

# Relentless Challenge Nutrition Manual



We've kept the nutrition section of this manual very simple so that you, the Challenger, can immediately jump in and start building muscle, melting fat, and feeling healthier!

While the science behind the nutrition system is important, knowing the science behind the system is not 100% necessary to get great results. We'll be getting deeper into the ins and outs of nutrition and the whys of it throughout this Challenge.

At this point, though, knowing is our job. Doing is your job :)

That said, if you have any questions or are curious about the science behind any of this, please don't hesitate to email or post on the facebook group.

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# What to Eat

## Relentless Healthy Food List

Lean Protein	Healthy Carbs	Vegetables	Healthy Fats
<input type="checkbox"/> Beef, Lean Ground	<input type="checkbox"/> White Rice	<input type="checkbox"/> Spinach	<input type="checkbox"/> Natural Peanut Butter
<input type="checkbox"/> Steak, Top Round	<input type="checkbox"/> Cream of Rice	<input type="checkbox"/> Romaine Lettuce	<input type="checkbox"/> Natural Almond Butter
<input type="checkbox"/> Steak, Top Sirloin	<input type="checkbox"/> Basmati Rice	<input type="checkbox"/> Mixed Greens	<input type="checkbox"/> Olive Oil
<input type="checkbox"/> Flank Steak	<input type="checkbox"/> Wild Rice	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Chicken Breast	<input type="checkbox"/> Jasmine Rice	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Fish Oil
<input type="checkbox"/> Turkey, Lean	<input type="checkbox"/> Corn	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Krill Oil
<input type="checkbox"/> Ham, Lean	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Flaxseed Oil
<input type="checkbox"/> Pork Loin	<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Safflower Oil
<input type="checkbox"/> Bison	<input type="checkbox"/> Oat Bran	<input type="checkbox"/> Kale	<input type="checkbox"/> Macadamia Oil
<input type="checkbox"/> Venison	<input type="checkbox"/> Squash	<input type="checkbox"/> Sugarsnap Peas	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Salmon	<input type="checkbox"/> Turnip	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Whole Eggs
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Green Peas	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Beef, Fattier Cuts
<input type="checkbox"/> Haddock	<input type="checkbox"/> Fruits	<input type="checkbox"/> Spaghetti Squash	<input type="checkbox"/> Poultry, Dark Meat
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Black Beans	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Pork, Fattier Cuts
<input type="checkbox"/> Tuna	<input type="checkbox"/> Lentils	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Chia Seeds
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Kidney Beans	<input type="checkbox"/> Celery	<input type="checkbox"/> Mixed Nuts
<input type="checkbox"/> Sardines	<input type="checkbox"/> Chick Peas	<input type="checkbox"/> Carrots	<input type="checkbox"/> Avocado
<input type="checkbox"/> Lobster	<input type="checkbox"/> Pinto Beans	<input type="checkbox"/> Sweet Peppers	
<input type="checkbox"/> Shrimp	<input type="checkbox"/> White or Red Potatoes	<input type="checkbox"/> Asparagus	
<input type="checkbox"/> Crab	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Beets	
<input type="checkbox"/> Protein Powder		<input type="checkbox"/> Onions (all types)	
<input type="checkbox"/> Cottage Cheese		<input type="checkbox"/> Garlic	
<input type="checkbox"/> Greek Yogurt			
<input type="checkbox"/> Egg Whites			

### Fruit

- Peaches
- Plums
- Apples
- Citrus Fruits
- Raspberries
- Blueberries
- Blackberries
- Bananas
- Papaya
- Mango
- Melon

### Drinks

Water, green tea, kombucha (no more than 8 oz per day), black tea, black coffee\*

\* no more than 24 ounces per day. All coffee must be consumed within the first 2 hours of being awake.

### Seasonings/Sauces/Sweeteners

All herbs and spices, organic broths, pepper, sea salt, pink salt, fresh salsa, kimchi, Siracha, Franks Red Hot, coconut aminos, mustard (excluding honey mustard), other hot sauces without fat, 100% pure stevia (check ingredients)

# **What NOT to Eat**

## **Drinks**

Soft drinks (diet or regular), fruit juice of any kind, alcohol, cow's milk, any other drinks with artificial OR natural sweeteners

## **Grains (Outside of Workout Meals)**

Anything containing wheat, rice, oats, corn, white potatoes, quinoa

## **Legumes (Outside of Workout Meals)**

Black beans, garbanzo beans, kidney beans, lima beans, mung beans, pinto beans, navy beans, black-eyed peas, chickpeas, peanuts, lentils, soybeans (and all soy products)

## **Seasonings/Sauces**

Anythings with "junky" ingredients that you can't pronounce listed in this section or added fats or sugars

## **Sweeteners**

sugar, honey, agave nectar, acesulfame potassium, aspartame, aspartame-acesulfame salt, cyclamate, sugar alcohol, saccharin, sucralose, tagatose, glycerol

# How Often to Eat

The truth of the matter is, that “it depends”. Honestly, for most people I highly recommend that you eat 3 meals per day for one main reason -- It’s realistic. Not many folks have a schedule that would allow them to eat “6 small meals a day”, or whatever is popular.

After training hundreds of people, we’ve found that the timing of these meals doesn’t matter nearly as much as most people think. Unless you are under an enormous workload (think high levels of training or physical activity three-plus hours per day) or training multiple times per day, then meal timing isn’t that big a deal.

Also, let’s be real again: Chances are you’re going to be eating a little less calories because you’re cleaning your diet up on this Challenge (right?). So that means that your meals, while they may be a bit more filling because they are clean food, will potentially be smaller. For most people it’s more satisfying to eat a few good-sized, enjoyable meals per day instead of lots of little nibbles. Plus, those nibbles can add up and you can end up overeating without realizing it. That’s why the Break Room snacks can be a KILLER on the waistline.

The only issue that you should be aware of when timing your meals is your post workout meal. We definitely do want you to get a meal in sooner than 60 minutes after your workout (we call it the ‘power hour’). Other than that, you can time your meals as you wish. To give you an example, I’ve found that for my schedule eating at noon (post workout meal), 3:30pm and 7:30pm is best. It may be totally different for you. The trick is finding a schedule that works for you, that you can stick to long term. The “How Much to Eat” section below is based on 3 meals per day. If you like to eat more meals per day or fewer meals per day, you’ll need to scale the portion sizes accordingly.

## How Much to Eat – “Anytime Meals”

(See attached graphic after this section)

Men:

- **Protein** - 2-3 palm sized portions each meal
- **Vegetables** - at least 4 fist sized servings per day. More would be better.
- **Fruit** - 1-2 servings/day
- **Healthy Fats** - \*1-2 servings per meal -- i.e. 1-2 tablespoons of oil or 15-20 nuts or a fattier cut of meat. **This is 1-2 “thumb-sized” portions of healthy fats.\***
- **Water** - ½ of your body weight in ounces **per day** (i.e. 200 pound person would drink 100 ounces of water each day)

Women:

- **Protein** - 1-2 palm sized portions each meal
- **Vegetables** - at least 4 fist sized servings per day. More would be better
- **Fruit** - 1-2 servings/day
- **Healthy Fats** - \*1 serving per meal -- i.e. 1 tablespoon of oil or 15-20 nuts or a fattier cut of meat. **This is 1 “thumb-sized” portion of healthy fats.\***
- **Water** - ½ of your body weight in ounces **per day** (i.e. 200 pound person would drink 100 ounces of water each day)

\*If the protein source for a given meal is on the fattier side (brisket, ribeye, chicken thigh, whole eggs, etc...) you WON’T add fat to that meal.

## How Much to Eat – “Workout Meals” (after a workout)

(See attached graphic after this section)

Men:

- **Protein** - 2-3 palm sized portions each meal
- **Vegetables** - at least 4 fist sized servings per day. More would be better.
- **Healthy Carbohydrates** - \*2 servings per meal -- i.e. 2 cupped palm of a starchy carbohydrate or servings of fruit.
- **Water** -  $\frac{1}{2}$  of your body weight in ounces **per day** (i.e. 200 pound person would drink 100 ounces of water each day)

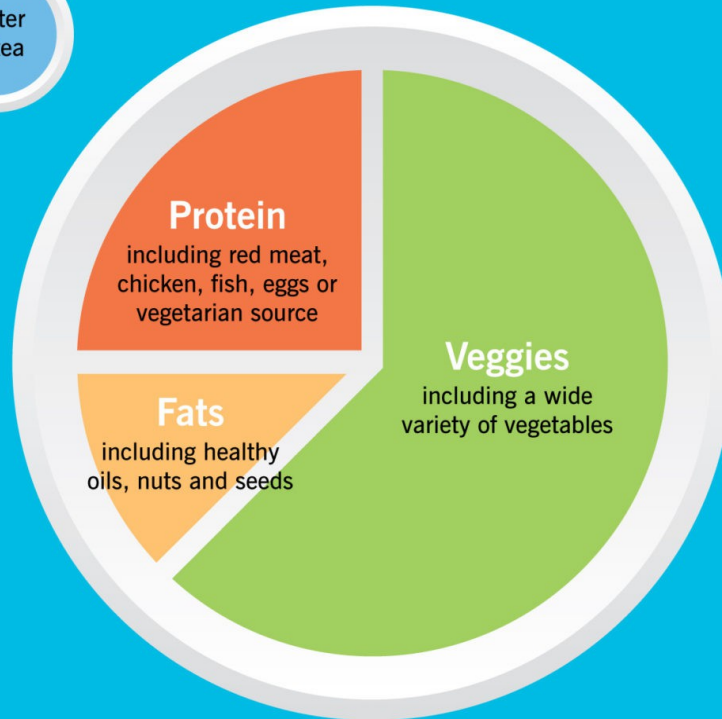
Women:

- **Protein** - 1-2 palm sized portions each meal
- **Vegetables** - at least 4 fist sized servings per day. More would be better
- **Healthy Carbohydrates** - \*1-2 servings per meal -- i.e. 1-2 cupped palm of a starchy carbohydrate or servings of fruit.
- **Water** -  $\frac{1}{2}$  of your body weight in ounces **per day** (i.e. 200 pound person would drink 100 ounces of water each day)

# Anytime Meal

All your meals not directly after a workout

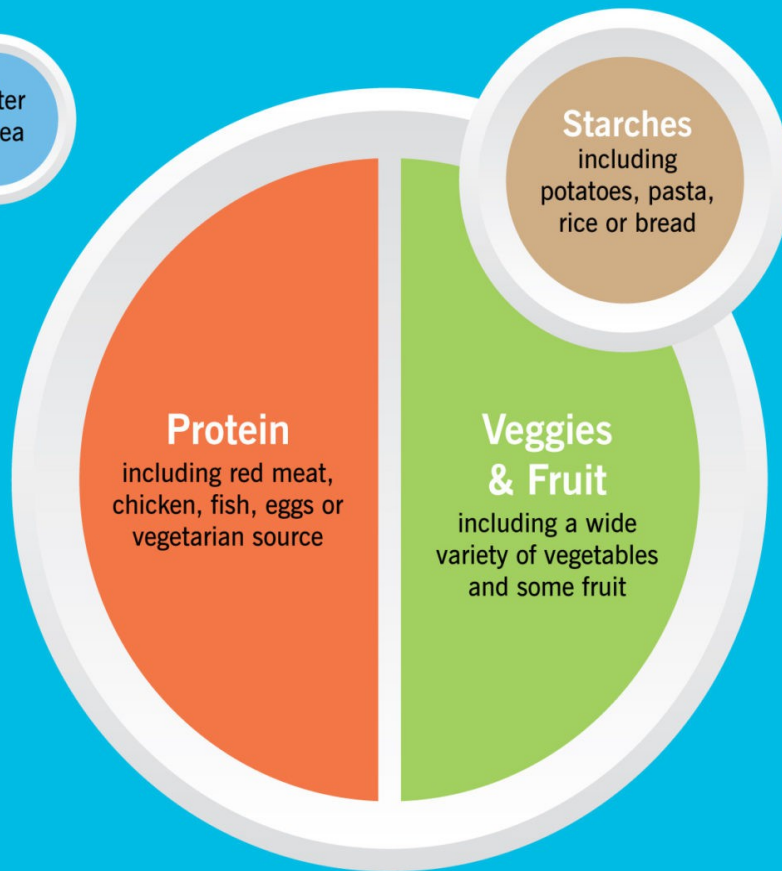
Water  
or tea



- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# Calorie Control: A Simple Guide

## FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

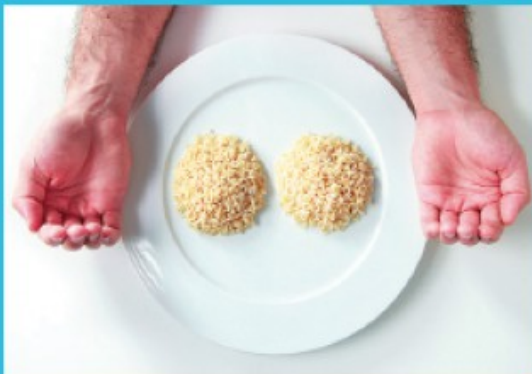
And your hand. To build your meals:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods  
with most meals



2 entire thumbs of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.



# Calorie Control: A Simple Guide

## FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

## What to Expect

Changing your nutrition is going to have a big effect on how you feel. In the very beginning, your body will be a bit surprised on what's happening, but the results are WORTH IT if you stick with it!

The following is not based on theory. It's based on feedback from our clients at our physical location when they have participated in this challenge. Everyone is different, so your journey may vary.

- Days 1-4 (can be up to 7 days) - Most folks are foggy-headed, tired, and most have headaches. These are by far the most difficult days. **You've got this!**
- Days 5-10 - Most folks start to feel better, headaches subside, and energy is getting better
- Days 11-42 and beyond - Most folks have GREAT energy, are getting better sleep, and are starting to notice some serious changes in their body (especially in the stomach area). Many who had joint pain are starting to notice a reduction in the amount of day to day pain. This period is your reward for making it through the first 4-5 days :)

# Healthy Nutrition Habit Checklists

Use the check sheets on the following pages to keep you on track. Put an X in the box for each of the habits on the left. You don't HAVE to use these but it would certainly help you.

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Protein every meal							
At least 4 servings vegetables							
1/2 bodyweight water							
Healthy Fats Every Meal							
Nothing in the "Don't Eat" Category							

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Protein every meal							
At least 4 servings vegetables							
1/2 bodyweight water							
Healthy Fats Every Meal							
Nothing in the "Don't Eat" Category							

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Protein every meal</b>							
<b>At least 4 servings vegetables</b>							
<b>1/2 bodyweight water</b>							
<b>Healthy Fats Every Meal</b>							
<b>Nothing in the "Don't Eat" Category</b>							

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Protein every meal</b>							
<b>At least 4 servings vegetables</b>							
<b>1/2 bodyweight water</b>							
<b>Healthy Fats Every Meal</b>							
<b>Nothing in the "Don't Eat" Category</b>							

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Protein every meal</b>							
<b>At least 4 servings vegetables</b>							
<b>1/2 bodyweight water</b>							
<b>Healthy Fats Every Meal</b>							
<b>Nothing in the "Don't Eat" Category</b>							

<b>Week 6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Protein every meal</b>							
<b>At least 4 servings vegetables</b>							
<b>1/2 bodyweight water</b>							
<b>Healthy Fats Every Meal</b>							
<b>Nothing in the "Don't Eat" Category</b>							