



# Ann Crenshaw

## Start-up Nutrition

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## Keys to Success:

- Building a consistent program that is sustainable.
- Making sure carbohydrates are in the first half of the day.
- Less sweet tea

## Carbohydrates

- All of our carbohydrates are going to come from unprocessed whole foods, this is the category that causes the most problems for people.
- Most of your carbohydrates should come from fresh fruit and vegetables.
- Eliminate your consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels). The most important time of day to make sure you are following this is in the evening, especially since you drink alcohol.
- Avoid products made with high fructose corn syrup.
- The carbohydrates on your list will be a combination of Vegetables, Low Glycemic Starchy Carbohydrates, and Fruit.

## Protein

- As with the carbohydrates, we are going to try to keep all of the protein as unprocessed as possible. We want to start with lean fresh protein sources and go from there.
- Eliminate your consumption of any processed animal protein, choose natural beef (I assume this won't be too hard for you) and bison, heritage or wild turkey, small farm raised chicken, wild game, and fish.
- Try to get at least some of your daily protein intake from vegetable sources, we are going to do this by using vegetable protein powder, like Vega One.
- Protein is the most important macronutrient for building muscle tissue. **You must make sure to eat enough protein during the day or you will not support muscle growth.** And having more muscle is the best way to boost fat loss.
- The amount of protein you should be eating per day is **120-140** grams, now I don't expect you to hit that right away, and your body wouldn't be ready for it, so we are going to ease into eating the right amount of protein.
- The best way to get protein is from lean protein sources as mentioned earlier, on average 1 ounce of meat contains approximately 5 grams of protein.

## Fats

- Reduce your intake of saturated fat by eating less butter, cream, high-fat cheese, unskinned chicken and fatty meats, and products made with palm kernel oil.
- Use extra-virgin olive oil, coconut oil, avocado oil, algae oil, lard, and beef tallow sparingly for cooking oils.
- Avoid regular safflower and sunflower oils, corn oil, cottonseed oil, soy oil and mixed vegetable oils.
- Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients. Strictly avoid all products made with partially hydrogenated oils of any kind. Include in your diet avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.
- For omega-3 fatty acids, eat salmon (preferably fresh or frozen wild or canned

sockeye), sardines packed in water, herring, and black cod (sablefish, butterfish); omega-3 fortified eggs; hemp seeds and flaxseeds (preferably freshly ground); or take a fish oil supplement, I recommend Carlson brand fish oil, it is all natural, a great product and they add natural flavoring so it tastes like lemon oil. Try adding a little of that on top of a salad with some balsamic vinegar.

- Cooking with oil and getting natural fats from things like avocado will not only improve your overall health, but also speed up weight loss.

## Fiber

- Try to eat 40 grams of fiber a day. You can achieve this by increasing your consumption of fruit, especially berries, vegetables (especially beans), and whole grains.

- If you are eating enough fruits and vegetables, you should not have to worry about eating foods that have additional fiber added. We are specifically not eating fortified and processed foods.

## Phytonutrients

- To get maximum natural protection against age-related diseases (including cardiovascular disease, cancer, and neurodegenerative disease) as well as against environmental toxicity, eat a variety of fruits, vegetables and mushrooms.

- Choose fruits and vegetables from all parts of the color spectrum, especially berries, tomatoes, orange and yellow fruits, and dark leafy greens.

- Choose organic produce whenever possible. Learn which conventionally grown crops are most likely to carry pesticide residues and avoid them.

- Eat cruciferous (cabbage-family) vegetables regularly.

- Drink tea instead of coffee, especially good quality white, green or oolong tea.

- If you drink alcohol, use red wine preferentially.

## Vitamins and Minerals

The best way to obtain all of your daily vitamins, minerals, and micronutrients is by eating a diet high in fresh foods with an abundance of fruits and vegetables. Even while eating a great diet, it may still be good to supplement with a couple additional things.

## Supplements

I don't love taking a lot of supplements, but these are the ones I recommend to most people.

- Magnesium – 350 mg per day
- Vitamin D3 – 5000 IUs per day
- K complex - 100 mcg
- Vitamin C – 1500 mg per day
- Zinc – 30 mg per day
- B Complex
- Probiotic (if you would like)

The D, K, and C you can take anytime that you would like. The Probiotic you take with your largest meal, the magnesium, zinc, and B you take at night before bed.

The evening combination helps your body release more growth hormone.

- Protein – Really any protein would be fine, I recommend a whey during the day and a casein at night. If you want to do something else, let me know and I will help you choose.

## Water

- Drink pure water, or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon) throughout the day.
- Use bottled water or get a home water purifier if your tap water tastes of chlorine or other contaminants, or if you live in an area where the water is known or suspected to be contaminated.

## Probiotics

- Probiotics are the bacteria that live in our gut. Probiotics are **very** important to our overall health, and can be helpful in decreasing inflammation and weight loss. So we want to make sure that we keep our bacteria healthy.
- When we take anti-biotics, they not only kill the bacteria causing our infection, they also kill the good bacteria in our bodies.
- The best way to get probiotics are through fermented vegetables or by taking a probiotic supplement. They have become very popular and you can buy them everywhere, if you want to ferment veggies, let me know and I will teach you how, if you choose to take a supplement I recommend Garden of Life, **take it with your largest meal of the day.**

## Low Carbohydrate Vegetables

Vegetables from this should make up the bulk of what you are eating. These are low in calories, low in carbohydrates, high in nutrients, and antioxidants. There is no restrictions to any vegetables on this list, so if you are hungry, fill up from this list.

Broccoli	Burdock Root	Brussels Sprouts	Cabbage	Calabash	Capers
Celery Root	Chayote	Pattypan Squash	Cucumber	Radish	Eggplant
All Greens	Jicama	Hearts of Palm	Kale	Kohlrabi	Leeks
Onions	Parsley Root	Collards	Bell Peppers	Pumpkin	Purslane
Broccoli Rabe	Daikon	Spaghetti Squash	Zucchini	Bitter Melon	Cauliflower
Tomatillo	Turnip	Summer Squash	Fennel	Mushrooms	Rutabaga
Tomato	Lettuce	Radicchio	Garlic	Shallots	Lotus Root
Artichoke	Bok Choy	Celery	Green Beans	Okra	Spinach

## High Carbohydrate Vegetables

These are the sweet tasting vegetables, they often have a large amount of starch or sugar. Eat these more sparingly.

Peas    Corn    Butternut Squash    Acorn Squash    Parsnips    Carrots    Beets

## Fruit

Fruit can be very high in sugar and carbohydrates, but the list below contains fruit that is low in sugar, and also is found to be low on the glycemic index, which means the sugars that are found in them are slow digesting and will provide steady energy which your body needs. Fruit are only to be eaten during the first half of the day since your body does not need sugar energy to sleep.

Apples	Apricots	Acai Berry	Bilberry	Blackberry	Black Currant	Blueberry
Cloudberry	Cranberry	Elderberry	Goji Berry	Gooseberry	Huckleberry	Lingonberry
Raspberry	Strawberry	Breadfruit	Cherry	Dragon Fruit	Durian	Fig
Grapefruit	Jackfruit	Kiwi	Kumquat	Lemon	Lime	Longan
Lucuma	Lychee	Sapote	Mangosteen	Melons	Nectarine	Oranges
Passion Fruit	Peach	Pear	Persimmon	Pineapple	Plum	Pomegranate
Quince	Rambutan	Rhubarb	Starfruit	Tamarind	Tangerine	Tangelo

## High Density Vegetable Carbohydrates

For the Carbohydrate dense foods we want to limit them to 1 serving per day, preferably before Noon, that will give your body plenty of time to burn off the carbohydrates before you go to bed.

Sweet Potatoes	Cassava	Taro	Plantains	Lentils	Kidney Beans	Black-eyed Peas
Chickpeas	Black Beans	White Beans	Pinto Beans	Oatmeal	Quinoa	Brown Rice

## Protein

As I mentioned earlier, proteins are the building blocks of muscle, you need to eat it to build muscle and tone.

Skinless Chicken Breast	Flounder	Snapper	Trout	Grouper	Halibut
Skinless Chicken Thigh	Salmon	All Shellfish	Beef Sirloin	Pork Roast	Pork Chops
New York Strip Steak	Pork Tenderloin	Sardines	Bison	Venison	Elk
Ground Beef (10% fat)	Turkey Breast	Turkey Leg	Turkey Thigh	Turkey Wing	Boar

## Spices

Spices can really make a bland meal taste great! Not only that, many spices have anti-inflammatory benefits to them as well. So add whatever spices that you like to any dish to make it suit your tastes!

## Sample Meal Breakdown

### Meal 1

With breakfast we want a good combination of protein and carbohydrates

- Meal replacement (like vega one or just protein powder) (1&1/2 scoops) shake blended with fresh or frozen berries .
- 2 eggs, 2 egg whites, and 1 piece of fruit
- 6 ounces chicken with 3/4 cups rice
- 1/2 cups oatmeal and 25 grams of protein powder.

### Meal 2

- Protein Shake and fruit
- 5 ounces chicken, steak, or fish and
  - 1/2 cups of rice
  - pears
  - 1/2 cups of oatmeal
  - Can of Amy's lentil soup

### Meal 3

- Protein Shake and fruit
- 5 ounces chicken, steak, or fish and
  - 1/4 cup of rice
  - 1/2 pears
  - 1/4 cup of oatmeal
  - 1/2 Can of Amy's lentil soup

### Meal 4

- 6 oz of any grilled or roasted meat (fish, beef, bison, poultry)
- As much steamed, roasted, or grilled vegetables that you like
- large salad with a light salad dressing

### Before Bed

- 20 grams of casein protein powder mixed with water.

## Out to Eat Choices

Here are some different fast food options as well as some restaurants in the area. When you eat at any of these places if you choose from this list given, you will be making the right choice. And if you are somewhere else, or are not sure, text me, I will respond and let you know some good options. If you have any questions about going out to eat, text me the menu and I will give you options.

### Panera Bread

#### Salads

- Strawberry Poppyseed with Chicken
- Asian Sesame with Chicken
- Southwest Chile Lime Ranch with Chicken
- Green Goddess Cobb with Chicken
- Fuji Apple with Chicken
- Spicy Thai with Chicken
- Caesar with Chicken

#### Bowls

- Southwest Chicken Tortilla Bowl

### McDonalds

#### Salads

- Bacon Ranch Grilled Chicken Salad
- Southwest Grilled Chicken Salad

### Sonny's

#### Appetizers

- Wings – No Breading – Any Sauce

#### Salad

- BBQ Salad

#### Entrées

- Pulled or Sliced Pork
- Half Chicken
- Pulled Chicken
- Turkey
- Brisket

### Chinese Restaurant Menu

#### Appetizers

- Chicken Wings – No Breading – Any Sauce
- Teriyaki Skewers

#### Entrées

- Moo Shu Beef/Chicken/Pork
- Beef/Chicken/Shrimp/Pork with Broccoli
- Beef/Chicken/Shrimp/Pork with Mixed Vegetables
- Beef/Chicken/Shrimp/Pork in Oyster Sauce
- Beef/Chicken/Shrimp/Pork with Garlic Sauce
- Beef/Chicken/Shrimp/Pork Szechuan Style
- Curry Beef/Chicken/Shrimp/Pork

## Rib City

### Salad

- Smoked Turkey Deluxe
- Smoked Beef Salad
- Chicken on the Greens

### Entrées

- BBQ Chicken Dinner
- BBQ Pork Dinner
- Pulled Pork Dinner
- BBQ Beef Dinner
- Smoked Turkey Dinner
- Sirloin Steak

## General Restaurant Guidelines

### Before You Order

- If you are familiar with the menu, decide what to order before entering the restaurant. This tactic will help you avoid any tempting foods that may not be as healthy.
- If you are trying a new restaurant, take time to study the menu so you can make the best choices.
- Have the waiter remove temptations (such as the bread basket) from the table.
- Drink two full glasses of water before your food arrives.
- Avoid foods described as buttery, buttered, fried, pan-fried, creamed, escalloped, au gratin (with cheese), or a la mode (with ice cream).

### When You Order

- Order foods that are steamed, broiled, grilled, stir-fried, or roasted.
- Order potatoes baked, boiled, or roasted instead of fried. Ask the server to leave off the butter and sour cream.
- Order first so that you will not be influenced by others' choices.
- For appetizers, order broth-based soups such as minestrone or gazpacho instead of creamy soups or fried finger foods.
- Choose seafood, chicken, or lean red meat rather than fatty or processed meats. Remove all visible fat from any meat.
- Ask for steamed vegetables instead of fries.
- Ask for the sauces and dressings on the side so you can control how much you eat.
- Ask the server about ingredients or preparation methods for the dishes you're not familiar with.
- For dessert, order sorbet or fresh, seasonal fruit without whipped cream or a topping.

### Salad Tips

- When choosing from a salad bar, avoid items like grated cheese, potato salads, cream dressings, bacon bits, and croutons.
- Use a squeeze of lemon instead of dressing on salads. Or try rice vinegar or balsamic vinegar.
- I have found the best way to get salad dressing is to ask for them to lightly dress the salad. If you get the dressing on the side you will often use much more than you planned on.