



Nutrition & Habits

3 Habits associated with those who reach their fitness goals

Habit # 1 - Eat 30 grams of Clean Protein with your first meal of the day

When it comes to eating your first meal of the day, **what** you put in your mouth **FIRST** usually dictates the rest of the day. If you can **WIN** the first meal of the day, typically the rest of your meals will follow suit. And if that meal is **HIGH** in clean Protein you are more likely to have another High Protein clean meal.

Habit #2 - Clean Meal Repeat Habit - Eat same meals 2x per day

Eating a clean meal most days on repeat is not the end of the world. In fact you probably are already eating the same meals over and over again. Once you begin tracking your food intake you will see patterns. So why not make the meals the same clean meals and take the decision fatigue out of the equation.

Habit # 3 - Tracking Habit - Accountability by tracking

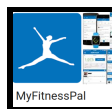
Whether with a coach or yourself, tracking is the foundation for self awareness. And with self awareness you can press "pause" on your current state and begin to induce a change.

Weekly & Monthly Tracking your weight, food intake and exercise each week using a simple calendar will do the trick. If you really want to do the trick do it for at least 10 weeks. After this tracking habits will become second nature and flow easy.

30G OF PROTEIN
@thefitnesschef_

<p>130G CHICKEN</p> <p>138 CALORIES 30G PROTEIN 2G FAT</p>	<p>170G RIBEYE</p> <p>425 CALORIES 30G PROTEIN 34G FAT</p>	<p>120G SALMON</p> <p>255 CALORIES 30G PROTEIN 15G FAT</p>	<p>120G TURKEY MINCE</p> <p>134 CALORIES 30G PROTEIN 1.5G FAT</p>
<p>40G WHEY</p> <p>140 CALORIES 30G PROTEIN 2.5G FAT</p>	<p>5 EGGS</p> <p>318 CALORIES 30G PROTEIN 22G FAT</p>	<p>100G TUNA</p> <p>128 CALORIES 30G PROTEIN 1G FAT</p>	<p>100G PEANUTS</p> <p>645 CALORIES 30G PROTEIN 10G CARBS *54G FAT</p>

March 2020						
S	M	T	W	T	F	S
1	W	W		4	W	W
8	W	W		11	W	W
15	W	W		18	W	W
22	W	W		25	W	W
29	30	31				



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