

LIVE LONGER AND FITTER

# LIFESTYLE "DIET"



PREPARED BY COACH NINKO

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The Lifestyle "Diet" combines the anti-inflammatory longevity ways of the Japanese and Mediterranean people, with a healthy plant-based protein shake. This program can be combined with intermittent fasting.

### LIFESTYLE ‘DIET’ SAMPLE DAY:

- 1) Wake up & drink 1 to 2 glasses of water with salt or electrolytes.  
You should be drinking 8 – 12 cups (2 – 3 litres) of water per day.
- 2) 1<sup>st</sup> Meal (Breakfast): Enjoy a Plant-Based Protein shake with fruits or veggies. Healthy plant-based shakes can be purchased from [www.nitrolifestyle.ca](http://www.nitrolifestyle.ca), health stores, Walmart, & Costco. Feel free to add more scoops of protein or other sources of it to reach your personal goals. If you rather eat your food, consume a high protein meal with fruits and veggies. For example: 3 - 5 boiled eggs and 1 apple. Match the shake by consuming at least 20 grams of protein.
- 3) Snack on fruits, veggies, nuts, seaweed, protein, gluten-free rice crackers/ cakes & Green tea.
- 4) 2<sup>nd</sup> Meal (Lunch): Consume a balanced meal with Protein, Veggies or Fruits and a Grain item. An example meal would be Chicken Breast, Beans, Salmon or Tofu (Protein) with Salad (Veggie) and White or Brown Rice (Grain). Choose whole grain items like rice over all the other options like bread, roti, tortilla, and naan as much as possible. This helps with cutting down on Gluten & unwanted calories.
- 5) Snack on fruits, veggies, nuts, seaweed, protein, gluten-free rice crackers/ cakes & Green tea.
- 6) 3<sup>rd</sup> Meal (Dinner): Consume a protein & veggie only like chicken breast or salmon with a salad. A Vegetarian dish would be beans or tofu with a Garden salad. Feel free to replace dinner with another plant-based protein shake if you don't feel like cooking or have anything to eat.
- 7) Snack on fruits, veggies, nuts, seaweed, protein, gluten-free rice crackers/ cakes & Green tea.
- 8) Sleep at least 7 hours per day. Sleep is essential for feeling good, decreasing stress, and becoming healthier both physically and mentally.

**Getting off track:** Missing workouts, eating too much junk food, snacking on fattening or sugary items is a part of the life-long health journey. One bad meal or missed workout doesn't define you. It's what you consistently do that does. Getting off track is perfectly normal. Just don't ever give up. Keep telling yourself "You can do this and to Get back on track". This is very important that you understand setbacks are a part of this life-long health journey.

### Top food choices of the Japanese & Mediterranean

**Grain:** Brown or white rice

**Vegetables:** Dark green veggies like spinach, seaweed & broccoli

**Fruits:** Citrus fruits like oranges & clementine

**Protein:** Fish, seafood, poultry, beans, fermented soy, and dark green veggies

**Oil:** Extra Virgin Olive Oil

**Snacks:** Nuts

**Drinks:** Water & Green Tea

**Alcohol choice:** Red Wine

**Dessert:** Fruits

**Inflammatory Items to Cut Down** Please consume the following items in moderation or not at all:

1) Dairy 2) Gluten 3) Refined Sugar 4) Alcohol 5) Trans Fat 6) Non-Fermented Soy 7) Corn 8) Peanuts  
9) Processed Meat 10) Pop & Juice 11) Artificial Sweeteners

**Lifestyle cardio** Stay active, energetic, and strong by doing something physical every single day for at least 15 minutes. Maintain good physical and mental health with activities like walking outside, gardening, playing sports, home workouts, stretching, housework, bike riding, swimming, dancing and many more ways. Stay youthful by never stopping physical activity!

**Cooking Oil and sauces** make a big difference in how you feel and physique results. If you're not using extra virgin olive oil, coconut oil or avocado oil, don't use it. Use Extra Virgin Olive as much as you can! Please use minimal sauces high in fat or sugar like Ranch, Caesar, Blue Cheese, Ketchup, and BBQ sauce. Use them with portion control or avoid them all together and choose healthier low-calorie options.

**60 foods to help you live longer:** Eating the right foods can lead to a longer, healthier life by improving your heart and brain health. Here are 60 food items proven to strengthen your brain, bones and most importantly heart (No order).

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|----------------------|----------------------------|----------------------|
| 1. Water             | 22. Red Wine               | 42. Sunflower seeds  |
| 2. Coconut           | 23. Rice (White or Brown)  | 43. Red bell peppers |
| 3. Split peas        | 24. Pomegranate            | 44. Bok Choy         |
| 4. Walnut            | 25. Salmon                 | 45. Brussel Sprouts  |
| 5. Vegetable protein | 26. Tilapia                | 46. Apples           |
| 6. Carrots           | 27. Extra Virgin Olive Oil | 47. Oranges          |
| 7. Sardines          | 28. Olives                 | 48. Bananas          |
| 8. Mackerel          | 29. Blueberries            | 49. Tomatoes         |
| 9. Green Tea         | 30. Grapes                 | 50. Raspberry        |
| 10. Avocado          | 31. Chia seeds             | 51. Lemons           |
| 11. Chickpeas        | 32. Broccoli               | 52. Eggs             |
| 12. Almonds          | 33. Garlic                 | 53. Tofu             |
| 13. Okra             | 34. Parsley                | 54. Seaweed          |
| 14. Tuna             | 35. Red Beans              | 55. Miso Soup        |
| 15. Cauliflower      | 36. Black Beans            | 56. Chicken breast   |
| 16. Spinach          | 37. Lentils                | 57. Bone broth       |
| 17. Kim chi          | 38. Hemp seeds             | 58. Beets            |
| 18. Sweet Potatoes   | 39. Flax seeds             | 59. Seafood          |
| 19. Tempeh           | 40. Asparagus              | 60. Edamame          |
| 20. Turmeric         | 41. Cantaloupe             |                      |

**Protein:** To build adequate muscle and become fitter, you should consume at least .8 grams of protein to your body weight. This can be adjusted as you reduce or gain in size. An increase in protein intake is particularly important for those who wish to change their physique by increasing muscle size & strength.

*Sample protein intake:* Michelle weighs 150 pounds. So,  $150 \times .8 = 120$ . Michelle should try her best to consume at least 120 grams of protein per day. Simply count your protein one day and adjust your intake accordingly.

**Good luck on your health & fitness journey team.** Keep going no matter what. You only truly mess up when you quit entirely. Please take a picture of yourself before starting & use the hashtag #lifestylediet #lifestyleplan if you wish to share your progress.

## ***Live Longer & Fitter***

**MAKE IT A LIFESTYLE**