

ONE-STOP NUTRITION GUIDE

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Before reviewing these foods, I need you to know that “eating healthy” is **no guarantee of weight loss**. That’s largely a numbers game: whether you’re burning more calories than you take in.

(It’s actually somewhat common to have a fairly healthy diet that *isn’t* weight loss-friendly.)

But eating mostly minimally processed, nutrient-dense foods—like the ones listed below—will help you FEEL good, stay full between meals, and ultimately have an **easier time sticking to your diet**.

Fair enough?

Here’s my go-to grocery list:

PROTEINS		
Egg whites, chicken breast, 95% ground beef, 95% ground turkey, top sirloin steak, whey protein powder, pea protein powder, cod, tuna, tilapia, shrimp, scallops, deli turkey		
“MIXES”		
Protein & Carbs	Protein & Fats	Protein & Carbs & Fats

Fat-free Greek yogurt, skim milk, clams, black beans, pinto beans, protein bread, lentils	Eggs, non-lean ground turkey, non-lean ground beef, bison, ribeye, lamb, salmon, cod, nuts of any kind (ex. cashews, peanuts, almonds)	Beef jerky, yogurt, regular or reduced fat cheese, oysters, quinoa, edamame, tofu, tempeh, spirulina, flax seeds, chia seeds, nut butters, protein bars, premade shakes
CARBS & FATS		
Carbs	Fats	Carbs & Fats
Rice, potatoes, oatmeal, fruit, vegetables	Egg yolks, olives, olive oil, coconut oil, fish oil	Chickpeas, avocados, guacamole

Needless to say, **this list isn't exhaustive**. But these foods tend to be the most accessible, and easiest to plan for and track (compared to more complex or heavily processed stuff).

Most people's next question is... "What meals can I make with these?"

Don't worry! We'll get to that in a second. But first, let's get clear on **the "leanest" sources of protein**: the foods that have the highest percentage of calories from protein.

The list below includes both (A) the foods I'm asked about the most, and (B) the ones I recommend the most—which I've highlighted in yellow.

The leanest sources of protein:

- **Whey protein powder** (92% protein)
- **Tuna** (87% protein)

- Cod (87% protein)
- Egg whites (84% protein)
- Tilapia (82% protein)
- Deli turkey (78%)
- Shrimp (77% protein)
- Scallops (74% protein)
- Vegan protein powder (74% protein)
- Chicken breasts (72% protein)
- 95% ground beef (66% protein)
- 95% ground turkey (66% protein)
- Top sirloin steak (63% protein)
- Core Power protein shake (60% protein)
- Salmon (56% protein)
- Reduced fat cheese stick (47% protein)
- Tofu (45% protein)
- Fat-free Greek yogurt (43% protein)
- Tempeh (42% protein)
- Quest protein bar (42% protein)
- Whole eggs (40% protein)
- Ribeye steak (31% protein)
- Edamame (31% protein)
- Beans (25% protein)
- Beef jerky (32% protein)
- Peanut butter (16% protein)
- Almonds (15% protein)
- Quinoa (15% protein)
- Seeds (14% protein)

These numbers are NOT bulletproof, by the way. They're just based on the entries I chose in Cronometer (which aren't perfect—just like any tracking app).

They also don't account for protein quality (not all sources are created equal), or total protein grams per serving (chicken breast, for example, would be at the top of the list).

But if you struggle to get enough protein without going over your calories, choose more lean sources.

And just so there's even less of an excuse to fall short of your protein goal (which contributes to muscle loss and unnecessary hunger):

Here are multiple ways to get 30-40+ grams of protein in one sitting:

- 38 grams of protein powder (30 grams of protein)
- 6 ounces of canned tuna (43 grams of protein)
- 3 whole eggs and 3 whites (30 grams of protein)
- 6 ounces of deli turkey (36 grams of protein)
- 6 ounces of chicken breast (53 grams of protein)
- 6 ounces of 95% ground beef or turkey (47 grams of protein)
- 6 ounces of top sirloin steak (49 grams of protein)
- 6 ounces of salmon (43 grams of protein)

You can piece together less lean sources, too—like a fat-free Greek yogurt (14 grams of protein), two reduced fat cheese sticks (14 grams of protein), and almonds (6 grams of protein).

But this bulleted list will ultimately be your bread and butter. **So don't waste any more time** Googling "high protein foods," because you're looking at the hall of fame.

How much protein do I actually need?

People argue about this until they're blue in the face, but **.8 grams per pound of bodyweight** is a good daily goal. It's enough to support muscle retention and keep your hunger and cravings at bay, but doesn't require you to eat chicken as a full-time hobby.

(Depending on a client's body fat percentage, I sometimes cap this at about ~120 grams for women, and ~160 grams for men. Not that more is "bad," of course. But at a certain point, your calories are better "used" on fat and carbs.)

Getting more protein doesn't need to be difficult, either. All you need to do is (A) prep 1-2 protein sources 1-2 times per week, and (B) plan your meals in advance. People who think getting more protein is difficult **almost never do either**.

Speaking of which...

Here's the best way to plan a full day of eating for weight loss.

It's a simple, four-step system all my most successful clients use.

Step #1 explains how to set up your daily targets. Step #2 goes over how to get enough protein. And Step #3 goes over how to **get enough fiber**: the most underrated nutritional goal.

(Step #4 goes over how to be reasonably flexible.)

Fiber improves your digestive health, keeps you full, helps regulate your blood sugar, and even reduces the risk of chronic diseases and cancer. It's insane that people don't prioritize it.

Not to mention, fibrous foods are nutrient-dense and filling, so having a daily target ensures you don't get too cute with what you're fitting into your calories.

How much fiber do I need?

The most common recommendation is **14 grams for every 1,000 calories you eat**. But I recommend ramping up slowly if you're nowhere near this (most people aren't). Otherwise, you'll be bloated as hell and not very happy with me.

The reason people tend to struggle with this is because unlike protein, the best sources of fiber often only have 3-6 grams per serving.

"Sam, I have to eat SO many fruits and vegetables to hit my goal!"

...It's almost like that's the point!

Here are the best sources of fiber to include in your diet:

HIGH FIBER CHEAT SHEET	
Fruit (avocado, raspberries, pears, bananas, apples, strawberries, oranges)	Beans (black, kidney, lima) and lentils
Vegetables (peas, Brussels sprouts, carrots, broccoli, green beans, kale)	Nuts (almonds, pistachios, walnuts)
Oats	Brown rice and quinoa
Potatoes (any)	Whole wheat bread
Chickpeas and seeds	

I didn't include any high fiber wraps, bread, pasta, or supplements (ex. psyllium husk), and that's for a reason:

The point of having a fiber goal isn't to "hack" your way there with as few fruits, vegetables, and nutrient-dense foods as possible.

Shockingly, it's to have MORE of these in your diet.

That way, you feel your best, keep your hunger at bay, and don't struggle as much to maintain your results.

(I find that people who always look to "game the system," numerically, struggle way more with this—especially when they're not tracking.)

Per usual, nothing I left out is "bad." But be mindful of turning the convenience card too damn often.

Can we get to those meals now?

In a second!

When you review the recipes, you'll notice I mention a few tools and appliances multiple times.

Here's what I recommend stocking your kitchen with:

1. [A food scale](#) (\$10-\$15). If you're "counting calories" and not using one, you're not "really" counting calories. You're *guessing* calories—like shopping without checking price tags. [Here's how to turn this around](#)
2. [A vegetable chopper](#) (\$20-\$30). A ridiculously easy way to "sneak" onions, peppers, tomatoes, and other vegetables into your diet with very little effort (since you can dice them early in the week and "sprinkle" them into a bunch of recipes)

3. [A countertop grill](#) (\$40-\$60). If you hate prepping, this will change your life. You can cook a pound of protein in fewer than 10-12 minutes, and it literally has one setting: a green light to tell you it's done
4. [An air fryer](#) (\$60-\$200). Yes, these are as good as people say. You can cook meat perfectly in minutes (no preheating required), roast vegetables or potatoes with very little oil, and more

A real chef might scoff at these, but I'm not here to be the next Gordon Ramsay. I'm here to make simple, "good enough" meals that help me move the needle and get on with my life. And that's what my clients want, too.

On that note...

That's why I don't love stereotypical "meal prep."

To be clear, I'm talking about hopping on Pinterest, Google, or social media for "inspiration"... only to come up with an overly ambitious plan you'll never stick to. Or spending half of every Sunday on your grill.

I'm a much bigger fan of what's called "[ingredient prep](#)": where you make 2-3 proteins, carbs, and vegetables 1-2 times per week, and mix and match them like you would at Chipotle:



In fact, I rarely make the recipes listed below “from scratch” (even though the instructions imply that). Most of the components are prepped in advance, ready to go in my fridge.

And when I *do* make things on the fly, I almost always prep extra (even if the portions I list are specific): because “meal prep” doesn’t need to be any deeper than that.

It’s also worth noting that these recipes aren’t ironclad. I think of them as “templates” that can—and should—be adjusted to your personal preferences and goals.

For example, if you need more protein than what’s listed, or don’t like garlic... all good! Just bump the listed portion and swap the garlic for whatever seasoning you do like.

This stuff can be really, really simple.

With all that said...

Here are my go-to breakfast options:

BREAKFAST OPTIONS
IMPORTANT
<p>I don't consider many of these to be "full" meals. For example, a 325 calorie shake isn't going to hold you over for any meaningful amount of time... which will almost certainly lead to overeating later in the day.</p> <p>So what I recommend doing is piecing stuff together—like a 325 calorie shake, scrambled eggs and egg whites (165-180 calories), and fruit (100-150 calories)—based on whatever makes sense for your goals and calorie "budget."</p>
1) <u>Chocolate peanut butter protein shake</u>: 325 calories and 33 grams of protein (2-3 minutes)
<p>Put 8 ounces of chocolate almond milk, 4 ounces of water, 2-3 ice cubes, 35-40 grams of protein powder, and a 100-125 gram banana into a blender. Blend it!</p> <p>You can also add a powdered peanut butter (like PB2 or PBfit), "actual" peanut butter if you have the calories for it, and/or a handful of greens if you're feeling extra healthy</p>
2) <u>Fruit protein smoothie</u>: 365 calories calories and 33 grams of protein (2-3 minutes)
<p>Put 8 ounces of unsweetened vanilla almond milk, 4 ounces of water, 2-3 ice cubes, 35-40 grams of protein powder, 140 grams of frozen mixed berries, and a banana (typically 100-125 grams) into a blender. Blend it!</p> <p>You can add the same stuff I mentioned above, too, or swap the fruit for whatever you prefer</p>
3) <u>Chocolate peanut butter protein oatmeal</u>: 405 calories and 37 grams of

protein (2-4 minutes)

Put 8-12 ounces of unsweetened vanilla milk (depending on how “thick” or runny you like it) and 40 grams of oats into a bowl. Microwave it for 60-90 seconds.

Take it out, and add 25-30 grams of chocolate peanut butter protein powder. Mix it, and add a little water if you need to (if it’s not mixing well). Finally, slice a banana and add it on top.

Yet again, you can add PB2 or PBfit, or swap the protein flavor or fruit. The calories and protein will be similar! Just do what works for you

4) Protein coffee: 170 calories and 26 grams of protein (1-12 minutes)

A perfect example of what’s NOT a “meal.” But some of my clients enjoy this in the mornings:

Just pour a vanilla Core Power (or something similar) into an iced coffee, and enjoy the protein “spike”

5) Scrambled eggs and egg whites, onions, and an apple: 306 calories and 29 grams of protein (6-10 minutes)

Put 3 eggs, 3 whites, diced onions, salt, and pepper into a bowl and whisk it. Pour it onto a pan that’s sprayed with olive oil, and scramble it on a medium heat until it’s cooked to your liking.

Add an apple (typically ~5 ounces), and call it a day.

[Here’s how to save a few bucks by separating your own egg whites](#)

6) Fried eggs and egg whites, diced vegetables, black beans, and sweet potato home fries: 627 calories and 39 grams of protein (15-22 minutes)

Dice 6 ounces of sweet potato and put it into a bowl with 13 grams (one tablespoon) of olive oil. Add salt, garlic, and paprika. Mix it by hand, and throw it in an air fryer (400 degrees) for 15-20 minutes. Halfway through the cooking time, add diced onions.

Once you start this process, crack 3 eggs and put them on a pan with olive oil spray (medium heat). Next, add 3 egg whites (in the gaps between the whole

eggs). Then, add salt, pepper, and diced peppers.

Finally, on a separate pan, heat up black beans on a low heat with salt and garlic. You'll end up using 122 grams of these ("one serving").

When they're all done, plate them

7) Omelet with chicken sausage, vegetables, and cheese: 436 calories and 47 grams of protein (8-12 minutes)

Put 3 eggs, 3 whites, salt, and pepper into a bowl and whisk it. Separately, spray a pan with olive oil and put it on a medium heat.

Pour the mix on the pan, and once it starts to cook, add two sliced or diced chicken sausages (~70 gram's worth), 28 grams of low fat shredded cheese, and diced onions and tomatoes.

Once it cooks a little more, fold the omelet in half, gently press down with the back of your spatula, and wait another minute or two before flipping it again. Then, once it seems fully cooked, gently press down one more time to make sure. Plate it.

Add some fruit, too!

8) Steak and eggs with a banana: 575 calories and 69 grams of protein (15-18 minutes)

Place 6 ounces of sirloin steak on a countertop grill (~10-12 minutes), and season it with salt and garlic. While it's cooking, scramble 2 eggs and 2 whites. Add some diced vegetables if you can.

When they're both done, plate them and add a banana (typically 100-125 grams) or any other fruit you like

9) Breakfast taco: 620 calories and 74 grams of protein (12-15 minutes)

Spray a pan with olive oil and turn it to a medium heat. Put 6 ounces of 95% ground beef, diced onions and peppers, salt, and a little taco seasoning on. Keep breaking it up and mixing it around until it's fully cooked.

Separately, scramble 2 eggs and 2 whites with salt, pepper, and 28 grams of low fat shredded cheese.

When they're both done, combine them and put as much of the mix as you can into two Old El Paso taco shells. There WILL be leftover scramble, but that's just a bonus when it comes to keeping your hunger at bay.

I like adding fruit as a side here, too (a recurring theme)

10) Non-fat Greek yogurt with a side of fruit: 200 calories and 15 grams of protein (0-2 minutes)

Another example of what's NOT a meal in itself. But 170 grams ("one serving") of non-fat vanilla Greek yogurt with two clementines (for example) makes a solid addition to anything you see above

11) Cottage cheese with pineapple: 253 calories and 24 grams of protein (0-2 minutes)

Again, a solid *addition* to anything you see above. 225 grams of cottage cheese and 140 grams of pineapple (or any other fruit you like) gets the job done!

HONORABLE MENTIONS

I axed a few things from my original guide—like **overnight oats** (generally pretty low in protein compared to the calories), **quiche**, and **egg puffs** (too high friction to be a staple)

Next, my go-to lunch and dinner options:

LUNCH AND DINNER OPTIONS

IMPORTANT

Don't forget: there are NOT ironclad "recipes," and they should be tweaked to your personal preferences and goals.

And much of what's listed can either be prepped in advance (so you can just heat stuff up), OR cooked in bulk on the spot so you have leftovers (even if I list specific portions)

1) Grilled chicken salad: ~585 calories and 70 grams of protein (8-12 minutes)

Cook 8 ounces of chicken on a countertop grill (or in an air fryer) with salt and a garlic and herb seasoning ([I use this one](#)).

Once it's done, use [cooking scissors](#) to cut it up, and put it into a bowl with a few huge handfuls of lettuce, kale, or spinach, a sliced apple (typically ~5 ounces), and a homemade olive oil dressing (olive oil, salt, pepper, garlic, and the same garlic and herb seasoning).

Another recurring theme here will be that you can adjust the protein source if you want, and choose different seasonings

2) Taco bowl: ~625 calories and 58 grams of protein (15-20 minutes)

This is crazy easy, and many of my clients have it several times per week. Just ground 6 ounces of 95% ground beef or turkey on one pan (with salt and taco seasoning), and pinto beans on another (you'll end up using "one serving": 122 grams).

When they're done, mix them in a bowl, add ~100 grams of cooked rice (prepped in advance), 50 grams of guacamole (if you have the calories for it), and pico de gallo.

(It's basically a Chipotle bowl!)

3) Grilled chicken, rice, and air fried broccoli: 641 calories and 72 grams of protein (15-20 minutes)

A meathead staple, this just involves grilling 8 ounces of chicken (or any other protein) on a countertop grill (or an actual grill, if you have one), while cooking broccoli (or any other green) in an air fryer.

The best way to do this is by putting the greens in a bowl with 13 grams ("one tablespoon") of olive oil, and mixing it around with your hands (a little goes a long

way). Then, add salt, pepper, garlic, and paprika, and throw it in the air fryer for 8-12 minutes (depending on how roasted you like it).

Finally, plate both with 100 grams of cooked rice

4) Tuna wraps: 501 calories and 37 grams of protein (6-8 minutes)

Just put 4 ounces of canned tuna, lettuce, sliced tomatoes, salt, and 50 grams of guacamole into two Mission wraps (or whatever other wraps you like)

5) Ground turkey and egg scramble: 306 calories and 54 grams of protein (12-15 minutes)

This is similar to the taco bowl from above, except it's "breakfast-esque." Just ground up 6 ounces of 95% ground turkey and diced vegetables in one pan, and 2 eggs and 2 egg whites in another.

Solid additions to this are rice, quinoa (also prepped in advance), hot sauce, and even salsa (both of which are great low calorie flavor-adders)

6) Air fried steak tips, asparagus, and roasted potatoes: 645 calories and 55 grams of protein (45-50 minutes)

Preheat your oven to 375 degrees. Dice 6 ounces of potatoes and put them onto a pan lined with aluminum foil. Spray them with an olive oil spray, and put salt, pepper, and garlic on top. When the oven reaches 375 degrees, throw them in for 35-40 minutes.

(Yes, this takes longer... but it's super "passive," and you can cook way more than just 6 ounces of potatoes, so you have leftovers to work with.)

When there are 10-15 minutes left (on the potatoes), put 6 ounces of steak tips into one bowl with 13 grams of olive oil, salt, and garlic, and asparagus into another bowl with the same stuff. Mix them both by hand.

Set your air fryer to 400 degrees, and either put the asparagus on the top shelf and the steak tips on the bottom, or side by side if your air fryer doesn't have shelves. In either case, they both take ~7-8 minutes to cook (depending on how well-done you like everything), and the steak tips need to be flipped halfway through.

Again, you can make extra of all three of those! So even though it's a bit more intensive, you can easily get 2-3 meals out of it

7) Chicken and vegetable stir fry: 533 calories and 53 grams of protein (12-15 minutes)

Put 13 grams of olive oil on a pan, and turn it to a medium heat. Let it sit for a minute, then add 6 ounces of diced chicken. Season it with salt, pepper, and garlic.

Once that starts to cook a little bit, add any combination of squash, zucchini, broccoli, and carrots to the pan (all of which can be sliced in advance during "ingredient prep"), and season those, too. Add another 13 grams of olive oil so nothing sticks. Keep mixing and flipping them until everything's cooked to your liking.

Both rice and quinoa make good sides or add-ons here (ideally prepped in advance)

8) Shrimp tacos: 590 calories and 40 grams of protein (15-18 minutes)

Put 26 grams of olive oil onto a pan, and turn it to a low-to-medium heat. Add 6 ounces of de-tailed shrimp, diced onions and peppers, and season it with salt and a little taco seasoning. Mix it every so often until it's fully cooked.

When it's done, load up two Old El Paso taco shells (not everything will fit, but that's fine) and add 35 grams of guacamole (if you have the calories for it) and pico de gallo.

My personal favorite side here is rice and beans (again, calorie-"permitting")

9) Deli sandwich: 463 calories and 51 grams of protein (2-4 minutes)

6 ounces of deli turkey on two slices of high protein bread ("regular" bread is also fine), sliced tomatoes, lettuce, 30 grams of reduced fat mayo, and a little salt and pepper gets the job done here.

You can also do this in a wrap!

10) Steak quesadilla: 669 calories and 79 grams of protein (15-20 minutes)

Cook 6 ounces of top sirloin steak (with salt and roasted garlic and herb seasoning) on a countertop grill, and evenly slice it into thin strips when it's done (~10-12 minutes).

Then, divide that evenly on two large tortillas, and spread 28 grams of reduced fat shredded cheese across both. Fold them closed, and put them on a non-stick pan on a low heat. Gently press down and let it sit for a minute or two, until the cheese starts to melt. Flip it when it's done and wait another minute or two.

When they're done, add lettuce, salsa, or pico de gallo

HONORABLE MENTIONS

Other options that got axed this time around are **scallops and protein pasta** (not a realistic staple), **crock pot chicken** (just not my forte—though [it's a great option](#)) **peanut butter sandwiches** (not overly high in protein relative to the calories), "**high protein**" **chili** (way too complex), and **chicken soup** (again, not a staple for most people). Per usual, this doesn't mean they're "bad." I just want this guide to be as actionable as possible

If you want some vegan and vegetarian-friendly examples, [click here](#). It's still possible to get enough protein; it just takes more effort.

Other things worth mentioning:

- The calorie and protein totals listed above are approximate. When you're personally tracking these meals, [you need to break out a food scale](#) and "confirm" what you're having. Otherwise you're just guessing—like going shopping and not checking price tags
- People who want tons of variety (because they get "bored") struggle to get results. My most successful clients choose ~**2 breakfasts, lunches, and dinners** and keep them in heavy rotation, so their nutrition becomes a semi-afterthought. When they *do* want variety, [here's how they make adjustments](#)

- Another time-saving “hack” is saving your go-to recipes in Cronometer, MyFitnessPal, or whatever you use to track. That way, you can plan even faster and just break out your food scale to “confirm” the portions

Finally, while minimizing processed and less nutrient-dense foods is wise... don't take this too far, and eliminate everything you love.

As well-intentioned as this may be, **your diet will be a ticking time bomb** if you don't include at least *some* splurges in moderation. That's why [Step #4 of the planning process](#) I linked to above includes a step *for* including splurges.

What about snacks?

In general, I'm not a big fan of snacking. Especially since most “snack foods” aren't overly filling or nutrient-dense. Most people manage their hunger better with fewer, bigger meals.

But there ARE situations—like when you're on the go, can't get a real meal, are traveling, etc.—where they make more sense. Largely so you don't make impulsive decisions fueled by hunger.

And in those situations, here's what I turn to:

SNACK OPTIONS	
<p><u>Packable in a small cooler*</u> OR accessible in many grocery and convenience stores:</p> <ol style="list-style-type: none"> 1) Tuna packs 2) Cottage cheese with pineapple 3) Flavored Greek yogurt 	<ol style="list-style-type: none"> 10) Celery with peanut butter 11) Cucumbers with hummus 12) Baby carrots 13) Strawberries, clementines, grapes, watermelon, and any other fruit that's better cold

4) Plain Greek yogurt with berries 5) Hard boiled eggs 6) Homemade protein shakes 7) Premade protein shakes 8) Turkey roll-ups 9) Reduced fat cheese sticks	<u>No refrigeration needed:</u> 14) Beef jerky 15) Pistachios (in moderation) 16) Protein bars 17) Bananas, apples, and any other fruit that's fine at room temperature
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**[Here's the super small cooler](#) I personally have in my bag most of the time, and often bring while traveling.*

What about alcohol?

I'll tell you what most people beat around the bush about:

Your weight loss difficulties will be **directly proportional** to how often and how much you drink. There's virtually no place for it in a truly "healthy" diet.

(But, Sam! The antioxidants!)

That said, drinking is obviously a part of culture, socializing, celebrations, and more. So I never ask my clients to eliminate it entirely (though that CAN make sense in the short-term). Instead, I recommend [a weekly drink quota](#).

What about supplements?

I have mixed feelings on these.

One on hand, people act like they're allergic to fruits and vegetables—then try to use supplements to "cover their bases." On the other, the simple act of taking a

safe, well-researched supplement can be an easy win that spills over into other habits—especially in the mornings.

For example, I start most days with a homemade shake or smoothie and a handful of supplements—which makes me feel like I’m starting the day on a strong note. As a result, I eagerly look for the next win I can get.

In any case, the supplements I’ll list below are legit. But they’re not miracle-workers, and again: NOT a replacement for effort with your “actual” diet:

- **Protein powder** is probably the most convenient way to get 30-40 grams of protein in one sitting. You can use a whey isolate, or a vegan powder if your stomach doesn’t tolerate whey
- **Creatine monohydrate** isn’t the “meathead” supplement most people think it is. Nor does it make you gain a bunch of weight. In reality, it’s a safe, well-researched supplement that improves gym performance
- **Fish oil** reduces triglycerides, and can improve both your moods and how your joints feel (though the effects vary person to person)
- **Vitamin D** supports immune health, bone health, and can also improve your mood (among other benefits)
- **Magnesium** supports blood sugar regulation, can help reduce blood pressure, and even improve your sleep (again, the effects vary person to person)

Similar to the grocery list, this isn’t exhaustive. But it’s a good place to start for people who want a little “boost” on top of a well-rounded diet (**always priority number one**).

And since everybody asks: I get most of my supplements from [True Nutrition](#) and [Legion Athletics](#).

Can I just “eat mindfully”?

Funny enough, mindful eating isn't a “diet,” or a calorie counting alternative. It's an entirely weight neutral *skill*.

But since people treat it like one (a diet), it's important for me to touch upon this:

“Eating mindfully” in an attempt to lose weight (in lieu of calorie counting) is like trying to get out of debt without checking price tags (something you've obviously heard me mention):

It's possible, yes—but not very reliable over the long haul. So it's helpful to think of mindful eating as something that *supports* calorie counting (they don't have to be at odds with each other), and perhaps more importantly: long-term maintenance.

Fair enough?

Now, let's get clear on what “mindful eating” really is.

I'm personally a fan of [Joseph B. Nelson's](#) definition:

“Mindful eating (i.e., paying attention to our food, on purpose, moment by moment, without judgment) is an approach to food that focuses on individuals' sensual awareness of the food and their experience of the food.”

Here's how this can support both short-term weight loss and long-term maintenance:

✓ **“Paying attention.”** When was the last time you paid attention to what you ate, and how it made you feel? Both physically AND emotionally? Most of us eat 90+% of our meals in front of a screen, or on the go

✓ **“Without judgment.”** Thanks to diet culture, we can’t even enjoy a piece of bread without shaming ourselves mid-meal. When you practice mindful eating, you make every effort to set these judgments aside... which makes it easier to not self-sabotage

✓ **“Sensual awareness.”** Forget about your macros for a second. What’s the texture of your food? What are the flavors like? How are they making you *feel*?

✓ **“Experience of the food.”** Food is NOT only fuel. That’s a flawed and reductionist statement. Food can bring us joy, add to memories, *or...* make us feel worse. It’s important to be mindful of both sides of the coin

In short, mindful eating leads to better decision-making, a healthier relationship with food, and more satisfaction with your meals.

Great. What do we do with this information?

I’m an action step kind of guy—so I put together a **Mindful Eating Checklist** that should help you put this stuff into practice. I recommend printing it and hanging it in your kitchen, or screenshotting it for your camera roll:

Questions to ask BEFORE eating:	Answer
Did I sit with my hunger for 20+ minutes to ensure it’s “actual” hunger? And that I’m not treating a normal feeling like an emergency?	
By any chance do I have an emotional need that needs my attention—and not a physical one? If so, how might I meet that need?	
What will make me feel my best 20 minutes from now? An hour from now? Tomorrow morning?	
Questions to ask DURING a meal:	Answer

Am I undistracted and not staring at a phone or TV screen?	
Do I have a glass of water to sip on?	
Am I putting my utensils down and breathing between bites?	
Am I checking in with myself often? Do I feel satisfied yet?	
Am I genuinely hungry for the next bite? Or just eating because something's in front of me?	
Will I be proud of and content with these decisions after this meal is over?	
Questions to ask AFTER eating:	Answer
Do I feel okay with the decisions I just made? Were they in line with my big picture goals?	
Numbers aside, how do I feel right now? Did I just treat my body well?	
If I don't feel totally content with my decisions... how might I set myself up for success next time around?	

Before this turns into a full-length nutrition book, I'll wrap things up here.

But I will say that that **information alone only gets you so far**. I'm actually assuming that very little here is new to you.

What success REALLY comes down to is having systems in place to implement your knowledge. That's why even coaches hire other coaches: for accountability, support, and a kick in the ass to follow through.

(The "secret" to success: not only answering to yourself.)

With that in mind, [don't hesitate to email me](#) if you want help with this stuff. While my program isn't a perfect fit for everybody, I'll happily point you toward another solution if I'm not 100% confident I can help you.

I genuinely hope you found this guide helpful, and please know that I really would love to hear from you if I can be helpful in any way.

Again, [you can email me right here](#)—even if it's just to say hello, and to let me know what you think of the guide!

Always at your disposal,

Coach Sam