

# The Panthro Fitness Nutrition Guide:



# Earth Based Eating

*The Step by Step Guide to Incinerate Fat, Build Muscle and Never Have to Count a Calorie*



# Introduction

Let's talk about your diet. It's not always an easy discussion, but if you're going to get the results you're looking for whether it's fat loss, performance, or muscle gain, nutrition will be the largest determining factor.

Let's put nutrition in perspective. How about we say that you workout vigorously for 1 hr every day and you have a sedentary 9 to 5 job. There are a total of 168 hours in a week. Based on this example your workout is only 4% of the week!!! There is no way that what you do in 4% of the time during the week can get you the results you need.

This is why your nutrition is so critical. You cannot out train poor nutrition. We believe that anyone trying to lose weight, become more fit, or simply trying to live a healthy lifestyle should take their eating just as seriously as their workouts!

My team and I have extensive experience working with clients to help them unlock the door to their specific nutrition needs. We know the science, but more importantly we have the technical knowledge and experience to determine how to address the unique needs of individuals. Weight loss is a multifaceted process that is a little different for each individual. You are a unique snowflake, so a one size fits all program as gospel for all to use is utterly ridiculous.



More than likely you are going to reach a point where in addition to this guide, you will require more help based on the need for a more tailored approach. At that point, just call or email one of your coaches and we can start to dig into your specified programming.

Although we understand that everyone's journey to their right nutrition will be different, there are some solid, common principles that hold true across the board. These principles can get you to 85% of your ideal weight. The other 15% is dependent upon factors like your specific genetics, ethnicity, age, and certain key elements that impact what your body needs to work at peak efficiency and to maximize fat burning potential. This guide is designed to target the 85%. This guide is going to answer these questions and more:

1. How adding exercise can accelerate results with the proper nutrition
2. What types of foods you should always eat, never eat and sometimes eat depending on the placement of these foods in your day

3. What fun recipes and alternatives can I use to make eating healthy and enjoyable

## 4-Layer Attack for Fat Loss

We want you to have long term success that allows you to change your lifestyle which includes the addition of exercise as well. We have developed a proven system that is a four layer attack to weight loss.

### Panthro Fitness 4 Layer Attack

- An earth-based nutrient approach to eating...for life
- Filling in gaps/personalizing your nutrition through supplementation
- High Powered workouts
- Excellent guidance, coaching, and moral support from our incredible coaches.

This guide serves as your tool to understanding and implementing the needed steps of those first two layers! You will have the opportunity

to capitalize on the other two components by training with us at Panthro Fitness! Let's focus on the first two layers of the guide.

### What do you mean by 'earth-based nutrient approach to eating'?

Quite simply, our nutrition program emphasizes foods that are unprocessed and naturally occurring (do not be fooled by packages that say 100% natural...if it is in a box it is processed!).

Food is a chemical that your body knows how to process. When I say food I mean things that occur in nature that were meant to be ingested and can be digested (digestion being the body's process of breaking down food and converting into a usable form of energy).

### How does the removal of processed foods affect you?

Some things that we pass off as or that are in our food are not really food. For example, dye's and artificial sweeteners are not food. Your body may not know how to properly digest those things. What we have found from observing hundreds of clients that remove as many processed foods from their nutrition as possible is:

- Healthier more efficient digestion (no gassiness or bloated feeling)
- Loss of belly fat
- Craving reduction (artificial sweeteners are sweeter than

regular sugar and although they do not spike insulin they can make you crave sweets)

- Energy increase

### Changing the Way You View Food is Half the Battle

Even though technology and the way food is made, stored, and distributed has changed drastically over just the past 100 years, our systems and bodily processes are still the same as the humans who roamed the earth 1,000 years ago.

This is something many people fail to recognize when assessing their own eating choices. We simply want to get you into a mindset of thinking "was this food available to human beings 1000 years ago?" If the answer is no, such as the case with processed foods, then you would be doing yourself a favor to eliminate that food in your daily diet.

### How is Food Now Different from Food 1000 Years Ago?

Foods that were around 1000 years ago, are usually not even remotely close to their counterparts of today. A prime example of this is wheat. The wheat crops of today are far different from what they were just 200 years ago. Most people understand wheat has been ingested for thousands upon thousands of years, ever since the inception of farming. However, a huge detail some people miss when regarding this, is that the wheat crops we have today are not the same

as they were then. They are made to be heartier, weather and pesticide resistant, and also "enhanced" to deliver a "greater nutrient density"... meaning simply they are modified, to deliver more calories in the same portion. This is where we get the term GMO which stands for Genetically Modified Organisms.

### What do Genetically Engineered Foods Do to Me?

A prime example of how GMO's have diversely affected humans is the wheat crop. It is so modified, that we now know that most people are gluten intolerant to some level...and not just people with Celiac disease. Gluten is simply a protein found within the crop that has, to a degree, been implemented by humans in order to make the crop heartier as mentioned above. This protein is extremely hard for the body to process and is generally regarded as causing massive inflammation responses in tissues throughout the human body when it is consumed on a regular basis.

You would be shocked at how many of our clients report drastic reductions in bodyweight, feelings of lethargy, and gastrointestinal distress (Irritable bowel syndrome (IBS), bloating, constipation, etc.) once eliminating or decreasing the amount of wheat product they consume.

## Watch for the Healthy Food Impostors

Once you dig into this guide you will find some food groups we exclude in our program. Things like soy, dairy products, and processed grains that are supposedly "healthy." Not everything is as it seems in the world of modern agriculture and nutrition.

So, in summary...there are a lot of "healthy" foods out there that may be anything but healthy. So how can you eat healthy in a world filled foods "pretending" to be healthy?

## How the Program Works to Guarantee Results

You are reading this guide, so you have already made steps to correct your dietary habits to facilitate your weight loss. Now it is about educating yourself on the differences in what is truly effective foods for long-term results (wellness, fat loss, performance, etc.), and what are nutritional pitfalls that will keep you from reaching your health and physique goals. Do not worry...we are in this with you every step of the way. We strive to work with all of our clients on nutritional education. This is why you came to us. Let us do what we do best--get you healthy, lean, and educate you on the proper way to eat. We are always here for you. We literally guarantee you will not fail. It is a team effort. We are



your coaches and we will not steer you wrong.

### The program in a picture

The chart above, "Your Daily Food Intake", is our "generic" nutrition program at a glance. The reason I call it generic is because we may find as we work with you as individuals that you need more or less of one of the key macronutrients (proteins, fats, carbs) in the chart above. Remember...you are unique and your macronutrients will be too! As you can see, most of your daily food is going to be from the vegetable group. With a sizable portion coming from lean proteins, and almost equal parts fruits and nuts and healthy oils. Notice the note under heavy carbohydrates. These foods are only to be eaten on days where intensive resistance training (not walking, not yoga, but exercise that gets your heart rate up and is breaking down muscle like boot camp or high intensity interval training etc.) are performed. This is because of the various metabolic effects these type of nutrients offer. Of course, some individuals

will require more heavy carbohydrates than others.

### How to Use This Guide

This guide is designed to be a reference document. As you go through educating yourself through this guideline you will need to review it consistently as you progress.

If you click on the links in the table of contents you can go directly to the sections that you are looking for.

Continue to ask questions in conjunction with executing the information found in this guide and you are well on your way to changing and maintaining your lifestyle.

### Focus on These 6 Things

This guide can be daunting if you try to eat the whole elephant in one bite! Take your time reviewing this guide and focus on 2 things that you struggle with at a time. Once you have successfully mastered those 2 things move to the next 2. Below is a suggested order of what to conquer first!

- Drink 50% of your bodyweight in ounces of water/day
- Eat vegetables at every meal
- Know and consistently reach your protein goal (do you need a supplement?)
- Eliminate or Reduce added sugar from your diet (fruit juices, sugar in coffee etc.)
- Get healthy fats in your diet
- Measure your food and fine tune your calorie intake (talk to us first)

### How it All Comes Together

It is important to know how the program works to get you the results you desire. Here are the 5 steps to show you how to reach your healthy lifestyle.

**Step 1:** Read this guide and understand it in order to obtain healthy eating habits

**Step 2:** If you have not already started a fitness program, Go to [www.PanthroFitness.com](http://www.PanthroFitness.com) and complete a contact form for boot camp or semi-private training.

**Step 3:** Set milestones for results. We recommend measuring and weighing every 4 weeks. If you find that your progress has stopped or never started contact us for a nutrition coaching session. During these sessions we find the areas that need repair in your nutrition and guide you in the right direction with tailored fitness and nutrition programming.

**Step 4:** Repeat Step 3 until you reach your healthy lifestyle goal

**Step 5:** Life changes with age, jobs, and new responsibilities. These changes can cause your wellness needs to change. We are there to help you develop new strategies to maintain or reach your new wellness goals.

### How long does it take to work?!

This is such a loaded question, but it is one that we hear all the time. Your results are going to depend on a few things with one critical factor:

- Planning ahead
- Building Muscle
- Consistency

The first bullet might be a little perplexing to you. What we mean, is that every journey has hiccups and roadblocks--the largest roadblock being the failure to plan your meals ahead of time.

This means you MUST cook your meals ahead of time for long term success. If you have a busy lifestyle, with a hectic schedule, we understand that it is difficult to eat properly. As such, we offer CORE Meals as a service to help you overcome any curve-ball your life can throw at you.

We have also created a guide to help you understand how to meal prep!

If you believe you are someone who needs that extra bit of guidance to set up a surefire way to eat right while maintaining a hectic life, please

Speak to one of our coaches about personalizing your eating plan and developing a strategy to keep you from failing.

Stimulus control and you: How to win the battle of craving

The one enormous benefit of eating in the style we have developed at Panthro Fitness is that cravings will actually (slowly) become a thing of the past. Our nutrition program is built around scientific principles, along with years of experience with literally hundreds of clients, that enable your body to optimize its hormonal output and constantly be in a state of optimum vitamin and mineral density...meaning your body will always have more than it needs for you to be in states of high energy, alertness, and most of all satisfaction! In order to achieve this state where fat seems to literally melt, you simply have to stick the program. Remember consistency is one of the big 3 factors!

It will take anywhere from 2-6 weeks for an individual's body to "re-adapt" to not having preservatives, additives, gluten and dairy (if necessary to eliminate), and other nutritional toxins flowing through it.

During this beginning phase, you may experience some lethargy or cravings that weren't always there...that is a good thing! This is a sure sign your body is switching its metabolic processes in order to more efficiently operate! This is the key to long-term results!

We are getting your body to transform into a human blast furnace, which utilizes every bit of food you give it the right way! After this initial phase, many of our clients report the ease of sticking to the program...they genuinely feel like different people!

Beyond this initial phase, the largest thing that will help you to stick to the plan is stimulus control (i.e. the cues that are all around you, daily, that determine your dietary choices and habits). One way to ensure that you win the battle against cravings and making the wrong dietary choices is to simply surround yourself with positive choices. What you buy at the grocery store will have the most substantial effect on your nutritional success or failure. If you only have the right things around you to eat, you're more likely to eat them.

Recognize when you're eating your emotions. It's normal to want to be comfortable. Familiar foods like grandma's brownies or your favorite ice cream bring you're a sense of satisfaction and fulfillment when you enjoy them. It's easy to turn to these things when



you feel anxious or stressed. Understand what you are feeling and look for other ways to create comfort. "Eating your feelings" usually leads to a bad relationship with food which can spiral into other issues.

## Panthro Grocery List

The following is a pre-approved list of items to be a part of our nutritional program. Simply do your grocery shopping with this list to take the guess work out of the equation! This list is not exhaustive, and is constantly being updated.

### Proteins

Protein is an integral part of the Panthro Nutrition program. With this program, we are striving to accumulate lean muscle tissue while simultaneously burning body-fat. While a challenging thing to achieve, concurrent muscle gain and fat loss is possible through adequate levels of protein intake to spark protein synthesis in skeletal muscle tissue along with an adequate resistance training program. What I am basically saying is that it is really hard to gain muscle and burn fat at the same time, but with the right amount of protein and the appropriate workout regimen it is possible.

### How Much Protein Should I Have?

Here is where we get into some generalization. These are merely baseline numbers. You

have to start somewhere so we are giving you a range to reach for your protein needs. Women should aim for roughly .6-.8 gram of protein per pound of lean bodyweight, while men should shoot for .8-1.0 grams per pound of lean bodyweight. If that sounds confusing to you, ask your coach to help you!

While increasing your protein intake is a part of your fitness journey, be sure to also increase your daily water intake as well. We stress that most people need around half your body weight in ounces of water daily while engaging in a resistance training program (A resistance program is any load bearing exercise like weight training, resistance bands, plyometrics, etc).

NOTE: Grass-fed meat products are always preferred over grain-fed meats (cows are meant to eat grass not grain). Grain fed meats are generally what you will find in the local supermarket. So, whenever possible try to buy grass-fed over grain fed. This makes a big difference in the quality of your meat. You can find grass fed meats through local farmers and some specialty super markets.

### Protein Sources (meats)

- Lean Beef (filet, flank, eye of round, sirloin, extra lean ground)
- Fish
- Chicken, Turkey
- Pork (center cut, tenderloin)



### Other Protein Sources

- \*Beans
- \*Grains (Quinoa, oats, bran)
- \*\*Nuts (almonds, pecans, cashews)

\*High carb content

\*\*high fat content

### Vegetables

This is the category of food you SHOULD be eating the most of. This is where you will be getting the majority of your carbohydrates during your day. The role of carbohydrates in the body is simply to provide energy, thus you want to be sure to try to eat vegetables at ALL meals if it is at all possible. If the vegetables you are eating are GREEN, then it will be hard to eat too many. These are good things to eat whenever you are having cravings, or when you are between scheduled meals. A great trick to getting more vegetables is buying a veggie tray and separating them in baggies and taking them with you so you always have a healthy snack!

### Fruits

Fruits are a very important food group that, along with vegetables, are greatly neglected by the majority of the public. Packed with vitamins, minerals, phytochemicals, fiber and water, fruits should be considered super-foods for

someone looking to transform their physique. Eat fruits in the middle of your day, preferably before and after workouts. On days where you do little to no physical training, limit your fruit intake to one serving/piece a day. On days where you have a hard workout, feel free to eat fruits at most meals of the day, except your final meal. Save very high sugar fruit for after rigorous training.

### Oils and Fats

Fats are an ESSENTIAL part of any successful nutrition program. Fats (a.k.a. Lipids) are an integral part of the bodies repair processes, cell membrane integrity, and proper hormone production. Contrary to popular belief, fat does not make one fat. Actually, it is quite the opposite. The Panthro Nutrition program emphasizes fat for fuel, as opposed to carbohydrate. This allows the body to adapt to burning lipid (fat) for fuel, which minimizes insulin spikes throughout the day, keeping your blood sugar levels stable... this in turn combats chronic feelings of fatigue, hunger, and cravings. If you find yourself hungry a lot, you may need to up your fat intake. Fats should be consumed at ALL meals of the day where possible.

Coconut Oil	Macadamia Oil
Olive Oil	Cashews
Avocado Oil	Almonds
Grass Fed Butter	Hazelnuts
Chestnuts	Brazilian Nuts
Pecans	Pine Nuts
Pumpkin Seeds	Sunflower Seeds
Macadamia Nuts	Walnuts

### Panthro Approved "Heavy" Carbohydrates/Grains

The Panthro Nutritional program calls for an almost complete elimination of most grains, starches, and other heavy carbohydrates from the daily diet. However, there are a few exceptions that we like to see our clients use to help keep energy levels stable and hunger at bay when getting deeper into your transformation process. Always be aware that the following foods should be used moderately if you're trying to lose weight (1 serving a day, 2 on heavy lifting days). Portion sizes vary according to client needs, but be sure to not go overboard on these. When eating heavy carbs/grains, eat them last at your meal (eat your protein, veggies, and fats first!). Note: Athlete clients will generally eat more of these types of foods due to an increased caloric/energy demand of their sport training.

Yams	Sweet Potatoes
Tarot/Tarot Root	Yucca
Wild/Brown Rice	Quinoa
Ezekiel Products	Buckwheat Products
Oats	

## What to Avoid Purchasing

Doing your shopping around the perimeter of the store is your safest bet to understand what you should purchase. Here is a short list of items that may be disguised as healthy but really aren't.

- Yogurt with fruit already in it (tons of sugar)
- Fruit Juice (crazy amounts of sugar)
- Cereal
- Granola

### Scheduling your meals

It is always easiest to stick to this program if you plan ahead. Knowing where you will be, what you will be doing, and what you have access to during your day is a big part of successfully piecing together a meal plan for yourself. Everyone's days are a bit different, so if you think you need extra help in this area, again please do not hesitate to speak with a coach about personal nutritional consultations and programs.

## Knowing Much to Eat

Of course, this is the most difficult step of the process. Eating enough food to stroke your metabolism and prevent metabolic crash is extremely important. However, it is also necessary to eat little enough that you are in a caloric deficit on a daily basis (I.e. You burn off more energy than you consume).

This can be a tricky proposition. We can assure you that as long as you are eating in accordance to our foods list, it is going to

be hard to eat too much to where you cannot lose weight... in fact, some of our most successful clients have not ever counted a single calorie - they simply eat in accordance with our food choices and the pounds melt away! This is a benefit of our high powered and unique workouts.

However, if you are someone with a lower than average metabolism, are above the age of 40, or have special circumstances regarding your health, then you may have to pay closer attention to your portion sizes. In those cases let's talk about individualizing your nutrition program. This is where working with us through personal consultations and personalized programs really helps!

## Calories: What You Need to Know

Now, everyone always wants to ask us about calories. It seems many people have it ingrained into their psyche that calories in versus calories out is the key to weight loss, and quite frankly this is just simply not the case for the general public.

There are countless metabolic process in the human body that, coupled with hormonal issues, really make it almost impossible to say "you need this many calories to lose weight".

Eating the right foods and neglecting to eat the wrong ones will cause you to see

excess weight literally melting away from your body when engaging in training programs with our high-powered workout style.

We want you to understand that it is EXTREMELY difficult to over-eat calorie wise on a program such as ours which emphasizes so much plant matter and lean proteins.

A big part of this has to do with you giving your body everything you need because you are constantly eating nutrient-rich meals, thus you will not feel hungry all the time and in turn you will be hard-pressed to over eat.

## Conclusion

Weight loss can be very challenging especially without the right guidance. The expectation is not that you eat perfectly every day. In fact, going from 0 to 100 will surely leave you feeling overwhelmed and over-constrained and you will run out of motivation very quickly. You cannot sprint a marathon. Make small gradual changes and slowly get yourself to the point where you are eating in congruence to this guide.

We are always here to help you, and I encourage you to contact us through [www.PanthroFitness.com](http://www.PanthroFitness.com) for encouragement, support, individualized programming and accountability. This is a team effort and we look forward to hearing from you.