

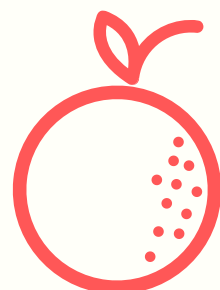
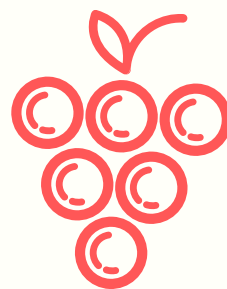
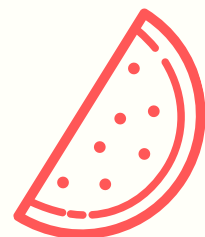


THE SIMPLE FIT NURSE PRESENTS...

THE SIMPLE FIT NUTRITION GUIDE

**A NUTRITION GUIDE AIMED AT
PROMOTING HEALTHY DIETARY
HABITS.**

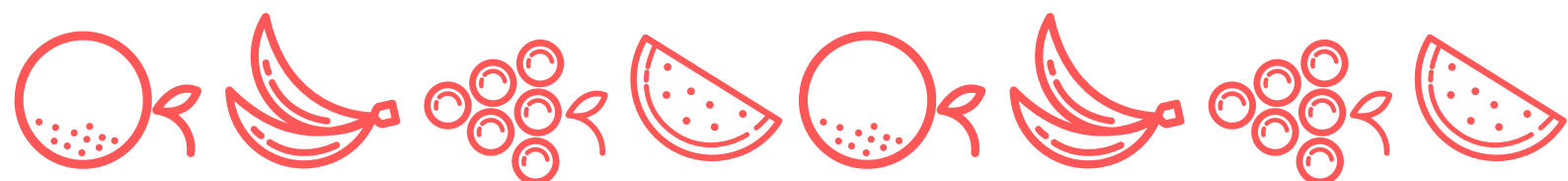
Free product of www.thesimplefitprogram.com



Introduction



My name is Sepehr and I am a registered nurse. Working as a cardiac nurse at my local hospital I feel as if I have an obligation to not only provide education on nutrition in general but also to provide information on how people should better themselves. Admittedly my knowledge of nutrition is based on my schooling as nurse to treat patients in a clinical setting; however throughout many years of my adult life I have gained the knowledge necessary to build a healthy physique. The goal of this short book is to provide basic education on what is necessary for your body to build a good physique but more importantly how to do it in an affordable and vegetarian-friendly way. Therefore you will expect to find healthy recipes for breakfast, lunch, dinner and snacks. I will explain in detail why I believe it is important for people to have a high protein diet. However if you have a modified diet due to health conditions then I suggest you seek advice from your primary care provider - I.E Nurse Practitioner or Physician. Thank you and I hope that you will find this book helpful to you.



Follow me on Social Media!



I upload a video on youtube every week. Be sure to subscribe to my youtube channel where I will be posting many of my recipes on there.

<https://www.youtube.com/channel/UCtOxFAM00wkCg2HUb-TFCyg?>

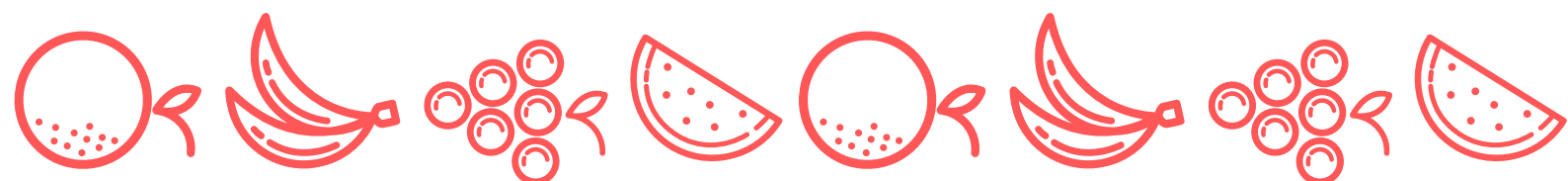
I also am active on my instagram page:

<https://www.instagram.com/simplefitnurse/>

If you would like to also follow me on any other platform be sure to visit my link tree web page!

<https://linktr.ee/malenurse>

Thank you and I hope you enjoy the content of this e-book!



Goals & Calories

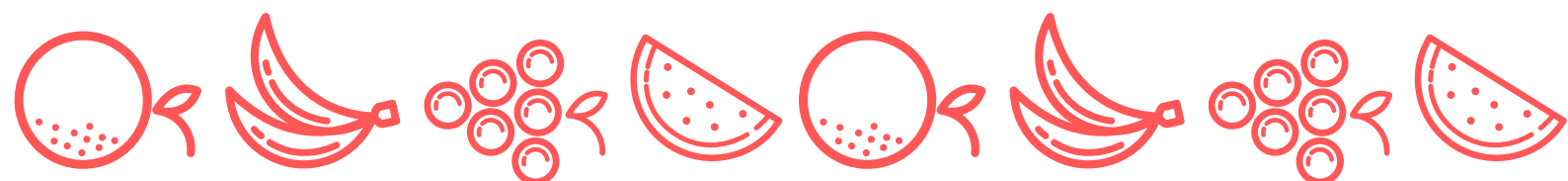
Nutrition is fundamental to well-being of any person. Whether your goal is to lose weight, gain weight or to build muscle nutrition plays a pivotal role in achieving your goals. If you do not eat healthy, you will find that it will take you longer to achieve your goals and ultimately hinder your ability to pursue a healthy lifestyle.



Therefore, I believe that proper nutrition is just as important, if not more important than exercising.

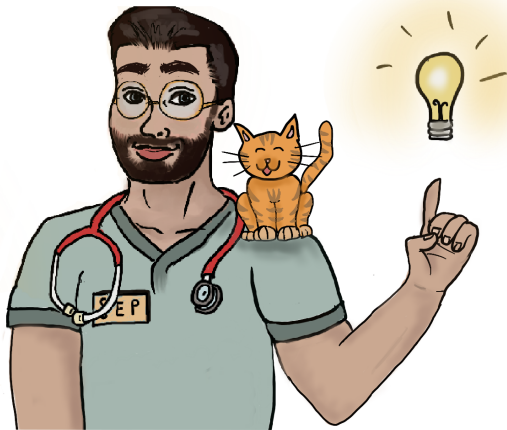
Before you read further, it is important identify what your goals are. Are you trying to lose weight? gain weight? or gain muscle? Based on your goals, your caloric intake should be adjusted to suite your personal needs. In this chart below, I have listed some examples of common goals you may have and what the proper diets should include to make significant progress to your goals.

- | | |
|------------------------------|-------------------------------------|
| 1. Gain muscle, lose weight | Caloric deficit, high protein diet. |
| 2. Lose weight. | Caloric deficit, high protein diet. |
| 3. Gain weight, gain muscle. | Caloric surplus, high protein diet. |



Goals & Calories

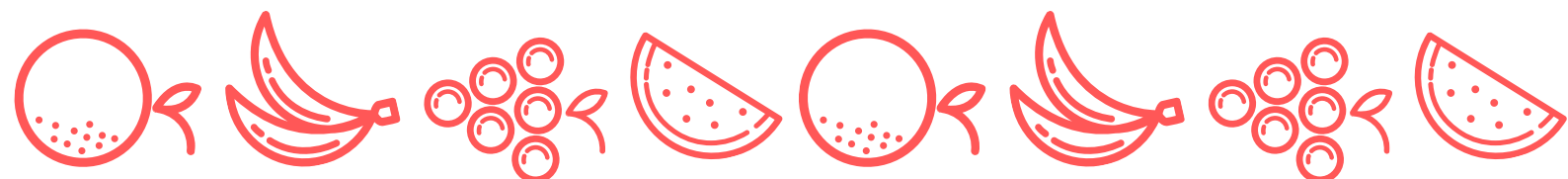
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Once you've identified your goal, you need to identify what are your caloric demands within a day. Just like we treat a patient in the hospital, the demands are individualized based on certain factors. I use this calculator to determine my caloric needs:

<http://bit.ly/2pKIs1W>

Now that you know what your caloric needs are. We need to look at ways that we make adjustments to those factors. As aforementioned, to gain weight you must consume more then your caloric needs in a day. To lose weight you need to decrease them. However, the most you should ever decrease your caloric demands are is 500. Also, if you are trying to gain muscle you need to understand that protein, a macro-nutrient fundamental in building muscle needs to be a priority to consume. The next section I will discuss basic information about macro-nutrients and how I believe you should consume them to achieve your goals!



Nutrition made Simple

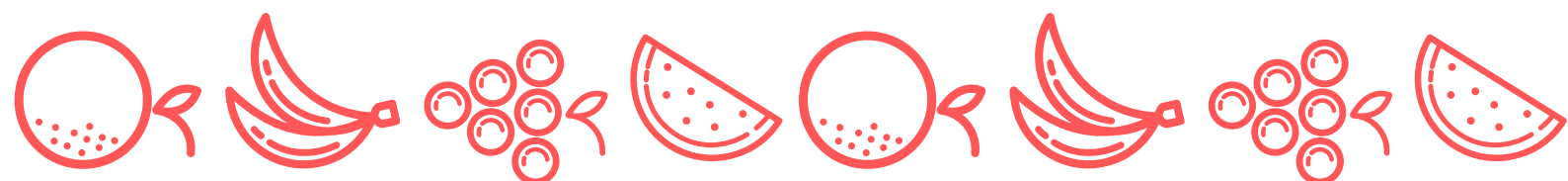
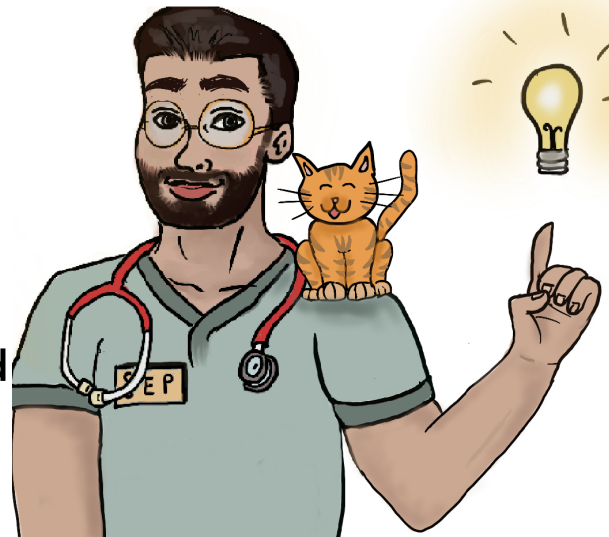
To simply put it, food is primarily built up of 3 many "macro-nutrients".

- 1.Fat
- 2.Protein
- 3.Carbohydrates

No matter what people say, we need all of these macro-nutrients in order to function. However, there are certain processes that make us require more of one than the other.

For example if you are doing resistance-based training and your goal is to build muscle, having an increase in protein will enable you to achieve your goal. Therefore you should consume calories based on your needs and your goals. The same way that as nurses we promote intake of protein for an elderly patient trying to fight an infection or a nasty wound.

As a result it is important to delve deeper into these macro-nutrients so that we gain a deeper understanding of why they are so crucial in reaching our goals.

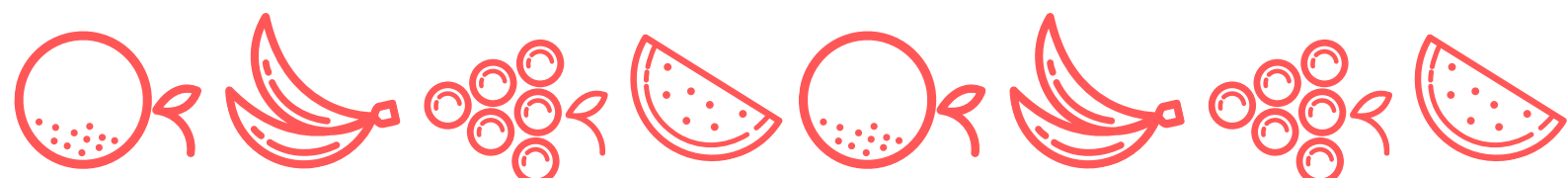


Fats:

Just like all the other macro-nutrients you need this to function. Depriving yourself of fats will not only make you feel poorly but it is simply not sustainable. One gram of fat has approximately 9 calories. Therefore we should aim to have less fat content as it can quickly add up to having a lot of calories. It is important to also incorporate fats that are known as "good" fats. Foods such as avocados, egg yolk, and salmon fat are high in "good" fats. Artificial trans fats and saturated fats are "bad". These "bad" fats are what make us more prone to coronary artery disease which has lead to many fatalities world wide.

Carbohydrates:

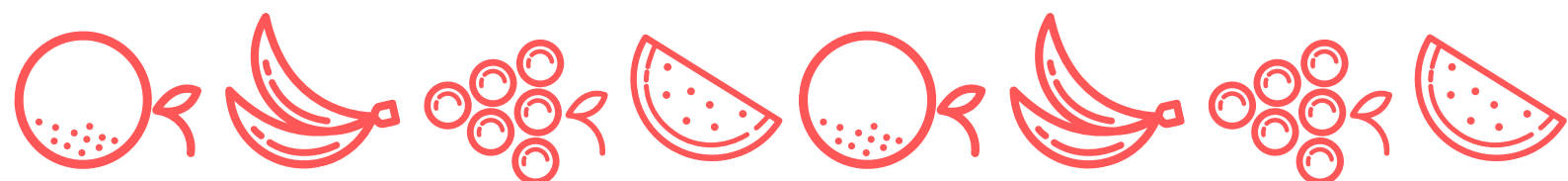
This is the fuel your body needs to function. I generally consume much of my carbohydrates before I workout. This way I am utilizing my carbohydrates for the demands of the day and the carbohydrates do not get stored in my body as glycogen. Carbohydrates are classified in two seperate categories: simple and complex. Simple carbs. are the ones we aim to avoid (sugary drinks, syrups and candy). Complex are the ones that are better for us as they take longer periods for our body to digest making us feel more full. They are often found in beans, lentils, vegetables and multi-grain foods.



Protein:

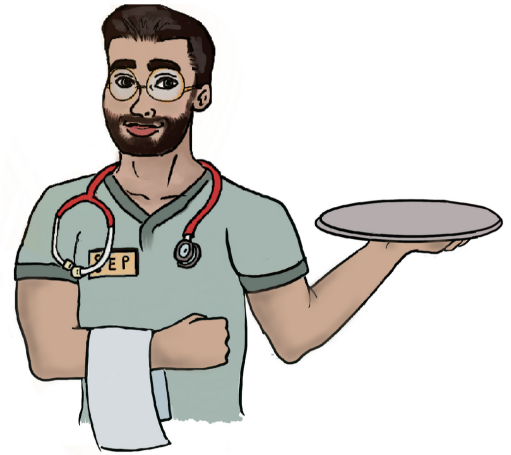
In my opinion, this is the most important macronutrient that needs to be fully met in order for you to achieve your physique goals. If you are trying to gain or become muscular if you do not have an adequate amount of protein consumed in a day you will simply never obtain your physique goals. It has been well documented that each person requires 1 gram of protein per pound, yes that is right per pound of body weight. The exact number is 0.7 grams per one pound but to make it simple strive for 1 gram per pound. If you are attempting to lose weight I highly recommend you continue to consume this macro nutrient as high as possible as it has also been shown to aid in weight reduction.

Without going to detail consuming protein from various sources is crucial as it promotes protein synthesis which is essential in building muscle. I try to utilize different high protein sources such as chicken, turkey, lentils, tuna, yogurt and protein shakes (whey isolate). Lean protein sources like I just listed are important as they have low amounts of fat and carbohydrates. As you will see in my recipes, I put great emphasis on having various protein sources throughout the day.



Timely Meals

Before I get into recipes of what I eat, there are two important dietary concepts which have not only been proven to be effective through scholarly research but I have also found to be very effective through experience.



1. Post-workout protein intake

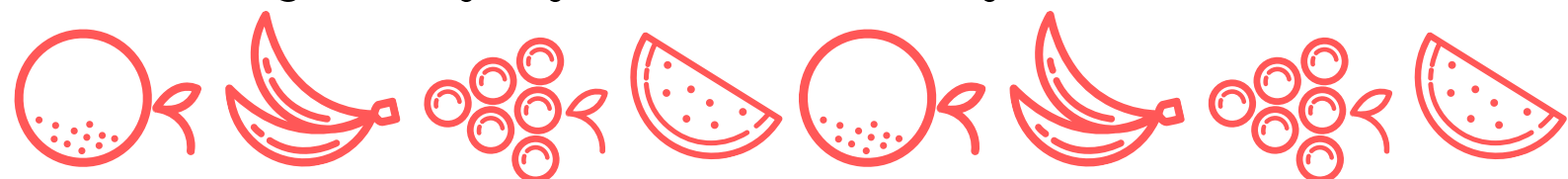
2. Intermittent Fasting

Post-workout protein intake

Studies have shown that consuming high amount of protein post-workout has been the most effective in promoting muscle growth. The first hour of recovery is the most ideal time to consume high protein meals such as protein shakes or high protein meals. As a result I will post a recipe list for post-workout shakes that I consume on a regular basis.

Intermittent Fasting

Intermittent fasting has been an effective way to decrease your caloric intake. If you time your meals and consume them throughout 6-7 hour window and remain NPO for the rest of the day, chances are that you will be at a caloric deficit and therefore lose weight! On days where I work 12 hour shift at the hospital, I do not fast. I need fuel as I am constantly burning calories running to different patient rooms therefore it is important for me consume high protein meals throughout my day. However on off days I fast from 21:30-11:00



Breakfast



#1: Egg + Egg whites + Toast

- Cook with olive oil.
- One egg + 1/2 cup of egg whites.
- Toast: Multigrain.

#2: Protein Pancakes

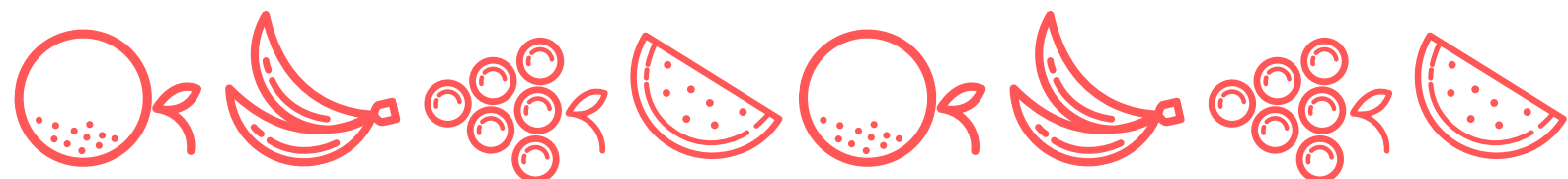
- 1/2 banana cut up into small pieces.
- Place banana into a bowl and put in microwave for 1 minute.
- Mash the banana up until it is like a thick liquid.
- Put 1 scoop of protein powder.
- Put half a cup of egg whites.
- Mix all ingredients together to get your pancake batter.
- Use olive oil and cook over pan.
- For topping I put peanut butter.
- You can also place any fruit you like in it as well!
(blueberries, strawberries and even chocolate chips)

Link to recipe video here:

<https://youtu.be/8HqU9mylvws>

#3: Granola/Oatmeal with 0% Yogurt

- Thick yogurt that has 0-1% fat in a bowl
- Put some mixed granola/oatmeal in the bowl
- Put about 1-2 tablespoons of honey. Mix.



Lunch/Dinner

My lunch and dinner options are the same. I make batches of food; therefore there isn't much difference between the recipes.

#1: Meat(your choice) with vegetables and beans

- Recipe video link: <https://youtu.be/5VzgdLv-1Mo>
- Afterwards, I generally incorporate my protein source: egg whites, chicken, turkey or salmon.
- Boiled lentils and chickpeas are my beans of choice
- Oven-cooking my chicken, steak and turkey ensure that they are really lean and it makes cooking them very effortless.

#2: Egg whites with spring leaf salad mix.

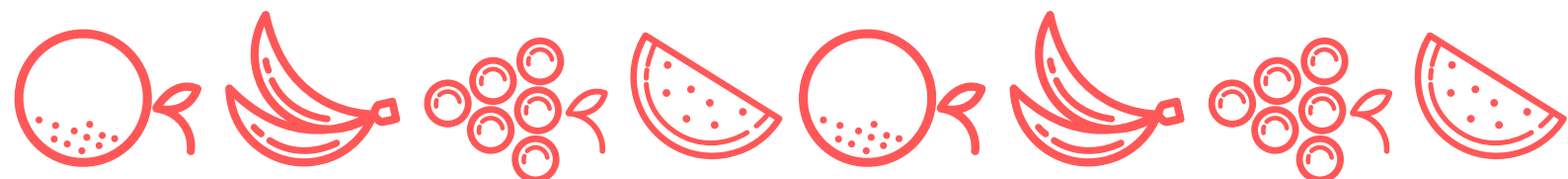
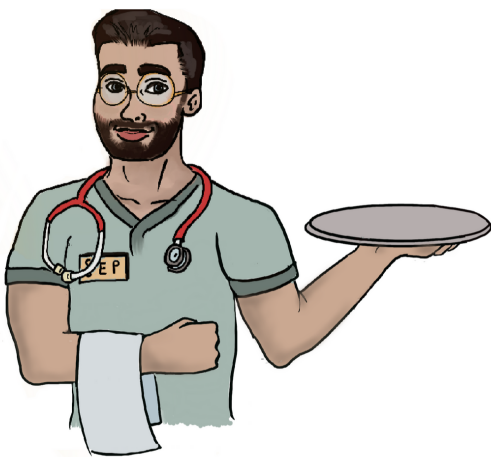
#3: Tuna on toast

My tuna recipe involves:

- Canned tuna
- Green onions
- Dill
- 0-1% fat cottage cheese
- Multi-grain toast

You can watch my recipe video here:

https://youtu.be/vBQrwDE_tRA



Recipes Cont'd:

#4: Chicken with assorted vegetables on white rice

#5: Lentils on rice with spring leaf salad mix

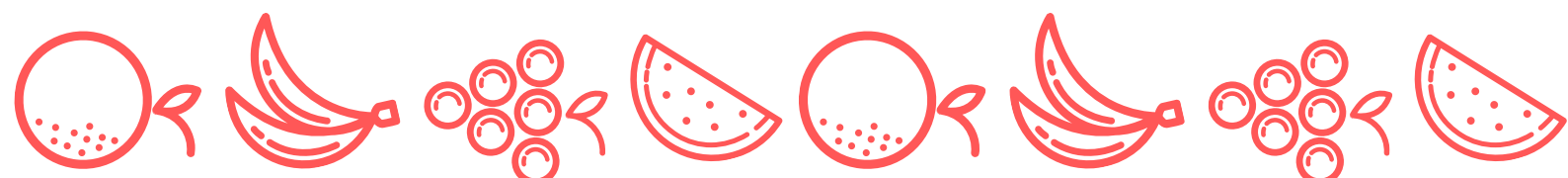
#6: Turkey burger on multi-grain bread with spring leaf salad mix

#7: Avocado + Tuna wrap

You can see in my day in the life video, I make batches of one meal, store them in the freezer and then take them to work!

<https://youtu.be/7TInBakV7IO>

I will continue adding to this section as I make more recipes. However, I do not spend too much time on preparing meals, I eat for the nutrition and make sure that I get the food I need to reach my physique goals. Therefore I generally eat much of the same meals through the week.



Snacks

#1: Protein shake recipes:

- #1: 1 scoop of whey isolate protein powder, half of a banana, peanut butter and milk.
- #2: 1 scoop of whey isolate, apple slices, dates, and cinnamon
- #3: 1 scoop of whey isolate, milk, assorted frozen berries.

#2: Rice cakes on peanut butter

- <https://amzn.to/349Q7pp>
- <https://amzn.to/2QEairC>

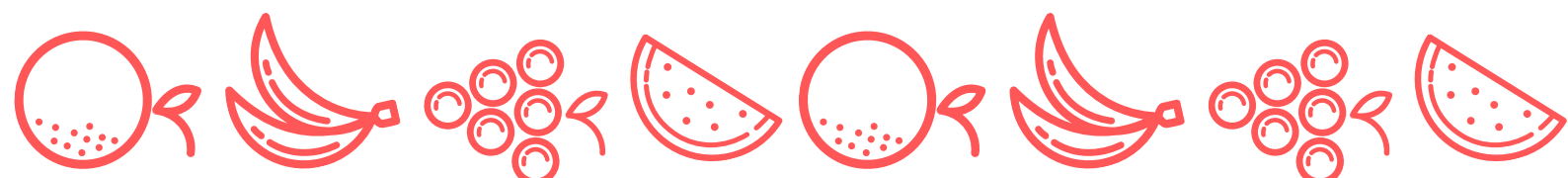
#3: Protein bar

- Low sugar, cheap protein bars, i prefer these ones
- Link: <https://amzn.to/2qBs8kf>

#4: High protein pudding

- 2 tablespoons of cottage cheese
- 1 tablespoon of protein powder
- half scoop protein powder

Recipe Video: <https://youtu.be/gqHcDYF9MiE>



Supplemental Nutrition

Supplemental nutrition through forms of multi-vitamin tablets or protein powder is recommended. However if you have the financial means to achieve your nutrition goals, i.e making sure you consume 1 gram of protein per 1 pound of body weight if you are trying to gain muscle, then do so. However throughout the years I have found it to be very challenging meeting the requirements of protein intake without the use of protein powder.

Protein powder:

Protein powder generally comes in two forms: complex and isolate. Complex usually contains carbohydrates and different minerals. Personally I have only used isolate as I am looking for protein and nothing more.

If you would like to purchase protein powder please consider using this link. It will help support me and it will save you some money as well. My protein offers one of the highest quality protein with the lowest costs.

Link: <http://bit.ly/2QH2Rji>

Multi-vitamin:

This is basically the only tablet I take each day. I do not believe in taking BCAA's and any other forms of medication tablets that provide nutrition.



Other:

Hydration:

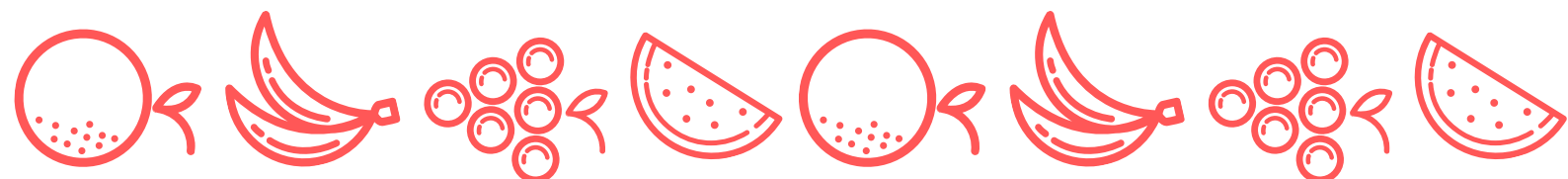
It is important to maintain adequate hydration levels not only throughout your workout but throughout the day. Refrain from drinking sugary drinks or even drinks that have "0 sugar". Sugar is addictive and it will stimulate you eat more sugar.

Moderation is key:

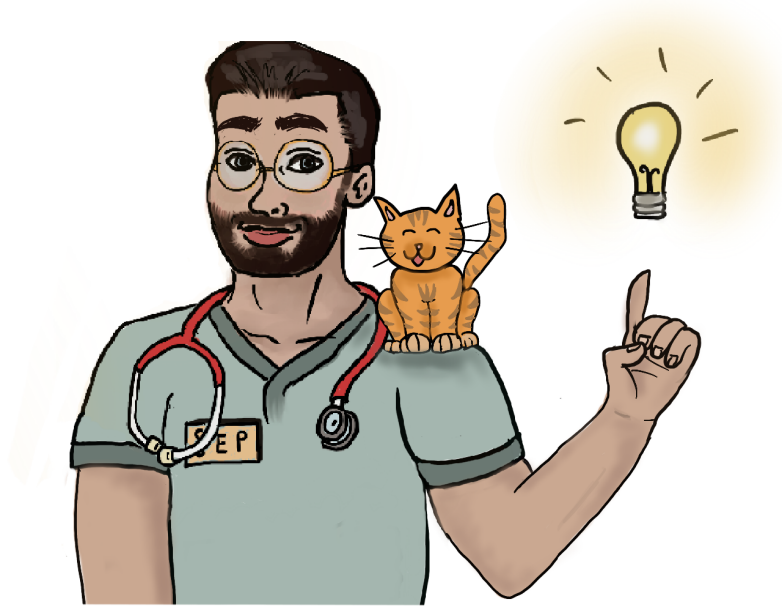
No one is perfect and they will have cravings to have junk food or to eat out. The importance here is to have it within moderation. If you are used to having sugary drinks with every meal or having chocolate as a snack, try to "wean" yourself from them. As a nurse we know that we often apply supplemental oxygen and slowly wean a patient of the supplemental oxygen, well apply that same principle with junk food. Try to wean yourself off from poor dietary habits. Understand that eating healthy is a process not a switch you make one day. Reward yourself by eating out our junk food once in a while but the important thing is to identify strategies to decrease your intake of poor foods.

Make sustainable changes:

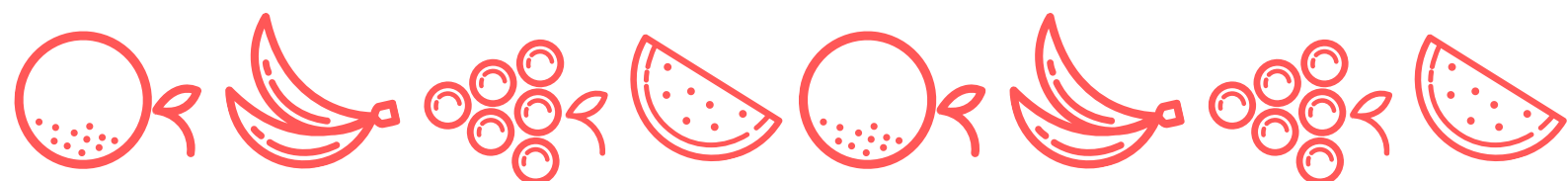
As you can see, I do not count my calories for every meal I eat. I personally find that unsustainable for me. As a result I will not have a "perfect" body and nor do I want to. I want to be able to make changes that I am happy with.



Other:



Eating high-protein meals which are healthy alongside my training program provides me with sufficient physique results that make me happy. I think it is quite extreme to count the calories of every meal you have and make sure you hit your "macros" for the day. However I do believe that there is some benefit of counting your calories and identifying which macros you eat more of in a day is beneficial when first starting out. Once you do this you realize how much carbohydrates and fats are in our everyday meals.



The End:



Remember, to be healthy person you must adopt healthy habits that are sustainable. Once you practice having a healthy lifestyle for a few months you will see the benefits and see how simple it is. My goal in making this e-book is to help people; as a cardiac nurse I see way too many people making poor diet choices leading to terrible health outcomes. I hope you found this book valuable, thank you for your time.

