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# NUTRITION

QUICK START GUIDE



MORE ENERGY, LESS PAIN,  
ACCELERATED WEIGHT LOSS.

# 5 Easy Steps

[www.NutritionCoachrayann.com](http://www.NutritionCoachrayann.com)



# DONT GO AT IT ALONE!

Trying to change multiple aspects of your day-to-day life all at once has never worked for anyone. It leads to frustration, burn out, and ultimately a loss of hope.

Along with following this quickstart guide, I encourage you to join our community. Where we all work on ourselves, hold challenges, share recipes/videos, and compete for prizes every month.

Don't go at this alone... I am here to help... We are here to help! Search, "Don't like it? Change it." on facebook and let's make progress together!

# Don't Like it?

**C h a n g e i t !**

# INTRODUCTION

Welcome to our 5-Step Guide to General Health and Wellness." This guide is designed to provide you with 5 easy to understand steps to enhance your overall health and well-being. Whether you're looking to improve your physical fitness, boost your mental clarity, or cultivate a Healthy Body and Mind, this guide will serve as your roadmap to success. Throughout the following steps, we'll explore evidence-based practices that encompass various aspects of health, including nutrition, exercise, sleep hygiene, and hydration. By incorporating these strategies into your daily routine, you'll feel better physically, start your fat burning, and keep the weight off. You will experience greater vitality, resilience, and joy in every aspect of your life.

Remember, achieving optimal health is a journey, not a destination. It requires dedication, patience, and a willingness to prioritize your well-being. So, let's embark on this journey together and take the first step towards a healthier, happier you.

Each Step in this guide is broken down into 3 Sections of important information.

**Section 1** - 3 of the biggest reasons why this step is a priority and requires all of your focus.

**Section 2** - The Action Item with Important information about how follow through on the goal.

**Section 3** - Helpful Tips, tricks, and hacks to make it as easy as possible to achieve.

We've chosen to organize the information this way so you don't have to spend hours researching, and reading through pages of contradicting information, through various sources across the internet. The first steps will get you MASSIVE improvements with minimal effort (applied consistently over time.)

# 1: PROTEIN

Protein is essential for building and repairing tissues, as well as for producing enzymes and hormones. They are made up of amino acids, which are often referred to as the building blocks of life. Protein-rich foods include meat, fish, poultry, eggs, dairy products, legumes, nuts, and seeds.

## Section 1 : 3 Reasons

### Protein Deficiency

Proteins are vital for providing energy to the body. Inadequate protein intake can lead to feelings of fatigue and lethargy. (And Craving SUGAR) Since proteins are essential for muscle repair and growth, inadequate protein intake can lead to muscle wasting or weakness.

A deficiency can weaken the immune system, making individuals more susceptible to infections and even cognitive issues such as difficulty concentrating or memory problems.

### More Muscle = More Fat Loss

Most clients come to me wanting to get that “toned” look.

I often hear clients complain that they do cardio every day but they still look fat. Every day they break down the muscle then they don't give the body the nutrients to repair that damage. So they lose all their muscle and still look fat. (Skinny Fat) Protein is essential for repairing muscle fibers after breakdown (Workouts) PLUS Muscle is VERY metabolically expensive. So, the more muscle you have, the more calories you will burn at every moment of your day.

In order to achieve this, you must eat enough protein to maintain/grow your current muscle. PS: No you won't get “Bulky” people work extremely hard over years to get those results. You're not going to achieve it in 6 months getting healthy.

### Combating Hunger

Protein is more satiating than carbohydrates or fats. This means that consuming protein-rich foods can make you feel fuller for longer periods, reducing the likelihood of overeating or snacking between meals.

## Section 2 : Action Item - Eat your Protein!

Figure out what your ideal body weight is.

Keep it simple: Eat 1 Gram per Lb.

Example: If your ideal body weight (Your goal weight) is 140 Lbs. Eat 140 Grams of protein per day.

## Section 3: Tips

Don't guess. Track it. Chronometer is a great tool to help you start to understand what your habits truly are and help you Change it!

Eat most, if not ALL, of your protein in the form of whole food. If you are struggling to get to your protein goals each day, as a last resort, consider getting a protein shake.

Find a Protein Shake you can stomach and add this between meals. You will feel fuller/longer, and you'll find that you don't have much room for snacking through the day. Combine this with the proper amount of water and you are on the road to big changes from very little effort.

### How to track Protein and other Macros

Logging your food in an app can be a valuable tool for improving your dietary habits, managing your weight, and achieving your health and fitness goals. Food logging apps empower you to make more informed choices and adopt healthier eating behaviors by providing awareness, accountability, tracking capabilities, and access to nutritional information and support.

I recommend and use with all my clients the free food logging app (Chronometer)

- Helpful tools :
- Kitchen scale
  - Measuring cups



# Protein List

## Animal-Based Protein Sources:

1. Chicken breast
2. Turkey breast
3. Lean beef (e.g., sirloin, tenderloin)
4. Pork loin
5. Fish (e.g., salmon, tuna, cod, tilapia)
6. Shellfish (e.g., shrimp, crab, lobster)
7. Eggs
8. Dairy products (e.g., milk, yogurt, cheese, cottage cheese)

## Plant-Based Protein Sources:

1. Legumes (e.g., lentils, chickpeas, black beans, kidney beans)
2. Soy products (e.g., tofu, tempeh, edamame)
3. Peas (e.g., green peas, split peas)
4. Beans (e.g., black beans, pinto beans, navy beans)
5. Lentils (e.g., green lentils, red lentils, brown lentils)
6. Nuts (e.g., almonds, walnuts, cashews)
7. Seeds (e.g., chia seeds, flaxseeds, hemp seeds, pumpkin seeds)
8. Quinoa
9. Oats
10. Seitan (wheat gluten)
11. Spirulina
12. Nutritional yeast

## Other Protein Sources:

1. Protein powders (e.g., whey protein, casein protein, pea protein, soy protein)
2. Protein bars
3. Protein-rich grains and pseudo-grains (e.g., amaranth, buckwheat, teff)

# FOOD QUALITY

## Section 1 : 3 Reasons

**Metabolic Health:** Consuming a diet rich in whole, minimally processed foods supports metabolic health by providing the necessary nutrients and energy sources for cellular function, hormone production, and metabolic processes. High-quality foods help regulate blood sugar levels, improve insulin sensitivity, and promote fat metabolism, which can facilitate weight loss and maintenance.

**Satiety and Hunger Regulation:** Foods that are high in fiber, protein, and healthy fats tend to be more filling and satisfying, promoting feelings of fullness and reducing hunger and cravings. By choosing high-quality, nutrient-dense foods, you can enhance satiety and reduce the likelihood of overeating or snacking on calorie-dense, processed foods that contribute to weight gain.

**Long-Term Sustainability:** Fad diets or restrictive eating plans that focus solely on calorie counting or macronutrient ratios often neglect the importance of food quality. While these approaches may lead to short-term weight loss, they are often unsustainable and can be detrimental to overall health in the long run. By prioritizing high-quality, nutrient-dense foods, you can adopt a more balanced and sustainable approach to weight loss that promotes health and well-being for the long term.

## Section 2 : Action Item - Use the 80/20 Rule

Keep it simple: Eat Whole/Unprocessed Food 80% of the time.

Then leave room for birthdays, events, and treats each week. Keep it below 20%

This is a VERY great starting point and will give you sustainable success.

## Section 3 : Tips / Tricks

Don't guess. Track it. You might have caught on at this point, it is very important to track your food until you get VERY familiar with what each day and week looks like for your body.

Eat your protein/veggies first. So you aren't filled up on bread before you even get to the most important part of your meal.

“Make better choice” When you are craving something you know isn't ideal, simply choose something slightly better for you. Example: Craving Icecream? Eat frozen fruit. Craving little Debbies? Eat fresh fruit. You can customize this to your level of understanding. As time goes on you will get better and better at “Making better choice”

# The 80/20 Rule

Aim to make nutritious food choices about 80% of the time, while allowing yourself some flexibility to enjoy less healthy foods or treats about 20% of the time.



Here's how you can apply the 80/20 rule to your diet:

1. **Prioritize Nutrient-Dense Foods:** Aim to fill about 80% of your plate with nutrient-dense foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential vitamins, minerals, antioxidants, and fiber that support overall health and well-being.
2. **Moderate Indulgent Foods:** Allow yourself some flexibility to enjoy less healthy foods or treats about 20% of the time. This could include occasional indulgences such as desserts, snacks, or foods that are higher in sugar, unhealthy fats, or calories. Enjoy these foods mindfully and in moderation, without guilt or restriction.
3. **Focus on Balance and Moderation:** The 80/20 rule is about balance and moderation rather than strict adherence to a rigid diet plan. It encourages flexibility and enjoyment of a wide variety of foods while still prioritizing overall health and well-being.

Try to plan ahead for your week but avoid perfectionism while listening to your body.

# 3: HYDRATION

Proper hydration is crucial, particularly when trying to lose weight, as it plays several key roles in supporting various aspects of metabolism, appetite regulation, and overall well-being. Here's why hydration is important for successful weight loss:



## Section 1 : 3 Reasons

### Metabolism and Appetite Control

Dehydration can sometimes be mistaken for feelings of hunger

Proper Hydration can reduce the urge to overeat.

Dehydration can slow down metabolism, making it more difficult to manage hunger and energy levels effectively.

### Performance and Energy

Dehydration can lead to decreased energy levels and reduced physical and mental performance.

### Nutrient Absorbtion / toxin elimination

Overall, water is essential for the proper functioning of the digestive system, from the initial breakdown of food in the mouth to the absorption of nutrients in the intestines and the elimination of waste from the body. Reducing constipation, bloating, and fluid retention.

## Section 2 : Action Item - Hydrate yourself!

Drink 1/2 your Body Weight in Oz (Drink extra for your workouts)

## Section 3 : Tips / Tricks

Don't guess. Track it. Get a nice refillable water bottle. If you need to drink the whole bottle multiple times a day you can add hair ties around your bottle, then simply remove a hair tie each time you refill your bottle.



Aim to get 1/2 your body weight in oz. per day  
Preferably water only.

Replacing sugary beverages such as pop, sweetened coffee drinks, and energy drinks helps put you naturally in a calorie deficit which leads to more weight loss!

This is a huge game changer.

1. **Drink Water Throughout the Day:** Make it a habit to sip water consistently throughout the day, rather than trying to consume large amounts all at once. Keep a reusable water bottle with you and take regular sips, aiming to drink water steadily from morning to night.
2. **Flavor Your Water:** If plain water doesn't appeal to you, try adding natural flavorings like sliced citrus fruits (lemon, lime, orange), cucumber slices, berries, or herbs (mint, basil) to infuse your water with flavor. This can make drinking water more enjoyable and refreshing.
3. **Set Reminders:** Use alarms or smartphone apps to remind yourself to drink water regularly. Set reminders at intervals throughout the day to prompt you to take a few sips of water each time.
4. **Eat Hydrating Foods:** Incorporate hydrating foods with high water content into your diet, such as fruits (watermelon, strawberries, oranges), vegetables (cucumbers, celery, lettuce), and soups. Consuming these foods can contribute to your overall fluid intake.
5. **Drink Before Meals:** Make it a habit to drink a glass of water before each meal. Not only does this help increase your hydration levels, but it can also promote a sense of fullness, potentially reducing the amount of food you consume during the meal.
6. **Keep Water Visible:** Keep a water bottle or glass of water within sight throughout the day as a visual reminder to drink more. Seeing water readily available can prompt you to take more frequent sips.



# 4: EXERCISE

## Section 1 : 3 Reasons

### Metabolism / Toned Look

Exercise is essential for overall health and well-being. This is what gives you that toned look! You need use your muscles routinely to signal to your body that they are needed. If you just diet without exercise your body will break muscle down for fuel, giving you that unwanted ( skinny fat ) look. Muscle loss slows also metabolism, so it is harder to lose weight, and keep it off sustainably.

### Bone Density, Injury Prevention

Exercise, especially weight lifting, hardens your body against injury. Your bones get more dense, tendons thicken and strengthen, and muscle supports joints and gives stability to your body. Loss of mobility is the leading predictor of your lifespan and quality of life.

### Mental Health

Exercise has been shown to enhance the quality and duration of sleep, which as we covered before, is essential for maintaining optimal mental health.

Exercise stimulates the release of endorphins or "feel-good" hormones.

Endorphins help reduce feelings of pain and stress while promoting a sense of euphoria and well-being, leading to improved mood and decreased symptoms of depression and anxiety.

## Section 2 : Action Item - Pick an active hobby

The best exercise is the one you will do and stick to! I have lost over 70 pounds and the majority of that came from walking and roller-skating! I have all my clients set a step goal and start there!

Keep it simple: Pick something active that your ENJOY and do it aim to do it at least two days a week.

There is a HUGE portion of people who find the gym repulsive or they hate cardio/running, BUT they are natural athletes underneath it all. Some of us love swimming, hiking, skating, climbing, or combat sports like Jiu Jitsu, or kickboxing. Pick any highly active hobby and partake in this hobby at least 3 days a week. If you enjoy lifting weights/cardio do that also. Get creative. Sometimes even a simple game of lava tag with your kids is enough to wear you out for the rest of the day.

## Section 3 : Tips / Tricks

See next page for lots of tips to get movement into your daily life!



# EXERCISE TIPS!

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Incorporating more exercise into your day doesn't necessarily mean dedicating hours to the gym. There are plenty of simple and practical ways to increase physical activity throughout your day. Here are some strategies to consider:

1. **Take the Stairs:** Opt for the stairs instead of the elevator whenever possible. Climbing stairs is an excellent way to fit in a quick burst of exercise and improve cardiovascular health.
2. **Walk or Bike:** Whenever feasible, choose walking or biking as your mode of transportation. This could mean walking or biking to work, school, or nearby errands instead of driving.
3. **Schedule Short Workouts:** Break up your day with short bursts of exercise. Set aside time for quick workouts, such as 10-minute walks during breaks, or brief bodyweight exercises like squats, lunges, or push-ups.
4. **Stand More, Sit Less:** Incorporate more standing into your daily routine. Consider using a standing desk or taking standing breaks throughout the day. Standing engages different muscles and can help alleviate stiffness from prolonged sitting.
5. **Maximize Lunch Breaks:** Use your lunch break to squeeze in physical activity. Take a brisk walk outside, do a quick yoga session, or engage in a workout class if available nearby.
6. **Set Reminders:** Set reminders or alarms on your phone or computer to prompt you to move periodically throughout the day. Use these reminders as cues to stretch, walk, or do a quick exercise circuit.
7. **Multitask Mindfully:** Look for opportunities to combine exercise with other activities. For example, listen to podcasts or audiobooks while walking, do squats or lunges while brushing your teeth, or stretch while watching TV.
8. **Involve Others:** Make exercise a social activity by involving friends, family, or coworkers. Schedule walking meetings, join a sports team, or participate in group fitness classes together.
9. **Prioritize Active Leisure:** Choose leisure activities that involve movement and physical activity. Instead of sedentary pastimes like watching TV or scrolling through social media, opt for active hobbies like gardening, dancing, or playing outdoor games.
10. **Track Your Progress:** Use a fitness tracker or smartphone app to monitor your daily activity levels and set goals for yourself. Tracking your progress can help you stay motivated and accountable.

Remember, every little bit of movement counts, so find opportunities to sneak in extra activity throughout your day. By incorporating these simple strategies, you can increase your overall physical activity levels and reap the many benefits of regular exercise.

# 5: SLEEP

## Section 1 : 3 Reasons

Hormones, Mindset. Energy, Recovery, and Growth

**Critical Information: Sleep is the foundation for which every other step in this guide is built upon, if you get this right EVERY other step in this guide becomes more productive, or easier to achieve.**

Poor sleep can negatively impact weight loss efforts by affecting hormone regulation, increasing caloric intake, reducing physical activity, altering metabolism, promoting muscle loss, elevating stress levels, and disrupting circadian rhythms. Prioritizing quality sleep as part of a comprehensive weight loss plan is essential for achieving and maintaining successful weight management outcomes.

## Section 2 : Action Item - Get 7-8 Hours/Night

I can not stress this enough. Sleep should be your #1 priority each day. Plan everything AROUND this. Stop what you are doing and go listen to any podcast with Matthew Walker. He is a professor of neuroscience and psychology at UC Berkley and he will not only blow your mind, but he will change the way you look at sleep.

## Section 3 : Tips / Tricks

Don't guess. Track it. Fitbits and other trackers can be a pivotal tool in your arsenal toward better health. We like to think we know how much or how well we slept, but a tracker shines light on all your overlooked "awake" time.

I've included an entire page of tips / tricks below. There is a lot we can do to improve sleep, and even more things we should avoid if we want it to be good!



# BETTER SLEEP TIPS

## Optimize Your Sleep Environment:

- Create a comfortable and conducive sleep environment and avoid this space until it is time for sleep.
- Keep your bedroom cool, quiet, and dark.
- Invest in a comfortable mattress and pillows.
- Remove electronic devices such as TVs, computers, and smartphones from your bedroom, and/or use blue light-blocking glasses to minimize exposure to artificial blue light before bed.
- Consider using white noise machines or earplugs to block out disruptive sounds.

## Establish a Consistent Sleep Schedule:

- Go to bed and wake up at the same time every day, even on weekends.
- Consistency helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.

## Create a Relaxing Bedtime Routine:

- Develop a calming bedtime routine to signal to your body that it's time to wind down.
- Activities such as reading, taking a warm bath, practicing relaxation techniques (like deep breathing or meditation), or gentle stretching can help prepare your mind and body for sleep.

## Limit Stimulants and Electronics Before Bed:

- Avoid stimulants such as caffeine and nicotine close to bedtime, as they can interfere with sleep.
- Reduce exposure to screens and electronic devices, as the blue light emitted can disrupt your body's natural sleep-wake cycle. Aim to avoid screens at least an hour before bedtime.

## Increase Natural Melatonin

Melatonin is produced naturally in your body and helps regulate your Circadian Rhythm as Night sets in: Cooler temperatures, the elimination of blue light, and the introduction of red light all aid in the natural production of melatonin.

Don't eat or drink fluids just before bed.

This Guide is designed specifically to make your first steps easy to understand and follow. It is fundamental information to get you started down the right track. Huge progress can be made with these first steps, but continue learning and growing and asking questions.

If you need further help or accountability consider coaching plan:

<https://NutritionCoachRayann.com/services>

Find us “Don’t Like It? Change it” on Facebook

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1. **Not a Substitute for Medical Advice:** Nutrition coaching provided by “Coach Rayann LLC” is not intended to replace medical advice, diagnosis, or treatment. It is essential to consult with a qualified healthcare professional before making significant changes to your diet, especially if you have existing medical conditions, dietary restrictions, or are pregnant or breastfeeding.
2. **Individualized Recommendations:** While every effort will be made to provide personalized nutrition guidance tailored to your needs and goals, please understand that nutrition recommendations may vary based on individual factors such as age, gender, weight, height, activity level, health status, and dietary preferences. The information provided during nutrition coaching sessions is for educational purposes only and should not be considered as a one-size-fits-all solution.
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