



OYO[®]

DIET +
NUTRITION
GUIDE



STEP-BY-STEP SUCCESS

Nutrition is a key element in the success of any health and fitness program. In order to see the true benefit of an active lifestyle, proper nutrition needs to coincide. The **OYO Nutrition Program** is customized to your specific goals, whether your goal is **Weight Loss** or becoming **Fit + Strong**.

Because everyone has foods they like and dislike, you can select the foods you enjoy and plug them right into the nutrition plan. **Remember, it's not just about WHAT you eat, but HOW MUCH and WHEN you eat that can make the difference.** Below are step-by-step instructions to get you started.

STEP 1	Choose your goal — Weight Loss or Fit + Strong
STEP 2	Choose your Nutrition Plan (pp. 38 - 41)
STEP 3	Choose your Program — <i>10 Week Challenge</i> , <i>28 Day Program</i> , and more on oyofitness.com/programs
STEP 4	Get started!

DON'T FORGET

Consult your physician. Before beginning any weight loss or fitness regimen, it is important to consult with your physician. It may also be helpful to talk to a registered dietitian or nutritionist who can develop meal plans tailored to your specific dietary needs.

GOAL: WEIGHT LOSS

TO LOSE BODY FAT, CREATE A CALORIE DEFICIT.

One of the keys to your success will be creating a calorie deficit. This can be accomplished by either eating fewer calories each day, exercising more every day, or a balance of both. In order to help you make this a lifestyle change, **it is important to find a balance of proper nutrition and consistent exercise.**

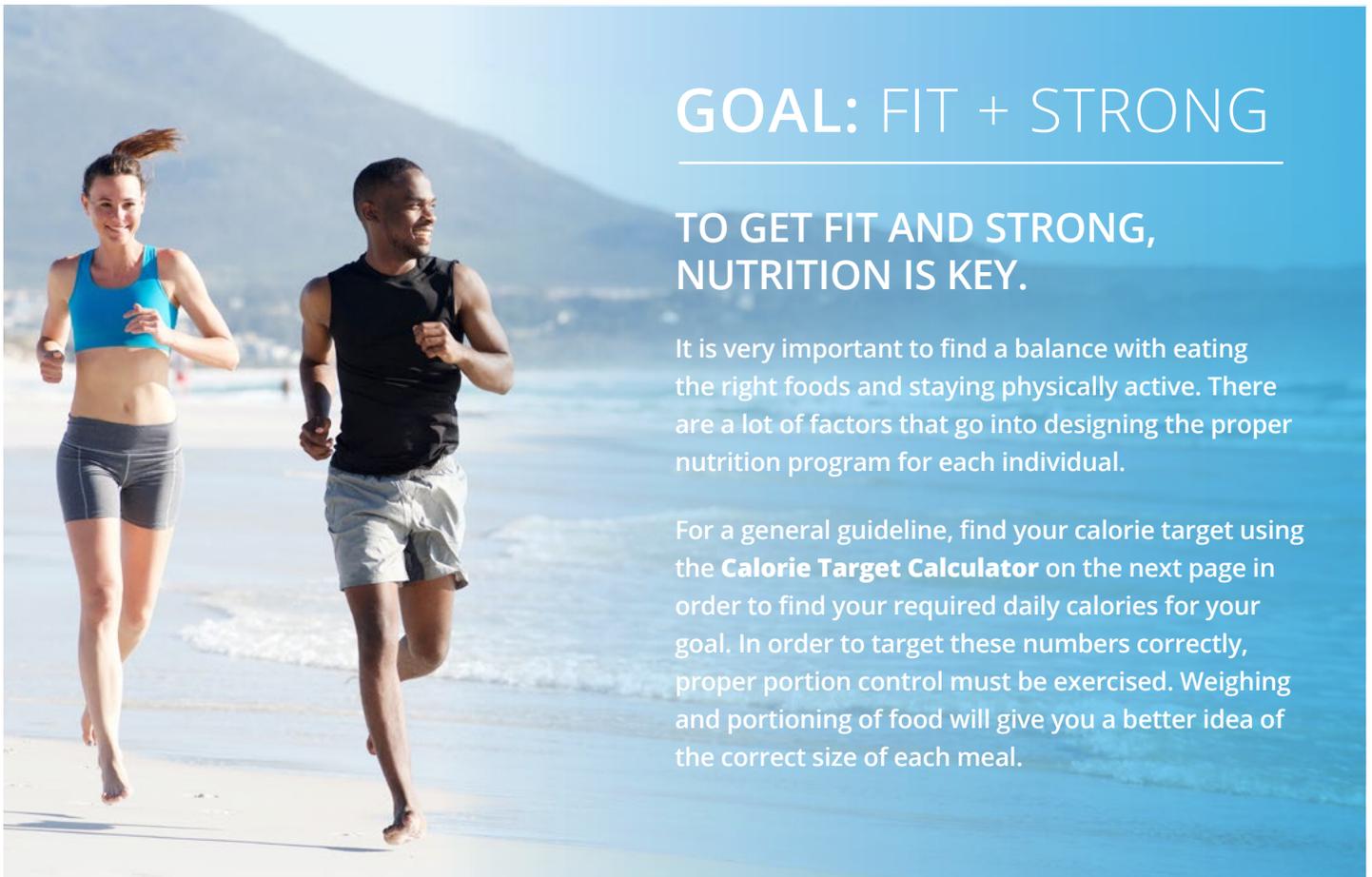
For a general guideline, find your calorie target using the **Calorie Target Calculator** in order to find your required daily calories for your goal. To target these numbers correctly, proper portion control must be practiced. Weighing and portioning of food will give you a better idea of the correct meal size. ***It is not recommended to drop below 1,200 calories or reduce your number of calories by more than 500 due to the need for calories in day-to-day activities.***

WEIGHT LOSS TIPS

Throw out all of your processed junk food. Most people end up eating emotionally and for pleasure rather than to satisfy the body's need for nourishment.

Record exactly what you're eating and how much. I want you to actually see how many calories you're consuming every single day. The problem is that when you are consuming far more calories than you're expending in any given day, you will continue adding unwanted pounds.

Practice proper portion control. Here's where self-discipline comes into play. Choose smart foods and consistently track your food intake, and you'll be amazed at the results.



GOAL: FIT + STRONG

TO GET FIT AND STRONG, NUTRITION IS KEY.

It is very important to find a balance with eating the right foods and staying physically active. There are a lot of factors that go into designing the proper nutrition program for each individual.

For a general guideline, find your calorie target using the **Calorie Target Calculator** on the next page in order to find your required daily calories for your goal. In order to target these numbers correctly, proper portion control must be exercised. Weighing and portioning of food will give you a better idea of the correct size of each meal.



NUTRITION PROGRAM

Whether you want to lose weight or just get fit and strong, the calculator below will help you figure out how many calories to consume each day.



WEIGHT LOSS CALCULATOR

STEP 1	Your current weight (lbs): _____	X 11	= _____	Calorie Baseline
STEP 2	Calorie Baseline: _____	+ 400 (calorie burn)	= _____	Calorie Maintenance Level
STEP 3	Calorie Maintenance Level: _____	- 750 (caloric deficit)	= _____	Your Calorie Target

FIT + STRONG CALCULATOR

STEP 1	Your current weight (lbs): _____	X 11	= _____	Calorie Baseline
STEP 2	Calorie Baseline: _____	+ 400 (calorie burn)	= _____	Your Calorie Target

Now use your Calorie Target to find your **OYO Meal Plan** (on the following pages) that is right for you.

NUTRITION BASICS

HEALTHY BREAKFAST	After fasting all night while sleeping, your body is in desperate need of nutrients. Consuming a lean meat, complex carbohydrate and healthy fat in the morning will jump-start that metabolism.
STAY HYDRATED	Water is crucial for normal body function. Drinking plenty of water will help flush toxins from the body and prevent bloating while nourishing the organs, including the skin. Try to drink at least half of your body weight in ounces of water per day (120 lb person = 60+ oz. of water).
AVOID PROCESSED FOODS	The human body does not digest and metabolize processed foods well. These foods increase inflammation in the body. Stick to unprocessed, fresh foods.
AVOID FRIED FOODS	Fried foods convert very quickly into body fat and increase risk of clogged arteries, stroke, diabetes and cancer.
EAT PLENTY OF FIBER	Fiber can help fill you up and satisfy hunger, increase blood flow, and lower cholesterol and blood pressure. Fiber may also reduce inflammation.
AVOID SUGARY FOOD + DRINK	Sugar converts very easily into body fat. Take a look at your food labels — you may be amazed at what has sugar in it. Keep sugar to a minimum (less than 50g of sugar daily).
INCLUDE PROTEIN WITH EACH MEAL	Many people under-consume protein in their daily nutrition. Consuming too little protein can lower your metabolic rate and cause your body to burn muscle tissue for fuel. Include small amounts of protein with each meal to keep your metabolism elevated and protect muscle tissue.
DO NOT SKIP MEALS	Skipping meals becomes very dangerous for the body. When you consistently miss meals, you train your body to store what little food you do eat as body fat. This starvation mechanism is what your body will use for energy when you go long periods without meals. Be sure to eat at regular intervals in order to keep your metabolism primed and active throughout the day.
GET PLENTY OF SLEEP	Sleep can be overlooked when it comes to weight management. The human body is very active while you're resting. It's at these times that the body heals itself, metabolizes nutrients and repairs muscle. Getting adequate and quality sleep is very important.
ELIMINATE OR REDUCE ALCOHOL CONSUMPTION	Alcohol is toxic to the human body. When alcohol is consumed, many normal bodily processes, such as muscle repair and metabolism, are essentially shut off. Many calories from alcohol are stored in the body. By eliminating these calories and keeping the metabolism active, you'll greatly enhance your chances of success.

APPROVED FOODS

LEAN PROTEIN 1oz. = 6g Protein | 1 Serving Size = 20-30g

FOWL: 3-5 oz.	95% Lean Ground Turkey, Boneless / Skinless Chicken Breast, Turkey Breast
RED MEAT: 3-5 oz.	95% Lean Ground Beef, Bison, Eye of Round Steak, Top Sirloin Steak, Venison
SEAFOOD: 3-5 oz.	Bass, Bluefish, Catfish, Steamed Clams, Cod, Crab, Flounder, Grouper, Haddock, Halibut, Sardines, Swordfish, Tuna, Lobster, Mackerel, Steamed Mussels, Scallops, Shrimp, Snapper, Trout, Roughy
EGGS: 3-5 Large	Egg Whites, Occasional Whole Eggs
LOW FAT DAIRY: 1 c.	Cottage Cheese, Low-fat Milk, Part-Skim Cheese, Yogurt
VEGETABLE PROTEINS: 4-5 oz.	Tempeh, Tofu, Seitan, Soy Burgers, Soy Jerky, Soy Sausage, Soy Bacon
MILK PROTEIN SUPPLEMENTS	Casein, Milk Protein Blends, Whey

STARCHY CARBS 1 Serving Size = 15-20g

BEANS: 1/2 c. (cooked)	Black, Lima, Pinto, Red (unprocessed)
GRAINS: 1/2 c.	Whole Grain Breads, Cereals (wheat, rye, bran), Oats
RICE: 1/2 c. (cooked)	Whole Grain, Wild (unprocessed)
POTATOES: 3 oz.	Sweet, White, Yams
PASTA: 1/2 c. (cooked)	Flax or Whole Grain
SQUASH: 3 oz.	Acorn, Butternut, Winter
OTHER: 1/2 c. (cooked)	Black-Eyed Peas, Peas, Sweet Corn, Lentils

FATS 1 Serving Size = 7-10g

BUTTERS: 1 oz.	Almond Butter, Natural Peanut Butter, Low-Fat Spreads
DAIRY: 1 oz.	Egg Yolk, Soft & Hard Cheeses
NUTS: 1 oz.	Almonds, Cashews, Macadamia Nuts, Pecans, Walnuts
OILS: 1-2 Tbsp.	Fish, Flax, Olive, Safflower
SEEDS: 1-2 oz.	Pumpkin & Sunflower Seeds
OTHER	Avocado (1/4), Guacamole (3oz.), Olives (8), Hummus (2-3 Tbsp.), Vinaigrette (1-2 Tbsp.)

FRUITS

1 Serving Size = 1/2 c./Med. Fruit

Apple, Applesauce (natural), Apricots, Cantaloupe, Grapefruit, Grapes, Honeydew, Kiwi, Lemon, Mango, Mixed Berries, Nectarine, Orange, Papaya, Peach, Pear, Pineapple (unsweetened), Plum, Tangerine, Tomato, Watermelon
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FIBROUS CARBS

1 Serving Size = 1 c., 15-20g Carbs

Artichokes, Asparagus, Alfalfa Sprouts, Bell Peppers, Broccoli, Brussels Sprouts, Bamboo Shoots, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Garlic, Green Beans, Kale, Lettuce, Mushrooms, Radishes, Spinach, Summer Squash, Zucchini

FREE FOODS

Use these foods to enhance the flavors of the other foods in your meal plan. You can have as much as you'd like:

Achiote Paste; Chili Varieties (Jalapeño, Serrano, Pasillo, Habañero); Garlic; Ginger; Green Onion; Herbs (e.g. Mint, Basil, Rosemary, Parsley, Cilantro); Hot Sauce (Tabasco or Mexican only); Lemon/Lime Juice; Mustard; Spices (salt-free); Vinegars

1,250 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

4 servings protein

5 servings carbohydrates

1 servings fat

3 servings fibrous carbohydrates

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	12g (1 serv)	210	330
	Carb	1 whole wheat English muffin	30g (2 serv)	120	
2	Protein	3 oz. skinless chicken breast	21g (2/3 serv)	120	230
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
3	Protein	3-4 oz. lean meat of choice	21g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	21g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	3 oz. white fish	20g (2/3 serv)	80	110
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
				TOTAL CALORIES:	1,250

*Caloric values listed are approximate and are based on information from the USDA's National Nutrient Database for Standard Reference Release 27: <http://ndb.nal.usda.gov>

1,500 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

5 servings protein

5 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	430
	Carb	1 whole wheat English muffin	30g (2 serv)	120	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	230
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	4 oz. white fish	30g (1 serv)	110	260
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	
				TOTAL CALORIES:	1,500

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1,750 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

6 servings protein

6 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	460
	Carb	2 slices whole wheat toast	30g (2 serv)	150	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	400
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
	Fat	1 oz. mixed nuts	7g (1 serv)	170	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	3 oz. white fish	30g (1 serv)	80	230
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	
6	Protein	1 c. 2% cottage cheese	30g (1 serv)	180	180
				TOTAL CALORIES:	1,750

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2,000 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

6 servings protein

6 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	460
	Carb	2 slices whole wheat toast	30g (2 serv)	150	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	410
	Carb	8" whole wheat tortilla	30g (2 serv)	120	
	Fat	1 oz. mixed nuts	15g (1 serv)	170	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Fruit	1 c. apple slices	15g (1 serv)	50	410
	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	110	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Fat	3 Tbsp. hummus	7g (1 serv)	80	230
	Protein	3 oz. white fish	30g (1 serv)	80	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
6	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	180
	Protein	1 c. 2% cottage cheese	30g (1 serv)	180	
				TOTAL CALORIES:	2,000

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DISCLAIMER

Consult with a healthcare professional before starting any diet, program. Statements in this guide have not been evaluated by the U.S. Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent disease. If you have a health concern of any kind consult with your health care professional. Information presented by OYO Fitness is for educational purposes only and is not meant to substitute for the advice of a doctor or other medical professional. OYO Fitness does not make any medical claims or warranties regarding the use of this guide. The information presented is general in nature and may not be for everyone.

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