



Get Your Nutrients From Food

· FOOD FIRST · SUPPLEMENT SECOND ·

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Our approach: *Food first. Supplements only fill the gaps your plate can't.*

■ Always check with your doctor first.

THE 6 NUTRIENTS THAT MATTER MOST

What to eat, how much you need, and when a pill actually helps

■ Protein

80-100g DAILY · 30g PER MEAL

Preserves muscle · Curbs cravings · Keeps you full 4-6 hours

Chicken breast

4 oz = 26g

Greek yogurt

1 cup = 20g

Eggs

2 large = 12g

Salmon

4 oz = 25g

Cottage cheese

1 cup = 24g

Lean beef

4 oz = 28g

Lentils

1 cup = 18g

Tofu

4 oz = 10g

SUPPLEMENT BACKUP → Whey or plant protein powder ONLY when appetite is low or you're 20g+ short by dinner.

■ Omega-3 Fatty Acids

2-3 SERVINGS FATTY FISH / WEEK

Heart · Brain · Joints · Lowers inflammation everywhere

Salmon

wild-caught best

Sardines

canned = winning

Mackerel

low-mercury

Anchovies

tiny powerhouse

Chia seeds

2 tbsp daily

Flax seeds

ground, not whole

Walnuts

1/4 cup

Hemp seeds

3 tbsp

SUPPLEMENT BACKUP → Fish oil (1-2g EPA/DHA) if you eat fish less than twice weekly.

■ Vitamin D

15-20 MIN SUN + FOOD DAILY

Bones · Immunity · Mood · Hormones — most Americans are deficient

Salmon

3 oz = 570 IU

Egg yolks

2 = 90 IU

Sardines

3 oz = 165 IU

Fortified milk

1 cup = 120 IU

Mushrooms (UV)

1 cup = 400 IU

Fortified yogurt

1 cup = 80 IU

Tuna

3 oz = 40 IU

Cod liver oil

1 tsp = 450 IU

SUPPLEMENT BACKUP → D3+K2 (2000-5000 IU) October-March or if you rarely see sun. Get levels tested.





Get Your Nutrients From Food

Continued — Magnesium, Fiber & Electrolytes

■ Magnesium

310-420MG DAILY

Sleep · Muscle recovery · Calm nerves · 300+ body functions

Dark chocolate

1 oz = 65mg

Almonds

1 oz = 80mg

Spinach

1 cup cooked = 157mg

Avocado

1 whole = 58mg

Pumpkin seeds

1 oz = 150mg

Black beans

1 cup = 120mg

Cashews

1 oz = 82mg

Banana

1 medium = 32mg

SUPPLEMENT BACKUP → Magnesium glycinate (200-400mg) at bedtime if you struggle with sleep or muscle cramps.

■ Fiber

25-38G DAILY

Digestion · Blood sugar · Gut health · Fullness — most people get half of this

Chia seeds

2 tbsp = 10g

Raspberries

1 cup = 8g

Black beans

1 cup = 15g

Avocado

1 whole = 10g

Oats

1 cup cooked = 4g

Broccoli

1 cup = 5g

Pear (skin on)

1 medium = 6g

Lentils

1 cup = 15g

SUPPLEMENT BACKUP → Psyllium husk (5-10g) — essential for GLP-1 users battling constipation.

■ Electrolytes (Na · K · Mg)

DAILY · MORE ON HOT/SWEATY DAYS

Cramp prevention · Energy · Hydration · Blood pressure

Coconut water

nature's Gatorade

Banana

422mg potassium

Sea salt + lemon

DIY electrolyte

Watermelon

85% water + K

Sweet potato

540mg potassium

Spinach

Mg + K powerhouse

Yogurt

Na + K + Ca

Bone broth

Na + minerals

SUPPLEMENT BACKUP → LMNT, Liquid IV Zero, or Nuun for GLP-1 users, hot days, or heavy exercise.

★ COACH'S TIP

If you can name 3 whole foods in every meal, you probably don't need most supplements. Chase food first.

