

# *IT'S GOOD TO SYN!*



*“We are what we repeatedly do. Excellence therefore, is not an act but a habit.”*

*-Aristotle*

## **\*\*Disclaimer**

*The information listed in this guide is not medical advice but is provided for general information purposes only. Before starting this or any nutritional changes seek the advice of a qualified health professional if you are unaware of your current health condition, have any pre-existing medical condition, taking any medication, planning any medical procedure, pregnant, nursing or contemplating pregnancy. This is intended to be followed by person of sound medical health. Persons over 50 and anyone with a history of medical problems should consult their physician prior to beginning this or any nutrition program.*

## *INTRODUCTION*

Welcome and thank you for choosing **The Syn Club** to help you attain your **healthiest, fittest and leanest** body ever. This guide that you are about to follow is not a diet as diets do not work (and have a 96% fail rate) but rather a group of guidelines (that after many years of research, studying, testing and sorting through loads of misleading , false information) have been placed together with your health and fitness goals in mind. The strategy you are about to implement must be part of your everyday life. They are based on the physiology of the body and will work for everybody.\*\*

Remember this is not a diet but a lifestyle change. You have to be patient and not think of this as a sprint but a marathon that will not happen overnight. All it takes is action and follow through and your body will have no choice but to respond. A key principle to remember with these changes is- *If you fall off, GET RIGHT BACK ON.* Don't let one bad meal, lead to a bad day, lead to a bad week, bad month, etc. The sooner you get back on track the better. Do not beat yourself up over a bad nutritional decision recognize it, learn from it and move on.

Bottom line, make these lifestyle changes and you will have **YOUR HEALTHIEST, FITTEST AND LEANEST BODY EVER!**

We wish you all the best on your new body! Remember we will be here for you to help support you in any way necessary. Please share with us your success stories and before & after pictures. Nothing makes us happier than seeing your smile on your newly transformed body and hearing about your Syn Lifestyle. Please send before & after pictures and testimonials to:

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## *GUIDELINE #1*

# **NEVER DIET, UNDER EAT OR SKIP MEALS**

**Diets** have a 96% failure rate over the long term. **Dieting** is absolutely the worst thing you can do to your metabolism. When you do have weight loss from a **Diet** you are losing mostly water and muscle (your calorie burning furnace) lowering your metabolism. **Diets** cause vitamin deficiencies, calorie deprivation, and only temporary weight loss. This temporary weight loss is almost always followed by rapidly gaining all the weight back plus more. **Bottom line diets do not work. Make habit changes and lose body fat forever!** If for some reason you fall off track get right back on. Also eating too little leads to late day hunger and sometimes binge eating. You can't save food for the evening; if you eat too much food in the evening and your body cannot use this food then it will get stored as fat.

## ***BENEFITS***

- \***Long term** body fat loss
- \*Weight loss is body fat and not muscle
- \*Supports your lean muscle (metabolism)
- \*Sustainable for the long term
- \***Will work for everyone**
- \*Body has no choice but to respond
- \*Not depriving your body of nutrients

## ***TIPS***

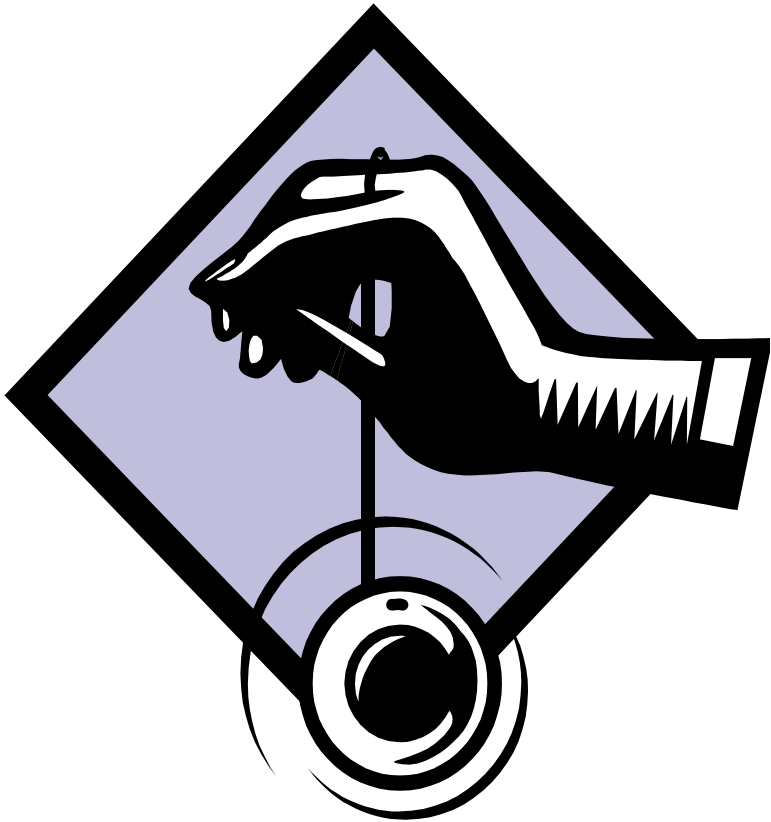
- \*Maintain the **mindset** that there is no quick fix
- \*Realize that when you lose weight you will never see it again so celebrate every lb.
- \*If you fall off track get right back on

\*Focus on 1 habit at a time. Do not move on until you do each effortlessly

\*Prepare a week's worth of meals in advance

\*Keep healthy foods around you at all times

\*Use day planner to determine when you will eat



## *GUIDELINE # 2*

# **INCREASE YOUR WATER INTAKE**

If you are thirsty then you are already **dehydrated!**

### ***BENEFITS***

- \*Give you a feeling of **satiety (feeling full)**
- \***Suppresses** your appetite
- \*Assists in decreasing body fat
- \* Maintains muscle tone (75% of muscle is water)
- \*Keeps your joints lubricated-which will help combat aches and pains
- \*Enhance your skin
- \*Help aid in digestion
- \*Help regulate body temperature
- \*Help you become less tired, moody, sluggish or weak
- \*Quenches your thirst / refreshing

### ***TIPS***

- \*Drink a full glass of water as soon as you wake up
- \*Drink a full glass of water before each meal
- \*Drink a full glass of water during your meal
- \*Add some natural flavors (fresh lemons, limes, citrus or any other fruit)
- \*Have a bottle of water handy throughout the day
- \***Do not be tempted by unnatural options:** soda, juice, flavored coffees, bottled teas, energy drinks, diet soda, fast food shakes, tonic water or alcohol. These are loaded with sugar, artificial sweeteners and empty calories. **EXAMPLES:**

Orange juice / apple juice 55 grams of sugar in 16 oz

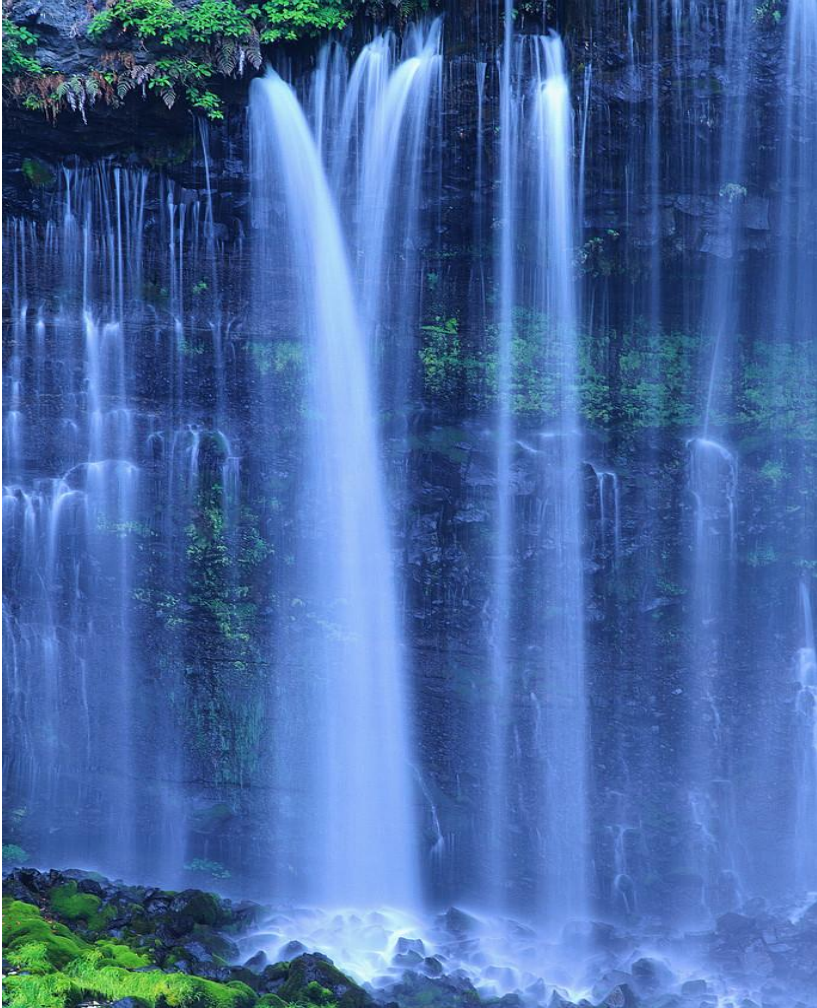
Flavored Coffees can have over 700 calories

Can of soda 12 oz. 40 grams of sugar

Alcohol has zero nutritional value

Chocolate shake from McDonalds 16 oz has 510 calories

***REMEMBER*** recommended daily sugar intake should be less than 10% of your total caloric intake, which means for most people that is around 50 Grams. That's for the **whole day**. You could get a whole day's worth by choosing one wrong beverage!



*GUIDELINE # 3*

# **EAT PRE AND POST** **WORKOUT**

**FOOD IS FUEL** and when you exercise you deplete your nutrient stores so the sooner you get nutrients into your body the better! Make sure you **avoid eating big meals** before exercising because the digestion process requires immediate energy therefore taking away the energy needed for your workout. Think of how you feel after your thanksgiving dinner- slow, lethargic, tired and lazy. These two meals are extremely important so please plan for them.

## ***BENEFITS (PRE-WORKOUT)***

- \*Provide your body with **energy** to fuel you through your workout
- \*Give you instant **energy** so you can train at an **elevated intensity level = RESULTS**

\*Prevent you from getting dizzy, nauseous or lightheaded during your workouts

## ***TIPS (PRE-WORKOUT)***

- \*Eat a carbohydrate 20-30 minutes before exercising
- \***Fruit** is an ideal snack before exercise and will provide immediate energy
- \*Avoid dairy- takes longer to digest and will slow you down

## ***BENEFITS (POST-WORKOUT)***

- \*Immediately nourish your body
- \*Replaces energy you just used during your workout
- \*Nutrients will **refuel, replenish, and repair** your muscles, burning more calories and increasing your metabolism
- \*Provide energy for the rest of the day



## ***TIPS (POST-WORKOUT)***

- \*Eat 1 carbohydrate and 1 protein together
- \*The sooner you get the nutrients into your body the better
- \*Pre-plan and bring food with you if you aren't going right home after exercise



## *GUIDELINE # 4*

# **EAT BREAKFAST** **EVERYDAY**

Breakfast is by far the most important meal of the day! If you start the day putting unhealthy, poor or **no** nutrients into your body you are more likely for that to continue throughout the rest of the day. Statistically, people who eat breakfast are **leaner**, more fit and have an easier time **reducing body fat**. If you skip breakfast then many hours have passed since your last meal, this will put your body into starvation mode which leads to harmful cravings, increased storage of body fat and loss of your hard earned lean muscle (your calorie burning furnace). **BREAKFAST IS KEY!!!**

### ***BENEFITS***

- \*Will **Jumpstart** your metabolism and keep it elevated throughout the day (allowing you to burn more calories throughout the day)
- \***Livens** the body and **awakens** the mind (elevates energy levels)
- \*Assists in managing cravings for sugary and fatty foods
- \*Keeps you from overeating later in the day
- \*Support and maintain your metabolism and lean muscle (which is your calorie burning furnace)

### ***TIPS***

- \*Eat within 60 minutes after waking up
- \*Have a balance of protein and carbohydrates
- \*Avoid sugar and high fat foods (donuts, pastry, pop tarts, etc)
- \*The more natural (**plants and animals**) your breakfast is the better!!!!!!

## ***SOME GREAT BREAKFAST CHOICES***

### **Egg whites / Eggs**

Lean ham

Plain nuts

All natural / Organic peanut butter

Protein shake / Meal replacement shake

Skim milk

Low fat / low sodium cottage cheese

### **Fresh fruit**

### **Fresh vegetables**

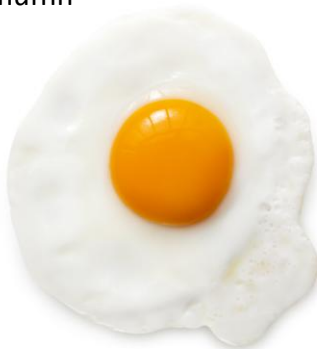
Fresh fruit or vegetable smoothie

### **Plain oatmeal / Cream of wheat**

Low fat /low sugar yogurt

High fiber cereals (All-Bran, FiberOne)

Whole wheat english muffin



## *GUIDELINE # 5*

# **MINIMIZE EATING OUT**

After working with **thousands** of people on their **nutrition, health and fitness** we noticed a trend that the heaviest people are those who eat out the most. Dining out must be kept to a minimum. Restaurants do **ALL** that they can to make the food they serve taste good so you will come back- the business makes tons of sense. **Would you go back if the food did not taste good?** Unfortunately, making the food taste good also means adding salt, butter, fattening cooking oils, animal fat, and msg. These flavor enhancers only compound the amount of calories you are taking in. Restaurant meals have **2-3 times more calories** than if you made the same meal at home.

## ***BENEFITS***

### **\*Saves money**

\*Reduces temptation to eat and drink items on menu that are not supporting your fitness goals

\*Decreases cravings

\*Less likely to have **bread, appetizers, or dessert**

## ***TIPS***

\*Drink a full glass of **water before ordering** or even looking at a menu

\*Skip the bread

\*Skip the appetizer or order this as your meal but **don't order both appetizer and entree**

\*Skip the bread and dessert

\* Look up the restaurant before hand and decide in advance what you will be ordering and stick to it!

\*Words such as **creamy, crunchy or au gratin** signify that the food is probably **high in fat**

\*Tempura is the Japanese way of saying deep fried

- \*Grilled, broiled, poached and steamed are low fat ways of cooking but they are no means a guarantee that no fat was added
- \*Always ask for the **dressings on the side**, this will allow you to control how much additional calories are added
- \*Order their **low fat – low calorie dishes** (most restaurants have them)
- \*Practice **portion control**; ask that half the portion is placed aside to take home
- \*Remember that every drink (except water) is added calories

### ***Olive Garden®***

Eggplant Parm w/spaghetti 1280 cal  
 Spaghetti w/ meatballs 920 cal  
 Spaghetti w/ Italian Sausage 1270 cal  
 Fettuccini Alfredo 1220 cal  
 Tour of Italy 1450 cal  
 Lasagna Fritta 1030 cal

### ***McDonalds®***

Big Breakfast W/Hotcakes 1150 cal  
 Large Fries 500 cal  
 Angus Chipolte BBQ & Bacon 800 cal  
 Big Mac 540 cal  
 Dbl Qtr. Pounder W/ Cheese 740 cal  
 Premium Crispy Chicken Club 620 cal

### ***Taco Bell®***

Volcano Nachos 980 cal  
 Fiesta Taco Salad 770 cal  
 Beefy 5 Layer Burrito 540 cal  
 Steak Quesadilla 520 cal  
 Crunch Wrap Supreme 540 cal  
 XXL Grilled Stuft Burrito 880 cal

## ***Desserts***

Plain cheese cake slice 710 cal  
Carrot cake cheesecake slice 1560 cal  
Au Bon Pain® Pecan Roll 810 cal  
Au Bon Pain® blueberry muffin 490 cal  
Au Bon Pain® almond croissant 540 cal  
D&D® Coffee Cake muffin 650 cal  
Auntie Anne's® glazing raisin pretzel 510 cal

## ***Appetizers***

Fried calamari 1190 cal.  
Fried mozzarella sticks 840 cal.  
Outback Steakhouse® - Bloomin onion 2210 cal.  
Buffalo wings w/blue cheese 1010 cal  
Uno's® - Pizza Skins 2050 cal

## ***Miscellaneous***

Med movie popcorn no butter 900 cal  
Med movie popcorn w/butter 1220 cal  
Sbarro® cheese pizza 1 slice 459 cal  
16 oz prime rib 1206 cal  
Apple Bees® oriental chicken salad w/dressing 750 cal



## *GUIDELINE # 6*

# **IT ALL STARTS AT THE GROCERY STORE**

Having nothing but good nutritious, **supportive foods** in your home will make it a lot easier to attain and maintain a **fit, lean, healthy body**. If you have salty, sugary, fattening foods in your home it can be close to impossible to say “no”.

### ***BENEFITS***

- \***Less temptation** to make a bad nutritional decision
- \*Makes it easier to nourish your body with the **healthy, supportive nutrients**
- \***50%** of attaining and maintaining a lean body has to do with your nutrition
- \*No hidden fat or calories like restaurant food
- \*When you are hungry **quality nutrients** will be available
- \*Walking around the grocery store burns calories

### ***TIPS***

- \*Pick **one day** weekly to do all your grocery shopping
- \*Buy everything you need for **7 days**
- \***Bring a list** and only buy foods listed
- \***Do not be tempted** by other foods you see
- \*Use a hand basket instead of a carriage (great resistance training for arms) be sure to alternate arms
- \*Never go to the grocery store when you are hungry
- \*Stick to the **outside periphery of the store** (this is where the healthiest foods are)
- \*If you find yourself in the middle aisles ask yourself “**is this supportive of my goals**” if not.....**put it back!**

## *GUIDELINE # 7*

# **EAT 5-6 SMALL MEALS/SNACKS DAILY**

Eating big meals **will** expand the size of your stomach! Think of your stomach as like a balloon which will expand as food goes in. If you cause your stomach walls to expand it will now require more food to make you feel full. By eating small meals throughout the day you will **shrink** the overall size of your stomach walls which will cause you to feel **full with less food**. Also by eating **smaller meals more frequently** it will prevent you from getting hungry and in turn eliminate your cravings for salty, sugary and fatty foods. Eat just enough to last **2-3 hours** when you will be having your next serving. Eating too little leads to late day hunger and sometimes binge eating. Do not overindulge on calories in the evening. For most people this is the most inactive time of the day so these additional calories **WILL** be stored as **FAT**.

## ***BENEFITS***

- \*Prevents you from feeling hungry
- \*Allow you to burn more calories and **store less body fat**
- \*Support your fitness, lean muscle and metabolism
- \*Help control your cravings for sugary and fatty foods
- \*Gives you **more energy** throughout your whole day
- \*Stabilize your blood sugar level allowing you to maintain a steady level of energy
- \***Shrink** the size of your stomach
- \*Never feel overstuffed and bloated



## ***TIPS***

- \*Eat every **2-3 hours** (program the alarm on your cell phone as a reminder)
- \*Do not stuff yourself, split bigger meals into 2 or 3 smaller ones
- \*Plan ahead and **pre-cook** your meals
- \*Bring your meals with you (use a cooler and Tupperware or brown bag it)
- \*Do not starve yourself, **eat frequently and enough to feel satisfied**
- \*Stop eating 2-3 hours before going to bed
- \*Use the size of the **palm of your hand** to measure protein servings and the **size of your fist** to measure carbohydrate serving size. Do not exceed these sizes!
- \*Eat more snacks (plain **nuts, seeds, fruits**, protein shakes or smoothies, **salads, carrots**, low fat / low sodium cottage cheese, low fat / low sugar yogurt)
- \*Eat 1 protein and 1 carbohydrate at every meal (1 serving each)
- \*Add **vegetables** as often as possible. Unlimited amounts! At minimum with 2 meals daily
- \*Eat 1 healthy fat (mono-unsaturated and poly-unsaturated) per day, (very small serving size)



## ***SOME VISUALS FOR DETERMINING HEALTHY SERVING SIZES***

Vegetables - most vegetables = 1 cup or size of baseball but remember these can be unlimited

Beans = ½ cup (4oz)

Lean beef cooked = deck of cards

Potato = size of computer mouse

Nuts = ¼ cup or golf ball in size

Mashed potato = ½ cup (4oz) or size of or 1 small ice cream scoop

Brown rice = ½ cup cooked

Whole wheat bread = 1 slice

Skim milk = 1 cup (8oz)

Hard cheese = 1.5 oz or 3 dice

Yogurt = 1 cup (8oz) or tennis ball or fist

Chicken = 3 oz cooked or deck of cards

Whole wheat bagel = size of can of tuna

Cooked fish = 4 oz or size of check book

High fiber cereal = 1 cup or tennis ball is size

Hummus = 2tbs or size of golf ball

Whole wheat pasta = 1 cup cooked or tennis ball in size

Fruit = 1 cup (8oz) or size of baseball

*Sample of Eating Schedule*  
*(Adjust to suit your lifestyle)*

Breakfast Time:	7:30 A.M.
Snack Time:	9:30 A.M.
Lunch Time:	12:00 P.M.
Snack Time:	3:30 P.M.
Dinner Time:	6:00 P.M.
Snack Time:	8:30 P.M.

## *GUIDELINE # 8*

# **INCREASE YOUR FIBER** **INTAKE**

Fiber plays a major role in **ridding the body of waste**. The last thing you want is to carry around excess waste in your colon or digestive system (yuck!). Get it out ASAP! Foods that are typically high in fiber are also low in calories but **WILL** keep you feeling satisfied for a longer period of time.

## ***BENEFITS***

- \*Aids in **weight loss**
- \***Keeps bowels regular**
- \*Curbs appetite
- \***Assists in removing waste from body**
- \*Prevents constipation, hemorrhoids, and diseases of digestive tract
- \*Improves intestine function
- \*Decreases risk of heart disease (the #1 killer in the U.S.)
- \*Helps to lower cholesterol

## ***TIPS***

- \*Best sources of fiber: **fruits, vegetables, whole grains, legumes, nuts, seeds, beans, barley, couscous, brown rice**
- \*Stick to whole wheat / whole grain breads. Avoid bread labeled “wheat” or “multi-grain” these are made with refined flour
- \*Look for the word “**whole**” as the first ingredient on the label to find real whole grains
- \*Avoid white breads, white rice, white pasta and replace with **WHOLE wheat bread, WHOLE wheat pasta and brown rice**
- \*Eat the whole potato including the skin

## ***RECOMMENDED DAILY FIBER INTAKE***

### **MEN**

Adults under 50 yrs of age = 38 grams, Adults over 50 yrs of age = 30 grams

### **WOMEN**

Adults under 50 yrs of age = 25 grams, Adults over 50 yrs of age = 21 grams



## *GUIDELINE # 9*

# **KEEP AN EYE ON YOUR SODIUM INTAKE**

**Elevated** consumption of sodium can lead to an **increase in body weight**. This additional body weight however is not body fat it is **water**. This **water** becomes trapped right under the surface of your skin which will not only elevate your body weight but will also mask your hard earned **muscle definition**. When considering your sodium intake you want to focus your attention on **salt**. The higher the salt content the more sodium in the food and the more water you will retain.

## ***BENEFITS***

- \***Decrease** overall body weight
- \*More visible **muscle definition**
- \*Decrease cravings for more salty foods (**salt stimulates** your taste buds and makes you want more. When was the last time you had a potato chip and stopped at just one?)
- \*Lower blood pressure
- \***Decrease your appetite**
- \*Decrease risk of cardiovascular disease
- \*Lower blood pressure
- \*Many proven health benefits

## ***TIPS***

- \*Take the table salt **off** the table
- \*Do not add any additional salt to your foods
- \*Do not even look at the chip aisle in the grocery store
- \*Do not grocery shop when you are hungry

**\*Stay away from processed foods**

\*Use lower sodium spices when cooking

\*If following a recipe use less salt than recipe calls for

\*Check labels for sodium content

\*When ordering a salad have the dressing on the side

\*Snack on vegetables, fruit, fresh popped popcorn rather than chips, crackers

***RECOMMENDED DAILY SODIUM INTAKE 500-3000 MILLIGRAMS***



## *GUIDELINE # 10*

# **EAT NATURAL FOODS** **VS. UNNATURAL FOODS**

**Natural foods** - plants and animals (if it grows out of the earth **eat it**; if it comes from an animal **eat it**)

**Unnatural foods** - **anything** manmade or that which man has tampered with (if it comes out of a box, bag or can **minimize it**)

**Animals:** chicken, eggs, turkey, lean red meat, fish, milk

**Plants:** vegetables, fruit, nuts, seeds, berries

Without a doubt the **best nutrients** you can put into your body either come from a **plant or an animal**. The more man has tampered with the foods you eat the worse it is for you. Combining ingredients, adding additives and preservatives are chemicals that will give the boxed, canned and bagged foods a longer shelf life. However when you consume these chemical laden foods the longer shelf life remains the same; only it's not on the shelf but around your **butt, stomach and hips** or anywhere you store body fat. Human digestion is designed to breakdown **plants and animals (like a caveman)** not chemicals. The best foods for your health and fitness are mostly located on the outside periphery of the supermarket. If you find yourself in the center aisles take a long hard look at what you are buying and ask yourself "**is this manmade**" and if your answer is "yes" then decrease or eliminate consumption. Keep in mind that a lot of foods are advertised as **low fat, low calorie, and low sodium** but are loaded with artificial sweeteners and harmful empty calories which will be stored on your body as **fat** and can be harmful to your health.

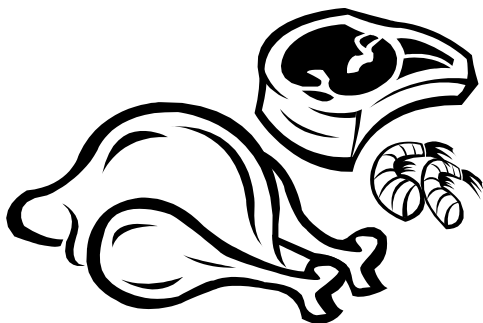


## ***BENEFITS***

- \***No** empty calories
- \*Nutritional benefits in every calorie
- \*Supportive of a lean healthy body
- \*Great source of quality protein, healthy carbohydrates, and healthy fats
- \*High in vitamins, minerals, enzymes and antioxidants
- \*Will rejuvenate and renew your cells
- \*Strengthen your immune system
- \*Prevent disease
- \*Improve your mood
- \*Elevate your energy level
- \*keep your mind sharp
- \*provide all around **vibrant health**

## ***TIPS***

- \***Shop the outside periphery of the grocery store**
- \*Ask yourself this question before purchase **“can this be hunted, raised, grown or picked?”** if the answer is “no” decrease or eliminate consumption.
- \*Avoid foods that have the following words on their packaging: refined, processed, bleached, sweeteners, artificial flavors, trans fat, high fructose corn syrup, hydrogenated, preservatives, additives, and colorings
- \***Avoid foods that come in a box, bag, or can**
- \*Do not be tempted by the middle aisles in grocery store



*GUIDELINE # 11*

**EAT MOSTLY FROM**  
**THE SYN SUPER FOODS**

***BENEFITS***

Allow you to have the most success with attaining your health and fitness goals

***TIPS***

\*Make your grocery list using the following options



**Proteins**

Eggs  
Egg whites  
Chicken breast  
(boneless/skinless)  
Turkey breast  
(boneless/skinless)  
Lean ground turkey breast  
Salmon  
Swordfish  
Orange roughy  
Haddock  
Cod  
Halibut  
Sole  
Flounder  
Snapper  
Tuna (in water)  
Oysters  
Clams  
Shrimp  
Scallops  
Crab  
Lobster  
Lean Meats  
Lean Ground Beef  
(90% plus)  
Flank steak  
Top round steak  
Top sirloin steak  
London broil  
Roast beef  
Buffalo  
Veal  
Lean lamb  
Lean ham  
Low/no fat cottage cheese  
milk  
All plain nuts  
Hummus

**Carbohydrates**

Strawberries  
Blueberries  
Raspberries  
Apples  
Oranges  
Grapefruit  
Melon  
Watermelon  
Banana  
Cherries  
Mango  
Papaya  
Grapes  
Peaches  
Pears  
Plums  
Pineapple  
Applesauce (unsweetened)  
Potato  
Sweet potato  
Yam  
Squash  
Pumpkin  
Oatmeal (plain)  
Barley  
Lentils  
Couscous  
All beans  
Cream of wheat  
Corn  
Butternut squash  
Quinoa  
Steamed brown rice  
Steamed wild rice  
Whole wheat pasta  
High fiber cereal  
(All-Bran, Fiber One)  
English muffin  
(whole wheat)  
Whole wheat bread  
Yogurt (low fat/low sugar)  
Ezekiel bread

<u><b>Vegetables</b></u>	<u><b>Healthy fats</b></u>
Asparagus	fish
Broccoli	Sunflower seeds
Brussels Sprouts	Pumpkin seeds
Cabbage	Flax seeds
Cauliflower	Avocado
Celery	All plain nuts
Cucumbers	Almonds
Lettuce	Walnuts
Green Beans	Pecans
Peppers	Cashews
Mushrooms	Brazilian nuts
Onions	Pistachios
Radishes	Hazelnuts
Scallions	Peanuts
Spinach	Chestnuts
Tomatoes	Macadamia
Zucchini	Pine
Carrots	Peanut butter
Peas	(natural/organic)
Artichoke	Cashew butter
Eggplant	Almond butter
Green Leafy Veggies	Olives (low sodium)
Parsley	Olive oil
Kale	Sunflower oil
Beets	Flax seed oil
Wax Beans	Peanut oil
	Sesame oil

# **MINIMIZE FOODS HIGH IN SATURATED UNHEALTHY FATS**

**Bottom line** if foods are **high in fat then they are also high in calories**. However it is essential to have some fat in your daily nutrition. The fat you want to consume is unsaturated and you want to minimize saturated fats.

## ***BENEFITS***

- \*Give you the feeling of satiety (**satisfied after eating**)
- \*Increase your good cholesterol
- \*Energy source for your body
- \*Reduce joint swelling and stiffness
- \*Helps your body to **absorb vitamins**
- \*Support vibrant health and fitness

## ***TIPS***

**AVOID:** fried food, processed (man made foods), hydrogenated / partially hydrogenated, whole fat dairy products, saturated and trans fats

**AVOID:** bacon, sausage, hotdogs, potato chips, Doritos, nachos, Fritos, butter / margarine, mayonnaise, fatty cuts of red meat

**INCLUDE:** Natural fats, unsaturated (polyunsaturated and monounsaturated)

**INCLUDE:** Seeds, nuts, natural peanut butter, fish, and lean cuts of meat (refer to Syn super foods list for more).

# **MINIMIZE FOODS HIGH IN REFINED SUGAR/ARTIFICIAL SWEETENERS**

**Eating sugar / artificial sweetener will result in more body fat!** This is a source of empty calories and has **NO** nutritional value. Sugar / artificial sweetener can be disguised on food labels as:

Corn syrup	Cane juice
Dextrin	Dextrose
Fructose	Fruit juice concentrate
Honey	Lactose
Maltodextrin	Molasses
Raw sugar	Saccharose

**MOST THINGS ENDING IN “OSE”- so beware!**

## ***BENEFITS***

- \*Maximize your body’s ability to burn calories / fat
- \*Decrease your appetite
- \*Reduce chances of unpredictable mood swings
- \*Avoid a major energy crash
- \*Avoid becoming a “sugar addict”
- \*Reduce cravings (when was the last time you had an m&m and didn’t want more)
- \*Less tooth decay
- \*Lower blood pressure
- \*Decreased risk of heart disease

- \*Improves the nutrients you put into your body
- \*Reduce risks of diabetes

### ***TIPS***

- \***Drink water** instead of soda, alcohol or juice (unless it's freshly squeezed)
- \*Stop adding sugar or artificial sweetener to coffee, tea or any other beverage
- \*Limit or eliminate consumption of sweets, desserts, candy, pastries, donuts, biscuits, chocolates, jam, syrup, honey, cake, sugar coated cereals, ice cream, all junk foods
- \*If you have a sweet tooth then gradually eliminate sugar / artificial sweetener
- \*Read labels (total sugar intake should be less than 10% of your total calories, which means for most people that is around 50 Grams **PER DAY**)

**REMEMBER** one teaspoon of sugar contains 4.2 grams



*Example of Supportive Daily Nutrition Plan*

Breakfast Time: 7:30 AM	2-3 Whole Eggs Plain Oatmeal Made With Water Glass Of Water
Snack Time: 9:30 AM	Almonds Banana Water With Wedge of Lemon
Lunch Time: 12:00 PM	Boneless/Skinless Breast Of Chicken Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes) Water
Snack Time: 3:30 PM	Almonds Apple Water With Wedge of Lemon
Dinner Time: 6:00 PM	Flank Steak Asparagus Brown Rice Water
Snack Time: 8:30 PM	Bowl Of Fiber One Cereal With Milk



### *Example of Supportive Daily Nutrition*

Breakfast Time: 7:30 AM	2-3 Whole Eggs Bowl Of Mixed Fruit (Strawberries, Blue Berries, Raspberries) Water
Snack Time: 9:30 AM	Peanuts Pear Water With Wedge of Lemon
Lunch Time: 12:00 PM	Pita Brea With Turkey, Vegetables, Mustard Apple Sauce Water
Snack Time: 3:30 PM	Peanuts Melon Water With Wedge of Lemon
Dinner Time: 6:00 PM	Salmon Broccoli, Mushrooms Water
Snack Time: 8:30 PM	Protein Shake With Milk

*Example of Supportive Daily Nutrition*

Breakfast Time: 7:30 AM	2-3 Whole Eggs 1 Piece Of Whole Wheat Toast With Organic Peanut Butter Water
Snack Time: 9:30 AM	Grapes Walnuts Water With Wedge of Lemon
Lunch Time: 12:00 PM	Tuna On Top Of Mixed Vegetable Salad With Balsamic Vinaigrette Water
Snack Time: 3:30 PM	Walnuts Peach Water With Wedge of Lemon
Dinner Time: 6:00 PM	Boneless/Skinless Turkey Breast With Sweet Potato And Spinach Water
Snack Time: 8:30 PM	Low Fat/Low Sugar Yogurt

## ***RAVING REVIEWS***

I Lost **85 Pounds** Of Body Fat Then I Ran A Marathon!

***Laurie L.***

I Lost **20 Pounds** In Three Months And Now Fit In My Skinny  
Jeans

***Laura G.***

I Lost **120 Pounds** And Am Still Going!

***Jeffrey H***

I Am Absolutely In The **Best Shape Of My Life**. I Have Lost  
**30 Pounds** And **Feel Younger** And **More Energetic** Than  
Ever.

***Kristie H.***

I Lost **80 Pounds** Of **Body Fat** At The Syn Club!

***Sylvia S.***

I Have **Never** Had The **Success** Anywhere Else Like I Have  
Had **At The Syn Club**. I Have Lost **25 Pounds** The Healthy  
Way.

***Bethany S.***

**When the Three Components are  
applied this can Work for  
Everyone!**

**Team Synergy PFT**

**Full Body Workout + Cardio + Nutrition = Synergy**