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This 8 Step Nutrition Guide is perfect for Police Officers, those on shift work and those with busy schedules. It's great for those who've been yo-yo dieting for their whole lives. In short, it's perfect for just about anyone. Most Police Officers or those who have shift work have a very tough time developing good eating habits, good sleep habits and good exercise habits. The change in times of work from week to week or even month to month is very tough on your metabolism. Your metabolism is the process of which your body burns calories. A slow metabolism means you will burn less calories per day compared to a fast metabolism. The difference between a slow and fast metabolism may be up to an 800 or more calorie difference per day. This means that someone with a fast metabolism can eat 800 calories more per day than someone with a slow metabolism and burn the same "Net" Calories per day.

Your metabolism thrives on consistency, and as you know, being a Police Officer makes it very hard to be consistent with the times you eat your meals. This explains the reason that Officers have a tough time losing fat compared to someone with a typical 9-5 schedule. This 8 Step Nutrition Guide will help you develop a faster metabolism, which is the MAIN and NUMBER ONE TOOL in losing Fat and Building Muscle. The article following this explains in greater detail the importance of metabolism.

REMEMBER, THE MAIN PROBLEM WITH THE ABILITY FOR POLICE OFFICERS TO LOSE FAT, BUILD MUSCLE AND BE HEALTHY IN GENERAL IS A SLOW METABOLISM AND CATABOLIC STATES. THIS GUIDE TARGETS THAT MAIN PROBLEM AND GIVES THE SOLUTION.

8 Steps to Building a Fast Metabolism – These are in order of importance. If you have a hard time following each step, start with the first 3 for a couple weeks, then add the others gradually.

Step 1 Food Tracking. Start tracking EVERYTHING you eat and drink. Use the MyFitnessPal app on your iPhone or Android. It's free, easy to use and it syncs with my App.

In order to best understand what changes need to be made, it's imperative to know exactly what you're eating today. Tracking your food intake, at least for a couple weeks is the best way to do so. Even the most elite athletes oftentimes take a couple weeks and track their food intake to see what changes, if any need to be made to their diet.

This is an extremely important step and is Step 1 of the process.

Step 2 Calories. Eating the proper amount of calories is crucial regardless of what goal you have. I'll be giving you an approximate amount of calories I'd recommend within my app. As a general rule, no one should EVER eat below 1200 calories/day.

Completing step 1 is crucial in determining how many calories you're currently eating. If the calorie range I suggest to you is more than 300 calories over what you're currently eating, I recommend that you increase 100-200 calories per day for 2 weeks. If there's no change in weight on the scale, then increase again to meet my recommended range. You don't want to increase by more than 200 calories/day from the start or you will gain some weight. Make a gradual increase in calories. (Please refer to the article below for a better explanation)

Step 3 Spacing of Meals. Divide those total daily calories up by 5 meals/snacks. Eat at least 3 full meals and 2 snacks in between. This keeps your blood sugar levels stable and keeps your body burning calories efficiently throughout your day.

Step 4 Breakfast. Always eat breakfast within 30 minutes of waking up. Then eat every 2-3 hours. It's crucial to jump-start your metabolism first thing in the morning. If you're not hungry at all when you first wake up, it means that your body is not burning calories early in your day. This is NOT good. You WANT to wake up hungry and you need to re-train your body to get hungry early. So start waking up and eating something that's easily digestable, such as a piece of fruit or yogurt. Something that you can "get down" easily. Or you can even have a glass of orange juice, a protein shake, anything. You must do this every day as soon as you wake up. Within about 2 weeks your body will begin craving calories when you wake up and this is what you want. It means your body is now burning calories early in your day. Once your body starts craving calories early and you get hungry, try graduating to a more substantial breakfast. In a perfect World, you'd wake up and eat your largest meal. This is the end goal.

Step 5 Timing at Night. Never eat within 2 hours before bed unless it's a light, all protein snack. Your body naturally slows down as the time gets later in the day, thus preparing your body for sleep. Over consumption of calories will force your body to store those extra calories and not burn them off.

Step 6 Protein. Aim for at least .8 grams of protein per 1 lb of your bodyweight. Be sure to NOT eat or drink more than 50 grams of protein in one sitting.

Step 7 Hydration. Drink AT LEAST 64 oz of water each day. Shoot for 80-100oz.

Step 8. Post Workout Shake. YOU MUST HAVE A POST-WORKOUT SHAKE IMMEDIATELY AFTER TRAINING!

Regardless of your schedule, “Last Out”, overnight shift, etc, this guide will work for you. The timing is relative.

Healthy Options for Meals and Snacks

Breakfast– Within an hour after waking

- 1 egg, unlimited whites scrambled, Canadian bacon, ham or turkey bacon (2-3 slices), 1slice whole wheat toast or high protein bread toasted, spray butter
- Hard Boiled Egg(s) w/one slice of toast
- Yogurt w/kashi go lean crunch cereal
- Quaker Weight control oatmeal (1 or 2 packets) with water or fat free milk
- Kashi Go Lean Waffles w/ Carey's Sugar Free Syrup (2)
- Protein shake (See recipes below)
- Whole grain cereal 1 cup– ½ cup skim milk, fruit
- High Protein Bagel, spray butter, low or nonfat cheese slice
- Dunkin Donuts- Egg white flatbread sandwich

No heavy cream in coffee unless you only have 1 small cup of coffee. It adds up quick!

- **Starbucks**- Protein Bistro Box - Protein Artisan Snack Plate-380 calories
- **Starbucks** - Egg White, Spinach and Feta Wrap – 280 calories
- **McDonalds** – Fruit and Maple Oatmeal – 260 calories
- **McDonalds** - Fruit 'N Yogurt Parfait
- **Subway** - Western Egg White & Cheese Muffin Melt- 160 calories
- **Panera** - The Breakfast Power Sandwich with Egg and Ham

Snacks – 2-3 hours after breakfast and/or 2-3 hours after lunch

- Handful of Almonds/nuts or
- Greek Yogurt
- Beef Jerky
- 1 Hard boiled egg or
- Celery and peanut butter (2-3 tbsp) or
- Sliced Apple w/peanut butter (2-3 tbsp) or
- Fiber one bar or
- Seapoint Farms Dry Roasted Edamame

- Protein shake Pure Protein 35gm - (See recipe below) or
- Protein Bar
- Cheese and meat-turkey, ham or chicken breast rolled up in lettuce w/mustard or miracle whip as a dip or
- Cottage cheese bowl or
- 2 Mozzarella Cheese Sticks or
- Fruit – 1 cup strawberries/pineapple/apple/grapefruit/oranges/peaches – only as a morning snack
- Bowl of edamame
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Lunch

- Salad w/chicken or hard boiled eggs-dressing on the side
- Turkey/ham/chicken breast (lean) wrapped in lettuce
- Egg salad sandwich w/whole wheat toast or low carb bread or wrap
- Chicken salad sandwich – same as above
- Salad w/tuna, walnuts, red grapes
- Leftover Dinner from Night Before – Include Carbs
- Can have a snack above for lunch as well

Dinner

Any meat-chicken/fish/steak/pork broiled or grilled/ham

Green beans, broccoli, cauliflower, or asparagus as a side dish. (Do not worried about portion sizes).

For this first 4 weeks, avoid eating starches at dinner time. After 4 weeks, work them back in. For now, eat your protein and veggies for dinner. Load up on the veggies as much as you can. If out, order twice the vegetables and no starch.

Tips

- Spend at least an hour one day of the week to make snacks for the week. Sundays are great- Boil a bunch of eggs, grill up a bunch of chicken breasts, stir fry, healthy macaroni salad,etc.
- Never, Ever, Ever Miss a Meal or Snack!
- Do not eat while watching TV
- ALWAYS have a healthy snack NEARBY! If you have to drive to get it, it's too far away.
- Drink at least 6 - 12 oz glasses of water every day at a minimum!
- Do not eat within 3 hours before bed time
- Make sure to have breakfast within 30 minutes to one hour after waking
- Drink water with every meal
- Dinner portion sizes (Protein) should be roughly the size of the palm of your hand (thickness and width) or just slightly larger
- Try to refrain from eating out as much as possible.
- Get all of your “Fat Clothes” out of your closet. Give them away or put them in a box where you can’t see them.

Sample Day's Menu – I would consider this a very good eating day

6am- Wake up

6:30am – 1 Dannon Lite n'Fit Yogurt with handful of Kashi Go-Lean Crunch Cereal

8:00 am- at work

9:30am – Pure Protein Shake

12:00pm- Grilled Chicken Salad with Olive Oil and Vinegar on the side 3:00pm- Pure Protein Bar and a handful of almonds

6:00pm- 6 oz Filet Mignon with broccoli, $\frac{1}{2}$ of baked potato with spray butter 8:00pm- mozzarella cheese stick

10:00pm- Bedtime