like vitamins, minerals, and antioxidants that drive energy, immunity, brain function, and metabolism.

Instead of guessing which supplements you need, it gives a clear picture of what you're low on so you can target the gaps—and even build a custom daily supplement pack around your results.



**TEST, DON'T GUESS**