



Creating YOUR Meals

PHASE #2: How to Meal Prep For Success

The Step, BEFORE The Steps - Follow Phase #1, The Vigor Nutrition Principles!

[CLICK HERE!](#)

This is the biggest principle to apply in our Phase #2. The 90/10 Rule.

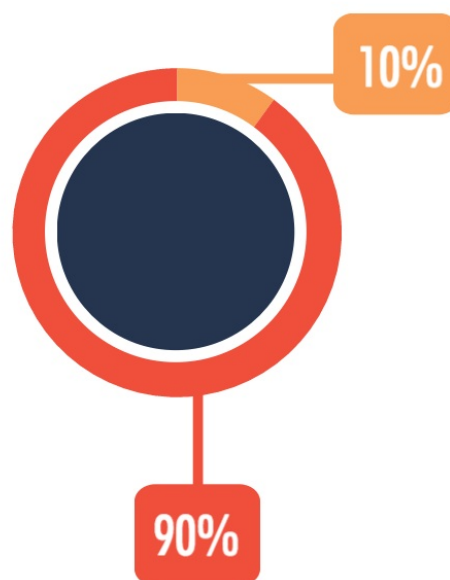
90%

This is simply suggesting that 90% of your daily nutrition should apply to those principles and become habits, engrained into your fit and healthy lifestyle.

10%

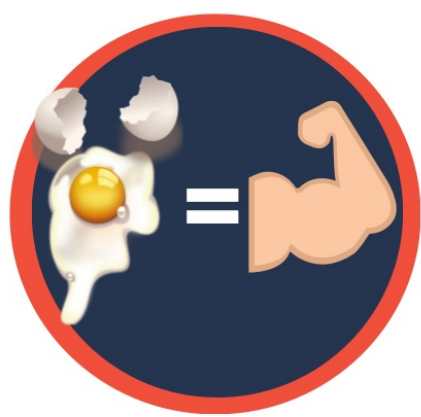
The 10% is where we get to have a little fun! But key word here.... "Little".

It's important for our wellness, lifestyle, and in seeing the results we desire, to leave this at about 10%. So 10% of your day could be a little creamer in your coffee or maybe it's a couple glasses of wine at the end of the week. Either way, your 10% is YOUR choice!



Step #1 - Eat Your Protein, Claim Your GAINZ!

Step #1 is simple and abides by "The Handful Diet".



For the guidelines in here, we do suggest eating 4-5 meals per day. Although this is not set in stone, it is a good recommendation for better body composition.

One HUGE staple in fat loss and building lean muscle, is getting enough protein in your diet.

For females, 1 Handful of Protein in Each Meal.

For Males, 2 Handfuls of Protein in Each Meal.

Step #2 - EAT YO' GREENS!

While we recommend, to all our clients, that getting a HUGE variety of colors and vegetables on a daily basis is great and very beneficial for results, our bigger concern and easier step to follow, is simply to add something green to each meal.

So for this Step in our meal prepping system for success, alls you'll need to do is throw something green into the meal! Could be spinach, broccoli, kale, or green beans! Literally anything you'd like, that comes from the ground and is green.



Step #3 - Get FAT!

Get FAT?! Yes, thats right! I'm talking about getting "fats" into your diet!

In fact, this may be the most overlooked nutrient. Healthy Fats play a HUGE part in our hormonal balances, thus they play a HUGE part in fat loss.

So its crucial to get them in daily, BUT they can be calorically dense - Which is why we came up with this guideline!

For each meal, add 2 Thumb Sized Portions of a fat based food to your diet. This could be 2 teaspoons of coconut oil, 1/4-1/3 of an avocado, 1-2 whole eggs or 1 tbsp of almond butter.

The key here is simple, stick to the portion controlled sizing!

Two Thumb Sized Portions of Fat Dense Foods



Step #4 - Post-Workout Plan!

As you may have noticed, all the previous meal prepping steps haven't included any starchy carbs or fruits.

Well that's for one simple reason, starchy and sugary foods (carbs) are filled with glucose. Most of the time, we don't actually utilize this glucose for what its meant for - 'Energy'.

But when we train hard, our body is crying out for it so we can replenish the fuel in our body and recovery the muscle tissue for more growth, strength, and better performance.

By saving the carb dense foods for the post workout meal, we accomplish all those things and add to our ability to burn more fat - efficiently. You may choose starch, fruit, or both together!

Step #4 - 1-2 Handfuls of Starchy Carbs &/or Fruit!



1 Handful for Females,
2 Handfuls for Males

The Vigor Recommended Grocery List

Protein

-Chicken Breast
-Turkey Breast
-Ground Turkey
-Lean Steaks
-Grass Fed Beef
-Fish
-Egg Whites
-Protein Powder

Fats

-Avocado
-Coconut Oil
-Olive Oil
-Tree Nuts
[Cashes, Walnuts, Almonds, Etc.]
-Nut Butters
-Grass Fed Butter
-Egg Yolks
-Grass Fed Beef
-Fish & Fish Oil
-Flaxseed
-Chia Seed
[Earth Grown Fats is the KEY Principle Here]

Veggies

-Spinach
-Kale
-Broccoli
-Green Beans
-Asparagus
-Brussel Sprouts
-Anything Green!
-Peppers
-Onions
-Beets
-Mushrooms

Carbs

-Banana's
-Berries
-Apples
-Rolled Oats
-Rice
[white or brown]
-Quinoa
-Sweet Potatoes
-Yams
-Ezekiel or Sprouted Grain Bread
[Again, eating an Earth Grown Carb is the Key here]