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Forever-Fit Nutrition Guide





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Hi! Thanks for downloading Barb's Fit For Life Forever-Fit Nutrition Guide (Your Anti-Diet Lifestyle Solution! ;)

In this e-book you will learn the framework to create your own forever-fit nutrition plan, and **learn how to eat healthy forever – and actually enjoy it!**

Some of the tools you'll learn in this e-book will be different than other nutrition programs you may have tried in the past.

And that's a good thing!

When you learn how to eat the "forever-fit" way, you stop following the one-size-fits-all meal plans, diets and 21-day detoxes out there. **Those types of diet plans often give us quick results up front, but they are also the very thing that keep us struggling to keep our weight loss long term.**

Instead, with this guide, you build a balanced and healthy nutrition plan that not only provides good health, fat loss and muscle tone, but also feels balanced and sustainable enough so you can continue it for life without falling off track every time life gets busy or crazy.

I'd love to hear how you are doing as you practice the techniques in this e-book.

Don't hesitate to reach out to me at BarbsFitForLife.com

❤️,
Barb



**Barb MacGillivray,
Founder of
Barb's Fit For Life**

Twin mom, tea & wine lover, fat loss coach. I teach women how to stop the yo-yo diet cycle and be forever-fit.

I've lived a #NoBannedFoods lifestyle since 2013.



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What are Consistency Habits?

Consistency Habits are an integral part of my Forever-Fit Warriors coaching program. It's what I call the healthy habits we do with consistency. They are the nutrition strategies we strive to follow every day and are the **FOUNDATION** of your personalized nutrition fat-loss lifestyle.

Consistency Habits help us feel satisfied and reach our fitness goals. They automatically help us feel good and lose body fat with less effort.

Consistency habits should be all about YOU and customized for your lifestyle. I'm sharing 6 habits with you today. These have helped me and many of my clients, but with everything in this guide, customize them to make them work for YOU and your lifestyle.

I recommend practicing *only* one or two new "consistency habits" per week, and adding new ones once you feel you've mastered the previous habits so this process stays sustainable.

Remember, there is no rush. Following this guideline helps to avoid that feeling of being overwhelmed or burning yourself out. It also helps you build on the success from the previous week and keep motivation high.





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Consistency Habit #1: Consider Eating Every 2-4 Hours (4-6 meals per day)

Eating frequently throughout the day helps you stay full. When aiming to reduce body fat, we often need to create a calorie deficit each day, which typically requires us to reduce food portions. Reducing food portions can make us feel hungrier (especially at first), but by eating frequently throughout the day, hunger can be reduced or eliminated.



Eating frequently will also help reduce cravings and make it easier to stick to your health goals and avoid binges later in the day.

Frequent meal consumption can also keep your blood sugar more steady throughout the day. This may be important for those with blood sugar issues or may be diabetic.



Finally, frequent meal consumption helps give us consistent energy so we can power through our daily activities and workouts.





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Consistency Habit #2: Aim To Eat A Lean Protein Source with the Majority of Your Meals/Snacks

By eating a source of lean protein with 90-100% of your meals and snacks, you will have an edge in hunger control, lean muscle gain, increased fat loss, and blood sugar control. Personally, I find I feel best when I consume at least 15 grams (or more) of protein whenever I eat. Protein is an individual thing, so play around with the amount of grams you consume each meal and see how many grams make you feel your best.



Sources of lean protein include: lean meats, such as chicken breast, turkey breast, ground beef (90% lean or higher), seafood and pork loin. Keep it lean by grilling, poaching, broiling, roasting or boiling it instead of frying it.



You may also choose eggs or vegetarian options: such as beans, tofu, etc. Keep in mind some vegetarian options, such as beans, will also have additional carbohydrates, so plan accordingly.

I love using low fat dairy to help reach my protein quota, such as reduced-fat milk and cheese products. Also, low-fat Greek yogurt.

Finally, some "fun" sources of protein include low-sugar protein bars (such as Quest bars) and protein smoothies.





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Consistency Habit #3: Fill Up On Greens & Other Veggies Throughout The Day

Vegetables have a lot of fiber and a high water content, which helps us stay full as well. I love having my “greens” (spinach, kale, etc.) multiple times per day because these foods are low in calories, but high in antioxidants. They are nutrition powerhouses.



I love to add vegetables to multiple meals. I'll add spinach and kale with my eggs in the morning, I'll add peppers and greens in my wraps or salads at lunch and love to have roasted veggies or a salad with dinner.



I'm always looking for ways to consistently fill half of my plate with vegetables.





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Consistency Habit #4: Consider Using A Calorie Tracking App – Especially If You Are New To This

CALORIES MATTER! They do!

Calories and portions are the #1 driver of fat loss.

Logging meals and snacks periodically on a calorie-tracking app is a great way to ensure your calories are in line for fat loss.

Unfortunately thinking about calories is not as alluring as a cleanse or the latest fad diet. And somewhere along the way, in the fitness world, many fitness professionals (and weight loss programs) feel they need to shy away from talking about calories.

As a fat-loss coach, I also felt the pressure to shy away from stating that fact due to some of the backlash you hear from saying the "C" word (calories).

But no more. I'm drawing my line in the sand because we need to stop skirting the issue. Fitness marketing is so scammy, full of myths and confusion that we need to talk about what WORKS.

Counting calories and tracking food portions has gotten a bad wrap (mostly) because some people say it's obsessive or a nuisance. And I admit - you CAN get obsessive with it unless you do it the right way.

How?

MODERATION.





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Consistency Habit #4: Consider Using A Calorie Tracking App (continued...)

Use calorie and portion tracking as a tool, but don't let the tool control you!

Moderation, sustainability and balance are the secrets to long-lasting weight loss, and being aware of your calories and portions can be a part of that moderate, sustainable lifestyle without needing to be obsessive with it.

So, if you are struggling with your weight loss, don't shy away from the idea of tracking calories (at least temporarily - even longer if you find it helps you) to see what you're consuming in black and white.

Calorie-tracking apps are typically easy to use (you can even scan your food for fast logging!), and it helps you see the nutrients you are consuming in black and white. I

I still pop on my app frequently to figure out the nutrients in the foods I eat. It's helpful when eating out at restaurants because these apps have a large restaurant database.

Many time we feel like we are making the healthiest choices, but upon seeing the nutrition facts of the meals we choose, we gain the knowledge to know how to modify things to make the healthiest choices.

My favorite calorie-tracking app is My Fitness Pal, but there are many other good ones out there too. Try them out and see which ones you like!





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Consistency Habit #5: Stay Hydrated

Drink water (and/or non-caloric beverages) all day, taper before bedtime.

As for quantity: first, track what you are consuming now (in ounces). If your water consumption is low, aim to bump that amount up slightly each day. Again, huge changes all at once are hard to sustain, so work on this slowly. Water requirements vary for everyone and are based on many factors, so it's difficult to give a universal figure for everyone.

The Institute of Medicine determined that an adequate intake for women is about 9 cups (2.2liters), so that's a good guideline to consider.

Generally, I tell many people staying anywhere in the 80-95 oz/day is a good start.

Ideally, the majority of this should come from plain water, but you may count some tea, coffee or other non-caloric beverages to meet this quota.

Being hydrated at this level will help maximize fat burning, help you stay full, and even help with lean muscle growth (a well-hydrated muscle will be able to grow more than one which is not hydrated enough).





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Consistency Habit #6: Live a #NoBannedFoods Lifestyle. Use “Satisfaction Bites” & “Built-in Treats,” so you never “fall off track” with your eating again!

This is where the sustainability piece comes in and where things get fun! This habit is probably different than other diet programs you may have tried in the past.

I've lived a #NoBannedFoods lifestyle since 2013. With practice I've learned how to include ALL foods (even treats) in my diet in moderation and still achieve the fat loss, muscle tone and the good health I desire.

I never feel deprived with my nutrition like I used to on past diets. I no longer binge Friday through Sunday each week. My clients who follow a #NoBannedFoods lifestyle stop struggling with the yo-yo weight loss and weight gain they had for years, and now achieve better results long term.

This is what I call, “moderation for fat loss.”

Balance works!





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What are Built-In Treats & Satisfaction Bites?

As I mentioned, no food is off-limits for me. I allow all foods every day in moderation. I pair these treats with lots of healthy foods & it's the best of both worlds. Using Built-In Treats & Satisfaction bites is how we **quit the all-or-nothing approach to dieting for good.**

Built-in treats are foods that may not be 100% clean, but won't ruin fat-loss efforts. These foods keep us satisfied each day so we no longer struggle with "falling off track." I like to practice building these treats into my day using my calorie-tracking app.

Remember, having calories in line for fat loss is the #1 thing you can do to lose body fat.

Satisfaction Bites: One strategy I use to sample all foods is to **have 3-5 bites of whatever I want.** One example of how I do this is to have 3-5 fries off my daughter's plate, to get the taste and leave me feeling satisfied without having to get a full order of fries myself.

Part of this process includes a focus on mindfully and slowly eating/enjoying these types of foods. It takes practice and cutting yourself slack if you consume more than you planned at first. It took me 3 years of practice and persistence to get good at this. And NO – you don't ALWAYS have to only eat 3-5 bites of something you love. BUT these are tools you can use to help you modify portions consistently. **Over time, you find it becomes easier to feel satisfied without having to eat everything on your plate.**





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Putting It All Together: Sample Meal Plan

It's helpful to see these consistency habits in practice. To be honest, I hate meal plans, as most of us know them. We typically use them to tell us exactly what to eat and don't take own individuality into account. Hopefully you'll realize by now that's not the forever-fit approach, BUT with that said, it can be helpful to demonstrate an EXAMPLE of how eating with the consistency habits can look in practice. This can also give you ideas so you can customize this approach for yourself!

Here's what a sample day could look like. A few things to notice: lean protein in the majority of meals and snacks, lots of veggies/fruits, and built-in treats/ *#SatisfactionBites* for enjoyment and sustainability.

BREAKFAST: OATMEAL

Steel cut oatmeal or quick oats mixed with ½ scoop of vanilla whey protein powder
Cinnamon to taste
slice 1/2 banana or apple (mixed in)

MORNING SNACK:

fruit or vegetables dipped in natural peanut or
almond butter

LUNCH: TURKEY WRAP

3 oz sliced turkey (low sodium)
Whole grain wrap
greens in wrap
mustard and/or light mayo
2 squares of chocolate (*Built-in treat/#SatisfactionBites*)

AFTERNOON SNACK: GREEK YOGURT RANCH DIP

mix plain greek yogurt w/ranch
seasoning. Dip in veggies.
broccoli, peppers, carrots, etc

DINNER: HEALTHY FLATBREAD PIZZA

grilled chicken or low-fat/turkey pepperoni
Veggies / lite cheese
Whole-grain flatbread
tomato sauce
glass of wine (optional - Built-in treat/#SatisfactionBites)

Again, modify this for you!



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Closing Thoughts

Learning how to live a forever-fit lifestyle and building consistency habits takes time, practice and patience with yourself along the way.

Keep practicing and over time you'll notice it becomes an automated way to live.

I wish you luck on your fitness journey. Please don't hesitate to reach out to me if you have any questions about this e-book or your nutrition in general.



Barb

P.S. I'd love to stay connected with you! My website & fitness blog can be found at BarbsFitForLife.com

Let's also connect on Facebook, Instagram, and Twitter @BarbsFitForLife



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