

# Common Sense Eating

## 3 Steps To Healthy Eating & Getting The Body You Desire!

A Step By Step Guide To Eating Right!  
By Chris Walker

# 3 Easy Steps to Healthy Eating!

Follow this guide for a healthy, lean, toned body, don't forget the exercise.

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## Step 1, 6 meals per day!

Work on getting six meals daily comprised of a lean protein, starchy carbohydrate and fibrous carbohydrate every 3-3 1/2 hours and so you get the hang of your new found eating habits record the meals you eat using the journal sheet. The following are examples of each food group: (1 item from each group at every meal)

### Protein:

- Chicken Breast
- Tuna
- Most Fish Filets
- Lean Ground Beef
- Lean Cuts of Steak
- Tofu
- Beans
- Nuts
- Eggs/ Egg Whites
- Protein Shakes

### Starchy Carbs:

- Brown Rice
- Basmati Rice
- WW Pasta
- WW Bread
- WW Pita
- Potatoes
- Sweet Potatoes
- Tofu
- Yams
- Corn
- Tomatoes
- Pretzels
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### Fibrous Carbs:

- Spinach
- Broccoli
- Cauliflower
- Cabbage
- Lettuce
- Celery
- Onions
- Peppers
- Mushrooms
- Fruits (Apple with skin, Berries Family, Melons)

Note: This is a partial guidelines list more on following pages!

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## Step 2, Adding Variety!

Follow these simple rules to add variety: Lean poultry twice a week, Fish twice a week, Seafood once a week, Red meat on cheat day and/or twice a month, Beans twice a week, Nuts/Seeds twice a week.

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## Step 3, Perfection!

Follow these simple rules to perfection: Eliminate sugar, Salt or sodium less than 2500mg, 4 Egg yolks per week, Dairy twice a day, Fruits twice a day, Vitamins daily, Flax seed oil daily or EFA, Green tea daily, Only use oils like olive oil or canola oil, at least 1L of water daily.

### Special Exceptions! (Cheat Day)

Your allowed one cheat day per week where you throw all rules out the window; you can't get fat in a day. Just don't over do it!

Notes: (Goals or things you need to work on)



# Fitness Survival Guide

100 % Hardcore Truth  
By Chris Walker Fitness Expert

Have you ever prepared meat and separated the giggly fat from that piece of steak or chicken, now imagine trying to mold that fat into a specific shape...maybe a star or how about a box. Did it stay intact? Were you able to keep the shape for very long? I know this sounds crazy, but the number of people I meet on the gym floor trying to tone up only using aerobics/cardio as their exercise method is outrageous....listen you can't TONE, SCULPT, SHAPE FAT, you can only tone and sculpt lean muscle tissue. OK, let's get down to business. The reason why people don't get results is because they have the wrong information. In this article I'll primarily address weight loss, since it's the number one concern for most people. The three components you need to loose weight are 1) good nutrition (supportive eating), 2) aerobics (cardio), 3) resistance training (concern for muscle). NOTE: RESISTANCE TRAINING ALWAYS COMES BEFORE CARDIO I'LL EXPLAIN IN LATER. If you're going to spend money hiring a personal trainer and your idea of good nutrition is wings and beer or KFC and Wendy's you're wasting your money. Now lets look at these three components separately.

## Eat to lose weight

There are two things we are trying to support here metabolism and lean muscle tissue. Did you know that bodybuilders eat up to eight times in a day? The reason is because the more you eat the better your metabolic breakdown, in other words the better you burn food (calories) baby! Well I bet your asking how do I eat to loose weight? I'll encourage you to eat six moderate size meals a day or every 3-3 ½ hours...sure that's easy think in terms of breakfast, snack, lunch, snack, dinner, snack. Try that for starters. Most Importantly all meals should be comprised of Lean Protein, Starchy Carbohydrate and Fibrous Carbohydrate. Just like any change, at first it won't be easy but once you get the hang of it you'll love your new energy level and lean body (with the other two components), oh and need I mention stay away from Simple Sugar, Refined Flour, Processed Food. Food should be as natural as possible, free from Hydrogenated fat, low or free from Saturated Fat. I assume now you're wondering what is a lean protein, starchy carb, and fibrous carb.

# Food Groups Examples



## Lean Proteins:

Bison  
Venison  
Elk  
Tenderloin  
Chicken Breast  
Turkey Breast  
Cornish Hen  
Whole Eggs  
Egg Whites  
Whey Protein  
Low Fat Cheese  
Low Fat Milk  
Yogurt  
Soy  
Nuts  
Legumes  
Most Fish Filets  
Tuna Fish  
Shell Fish  
Blue Fish  
Snapper  
Haddock  
Trout  
Cod  
Clams  
Shrimp  
Bass  
Sardines  
Swordfish  
Mackerel  
Crab  
Lobster

## Fibrous Carbohydrates:

Broccoli  
Cauliflower  
Mushrooms  
Peppers  
Onions  
Asparagus  
Cabbage  
Celery  
Eggplant  
Garlic  
Green Beans  
Spinach  
Dark Leaf Lettuce  
Apples  
Blackberries  
Blueberries  
Cranberries  
Strawberries  
Melons

## Starchy Carbohydrates:

Potato  
Sweet Potato  
Brown Rice  
Basmati Rice  
Oatmeal  
Barley  
Bran Cereals  
Pasta Whole Grain  
Pasta Kamut

# SAMPLE MEALS

## Morning Meals:

Egg white omelet with onions green peppers and tomato served with whole wheat bread or pita.

Tuna sandwich on whole wheat bread with spinach.

## Afternoon Meals:

Slice turkey breast on whole grain pita with tomato, onion, sprouts.

Beef burrito with whole grain wrap including brown rice tomato onions and peppers.

## Evening Meals:

Chicken breast, served with baked potato and broccoli.

Protein shake and green salad.

Remember to do the best you can until you get the hang of it, meal replacement drinks and protein shakes will also come in handy, oh and just so you have no excuse I'll even tell you what you can buy at the Supermarket.



## Grocery List

Buy lean proteins in the meat, dairy and seafood departments. Consider fish filets, tuna, ground turkey breast, flank steak, eggs, and egg whites in containers, fat free plain yogurt, and fat free cottage cheese. Buy starchy carbs and fibrous carbs in produce department. Think of fibrous carbs as all those green leafy vegetables including carrots, mushrooms, spinach, onions, red cabbage and cauliflower. Starches also include corn and peas; I've already mentioned potatoes. Add to your shopping cart some brown rice and whole wheat pasta frozen mixed veggies, frozen shrimp, frozen hash browns and don't forget to grab some bottled water on your way out. (Daily you'll need .55 ounces of water for every pound of bodyweight or roughly 1L). Then quickly stop by your neighborhood health food store; grab some meal replacement and protein powder. That's it you're done!

## Important Exercise Info!

Now I'll quickly cover resistance training and cardio. Most people can only work out three times a week so let's start there. You want a challenging workout routine and since you're only working out three times I suggest a full body workout that can be done in about 40-45min so you have enough time to follow it up with cardio for another 15-20min. The reason why I'll advise you to do resistance training before aerobics/ cardio is because when doing aerobics your body has two choices of energy glucose/ glycogen (glycogen is stored glucose) or fat energy, preferably your body will use glucose/glycogen. When doing resistance training your body only has one method of energy it will use glucose/glycogen. If you do your aerobic exercise first you run the risk of using up all your fuel (glucose). Now when you move to your resistance training you have no fuel since you've already used it doing aerobics, as a result your body will look for other means of energy and break a part muscle tissue using amino acids as an energy form. End result you loose muscle.

Chris Walker is the founder of [Fitnesstrainingformenandwomen.com](http://Fitnesstrainingformenandwomen.com) located in Kitchener, Ontario. Chris is a certified fitness trainer, (CFT) and actively works with medical doctors and health care professionals in helping their patients to reduce body fat restore musculoskeletal strength and gain control over their blood sugar readings, good and bad blood fats and blood pressure readings, among other critical fitness issues. Chris is a member of International Sports Sciences Association, (ISSA) and Canfitpro Organization. Chris has made TV appearances on Global Television and is a published author.