

FOOD ORIENTATION



ODRIS CHALAS FITNESS

Healthy, Wealthy, Strength, Beauty, Confidence.

FOOD ORIENTATION



Thank you for downloading my **Food Plan Orientation Guide**.

Before you started make sure you are **clear** on your goal and what you need: **losing, gaining or maintaining weight**. That way you can get the most benefit from this Food Plan Orientation Guide.

You will see all you need to create a good balance for your health is to just **combine properly**. You will see different examples for Breakfast, Snacks, Lunch and Dinner.

Also you'll find what you can eat in the different hours of the day.

It's important you **DO NOT starve** yourself because when you do, the body starts Reserving Fat. And whether you are losing, maintaining or gaining – reserving extra fat is not good for your health.

So my advice is to **eat at least 5 times per day** – that's counting all meals and snacks.

To use the Food Plan Orientation Guide is pretty easy. There is a list of the different foods your body needs like **Proteins, Carbs, Vegetables** and also includes **good Fats your body needs**.

Make sure to **check the times** when you can eat the different foods.

In the last two pages you will find the **examples** of how to combine Food.

Make a commitment to yourself and your health and fitness goals by using this Food Plan Orientation Guide for at least **4 weeks**.

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You may realize you can never go back to eating the way you used to. And you won't want to!

If you **have tried other processes and diets and they haven't worked** for you - I'm confident **this one will work** - if you use it.

I assure you **this is different because it's not a diet**. It's a guide to empower you to create a healthy eating lifestyle around your health and fitness goals.

You will understand food better as the weeks go on and you will understand your body better as it changes in response to what and how you will be eating.

If you have any questions or you want to share any successes or challenges please get in touch. I'd love to hear your updates and for more info on my coaching services and classes head to my website.

I hope you enjoy using this Food Plan Orientation Guide Gift and of course if you need extra help or have any questions, let's talk. You will find all of my contact info and socials at the end of this guide.

You can do it. Make it happen.

Big hug.

Odris Chalas

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CONSUME DAY AND NIGHT	CONSUMIR HASTA LAS 7 PM	CONSUMIR DIA Y NOCHE	CONSUMIR DIA Y NOCHE
PROTEINS	CARBS	VEGETABLES	DAIRY AND FATS
-WHOLE EGG -TURKEY BREAST -MEDIA CHICKEN BREAST 0 OF TURKEY -FISH STEAK -TUNA IN WATER -FAT WITHOUT FAT - SHRIMP 8 UNITS. -TURKEY SALAMI -LOW FAT HAM -MEDIUM TURKEY SAUSAGES -SARDINE	-WHOLEMEAL BREAD -INTEGRAL RICE -WHEAT PASTA -OATS -GRAINS (BEANS, LENTILS, GUANDULES, PEAS) -VIVERES (YAUTIA, NAME, MAPUEY, BATATA, BANATA, PAPA) -CASABE -FRUITS (LECHOZA, MELON, PINA, APPLE, PEAR, STRAWBERRY, KIWI, ORANGE, GUINEO, WATERMELON)	-BROCOLI -COLIFLOR -CARROTS -TAYOTA -ASPARAGUS -EVINE -LETTUCE -REPOLLO -TOMATE -CUCUMBERUS -SPINACHES -MUSHROOM -ONION -CAPIO -PEPPERS -VINITAS -AUYAMA	-COTTAGE CHEESE, RICOTTA -CREAM CHEESE -CREAMED YOGURT -SKIM MILK -FRUIT: AVOCADO -NUTS - PEANUT BUTTER, ALMONDS



Important Notes:

- Eat three meals and two snacks daily.
- Chew food well and do not skip any of the meals. Start your lunch with the vegetables.
- Don't watch tv while eating.
- Conscious food consumption – choose whole grains, skim milk, lean meats, and whole fruits instead of juices.
- Prepare meats in oven, boiled or grilled. Consume fish at least three times a week.
- Dinner three hours before bedtime.
- Drink 8-12 glasses of water per day.
- Prepare food with corn, canola, olive and sunflower oil.
- Use natural spices and condiments to prepare food (oregano, garlic, garlic, onion, etc.)
- Cook with little salt.
- Sweeten with Stevia.
- Consume in moderation (once a week): desserts, sweets, ice cream, fried foods, biscuits, soft drinks and alcoholic beverages.
- Don't go to the supermarket while hungry.



BREAKFAST EXAMPLES

- 1 GLASS OF MILK
- 1/2 CUP OF OATS OR 1/2 CUP OF CORN FLAKES - FILLED ALMONDS
- 1/2 CUP OF FOOD
- 2 AVOCADO SLICES
- 1 CAN OF TUNA
- 1 INTEGRA BREAD TOAST

LUNCH EXAMPLES

- 1 GRILLED CHICKEN BREAST
- 1/2 CUP OF RICE
- 1 CUP OF BEANS

- RAW VEG ETALES SALAD
- 4 OUNCES PORK SIRLOIN
- 1 CUP OF LENTILS

- VEG ETALES COCI DOS SALAD
- 1/2 CUP OF WHOLE PASTA
- NATURAL TOMATO SAUCE
- 4 OZ. LEAN GROUND MEAT

- VEGETALES SALAD
- 1 MIXED EGG WITH TOMATO, AJI, ONION -1 TEASPOON OF PEANUT BUTTER

DINNER EXAMPLE

- A FISH FILLET
- STEAMED VEGETABLES
- 1/2 BOILED CORN

- MUSTARD CHICKEN
- LETTUCE SALAD, AJI, CUCUMBER
- 1/4 OF AVOCADO

- VEG ETALES CREAM (AUYAMA, SPINACH, CAULIFLOWER)
- A CHICKEN OR TURKEY BREAST.

EXAMPLE OF SNACKS

- A PORTION OF FRUIT
- A SKINED YOGURT-1A TAZA SEMILLA DE CAJUIL, ALMENDRAS O MANIS SIN SAL
- PROTEIN SHAKE

NOTE: THIS PROGRAM IS NOT BASED ON THE RESTRICTION OF CALORIES, IF NOT, ON THE BALANCED ORGANIZATION OF NUTRIENTS.

About Odris Chalas

I'm a Dominican born Fitness Instructor based in New Jersey. Through dancing, training, teaching, and coaching I've been helping people achieve their goals since 2011.

I specialize in Circuit Training, Indoor, Toning, Conditioning, Strengthening, Dancing, Zumba, Body Weight, HIIT, Boot Camp, Abs Training, Glutes Training, and Food Programs.

Over the last decade I have guided thousands of women to become fitter, healthier and more confident. When training with me I like to empower women to think and act differently towards fitness, food and their own bodies.

I invite you to try this Food Plan Orientation Guide – it can transform your life forever.

You deserve to become the best version of yourself.

Let's get started...



Website and Social Media Contact!



Website:

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Youtube: Odris Chalas

https://www.youtube.com/playlist?list=PLuiZSOZ3BtoBsXZT8n_ICVPJ_bSpH0nAQ



ZUMBA
FINEST

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