



EVOLVED NUTRITION

EVOLVED

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Evolved Personal Training LLC | [EvolvedPersonalTraining.com](http://EvolvedPersonalTraining.com)





# EVOLVED<sup>TM</sup>

# WELCOME

Dear Evolved Client,

Welcome to Evolved Personal Training! We are excited to have you as a new member of our community and are committed to helping you achieve your health and fitness goals. As part of our comprehensive approach to wellness, we are pleased to present to you our Evolved Nutrition Guidelines.

At Evolved, we understand that proper nutrition is the foundation for achieving optimal health and fitness. That's why we have developed our nutrition guidelines based on the latest research and best practices in the field. Our guidelines are designed to provide you with the knowledge and tools necessary to make informed choices about the foods you eat and to develop healthy eating habits that will last a lifetime.

We believe that nutrition is not a one-size-fits-all approach. That's why our guidelines are personalized to your unique needs and goals. We take into account your individual preferences, dietary restrictions, and lifestyle to create a plan that is tailored specifically to you.

Our team of expert nutrition coaches will guide you through the process and provide ongoing support to ensure your success. We are committed to empowering you to make the best choices for your health and fitness journey.

Thank you for choosing Evolved Personal Training. We look forward to working with you to achieve your health and fitness goals.

Best regards, The Evolved Personal Training Team



# IN YOUR EVOLVED NUTRITION GUIDELINES



## HEALTHY EATING GUIDELINES

Eating a healthy diet involves choosing a variety of nutrient-rich foods from all the food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats.

**BONUS:** Evolved Talks: 10 Essentials for Weight Loss (*Video link included*)

- EVOLVED CLEAN EATING LIST
- EVOLVED APPROVED EATERIES

## MEAL PLANNING TIPS

Meal planning is a great way to ensure that you're eating healthy meals throughout the week.

## PORTION CONTROL STRATEGIES

Controlling your portions is an important part of maintaining a healthy diet.

## READING NUTRITION LABELS

Understanding how to read a nutrition label is an important skill for anyone looking to make informed food choices.

## AVOID THAT

Processed foods are often full of preservatives, additives, and fillers that are not beneficial to health, and can contribute to weight gain and other health issues.

## HYDRATION

We all know that hydrating is important, but sometimes it can be challenging to get all the fluid you need.

## MORE INFORMATION

You will also find additional information and resources within the pockets of your Evolved Folder.





### **Nutrition Stats**

- According to the CDC, only 1 in 10 adults in the United States eat enough fruits and vegetables each day.
- Eating just 1.5 to 2 cups of fruit per day can reduce the risk of developing heart disease by up to 30%



### **Nutrition Stats**

- Consuming whole grains instead of refined grains can reduce the risk of type 2 diabetes by up to 30%
- The American Heart Association recommends limiting saturated fat intake to less than 6% of daily calories to reduce the risk of heart disease.

# **HEALTHY EATING**

## **HEALTHY EATING GUIDELINES**

Eating a healthy diet involves choosing a variety of nutrient-rich foods from all the food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Here are some more specific guidelines to help you eat healthy.

### **FRUITS AND VEGETABLES:**

- Aim to eat at least 5 servings of fruits and vegetables per day.
- Choose a variety of colors to get a range of nutrients.
- Eat them fresh, frozen, or canned (in water or natural juice), but watch out for added sugars or salt in canned products.
- Be mindful of portion sizes for fruits that contain more sugar such as bananas, mangoes, and grapes.

### **WHOLE GRAINS:**

- Choose whole grains over refined grains.
- Examples of whole grains include brown rice, whole wheat bread, and quinoa.
- Whole grains provide more fiber and nutrients than refined grains, which have been stripped of most of their nutritional value.

### **LEAN PROTEINS:**

- Choose lean proteins like chicken, fish, beans, and tofu.
- Limit your intake of red and processed meats, which have been linked to an increased risk of heart disease and some types of cancer.
- Try to include plant-based proteins like beans, lentils, and tofu in your diet.

### **HEALTHY FATS:**

- Include healthy fats like nuts, seeds, avocados, and olive oil.
- Limit your intake of saturated and trans fats, which can raise your cholesterol levels and increase your risk of heart disease.
- Avoid foods that are high in saturated and trans fats, such as butter, cream, and fried foods.

# BONUS: EVOLVED TALKS

TRAINER JOE'S - 10 ESSENTIALS OF WEIGHT LOSS

CHECKOUT COMPLETE VIDEO LINK → [HTTPS://YOUTU.BE/E1T1B\\_04RHk](https://youtu.be/E1T1B_04RHk)

1. YOU DON'T NEED ANY PARTICULAR PLAN...  
BUT YOU DO NEED A PLAN.

2. FOOD WILL ALWAYS BE ONE OF YOUR ENJOYMENTS IN  
LIFE... BUT YOU MUST ACCEPT REASONABLE BOUNDARIES.

3. IT'S NOT YOUR METABOLISM... IT'S THE CHIPS!

4. HUNGER IS NOT YOUR ENEMY. LEARN TO EMBRACE IT.

5. YOU DON'T NEED MORE WILLPOWER.  
YOU NEED A DEEPER BELIEF.

6. YOU CAN'T OUTFRAN YOUR FORK.

7. DON'T EAT AFTER 7:30PM. YOU DON'T NEED IT!

8. IF YOU SETTLE FOR FOOD, YOU WILL MISS YOUR BLESSING!

9. GRATITUDE TURNS WHAT YOU HAVE INTO ENOUGH.

10. A HEALTHY WEIGHT CAN BE REACHED AND MAINTAINED  
BY ANYONE.

# EVOLVED CLEAN EATING LIST

## VEGETABLES:

(majority of food intake)

- Asparagus
- Avocados - moderation
- Beet Greens
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Dill Pickle
- Eggplant
- Fennel
- Garlic
- Green Beans
- Jalapeños
- Kale
- Leeks
- Mushrooms
- Mustard Greens
- Olives - moderation
- Onions
- Romaine Lettuce
- Sea vegetables

- Spinach
- Squash, summer
- Squash, winter
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Turnip Greens

## GRAINS:

(max 2 servings/day)

- Barley
- Brown Rice
- Buckwheat
- Oats
- Quinoa

## SNACK BAR:

(max 1 per day)

- Quest protein bars
- No Cow Bar
- Kirkland Bar

## FRUITS:

(2 servings per day)

- Apples
- Apricots - fresh only
- Bananas
- Blackberries

- Blueberries
- Cantaloupe
- Figs - fresh only
- Grapefruit
- Grapes - a few
- Kiwifruit
- Lemon/Limes
- Oranges

- Papayas
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Prunes
- Raspberries
- Strawberries
- Watermelon

## SEAFOOD:

(prefer wild caught)

- Cod · Flounder
- Mahi Mahi
- Orange Roughy
- Salmon
- Scallops
- Shrimp · Tilapia
- Tuna (water packed)

#### **BEANS & LEGUMES:**

- Black Beans
- Garbanzo Beans (chickpeas)
- Kidney Beans
- Lentils
- Lima Beans
- Pinto Beans
- Navy Beans

#### **POULTRY & MEATS:**

- Chicken Breast Skinless
- Lamb and Fish
- Turkey Breast Skinless

#### **EGGS & DAIRY:**

- Eggs or Egg Beaters
- Milk (skim)
- Yogurt (nonfat, plain)

#### **NUTS & SEEDS:**

- (max 1/4 cup per day)
- Almonds
- Cashews

- Flaxseeds
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

#### **BEVERAGES:**

- Water
- Coffee (Stevia, skim milk or unsweetened almond milk)
- Protein shake in place of meal
- bai
- Vitamin Water Zero (max 1/day)
- Zevia Zero Calorie Soda
- Tea (Stevia)

#### **HERBS & SPICES:**

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Pepper (dried)
- Cilantro & Coriander seeds

- Cinnamon
- Cloves
- Cumin seeds
- Curry powder
- Dill
- Garlic
- Ginger
- Lemon/Lime juice
- Hot Sauce
- Mrs. Dash salt-free
- Mustard
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Salsa
- Salt (moderate)
- Thyme
- Turmeric
- Vinegar
- Cooking Oil Spray
- Any salad dressing 30 cal or less per serving

## EVOLVED APPROVED EATERIES

**Chick-fil-A, Wendy's, McDonalds, etc...:** Char-grilled Chicken in salads- no cheese, croutons or fatty dressings

**Chipotle, Qdoba, Moes, Mexican:** Naked Burrito bowls-brown rice, grilled veggies, chicken, pico, lettuce, salsa, no cheese or sour cream. Lite guacamole. Fajitas without oil

**Long John Silvers/Captain D's:** Baked/Grilled Fish w/ cocktail sauce

**Subway, Jimmy Johns, Quiznos etc:** Grilled chicken, turkey, or egg with approved veggies and mustard, vinegar, or fat free dressings. No cheese or mayo

**Panera Bread:** Any chicken or turkey sandwich on lettuce wrap instead of bread. Any salad with chicken, turkey, shrimp, salmon with veggies, olives and lite dressings (Fat-free poppy seed dressing). No cheese or heavy dressings. Black bean soup, garden veggie soup.

**Bob Evans, Dennys, IHOP, Perkins, Shoney's, Wild Eggs, First Watch:** Poached eggs, fruit salads, oatmeal w/ skim milk, grilled chicken with salads, egg white omelets w/ veggies, no cheese

**Applebees, O'Charley's Ruby Tuesday, TGI Friday's, etc:** Grilled Chicken, Grilled salmon, Grilled Shrimp, Baked sweet potato, steamed veggies, vegetable soup, Salads with no cheese, croutons, fatty dressings

**Italian Places like Olive Garden, Carrabba's or Fazoli's:** Minestrone Soup, Chicken Marsala, Salads with grilled chicken or seafood

**Chinese Places like P.F. Chang's:** Egg drop soup, vegetarian spring roll, ask for vegetable dishes to be steamed with sauce on side and use very little sauce. Chicken and seafood can be steamed also.

**Sushi Bar places:** Tuna roll on brown rice, grilled salmon roll on brown rice, miso soup, no cream cheese or crispy things on top

**Good Foods Co-op/ Whole Foods:** Salad bar, steamed or grilled veggies, chicken, turkey, lamb, or seafood, brown rice. Artichoke salad on cold bar at Co-op good too

**Coffee shops:** Cappuccino with fat free milk and stevia

**Cheesecake Factory:** Skinnylicious Menu ie. salads, shrimp rolls, chicken lettuce wrap tacos

**Tazikis Mediterranean:** Salads, seafood, chicken, lamb, grilled vegetables



## Health Stats

- According to the Centers for Disease Control and Prevention, more than 70% of adults in the United States are overweight or obese.
- According to the American Heart Association, controlling portion sizes can help promote a healthy weight and reduce the risk of chronic diseases such as heart disease and type 2 diabetes.
- Using smaller plates and bowls can help control portion sizes and reduce overeating, according to the Academy of Nutrition and Dietetics.
- Pre-portioning snacks and meals can also help control portion sizes and prevent mindless snacking or overeating.
- To lose one pound of body weight, you need to create a calorie deficit of approximately 3,500 calories.



## MEAL PLANNING TIPS

Meal planning is a great way to ensure that you're eating healthy meals throughout the week. Here are some more detailed tips for planning your meals:

- Plan your meals for the week ahead of time.
- Consider your schedule and plan meals that can be prepared quickly on busy days.
- Make a grocery list based on your meal plan and stick to it.
- Buy fresh produce in season for better taste and price.
- Cook in bulk and freeze leftovers for later use.
- Use a slow cooker or pressure cooker for easy, healthy meals.
- Prep ingredients ahead of time for quick and easy meals during the week.

## PORTION CONTROL STRATEGIES

Controlling your portions is an important part of maintaining a healthy diet. Here are some more detailed strategies for controlling your portions:

- Use smaller plates and bowls to help control your portion sizes.
- Measure out your food using measuring cups and spoons to avoid overeating.
- Be aware of serving sizes for packaged foods.
- Divide your plate into sections, with half for fruits and vegetables, a quarter for protein, and a quarter for grains.
- Eat slowly and mindfully, paying attention to your body's hunger and fullness signals.
- Avoid eating in front of the TV or computer, which can lead to mindless overeating.

# READING NUTRITION LABELS

**1. Serving Information** → 4 servings per container  
**Serving size** 1 cup (227g)

**2. Calories** → Amount per serving  
**Calories** 280

**3. Nutrients** →

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

**4. Quick Guide to percent Daily Value (%DV)**

- 5% or less is **low**
- 20% or more is **high**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## 1. START WITH THE SERVING SIZE:

The serving size on a nutrition label is the amount of food that the label's nutrition information is based on. Be sure to check the serving size to understand how much of the food you are consuming.

## 2. LOOK AT THE CALORIES:

The calorie count tells you how much energy you will get from one serving of the food. If you are trying to manage your weight, the calorie count can help you make informed choices about portion sizes.

## 3. CHECK THE NUTRIENTS:

The nutrition label lists several nutrients, including total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein. Look at these values to determine if the food contains nutrients that you need in your diet, and to identify any nutrients that you should limit.

## 4. CHECK THE PERCENT DAILY VALUE (%DV):

The %DV is based on the recommended daily intake for each nutrient and is listed as a percentage. If a food has 20% or more of the %DV for a nutrient, it is considered high in that nutrient. If it has 5% or less of the %DV, it is considered low in that nutrient.

## 5. LOOK FOR ADDITIONAL INFORMATION:

Some nutrition labels may also list vitamins, minerals, or other information about the food, such as allergen information.

It's important to note that nutrition labels are not a perfect indicator of a food's nutritional value, as they do not consider other factors such as processing, additives, and cooking methods. However, reading nutrition labels can still be a helpful tool in making informed choices about the foods we eat.



# AVOID THAT

## ***Nutrition Stats***

- The majority of processed foods are in the middle aisles.
- 75% of all processed foods contain added sugars, which contribute to weight gain and other health issues.
- 90% of Americans consume too much sodium, much of which comes from processed foods.
- 60% of the average American's diet is made up of processed foods.



## ***Nutrition Stats***

- 68% of processed foods contain partially hydrogenated oils, which are a major source of harmful trans fats.
- 80% of all packaged foods contain added sugar, salt, or fat.
- 30% of the calories in the average American's diet come from processed snack foods like chips and crackers.

## ***PROCESSED FOODS***

If there is anything on the label that you're unsure of what it is and can't pronounce it, put it back. Processed foods are full of preservatives, additives, and other fillers that don't contribute positively to your health. As a rule of thumb, stick to the outside of grocery stores when buying food.

## ***REFINED SUGARS***

Not only are they empty calories, but refined sugars harm the body more than they do good. This includes things like baked goods, sodas and fruit juices, high sugar cereals, and the like. Excess sugar is stored in the body as fat, leading to weight gain and a whole slew of other health issues.

## ***LOW-FAT PRODUCTS***

Low-fat products are usually laden with additives and fillers to replace the fat, so avoid these. Opt for the full-fat versions to get all the nutrients naturally present in the food.

## ***ARTIFICIAL SWEETENERS***

Many athletes take sport supplement drinks to keep them going, but often, they're filled with additives and artificial sweeteners. Artificial sweeteners have been linked to various diseases, as well as weight gain, blood sugar imbalances, and gut bacteria disturbances, which can compromise the immune system.

## ***TRANS FATS***

Consuming trans fats is a big no-no. Not only are they completely unnatural, but they are also responsible for increasing the risk of developing cardiovascular disease. Trans fats are naturally found in some dairy products like butter, which is okay to consume, but avoid things like baked goods, margarine, ready to pop popcorn, fried foods, and frozen pizza.



# HYDRATION

## ***Hydration Facts***

- The human body is made up of about 60% water.
- A person can survive for weeks without food, but only a few days without water.
- Drinking water can help improve cognitive function and increase productivity.
- 60% of the average American's diet is made up of processed foods.



## ***Hydration Facts***

- Drinking water can help regulate body temperature.
- The color of urine can be an indicator of hydration level - clear or light-yellow urine typically indicates good hydration, while darker urine may indicate dehydration.
- Drinking enough water can help prevent constipation.
- The recommended daily intake of water for men is about 3.7 liters (125 ounces) and for women is about 2.7 liters (91 ounces).

We all know that hydrating is important, but sometimes it can be challenging to get all the fluid you need. As a person performing an exercises program, staying hydrated is crucial to how you train and perform.

How much fluid you lose will depend on a few factors:

- Exercise intensity
- Environmental temperature
- Exercise duration
- Individual body chemistry

## ***HOW MUCH WATER?***

To maintain proper physical performance, it's important to hydrate before, during, and after physical activity. Water, for the most part, is fine to consume to replace lost fluid, but it may be beneficial to include a sports drink containing electrolytes to replace those that are lost during vigorous activity.

It is recommended that sedentary adults consume a minimum of 2.5 – 3.5L of water per day, with needs increasing as physical activity levels increase. For every 20 minutes of activity, 6 - 12 oz. of fluid should be consumed, and for activity exceeding 60 minutes, consider consuming a sports drink with electrolytes and small amounts of carbohydrates to help replace muscle glycogen stores.

## ***DEHYDRATION EFFECTS***

- Decreased blood volume
- Decreased performance
- Decreased sweat rate
- Increased core temperature
- Increased heart rate
- Sodium and water retention
- Decreased cardiac output
- Decreased blood flow to the skin
- Increased use of muscle glycogen

## ***DRINK MORE WATER!***

Your body can survive without food for an extended period of time, but it cannot survive without water. A key part of your training routine should focus on adequate fluid consumption in order to feel and perform at your best.

# THANK YOU

Evolved Client,

We hope that our Evolved Nutrition Guidelines have been a valuable resource for you as you embark on your health and fitness journey. We understand that making changes to your diet can be challenging, but we believe that with the right knowledge and support, you can achieve your goals.

If you have any questions or concerns about the guidelines, please don't hesitate to reach out to your trainer or our customer service team at 8594432332. Our nutrition coaches are here to assist you in any way we can and are dedicated to helping you succeed.

Thank you for choosing Evolved Personal Training as your partner in health and fitness. We are honored to be a part of your journey and look forward to seeing your progress.

Best regards,

The Evolved Personal Training Team

