



DIET CHEAT SHEET

LEVEL UP YOUR DIET! Small changes can snowball into big results over time. Here is the Nerd Fitness approach to food and healthy eating: select which level you are on now - and then make small changes to move to the next level every 2 weeks. Level 7 is a great place to end up for sustained healthy bodyfat levels - Levels 8, 9 and 10 are more for short bursts of fat loss to lead up to an event or performance.

1

Help, I'm Clueless!

I eat whatever I want, whenever I want. Most of my food comes from a drive-through or a microwave.



2

Awareness & Tracking

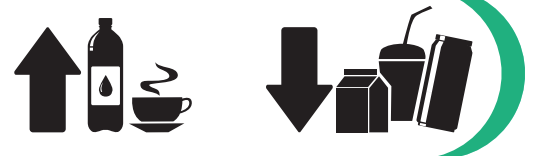
I haven't changed what I eat, but I am more aware now. I'm tracking most things I eat and drink and have started looking at food labels.



3

Reduce Liquid Calories

I've minimized the amount of calories I drink. I've swapped out sodas, juice, milk, and sports drinks for water, black coffee, and tea.



4

Veggies > Empty Carbs

I've begun to replace starchy, empty carbs with green leafy vegetables in many of my meals. At least 50% of meals contain at least one vegetable.



5

No Pasta, No Sweets

Heavy carbohydrate meals and sugary sweets are a very rare treat (once a month) now. Most of my meals are protein, vegetables, and healthy fats.



6

Bye Bye Bread

I've now eliminated almost any kind of bread from my diet altogether. Carbs are limited to rice and potatoes and every meal I eat has a vegetable now.



7

Minimize Potatoes & Dairy

I've removed white potatoes from my diet and replaced them with yams or sweet potatoes. I've also minimized my dairy consumption.



8

No Legumes, Soy, or Dairy

I've eliminated beans, other legumes, soy, and dairy completely. I still consume rice, sweet potatoes, and quinoa with meals occasionally.



9

No Rice or Quinoa

I've eliminated rice now and almost exclusively consume meat, healthy proteins, nuts, vegetables, and fruit.



10

No Fruit & Low Yams

I've eliminated fruit and only consume sweet potatoes based on my training schedule. I realize my current diet isn't easy to sustain long term, but am training for an event or athletic performance.

