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## THE EDGE NUTRITION PROTOCOL

# **INTRODUCTION** & YOUR 1st TASK



### THE EDGE FLEXIBLE NUTRITION PROTOCOL - INTRO

#### INTRODUCTION

- As you know, one of the biggest drivers of this process is going to be your nutrition.
- X Now, I'm not going to tell you exactly what you should or shouldn't eat.
- Prescriptive diet plans almost always fail to create long-term change because they are too rigid, boring and unsustainable
- Instead, I'm going to help you to learn how to create healthy balanced meals based on your personal preference so you can progressing long-term and still enjoy your food.
- — By the end of the program you should have a good feel for the
   calorie and macronutrient content of different foods, understand
   how they affect you, and be able to consistently prepare meals that
   suit your personal needs.
- 🤔 Next, I just want to explain a bit more about how this approach works.
- Then, I'm going to give you your first real task of the program your 3-DAY DIET DIARY

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- When it comes to nutrition one of the keys to long-term success is taking a flexible approach.
- This means you *can* enjoy the foods you love as long as your overall diet sticks to the core principles.
- It also leads to better long-term results than rigid, restrictive diets.

#### IT'S SUSTAINABLE - IT WORKS. - IT FEELS GOOD.

#### 🧠 PLANNING & CONTROL

- Flexibility isn't an excuse to eat junk whenever you feel like it.
- To make it work, you'll need a bit of structure and self-control.
- So when you do enjoy those "treats" it's not going off-plan
  It's actually a *part of the plan.*
- This is a powerful mindset shift it helps you to stay in control and enjoy yourself without the guilt.
- In track no "starting again Monday."

We'll go deeper into this as we move through the program... for now, let's get on with your first task.

## THE EDGE YOUR 1st TASK - **3-DAY DIET DIARY**

#### YOUR FIRST TASK...

#### 3-DAY DIET DIARY

- Phase 1 starts now with assessing your current diet.
- Before your first coaching call you'll need to record everything you eat or drink for 3 days.

#### 📸 How?

- By simply taking photos using the JBC app on your phone
- Whenever you eat or drink something just pick up your phone...
  - Open the JBC app
  - go to... LOGBOOK > FOOD DIARY > ADD MEAL
  - Then take the photo. Simple.
- Bon't worry about taking individual snaps of different things on your
- plate. Just take a photo of the whole meal.
  - · Aim to do breakfast, lunch, dinner, and snacks.
- 💆 Include anything you drink also.
  - So... when you have a coffee, take a snap.
- For now, don't worry about the calories, macronutrients or anything else.
- All we need are the pictures of everything you eat and drink for 3 days so we can go over it together on the call.