



TRAIN
WITH
DAVE

Introduction

What is this guide?

This guide is made to help answer any questions clients might have regarding nutrition and how to implement new and better habits into your specific lifestyle. Over the years people have been made to believe that achieving the fat loss requires some type of extreme measure or struggle. Some have tried excluding foods altogether by going low carb, low fat, no fat, fasting, or implementing excessive cardio. The goal should be to get as strong as possible while eating more than you have before.

Things that we will go over include:

- Types of foods you should be eating and why
- Give you examples of Proteins, Carbohydrates, and Fats
- How to read food labels
- How to track meals on the Train with Dave App
- Track your habits and bodyweight
- How to eat out at restaurants and plan around social events
- Educate you on alcohol and how to still get some fun drinks in your diet
- Diet breaks
- How to manage hunger when the diet starts to get difficult

Myths that we will bust:

- ✔ You don't need to exclude any food groups like sugar, dairy, carbs, fats, or anything else you can think of.
- ✔ There is no diet that has a faster rate of weight loss. Keto, Paleo, Carnivore, Low carb, Low fat are the same if calories are equated.
- ✔ Carbohydrates are your key source for muscle growth. We need them!
- ✔ There's no such thing as "good" or "bad" foods. Just high calorie and low calorie, nutrient dense and non nutrient dense.

Not all questions will be answered as there are variables that are specific to you. This will just be a generalized starting point. There will be some areas of fitness nutrition left out because we could sit here all day talking about them, but the difference they make is minimal. Let's just get to the important stuff!

Proteins (% Lean)

- Ground Turkey (93%+)
- Tuna (91%)
- Egg White (91%)
- Lean Ground Beef (90%+)
- Shrimp (86%)
- Chicken Breast (80%)
- Tilapia (78%)
- Pork Tenderloin (78%)
- Turkey Breast (74%)
- Plain Greek Yogurt (70%)
- Seitan (70%)
- Pork Chop (67%)
- Porterhouse (54%)
- Roast Beef (52%)
- New York Steak (51%)
- Salmon (51%)
- Beef Tri Tip (45%)
- Tofu (39%)
- Whole Egg (36%)
- Lamb (34%)
- Tempenh (31%)
- Lentils (30%)
- Gyro (30%)
- Peas (28%)
- Beans (25%)
- Filet Mignon (25%)
- Ribeye (25%)
- Hummus (20%)
- Almonds (14%)
- Cashews (12%)
- Whey Protein Powder
- Whey Protein Isolate
- Casein Protein Powder
- Pea Protein

Veggies

- Zucchini
- Tomatoes
- Red Peppers
- Yellow Peppers
- Green Peppers
- Asparagus
- Onions

- Broccoli
- Cauliflower
- Celery
- Cucumbers
- Brussel Sprouts
- Spring Mix
- Spinach

Fruits

- Banana
- Grapes
- Blueberries
- Cherries
- Apple
- Strawberries
- Watermelon
- Raspberries
- Oranges
- Peaches
- Pears
- Honeydew
- Melon
- Cantaloupe

Grains

- Whole Grain Wraps
- Whole Grain Bread
- Rice (any kind)
- White Rice
- Brown Rice

- Oatmeal
- Beans (any kind)
- Lentils
- Corn
- Quinoa

- Regular Pasta
- Whole Wheat Pasta
- Sweet Potatoes
- Buckwheat

Fats

- Canola Oil
- Olive Oil
- Flaxseed Oil
- All Nut Butters

- Avocados
- Cheese
- Macadamia Nuts
- Pistachios

- Almonds
- Walnuts
- Sunflower Seeds
- Peanuts

Recommended Products

- Cooking Product - 0 Calorie Spray
- Dressings/Sauces - Walden Farms
- Protein Powder - Isoflex by Allmax
- Quest Protein Chips
- Quest Protein Bars
- ONE Protein Bars
- Pancake/Waffle Mix - Kodiak Cakes / Kodak Oatmeal
- Legendary Foods - Tasty Pastry
- 1st Phorm - Protein Sticks
- Outright Protein Bar

Cheat Meals/Cheat Days

To cheat or not to cheat

The food listed may not look too appealing, and at some point all clients ask about when they get a cheat meal or cheat day. The truth is, those days don't come too often because they are not as beneficial to adherence than you might think.

Having a day of the week or day of the month where you get to eat what you've been craving actually makes the rest of the days of your diet that much harder. You look forward to this meal and once you're done, you have to go back to less palatable food that you don't enjoy as much.



The way to get this same feeling without cheating on your diet is to adhere to your diet for a few weeks and then raise calories back up to maintenance (the amount of calories to keep your current bodyweight the same) by eating more of the same foods you're currently eating. The feeling of fullness is what you're craving and this is more than enough to make you feel like you don't need a cheat meal. You won't be losing weight during this time but you won't be gaining weight either. It's important to drop the fatigue that builds up from being in a deficit to be able to continue dropping body fat.

Now we're not saying you can never enjoy yourself by having a pizza night, some drinks, or some candy at a movie. Have these in moderation and start to keep track of how it affects you. Learn your current habits so you are able to predict what you will do if in situations such as outings with friends/family etc. We're not robots.

Reading Food Labels

Don't get overwhelmed

Looking on the back of an item in the grocery store is pretty common, but what exactly are we looking for? Do we need to know all of it? I've asked many people what they look at when they read a nutrition label and more often than not, they are looking for one number to justify the purchase; a single macronutrient that an article or someone on social media has chosen to be hyper focused on. Those numbers can be calories, carbs, fats, sugar, sodium and so on. The truth is we need to know most of it what's there and how it affects the rest of our food choices. Here's what to do step by step:

Step 1
Figure out how many serving per container or how much volume of food you're getting per serving

Step 2
How many calories are you getting per serving? Multiply by how many servings you will be having

Ignore

Don't worry about it if you're drinking enough water or have a heart condition

Step 3
Watch for calories coming from fats. They are the most calorically dense foods and can be hard to spot when eating out. They are easy to mistake serving sizes with and less satiating.

Step 4
Calories from carbohydrates are not bad, neither are sugars, but just like fats, they can be very dense in calories and easy to overeat.

Step 5
Proteins are the most satiating and high volume calorie foods you can find. Prioritize them when selecting brands of the same food.

7 of the 46 grams of carbs are fiber

Ignore unless specifically asked to track

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

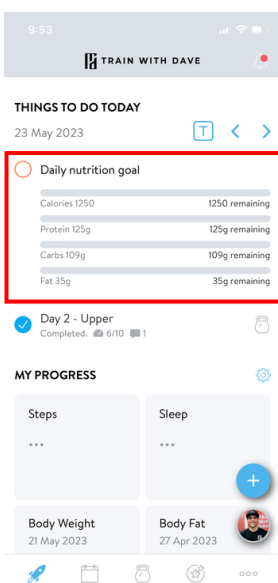
Fitness nutrition is all about finding clever ways to get more protein in your diet while keeping calories low. Luckily there are more options nowadays that can curb some cravings like: protein chips, high protein low fat beef jerky, protein bars, and protein pastries. Google is awesome!

Using MyFitnessPal

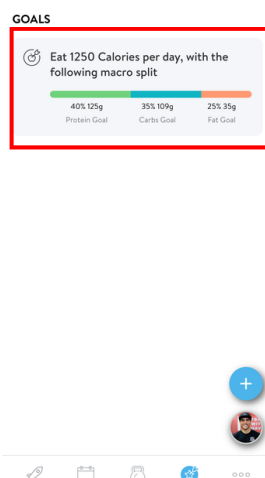
Learning to track

Tracking your food will have the biggest effect on weight management than anything else by far. There are studies done where there are people who track and people who eyeball it. No other changes other than tracking. The people who tracked were more aware of what they ate and lost weight. Those who didn't stayed the same or even gained weight. The effects of just being mindful of what you eat are huge! Another study gauged how accurately people were at estimating calories. The subjects ranged from general population to registered dieticians, and even *THEY* underestimated by as much as 50%! And they do this for a living!

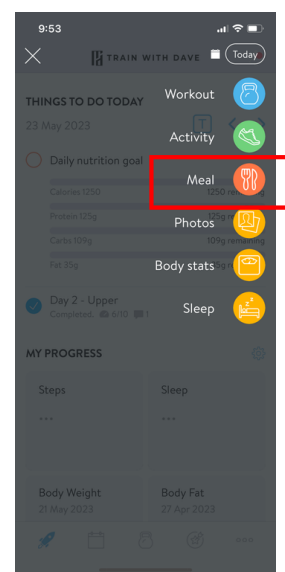
Setting your goals



Goals>

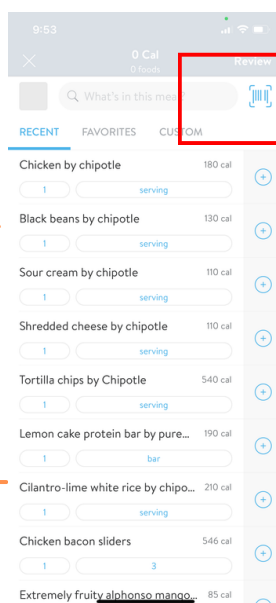


Calorie, Carb, Protein and Fat Goals>



Tap the plus sign and then tap meals to track

Eating similar foods consistently makes it easier to log when it's in your log history



You can scan barcodes to quickly log food. But don't forget to adjust the serving sizes

Tracking Habits & Bodyweight

Using bodyweight as a tool

Your daily bodyweight can be a great tool for you to use to see how many calories you are consuming. Are you in a deficit? Are you in a surplus? Are you at maintenance? Daily fluctuations are normal. You can do the exact same thing and eat the exact same things at the same time one day and weigh more or less the next day. We need a larger sample size to see what is actually happening. Weigh yourself everyday Monday-Sunday for two weeks, average them out and compare those two numbers. For Example:

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Avg
129.4	131.8	131	129.6	131.6	130.8	132	130.8
130.5	131	129.9	130	128.9	131	129	130.1

There are
3500 calories per LB of fat

← -0.7lbs from one week to the next

$3,500 \times 0.7 = 2,450$ → $2,450 / 7 \text{ Days} = 350 \text{ calorie deficit per day}$

If you're eating 1500 calories per day and want to increase the rate of weight loss to a 1lb average per week, you would need to lower your calories by 150, bringing you down to 1350 calories per day. You can also increase activity level to increase energy expenditure to match drop in calories, or a combination of both.

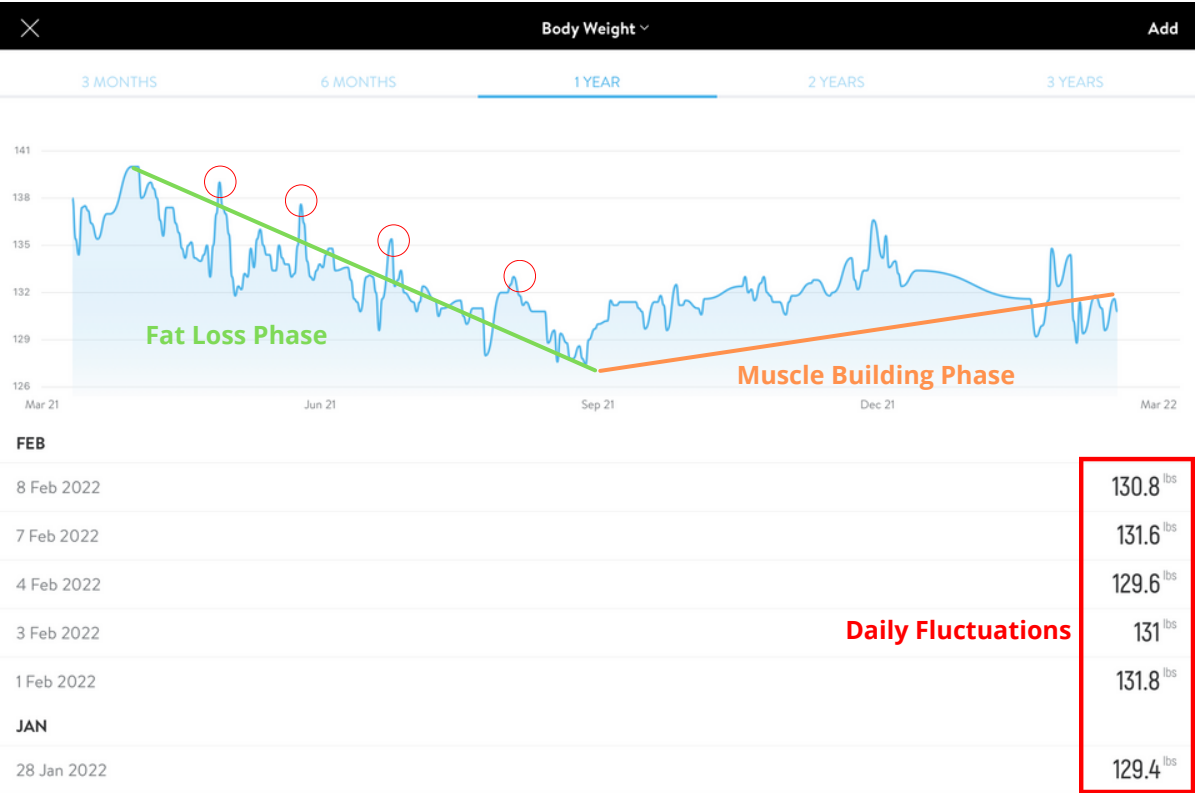
Using habits to adjust

Implementing habits to help control bodyweight can be extremely helpful when dieting by making things simple, while also reducing the rate of diet fatigue over time. You have to know yourself and what your current struggles are when it comes to food.

- Inconsistent number of meals? → Plan meals ahead of time
- Inconsistent calories? → Incorporate more nutrient dense foods
- Low protein? → Eat your protein first/Ask for extra
- Poor food choices? → Eat something small before deciding
- Social Events/Weekend binging? → Eat something before you get there
- No time to cook? → Try a meal prep service to save time
- Alcohol? → Stick to hard liquor / no sugar mixes

Bodyweight trends

Here is an example of a client who entered a fat loss phase while still enjoying her social life. She took a moderate fat loss approach and lost 10-12lbs of bodyfat over 6 months. Each red circle was a time she travelled or had a weekend of no restrictions in calories. This client had her fun and got back on track without punishing herself along the way. The line of weight loss still trends down over time until she reached her goal. She then reversed out of the diet and is now only focused on building muscle while maintaining the bodyfat level she achieved and is only tracking through habits and bodyweight.



Don't let the daily fluctuations discourage you, stick to the plan!

Relationship with food & the scale

Some people experience dysfunctional thoughts during diets. If you find yourself having these thoughts, make a conscious effort to get rid of these. Dysfunctional relationships with food and eating make life miserable. No point in being lean if you are miserable! Here are some thought patterns to watch out for:

“I need to run off that meal I had” or “Better do a bunch of cardio to prepare to binge tomorrow because I know I can’t control myself around pizza”

Food should not be treated as something you pay dues for or are punished for. Considering an indulgence being something that must be made up for is not sustainable – it puts you in a state of labeling food as good or bad and labeling yourself as good or bad for having eaten it. This mindset also contributes to the idea that you must always be dieting or making up for not dieting. A healthy life with a healthy metabolism and moderate indulgences mean you won’t gain weight from one cheat meal or night out. If you are in a healthy place with food, you won’t binge. You might eat a big meal one night, but you stop when you are full. This kind of surplus here and there will not lead to weight gain. If your cheat meals always lead to binging, cardio is not the answer – a reevaluation of how you view food is needed.

“I overdid it these past couple weeks of my diet. My weight was going up, so I cut calories even more”

If mistakes were made, it's time to live with them, carry on maintaining from there and then lose what's needed over a longer time. If you went a little out of control, it's probably a sign you needed to adjust the way you eat during the week. Cravings and the propensity to treat food like a drug will only increase with extended / increased restriction. Neither of those things is good for long term success!

“I feel really guilty whenever I have an off meal on my diet”

It's important to make a conscious effort to talk yourself out of these feelings. Food is not bad, you are not bad for enjoying it. Try to find liberation in not having to be 100% strict. You worked hard and you deserve to go out to dinner or have your favorite cereal now and then. Think about the big picture and the long term. You know how to make progress and you have and will again, learning to diet is the time to find some balance and know what you enjoy and what you don't.

Eating out & Alcohol



Restaurants and Social Events

During a dieting phase, please try to limit this as much as possible. Consistency is the name of the game. It triumphs over anything else, and if you don't have it, no matter how ideal or optimal your whole plan is, it's going to fail. In my experience, the thing that often ruins consistency the most for my clients is eating out. They're following their plan just fine until a social event appears and they can't track their food. Most of the time, they magically appear much heavier than usual. Of course, some of it is water, but we both know the calories were way higher than what they should be. So here are a few tips to avoid ruining your diet every time you eat out:

- ✔ Abandon the black and white mentality. Dieting is not an on/off switch. There is a gray area where you can enjoy yourself at dinner with friends/family without going off the rails and eating everything without thinking about calorie intake.
- ✔ Eat a large, filling meal prior to the event. The fuller you are, the less hungry you will be. Prioritize veggies during the day.
- ✔ Eat Fewer meals throughout the day. If you normally have 3 meals per day, have 1 before and 1 at the event.
- ✔ Pay attention to food order. Prioritize eating your lean proteins and veggies first.
- ✔ Drink plenty of water or any zero calorie drinks to fill you up.
- ✔ Try your best to avoid high calorie foods. Seems pretty simple but difficult when you're not sure what foods are low or high calorie. The most misleading is usually salads. 50 calories of lettuce topped with 200-300 calories of oil. Stick to lean meats and veggies.

Alcohol

If the first question you ask yourself is, "how do I still drink alcohol and lose weight?" ask yourself if you really want to diet right now. The truth is you can, but you have to practice drinking in moderation. Even if you think your drinking style falls under the "moderate drinking" category, you're probably wrong. In science, moderate drinking is commonly defined as 2 drinks per day as a man or just 1 as a woman. Anything over that, especially in a time span of only a few hours, is binge drinking. Your body has a completely different reaction to 14 drinks in one evening compared to 2 drinks every day. The goal is to lose bodyfat and maintain muscle and alcohol in no way helps that, it only makes it even more difficult. But it can still be done! There are a couple of rules you can follow to make it easier to relax and not lose all your progress. Let's get hammered!

- ✔ No sugar mixes. Limit your consumption to hard alcohol with some tonic water or a little bit of club soda. Normal soft drinks contain 4 calories per gram of carbohydrates, while alcohol contains 7 calories per gram!
- ✔ Minimize dietary fat intake on the day you go drinking
- ✔ Maximize the time between weight training and drinking alcohol. Drink on rest days. It's better to train hung-over than to drink after your workouts.
- ✔ To minimize the damage from an indeterminate amount of alcohol, space your drinks over time as much as possible.
- ✔ To minimize the damage from an indeterminate amount of alcohol, consume a large meal composed of lots of slowly digesting protein and fiber
- ✔ If you're prone to overeating after a night out, save up some calories during the day and prepare a filling, high protein meal that you can easily eat when you get back home (or wherever you end up, haha!).



Diet Breaks & Hunger Management

When your stomach says eat

Being able to manage your hunger will be determined by how effective the system you put in place at the beginning is. There will be a lot of trial and error trying figure out what works and what doesn't work. A rule we follow is to never let your hunger level get too high. Too high of a hunger level leads to a bad decision most of the time.



If you're eating within your calories but still find yourself getting hungry at certain times of the day, you can't just add calories at those time because you will no longer be in a deficit and no longer lose weight.

Instead you will have to get creative and either changes some of the foods you are eating to less calorically dense foods that offer more volume for their calorie count. For example: switching out that daily snack of almonds for strawberries or rice cakes. Almonds are almost all dietary fat, which has 9 calories per gram while 1 cup of strawberries are around 100 calories and rice cakes being 30-45 calories per cake.

After you have done that, if you still have hunger management problems you will need to adjust your meal times and where you are placing your calories throughout the day. For example if you find that you are extremely hungry by the end of the day at dinner time, try moving some of your calories around to fit more into lunch time so you don't have high hunger levels towards the end of the day.

Diet Breaks / End of the Diet



The important thing to remember is that the end goal of the process of a diet break or a diet in general is to find yourself living a balanced life; a life where you are not constantly worried with weighing, measuring, and thinking about food. A life where you are not avoiding social engagements that involve food and drink; a life where you can have popcorn at the movies, wine with a nice dinner, an

impulse candy treat once in awhile. You are aiming to live a life where guilt and food are never associated, where you eat healthy, normal portions most of the time, but occasionally get the least healthy thing on the menu just because it sounds good.

A general recommendation in terms of food balance by the end of 8-12 weeks of maintenance would be: get most of your calories from healthy sources (lean protein, healthy fats, whole grains, fruits and veggies) about 80-85% of the time and spend the other 15-20% of your intake on whatever floats your boat. French fries, beer tasting, sushi, extra salads, chocolate, wine, pretty much foods that make you happy. In moderation, there are very few foods that can do harm to your health or physique. Read that again. In moderation, there are very few foods that can do harm to your health or physique. That means that if you are eating a mainly healthy diet, you should have no guilt at all about having treats in moderation. Enjoy your relationship with food!

CHEATSHEET

Train with Dave

FOOD

HACKS

BY KELSEY KENNEDY

Train with Dave

FOOD HACKS

MANAGING YOUR PROTEIN GOALS CAN BE A CHALLENGE, SO WE WANT TO MAKE IT AS EASY AS POSSIBLE FOR YOU. MAKING SMALL SWITCHES, SUCH AS HIGH PROTEIN TORTILLAS INSTEAD OF REGULAR TORTILLAS CAN MAKE ALL THE DIFFERENCE. EATING ENOUGH PROTEIN OR LOW CALORIES DOESN'T MEAN THAT YOU HAVE TO SACRIFICE THE TASTE. WE'VE LEARNED HOW TO TAKE YOUR FAVORITE MEALS AND MAKE THEM LOW CALORIE AND HIGH PROTEIN.

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FOOD HACKS

Dairy



FAIRLIFE
SKIMMILK



ZEROSUGAR
REDDIWIP



FAT FREE
MOZARELLA



FAT FREE
COTTAGE
CHEESE



FATFREE
GREEK
YOGURT



LOW FAT
COTTAGE
CHEESE

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Proteins



EGG
WHITES



HORMEL
PEPPERONI
TURKEY



EXTRA LEAN
GROUND BEEF



EXTRA LEAN
GROUND
TURKEY



COD
FILETS



CHICKEN
BREAST

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FOOD
HACKS

Carbs



OLE XTREME
WELLNESS
TORTILLA



KODIAK
OATMEAL



RICE
CAKES



KETO
BREAD



MAGIC SPOON
CEREAL



SWEET
POTATOES

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Snacks



LEGENDARY
PROTEIN
POPTARTS



QUEST
CHIPS



SUGAR FREE
JELL-O



YASSO
BARS



BEEF
JERKEY



SMART
SWEETS

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FOOD HACK # 1

HOW TO CALCULATE HOW MUCH PROTEIN IS IN YOUR FOOD

TAKE THE AMOUNT OF GRAMS OF PROTEIN AND TIMES IT BY FOUR THEN DIVIDE IT BY THE NUMBER OF CALORIES IN THE FOOD. THIS SHOWS WHAT PERCENT OF PROTEIN IS IN YOUR FOOD.

Chick-fil-A® Chargrilled Chicken Sandwich

[view description ▼](#)



310 Calories	3.5g Fat	4g Fiber	10g Sugars	29g Protein
1g Saturated Fat	0g Trans Fat	60mg Cholesterol		
830mg Sodium	46g Carbohydrates	20% Iron		
15% Calcium	45% Vitamin A	15% Vitamin C		

$$29 \text{ G PROTEIN} \times 4 = 116$$

$$116 \div 310 = 0.3741$$

37% PROTEIN

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FAST
FOOD
HACKS

LET'S BE REAL WE ALL LOVE TO EAT OUR
FAVORITE FAST FOOD FROM TIME TO TIME, SO
LET'S MAKE IT EASY!



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FAST
FOOD
HACKS



GRILLED CHICKEN
SANDWICH WITH EXTRA
CHICKEN PATTY



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FAST
FOOD
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DOUBLE CHICKEN BOWL

DOUBLE SCOOP CHICKEN

LITE RICE

LITE BEANS

LETTUCE

PICO



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FAST
FOOD
HACKS



EGG WHITE
&
ROASTED RED PEPPER
EGG BITES



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FAST
FOOD
HACKS



PROTEIN STYLE
BURGER



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FAST
FOOD
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Nutrition

CHIC-FIL-A
GRILLED CHICKEN
SANDWICH
WITH EXTRA PATTY

CALORIES 490
FAT 14 G
CARBS 44G
PROTEIN 49G

CHIPOTLE
DOUBLE
CHICKENBOWL

CALORIES 560
FAT 16.75G
CARBS 36G
PROTEIN 70G

IN-IN-OUT
PROTEIN STYLE
BURGER

CALORIES 240
FAT 17G
CARBS 11G
PROTEIN 13G

STARBUCKS
EGG WHITE
BITES

CALORIES 170
FAT 8G
CARBS 11G
PROTEIN 12G