



***READY, SET, GO...***

# **QUICKSTART FORMS**

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**40/30/30 NUTRITIONIST**

**[www.theUSAdiet.com](http://www.theUSAdiet.com)**

# GET READY

NAME: \_\_\_\_\_

DATE: \_\_\_ / \_\_\_ / \_\_\_ WEIGHT: \_\_\_\_\_ GOAL WEIGHT: \_\_\_\_\_

Mark the foods you **do not** normally eat:

## PROTEIN

- |  |   |                                       |   |                                       |
|--|---|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Beef/red meat   | <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Fish         | <input type="checkbox"/> Pork           | <input type="checkbox"/> Soy products |
| <input type="checkbox"/> Cheese          | <input type="checkbox"/> Deli meat      | <input type="checkbox"/> Greek yogurt | <input type="checkbox"/> Protein powder | <input type="checkbox"/> Tofu         |
| <input type="checkbox"/> Chicken/ turkey | <input type="checkbox"/> Eggs           | <input type="checkbox"/> Ham          | <input type="checkbox"/> Shellfish      | <input type="checkbox"/> Tuna fish    |

## CARBOHYDRATE

- |                                      |                                  |                                     |                                       |  |
|--------------------------------------|----------------------------------|-------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Apples      | <input type="checkbox"/> Breads  | <input type="checkbox"/> Oatmeal    | <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Tomatoes        |
| <input type="checkbox"/> Barley      | <input type="checkbox"/> Carrots | <input type="checkbox"/> Onions     | <input type="checkbox"/> Rice, brown  | <input type="checkbox"/> Tomato sauce    |
| <input type="checkbox"/> Beans       | <input type="checkbox"/> Fruit   | <input type="checkbox"/> Pasta      | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Vegetables      |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Red potato | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Vegetable juice |

## FAT

- |  |                                       |   |  |                                     |
|--|---------------------------------------|---|--|-------------------------------------|
| <input type="checkbox"/> Avocado           | <input type="checkbox"/> Cashews      | <input type="checkbox"/> Half & half          | <input type="checkbox"/> Mayonnaise      | <input type="checkbox"/> Seeds      |
| <input type="checkbox"/> Butter            | <input type="checkbox"/> Cream cheese | <input type="checkbox"/> Olive oil/canola oil | <input type="checkbox"/> Parmesan cheese | <input type="checkbox"/> Sour cream |
| <input type="checkbox"/> Butter Substitute | <input type="checkbox"/> Guacamole    | <input type="checkbox"/> Peanut butter        | <input type="checkbox"/> Salad dressing  | <input type="checkbox"/> Walnuts    |

**MIXED FOODS** *Mixed foods contain a natural balance of protein, carbohydrate and fat.*

- |  |                                 |                                   |                                     |
|--|---------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Milk, 1% or 2% skim | <input type="checkbox"/> Yogurt | <input type="checkbox"/> Soy milk | <input type="checkbox"/> Wheat germ |
|--|---------------------------------|-----------------------------------|-------------------------------------|

**How is your variety? Are you limited in any of the food groups? See the recommended products sheet for a wide selection of USA approved products.**

## WHAT TO DRINK:

- Water:** Drink mostly water or decaffeinated beverages that contain 0 carbohydrates. The following drinks count as water: seltzer water with lemon slice, sparkling water (naturally flavored with 0 carbs), or herbal teas with no caffeine or sugar.
- Coffee/tea:** The recommended amount of caffeine is 100 mgs per day. Too much caffeine causes increased insulin secretion and adrenal burnout. Do not suddenly quit caffeine cold turkey or else you will get the dreadful withdrawal headache. Instead, slowly decrease your caffeine intake by drinking a mixture of half regular and half decaf coffee until you wean yourself down to one cup per day.
- Soda/diet soda:** Any type of soda is off limits because soda is extremely acid forming to your bloodstream.
- Other:** Do not drink your carbohydrates! Liquid beverages that you drink in-between meals should be carbohydrate free.

**What about artificial sweeteners:** There is still too much controversy over the safeness of artificial sweeteners to draw a solid conclusion. Limit or delete artificial sweeteners from your diet all together. If you need a little to get by, so be it.

**Do you take a multi-vitamin?**  Yes  No A daily multivitamin is generally recommended. Other supplements are fine as long as they are not stimulants or contain excessive amounts of carbohydrates (sugars).

**Do you take fish oil?**  Yes  No

A daily fish oil supplement is strongly recommended because omega-3 fish oil helps the body burn fat more efficiently, helps you concentrate, increases memory recall, and improves your skin and hair. The recommended dose is 3-4 capsules per day of pharmaceutical grade fish oil.

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# Schedule Your Main Meals & Snacks

## MAIN MEALS

### MEAL TIMING STRATEGY #1:

**1. Eat breakfast within an hour of waking up.** If you work out first thing in the morning, eat snack a half hour before you exercise, and eat your full breakfast afterwards.

#### BREAKFAST

 am

#### LUNCH

Enter the time you normally eat lunch.



Enter the time you normally eat dinner.

#### DINNER

 pm

## SNACKS

### Daytime Snack(s)

Now mark a good time for your daytime snack. The best time to eat your daytime snack is when you have the longest time gap during the day.

### MEAL TIMING STRATEGY #2: Do not go more than 5 hours without eating.

For most people the longest time gap is between lunch and dinner. A second daytime snack is optional if you have a long day, or use up one of your snacks before you work out in the morning.

#### DAYTIME SNACK #1

 am/pm

### Before Bed Snack

What time do you normally go to sleep at night? \_\_\_\_\_ pm/am

#### BEFORE BED SNACK

 pm

### MEAL TIMING STRATEGY #3: Eat a snack a half hour before you go to bed.

If you eat a late dinner and go to bed less than 3 hours after eating dinner, then you do not necessarily need to eat a before bed snack.

## Count the total number of main meals and snacks:

**MAIN MEALS:** \_\_\_\_\_ **SNACKS:** \_\_\_\_\_



**IMPORTANT NOTE:** Your eating schedule does not have to be set in stone. Your meal plan can be easily revolve around your daily schedule even if your schedule is erratic each day because you can not go wrong as long as you adhere to the meal timing strategies.

**DISCLAIMER:** The USA Diet Plans® Training program is an educational program and is not meant to prevent, reverse or cure disease. Seek the advice of your local holistic health care provider before starting this or any other dietary program, especially if you have a specific medical condition.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_/\_\_\_/\_\_\_



## Portion Control

### How strict should you be?

Most people are not die-hard. We eat within the boundaries... sort of, and don't eat to the point of feeling uncomfortable. The portions provided in my food charts and menu plans are simply a mathematical framework. Although we strive for accuracy, my no means should eating be exclusively an intellectual act. Keep it simple.



*Are you someone who is going to weigh your food with a food scale, as well as use measuring spoons & cups?*

**Sure**



**Great!**

**Only if I have to.**



#### **How to make portion control easy:**

- ✓ Review the hand method of food combining.
- ✓ Match your measuring spoons to you regular spoons to approximate the amounts. For example, medium spoons are the size of a teaspoon, large spoons are a tablespoon.

**No Way!**



#### **Follow the Freedom Plan (least strict)**

The most lenient way to follow USA Diet Plans® is to use the Freedom Plan. The Freedom Plan has two basic rules:

1. Make sure you have a protein, carbohydrate and fat source at each meal: the portion sizes can be left up to you -assuming you use honest judgment.
2. You must adhere to the meal timing strategies.

### **Cheat Meals**

Allow yourself 2 cheat meals per week.

### **Know Your Limits!!**

The most important component of each meal is the level of carbohydrate. The level of protein and fat can vary to a greater extent without impacting the positive outcome of the food plan.

### **ORDER OF IMPORTANCE**

**Carbohydrate:** Always be aware of the amounts and types of carbohydrate you eat at each meal because the production of the hormone insulin is the most sensitive to your intake of dietary carbohydrate.

**Protein:** Protein is more structural than storable and can vary to larger degree without causing hormonal disarray in your body. However, protein also stimulates insulin and for this reason, the average adult should not consume more than 30-35 grams of protein per meal.

**Fat:** Fat is the least offensive macronutrient because fat has no adverse effects on blood sugar levels. Fat also adds satisfaction to the meal. You can always go higher with the level of fat you eat at each meal without significantly impacting the nutritional quality of the meal, especially when you use healthy fat sources such as olive oil, nuts or avocados.

### A few examples of how adding extra fat to your meals can come in handy:

- ✓ Fat is often needed as a cooking medium, such as when you fry eggs in olive oil. When making tuna or chicken salad, you may need to add slightly more light mayonnaise.
- ✓ You may want to use slightly more butter or butter substitute on your bread or bagel.
- ✓ You may want extra peanut buttery taste in your banana shake.
- ✓ Do you want to use a little extra parmesan cheese on your pasta? Go ahead, don't worry about it. Lose your fear of fat. You can't have a fat free body unless you get rid of your brain and central nervous system. Like protein, fat is also structural. As long as you stabilize your insulin levels, your muscle cells will burn your fat.

## Hand Method of Portion Control

### PROTEIN

The standard serving of low fat or lean protein sources should be the same size as the palm of your hand. Use the following comparisons to eye your protein portions:

**3 ounces cooked meat or poultry:** Deck of cards or the palm of your hand.

**3 ounces cooked fish:** Your hand minus your thumb.

**3 ounces canned tuna fish:** Half a regular can or one mini can.

**1 ounce meat:** Your whole thumb or a golf ball.

**3 ounces tempeh:** ½ cup      **3 ounces tofu:** ¾ cup



### DENSE CARBOHYDRATES

Carbohydrate rich food such as beans, barley, fruit, rice, potatoes and pasta should be equal to the size of your protein choice.

**1 cup dense carbohydrate or fruit:** The same size as your clenched fist.

### LEAFY VEGETABLES

In addition to your dense carbohydrate, you can eat a loose handful of leafy vegetables such as broccoli, asparagus and salad greens.

**1 cup leafy vegetables:** One loose fist or open handful.



### FAT

Your fat source should be the same size as your thumb.

- **1 Tbsp:** Whole thumb
- **1 tsp:** Tip of thumb to first joint.



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