

## Coach Joda's Nutrition Plan & Shopping List

**1. Overcoming Temptations.** For each temptation identify why it's a problem, your "limits" and an alternative or two.

Temptations	Why is this a problem?	My Limit(s)	Alternative Or Distraction

**2. My Targets.** Outline your diet rules and daily targets for nutrition and food groups

My Daily Nutrition Targets

Key nutrients	Min	Max
Calories	800	
Protein (grams)	60	
Vitamin & minerals	100%	

My Daily Food Group Targets

Treat(s)	0
Healthful fats & oils	0 0
Meals with ~20 grams protein	0 0 0
Healthful starches	0 0 0 0
Vegetables and fruit(s)	0 0 0 0 0
Water/fluids in cups	0 0 0 0 0 0

My Diet Rules

**Eat more of:**

**Eat less or reduce portion sizes of:**

**Shopping & Meal Planning:**

**3. Daily Plan.** Use the table below to develop a daily food and nutrition plan that meets your targets.

Meals	Water	Veg.	Fruits	Carbs	Proteins	Nuts & Oils	Treat	Pills
Portions	Cups	~1C	~1/2C	~1/2c	3 oz.(~20g)	~Tablespoon oil		
Early AM	2			1	1/2	1		1
Mid AM	1		1		1/2			
Mid-Day.	1	2		1	1			
Early PM	2			1		1	(1)	
Evening	1	2			1+	1		
Late PM	2							1
<b>Totals</b>	<b>9</b>	<b>4</b>	<b>1</b>	<b>4*</b>	<b>3+</b>	<b>3</b>	<b>1</b>	<b>2</b>

My signature below indicates that I am committed to implementing this plan for at least \_\_\_\_ weeks

Signature
Start Date
End Date

## Coach Joda's Nutrition Plan & Shopping List

### PROTEINS

#### Grass Fed & Organic

- Beef \_\_\_\_\_
- Lamb \_\_\_\_\_
- Bison/Game \_\_\_\_\_
- \_\_\_\_\_

#### Pasture-Raised/Organic

- Pork \_\_\_\_\_
- Chicken \_\_\_\_\_
- Eggs \_\_\_\_\_
- \_\_\_\_\_

#### Clean Seafood

- Wild Salmon
- Small fish \_\_\_\_\_
- Shellfish \_\_\_\_\_
- \_\_\_\_\_

#### Other proteins

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### DAIRY & MILKS

- Almond/Cashew
- Organic Cow Milk
- \_\_\_\_\_

#### Grass Fed Animal Milks

- Cheese
- Low sugar yoghurt
- Low sugar kefir
- Butter
- \_\_\_\_\_
- \_\_\_\_\_

### ORGANIC NUTS & SEEDS

- Nut Butter: \_\_\_\_\_
- Nuts: Almond, Brazil, Cashews, Hazel, Macadamia, Pecans, Pistachio, Walnuts
- Seeds: Chia, Ground Flax, Hemp, Pumpkin, Sesame
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### PRODUCE BY COLOR

#### Dark Greens

- Asparagus
- Broccoli
- Cabbage-Greens
- Green Onions
- Kale
- Kiwi
- Limes
- \_\_\_\_\_ Leaves
- Watercress
- Zucchini

#### Yellow/Orange

- Apricot
- Carrot
- Lemon
- Orange
- Papaya
- Squash
- Tangerine
- Yellow Potatoes

#### Reds/Purples

- Beet
- Plum
- Peach/Nectarine
- Purple Potato
- Watermelon

#### Blue/Black

- Blueberries
- Blackberries
- Seaweed

#### Whites

- Cucumber
- Cauliflower
- Grapefruit
- Mushroom
- Okra
- Onion

#### Higher Sugar Fruits

- Bananas
- Dried \_\_\_\_\_
- Melons
- Mango
- Pineapple
- \_\_\_\_\_
- \_\_\_\_\_

### ORGANIC & BEWARE

#### Organic Only

- Apples
- Bell peppers
- Cucumbers
- Cabbage-White
- Celery
- Cherries
- Grapes
- Peaches
- Pears
- Spinach
- Strawberries
- Tomatoes

#### Beware! Inflammation

Nightshades: bell-peppers, eggplants, goji berries, okra, red peppers, tomatoes, white potatoes

### STARCHY/BEANS

- Adzuki/Mung Beans
- Black Beans
- Black-Ed
- Fresh Corn
- Garbanzo beans
- Lentils
- Non-GMO, Organic Soy products
- Soy beans
- Peas \_\_\_\_\_
- \_\_\_\_\_

### GRAINS (1/2 CUP A DAY)

- Buckwheat/Soba
- Rice: brown, black, red, white
- Quinoa
- Rye, Sorgum, Millet, Amaranth, Teff
- \_\_\_\_\_
- \_\_\_\_\_

### OTHER ITEMS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### HEALTHFUL FATS & OILS

- Avocado
- Coconuts
- Olives

#### Cooking Oils

- Organic Avocado
- Grass fed butter
- Organic virgin coconut
- Organic animal fats

#### Oils eaten raw: Salads

Almond, Flax, Hemp, Sesame Seed, Macadamia, Organic Virgin Olive, Walnut

### OTHER/BEVERAGES

- Coconut Water
- Coffee \_\_\_\_\_
- Condiments \_\_\_\_\_
- Dressings \_\_\_\_\_
- Herbs \_\_\_\_\_
- Sauces \_\_\_\_\_
- Soups \_\_\_\_\_
- Tea \_\_\_\_\_
- Vinegar \_\_\_\_\_
- Water (filtered)
- \_\_\_\_\_
- \_\_\_\_\_

### HOUSEHOLD

- Bags \_\_\_\_\_
- Body \_\_\_\_\_
- Cleaning \_\_\_\_\_
- Hair \_\_\_\_\_
- Medical \_\_\_\_\_
- Paper \_\_\_\_\_
- Pain \_\_\_\_\_
- Pet \_\_\_\_\_
- Supplements \_\_\_\_\_
- Teeth \_\_\_\_\_
- Toiletry \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_