

Introduction

By Heather Owen, Get Fit. Go Figure! LLC

Welcome to Get Fit. Go Figure!'s Diet Guide! Thank you for purchasing!

The diet portion of any program can be the most challenging to stick to. Failing to plan is planning to fail. You must plan ahead to set yourself up for success. Remind yourself of your goals daily and at times of weakness. Reframe your thinking when you start telling yourself you “can’t” have something. Instead, tell yourself you CHOOSE not to. Ask yourself if your choices will help or hinder your success. You have to put in the work to get the results. There is no magic pill. Patience, consistency and perseverance are key. You’ve got this!

I love to see your progress!

Tag me on [Instagram](#) and [Facebook](#) when you make a post, I would love to see it!

[@getfitgofigure](#) #getfitgofigure #GF2Crew

Disclaimer: This information is not intended to diagnose, treat, cure, or prevent any disease. The information provided by Get Fit. Go Figure! LLC is not a substitute for a face to face consultation with your physician, and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

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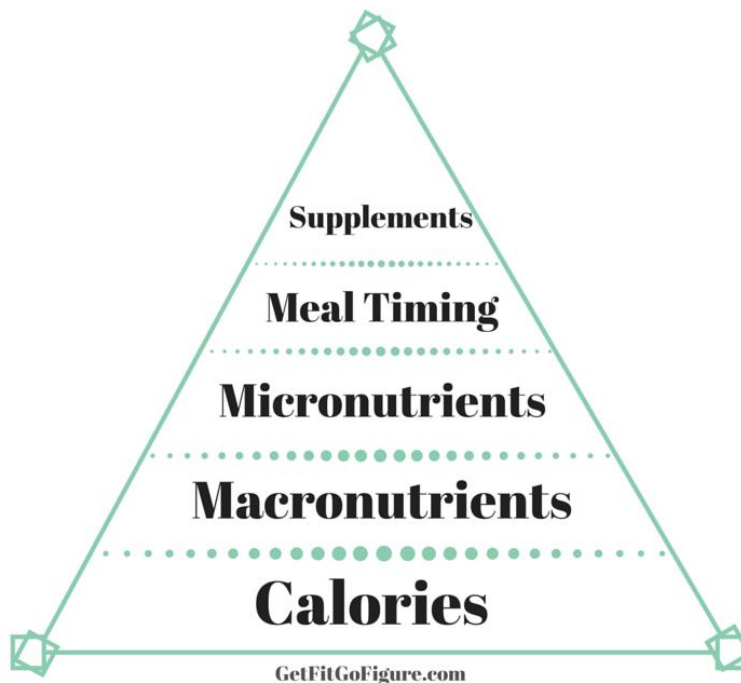
Priorities

In order gain muscle for those sexy curves and to meet your goals whether it be fat loss, weight gain or maintenance, your calories and macronutrient ratios must be set correctly first.

Your body can re-composition (lose fat, gain muscle) where you will see visible results but the scale won't move much. If you want to burn fat a little faster, you will need to be in a caloric deficit. You can work out all day long but if your macronutrient ratios are not set correctly and you are taking in the same amount of calories you are burning, you won't lose fat. Of course there are many diet types out there and you must consider your individual needs. Listen to your body. This guide will set your diet up to give you the max amount of energy in the gym, help you build muscle and lose fat but adjustments can be made along the way to fit your needs.

Nutritional Priorities

Below is the pyramid of nutrition priorities. First, make sure you are getting in the correct amount of calories, then the correct macronutrient ratios (protein, carbs, fat). After that, worry about your micronutrients (vitamins & minerals), meal frequency and timing and lastly supplements aside from those you need to take if you are deficient in micronutrients.



Diet Guide



Healthy Foods But Flexible

I advocate for eating clean most of the time. To define clean eating for this guides' purposes, is to prioritize whole, fresh foods. Beyond that, getting organic and local whole foods are also important to your health. Whole foods provide the most bioavailable sources of nutrients to your body so you can stay healthy, focused and fit. Minimize highly processed, refined sugars and refined grains.

I also advocate for flexible dieting because it is a nice way to not feel so constricted or deprived. If you want to fit in a few cookies (not a whole bag), do so but make sure you take into account the calories and macros. You will find you can eat a whole lot more sweet potatoes and feel fuller than eating a few cookies. Aside from feeling better eating whole foods, it is not always easy to stop when you start eating a treat!

The following are two lists; a whole foods list and a highly processed foods list. There are mildly processed foods that are in the grey area like, dairy products, white rice, oat bran or anything canned.

WHOLE FOODS EXAMPLE LIST

Protein	Fats	Carbs
Chicken Turkey Pork Turkey or beef jerky Fish Tuna Shrimp Beef Eggs Cottage cheese Yogurt Cheese	Almonds or any nuts Natural Peanut butter* Almond butter Olive oil Flax oil Primrose oil Butter Coconut oil Coconut butter MCT oil Egg yolks Full fat cheese *make sure these do not contain hydrogenated oils	Vegetables -Baked potato -Sweet potato -squash -asparagus -cauliflower -Broccoli -etc etc..... Brown or wild rice Oatmeal Beans Fruit (any)

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HIGHLY PROCESSED FOODS EXAMPLE LIST



Rice a Roni	Pizza	Soft drinks
Hamburger Helper	Precooked foods	White & white sugar
Pretzels	Frozen dinners	Brown sugar
Chips	Breakfast cereal	Candies
White rice	Pop Tarts	Pie
White flour	Toaster Strudels	Pie crust mixes
Macaroni & Cheese	Canned meat	Frozen desserts
Cake & dessert mixes	Refined oils	Marshmallows
Pudding	Cookies	

Tracking Progress

Tracking your progress will be an important part of your program so you can see your improvements over time. Here are a few ways to do this:

Measurements

Take measurements of your chest, waist, hips, thighs and biceps every four weeks.

- Chest: at nipple line
- Waist: at belly button
- Hips: at hip bone (iliac crest)
- Thigh: about 5 inches above the top of the knee cap.
- Bicep: at the peak of your bicep without flexing

Pictures

Pictures will be a very important part of tracking your progress. This method is my favorite and preferred method and helps you see changes over time. Take pictures every four weeks along with your measurements.

Body Weight

Tracking your weight is another great tool but remember it is only a number. You can gain muscle and lose fat without moving the scale. When you take your weight, be consistent about the time of day. Weighing in the morning before you eat or drink is best. Use the same scale each time.

You can weigh yourself once a week or seven times a week. Just understand that your weight will fluctuate. For weight loss, look for the weekly low or weekly average, not a perfect decline each day.

Around your period, your weight will hold for a few days or you may gain a pound or two but don't worry, it will go back down after you start your period.

Body Composition

Body composition is a great way to track progress but the tests can be pretty inaccurate sometimes. The key is to use the same method carried out consistently to track progress. Some common methods widely available include:

- **Body Fat Calipers:** \$5 - \$20
You can buy calipers for \$5 up to \$200. The cheaper ones will work just fine as long as you are consistent.
- **Electronic handheld body fat tester:** \$20-\$35
These are handy and easy electronic devices that quickly tells you your body fat percent.
- **Under water weighing/ hydrostatic body composition analysis:** \$35-\$50
Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search "Under water weighing" or "hydrostatic body composition analysis" online in your area.
- **Dexa Scan:** \$30-\$150
Search "dexa scan for body composition" in your area. Most medical facilities that do bone density scans are capable of a body composition dexa scan as it is the same machine.
- **Bod pod:** \$35-\$50
Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search "bod pod" online in your area.

Macro Calculations

Macros are the large dietary molecules you eat which are protein, carbohydrates and fats.

Protein: 4 calories per gram

Carbohydrates: 4 calories per gram

Fat: 9 calories per gram

Get a Baseline

Now it's time to calculate a starting point for your diet. You will calculate a macronutrient (macros) breakdown based on your maintenance calories. Your program will be a balance between your diet and your exercise. It is important to know where your current calories are in relation to your exercise program before creating a plan. You can do this one of three ways:

Option 1: Track your intake

Take a week and track all food you eat, including small bites here and there, condiments and drinks. Also track your weight so that you can see if you are maintaining over that duration. This is the most accurate option to finding a starting point for your diet.

Option 2: Use a fitness calculator

If you are impatient, you can employ the use of a fitness calculator that will tell you your calorie requirements based on your height, age, weight and activity level. Keep in mind they are not always accurate.

Option 3: Multiply bodyweight by an activity level number

You can also take your bodyweight (BW) and multiply it by a number corresponding to your activity level. An active person, in order to maintain weight, will need to consume 14-15x their body weight in calories where a sedentary person would consume 11x their BW with ranges in between. See the next page...

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To get daily calories, multiply BW by:

- 11: Sedentary job and little to no exercise
- 12: Low activity, train 2-3x per week or have an active job
- 13: Active job + train 2-3x per week or sedentary job + exercise 4-6x per week
- 14: Active job + train 4-6x per week
- 15-18: Athlete, highly intense activity, 5-6 days per week, sometimes 2x per day

Once you have a daily caloric intake number, let's figure out your goal and set starting calories.

Overall Goal

Gain weight

If you need to gain weight, take in 5-15% increased calories. If maintenance calories are 2000, a 10% increase would be 2200 calories. Nix the cardio. If you want to keep some in, do a few HIIT sessions per week at about 3-6 intervals per session. Read more on HIIT in the article: [It's Not Nice to HIIT! A cardio guide.](#)

Maintain & recomposition

You will stick to maintenance calories with the macronutrient ratio's you will calculate in the next section. You will also build muscle and lose fat while maintaining a similar weight range on the scale. This is a great idea for those already in normal body fat range. A few sessions of HIIT per week to maintain cardiovascular fitness is a good idea. Read more on HIIT in the article: [It's Not Nice to HIIT! A cardio guide.](#)

Fat loss

Set your calorie level in a 10-15% deficit. If 2000 calories is maintenance, a 10% deficit would be 1800 calories. Cut 50-100 calories a day each week by either decreasing carbs or fat or adding in cardio. Do the smallest adjustments possible that will get you losing about 1-1.5 pounds per week or less. Don't go below 1200 total calories or eat less 25 grams of fat a day for a female. *See more on how to cut calories on page 17.* If you lose weight faster, some of that weight will be from muscle. The goal is to improve your body composition first and foremost, not the number on the scale. If you are very overweight, the scale will move faster initially but as you get closer to normal body fat ranges (15-25% for women), dropping numbers on the scale will slow but you will still be leaning out.

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130 lb x 1 = 130 grams of protein per day

Or

130 lb x 1.5 = 195 grams of protein per day

Or

Somewhere in between the above numbers

How many calories is this? Protein has 4 calories per gram. Multiply grams of protein consumed by calories per protein molecule. 140 grams of protein x 4 calories = 560 calories

140 grams of protein = 560 calories

Fat

The next macronutrient in line is fat. Fat should be about 20-25% of your starting caloric intake. If your maintenance caloric intake is 1900 calories, multiply that number but 20-25% to get the number of fat calories.

Example: 1900 calories x .2 percent = 380 calories

To get fat in grams per day, you must know that fat has 9 calories per gram.
Divide fat calories calculated by 9 calories per fat molecule.

380 fat calories / 9 calories per gram of fat = 42.2 grams of fat per day
Round the number to 45 to keep is simple.

45 grams of fat = 405 calories

Carbohydrates

Now we will fill in the remaining calories with carbs. Take your daily caloric intake number based on gaining, maintaining or losing weight and subtract the protein and fat calories.

Example:

1900 total calories – 405 fat calories – 560 protein calories = 935 remaining calories for carbs

Carbs have 4 calories per gram. Take the remaining calories and divide that by 4.

935 / 4 = 233.75 grams of carbs per day. Round to 235.

235 grams of carbs = 940 calories

Based in the above example, the final macros are:

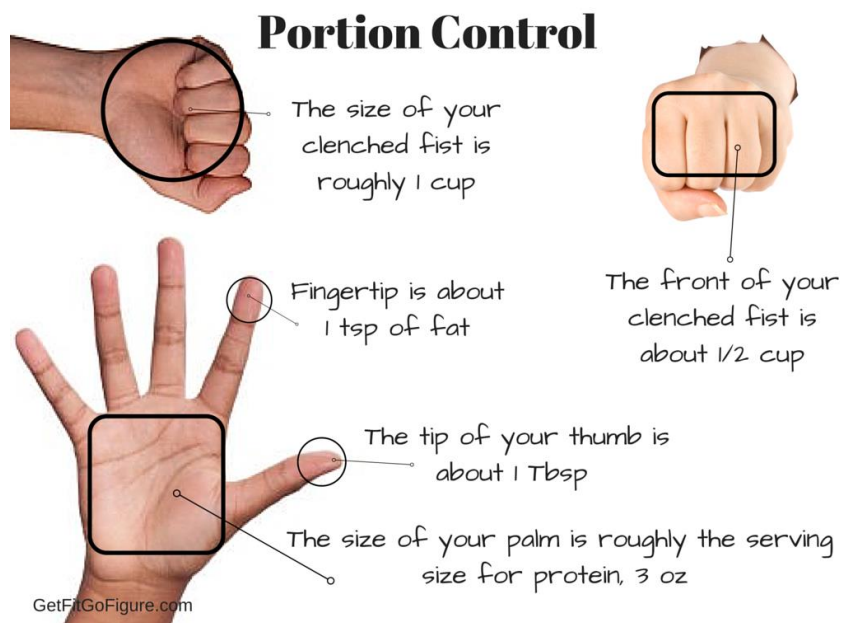
- ⊕ 235g carbs
- ⊕ 45g fat
- ⊕ 140 protein

Portion Options

First let's talk about the various ways you can portion food. Then we will get into the calculations and meal distribution to get you started!

Eye Ball Portions

Eyeballing portions using your hand to measure food is easy and quick. This is by far less accurate than using measuring cups, which is less accurate than weighing your food.



Measuring Cups

Using measuring cups is another way to portion food.

Weighing Food

Weighing your food with a digital food scale is by far the most accurate way of portioning food. Weighing food raw, precooked is best as cooking processes vary greatly. See more on weighing your food in the article: [How to Weigh Your Food](#).

Setting Up the Meal Plan

To start, split all macro's among the number of meals/snacks you will eat in a day (usually 3-6 meals/snacks). I find it best to eat every 2-4 hours. If you go longer, you may be extremely hungry by your next meal and eat things you didn't plan on. Spreading meals out also helps to keep metabolic hormone levels more constant. For this example, let's split macros into 5 meals.

Example macro distribution:

1900 total calories	Protein 140g	Carbs 235g	Fat 45g
Meal 1 Breakfast	30g	50g	10g
Workout	BCAA's		
Meal 2 Post workout meal	30g	50g	10g
Meal 3 Lunch	25g	45g	10g
Meal 4	25g	45g	5g
Meal 5 Dinner	30g	45g	10g

I split protein fairly evenly among the 5 meals so the numbers workout to whole numbers as they will be easier to portion and measure.

I did the same with carbs again rounding to whole numbers and keeping the higher carb meals around the workout. As a general rule of thumb, when you cut calories as the weeks go on, cut carbs from meals away from your workouts.

Fat I also spread out fairly evening amongst meals but when I cut calories, I will usually cut fat grams from meals around the workout first.

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Example Meal Plan

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28 grams = 1 oz = 2 Tbsp 8 oz = 1 cup

MEAL #1	7-8 AM	SUGGESTED FOODS	GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		30	50	10	
		Smoothie to fit the macros(protein powder, almond milk, fruit) OR					
		1 Whole egg	56g/ 1/4 cup	6		5	
		1 egg white	28g/ 2 Tbsp	4			
		sauté onions and bell peppers in eggs			5		
		Turkey bacon	2 slices	12		4	
		Oatmeal	40 g/ ½ cup dry	5	27	3	4
		-maple syrup in oatmeal	1 Tbsp		13		
		Workout					
		Drink BCAA's during lifting session (see supplements on pg 19)					
MEAL #2	9-10 AM	Post workout meal	GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		30	50	10	
		Protein Powder – within 30 minutes post workout		25	1-2	1-3	
		Sweet potatoes	250g/ 2 cups	4	50		8
		-grassfed butter for sweet potatoes	10 g/ 2 tsp			8	
MEAL #3	11-12		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	45	10	
		Chicken, whitefish	100g/ ½ cup	25	0	1	
		Brown rice	55g dry/ 1 cup cooked	2	40		4
		Olive oil (coconut oil or kerrygold butter)	10g/ 2 tsp			10	
		Add high fiber veggie like broccoli	80 g/ 1 cup	2	5		2
MEAL #4	2-3 PM		GRAMS	PROTEIN	CARBS	FAT	FIBER
		Allotted		25	45	5	
		Chicken, whitefish	85g/ ½ cup	20	0	1	
		White potatoes, cut into fries and roasted- use spray oil on pan	250g / 1 cup	5	45		3
		Olive oil (coconut oil or kerrygold butter)	5g/ 1 tsp			5	3
MEAL #5	5-6 PM		GRAMS	PROTEIN	CARBS	FAT	fiber
		Allotted		30	45	10	
		Chicken, whitefish	85g/ ½ cup	25		1	
		Brown rice	45g dry/ ¾ cup cooked	2	35		4
		Avocado	70g/ 1/3 cup	1	6	10	5
		High fiber veggie- asparagus	85g / 12 spears	2	4		2

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Each meal may be + or – a few macros but track your macros and adjust accordingly. If you go over 2 g of fat on most meals, you will have over done fat by 10 grams = 90 calories. When making a detailed meal plan, fit macros for each meal as close as possible but make sure the daily totals are right on. If you track throughout the day, adjust the last few meals of the day to fit your daily macros as close as possible.

Get creative. Wrap burgers and sandwiches in lettuce instead of bread, use high quality condiments like a really good thick balsamic vinegar, mustard and spices to add flavor. Check out recipes on-line. See my Pinterest page: [Pinterest –Low Fat Recipes](#) & [Pinterest Home](#)

Guidelines

Weighing and measuring your food

Using measuring cups or a food scale is a good way to control portions. Weighing is far more accurate but if you are consistent, you can make adjustments to find the correct balance in your program. You can also use your hand as a portion guide as previously mentioned. Also see: [How to Weigh Your Food](#)

Prep food ahead of time

Get your food together the night before, portioned out. You can make up fish, chicken, beef etc, rice, sweet potatoes, squash and so on in big batches 1 day per week and then portion them into servings and throw them in the freezer. White potatoes and fresh veggies don't freeze well.

Track all food

It can be a total pain in the neck to track your food at first but once you are in the routine, it's not problem. I like to enter all my food in the night before, then I know exactly what I am eating throughout the day and it keeps me from straying. Also, in a food tracking app, make sure to check the correct servings, correct macros and if the serving is dry, pre-cooked measure or cooked measure. Apps include Myfitnesspal.com, spark people or mymacros for example.

Drink water

Drink ¾-1 gallon of water per day. Just 2% dehydration can decrease performance by 20%.

High fiber, low carb veggies

Always take in enough veggies to get in enough nutrients and fiber for the day (25-30g of fiber for women, 40-50g of fiber for men). Steam veggies or eat them raw.

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IIFYM: If It Fits Your Macros

I advocate that you eat whole foods or eat clean most of the time but you can incorporate some treats or junk every once in a while... As long as it fits your macros. You want some cookies, or pop tarts? Go for it. Just make sure you can stop at your allotted serving!

Stick to healthy fats

Healthy fats such as olive oil, grass fed butter, nuts and nut butters are good choices. Peanuts are a “junk” nut- eating other nuts or nut butters are healthiest.

Drinks count

Anything you drink must be counted toward your macros.

No random bites

Avoid random bites throughout the day... they add up!

Gum counts

If you choose to chew gum or eat mints to curb cravings, they usually have 1-2 grams of sugar alcohols per stick or per mint. Doesn't sound like much but, if you chew 40 pieces of gum that day, you will have consumed 40+ extra sugar alcohols. In a calorie deficit, it does affect your carb intake and it adds up.

Use Spices

Spices are great to flav up your foods as long as they have no added sugar or it counts.

Condiments count

Things like ketchup, BBQ sauce and mayonnaise must be measured out and counted in your daily macros. You can use reduced sugar or sugar free condiments but watch the sucralose and other sugar substitutes as they are less than ideal to consume. Condiment substitutions:

- Non-sugar sweeteners
- Spices
- Butter/Cheese flavored sprinkles
- Fat Free butter spread or spray
- Lemons
- Heinz Reduced Sugar Ketchup
- Limes
- Balsamic vinegar
- Non-fat, low sugar salad dressings
- Mustard
- Hot sauce
- Walden Farms brand of calorie free condiments

Refeed/ Cheat Days

Refeed and cheat meals are not the same thing. They are nice to have in 1x per week, especially when in a calorie deficit. Weight will usually go up after a refeed or cheat day but should come back down within a few days and continue for a new weekly low.

Cheat meals are meals you get 1x per week (a meal, not a day), where you can eat whatever you want until you are full, usually within 2 hours after your workout. There are no restrictions except that you should not overdo it. Eat until you are full but not overly full. It's a nice meal you can relax and eat out or have some pizza.

Refeed day is a structured, high carb, low fat day or a set of meals within 2 hours after your workout. The daily calories for a refeed day are about 1.5x your total daily calories. That increase coming from 80-100 extra carbs.

Example refeed meal day:

Daily total: 350 carbs, 35-40g Fat, 110-130 protein

Meal 1: protein, fat, 50g carbs

Workout– BCAA's

Meal 2: protein, fat, 100g carbs (low fat foods)

Meal 3: protein, fat, 100 carbs (low fat foods)

Meal 4: protein, fat, 100g carbs (low fat foods)

Meal 5: protein + fat if any macro's left

Meal 6: protein + fat if any macro's left

You must workout before the meal on that day and the next day. An off day cannot fall on or after the refeed meal. Muscle groups to plan refeed days around are lower body days and other muscle groups you need to build. If you are bulking or eating maintenance calories, refeed days aren't necessary. During a calorie deficit, refeed days are nice to have to replenish glycogen stores and give you a day to feel nice and full.

I like to plan my refeed foods a day ahead and make things up like gluten free pancakes or low fat brownies. I then portion them out per meal. This makes it quick and easy so that I can come home from my workout and start chowing down!

Calculate a Goal Weight

Now that you have a starting point for your diet, calculate a goal weight for weight loss. This can be done most accurately when you know your body fat percentage. Otherwise, you mostly likely already have an idea of a goal weight you would like to hit.

Calculate lean body mass

Lean Body Mass (LBM): -all *but* the fat like muscle, bone, organs and such.

$$\text{LBM} = \text{Your Body Weight} - (\text{Your Body Weight} \times \text{Your Current Body Fat Percentage})$$

For example:

A person weighs 160 pounds at 30% body fat

$$160 \text{ lb} \times .3 = 48 \text{ lb fat}$$

$$160 - (160 \times .3) = 112 \text{ Lean Body Mass}$$

This person has a lean body mass of 112 pounds and 48 pounds of fat.

Goal weight

Now that you know your LBM and how much fat is on your bod, you can calculate your desired goal weight. If you are just looking for a beach body, 12-20% is a good goal range. I do not suggest you try for a lower body fat range for an everyday hot bod. Read why in this article:

Goal Weight Calculation:

$$\text{LBM} / (1 - \text{desired body fat \%}) = \text{goal weight}$$

Example:

$$112 \text{ LBM} / (1 - .15) = 132 \text{ lb}$$

For the goal weight calculation, this person wants to go from 160 lb to 132 lb for a 28 lb weight loss. Keep in mind, if you are strength training and your diet is on par, your goal weight may be higher due to muscle gain. Weight is only a number! Track with pics and body composition as well.

How to Cut Calories

Creating a calorie deficit is where many can go wrong initially. Starting with calories that are too low can set you up for failure. Make sure you have calculated the correct starting calorie deficit as shown in the Overall Goal section on page 7.

Goals:

Aim for a 1-1.5 pound weight loss per week. You must cut slowly. Your body will adapt to your program as you go along. If you cut too fast you may plateau and have nowhere to go and you can lose that hard earned muscle in the process.

Limits:

Protein will essentially stay the same throughout the diet as you manipulate carbs and fat, mostly carbs. Total calories shouldn't get below 1200 ish as you have to take in a certain amount of nutrition at the very least. Fat shouldn't go below 25-30 grams a day for females and 40-50 g for males.

Cutting calories:

Cut 50-100 calories per day each week by adding cardio or decreasing carbs or fat. Your body composition and weight loss will dictate how and when you cut. It may be weekly or 2x per month for example.

When cutting calories, know that fat contains 9 calories per gram. If you cut fat one week, decreasing fat by 5-10 grams equates to 50-100 calories. Cut fat first from meals that are around your workouts.

If you cut carbs one week, carbs have 4 calories per gram. For a 50-100 calorie cut, decrease daily carbs by 10 – 25 grams. Cut carbs first from meals away from your workout. For example, if you workout in the evening, cut carbs from morning meals. Keeping carbs around your workouts will be important as your calorie deficit increases. You will need that energy to get a good workout in.

- Protein yields 4 calories per gram
- Carbs yield 4 calories per gram
- Fat yields 9 calories per gram

Cardio & cutting example

During a build phase I don't do more cardio than necessary so that your body will respond well to dieting down. For the beginning of a cut phase, I might add 2 [HIIT sessions](#) of 4 intervals for week 1. Then for the following weeks I might do something like this:

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Week 2: decrease carbs by 20 g of carbs (4 calories to 1 g carb- $20 \times 4 = 80$ calories down).
If my weight loss is in a good spot, I will then

Week 3: decrease fat by 5 grams (9 calories per gram of fat- $5 \times 9 = 45$ calories)

Week 4: add another HIIT session at 4 intervals or add 1-2 intervals onto existing HIIT sessions.
and so on....

Alternate adding cardio (MISS or HIIT) one week, decrease fat one week and then carbs another week. Some weeks may be a combo.

There may be weeks that your weight doesn't drop but you are still leaning out! Or, your body will retain water before your period, then drop when you get it. **Don't get stuck on the scale! It's just a number used to track progress.** Again, body composition and the mirror will define your end point. 😊

Recap:

- Aim for 1-1.5 lb per week weight loss
- Cut 50-100 calories a day per week
- Don't go below 1200 calories
- Don't go below 25-30 fat grams per day

Weight Plateaus

Your weight may stall for a week here and there. This is not a plateau. A weight plateau is when, despite your efforts, you are not losing weight for 3 or more weeks. Be patient and stick to your plan. If you really do plateau you may need to reverse diet. See [Reverse Dieting-who needs it and how to](#) & [Why It's So Hard to Get and Stay Lean](#)

Supplement Suggestions

Most supplements are not as effective as you think but there are some that have been shown in study after study to be highly effective. I have outlined 6 suggested supplements below. There are of course many more but studies have shown mixed results. You can also see an infographic including references to the studies here: [Top 6 Supplements for the Female Physique](#).

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1) Whole food multivitamin

In theory, a high quality multivitamin is necessary in this day and age because:

- We consume poor quality food grown in deficient soils and shipped great distances
- Exposure to pollution, toxins and electromagnetic radiation
- Taking medications can deplete our body of specific nutrients
- Highly active people need added nutrition

2) Fish or krill oil

- Can help reduce inflammation
- Beneficial for heart health
- Buy a high quality fermented cod liver oil or krill oil. Do not buy in bulk
- The American Heart Association recommends 1 gram per day

3) Protein powder

- Quick and easy and usually tasty
- Higher protein diets have shown to keep you fuller longer thus consuming less calories
- Can aid in increasing muscle mass and strength
- Great post workout drink
- It can be more expensive per serving than a whole food source
- Not all protein powders are created equal
- See also [The Ultimate Get Fit Girls Guide to Protein](#)

4) Creatine monohydrate

- Improves power output and strength
- Increases high intensity exercise capacity
- Increases lean body mass
- Can cause initial water retention with high doses
- Take 3-5 grams per day at any time in the day

5) Beta-Alanine

- Enhances muscular endurance
- Take 2-5 grams per day, popularly taken around your workout

6) BCAA's: branched chain amino acids

- Promotes increase muscle growth & is muscle sparing
- Prevents fatigue in novice athletes
- Necessary when in a caloric deficit
- Popular as a pre or intra workout drink