



NUTRITION JUMPSTART

SUPERSISTERFITNESS.COM



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welcome!

Congratulations on taking the first step towards nutrition mastery. You made a very smart decision by investing in your food education.

You're about to learn everything you need to know to set yourself up for lifelong fitness success.

If more people knew this information, we would be out of a job. We could also expect people nationwide to experience easier fat loss, better health, lower disease rates and more.

All from the food we eat.

After you read this guide in its entirety, you should be able to take the educated steps necessary to implement a base nutritional strategy that works specifically for you.

It is our hope that in creating this nutrition resource, the confusion around what, when and why to eat will end once and for all.

The information you're about to read is purely educational and has withstood the test of time.

If you enjoy what you discover in this guide, or find it useful in any way, feel free to share, but we thank you in advance for encouraging your friends & family to purchase their own copy of this guide. Your contributions help support the SSF community so we can continue to provide great educational resources for you.

The more people on this journey with us, the better. Thank you for allowing us to help you clean up your kitchen.

For more healthy recipes, grab a copy and be sure to also check out our free resources & healthy recipes on [our blog!](#)

To your success,

Liz & Sara

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ABOUT THE AUTHORS

Two Trainer Sisters On A Mission To Spread Lasting Health & Fitness

Born and raised in the Midwest, The Super Sisters completed their fitness credentials at UCLA through the Fitness Leadership Program. They both went on to become Certified Sports Nutrition Specialists through Precision Nutrition. Each sister now specializes in different areas, from yoga to powerlifting, making the pair a dynamic duo for providing fitness information to others around the world.



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EDUCATION



BASIC HEALTH 101

Too many people out there trying to “lose weight” ascribe to the overly simplified “Calories In, Calories Out” method. Whether you’re just getting started or you’ve been working out a while, it seems to make sense... At first.

“Eat less, move more.” That’s what we’re told.

We too made the mistake of thinking weight loss was that simple.

And while yes, the quantity of calories you’re consuming does play a vital role in your body composition, it is not the most important thing.

More on this later, but let’s get this straight right now. If there’s one thing you take away from this book, it should be this:

QUALITY OVER QUANTITY

Here’s a personal case study. For 2 years, we both tried the whole “counting calories” thing, paying little attention to much else other than hitting a certain calorie target per day.

At first it seemed to be working. We dropped weight on the scale and everything seemed to be going smoothly.

Until that stopped...

Over time, even though we were choosing “low calorie” or “sugar free” versions of foods, thinking we were doing the “right” thing for our bodies by ingesting a lower calorie count...

Our bodies essentially shut down. They started going into what can only be described as “panic mode.”

It felt like nothing was working properly anymore, leaving us both in a foggy-headed, exhausted and constantly inflamed state, sometimes barely able to make it through a full day let alone an intense workout.

The scary part is... this is a very common problem amongst women.

We hear similar stories all the time of excess calorie restriction leading to exhaustion and then eventual rebounding once the restriction and weight loss becomes too difficult to sustain.

So in short, here's the problem with solely focusing on how many calories you're eating, without regard to the nutritional quality of your diet.

Your body's cells replace themselves continuously.

Different organs take different amounts of time to regenerate completely, but when you hear the phrase “You Are What You Eat,” it's more true than you can even imagine.

The body relies on nutrients in the diet, and if those nutrients are absent, it struggles to function. Your body can not operate at full capacity without the proper macro & micronutrients, vitamins, minerals and phytochemicals.

Without this nourishment, hormones become imbalanced. The body stores fat when and where it shouldn't. Thinking and performance is slowed.

Not only that, but it also makes you crave unhealthy food; sugary and salty foods become extremely tempting as the brain signals the body that it's missing what it needs. We are wired to crave high calorie foods when following a low calorie diet.

These are all things that are holding you back from the goal you desire. So let's change that. Let's get this "quality" thing right so that we don't go down that path again.

Now, this is going to sound a little silly, but the most important thing is not to correct your food choices, or to learn new recipes.

The most important part, in our experience, is to learn to change your entire perspective of food. It is also to find a healthy balance that fills your emotional needs in other ways so that food is not the only tool you have to feel better in the short term.

This shift requires a healthy, daily practice of gratitude and non-attachment to food.

This starts by seeing food for what it is -- **fuel for your body.**



FOOD AS FUEL

Food IS Fuel. Food is what your body uses to create energy. Food energy is required for the body to be able to regenerate itself and operate at top efficiency.

But food isn't JUST fuel. It is a lot trickier than that.

In addition to being "fuel" for basically everything that happens in your body on a day-to-day basis, it is also a social & cultural centerpiece.

As if that weren't enough, food also plays a psychological and spiritual role for some.

Food and drink are found at most social gatherings too. No matter where you go, your simple existence on this planet dictates that you must eat something daily, and food is everywhere you turn in some cultures.

Many people also use food as a way to express love and caring. And certain holidays almost entirely revolve around the consumption of and overindulgence in unhealthy foods and beverages.

Depending where you are now in your nutritional journey, your brain can be directly impacted by the food you're eating.

And maybe you don't have the best self esteem or body image in the world either, so you may even perceive food as something "good" or "bad" in your life.

Clearly, food and eating can also become a psychological activity.

Quite literally, it alters your brain. The brain physiologically adapts to your diet and some specific food ingredients can cause specific chemical reactions which signal your brain to induce more intense and frequent cravings.

So, to recap, food is ultimately 3 things: **Fuel, Social, and Psychological.**

The goal of this guide is to get you as close to seeing FOOD as FUEL first and foremost so its other roles become less important over time.

Until you're able to detach your emotions, relationships, social life and self esteem away from an attachment to food itself, you will likely continue to struggle with your diet and nutrition as a whole.

This is important, and it is something many people (women especially) may never learn how to do. Because NO ONE talks about this stuff.

So how do you detach feelings, emotions, self worth & social attachments from food?

Through education, practice and mindfulness.

And no, this isn't some hippy-dippy BS answer. It's the *only* way this works long term.

It starts with your nutrition education and continues with a continually improving inner awareness (or willingness to learn) of your body's signals, needs and the rewards associated with positive fuel choices.

DO'S & DON'TS

DO:

- Consider keeping a food journal for a few weeks to get an accurate assessment of your current successes, struggles and areas for improvement
- Be open and honest about your food choices
- Discuss your goals with your roommates, family members and close friends who will support you on this journey
- Discuss your struggles with food openly (as openly as you feel comfortable) so they no longer have "power" over you
- Treat your body with respect and feed it quality, whole nutrient-dense foods (organic whenever possible)
- Recognize and congratulate yourself for making positive, healthy choices
- Experiment with your food options and find what works for YOU
- Seek professional guidance from a licensed nutritionist in your area if you feel you need individual coaching, have an unhealthy relationship with food, or may suspect disordered eating patterns in yourself

DON'T:

- Compare yourself to others
- Hide your eating behaviors
- Allow yourself to go on secret trips to the drive-thru or to "sneak" unhealthy foods when no one is around
- Associate food as "good" or "bad" -- food is food, it is not a reflection of you as a person
- Obsess over calories or macros -- Unless you are a bodybuilder or athlete, you can accomplish a lot through common sense choices; there is no need to get super technical or obsessive
- Beat yourself up after a "slip-up" -- Recognize these are normal for literally everyone

BODY TYPING

One of the most neglected things in the fitness world is body types and individualization. Every person on this planet has a different genetic coding.

No, genetics are not solely responsible for your body composition. Yes, they play a role, but it would be remiss of us to tell you that you are the weight you are because of your “genetics.”

So what role do they play?

Your genetics determine your body type as well as how and where you store body fat. In general, there are 3 different body type categories, also known as “somatotypes,” that a person can fall under.

3 Different Somatotypes

Somatotypes are general categories of body structure that people fall under. They also help determine muscle and fat storage as well as distribution throughout the body.

There are 3 basic types and recommendations for each body type outlined on the following page; **Ectomorphic**, **Mesomorphic**, and **Endomorphic**. Read the section below carefully to make a better determination about what your specific body type is.

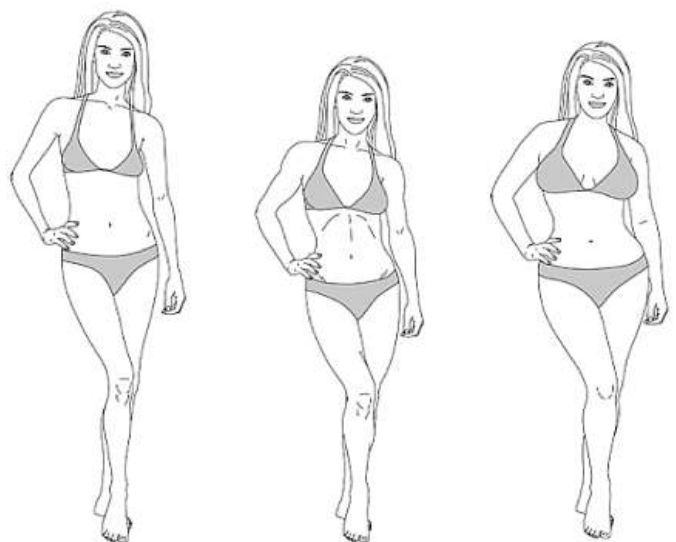


Image source: Precision Nutrition

Ectomorph - Naturally thin with skinny limbs

Characteristics

- Activity preference = Endurance exercise
- Thyroid dominant
- Fast metabolic rate
- High sympathetic nervous system activity
- Higher carbohydrate tolerance

Typical Goals

- Gain muscle, strength and size, especially in limbs
- Maintain bodyweight and strength during high-volume/endurance training

Suggested Average Starting Percentages (Approximate)

PROTEIN = 25%

CARBOHYDRATE = 55%

FAT = 20%



Mesomorph - Naturally muscular & athletic

Characteristics

- Activity preference = Bodybuilding and/or relative strength exercise
- Testosterone and growth hormone dominant
- Moderate to high sympathetic nervous system activity
- Moderate carbohydrate tolerance

Typical Goals

- Continue to build muscle mass while maintaining a low body fat percentage
- Support athletic performance

Suggested Average Starting Percentages (Approximate)

PROTEIN = 30%

CARBOHYDRATE = 40%

FAT = 30%



Endomorph - Naturally broad and thick

Characteristics

- Activity preference = Absolute strength exercise
- Insulin dominant
- Slow metabolic rate
- Low sympathetic nervous system activity
- Low carbohydrate tolerance

Typical Goals

- Lose body fat, especially in central region (abdominal, lower back, etc.)



Suggested Average Starting Percentages (Approximate)

PROTEIN = 35%

CARBOHYDRATE = 25%

FAT = 40%

Clearly we can see that depending on your body type, your nutrition needs to be altered slightly. Some bodies do very well ingesting a high carb diet. Some don't.

This is where you have to experiment and find what works best for you.

Above are general guidelines to help you get started. It is typically recommended that you try the specific macro percentages listed above under your body type category.

Do this for 1-2 weeks, then assess how you feel and adjust your nutrition as needed. The following section teaches you how to go from these basic guidelines towards actual grams of food. This info should be used as a starting point, but remember, the goal is never to obsess over numbers.

CREATE YOUR PLAN

Now that you know more about your specific body type, let's see what that means for your nutrition. You may have heard of the term "macros" before, or the trending diet called "IIFYM" or "If It Fits Your Macros."

This is what people are talking about when they say those things.

There are 3 broad categories of "macros," including: **Proteins**, **Carbohydrates** and **Dietary Fats**. Depending on your body type, different macros are processed and stored in your body differently.

In order to understand how many grams of each macronutrient you need per day, you must first break down your overall necessary calorie estimate per day.

PLEASE NOTE: *This is simply educational and this strategy should only be used to find your baselines. Obsessing over these numbers is not a long term, sustainable way of life for most people. For some, staying at their ideal body weight may require a strict nutritional approach but for most it's unnecessary.*



MACRONUTRIENTS

"Macros" include : **Protein, Carbohydrates, and Dietary Fat.**

AND YOU NEED ALL 3!

We're going to break down exactly why "low fat," or "low carb" or "low anything" diets are usually a recipe for disaster long term...

Because your body **NEEDS** all 3 macronutrients in order to function properly. And here's why...



"1) PROTEIN

Protein is the most abundant nutrient in the body and is used as the "building block" of muscle tissue. It contains 4 calories per gram and is made up of a chain of amino acids.

There are 22 essential and nonessential amino acids in the body (essential amino acids – of which there are 9 – must be supplied through diet, while the remaining non-essential amino acids can be produced by the body).

All animal meats have all 9 essential amino acids, but not all of them are hormonally optimal (due to the inclusion of GMOs, antibiotics, growth hormones, etc all which interfere with the body's natural function).

Protein is the ONLY macronutrient that has been scientifically proven to improve the body's recovery and muscle growth after a resistance training session. Remember – more muscle tissue increases your metabolism, which means you'll burn more calories throughout the day, even while at rest.

Whey protein is the most easily absorbed by the body, but there are also a variety of whole food and plant-based proteins you can choose from.

[Watch this video to see our TOP recommendations for protein supplements](#), but keep in mind you can also derive plenty of protein from your whole foods diet as long as you're eating enough daily.

THE TAKEAWAY...

It is important to get enough quality protein in your diet because it helps restore, repair and build up healthy muscle tissue which is necessary to increase your metabolism

2) CARBOHYDRATES

There are 2 types of carbohydrates: **Simple** and **Complex**:

- Simple = higher, more rapid increase in blood sugar, digested more quickly (examples: fruit, table sugar, corn syrup, high fructose corn syrup, dextrose, fructose)
- Complex = more continual/steady flow of energy, no drastic spike in blood sugar, takes longer to digest (examples: oatmeal, brown rice, wheat, sweet potatoes, vegetables, quinoa)

All carbs (simple and complex) are broken down into glucose in the body, and glucose is used by all the cells in your body (especially by the nervous system and brain).

A significant amount of your daily calories should come from carbs, a bulk of it being from vegetables and the remainder from complex carbs. Simple processed carbs should be minimized in the diet (the only exception being to include a small amount of them in your post-workout refuel) due to the effect they have on blood sugar and their tendency to be easily stored as body fat, but this does not include fruits and other natural foods.



Complex carbs are more satiating and will provide longer lasting energy, and usually have a higher content of fiber which slows their digestion down even more. Carbs are typically used throughout the day for energy, so it's a good idea to match your carb intake to your daily energy needs (i.e. if you're doing a heavy strength training day, eat more carbs that day versus if you just took a short walk and did some stretching, which wouldn't require as many carbs because your energy demands are significantly lower on a day like that).

The body can store up to a day or two of glucose in your liver and muscle tissue, but if this is not used or more glucose is ingested than the body can store, the body will convert it to fat for later use. When glucose (carbs) are consumed in the proper amounts, the body taps into fat stores for energy instead.

DID YOU KNOW?

Carbs are fuel for energy; they contain 4 calories per gram and the amount you should eat depends on your specific energy requirements & mode of training. For endurance athletes (over 1 hr per day training), you **NEED** carbohydrates and lots of them.



3) DIETARY FATS

It's important to incorporate healthy fats in the diet because the body's cells use fat to repair tissues. But some dietary fats are inflammatory, which we want to avoid.

It's best to look for an EFA ratio of 3:1. The "EFA" ratio stands for the ratio of Essential Fatty Acids, that is, the ratio of omega-3s to omega-6s. The typical Western diet contains excessive amounts of omega-6s which has been linked to the onset of many diseases including heart disease, cancer, inflammatory and autoimmune disease, etc.

A lower ratio has been shown to exert suppressive effects.

There are 5 healthy fats that are the perfect ratio for the human body. These 5 healthy fats include:

- chia seeds
- flax seeds
- hemp seeds
- avocados
- walnuts

Studies have also shown that low-fat diets may inhibit testosterone production, thereby slowing muscle development and lowering metabolism. But before you freak out about testosterone, it should be stated that this is one of the hormones that helps contribute to a leaner, smaller physique and higher metabolism (thus leading to less body fat).

As women, we have too much estrogen for testosterone levels to get out of control, so don't worry about getting huge or manly just because you lift weights or eat healthy fats in your diet.

Your body needs a certain amount of dietary fat to maintain a normal level of functioning and "FAT PHOBIA," or avoiding meat/dairy/healthy fat sources altogether, can be dangerous because it can lead to deficiency in protein, calcium, iron & zinc.

DID YOU KNOW?

- 2/3 of your daily fats should be from monounsaturated or polyunsaturated sources
- 1/3 of that should be from saturated fats (according to NSCA guidelines)

DAILY CALORIE NEEDS

This section is going to teach you exactly how to determine how many calories per day your body needs to thrive and burn fat the healthy way. This is a generalized calorie estimator to help you determine your body's daily needs.

Step 1) Determine your daily level of activity

Are you:

- Sedentary (minimal exercise)
- Moderately Active (3-4 times/week)
- Very Active (5-7 times/week)

Step 2) Determine your goal

Are you aiming for:

- Weight loss?
- Weight maintenance?
- Weight gain?

Step 3) Calculate your daily calorie estimate

Use the following table to determine what number to multiply your bodyweight in pounds by:

	Weight Loss	Weight Maintenance	Weight Gain
Sedentary	10-12	12-14	16-18
Moderately Active	12-14	14-16	18-20
Very Active	14-16	16-18	20-22

For example, a "Moderately Active" woman who weighs 140 lbs. with a goal of "Weight Loss" would begin by taking between 1680 (140 lb x 12) and 1960 (140 lb x 14) calories per day.

DAILY MACROS

Once you have your daily estimated range of calories, then we can split that number up into specific macro percentages. The section teaches you how to do that. At this point, you should have already identified your body type and goals.

Are you an Ectomorph, Mesomorph or Endomorph?

Do you want to prioritize:

- Muscle Gain?
- Fat Loss?
- Endurance Performance?
- Strength/Power Performance?

Use this basic guide to create a starting point for yourself (these numbers are simply determined from the “3 Different Somatotypes” section):

For muscle gain: Begin with “Ectomorphic” recommendations

- PROTEIN = 25%
- CARBOHYDRATE = 55%
- FAT = 20%

For fat loss: Begin with “Endomorphic” recommendations

- PROTEIN = 35%
- CARBOHYDRATE = 25%
- FAT = 40%

For endurance: Begin with “Ectomorphic” recommendations

- PROTEIN = 25%
- CARBOHYDRATE = 55%
- FAT = 20%

For strength/power: Begin with “Mesomorphic” recommendations

- PROTEIN = 30%
- CARBOHYDRATE = 40%
- FAT = 30%

So, using the same example of our 140 lb “Moderately Active” woman:

Step 1) Determine somatotype and goals. She is an endomorph who wants to lose fat.

Step 2) Calculate daily calorie needs. We discovered she needs between 1680 (140 lb x 12) and 1960 (140 lb x 14) calories per day.

Step 3) Identify macro ratios needed based on body type. Her recommended starting point as an endomorph is 35% protein, 25% carbohydrate and 40% fat.

Step 4) Use calorie and macro recommendations to find calories from each macro, then convert to grams. If we use a fixed rate of 1750 calories per day, we discover:

- about 612 calories (1750×0.35) from protein
- about 437 calories (1750×0.25) from carbohydrates
- about 700 calories (1750×0.40) from fat

How To Convert Calories Per Macro Into # of Grams Needed Per Day

Each macro contains a different amount of calories per gram. Below they are outlined:

- Protein = 4 calories per gram
- Carbohydrate = 4 calories per gram
- Fat = 9 calories per gram
- Alcohol = 7 calories per gram

Take your recommended calories per macro and divide those numbers by the number of calories per gram to get the macro grams per day.

So, using the same example of our 140 lb “Moderately Active” woman:

We already discovered at a fixed rate of 1750 calories per day, she needs:

- about 612 calories (1750×0.35) from protein
- about 437 calories (1750×0.25) from carbohydrates
- about 700 calories (1750×0.40) from fat

Translated into grams, she will be eating 153 g of protein ($612/4$), 109 g of carbohydrate ($437/4$) and 77 g of fat ($700/9$).

Because our example here is an endomorphic body type, we can assume she has a poor carbohydrate tolerance. However, for everyone, carbohydrate tolerance is much improved immediately after exercise.

So we can help regulate her intake by ensuring that any starchy and/or sugary carbohydrates she eats should be consumed primarily post-exercise.

The rest of the day would include proteins, healthy fats and a vegetable to fruit ratio of 5:1.



MACROS TO MENU

In order to help you go from these macro estimators to an actual daily menu, we've listed some great food options for you to choose from below.

Each food has been categorized based on its macro percentage, placing it in the category in which it contains the highest ratio. Remember to keep in mind that food is a formula, and each food item contains a balance of each macro.

It's important to get all 3 macros in addition to a proper daily allotment of vitamins and minerals.

PROTEINS

- eggs
- lean meats: chicken, turkey, fish
- whey protein isolate
- protein bars
- yogurt with no added sugars
- cottage cheese

PROTEINS FOR VEGETARIANS/VEGANS

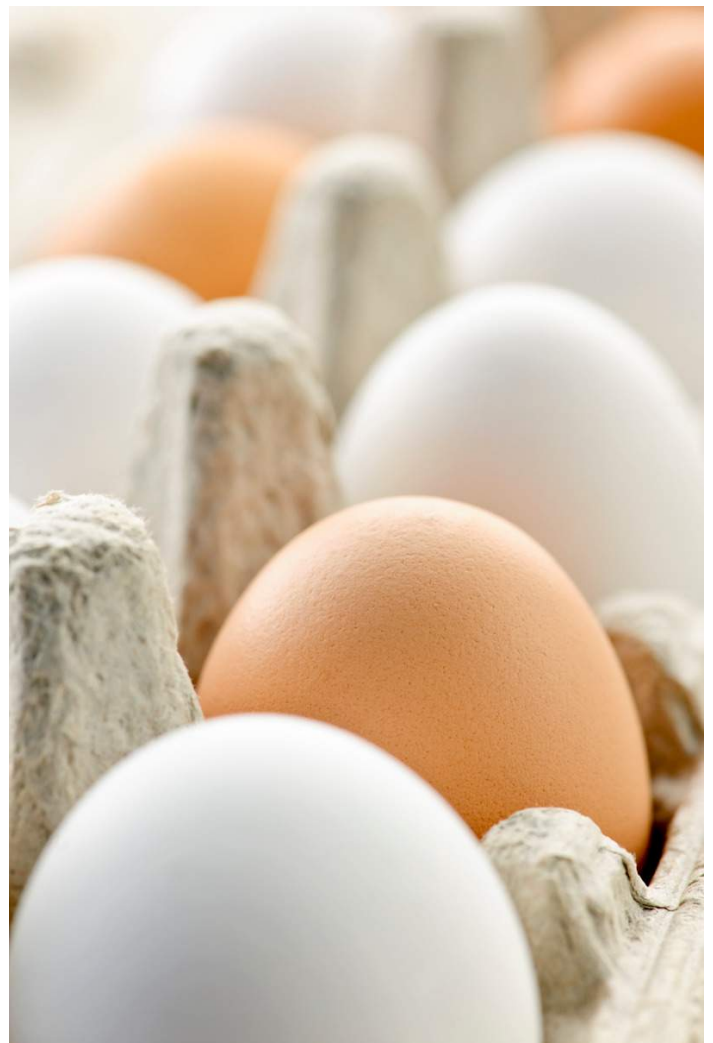
- tempeh
- soy
- edamame (also high carb)
- green peas (also high carb)
- quinoa (also high carb)
- nuts & nut butters (also high fat)
- beans (also high carb)
- chickpeas (also high carb)
- hemp
- hemp
- chia seeds
- leafy greens
- sesame, sunflower and poppy seeds
- seitan
- almond milk or other non-dairy milk

CARBS

- fruits
- veggies
- quinoa
- brown rice
- rice
- potatoes (sweet potatoes, red skin, etc.)
- amaranth
- oatmeal
- sprouted multigrain bread (we recommend Ezekiel brand)
- whole grain pasta

FAT

- nut butters
- coconut oil
- peanut oil
- olive oil
- avocado
- nuts and seeds
- butter or ghee
- cheese
- whole eggs
- fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- coconut & coconut milk
- full fat yogurt
- full fat cottage cheese
- olives





CONCLUSION



SUMMARY

In summary, remember -- this information is intended to help you get started on your lifelong health & nutrition journey. If you find yourself starting to "obsess" over what you're eating, you've likely taken it too far.

This lifestyle, in order to be long term, has to remain balanced and sustainable. Do not push yourself to nutritional extremes or you may risk health complications and/or weight gain rebounds later.

And keep in mind, the *best way to track your progress* is through pictures! So make sure before you begin that you take a "Before" photo from the front, side & back.

Aim for full body photos and you'll be shocked by the difference just a few weeks of better eating can make!



Want to help inspire others to get healthy the right way? Submit your Before & After photos & transformation stories to contact@supersisterfitness.com.

We love hearing about your successes!

Thank you in advance for sharing your story & joining us on this global health mission! Feel free to stay connected & update us regularly on your progress here:

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