

“Cleaning Up” Your Nutrition

9 Beginner, Intermediate and Advanced Nutritional Strategies to Improve Body Composition, Performance and Health

Who am I?

- **Personal Trainer, Nutrition Coach, Massage Therapist and Author**
- Certified by the National Academy of Sports Medicine and Precision Nutrition
- Years of experience helping clients integrate **Movement, Nutrition and Regeneration** habits into busy lifestyles for sustainable results
- [Featured in](#) US News & World Report, Reader's Digest, Shape, Prevention, Oxygen, LIVESTRONG.com, ACE Certified News, Law.com, FitBit Blog and ConsumerAffairs.com

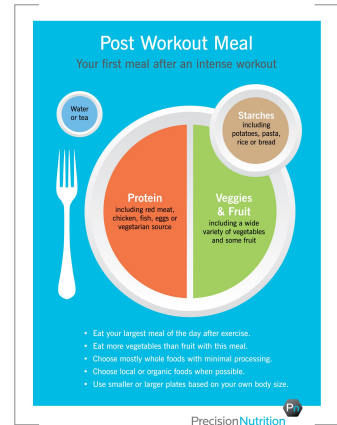


What We're Up Against

- We are the most sedentary and overweight society in human history
- Desk jobs, devices, stress and processed foods are obstacles to wellness
- Proper nutrition is both difficult and “simple” at the same time
- But “simple” does not mean “easy”
- Our bodies and brains haven't caught up to our technology
- “Quick fix” diets, gimmicks and products further confuse the landscape
- Mainstream media and social media “influencers” can misrepresent research
- Yo-Yo dieting and inconsistency hurt our bodies and leave us frustrated

9 Nutritional Strategies That Work

- Today we'll introduce 3 beginner, 3 intermediate and 3 advanced nutritional strategies for improved body composition, performance and general health
- Highlight the ones you're currently doing and note the ones you could improve on
- Depending on where you're starting and what your goals are **PICK JUST ONE** you can incorporate today and be 100% successful for the next 4-6 weeks
- Once that one thing becomes part of your normal routine, then you can pick another and build



Pick Just One Thing: **Beginner**

Rather than focusing on taking food away (cutting carbs or fat or sugar) try adding what your body needs before taking away what it doesn't.

1. **Drink More Water**: Most of us think we drink “plenty” of water. But when we actually measure it out many of us are falling short. Aim for at least 2L per day (or about 1L per 1,000 calories).
2. **Check Your Protein**: Most of us are not getting enough protein. Consider adding a superfood protein smoothie to your daily routine as breakfast, a snack or before dinner.
3. **Eat More Veggies**: Most of us aren't eating enough vegetables. To avoid the cravings for junk, try a daily sandwich-sized bag full of raw vegetables with a variety of colors.

Pick Just One Thing: **Intermediate**

“Calorie counting” and “diets” can be frustrating and hard to adhere to, but these strategies are learning opportunities that can lead to better behaviors.

3. **Food Journal**: Use a free tool like MyFitnessPal to log what you're eating and make changes to better align with your body's true caloric needs.
4. **Pre- and Post- Workouts**: Focus on protein, veggies and healthy fats before a workout and protein, veggies/fruits and carbohydrates after.
5. **Whole 30**: Whole 30 removes all processed foods for 30 days. So for 30 days you eat "real" food (i.e. no added sugars, no alcohol, no grains, no dairy, no legumes, no junk).

Pick Just One Thing: **Advanced**

The beginner and intermediate strategies will likely be enough to get you to your goals. But if you are ready to make some advanced adjustments consider these.

7. **Eat to Your Marcos**: If attempting to burn fat and gain muscle at the same time, simply managing your caloric intake may not be sufficient. Determining your ideal macros based on your body type and activity level can take you to the next level.
8. **Elimination Diet**: Food sensitivities are more common than you may think— and they can cause acne, allergies, migraines, and more. Find out if you need to adjust your regular menu with an elimination diet.
9. **Intermittent Fasting (IF)**: IF gives your body, liver and digestive track a 16-hour break from processing food. Insulin levels spike less frequently throughout the day thus helping to make you more insulin sensitive.

Review: What One Thing Will You Pick?

1. [Drink More Water](#)
2. [Check Your Protein](#)
3. [Eat More Veggies](#)
4. [Food Journal](#)
5. [Pre- and Post- Workouts](#)
6. [Whole 30](#)
7. [Eat to Your Marcos](#)
8. [Elimination Diet](#)
9. [Intermittent Fasting \(IF\)](#)



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