



NUTRITION PROTOCOL



FIT Nutrition Philosophy

These are the core principles behind the FIT Health + Wellness approach. The focus is simplicity, consistency, and food quality — not restriction or perfection.

EAT REAL FOOD

- Choose foods close to their natural state: fresh vegetables and fruits, quality proteins, and healthy fats. Limit packaged or processed foods whenever possible.

PRIORITIZE PROTEIN

- Include a good source of protein at each meal to support muscle growth, recovery, and hormone health. Red meat is highly nutrient-dense – don't shy away from beef, bison, or lamb, ideally grass-fed or pasture-raised. Eggs and full-fat dairy are also excellent sources.

INCLUDE HEALTHY FATS

- Healthy fats are vital for hormone production and satiety. Cook with butter, ghee, or tallow instead of vegetable or seed oils. Incorporate natural fats from red meat, avocado, olive oil, coconut oil, nuts, and fatty cuts of meat.

EMBRACE QUALITY CARBS

- Carbohydrates fuel your workouts and recovery, but quality matters. Choose whole-food options like root vegetables, squash, sweet potatoes, fruits, and occasional whole grains. If tolerated, sourdough bread made with limited, simple ingredients can also be included in moderation.

HYDRATE & RECOVER

- Drink half your body weight in ounces of water daily and aim for 7–8 hours of restorative sleep. Hydration and recovery are as important as training.

CONSISTENCY OVER PERFECTION

- Small, steady habits create meaningful results. Focus on progress – not perfection.



GROCERY STORE *game plan*

This is your practical guide for grocery shopping. The goal is a cart built mostly from real, minimally processed foods, not low-fat or highly marketed “health” products. If you focus on the categories below, you don’t need to overthink nutrition labels or trends.

PROTEIN

Protein is the foundation of meals – especially for maintaining strength, muscle, and bone health as we age.

Choose:

- Eggs (organic, pasture-raised)
- Beef (grass-fed when possible)
- Chicken, turkey
- Fish and seafood

These foods are nutrient-dense and not something to avoid because of cholesterol.

DAIRY/DAIRY ALTERNATIVES

If dairy is tolerated:

- Full-fat Greek yogurt
- Full-fat Cottage cheese
- Grass-fed whole-milk

If dairy is not tolerated:

- Unsweetened coconut milk or coconut yogurt
- Other unsweetened dairy alternatives with short ingredient lists

Avoid flavored, sweetened, or low-fat versions.

FATS

Fat helps with satiety, hormone health, and stable energy.

Choose:

- Grass-fed butter or ghee
- Olive oil
- Avocados
- Coconut milk (unsweetened)

Avoid:

- Seed oils (margarine, canola oil, vegetable oil, sunflower oil, corn oil)
- “Light” or fat-free substitutes

CARBOHYDRATES

Carbohydrates are not the problem – processed carbohydrates are.

Choose:

- Potatoes or sweet potatoes
- Rice
- Fruit
- Squash
- Sourdough bread made with simple ingredients

Avoid:

- Packaged “diet” breads
- Sugary cereals, granola, or protein bars
- Ultra-processed snack foods

Bottom Line

Focus on the ingredient list rather than the numbers – choose foods with short lists made of ingredients you recognize. Be cautious with low-fat or heavily marketed “health” products, which often contain added sugars and additives to replace real food. Most of your grocery cart should come from the outer aisles of the store, where real, minimally processed foods are found.

Sample Meal Plan



Morning

If fasting: Hydration drink (water + electrolytes + creatine), coffee, herbal tea, or bone broth

Not fasting: Protein smoothie (grassfed whey protein + whole milk or unsweetened coconut milk + optional add-ins like berries, cinnamon, or nut butter)

Midday

Eggs cooked in butter or ghee with vegetables (like spinach, peppers, or onions). Add avocado or a side of bacon or sausage for additional protein and fat. If desired, include a small serving of fruit such as berries or melon, or a slice of sourdough bread with butter.



Optional Snacks

- A handful of nuts with a slice of cheese
- Full fat plain Greek yogurt with berries, cinnamon, and honey
- Apple slices with minimally processed nut butter
- Sliced avocado with olive oil, lime juice, sea salt, and black pepper

Evening

Protein (beef, chicken, seafood) cooked in tallow, ghee, or butter. Serve with roasted or sautéed vegetables (green beans, squash, or broccoli) and a side of healthy carbs like a baked potato, sweet potato, or rice. Add butter or olive oil for flavor and satiety.





Macronutrient Balance

Everyone's ideal balance of protein, fats, and carbohydrates looks a little different — it depends on goals, metabolism, and how often you train. The goal isn't perfection or tracking every gram, but rather finding what balance helps you feel your strongest, most energized, and most stable throughout the day.

General Framework

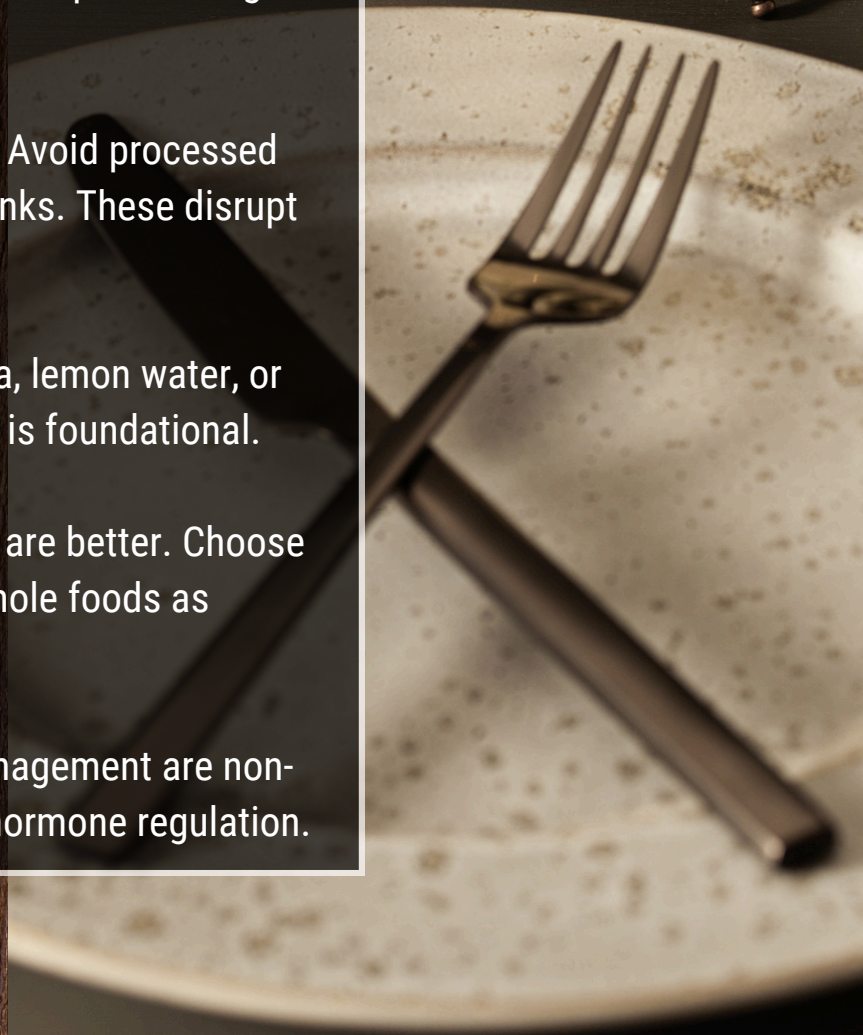
You can use these ranges as a flexible guide:

- **Protein:** Around 25–35% of your daily intake (~0.8–1.0g per pound of body weight). Supports muscle tone, metabolism, and hormone health.
- **Fats:** Around 35–45% of your daily intake. Essential for hormones, brain function, and satiety — your body thrives on quality fats from butter, ghee, tallow, avocado, eggs, and olive oil.
- **Carbohydrates:** Typically 20–30% of your daily intake, adjusted for training. Quality carbs like root vegetables, fruit, and sourdough bread replenish glycogen and aid recovery.
- **Hydration:** Aim for half your body weight (in pounds) in ounces of water daily. Add electrolytes if training heavily or fasting.

Gentle Daily Guidelines

This is where philosophy meets practice — how to live out your nutrition plan day to day.

- **Honor Hunger**: Eat when you're truly hungry. Don't force meals — your appetite will adjust as your metabolism strengthens.
- **Try Intermittent Fasting**: For example, an eating window of 8–10 hours with a 14–16 hour overnight fast. This helps support metabolism, hormone regulation, and digestive rest.
- **Frontload Protein and Fats**: Prioritize protein and healthy fats at your first meal to keep blood sugar steady and energy consistent.
- **Limit Sugar and Refined Carbs**: Avoid processed snacks, pastries, and sugary drinks. These disrupt hormone and energy balance.
- **Stay Hydrated**: Water, herbal tea, lemon water, or mineral-rich seltzer — hydration is foundational.
- **Read Labels**: Fewer ingredients are better. Choose products that are as close to whole foods as possible.
- **Rest Well**: Sleep and stress management are non-negotiable parts of health and hormone regulation.





Supplement Suggestions

Supplements can help fill nutritional gaps and support hormone health, recovery, and energy levels. Here are a few general options to consider:

- **Magnesium glycinate** – supports sleep, muscle recovery, and hormone balance.
- **Vitamin D3 + K2** – essential for bone and immune health.
- **Omega-3** (fish oil or cod liver oil) – supports inflammation control and cardiovascular health.
- **Collagen, bone broth, or grassfed whey protein** – beneficial for joints, skin, and connective tissue.
- **Electrolyte powder** – helpful during fasting or heavy sweating
- **Creatine Monohydrate** – one of the most well-researched supplements for improving strength, muscle tone, and cellular energy. It supports lean muscle preservation, brain health, and recovery – especially beneficial for adults over 40 or anyone strength training consistently.

**Always choose reputable brands with third party testing and consult your healthcare provider before adding new supplements.*

Closing Message: Mindset Matters

Your body composition will naturally shift as you gain muscle and strengthen your metabolism. Don't let the scale define your success. Celebrate your consistency, improved strength, and how your body feels — that's what lasting health looks like.

Remember: nourish your body with real food, move regularly, hydrate, and rest. Small, steady habits create meaningful results.

You're doing incredible work. Keep showing up for yourself — with intention, patience, and consistency. Every healthy choice you make compounds over time. We're here to support you every step of the way.

DISCLAIMER

This nutrition plan is for general wellness, education, and informational purposes only. It is not intended to diagnose, treat, or replace professional medical advice. Always consult with your healthcare provider before making changes to your diet, supplements, or exercise routine.

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