



RENAISSANCE HEALTH & FITNESS

The *Nutrition* Guide

Eat to nourish. Digest to absorb. Eliminate to renew.

PROTEIN

FIBER

HEALTHY FATS

CARBOHYDRATES

DIGESTION

HYDRATION

DAILY CHECKLIST

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01 — FOUNDATION

The *Philosophy*

"You are what you digest, absorb, and eliminate."

This guide is built on one foundational truth: food is information. Every meal you eat sends a signal to your body — promoting repair and energy, or triggering inflammation and dysfunction. The goal here is not restriction or obsession. It is **awareness, simplicity, and consistency**.

We are not counting calories. We are not following a rigid diet with a name attached. We are building a sustainable, nourishing relationship with food — one that you can maintain for life. The framework is simple: **hit your protein, eat your fiber, manage your fats, pay attention to how you feel**.

Three Meals a Day

Three structured meals per day is sufficient — whether your goal is building muscle or burning fat. This guide is not about intermittent fasting. If you are curious about fasting protocols, please schedule a one-on-one consultation and we will explore whether it is the right fit for your goals and lifestyle.



Protein First

The anchor of every meal. Hits your target, preserves muscle, regulates appetite.



Fiber Second

Vegetables and fruits. 20–30 g daily from whole foods. Non-negotiable for gut health.



Fats — Mindful

Healthy fats are essential but calorie-dense. 1–2 tbsp per meal is the guide.



Carbs — Contextual

Fuel for activity. Quality over quantity. Adjust to your performance and body response.

02 — THE ANCHOR MACRO

Protein

Every single meal is built around protein. It is not an afterthought — it is the foundation.

The target is **0.7–1 gram of protein per pound of bodyweight per day**. A 150 lb person is aiming for 105–150 g daily. A 100 lb person is aiming for 70–100 g. The starting point for most people is simple: **30–40 grams of protein per meal, three times a day**. From there, we adjust based on your goals, your hunger, and how your body is responding.



Your Personal Protein Target

Body weight

lbs

Quality Protein Sources

FOOD	SERVING	APPROX. PROTEIN	NOTES
Eggs	3 large	~18-21 g	Complete amino profile; excellent daily anchor food
Chicken breast	4 oz cooked	~35 g	Lean, versatile; pair with healthy fat source
Ground beef (85/15)	4 oz cooked	~28 g	Includes fat; adjust fat additions accordingly
Salmon / fatty fish	4 oz cooked	~26 g	Built-in omega-3 healthy fat — excellent choice
Greek yogurt (plain)	1 cup	~20 g	Good snack or breakfast base; watch added sugars
Cottage cheese	1 cup	~24 g	Casein-dominant — great before bed for muscle repair
Beef liver / organ meat	3 oz cooked	~23 g	Most nutrient-dense food on earth — highly recommended
Lentils / legumes	1 cup cooked	~18 g	Paired with quality fats; monitor digestive response
Bone broth (homemade)	8 oz	~6-10 g	Collagen protein; pairs with meals beautifully

 A Special Word on Eggs

If you eat eggs regularly, you are covering an enormous amount of your daily nutritional requirements in one go — complete protein, B12, choline, fat-soluble vitamins A, D, E, and K, plus essential minerals. Eggs are one of the most nutrient-dense foods available. They are a cornerstone food in this program.

Vegetables and fruit have been unfairly demonized. Let's apply a little common sense.

People do not become overweight from eating too much spinach and too many apples. **Obesity is not a broccoli problem.** Fresh fruits and vegetables are among the most nutrient-dense, fiber-rich foods available — and your gut depends on them. The target is **20-30 grams of fiber daily from raw, whole fruits and vegetables.**

Why Fiber Matters

Fiber feeds the beneficial bacteria in your gut, slows glucose absorption, promotes satiety, supports bowel regularity, and reduces systemic inflammation. It is not optional — it is foundational.

Prioritize **raw or lightly cooked** vegetables where possible. Raw food retains more enzymatic activity, which supports digestion. That said, lightly cooked vegetables are absolutely fine and can be easier to eat in volume.

High-Fiber Foods to Prioritize

-  Dark leafy greens — spinach, kale, arugula, chard
-  Broccoli, cauliflower, Brussels sprouts
-  Berries — blueberries, raspberries, blackberries
-  Apples and pears (with skin)
-  Carrots, celery, cucumber
-  Avocado (~10 g fiber in one whole fruit)
-  Bell peppers, zucchini, asparagus

Vegetables Take Up Most of Your Plate

In the clock plate method (covered in section 08), vegetables occupy the majority of your plate — the space from 7 o'clock all the way around to 12 o'clock. This is intentional. Vegetables should be the most abundant food group at every meal, visually and volumetrically.

Fats are essential for hormone production, brain function, fat-soluble vitamin absorption, and cell membrane integrity. They are not the enemy — but they are calorie-dense, so a little goes a long way.

The guideline: **approximately 1-2 tablespoons of healthy fat per meal**, or the equivalent in whole food form. You do not need to track fat grams obsessively — but you do need to be diligent about how much you are adding, because calories from fats accumulate quickly and quietly.



Extra Virgin Olive Oil

Anti-inflammatory. Rich in oleocanthal. Use for salads, low-heat cooking, or drizzling. ~1 tbsp per use.



Coconut Oil / Coconut Meat

Medium-chain triglycerides (MCTs) — rapidly converted to energy. Good for higher-heat cooking. Fresh coconut meat is excellent.



Avocado

¼ of an avocado per meal is a guideline. Rich in monounsaturated fats, fiber, and potassium. Counts as both a fat and a fiber source.



Nuts & Seeds

A small handful — roughly one closed fist. Almonds, walnuts, macadamia, pecans. Walnuts provide plant-based omega-3s.



Butter (Grass-Fed)

A little goes a long way. Grass-fed butter contains CLA and fat-soluble vitamins. Use sparingly — treat it as a flavor enhancer, not a cooking base.

⚠ Fat Adds Up Fast — Stay Diligent

A tablespoon of olive oil is about 120 calories. A handful of nuts can be 180–200 calories. Half an avocado is about 160 calories. None of these are problems — but if you are having two tablespoons of olive oil, a full avocado, and a large handful of nuts at every meal, your fat intake will quietly become very high. The guidance here is mindfulness, not fear.

05 — FUEL FOR ACTIVITY

Carbohydrates

Carbohydrates are fuel — not poison, and not the answer to everything. Context matters enormously.

The goal is to **avoid overly processed carbs and refined grains**. Think of carbohydrates as fuel you earn through movement. The more active you are, the more you need. The less active, the less you need. A general guideline for starchy carbohydrate intake is **100–300 grams per day**, adjusted to your activity level, performance, and body composition goals.

Quality Carbohydrate Sources

- 🍠 Sweet potatoes and yams
- 🍚 White or brown rice (non-GMO when possible)
- 🌾 Oats — whole rolled oats, organic, non-GMO
- 🥜 Legumes — lentils, black beans, chickpeas
- 🍞 Sourdough bread (whole grain, traditionally fermented)
- 🍎 Fruits — whole fruit, not juice
- 🥔 Potatoes (with skin) — a whole food with real nutrients

Adjusting to Your Goals

WEIGHT NOT DROPPING

First hit protein & fiber targets. Then **reduce carbs slightly** and observe over 2 weeks.

BUILDING MUSCLE, NOT PROGRESSING

Dial in protein and fiber first. Then **add carbs slightly** and track performance, sleep, and mood.

GENERAL PRINCIPLE

Protein and fiber are always dialed in first.
Carbs are the adjustable variable.

 **On whole grains:** They have been unfairly demonized. If you eat whole grains, choose organic and non-GMO whenever possible. Be aware of serving sizes and treat starchy carbohydrates as fuel proportional to your activity level. Monitor your digestion and energy response — that is your most honest feedback.

06 — YOUR BODY'S FEEDBACK SYSTEM

Digestion Signals

Your digestive system is the most honest feedback mechanism you have. Learn to listen to it.

You are not simply what you eat — **you are what you digest, absorb, and eliminate.** Poor digestion means that even the most nutritious food on the planet may not be serving you well. Pay close attention to how your body responds in the hours after eating.



Bloating after eating

A consistent red flag. Usually indicates a food intolerance, poor digestive enzyme production, or gut dysbiosis. Identify and eliminate the trigger.



Gas & cramping

Fermentation in the gut from undigested food or imbalanced gut bacteria. Investigate which foods precede these symptoms.



Constipation or diarrhea

Either extreme signals the gut is not processing optimally. Review hydration, fiber intake, food sensitivities, and stress levels.



Elevated post-meal glucose

If using a continuous glucose monitor, a spike higher than your established personal norm after a meal may indicate a food intolerance — not just a sugar sensitivity.



Regular, easy elimination

Ideally 1–2 well-formed bowel movements daily. This is a sign your gut is processing and clearing appropriately.



Stable energy after meals

No dramatic crash, no brain fog, no extreme fatigue. A slight postprandial calm is normal — excessive heaviness is not.

Continuous Glucose Monitor (Optional)

If you have access to a CGM (such as Levels or NutriSense), you can observe your personal baseline for post-meal blood sugar. There is a normal postprandial glucose rise after eating — the concern is when your response is consistently higher than your personal norm for a given meal. This can be a useful signal of food intolerance. However, you do not need a CGM to succeed with this program. Your body's other signals are equally valid information.

07 — COMMON SENSE NUTRITION

Nightshade *Vegetables*

Nightshade vegetables — **onions, garlic, bell peppers, eggplant**, tomatoes, and others — are sometimes said to be universally harmful. This is an overclaim. For the vast majority of people, nightshades are perfectly fine and highly nutritious.

✓ When to Keep Them

If you eat nightshades and feel great — no digestive symptoms, no joint pain, no skin flares — there is no reason to eliminate them. They contain valuable phytonutrients, antioxidants, and prebiotic compounds.

⚠ When to Consider Removing Them

If you suspect an autoimmune condition, or if you consistently notice discomfort, joint inflammation, digestive issues, or skin changes after eating these foods — try removing them for 3–4 weeks and observe the difference.

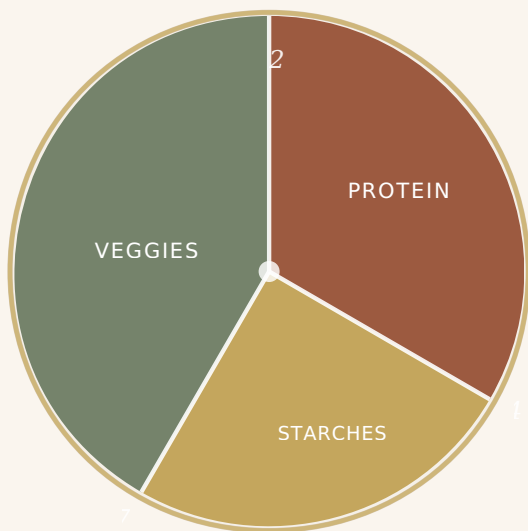
↺ The Whole30 as an Elimination Reset

An excellent short-term tool for identifying food sensitivities is the **Whole30 protocol**. Whole30 eliminates the most common inflammatory and reactive food groups for 30 days, then systematically reintroduces them. It is not a long-term plan — it is a diagnostic tool to help you understand your own body's responses. If you are unsure about which foods may be affecting you, Whole30 is a clear and structured starting point.

The Clock *Plate*

Imagine your plate as a clock face. This is your simplest portion control tool — no scale required.

This visual is a **guideline, not a rigid rule**. It gives you an intuitive way to think about proportions at a glance, without tracking or weighing every bite. Use it as a mental framework to build your plate.



Reading Your Plate

- **12 → 4 o'clock — Protein**
~33% of the plate. Your anchor: 30–40 g per meal. Meat, fish, eggs, legumes.

- **7 → 12 o'clock — Vegetables**
~42% of the plate. The majority. Raw or lightly cooked. Variety of color.

- **4 → 7 o'clock — Starches**
~25% of the plate. Proportional to activity. Sweet potato, rice, oats, legumes.

- **Healthy fat — on top**
Drizzle, add, or cook with 1–2 tbsp. Olive oil, butter, avocado, nuts — not a wedge of the plate but present throughout.

 This clock method is a **starting point and a simplification tool**. It is not a precise measurement system. Some meals will look different — a salad, a stir-fry, a soup — and that is fine. Use this as a mental template when building your plate, not a rule to follow rigidly.

The *Palm* Method

A powerful complement to the clock plate is using your hands as measuring tools — no scale, no app, no obsessive tracking. Your hands are proportional to your body, meaning the portions they measure are naturally calibrated to your size.



Palm = Protein

One palm-sized portion of meat, fish, or protein-rich food per meal.



Fist = Vegetables

One to two fist-sized portions of vegetables per meal — or more.



Cupped Hand = Carbs

One cupped handful of starchy carbohydrates per meal.



Thumb = Fats

One thumb-sized portion of fat per meal (oils, butter, nut butter).

Detailed Palm Guide Resource

For a beautifully illustrated, user-friendly visual reference for the palm method, visit: [Hand-Sized Portions Guide — Strong Strong Friends](#)

This resource makes the palm method easy to apply at any meal, in any setting, without any tools.

Hydration

Hunger and thirst feel remarkably similar. Many people eat when their body is actually asking for water.

Before each meal, **check your hydration status first.** Have you been drinking consistently throughout the day? A glass of water 15–20 minutes before eating can clarify whether you are truly hungry or simply thirsty. Proper hydration also supports digestion, nutrient absorption, energy levels, and cognitive performance.



Daily Water Target

A practical baseline: half your bodyweight in ounces. A 150 lb person aims for ~75 oz (~2.2L) daily, plus more during exercise and in hot weather.



Hydration Before Meals

Drink water or herbal tea 15–20 min before meals. This aids gastric acid preparation, reduces overeating, and helps distinguish hunger from thirst.



Electrolytes Matter

Pure water is not always sufficient. Sodium, potassium, and magnesium are essential electrolytes. Add a pinch of quality salt to your water, or eat mineral-rich foods.

Sleep, Stress & *Nutrition*

You can eat perfectly and still undermine your results with chronic sleep deprivation and unmanaged stress.

🌙 Sleep & Hunger Hormones

Sleep deprivation elevates **cortisol** (your primary stress hormone) and **ghrelin** (your hunger hormone) simultaneously — meaning you feel more stressed, more hungry, and less capable of making sound food decisions. A night of poor sleep can derail a week of disciplined eating. Prioritizing sleep is not separate from nutrition; it is nutrition.

😞 Eating in a Stressed State

When your nervous system is in a sympathetic (fight-or-flight) state, **digestion is genuinely impaired**. Blood flow is redirected away from the gut. Digestive enzymes are reduced. Nutrient absorption suffers. Before eating, take 3–5 deep breaths, step away from your screen, and allow your body to shift into a parasympathetic state. Your meal deserves your presence.

Practical Pre-Meal Reset

- Step away from your workspace or screen before sitting down to eat
- Take 3–5 slow diaphragmatic breaths before your first bite
- Do a quick internal check-in: Am I calm? Am I actually hungry?
- Chew thoroughly — digestion begins in the mouth, not the stomach
- If you are in the middle of a stressful moment, eat after you have had a chance to decompress, even if that means a 5-minute walk first

Emotional *Food Signals*

Pay attention to how you feel **emotionally and energetically** in the hours following a meal. Your body communicates through more than just physical symptoms.



Persistent low mood or irritability after eating

Could indicate blood sugar dysregulation, a food sensitivity, or an inflammatory response to a specific food or combination.



Feeling heavy, weighed down, or foggy

A normal, slight postprandial calm is expected. Feeling mentally slow or physically sluggish for hours after eating is not normal — investigate the meal.



Sustained energy and mental clarity

The goal. A well-matched meal should leave you feeling nourished, alert, and functional — not foggy, not wired, not crashing.



Stable mood between meals

When your nutrition is dialed in, hunger between meals feels calm and gradual — not urgent, irritable, or anxious.



Use your **daily journal** to track emotional responses to meals. Over time, patterns will emerge. Note the time, the meal, and how you felt 1–2 hours afterward. This is one of the most underutilized nutrition tools available — and it costs nothing.

13 — SUPPORT & RESOURCES

Tools & *Supplementation*

This guide focuses on food-first nutrition. Supplementation is secondary. That said, there are a few whole-food-based additions worth highlighting.



Homemade Bone Broth

Beef marrow bones in a crock pot for 12–24 hrs with apple cider vinegar, salt, pepper, fresh turmeric, and ginger. Provides collagen, glucosamine, chondroitin, minerals, and anti-inflammatory compounds.



Organ Meat Supplements

The most nutrient-dense foods available. Encapsulated forms make them accessible. **Paleo Valley** and **Trace Mineral Research** are recommended brands with quality sourcing.



PT Distinction Platform

Your exclusive tracking tool for this program. Track protein and fiber — not calories. Login link sent after enrollment. Do not obsess over calorie numbers; focus on the targets that matter.



Glucose Monitor (Optional)

NutriSense and Levels offer CGM programs. Useful for understanding personal food responses. Not required — body signals are equally valid information when you learn to read them.

14 — DAILY ACCOUNTABILITY

Daily Nutrition *Checklist*

Use this every day to stay grounded, accountable, and aware. It is not about perfection — it is about showing up consistently and honestly.

Today:



Vegetables & Fiber

- ☐ Vegetables at breakfast
Spinach, peppers, zucchini, greens — with eggs or as a side
- ☐ Vegetables at lunch
Raw or lightly cooked — variety of color
- ☐ Vegetables at dinner
Should be the largest portion on your plate
- ☐ Fruit included today



Healthy Fats

- ☐ Breakfast: 1–2 tbsp healthy fat
Butter, olive oil, avocado, nuts, coconut
- ☐ Lunch: 1–2 tbsp healthy fat
Olive oil on salad, handful of nuts, ¼ avocado
- ☐ Dinner: 1–2 tbsp healthy fat
Stayed diligent — fats can add up fast



Hydration

- ☐ Drank water before breakfast
15–20 min before eating — check thirst vs. hunger

✓ Berries, apple, pear — whole fruit, not juice

- ☐ 20-30 g fiber target met & logged
- From whole vegetables and fruit — not supplements

- ☐ Drank water before lunch
- Consistent hydration through the morning

- ☐ Drank water before dinner
- Electrolytes if needed — pinch of salt in water

- ☐ Hit daily water target
- ~½ your bodyweight in ounces per day



Plate & Portions

- ☐ Clock plate method used at breakfast
- Protein 12-4 · Starches 4-7 · Veggies 7-12

- ☐ Clock plate method used at lunch
- Guideline, not a rigid rule

- ☐ Clock plate method used at dinner

- ☐ Carbohydrate portion matched activity level
- Active day = more; sedentary day = less

TODAY'S COMPLETION

0%



Nourishment is not a punishment. It is an act of respect for the body that carries you through every experience you will ever have.

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NUTRITION GUIDE

This guide is a companion to the 8-Week Course, the Sleep Guide, the Stress Guide, and the PT Distinction training platform. All content is educational and intended to support a healthy lifestyle. Please consult

a qualified healthcare provider for any medical or clinical nutrition concerns.

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