



## GUIDE TO HEALTHY NUTRITION SUMMARY

We focus on Macronutrients (MACROS) only which are:

- Protein (PRO) – building block of muscle and cellular tissue in the body
- Carbohydrates (CARBS) – short term fuel for the body as well as to help the body repair
- Fats (FATS) – long term fuel for the body as well as to help vitamin and mineral absorption

We do not count calories because all calories are not equal. Your required caloric intake per the activity level of OCF workouts has already been pre-calculated into the template you will receive.

Per your lean body mass, you must eat the right amount of each of these three macros to ensure your body has what it needs for daily activity. This will help your body transform by adding muscle tone, building muscle, and burning unwanted body fat.

Per your template you will eat 5 times per day on training days and 4 times per day on non-training days and there are timeframes during the day.

You MUST meal prep or you will not have the success that is intended. On average, it takes a 2-3 hour on a Sunday to cook and prep the food for the week. If you know you will be eating out, plan for it. If you fail to plan, you are planning to fail!!!

DRINK H2O!!! You need to be hydrated and as a rule of thumb try to get 3-4 liters (1 gallon) per day. This plays not only a role in how you will succeed but it helps so many other things for the body.

Sleep is essential. Your body recovers and rebuilds when you sleep. You must find a way to get 6-8 hours sleep REGULARLY and we urge you to get 8 hours but realize work and life sometimes doesn't allow that.

We ask that you NOT cheat at ALL for the best results. We understand that things happen but those cheat meals can slow progress and stop it all together.

Please refer to "Guide to a Healthy Lifestyle and How to Do It" document on the webpage for an in depth look at each macro, sleep, hydration, alcohol, timing, etc which will explain their effects on your body.