

# MEMBER SUCCESS GUIDE

These simple, helpful guidelines will lead you down the road to health and fitness success both inside and outside of the kitchen.

---

This guide will help you discover the **WHAT**, the **HOW**, and the **WHY** behind solid, effective, and sustainable nutrition.



# HELLO PSTS MEMBER!

## **We are the PowerStrength Team!**

This booklet is based on the collection of years of research, trial and error, and the combined experience of not only us as coaches – but of ALL our clients. We have jam packed these pages with the health and fitness secrets we use every single day to guide people just like you to make sustainable transformations – without feeling deprived, angry, sad, or miserable.

Diets are tough.

Our approach involves integrating bite-sized habits and lifestyle changes into the context of YOUR REAL LIFE.

***NOW...TO THE PSTS TIPS***

# ***TABLE OF CONTENTS***

**Nutrition and Lifestyle Education – Pg. 1-2**

**Protein – Pg. 3**

**Fats – Pg. 4**

**Carbohydrates – Pg. 5**

**Fiber – Pg. 6**

**Water – Pg. 7**

**Sleep – Pg. 8**

**Stress – Pg. 9**

**Environment – Pg. 10**

**Movement – Pg. 11**

**Win While Eating Out – Pg. 12**

**Shopping To Win – Pg. 13-14**

**Build A Winning Plate – Pg. 15-16**

**FAQ's – Pg. 17-18**

# ***NUTRITION AND LIFESTYLE EDUCATION***

## **GOALS**

***Motivation will come and go. When motivation is high, we want to use that time to develop sustainable habits that will be long-term. These sustainable habits will keep us on track when motivation fades.***

### **Tip #1: Know Your 'Why'**

You are here for a reason. Something prompted you to raise your hand and to make improvements in your lifestyle, eating habits, or overall health.

Your goals go beyond merely wanting to fit into your old jeans or lose a few pounds. There is a deeper motivation driving your actions.

Take some time to clarify what that motivation is. Why are you pursuing this change? If your "why" is significant enough to you, you will find a way to achieve it!

### **Tip #2: Try Something New**

Explore new recipes in this guide. Establish a fresh morning routine. Experiment with different exercises. Changing things up can revitalize your health and fitness regimen and bring back the sense of novelty you felt at the start of your journey.

### **Tip #3: Create a Vision Board**

Create a vision board with inspirational quotes, motivating phrases, and images that represent your goals. If you prefer not to create an entire board, consider changing your phone's lock screen to display your goal or a motivational saying.

Keeping your goals visible every day re-energizes you, especially when challenges arise!

## Tip #4: Be Grateful

A goal without a plan is simply a wish, and wishes don't always come true.

Avoid comparing yourself to others. I know this can be challenging, especially in today's age of social media. Take a moment to go through your social media accounts and unfollow or unfriend anyone who makes you fall into the 'comparison trap'.

Be grateful for your body, your health, your family, your friends, and any progress you've already achieved.

Most importantly, appreciate the opportunity to create change! Not everyone has this chance.

## Tip #5: Reward Yourself

Break down your journey into smaller milestones and plan a reward for each achievement. For example, if you lose 5 pounds, treat yourself to a pedicure. If you manage to track your nutrition for a full week, celebrate by buying a new workout outfit.

By setting small goals with associated rewards, the process can feel more like a series of short sprints instead of a long marathon.

### ***EXTRA THOUGHTS:***

- **Change Takes Time**
- **You Can't Out Train Your Diet**
- **Stronger Is Better**
- **Fail to Plan = Plan to Fail**
- **Accountability Is Key**

# PROTEIN

## What is Protein?

Proteins are organic molecules made up of amino acids – the building blocks of life.

## Why is Protein Important?

Without adequate protein intake, our bodies can't function well.

Protein helps replace worn-out cells, transports various substances through the body, and aids in cellular growth and repair.

Consuming protein can also increase levels of the hormone glucagon – a very important hormone that can help control body fat.

## What Are PowerStrength-Approved Protein Sources?

- **MEAT** (e.g. *turkey, chicken, fish, lean beef, bison, venison*)
- **EGGS**
- **BEANS / LEGUMES** (e.g. *lentils, chickpeas, black beans, white beans, etc.*)
- **WHEY PROTEIN**

## How Much Protein Do I Need?

For basic protein synthesis, it is sufficient to consume between 0.7 to 0.9 grams of protein per pound of body weight each day. However, increasing your protein intake to over 1 gram per pound may help you feel more satisfied after meals and can support a healthy body composition and proper immune function.

We recommend some protein before and after training to ensure adequate recovery.

# FATS

## Why Are Fats Important?

We need adequate fats to support our metabolism, cell signaling, the health of various body tissues, our immune system, hormone production, and the absorption of many nutrients (such as vitamins A and D). Having enough fat will also help keep you feeling 'full' between meals.

## What Are PowerStrength Healthy Fat Choices?

- NUTS
- SEEDS (hemp, flax, and chia are especially nutritious)
- FISH
- SEAWEED
- PASTURE-RAISED/GRASS-FED ANIMALS/EGGS
- OLIVE
- AVOCADO
- COCONUT
- CACAO NIBS

## How Much Healthy Fat Is Necessary?

Keep it simple. Don't worry too much about exact percentages and grams. ½ - 1 Tbsp. of oil, ½ Tbsp. nut butter, or ½ avocado per meal is a great start!

For additional benefits, supplement fish oil daily (ask us about our Omega-3 supplements). We recommend 3-6 g of fish oil each day.

# CARBOHYDRATES

## What Are Carbohydrates?

Carbohydrates are the primary immediate source of energy for all of your body's cells.

## Why Are Carbs Important?

Carbohydrates also feed a healthy gut, and keep your hormones balanced. For women especially, getting enough carbs is crucial for their thyroid and adrenal glands and helps maximize their fitness results.

## What Are PowerStrength-Approved Carb Options?

- SWEET/RED/PURPLE POTATOES
- JASMINE RICE
- QUINOA
- BROWN RICE
- WILD RICE
- OATMEAL
- (GF) TORTILLAS
- PLANTAINS
- MILLET
- YUCCA
- BLACK/PINTO BEANS
- STARCH VEGGIES (spaghetti squash, parsnips, butternut squash)

## How Many Carbs Are Recommended?

The minimal recommended intake for carbohydrates is around 130 grams per day for non-competitive athletes. The amount of carbohydrates that should be consumed depends on body size and activity levels. Larger and/or more active people need more, while smaller and more sedentary people require slightly less.

# FIBER

## What Is Fiber?

Dietary fiber is a non-digestible polysaccharide, which means it's a complex form of a carbohydrate (poly = "many"; saccharide = "sugar").

## Why Is Fiber Important?

Getting enough fiber is important for overall health and disease prevention. It keeps your 'plumbing' in good working order.

## What Are PowerStrength-Approved Sources of Fiber?

- **VEGETABLES**
- **FRUITS**
- **LEGUMES**
- **FLAX SEEDS**
- **NUTS**
- **SEEDS**

## How Much Fiber Is Recommended?

Women should aim for at least 30 to 35 grams of fiber per day. Men should aim for at least 40 to 45 grams of fiber per day.

You should get your fiber from whole foods. Fiber supplements (or fiber-supplemented foods) don't provide the micronutrients, phytochemicals, and water found in whole plant foods. When you eat enough fiber, you need to be sure to consume enough fluids.

# **WATER**

***Water. Water. Water. The essential nutrient to your well-being***

## **Why Is Water Important?**

Water helps your hormone regulation and improves your skin and hair health. It is also a powerhouse at regulating your temperature and improving your bowel movements.

## **Is There A Special Water?**

We recommend using a filter system or alkaline water in your home. The benefits lie not in the water itself but in what these waters lack that your unfiltered tap water contains.

## **How Much Water Is Recommended?**

We recommend consuming half your body weight in ounces per day. If you are active/sweating that day, you should add another 20oz. (ex. 160 pound woman will need at least 80 ounces of water per day).

## **Tips to Drink More Water!**

- **PURCHASE A HYDRO FLASK OR NON-PLASTIC BOTTLE**
- **DRINK WITH A STRAW**
- **DRINK 12-16 OZ BEFORE COFFEE IN THE MORNING**
- **FILL UP YOUR WATER BOTTLE THE NIGHT BEFORE**
- **SET TIMERS ON YOUR PHONE**
- **DRINK 12-16 OZ BEFORE & AFTER YOUR MEAL**

# **SLEEP**

***If your eating and training are on point but you don't feel or look the way you want – poor sleep may be to blame.***

## **5 Signs Your Sleep Habits Aren't Working For You**

- **Your Brain Is Foggy**
- **You Are Getting Sick A Lot**
- **Your Training Feels Harder Than it Should**
- **You're Unhappy**
- **You Have Major Cravings**
- **You Are Struggling With Your Fat Loss**

## **How to Prepare For A Great Night Of Sleep**

- **Wake Up At The Same Time Every Day**
- **Get Moving Right Away**
- **Limit Social Media At Least 60 Min Before Bed**
- **Plug Your Phone In On The Other Side Of The Room**
- **Eat Your Dinner 90 Mins Away From Bedtime**

## **More Tips.... :)**

- **Clear Your Mind**
- **Go To Bed**
- **Take A Hot Shower Or Bath Before**
- **Create A Bedroom Just For Relaxing**
- **Make Your Room As Dark As Possible**
- **Set Your Temperature To A 'Cool' 67–69 Degrees**

# STRESS

*Being stressed out can make it hard to reach your health and fitness goals*

**Sympathetic (Fight or Flight) = Stress**

**Parasympathetic (Rest and Digest) = De-stress**

## **Good Stress Responses:**

- **Inspired & Energetic**
- **Balanced And In Control**
- **Focused And Alert About The Future**

## **Negative Stress Responses:**

- **Weak And Worried About The Future**
- **Stuck In A Negative Mindset**
- **Not Enough Rest And Recovery**
- **Scattered And Cluttered**
- **Fat Gain And Muscle Loss**
- **Low Energy And Immunity**

## **How To Handle Stress Like A Champ:**

- **Practice More Parasympathetic (Relaxing) Activities**
- **Walk Outside**
- **Enjoy Nature And The Sun At Least 2x A Week**
- **Meditation**
- **Laughing And Spending Time With Positive People**
- **Snuggling With A Pet Or Loved One**
- **Practice Self Compassion**
- **Walk 8k Steps A Day (Slow)**
- **Less Time On Your Smartphone**

# ENVIRONMENT

*If it's in the house, you will eat it.....eventually.*

*This is not to say that things are "good" or "bad", but if you've got a habit of going all-in on a sleeve of cookies or a bag of chips while watching TV, maybe we can take those things far away.*

## Why Is This Important?

Rather than risk temptation by keeping some of your vice foods in the pantry, why not get rid of them?

Willpower is a limited resource; we can only rely on it so much before we give in. This is why we shouldn't depend solely on willpower to achieve our goals. When we consume high amounts of sugar, our fat loss progress can stall, brain fog may increase, and cravings will persist.

## How To Create the Ideal Environment

### **PANTRY CLEAN OUT!**

Do it in one fell swoop or in baby steps — whichever makes sense for you. Buy the items that are on your list and stick to them.

Set guardrails around when you will indulge in your vices – and how much. (When we don't do this, we can often mindlessly overeat and don't even realize it).

Only buy the items that you need in the pantry or fridge. If you want to have ice cream or cereal, go out and buy that 1 serving-sized box or ½ pint. If you don't finish it, trash it!

# MOVEMENT

*In Total, Americans Are Sitting An Average Of 13 Hours A Day And Sleeping An Average Of 8 Hours Resulting In A Sedentary Lifestyle Of Around 21 Hours A Day.*

## **Why Is Movement Outside Of The Gym Important?**

Movement helps prevent heart disease and other chronic illnesses, improves mood, reduces stress, improves sleep, improves energy, and burns calories!

## **What Is A Good Step Goal?**

As always 'it depends'. However, it's a good thing to ask yourself - "where you are starting?"

If you have no idea of the number of steps you take a day... the first step is to start tracking (we love the oura ring, garmin vivo, and really any wearable).

The next step is to add 1,000 per week on top of your current total.

The 'north star' goal would be 8k steps a day. Up to 10k is great, but getting more isn't actually better because it may limit recovery!

## **Tips To Move More:**

- **Park Farther Away From The Front Door Of The Store/Work/Gym**
- **Schedule A Daily Walk**
- **Take Breaks At Work And Walk Around Your Building**
- **Take Friends On Walking Dates**
- **When You Catch Yourself Scrolling, Go For A Walk Instead**
- **Take Calls While You Walk**
- **Random Dance Party!**

# WIN WHILE EATING OUT

## Eat Out Often?

### Tip #1 – Don't Stress

It's overwhelming but it doesn't have to be. Go with a plan and do your best!

### Tip #2 – Pick Your Protein

Choose 3 you think would be the best protein choice then pick the 1 that is the BEST!

*Eg: chicken, salmon, lean steak cut, mahi mahi, egg whites, turkey, ham.*

### Tip #3 – Choose Your Carbs

Most places serve rice or beans as a side dish. Corn tortillas are a good option compared to flour tortillas, at Mexican restaurants.

### Tip #4 – Eat Your Veggies First

Again most places serve a side of steamed broccoli, mixed greens, or a salad.

Ask for EXTRA veggies and no butter and you are good to go! OR order the salad with a light balsamic on the SIDE.

Eat these veggies **before** diving into the rest of your meal to control hunger and avoid overeating.

### Tip #5 – Fats Are Essential

Typically restaurants cook veggies in fat so you are good to go unless you'd like to specify 'no butter or oil'. I would recommend doing this if you are dairy-sensitive. Having a side of avocado could be an alternative as well.

### Tip #6 – Look At The Menu Beforehand

Check out the menu beforehand, and pick 2-3 dishes that are going to be your best choice - nutritionally. If you try to decide after walking into a place that smells like fried foods, those foods become so hard to resist!

# ***SHOPPING TO WIN***

***PS: It's not about what you buy - it's about what you don't buy.***

***If you apply 1 of these general concepts to your grocery shopping, you're automatically starting in a healthier place. You'll be adding more of the wholesome versions of the foods we've already covered.***

## **Tip #1 - Shop The Perimeter Of The Store**

The dairy, fresh produce, poultry, and seafood sections of most grocery stores are all located on the perimeter. The middle aisles are usually filled with processed temptations.

## **Tip #2 - Be Selective - Buy Organic**

Buy produce according to the "Dirty Dozen and Clean 15" lists (keep reading to see these lists). Buying all organic isn't realistic for most people, but you can easily and affordably minimize pesticide exposure when you buy according to the lists.

## **Tip #3 - Try Something New**

Trying something new? Visit the bulk food aisle to scoop a small portion of lentils, grind your own nut butter, or choose from various bulk seasonings!

## **Tip #4 - Buy More Protein**

Determining your daily protein intake may be uncertain at this time. You might also notice how quickly you use chicken or beef; next time, consider buying an extra package for the freezer!

## **Tip #5 - Buy More Frozen**

Frozen fruits and vegetables (without sauce) are a convenient way to help fill the produce gap. Also, they are already washed & chopped!

# SHOPPING TO WIN CONT.

## Extra Tips:

- Don't Shop Hungry
- If You Want Ice Cream, Buy It (Single Servings)
- If You Can't Moderate, That's Ok
- Buy 1 New Veggie A Week
- Go To The Store With A List
- Park Farther Away From The Store
- Use Curbside Pickup If You Are Tempted

## Dirty Dozen (Buy Organic)

The EWG identified the following items on its "Dirty Dozen" list of produce with the **MOST** pesticide residue:

- Strawberries
- Apples
- Cherries
- Celery
- Spinach
- Grapes
- Pears
- Potatoes
- Nectarines
- Peaches
- Tomatoes
- Sweet Bell Peppers

## Clean Fifteen (Non-Organic = Okay!)

The EWG identified the following items on its "Clean Fifteen" list of produce with the **LEAST** pesticide residue:

- Avocados
- Onions
- Mangoes
- Cantaloupes
- Sweet Corn
- Sweet Peas
- Eggplants
- Cauliflower
- Pineapples
- Papayas.
- Honeydews
- Broccoli
- Cabbages
- Asparagus
- Kiwis

# BUILD A WINNING PLATE: MEN

## Calorie Control: A Simple Guide

### FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



2 palms of protein dense foods with each meal



2 fists of vegetables with each meal



2 cupped handfuls of carb dense foods with most meals



2 entire thumbs of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

# BUILD A WINNING PLATE: WOMEN

## Calorie Control: A Simple Guide

### FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

## What Vegetables Are Easy To Digest?

Lettuce, kale, leafy greens, squash, zucchini, bok choy.

## What Is A Good Step Goal To Hit?

It depends, if you are fairly active already, 8k is a solid goal. If you are fairly sedentary, just start moving while setting 10k as your long-term goal.

## How Much Water Should I Be Drinking?

.5 oz of water per each pound you weigh, **PLUS** an extra 20 oz. glass if you are training. (ex: 200 pound person, plus a training session = 120 oz. for the day)

## Is Yogurt Bad?

Read the ingredients! Watch for any ingredients you can't pronounce. Choose an option with higher protein content - 12 grams or more per serving. Look out for high-sugar options and aim for 10 grams or less. Choose an option without fruit, and then add your own.

## Do I Have To Eat Every 3 Hours?

NO — you do not have to eat every 3 hours. Feel free to eat more or less frequently as you see fit! It should fit YOUR lifestyle; eat in a manner that suits you and your schedule.

## Do I Have To Eat Breakfast If I Don't Want to?

No, you don't have to do anything you don't want to do. HOWEVER, if it is holding you back from having energy, feeling better, and getting results then maybe a high-protein breakfast might be what you are missing!

## Will Eating At Night Make Me Fat?

"Nutrient timing" sounds impressive. Science-y. The way health and fitness 'specialists' throw it around, you'd think it must be pretty important. And in the right context, it can be.

What's most important is that you make high-quality choices, consistently, whenever it works for you. For the average person, as long as you eat good foods in reasonable amounts, timing doesn't really matter. Big breakfast or big dinner - at's all personal preference. Many folks don't make the right nutritional choices at night, which is why we hear so much about that 'rule'.

## What And When Should I Eat Around My Workouts?

The answer all depends on who is asking. For most people, eating a normal nutritionally mixed meal 1-2 hours before and after exercise is sufficient. This will provide adequate protein and carbs to both fuel the workout and maximize recovery.

If you are working out in the morning you could try a protein shake + coconut water, or wait until post-workout to have a full meal within 60 minutes. Whatever you find energizes you for your workout, and provides enough nutrients and protein after your workout to recover.

If you are training in the afternoon - we recommend having a smaller meal 1-2 hours prior to training. Apple & nut butter, ground turkey & rice, chicken & sweet potatoes, all good options! You want to make sure that your pre-workout meal/snack is easily digestible.