

# **NUTRITION GUIDE**



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While Sherika Heath has extensive experience as a fitness professional, Sherika Heath is NOT a physician, nutritionist, or registered dietician. The use of any information provided in this guide is solely at your own risk.

By using this nutrition guide, you implicitly signify your agreement to all parts of the above disclaimer.

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# INTRODUCTION

Hello!

Thank you so much for downloading this guide. I am super excited to share all of the nutrition tips that have helped me become AND maintain my own body goals, whether it was for weight gain or weight loss.

My name is Sherika Heath. I am a Certified Personal Trainer and Fitness Nutrition Specialist. I started my fitness and nutrition journey back in 2018. I found myself in the gym daily accomplishing outstanding results, which had numerous amounts of people asking me about my workout routine and specifically my diet. I have been pescatarian/plant based for the last 5 years, which means I only consume seafood, fruits, and vegetables. This is what has worked best for me and my goals. Now, I am no guru. I am just a Fitness Nutrition Specialist with accumulated knowledge on what WORKS and what does not. The saying is true: "You CAN NOT outwork a bad diet"

With you, I would like to share simplified, but effective nutrition tips that will give you the results that you were not sure were possible. Whether you are looking to lose weight or gain muscle, I have a guide that will fit your lifestyle.

Everything you need to accomplish your dream body is already inside of you! Make the COMMITMENT to a healthier lifestyle and healthier eating habits. I believe in you!

*Weight*

**LOSS**



# WHEN/WHAT TO EAT FOR WEIGHT LOSS

Remember that every body is different, so everyone's process and results will be different. Your success and how long it takes you to reach your goals depends on a variety of factors, including your starting weight, physical conditions, focus, commitment, discipline, and responsibility. You lose weight by living a healthy lifestyle, NOT by going on and off random diets. You'll feel more like you are modifying your nutritional habits by learning WHEN, HOW MUCH, and WHAT TO EAT.

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Morning</b>	<b>Mid-Morning</b>	<b>Afternoon</b>	<b>Mid/Afternoon</b>	<b>Evening</b>
<b>1 Protein</b> <b>1 Carbohydrate</b> <b>1 Vegetable</b> <b>1 Fruit</b> <b>Milk/Yogurt</b> <b>(Optional)</b>	<b>1 Protein and</b> <b>Vegetables</b>  <b>OR</b>  <b>Nuts/Seeds</b>	<b>1 Protein</b> <b>1 Carbohydrate</b> <b>1 Vegetable</b> <b>1 Fruit</b> <b>1 Healthy Fat</b>	<b>1 Protein and</b> <b>Vegetables</b>  <b>OR</b>  <b>Nuts/Seeds</b>	<b>1 Protein</b> <b>1 Vegetable</b> <b>1 Healthy</b> <b>Fat</b>

# HOW MUCH TO EAT

Portion control is key for weight loss. To know if you're eating the right portions for each nutrient, simply use your hand. You do NOT have to count calories or weigh your food, unless you want to. By using your own hands, you will have the exact measurements of what to eat, according to your body type. Remember, we all have different nutritional needs, so do not compare your portion sizes to someone else's

<b>Protein</b>	<b>Vegetables</b>	<b>Carbohydrates</b>	<b>Healthy Fat</b>	<b>Milk Products</b>
<b>The palm of your hand</b>	<b>Your fist</b>	<b>Your open hand OR Your fist</b>	<b>The size of your thumb</b>	<b>The distance between your thumb and little finger</b>
				

# WEIGHT LOSS SAMPLE MEAL PLAN

## BREAKFAST

- Option 1: Eggs w/ Spinach, Whole Wheat Toast, Banana, Glass of Milk (OPTIONAL)
- Option 2: Turkey Bacon, Eggs w/ Spinach, Whole Wheat Toast, Oranges
- Option 3: Granola Cereal + Milk
- Option 4: Protein Pancakes, Eggs w/ Spinach, Grapes
- Option 5: Green Smoothie + Protein Granola Bar

## LUNCH

- Option 1: Grilled Chicken Salad
- Option 2: Turkey Bacon, Lettuce, Tomato Wrap
- Option 3: Tuna Salad w/ Wheat Bread
- Option 4: Veggie Omelet
- Option 5: Chicken Caesar Salad Wrap

## DINNER

- Option 1: Baked Chicken Breast w/ Roasted Vegetables
- Option 2: Veggie Stir Fry
- Option 3: Stuffed Bell Peppers
- Option 4: Grilled Chicken Parmesan
- Option 5: Baked fish w/ Veggies + Sweet Potatoes

## SNACKS

- Fresh Fruit
- Protein Shake
- Almonds/Cashews/Nuts
- Popcorn (sugar free)
- Greek yogurt

# WEIGHT LOSS TIPS

It's so important to keep your body properly hydrated. Getting enough water every day is important to keeping your body functioning properly. Start your day with drinking a cup of water each morning when you wake up or a glass before bed. Have another glass with every meal. Lastly, drink 1-2 cups after working out.

## STAY HYDRATED

In order to lose weight and maintain your results, you **MUST** stay consistent! Once you get to your desired physique, you should continue following a workout routine and eating the proper nutrients. Without consistency, your results may be slower than if you stayed consistent. Whatever you do, do not stop.

## STAY CONSISTENT

In order to lose weight, you must be in a caloric deficit. This means that you need to consume less calories than you burn. Although you should eat in smaller portions, you should still consume breakfast, lunch, dinner, and healthy snacks throughout the day. Skipping meals are **NOT** going to help your progress.

## PORTION CONTROL

If you are looking to lose weight, you should be strength training. Cardio should not be your only form of training. Strength training burns fat. Cardio burns calories. You should be doing both cardio and strength training, along with incorporating adequate recovery days.

## STRENGTH TRAINING

*Weight*

**GAIN**



# WHEN/WHAT TO EAT FOR WEIGHT GAIN

Remember that every body is different, so everyone's process and results will be different. Your success and how long it takes you to reach your goals depends on a variety of factors, including your starting weight, physical conditions, focus, commitment, discipline, and responsibility. You gain weight by getting enough sleep, living a healthy lifestyle, and eating more nutrient dense foods. You'll feel more like you are modifying your nutritional habits by learning WHEN, HOW MUCH, and WHAT TO EAT.

Breakfast	Snack	Lunch	Snack	Dinner
Morning	Mid-Morning	Noon	Mid-Afternoon	Evening
<b>1 Protein</b> <b>1 Carbohydrate</b> <b>Vegetable</b> <b>Milk or Yogurt</b> <b>(optional)</b>	<b>1 Protein and</b> <b>Vegetables</b>  <b>OR</b>  <b>Nuts/Seeds</b>  <b>OR</b>  <b>Protein Shake</b> <b>+ Fruit</b>	<b>1 Protein</b> <b>1 Carbohydrate</b> <b>Vegetables</b> <b>1 Healthy Fat</b>	<b>1 Protein and</b> <b>Vegetables</b>  <b>OR</b>  <b>Nuts/Seeds</b>  <b>OR</b>  <b>Protein Shake</b> <b>+ Fruit</b>	<b>1 Protein</b> <b>Vegetables</b> <b>1 Healthy Fat</b>  <b>NO</b> <b>CARBOHYDRATES</b>

# WEIGHT GAIN SAMPLE MEAL PLAN

## BREAKFAST

- Option 1: Protein Oatmeal + Banana
- Option 2: Scrambled Eggs, Fruit, Toast,
- Option 3: Turkey Bacon & Cheese Omelet
- Option 4: Waffle & Fruit
- Option 5: Hard Boiled Eggs, Toast, Fruit

## LUNCH

- Option 1: Tuna Salad Sandwich
- Option 2: Barbeque Chicken w/ Veggies and White Rice
- Option 3: Chicken Salad Sandwich
- Option 4: Chicken Stir Fry w/ Veggies
- Option 5: Veggie Burger w/ Sweet Potatoes Fries

## DINNER

- Option 1: Fettuccine Alfredo w/ Choice of Meat
- Option 2: Ground Turkey Tacos w/ Brown Rice
- Option 3: Spaghetti w/ Garlic Bread
- Option 4: Grilled Salmon, Rice, and Veggies
- Option 5: Lasagna

## SNACKS

- Nuts/Almonds
- Greek yogurt
- Protein Shake
- String Cheese
- Whole Grain Crackers

# WEIGHT GAIN TIPS

It is so important to prepare your food ahead of time for weight gain. Pick a day to write down what meals and snacks you plan to eat that week.

Focus on your favorite dishes/food items. When you create your shopping list, organize it by food category (dairy, fruit, vegetables, meat, bread/grains, etc.)

## MEAL PREP

In order to gain weight, you **MUST** eat consistent meals and snacks **EVERYDAY!** Set a timer to eat every 2-3 hours in order to get in at least 5-6 meals and snacks. In addition, you must stay consistent with your weekly workouts. Keep in mind, rest days are key to recovery and getting results. So, working out everyday may slow your results. But, do not stop! Stick to your plan and stay consistent!

## CONSISTENCY

In order to gain weight, you must be in a caloric surplus. This means that you need to consume more calories than you burn. Eat more frequently and be sure you are consuming nutrient rich foods for breakfast, lunch, dinner, and healthy snacks throughout the day. Skipping meals are **NOT** going to help your progress.

## PORTIONS

There is no quick fix or magic trick to gaining healthy weight. Before you start to see any real fitness result, you must make fitness a part of your routine. You may start to see results as early as 8 weeks. However, it takes months and sometimes years to see your body transform. Be patient!

## PATIENCE

# WHAT I EAT IN A DAY

Please Note: Each meal eaten every 2-3 hours

## BREAKFAST

Oatmeal w/ Fruit

OR

2-3 Eggs with Spinach, Avocado Toast, Fruit

## LUNCH

Salmon, Green Vegetables, Brown Rice

## DINNER

Tuna Steak, Sweet Potatoes, Asparagus

## SNACKS

1.5 scoops of Whey Protein Powder, 1 Banana  
Peanut Butter and Apple Slices  
Orange or Yogurt

# *Nutrition Tips*

## **TRAVEL**



# NUTRITION TIPS WHILE TRAVELING

## PACK YOUR OWN SNACKS

Pack your own healthy snacks. This helps keep you on track with your nutrients and saves you money. You should also plan times to consume your snacks around any planned events/excursions. This helps you avoid possibly under eating or overeating while traveling.

## HYDRATE

Be sure to pack an empty water bottle in your travel bag that you can fill. If you plan to consume alcoholic beverages or foods high in sodium, you should ensure that you stay hydrated.

## AVOID SALT

Some airlines/stores have salty processed snacks like chips or salted nuts. Consuming foods high in sodium can lead to dehydration. Limit your intake of these types of foods.

## ENJOY YOUR FOOD

While traveling/on vacation, do not deprive yourself of the things that you enjoy. A “diet” implies that you are depriving your body of something. Continue to enjoy the foods that you love, but what you eat in between and what exercises you do are the important thing.

# STAYING MOTIVATED

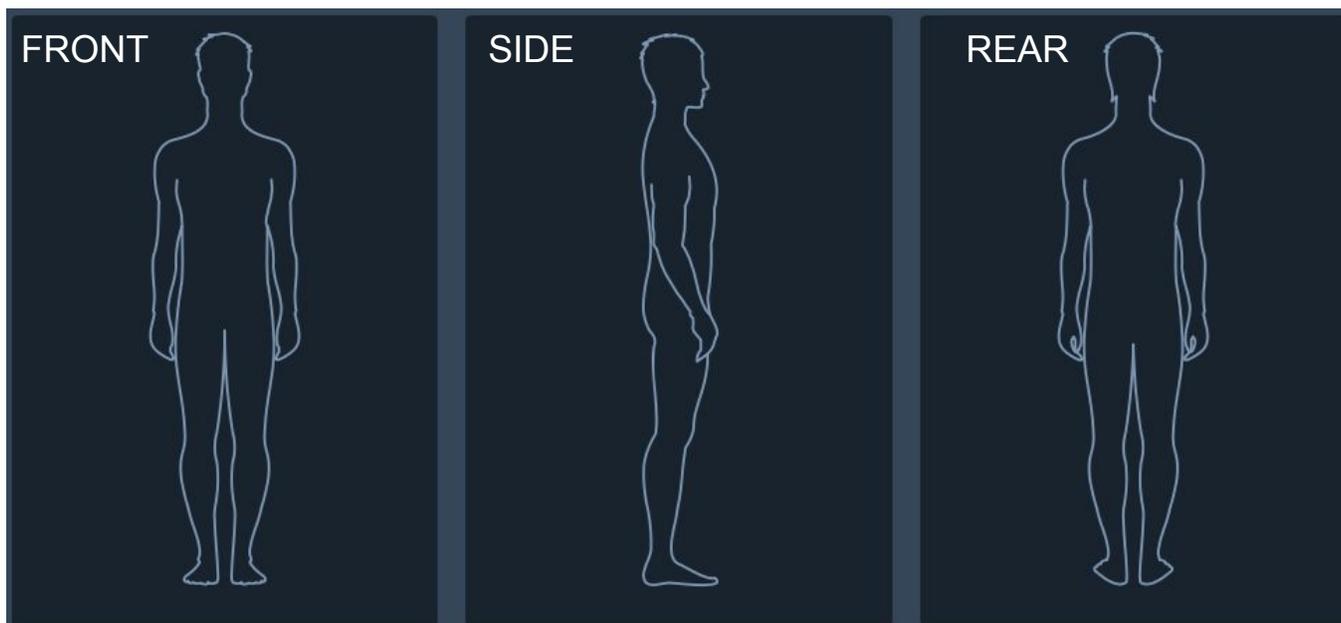
## TRACK YOUR PROGRESS

It is important to track your progress when you workout. The scale should **NOT** be the only way to track your progress. I recommend taking pictures/videos biweekly or monthly. For the photos, I recommend taking them from various angles in the same outfit (front, rear, side).

Other ways to measure your progress:

- Being able to lift more
- Being able to do more reps/sets
- Losing inches in your waist
- Your endurance level is better

## PROGRESS PIC POSES



**MEAT  
FRIENDLY**

# MEAT FRIENDLY

PROTEIN	COMPLEX CARBS	FIBROUS CARBS	HEALTHY FATS
Tuna (water packed)	Oatmeal (Quick Oats)	Lettuce (Romaine, Green Leaf, Red Leaf)	Olive Oil
Ground Turkey	Sweet Potatoes	Broccoli	Advocado
Chicken Breast	Beans (pinto, black, kidney)	Asparagus	
Fish (Salmon, Trout, Halibut, Cod)	Brown Rice	Spinach	
Protein Powder	Multi Grain Cereal	Bell Peppers	
Shrimp	Whole Wheat Pasta	Brussel Sprouts	
		Cauliflower	

DAIRY	PRODUCE/FRUITS	CONDIMENTS
Low or Non-fat Milk	Cucumber	Balsamic Vinegar
Greek Yogurt	Green or Red Pepper	Mrs. Dash
Lactaid	Onion	Sugar Free Maple Syrup
	Garlic	Mustard
	Tomatoes	Sea Salt
	Zucchini	
	Bananas, Apples, Peaches, Strawberries, Blueberries, Raspberries	

**PESCATARIAN  
FRIENDLY**

# PESCATARIAN

PROTEIN	COMPLEX CARBS	FIBROUS CARBS	HEALTHY FATS
Fish (salmon, trout, halibut, cod)	Oatmeal (Quick Oats)	Lettuce (Romaine, Green Leaf, Red Leaf)	Olive Oil
Shrimp	Sweet Potatoes	Broccoli	Avocado
Tuna (water packed)	Beans (pinto, black, kidney)	Asparagus	
Protein Powder	Brown Rice	Spinach	
		Bell Peppers	
		Brussel Sprouts	
		Cauliflower	

DAIRY	PRODUCE/FRUITS	CONDIMENTS
Low or Non-fat Milk	Cucumber	Balsamic Vinegar
Greek Yogurt	Green or Red Pepper	Mrs. Dash
	Onions	Sugar Free Maple Syrup
	Garlic	Mustard
	Tomatoes	Sea Salt
	Zucchini	
	Bananas, Apples, Peaches, Strawberries, Blueberries, Raspberries	

**VEGETARIAN  
FRIENDLY**

# VEGETARIAN

PROTEIN	COMPLEX CARBS	PRODUCE/FRUITS	PRODUCE/FRUITS
TOFU	QUINOA	BERRIES	TOMATOES
VEGAN SAUSAGE	OATS	MANGO	SALAD GREENS
EGGS	BROWN RICE	PINEAPPLE	SPINACH
HUMMUS	NUTS, ALMONDS, WALNUTS, CASHEWS,	APPLES	GREEN BEANS
YOGURT	CHIA SEEDS	BANANAS	BELL PEPPERS
CHEESE	FLAXSEEDS	ZUCCHINI	ONION
MILK		CORN	GARLIC
		JALAPENO	MUSHROOMS

## CONDIMENTS/HERBS/SPICES

OLIVE OIL/ CANOLA OIL  
 VINEGAR/BALSAMIC VINEGAR  
 MUSTARD/KETCHUP  
 APPLE CIDER VINEGAR  
 GARLIC POWDER  
 ONION POWDER  
 CHILI POWDER  
 OREGANO  
 BLACK PEPPER

**VEGAN  
FRIENDLY**

# VEGAN

PLANT-BASED	LEGUMES	COMPLEX CARBS	VEGETABLES AND FIBROUS CARBS
Tempeh	Lentils & Beans	Quinoa	Lettuce
Chickpeas		Sweet Potatoes	Broccoli
Vegan Protein Powder		Beans (black, kidney, pinto)	Asparagus
		Brown rice	Green Beans
			Spinach
			Bell Peppers
			Brussel Sprouts

HEALTHY FATS	PRODUCE/FRUITS
Olive Oil	Cucumber
Flaxseed Oil	Green or Red Pepper
Avocado	Onion
	Garlic
	Tomatoes
	Zucchini
	Bananas, Apples, Peaches, Strawberries, Blueberries, Raspberries

# WHAT TO EAT

# PROTEINS

## PROTEINS TO CONSUME OFTEN

Fish	Sardines (in water)	Clams
Tuna Steak	Salmon	Veggie Burger
Tuna (canned in water)	Oysters	Tofu
Seafood (fresh)	Mussels	Turkey (ground, lean)
Trout	Lobster	Duck (w/o skin)
Shrimp	Egg Whites (3-5 eggs)	Beef (ground round, 90% lean)
Sashimi	Crab	Chicken (w/o skin)

## PROTEINS TO CONSUME OCCASIONALLY (Twice a Week)

Chicken (with skin)	Beef (ground chuck, 80% lean)
Chicken (breaded nuggets)	Beef (ground sirloin, 85% lean)
Pork (cutlet, shoulder roast, chops)	Sardines (canned in oil)
Tuna (canned in oil)	
Turkey Bacon	
Turkey (ground, regular)	
Turkey Sausage	

## PROTEINS TO LIMIT CONSUMPTION

Bacon	Hotdog
Beef (ground, less than 80% lean)	Ribs (fried)
Beef Jerky	Sausage
Chicken (fried)	Breaded Chicken, Beef, or Veal
Salami	
Pepperoni	
Fish (fried)	

## TIPS

- When cooking your proteins, choose to bake, roast, grill, poach, steam, or boil instead of frying
  - Substitute a serving of protein with a protein shake

# CARBOHYDRATES

## CARBOHYDRATES TO CONSUME OFTEN

Bread, whole wheat (Pita, Pumpernickel, Rye, French)	Oatmeal	Rice (brown)
Cornstarch	Pancake (whole wheat) w/ sugar free syrup	Rice Cake (brown rice, unsalted)
English Muffin	Pasta (whole-wheat)	Sushi (brown rice)
Flatbread	Pasta soup (homemade)	Sweet Potato (baked, boiled)
Granola (low fat, sugar-free)	Plantains (baked, boiled)	Tortilla (corn)
Grits	Potato (baked, boiled, mashed)	Waffle (whole wheat, w/ sugar-free syrup)
Noodles	Quinoa	

## CARBOHYDRATES TO CONSUME OCCASIONALLY (Twice a Week)

Bagel	Frozen yogurt (low fat)
Bread (ciabatta, white, hot dog/hamburger bun, Italian)	Graham crackers
Breadstick (no butter, no oil)	Potato (mashed, with butter)
Biscuit	Pasta, Pasta Soup (canned)
Cereal	Rice (white)
Chocolate	Rice cake (white rice, low salt)
French toast (homemade, with skim milk and egg whites)	Tortilla (flour)

## CARBOHYDRATES TO LIMIT CONSUMPTION

Bakery products	French Fries
Bread (cornbread, fried, garlic)	Pancake (with syrup)
Croissants	Pie
Cakes	Pizza
Candies	Plantains (fried)
Cereal	Potato Chips
Chocolate	Potato Salad
Crackers	Sushi (tempura, fried, or w/ cream cheese)
Doughnuts	Sweet Roll
Empanadas	Danish
Energy Drinks	

# VEGETABLES

## VEGETABLES TO CONSUME OFTEN

Artichoke	Cucumber	Parsley
Arugula	Eggplant	Peppers
Asparagus	Garlic	Radishes
Bean Sprouts	Green Beans	Romaine Lettuce
Broccoli	Greens (collard, mixed, mustard, turnip)	Scallions (green onions)
Cabbage	Hot Peppers	Spinach
Cauliflower	Kale	Tomato
Celery	Lettuce	Turnips
Cilantro	Mushrooms	Water Chestnuts
Coleslaw (packaged, no dressing)	Onions	Zucchini

## VEGETABLES TO CONSUME OCCASIONALLY (Twice a Week)

Brussels Sprouts

Beets

Carrots

Canned Vegetables

Coleslaw (packaged, with dressing)

Pumpkin

Tomato Sauce

## VEGETABLES TO LIMIT CONSUMPTION

Salads already prepared with dressing

Canned Vegetables

Pickles

Sauerkraut

# MILK + YOGURT

## MILK + YOGURT TO CONSUME OFTEN

Almond Milk (unsweetened)

Cashew Milk (unsweetened)

Greek yogurt (nonfat)

Latte (nonfat)

Milk (1%, nonfat)

Soy Milk

Yogurt (nonfat, sugar-free)

## MILK + YOGURT TO CONSUME OCCASIONALLY (Twice a Week)

Almond milk (sweetened)

Greek Yogurt (4 oz)

Cashew Milk (sweetened)

Latte

Chocolate Milk (low fat)

Milk (2%, low fat)

Evaporated Milk (low fat)

Pudding (low fat)

Frappuccino (light)

Soy Milk

Yogurt (light)

## MILK + YOGURT TO LIMIT CONSUMPTION

Cafe Mocha

Coffee (with milk and sugar)

Chocolate Milk

Eggnog

Evaporated Milk

Frappuccino

Hot Chocolate

Milk (condensed, whole)

# HEALTHY FAT

## HEALTHY FAT TO CONSUME OFTEN

Almond Butter	Flaxseed
Avocado	Oil (Canola, corn, olive, peanut, soybean, sesame)
Chia Seeds	Sour Cream (reduced fat)
Cottage Cheese (low fat)	Vinaigrettes

## HEALTHY FAT TO CONSUME OCCASIONALLY (Twice a Week)

Almond Flour	Cream Cheese (low fat)
Butter (low fat)	Margarine (low fat)
Cheese (white, fresh, mozzarella, parmesan)	Olives
Coconut Oil	Peanut Butter
Cottage Cheese (low fat)	

## HEALTHY FAT TO LIMIT CONSUMPTION

Bacon	Mayonnaise (regular)
Butter	Palm Oil
Cheese (American, blue, cheddar, gouda)	Salad Dressing (low fat)
Coconut Milk	Salad Dressing (regular)
Cream (half and half, heavy)	Shortening
Cream Cheese	Sour Cream
Mayonnaise (low fat)	

# NUTS + SEEDS

## NUTS + SEEDS TO CONSUME OFTEN

Almonds	Pistachios
Cashews	Pumpkin Seeds
Hazelnuts	Sesame Seeds
Mixed Nuts (50% peanuts)	Sunflower Seeds
Peanuts (no salt)	Walnuts (halves)
Pecans	

## NUTS + SEEDS TO CONSUME OCCASIONALLY (Twice a Week)

Macadamia
Peanuts (with salt)
Pine

## NUTS + SEEDS TO LIMIT CONSUMPTION

Honey Roasted Nuts

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**HEATH  
HEATH**  
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**THANK YOU!**

