

Ultimate Health and Performance
presents

UHP
Nutrition Challenge

With Clinical Nutritionist
Ed TenEyck

An Overview of the Challenge

This 6 week long practical course will educate you on how to properly fuel for your unique body composition and goals. We'll establish healthy, realistic, and sustainable habits that will optimize your health and performance. This program is ideal for both new and experienced clients who want to dial in their nutrition to support their physical activity and reach their goals.

Features:

- Personalized nutrition plan based on your body composition and goals
- Interactive nutrition software to track eating and macros
- Recipes and meal planning advice
- Progress tracked with InBody body composition scans at the beginning, middle, and end
- Before and after photos
- Measurements
- Private Facebook group for information and support

Timeline:

- Saturday, April 6 - Initial InBody scans, before photos and measurements
- Sunday, April 7 - Receive personalized nutrition plan
- Saturday, April 27 - Midpoint InBody scans and measurements
- Saturday, May 18 - Final InBody scans, after photos and measurements

Winners:

We will recognize and award the man and woman who have the highest percentage change in body fat with a maximum allowable skeletal muscle mass loss of 5%. We know that fat loss is not a universal goal, but it is historically the most common one, so we have incentivized that outcome.

Prize:

Each winner will receive 1-month complimentary nutrition coaching with Coach Ed TenEyck as well as a prize pack from Klean Athlete.

Price:

\$100 registration fee includes seminar, customized 7-day nutrition plan, all InBody scans, before and after photos, measurements and support from Coach Ed through the full 6-week challenge.

A Little More About the Process

Your initial InBody scan will tell me your overall body weight, muscle mass, body fat percentage, and total body water. From this initial scan I will create meal plans calculating the macros needed to meet and exceed your nutrition goals based on the intake form you have provided. Simply put - if your goal is to lose body fat over the course of the next 6 weeks I will set your carbohydrate, proteins, and fat to specific numbers based on your InBody scan so you can achieve maximum fat loss all while maintaining or even increasing muscle mass.

Once I have finished compiling all of the meal plans for all participants, I send out an email containing:

- Your meal plans
- Link to access the nutrition software
- Link to a YouTube video demo of the software - please use this resource before emailing with questions.

If you don't receive an email by Sunday evening please email edteneyck1@gmail.com, as there may have been a misspelling when setting up your email (lots of data entry!). I will work to get you the meal plans as fast as possible as we understand many of you want to shop for the upcoming week on Saturday and Sunday. The sooner I have everyone scanned, the sooner the meal plans can be finished and the sooner you can begin.

Throughout the 6 weeks of the challenge there will be weekly emails that go out to all participants as well as interesting posts in the private Facebook group. Recipes, nutrition tips, health tips, and other food related topics will be covered. I'd also encourage you to reach out to edteneyck1@gmail.com if you have any questions, big or small, or if you think adjustments to your plan are necessary at any point. We'll do a complete review and reassessment of macro assignments for all participants after we hit the 3-week mark and do our midpoint scans – we'll have a very good idea of the effect the meal plan is having and we will adjust as needed to help you achieve your goal. Many of our top participants have lost over 1% body fat per week and have had very minimal to no muscle loss.

Nutrition Basics

Overall Goal of the Nutrition Challenge

1. Consume the ideal balance of macronutrients to maintain muscle mass and decrease body fat.
2. Consume a diet that is known to be anti-inflammatory in nature.
3. Consume as many real foods as possible and limit processed foods and preservatives.

Macronutrients

These include carbohydrates, proteins, and fats and are classified as such because they have caloric value and the body has a large daily need for them.

Carbohydrates - A group of compounds containing carbon, hydrogen and oxygen. Glucose, glycogen, sugar, starch, fiber, cellulose, and the various saccharides are all carbohydrates.

- **Starches**
- **Vegetables**
- **Fruits**

Protein - Any one of a group of complex organic compounds containing nitrogen; formed from various combinations of amino acids.

- **Complete Protein:** A complete or whole protein is a food source that contains an adequate proportion of each of the nine essential amino acids necessary in the human diet. All meat sources are complete proteins and some non-meat sources such as quinoa and soybeans are as well.
- **Incomplete Protein:** Any protein source which is lacking in one or more the essential amino acids that we need to build cells. Many plant-based foods are incomplete but can be made complete by combining sources to make a complete source. Example: rice & beans.

Fats - Triglycerides; a combination, or ester, of three fatty acids and glycerol.

- **Healthy Fats:**
 - **Monounsaturated:** These are liquid at room temperature and are found in plant foods, such as nuts and avocados. These can help lower LDL, manage diabetes, and help maintain your cells. Monounsaturated fats also help your vision and immune system because they are high in Vitamin E.
 - **Polyunsaturated:** These are found in plant and animal foods, such as salmon, vegetable oils, and some nuts and seeds. Eating moderate amounts of polyunsaturated (and monounsaturated) fat in place of saturated and trans fats can benefit your health. Polyunsaturated fats include omega-3 and omega-6 fats. These are essential fatty acids that the body needs for brain function and cell growth. Our bodies DO NOT make essential fatty acids, so you can only get them from food.
- **Unhealthy Fats:** Increase your risk for heart disease and other health problems
 - **Saturated Fats:** These fats are most often solid at room temperature. Foods like butter, palm, and red meat have high amounts of saturated fat. Limit saturated fat to less than 6% of your daily calories.
 - **Trans Fats:** Of all the fats, trans fat is the worst for your health. Trans fats are made when food makers turn liquid oils into solid fats, like shortening or margarine. Trans fats can be found in many fried, "fast", packaged, or processed foods.

Anti-Inflammatory Menu

Dietary Tips

- Aim for variety
- Include as much fresh food as possible

- Minimize your consumption of processed foods and fast food
- Eat an abundance of fruits and vegetables
- Aim for 30 - 50% of your daily caloric intake from carbohydrates, 30 - 40% from fat, and 20 - 30% from protein
- Try to include carbohydrates, fat, and protein at each meal
- Try to eat every 3-4 hours

Carbohydrates

- The majority of your carbs should be in the form of less-refined, less processed foods with a low glycemic load
- Reduce your consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels). Sugar should be less than 20% of total carbohydrates.
- Eat more whole grains such as brown rice and bulgur wheat, in which the grain is intact or in a few large pieces.
- Eat more beans, winter squashes, and sweet potatoes.
- Cook pasta al dente and eat it in moderation.
- Avoid products made with high fructose corn syrup.

Fiber

- Try to eat 40 grams of fiber a day. You can achieve this by increasing your consumption of fruit (especially berries), vegetables (especially beans), and whole grains.
- Ready-made cereals can be good fiber sources, but read labels to make sure they give you at least **4** and preferably **5** grams of bran per one-ounce serving.

Phytonutrients

- To get maximum natural protection against age-related diseases (including cardiovascular disease, cancer, and neurodegenerative disease) as well as against environmental toxicity, eat a variety of fruits and vegetables.
- Choose fruits and vegetables from all parts of the color spectrum, especially berries, tomatoes, orange and yellow fruits, and dark leafy greens.
- Choose organic produce whenever possible.
- Eat cruciferous (cabbage-family) vegetables regularly.
- Enjoy plain dark chocolate in moderation (with a minimum cocoa content of 70% – see Nostalgia Chocolates for local, premium quality raw dark chocolate!)

Protein

- Decrease your consumption of animal protein except for lean meats, fish and high-quality natural cheese and plain Greek yogurt.
- Buy organic and grass-fed meat whenever possible.
- Eat more vegetable protein, especially from beans and legumes.

Fat

- Reduce your intake of saturated fat by eating less butter, cream, high-fat cheese, unskinned chicken and fatty meats, and products made with palm kernel oil.
- Use extra virgin olive oil as a main cooking oil (use grapeseed for high heat)
- Avoid regular safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils.
- Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients.
- Strictly avoid all products made with partially hydrogenated oils of any kind.

- Include in your diet avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.
- For omega-3 fatty acids, eat salmon (preferably fresh or frozen wild or canned sockeye), sardines packed in water or olive oil, herring, and black cod (sablefish, butterfish); omega-3 fortified eggs; hemp seeds and flaxseeds (preferably freshly ground); or take a fish oil supplement (Look for products that provide both EPA and DHA, in a convenient daily dosage of two to three grams).

Water

- Drink pure water, or drinks that are mostly water (tea or sparkling water with lemon) throughout the day.
- Use bottled water or get a home water purifier if your tap water tastes of chlorine or other contaminants, or if you live in an area where the water is known or suspected to be contaminated.

Meal Planning and Meal Prep

Meal planning and preparation begins with having an action plan for the week

- Note life events
- Use the weekly meal planner printable (sample on next page, PDF linked in program welcome email and in program Facebook group files)
- Eat your meals at the same time every day
- Eat the same or similar breakfast daily
- Use lunch as leftovers from the night before or earlier in the week

For successful shopping, use an app or grocery list and stick to the list

- Perimeter shop the store
- Only go down an aisle if you need something specific
- Shop after you have eaten to reduce impulse purchases
- Use Instacart or other service that gets your groceries for you

Upon returning home

- Cut up your fruits and vegetables into the correct portions you will need for the week
- Plan a cooking session where you can cook 2-3 meals for the week at a time so you reduce the amount of cooking during the week
- Use storage containers to store pre-portioned meals in the refrigerator
- Implement a crockpot or slow cooker into your weekly meal prep especially on days where your time is limited
- Prepare meals together that have some of the same ingredients to save time and money

Weekly Menu Planner



	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

ULTIMATE HEALTH & PERFORMANCE

Registration and Waiver

Client Information		
First Name:	Last Name:	
Date of Birth:	Gender:	
Email (REQUIRED):	Cell Phone:	
Street Address:		
City:	State:	Zip:
Marital Status:		Children:

Brief Medical History																								
Please indicate () whether you have or had any of the following medical conditions:																								
<table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">__ High blood pressure</td> <td style="width: 25%;">__ Chest pain</td> <td style="width: 25%;">__ Orthopedic conditions</td> <td style="width: 25%;">__ Stroke</td> </tr> <tr> <td>__ Heart disease or heart attack</td> <td>__ Dizziness</td> <td>__ Osteoporosis</td> <td>__ Hypoglycemia</td> </tr> <tr> <td>__ Diabetes</td> <td>__ Heart murmur</td> <td>__ Hernia</td> <td>__ Anemia</td> </tr> <tr> <td>__ High cholesterol</td> <td>__ Shortness of breath</td> <td>__ Arthritis</td> <td>__ Cancer</td> </tr> <tr> <td>__ Irregular heart rate</td> <td>__ Respiratory disease</td> <td>__ Thyroid disorder</td> <td>__ Blood disorder</td> </tr> <tr> <td>__ Epilepsy or convulsion</td> <td>__ Gastrointestinal disorder</td> <td>__ Lactose Intolerant</td> <td>__ Other</td> </tr> </table>	__ High blood pressure	__ Chest pain	__ Orthopedic conditions	__ Stroke	__ Heart disease or heart attack	__ Dizziness	__ Osteoporosis	__ Hypoglycemia	__ Diabetes	__ Heart murmur	__ Hernia	__ Anemia	__ High cholesterol	__ Shortness of breath	__ Arthritis	__ Cancer	__ Irregular heart rate	__ Respiratory disease	__ Thyroid disorder	__ Blood disorder	__ Epilepsy or convulsion	__ Gastrointestinal disorder	__ Lactose Intolerant	__ Other
__ High blood pressure	__ Chest pain	__ Orthopedic conditions	__ Stroke																					
__ Heart disease or heart attack	__ Dizziness	__ Osteoporosis	__ Hypoglycemia																					
__ Diabetes	__ Heart murmur	__ Hernia	__ Anemia																					
__ High cholesterol	__ Shortness of breath	__ Arthritis	__ Cancer																					
__ Irregular heart rate	__ Respiratory disease	__ Thyroid disorder	__ Blood disorder																					
__ Epilepsy or convulsion	__ Gastrointestinal disorder	__ Lactose Intolerant	__ Other																					
Please explain all () conditions:																								
Please list any food allergies:																								
Do you smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No Frequency:																								
Do you drink? <input type="checkbox"/> Yes <input type="checkbox"/> No Frequency:																								

Daily Schedule	
What time do you typically wake up?:	What time do you typically go to bed?:
Describe your exercise habits Number of sessions per week: Time of sessions: Length of sessions: Type of exercise:	What time do you typically eat Breakfast: Lunch: Dinner: Snacks:

Nutrition Challenge Goals
Please indicate your primary goal for this challenge:
<input type="checkbox"/> Reduce body fat (____ lbs or ____ %)* <input type="checkbox"/> Gain muscle mass (____ lbs or ____ %)* <input type="checkbox"/> Clean up eating to feel/perform better <input type="checkbox"/> Other:
*Coach Ed Ten Eyck can help you determine a realistic body composition goal at the time of your initial InBody scan and will program

Release of Liability

I, the undersigned, have read, understand, and have answered the above health/medical survey questions fully and truthfully. I am aware of my responsibility to consult with my personal physician regarding my clearance to engage in strenuous exercise and/or a nutritional support program. I do hereby intend to be legally bound for myself and waive release of any and all rights and claims for damages I may have against the participating training facility, and the fitness trainer/certified fitness nutrition specialist administering this program as well as the program creators themselves or anyone in connection with them (including, but not limited to: Ultimate Health and Performance and staff) for any and all injuries or conditions suffered while following the training and/or nutrition program provided to me. I also understand and agree that results are dependent on my adherence to the program and other outside variables, and as such, results are not guaranteed and refunds are not granted.

Client Signature: _____

Date: _____

Printed Client Name: _____

Privacy Notice

All personal information collected on this form is strictly confidential and will be used only for the purpose of designing your nutrition plan and advising you through the 6-week Nutrition Program. Your information will not be shared with third parties unless you should win the challenge and grant us express permission to share your results.