

Top Level Strong Nutrition Plan



www.TopLevelFit.com



Top Level Strong in 42
42 Day Program
For Lean Muscle & Fat Loss

TopLevelStrong: NUTRITIONAL GUIDE

WELCOME TO A NEW YOU IN JUST 42 DAYS

Congratulations on joining a one of a kind program that gets you results fast! With your hard work, commitment and perseverance the Top Level Fitness team will have you attaining goals faster than you ever thought possible!!!

At Top Level Fitness, we are on a mission To share my passion and knowledge of fitness and nutrition with as many people as we can. This program has been designed to help people become **STRONG, FIT, ACTIVE & HEALTHY!!** Our goal is to help get you motivated and empowered.



TopLevelStrong is designed to educate, support and inspire people; to help you achieve your fitness goals, to bring out your beauty and strength both inside and out. As a team, we live by the motto **NO PEOPLE LEFT BEHIND**. We start as a team and we will finish as a team.

Now let your journey begin



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NUTRITION NUTRITION NUTRITION!!!

This program is designed for RAPID fat loss. It is based on clean eating and hard work. No magic pills or machines, it all comes down to you! It is meant to ignite your metabolism, burn fat cells and jump start your way to a healthy and active lifestyle! Now lets start with the basics....

There are three Macro nutrients which the body uses: Fats, Carbohydrates and Protein. Each essential in their own way. When the body uses energy it attacks these macronutrients and the first to be used are carbohydrates, then fats and then protein. Therefore to ramp up fat burn you will go through a week long restricted carb diet during the first seven days of the program. During the second week we will add in a few 'good /no sugar carbs. Sugar is one of societies most addictive drugs and trust us you will figure this out fast once your body realizes you have cut them out! In week three there are two options for you: a nutritional 5 day challenge that ramps up the metabolism or the continuation of the already very effective meal plan, however you will restrict carbs again. One thing to remember is that this program has proven results and it works!

Trust the meal plan and do not let temptation get the better of you! It is 42 days and remember you are doing this to become an even better you! You will be eating 6 meals a day and each meal should contain a lean protein. The following page will give you a daily detailed nutritional plan. Feel free to supplement different food items as long as they are on the 'allowed list'. Ensure to keep nutrition tight because it is impossible to out train poor nutrition.

Along with the nutrition guide the Top Level Fitness team recommends the use of only three very helpful supplements. These are protein powder, BCAA (Branch Chain Amino Acid) recovery drink and Fish Oil. A high grade clean protein will add proper nutrients and adequate amount of protein to repair and assist in lean muscle build. BCAA recovery drink will lower the post workout stiffness and help in fast recovery so can give 100% to all your workouts. There are many advantages to your everyday health for using fish oil supplements and as an added bonus to this program when they are paired with a clean diet have a fat burning effect.



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Nutritional Info

First off, take a moment to cleanse “bad foods” from your life. For the next 42 days you will be fueling your body with everything it needs to burn fat cells and start you on your way to a very healthy and active lifestyle. This is only a guide and feel free to mix and match meals however always remember to **READ** nutritional labels! Always ask, “will this get me closer to my goals?”. The majority of the food in this program will be whole natural foods and we have attached some recipes to help you in the kitchen. Food preparation and educating yourself plays a huge role in the success of this program and of course the Top Level Fitness team is always here to help.

When reading labels the key thing to pay attention to is sugar content. Sugars are sneaky things that companies add to keep “fat” and “calories” appear low. Just check out any type of ‘nutri-grain snack option...yep thats right 13-15g of sugar in there. Try to stay between the 0-5g mark. Next carbohydrates, this is a carb limited program so keep them low low low. Again, most of the food

will be whole foods and its carb content will be low. But try and keep carbs to 10g and under. Then look at the overall picture along with the ingredients and fat and calorie content. Ingredients are listed according to the content within the product. If sugar is near the top, then that option is probably not well suited. Corn syrup is not a good option either. Always remember the cleaner the better. If it was living at some point or is green 9/10 chances it is allowed on this program.

Beverages

Be prepared to say good-bye to soda, juice, beer and your Tim Horton’s Triple Triple. They have to go if you want results. Often we get hear, “I though fruit and juice are good for you?”. Again this is a **FAT** loss program **NOT** a weight loss program. Fruit and juice can come back into your healthy life after the program. The body takes the sugar from juice and fruit the same as it does a chocolate bar. Sugar is sugar is sugar. For this program stick to basics, Green Tea, Black coffee, and water. You may treat yourself to a Diet soda once in a while (2 a week) but not 3 times a

day or anything. For coffee and tea we recommend black but if your taste buds are not ready for the strong taste we recommend a natural sweetener such as stevia with a splash of unsweetened almond milk.

Alcohol is a no fly zone! Your liver is the detox destination of your body. When you drink your liver gets busy ridding your body of the poison (alcohol) you put in it. While it is dealing with alcohol it cannot break down food calories or burn fat and thus you are left with the extra calories and no fat loss.

Spices and Sauces

This is an area that again the user must take caution. **READ READ READ** those labels! Eat for your long term goals and **NOT** short term satisfaction! Mrs. Dash spices can add a huge variety of tastes and deliciousness to every meal. Balsamic vinegar and slight drips of olive oil can spice up a salad too. Keep it simple and be mindful. Remember **YOU** have the power and options to choose the right foods!



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Nutritional Guide

-Drink 4-5 liters of water each day with Lemon slices

Begin EACH day by drinking minimum 1/2 a liter of water with lemon juice. Water with Lemon helps speed up weight loss. Drinking water with lemon for weight loss is also an Effective way to help eliminate toxins, clean internal waste, and promote energy boosts. Simply slice up a lemon and squeeze the juice into your water and just to ensure you get Every drop, add the slices to your glass.

-Take 4 fish oils after meals

Amongst others, here are just a few of the many benefits:

Less Pain and Inflammation. Fish Oil contains Omega 3 fatty acids, particularly EPA, have a very positive effect on your inflammatory response. During the beginning of the program, this is key to help with muscle soreness.

Cardiovascular Health. They help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy. Protection from Stroke and Heart Attack. Research shows omega 3 fatty acids break up clots before they can cause any damage.

-Drink 2 green tea's before meal 3

Another powerful way to remove toxins from your system is Green tea. Some studies suggest That drinking green tea or taking green tea extract pills can increase metabolism and help Burn fat. It is also chock-full of polyphenols, phytochemicals with potent antioxidant Properties that give green tea its bitter Lflavor. There is also some evidence that green tea can Prevent the absorption of heavy metals and toxins into the blood stream. Allow tea to steep For three to Live minutes to bring out its catechins. The best way to get the catechins and Other Lflavonoids in tea is to drink it freshly brewed. Decaffeinated, bottled ready-to-drink tea preparations, and instant teas have less of these compounds.



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FOOD PLAN:

Nutrition is the key, you cannot out train nutrition!

Week 1: Detox and Cleanse! Take 2 fish oil capsules each meal.

Meal 1:

Chicken or Turkey or another lean protein source (Women 3oz)

Whole organic eggs (Women 1)

Large Serving of Broccoli or spinach

Cooked in a pan in coconut oil

1/2 grapefruit

1hr before meal 2

1 liter of water with 1 fresh squeezed lemon

Meal 2:

Greens Shake (Either use 1 scoop of Protein Powder, Greens Powder and water or 1 scoop of Protein powder, spinach and water blended)

Meal 3:

Cod, Salmon or Tuna (Women 4oz)

Brown Rice (Women 1/2 Cup)*

Large Serving of green veggies

Meal 4:

1/2 grapefruit

Meal 5:

Post Work out: Protein Shake

Meal 6:

Egg White Omelet with 2 veggies

* Rice is measured cooked



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FOOD PLAN:

Week 2 to 6: Tailor The Meals Around Your Training. Take 4 fish oil capsules each meal.

Meal Plan For Weight Training Days

Weight Training Day: This means actually lifting weights, either on your own or following the weight training program you've been provided.

Meal 1:

Protein Shake (1 scoop protein powder, 1 cup spinach, 1/2 berries, 1 cup unsweetened almond milk)

Meal 2:

G3 eggs
Half of grapefruit
10-15 almonds

Meal 3:

3 oz protein (Chicken, Fish or Turkey)
2 cups spinach salad (Peppers, Spinach, Broccoli, Cauliflower or cucumber)
Top with a little vinegar and oil mixed with lemon juice

Meal 4:

4 oz protein (Chicken, Beef, Fish or Turkey)
10-15 Almonds
1 cup broccoli
1/2 sweet potato with cinnamon

Meal 5: Post Workout:

Protein Shake (1 scoop protein powder, 1 cup spinach, 1/2 berries, 1 cup unsweetened almond milk)

Meal 6:

Protein pancake (1 scoop protein powder, 3/4 cup egg whites, blend in magic bullet, cook and top with sugar free syrup) or veggie omelet



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FOOD PLAN:

Eat to meet Long-Term Goals, Not Short-Term Satisfaction
Week 2 to 6: Tailor The Meals Around Your Training. Take 4 fish oil capsules each meal.

Meal Plan For Non-Weight Training Days

Non-Weight Training Day: This means Circuit Classes, the At Home Workouts and Cardio.

Meal 1:

3 egg omelet with spinach and 2 oz ground lean turkey
Half a Grapefruit
10 almonds

Meal 2:

1/2 cup plain greek yogurt with 1/2 scoop protein powder

Meal 3:

4oz Protein: (chicken, salmon, cod, beef)
1 cup of veggies (Peppers, Spinach, Broccoli, Cabbage, Cauliflower or Brussels sprouts)

Meal 4:

3 oz of Protein (chicken, salmon, cod, beef)
Half a grapefruit

Meal 5:

4 oz Protein (chicken, salmon, cod, steak)
1 3/4 cup of spinach salad (add peppers, tomatoes or cucumbers if you like) or 2 cups of veggies.

Meal 6:

1 Egg + 1 cup Egg whites, 1 tbsp salsa and 1 babybel (light blue)



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Meal Planning Tips:

Eating the same exact meals, day in day out for a week can get, well, a little boring. So, I've come up with a few little suggestions and tips to help keep things interesting.

Tip 1:

One day you can have turkey bacon, scrambled egg(s) and sautéed spinach. Another day, try making it into an omelet with extra lean ground beef and spinach.

Tip 2:

Why not make a protein pancake? Mix your egg whites, spinach, and 1-2 scoops of protein powder into a blender or Magic Bullet and blend until smooth. Then cook in a pan with oil until firm, flip and finish cooking.

Tip 3:

Pressed for time, add spinach, egg, 1-2 scoops of protein powder and a cup of water in magic bullet. Blends until smooth. Drink as you get ready for work.

Tip 4:

Try preparing your fish in different ways: bake, steam, barbecue. Add Ms. Dash and some peppers. Wrap in tin foil and cook for extra flavor.

Tip 5:

Cook up your vegetables, mix them in with the rice and add a little Ms. Dash (comes in multiple varieties) for flavoring. Add in a baked chicken breast and voila, the perfect meal!

Tip 6:

Use the list of approved Vegetables to add variety to your omelets. Try mixing different

Tip 7:

Add cinnamon to everything. It helps with fat loss and its



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UNDERSTANDING AND READING NUTRITIONAL LABELS

A big way to help yourself in during this program and the rest of your life is to educate yourself and make the BEST most healthy choice.

This is one of the MOST important parts of the program. Before eating anything first ask, "Will this bring me closer to my goals?". When questioning if a food is allowed, flip the item over and have a read. There is a lot of information back there but remember the Top Level Fitness team is ALWAYS here to help.

THE LABEL

Nutrition Facts	
1 →	Serving Size 1 Container (8 oz.)
2 →	Amount Per Serving
	Calories 127 Calories from Fat 4
	% Daily Value*
3 →	Total Fat <1g 0%
	Saturated Fat 0g 0%
4 →	Cholesterol 5mg 2%
4 →	Sodium 175mg 8%
5 →	Total Carb 17g 6%
	Dietary Fiber 0g 0%
	Sugars 17g
6 →	Protein 13g
7 →	Vitamin A 0% Vitamin C 4%
	Calcium 45% Iron 2%
	<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>

1. Serving Size - Serving size is important. A choice may not be as 'healthy' as it appears because the size is so small. Always compare the information to the size.

2. Calories- Your body needs energy. Your body gets this energy from food and we call this food energy calories. Your body needs to burn more calories than it takes in in order to lose weight. For this program calories are not as vital the macro nutrients (protein, carbs and fat) and when your eating them.

3. Total Fat- Believe it or not fats are important to healthy living. Your body needs them but they need the right kinds. Trans fats and saturated fats are BAD fats. We want to eliminate those! Omega 3 fatty acids however are great especially for a healthy heart (one of the many benefits of the Fish oil supplements).

4. Cholesterol and Sodium. Try to keep these low as well. Sodium will drive blood pressure up and retain water.

5. Carbohydrates- THIS is one of the most important things to look at. Something may be low in calories and fat but loaded in sugar and carbs. Sugars readily turn to fat if they are not used as energy. Sugar simply stated is a drug. Limit limit limit your sugars! We cannot express this enough.

6. Protein- Every time you eat include a protein source. By consuming protein, you slow the digestion of the entire meal. This allows you to avoid insulin spikes, and maintain a stable blood sugar level- which places you right in that target fat loss zone! Protein also keeps you fuller longer, and increases energy! High protein = a good choice!

7. and 8. % Daily Value- this portion explains how much vitamins out of a certain calorie per day diet are in the item.

Please Note: this item would not be 42 day approved based on its sugar content.



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Approved Foods List:

PROTEINS:

- Chicken Breast
- Wild fish (Cod, salmon, tuna)
- Eggs and Egg whites
- Turkey breast (Not processed)
- High quality Ground Turkey
- Extra lean ground beef
- Extra lean steak
- Turkey Bacon
- Protein Powder

CARBOHYDRATES

- Steel cut oats
- 100% Natural Oatmeal
- Brown rice
- Ezikle Bread
- Sweet Potatoes
- Spaghetti Squash
- Quinoa
- Flax meal

FATS

- Almonds
- Almond Butter
- Olive Oil
- Natural Organic Peanut Butter
- Omega 3 Fish oil

VEGETABLES

- Spinach
- Broccoli
- Cauliflower
- Green/Red Peppers
- Red onions
- Mushrooms
- Lettuce
- Asparagus
- Hot Peppers

FRUITS (MORNING AND POST WORKOUT ONLY)

- Mixed berries
- grapefruit
- kiwi

OTHER:

- Greek yogurt
- no sugar Jello
- Flavor extracts
- PB2
- Cinnamon
- Mrs. Dash spices
- Franks Hot sauce
- No sugar/carb Maple syrup

