



# FITLIFE NUTRITION GUIDE

*Fuel Your Transformation*



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# GROCERY LIST

**BUILDING MUSCLE REQUIRES A BALANCED DIET. STOCK YOUR PANTRY AND FRIDGE WITH THESE ESSENTIAL FOODS:**

## PROTEINS

- Chicken breast
- Lean beef
- Turkey
- Salmon
- Tofu
- Greek yogurt
- Eggs
- Whey protein powder

## FRUITS/VEGGIES

- Spinach
- Kale
- Broccoli
- Berries (blueberries, strawberries)
- Apples
- Bananas
- Citrus fruits (oranges, grapefruits)
- Bell peppers
- Carrots

## CARBOHYDRATES

- Brown rice
- Quinoa
- Sweet potatoes
- Oats
- Whole-grain pasta
- Beans (black, kidney, chickpeas)
- Whole-grain bread



## FATS

- Avocado
- Olive oil
- Nuts (almonds, walnuts)
- Seeds (chia, flax)
- Nut butter (almond, peanut)
- Fatty fish (salmon, mackerel)

## DAIRY &

## ALTERNATIVES

- Low-fat milk
- Almond milk
- Cottage cheese
- Cheese (in moderation)
- Kefir

# MACRONUTRIENT BREAKDOWN

UNDERSTANDING MACRONUTRIENTS IS CRUCIAL FOR MUSCLE BUILDING. HERE'S A BREAKDOWN:

## PROTEINS

- Necessary for muscle repair and growth.
- Aim for 0.54 to 1.0 grams of protein per pound of body weight.
- Example: For a 150 lb person, target 81 to 150 grams of protein daily.



## CARBOHYDRATES

- Provide energy for workouts and recovery.
- Consume complex carbs to sustain energy levels.
- Aim for 1.36 to 2.72 grams of carbohydrates per pound of body weight.



## FATS

- Essential for hormone production and overall health.
- Limit saturated fats and prioritize unsaturated fats.
- Approximately 20-35% of daily caloric intake should come from fats.



# MACRONUTRIENT CALCULATOR

THIS CALCULATOR WILL HELP YOU DETERMINE YOUR DAILY MACRONUTRIENT NEEDS BASED ON YOUR GOALS AND ACTIVITY LEVEL.

## STEP 1: DETERMINE YOUR BASAL METABOLIC RATE (BMR)

- Your BMR represents the number of calories your body needs to maintain basic functions at rest. You can calculate your BMR using the Mifflin-St Jeor Equation:
- For Men:  $BMR = (4.536 \times \text{weight in pounds}) + (15.88 \times \text{height in inches}) - (5.0 \times \text{age in years}) + 5$
- For Women:  $BMR = (4.536 \times \text{weight in pounds}) + (15.88 \times \text{height in inches}) - (5.0 \times \text{age in years}) - 161$

## STEP 2: FACTOR IN YOUR ACTIVITY LEVEL

- Sedentary (little or no exercise):  $BMR \times 1.2$
- Lightly active (light exercise or sports 1-3 days/week):  $BMR \times 1.375$
- Moderately active (moderate exercise or sports 3-5 days/week):  $BMR \times 1.55$
- Very active (hard exercise or sports 6-7 days a week):  $BMR \times 1.725$
- Super active (very hard exercise, physical job, or training twice a day):  $BMR \times 1.9$

## STEP 3: SET YOUR GOAL

- To lose weight: Subtract 250-500 calories from your daily maintenance calories.
- To maintain weight: Use your maintenance calories.
- To gain weight: Add 250-500 calories to your daily maintenance calories.

## STEP 4: CALCULATE YOUR MACRONUTRIENT BREAKDOWN

Proteins:

- Aim for 25-30% of your total calories.
- Calculate the grams of protein by dividing your daily protein calories by 4 (since there are 4 calories in each gram of protein).

Carbohydrates:

- Target 45-50% of your total calories.
- Calculate the grams of carbohydrates by dividing your daily carbohydrate calories by 4.

Fats:

- Allocate 20-25% of your total calories.
- Calculate the grams of fats by dividing your daily fat calories by 9 (since there are 9 calories in each gram of fat).

For example, if your daily calorie goal is 2,000 calories, your macronutrient breakdown could look like this:

- Proteins: 30% of 2,000 calories = 600 calories from protein
- $600 \text{ calories} / 4 = 150 \text{ grams of protein}$
- Carbohydrates: 50% of 2,000 calories = 1,000 calories from carbs
- $1,000 \text{ calories} / 4 = 250 \text{ grams of carbohydrates}$
- Fats: 20% of 2,000 calories = 400 calories from fats
- $400 \text{ calories} / 9 = 44 \text{ grams of fat}$

# MEAL IDEAS

## BREAKFAST

### Overnight Oats with Greek Yogurt and Berries:

- In a mason jar, combine oats, Greek yogurt, and your choice of berries (blueberries, strawberries).
- Sweeten with honey or a drizzle of maple syrup.
- Refrigerate overnight for a quick, nutritious breakfast.

### Scrambled Eggs with Spinach and Whole-Grain Toast:

- Whisk eggs and sauté with spinach.
- Serve with whole-grain toast for a protein-packed breakfast.

### Protein Smoothie:

- Blend whey protein powder, almond milk, banana, and a handful of spinach for a nutrient-packed smoothie.
- Add a spoonful of almond butter for extra creaminess and flavor.



## LUNCH

### Grilled Chicken Salad with Mixed Greens and Vinaigrette:

- Grill chicken breast and slice it.
- Toss with mixed greens and your choice of vinaigrette dressing.
- Add cherry tomatoes, cucumbers, and a sprinkle of feta cheese.

### Quinoa and Black Bean Bowl with Veggies and Avocado:

- Cook quinoa and mix with black beans, diced bell peppers, corn, and cilantro.
- Top with sliced avocado and a squeeze of lime juice.

### Turkey and Whole-Grain Wrap with Hummus and Veggies:

- Fill a whole-grain wrap with sliced turkey, hummus, and your choice of veggies (spinach, bell peppers, cucumbers).
- Roll it up for a satisfying lunch.

## DINNER

### Baked Salmon with Quinoa and Steamed Broccoli:

- Season salmon fillets with lemon juice, dill, and a touch of olive oil.
- Bake until flaky.
- Serve with cooked quinoa and steamed broccoli.

### Stir-Fried Tofu with Brown Rice and Mixed Vegetables:

- Cube tofu and stir-fry with your favorite veggies (bell peppers, broccoli, snap peas) in a light soy sauce.
- Serve over brown rice for a plant-based dinner.

### Lean Beef Chili with Kidney Beans and a Side of Mixed Greens:

- Prepare a hearty chili with lean ground beef, kidney beans, diced tomatoes, and chili seasoning.
- Serve with a side of mixed greens topped with vinaigrette dressing.



# VEGAN MEAL IDEAS



## BREAKFAST

### Vegan Berry Smoothie:

- Ingredients:
  - 1 cup of mixed berries (strawberries, blueberries, raspberries)
  - 1 ripe banana
  - 1 cup of almond milk
  - 1 tablespoon of chia seeds
  - 1 teaspoon of maple syrup (optional)
- Instructions:
  - Blend all ingredients until smooth.
  - Pour into a glass and enjoy a refreshing morning boost.

### Avocado Toast with Tomato:

- Ingredients:
  - 1 ripe avocado
  - 2 slices of whole-grain bread
  - 1 large tomato, sliced
  - Salt and pepper to taste
- Instructions:
  - Mash the avocado and spread it on toasted bread.
  - Top with sliced tomatoes and season with salt and pepper.

### Vegan Oatmeal Bowl:

- Ingredients:
  - 1 cup of rolled oats
  - 2 cups of almond milk
  - 1 ripe banana, sliced
  - 2 tablespoons of almond butter
  - Fresh berries for garnish
- Instructions:
  - Cook oats in almond milk until creamy.
  - Top with sliced banana, a dollop of almond butter, and fresh berries.

# VEGAN MEAL IDEAS

## LUNCH

### Vegan Quinoa Salad:

- Ingredients:
  - 1 cup of cooked quinoa
  - Mixed veggies (cucumber, bell peppers, cherry tomatoes)
  - Chickpeas
  - Fresh parsley
  - Lemon-tahini dressing (lemon juice, tahini, olive oil)
- Instructions:
  - Combine quinoa, veggies, and chickpeas in a bowl.
  - Drizzle with lemon-tahini dressing and garnish with fresh parsley.

### Vegan Lentil Soup:

- Ingredients:
  - 1 cup of red lentils
  - Carrots, celery, and onions
  - Vegetable broth
  - Curry powder and turmeric
  - Fresh cilantro for garnish
- Instructions:
  - Cook lentils with veggies and spices in vegetable broth.
  - Garnish with fresh cilantro before serving.

### Vegan Wrap with Hummus:

- Ingredients:
  - Whole-grain tortilla
  - Hummus
  - Sliced avocado
  - Mixed greens
  - Sliced red onion
- Instructions:
  - Spread a generous layer of hummus on the tortilla.
  - Add avocado, greens, and sliced red onion.
  - Roll up and enjoy a satisfying vegan wrap.



# VEGAN MEAL IDEAS

## DINNER

### Vegan Stir-Fry with Tofu:

- Ingredients:
  - Tofu, cubed
  - Mixed stir-fry veggies
  - Soy sauce or tamari
  - Garlic and ginger
  - Brown rice
- Instructions:
  - Sauté tofu, veggies, garlic, and ginger in a wok with soy sauce.
  - Serve over brown rice.

### Vegan Spaghetti with Tomato Sauce:

- Ingredients:
  - Whole-grain spaghetti
  - Vegan tomato sauce
  - Sautéed mushrooms and spinach
  - Nutritional yeast for a cheesy flavor
- Instructions:
  - Cook spaghetti and toss with tomato sauce.
  - Top with sautéed mushrooms, spinach, and a sprinkle of nutritional yeast.

### Vegan Chickpea Curry:

- Ingredients:
  - Chickpeas
  - Coconut milk
  - Curry spices (turmeric, cumin, coriander)
  - Spinach
  - Serve with quinoa or brown rice.
- Instructions:
  - Simmer chickpeas, coconut milk, and spices.
  - Add spinach and serve over quinoa or brown rice.





# SUPPLEMENT GUIDE

PRODUCTS LINKED IN YELLOW BELOW



## PHORMULA-1

### [Post-Workout Recovery Protein](#)

Phormula-1® is a premium-sourced whey protein isolate, and is by far the best tasting, best mixing isolated protein on the market. Not only will you taste the difference, you will actually feel the difference immediately when you use it!



## POST WORKOUT STACK

### [Workout Recovery Stack](#)

This is the perfect place to start as proper post-workout is the MOST IMPORTANT window in your training! It stacks Phormula-1 & Ignition together. Ignition will rapidly replenish glycogen which equates to muscle energy. At the same time, Phormula-1 is a rapid assimilation protein, which means it gets into the muscles very quickly and begins repairing them fast. You'll recover faster, reduce muscle soreness, and you'll feel better all throughout the day.



## OPTI GREENS

### [Greens Superfood Powder](#)

Did you know that approximately 80% of your immune system is located in your gut? Give your body the right nutrients to help build a strong immune system.\* Having a strong immune system and gut is a good way to keep yourself feeling well and improve your overall health.



## COLLAGEN WITH DERMAVAL

### [Anti-Aging & Joint Support](#)

Collagen is a protein found in every single joint, tendon, bone, and ligament in the body... and is crucial to strengthening and keeping all those tissues healthy! Not only that, but it also helps support our skin health, elasticity, nail strength, hair health, and strong joints ... among many other things!

# VEGAN SUPPLEMENT GUIDE

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## VEGAN POWER PRO

### [Plant-Based Protein Powder](#)

Vegan Power Pro® is the industry's leading vegan protein powder. In addition to the pure premium pea protein and rice protein sources used, Vegan Power Pro also contains a rich Green Superfood Complex, a Phytonutrient Blend, and a Digestive Enzyme Blend to further enhance the overall health benefits you will receive.



## POST WORKOUT STACK

### [Plant-Based Workout Recovery Stack](#)

This is the perfect place to start as proper post-workout is the MOST IMPORTANT window in your training! For a vegan-friendly option, we have paired Vegan Power Pro & Ignition together. Ignition will rapidly replenish glycogen which equates to muscle energy. At the same time, Vegan Power Pro, a perfect blend of plant-based proteins, will get to work on repairing and growing muscle. You'll recover faster, reduce muscle soreness, muscles will feel fuller longer, and you'll feel better all throughout the day. If you train with intensity, Vegan Power Pro and Ignition will help you get the most out of your grueling efforts!



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# PROTEIN BENEFITS

## MUSCLE BUILDING AND REPAIR

Protein provides the building blocks necessary for the growth and repair of muscles after exercise or injury.

## METABOLISM SUPPORT

Protein has a higher thermic effect of food (TEF), meaning it requires more energy to digest and can temporarily boost metabolism.

## ENZYME PRODUCTION

Enzymes are proteins that facilitate various chemical reactions in the body, supporting digestion and other essential processes.

## SATIETY AND WEIGHT MANAGEMENT

Protein-rich foods help keep you feeling full and satisfied, which can aid in managing appetite and weight.

## HORMONE REGULATION

Proteins are involved in hormone synthesis, helping to maintain hormonal balance in the body.

# PROTEIN INTAKE

First and foremost, daily protein intake is a cornerstone of muscle building and recovery. For anyone looking to build muscle and lose fat, adequate protein consumption is non-negotiable. Protein is rich in amino acids, the essential compounds that repair and build muscle tissue. This process, known as protein synthesis, is a fundamental element of strength training. According to the American College of Sports Medicine, athletes and active individuals should aim for 0.54 to 1.0 grams of protein per pound of body weight daily.

Furthermore, protein intake plays a pivotal role in weight management. High-protein diets are renowned for their ability to increase satiety and reduce overall calorie intake. This can be particularly beneficial when helping people shed unwanted pounds. A study published in the American Journal of Clinical Nutrition found that individuals who consumed a higher proportion of their daily calories from protein felt fuller and more satisfied, ultimately leading to better adherence to their weight loss plans.

# COMMON PROTEIN SOURCES AND THEIR PROTEIN CONTENT



**CHICKEN BREAST (3 OZ)**  
**25G PROTEIN**



**SALMON (3 OZ)**  
**20G PROTEIN**



**TURKEY BREAST (3 OZ)**  
**25G PROTEIN**



**QUINOA (1/2 CUP)**  
**4G PROTEIN**



**BLACK BEANS (1/2 CUP)**  
**7G PROTEIN**



**LENTILS (1/2 CUP)**  
**9G PROTEIN**



**GREEK YOGURT (1 CUP)**  
**15G PROTEIN**



**TOFU (3 OZ)**  
**8G PROTEIN**



**COTTAGE CHEESE (1/2 CUP)**  
**12G PROTEIN**



**EGGS (2 LARGE)**  
**12G PROTEIN**

# PROTEIN SNACKS

1. **GREEK YOGURT:** ABOUT 17-20 GRAMS PER 6-OUNCE SERVING. IT'S A VERSATILE SNACK THAT CAN BE SWEETENED WITH FRUITS OR HONEY.
2. **COTTAGE CHEESE:** ROUGHLY 14 GRAMS OF PROTEIN PER HALF-CUP SERVING. IT PAIRS WELL WITH FRUITS OR CAN BE ENJOYED ON ITS OWN.
3. **JERKY:** PROVIDES ABOUT 9-12 GRAMS OF PROTEIN PER OUNCE. IT'S A CONVENIENT, SHELF-STABLE OPTION.
4. **HARD-BOILED EGGS:** EACH EGG OFFERS ABOUT 6 GRAMS OF PROTEIN. THEY'RE EASY TO PREPARE AND CAN BE SEASONED FOR EXTRA FLAVOR.
5. **NUTS AND SEEDS:** ALMONDS HAVE ABOUT 6 GRAMS PER OUNCE, WHILE PUMPKIN SEEDS OFFER AROUND 8 GRAMS PER OUNCE. THEY'RE ALSO RICH IN HEALTHY FATS.
6. **PROTEIN BARS:** PROTEIN CONTENT VARIES WIDELY, BUT MOST BARS CONTAIN BETWEEN 10-20 GRAMS OF PROTEIN. CHOOSE BARS WITH MINIMAL ADDED SUGARS.
7. **EDAMAME:** OFFERS ABOUT 8 GRAMS OF PROTEIN PER HALF-CUP SERVING. THEY'RE A GREAT PLANT-BASED PROTEIN SOURCE.
8. **TUNA POUCHES:** A SINGLE POUCH (ABOUT 2.5 OUNCES) CAN PROVIDE AROUND 15-20 GRAMS OF PROTEIN. IT'S A QUICK AND EASY SNACK.
9. **RICOTTA CHEESE WITH BERRIES:** RICOTTA CHEESE CONTAINS ABOUT 14 GRAMS OF PROTEIN PER HALF-CUP SERVING. ADDING BERRIES ENHANCES THE FLAVOR AND NUTRITIONAL VALUE.
10. **HUMMUS AND VEGGIES:** HUMMUS HAS ABOUT 2-4 GRAMS OF PROTEIN PER TABLESPOON. ENJOY IT WITH VEGETABLES FOR A BALANCED SNACK.