

# JUMPSTART NUTRITION PROGRAM

*6 weeks of simple yet effective nutrition habits*



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## Jumpstart Nutrition Program 6 Weeks of Simple Yet Effective Nutrition Habits

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## INTRODUCTION

If I walked into an auditorium tomorrow and polled the audience: *Who wants to look and feel good every time you look in the mirror? Who wants the benefits of a healthy lifestyle?* I'm sure all hands would be raised throughout the room. Who doesn't want to look younger, be healthier, increase mental clarity, and have more energy to interact with our precious children? We all want to be fit (for different reasons), but most of us struggle to make this dream a reality. The good news is that support is available.

Hello and thank you for joining my Jumpstart Nutrition Program! I've developed an effective 6 week program and named it JUMPSTART because it introduces you to the basic principles of a healthy lifestyle, and gives your metabolism a boost so you can start letting go of unwanted weight. The basic fitness principles I teach in this program are: **exercising regularly, drinking adequate water, improving digestion of food, keeping a food diary, eating less processed food, consuming enough protein, and eating more fruits and vegetables.**

I have personally used these principles to improve my overall health and physique.



Not only have I experienced results with this method, many of my clients have transformed their bodies through this program!



*"My life has been forever changed through Stanley Porter's coaching programs! Before I met Stanley, my diet was inconsistent, and I was not exercising to the best of my ability. I would start eating well but, when I was stressed, I turned to take out food. Working with Mr. Porter helped me to recognize the triggers for my emotional eating, and to cope with the stress. Today I am a new woman. These days I feel more energetic, and I am physically stronger. This is the best I've looked and felt in my entire life!"*  
 – Shatiana Appleberry



*"Since receiving coaching from Stanley, I've seen incredible results. I look in the mirror and I like what I see. I also love the way I feel. I recently ran a Spartan race, and performed way better than the previous year. Additionally, I have noticed improvements in my digestive health. When I hit my thirties I started to get really bad heartburn. Since working with Stan, I don't have that issue anymore, and don't need to take any medication for it. Thank you Stan! You're the man!"* – Trevor Duke

## HOW THIS PROGRAM WORKS

Complete each of the six weekly assignments that are a part of this program. Be sure to read all of the information provided as it will help you understand the work you are being asked to do. **Once a new habit has been introduced (i.e. increasing water, eliminating processed foods), you must keep that habit going for the rest of the program.** There is no success in fitness without consistency and repetition!

In order to get the most out of this program, you will need encouragement and accountability. Please join my [private social media support group](#). Here you will find helpful live videos, and the support of others who are on a fitness journey similar to yours. Please post moments from your own journey because:

- a) You might inspire someone else and
- b) You learn most when you help others

To see the [6 Week Nutrition Program at a glance, download this Google Sheet](#). You can also use it to track your weekly progress.

Please be patient, and try to have fun! The journey toward transforming your body should not be stressful. Remember this is not about perfection, it's about PROGRESS. Every little step counts, because *small steps lead to big results!*

If you have any questions please contact me through my website at [www.stanleyporter.net](http://www.stanleyporter.net)

## BEFORE YOU GET STARTED...

### 1. KNOW YOUR BASIC NUTRITION FACTS

**Calories:** A calorie is a unit of heat energy and can be found in whatever you eat. Fats, carbohydrates, and proteins all contain calories. Basically any food you eat will contain potential energy for your body to use. That energy will either be used, or stored. The tricky part of dieting is not to consume more calories than you burn off each day. A high-calorie, low-exercise lifestyle will lead to weight gain.

**Fats:** Fats are essential for your health. Not only is fat a source of energy, it can help with the absorption of certain nutrients in the body. What you should know is that there are different types of fat, and you should not consume fat in excess. *Saturated fats*, found in things like butter, whole milk, fried foods, and processed baked goods are considered unhealthy. A diet full of saturated fat can clog your arteries and increase your risk for heart disease and stroke. Never consume more saturated fat than is necessary on a daily basis. Nuts, olives, flaxseed, and fish contain *unsaturated fats*, healthy fat that is actually good for you.

**Carbohydrates:** Also referred to as “carbs”, these are nutrients that provide your body with the energy it needs. When your body digests carbs, they are broken down into glucose (sugar), which is released into your bloodstream to energize your cells. Choose your carbohydrates wisely because eating carbs high in sugar often causes sugar rushes that can lead to cravings for more sweetness. Also when you overload your body with unhealthy carbs, the unused carbs convert to fat over time, causing you to gain weight. Consume carbohydrates that are high in fiber. Not only is fiber good for your digestive system, it can help you satisfy your hunger more easily. Try getting your carbs from whole grains and vegetables instead of from junk food.

**Protein:** Protein is called a macronutrient because your body needs quite a bit of it. This nutrient is important to almost all of your body's functions, but for people who exercise frequently, it's helpful to know that protein helps your muscles recover. Protein can be found in meat, fish, grains, nuts, and even some plant sources.



## 2. YOU NEED TO EXERCISE



**Physical exercise is crucial to helping you absorb the nutrients you eat.** It also gives eating another purpose other than to satisfy hunger (which could actually just be a craving)! What if you started to view food as something needed to fuel your PERFORMANCE?

Now, let's review some information that is good to remember before starting your workouts.

Everyone possesses a unique body type, so it is necessary that you learn your body. As a general rule, you should be working out three to five days per week. This should include resistance training (with the goal of increasing strength) and cardio. Both cardio and weight training burn fat, but they will do so at different rates. Cardio will burn fat more efficiently at the time you're performing the exercise. Training with weights burns fat at a slower pace, because your goal in weight training is to tear down and build muscle.

The more muscle you have on your frame, the more your health will improve in certain areas. Lean muscle, although it weighs more than fat, is better for your body than excess fat. Having lean muscle will help you burn fat more efficiently, strengthen your bones, improve your posture, and give you a tighter, more toned look.

When you're doing cardio, you're getting your blood flowing by increasing your heart rate. Also during exercise your body will look for the quickest sources of energy to burn. Generally carbohydrates and fat will be burned during intense cardio sessions. The energy these sources contain are called calories.

If you want to determine how well you are burning calories, learn to measure your heart rate during exercise. Invest in a heart monitor, or use machines that have monitoring technology. An elevated heart rate is also an indicator of how many calories you're burning during that session.



Ideally your workouts should be between 45-60 minutes. However, if done correctly, a 30 minute session can be very effective! For those of you with crazy schedules: it's totally okay to do 15 minutes of exercise in the morning, and 15 minutes later in the day.

If you have my Jumpstart Exercise Cards...use them! They provide a great solution to keep you moving, especially if you do not have the time to go to the gym, and need ideas for quick home workouts. Little to no equipment is required and [general instructions can be downloaded at this link.](#)

If you are working with a trainer, please consult your fitness professional about the best exercise program for your body transformation goals.

Now that you understand the basics, turn the page to

**GET STARTED WITH YOUR NUTRITON PROGRAM!**

## WEEK 1: FOCUS ON WATER INTAKE



**This week you will focus on drinking at least 32 oz. of water per day.** The goal by the end of this program is to be drinking close to a gallon per day. If you are already drinking between 48 oz. and 64 oz. daily, we will adjust your starting point accordingly.

Did you know that water boosts your body's ability to break down fat and carbs for fuel? This is known as your metabolic rate. Drinking water also helps eliminate waste and can be a good appetite suppressant. If your diet is high in sodium, your body will hold onto water, making you appear puffy and slightly swollen. This is called water retention. Increasing water intake will solve this problem.

Another approach to adequate daily hydration is to drink half your bodyweight in oz. of water. According to this method, a 150 pound person would drink at least 75 oz. of water. That's a little more than half a gallon daily. For many people this might be too aggressive right now.

Constantly putting a water bottle to your mouth, and frequent trips to the bathroom may present a challenge, but the benefits far outweigh the discomfort. Here are some suggestions to help you succeed this week:

1. Drink 8 oz. of water as soon as you wake up. The earlier you jumpstart your metabolism, the more calories you will burn throughout the day. Furthermore, we wake up a little dehydrated so getting that water in quickly will lead to more mental clarity, and proper daily functioning of your cells and organs.

2. Find out which bottling system works for you. Consider buying a special gallon labeled with progress markers and encouraging messages to keep you motivated to keep drinking throughout the day. These are available on Amazon. Of course you can create your own. If you don't prefer walking around with a gallon, drinking 16 oz., 20 oz., or 33 oz. bottles of water throughout the day might be better.

3. If you're like me, flavor matters! Try infusing your water with fruit or squeezing some lemon juice in it. You can also try some of the sugar free flavored powders to make the experience more tolerable (i.e. Crystal Light).

Personally, I put flavored BCAA powder in my water. BCAA's come with the added benefit of helping with endurance and muscle recovery during and after workouts.

## FREQUENTLY ASKED QUESTION:

### **I don't like drinking water. Can I just drink Gatorade?**

Absolutely not! Although Gatorade contains electrolytes, which are good for you, these flavored drinks also have a lot of sugar and carbs. A zero carb Gatorade might be OK. But even zero-carb Gatorade should not be consumed routinely instead of water. Consider how the product is advertised. It is typically consumed by people who are extremely active and sweating profusely. In these instances, drinking it is probably OK because athletes are burning seven hundred to eight hundred calories on a daily basis, if not more! Athletes who are in training sometimes exercise two or more hours a day, so they need to replace what their bodies are using through vigorous activity. If your lifestyle is not as active as that of an elite athlete, you would be better off drinking water.

## WEEK 2: IMPROVE YOUR DIGESTION

**This week you need to start this daily ritual:** *Take a probiotic on an empty stomach when you wake up with 16 oz. of water. Also eat 3 of the foods from the list of prebiotics. (Try to consume 2 of them before noon every day.*

Problems in our gut (namely the small and large intestines) can lead to chronic inflammation or toxicity in the body. These issues often lead to an increase in body fat. If we're serious about transforming our bodies, we need to address the health of our digestive system. Consider this: if your gut is not working properly, you may not even be absorbing all the nutrients from the good foods you DO eat!

The process of breaking down food involves, among other things, various chemical reactions and the behavior of bacteria that live in our "gut". The "good" bacteria help stimulate the digestion process, break down toxins we consume, and help put together some powerful nutrient combinations. **Probiotics** increase the number of healthy bacteria in our gut, while **prebiotics** (usually in the form of fiber) give the healthy bacteria what they need to survive. The right combination of these two can help flatten your tummy and make you feel less bloated!

Here are my recommendations:

As far as **probiotics**, I highly recommend Primal Defense veggie tablets.

Another good source of probiotics comes in the form of a powder: Amazing Grass Superfood. Just mix with water or your morning beverage.

Once you've decided on one of the supplements above, think about which **prebiotic** foods you can include in your diet. Below is a short list, or small **BAG** of foods that contain a good amount of fiber. Eat at least three foods from this "BAG" every day for the rest of this program.

<b>B</b>	<b>A</b>	<b>G</b>
Berries (1 cup) Black Beans (1/2 cup) Broccoli	Apple Almonds (handful) Avocado	Grapefruit Green Banana

Continue this morning routine for the rest of the challenge.

## WEEK 3: START TRACKING YOUR MEALS

**This week you will be starting a food diary.** Keeping a food diary will help you become more mindful of what you eat. Let's start with recording one meal this week, and adding more to your journal as the program continues. Consider these options for food tracking below:

OPTION 1) [Upload pictures or videos to my private social media support group.](#)

OPTION 2) Use myfitnesspal.com or another app of your choosing.

OPTION 3) [Use this template in google sheets.](#)

Don't try to present a perfect picture. Just be honest about the good, the bad, and the ugly food choices. Chances are you will be motivated to make better decisions because you're holding yourself accountable to the group. You are part of an online support system in which other members can empathize, give suggestions, and encourage you to do better!

SOMETIMES...

Eating on a schedule can help you become more mindful of what you eat. If you can, choose one of the following options below:

OPTION 1) Eat a meal or snack every 3 - 4 hours during the day.

OPTION 2) 16:8 Intermittent Fasting: Eat all meals within an 8 hour period and consume nothing but water within the other 12 hours. For example, eat all your food between 9am and 5pm, or between 11am and 7pm. If you can only exercise in the late evening, a protein shake after your workout is fine.

Remember: No option is better than the other. It's all about personal preference, and what works with your daily schedule.

## WEEK 4: EAT LEANER, LESS PROCESSED FOOD

**This week we will start working to eliminate most, if not all, processed foods from our diets.** This will be done with a 21 Day Fast.

Choose one category from the chart below to eliminate. Next week you will eliminate another category. Please prepare meals using the “*Suggested Food List*” on the following page.

### FOODS TO AVOID (21 DAY FAST)

Enriched Flour Bread Products	Fried Foods	Sweets
Sandwich Bread Dinner Rolls Cornbread Biscuits Calzones Pizza Pasta Bagels Crackers	French Fries Fried Plantains Fried Chicken Potato Chips	Sweetened Cereals Cakes/Pies Muffins/Donuts Ice Cream Candy Cookies Fruit Juice Soda Added Sugar Syrups
Red Meat/Beef	Alcohol	

Notes: All of the foods on this list contain high levels of saturated fat and sugar! Eating these periodically throughout the day (or week) will not help you reach your goals! Protein, which is essential for maintaining muscle and metabolizing fat, is hardly available in any of these foods and drinks.

Also remember: If you use a glass of wine, or a beer to unwind after work, you’re slowing down your body’s ability to burn fat. If you want a different result, **YOU MUST DO SOMETHING DIFFERENT!**

For the rest of the challenge, prepare food at home as much as possible. If you must eat out, try to limit it to once per week, or to one meal each day. The guidelines above **STILL APPLY** when ordering food!

## SUGGESTED FOOD LIST

Proteins	Carbs	Fats
Turkey Chicken Fish * Beans/Chickpeas/Lentils ** Plain Greek Yogurt ** Whole Eggs or Egg Whites Cottage Cheese Tofu Low Carb Protein Bar or Shake	Oatmeal *** Whole Wheat/Ezekiel Bread *** Brown Rice Quinoa *** Sweet Potatoes Spinach Collard Greens/Kale Broccoli Romaine Lettuce Green Beans Apples Bananas Berries Watermelon	Avocado ** Almonds/Pistachios ** Olive Oil Fish Oil

- \* Also significant source of healthy fat
- \*\* Also significant source of complex carbs
- \*\*\* Also significant source of protein

Notes: This is not a comprehensive food list. You may have to research more foods that agree with your lifestyle (i.e. vegan, vegetarian etc.).

Most foods on this list are low carb. The higher carb choices like oatmeal, brown rice, and sweet potato are called complex carbs and have fair amounts of fiber, protein, and B vitamins. These prebiotic foods can improve digestion, and keep you satisfied longer. They also give you energy to help you maintain the active lifestyle needed to stimulate weight loss.

Eating high sugar carbs throughout the day, however, will cause your blood sugar to rise frequently, which will hinder your body's ability to burn fat at a good rate over time. Try to have the complex carbs earlier in the day, or a couple hours before your workouts.



## WEEK 5: INCREASE YOUR PROTEIN INTAKE



**Your goal for the next 14 days should be to eat 60-80 grams of protein per day.** If that's too aggressive because you're currently consuming 20 grams or less, you should attempt to at least double what you're doing now

Compared to other macronutrients, protein has the highest thermic effect. This means the body burns more calories to break it down. Therefore having a protein rich diet can mean a more active metabolism, which leads to better overall fitness. Protein can be found in meat, fish, grains, nuts, and even some plant sources.

At this point, using a food app will be really helpful. Most of them will calculate your protein totals but, if you're eyeballing your food amounts, know these approximate protein numbers:

- 1 filet of fish 25 g
- 1 small chicken breast 25 g
- Scoop of whey protein powder 15-24 g
- ½ cup beans 7 g
- 1 egg 6 g
- 1 slice of Ezekiel Bread 5 g
- ½ cup oatmeal 5 g
- ½ cup quinoa 5 g

## FREQUENTLY ASKED QUESTION:

### **Is meat the only source for protein I need to build lean muscle?**

You can find alternate protein sources. The chemical makeup of other proteins might be different from protein found in meat, but it will still help your muscles. There's a lot of great protein in beans, chickpeas, eggs, tofu, and other soy products. Nuts are good too, and next time you're in the rice section, look for quinoa.

If you eat meat, always go for the leanest choices. I would suggest that you primarily eat turkey and chicken breast. Be careful of meats with higher fat content because those meats have more calories. One gram of protein contains four calories. If the meat is fatty, you must consider that one gram of fat has nine calories; therefore, if you are eating fatty meats, you are consuming more calories.

Protein shakes are also another way to increase your intake. If dairy products cause you discomfort, you should use a plant based protein powder.

## WEEK 6: EAT YOUR VEGGIES



**Our goal for the next two weeks is to consume 1 cup of veggies at every meal.**

Veggies are chock full of vitamins and nutrients that are necessary for the body to function! For example, vegetables contain antioxidants which can help fight cancer-causing agents. They also pack fiber which helps detoxify the body. Eating vegetables will help reduce belly fat and inflammation in the body.

Despite these advantages, millions of people don't eat enough veggies. Fortunately you will be eating at least 3 daily servings for the next 14 days!

Leafy greens and veggies with high water content are the priority here. They have less calories, and contain properties that can aid in reducing body fat. Starchy veggies like corn, carrots, and potatoes serve an important role in our general health, but they are not the focus here.

Please limit your vegetable intake to the following for the next two weeks: Spinach, Kale, Collard Greens, Green Beans, Lettuce, Cabbage, Broccoli, Cauliflower, Bell Peppers, and Cucumbers. Prepare your vegetables steamed, or sautéed in olive oil. Even a side salad is fine. Use a fat free vinaigrette for salads, and do not season cooked vegetables with salt. Garlic and pepper are fine.

**DID YOU KNOW:** In some cases, your body produces fat to protect you? One function of fat is to stop certain toxins from getting into your bloodstream. Your body is so sophisticated that it works to preserve itself. If you're struggling to lose fat, here's a question you may want to consider: *are you toxic?* Your extra fat might be giving you a sign that it's time to detoxify your body. Increasing your fresh vegetable intake is one way to accomplish this.

If preparing 3-5 servings of veggies is difficult for you, try the Green Superfood Powder I mentioned earlier. It's contains about 2 servings per scoop!

## **THE FINISH LINE**

Welcome to the end of your Jumpstart Nutrition Program! It's time to reflect on your journey. Complete the survey/progress report on page 19. Then come back and answer the questions below:

1. What is your total score?
2. Which area presented the biggest challenge for you?
3. Where did you see the greatest improvement?
4. What did you learn about yourself during the course of this program?

Remember: No matter how you finish, your life has improved significantly over the last 6 weeks!

## PROGRESS REPORT

	No Improvement (1)	Somewhat Improved (2)	Significantly Improved (3)	Drastically Improved (4)
<b>Exercise</b> (I dedicated time to workout at least 3 times per week)				
<b>Water</b> (I drank at least ½ gallon of water every day)				
<b>Fruits and Veggies</b> (I consumed at least 4 complete servings per day)				
<b>Food Diary</b> (I recorded my eating habits in writing or pictures at least once per week)				
<b>Cleaner Eating</b> (drastically reduced or eliminated processed foods and unhealthy carbs from my diet)				
<b>Protein</b> (I ate an adequate amount of protein with each meal)				
<b>Body Measurements</b> (I experienced a decrease in weight, and/or clothing size)				

## NEXT STEPS

Once you've finished the Jumpstart Nutrition Program, you need to find a new fitness goal...and commit to accomplishing it! I would love to partner with you somehow. Consider the following options:

- [Sign Up For Personal Training](#)

*Includes face to face direct exercise instruction 2-3 times per week, customized exercise and meal plans, and periodic body measurements*

- [Join My Fitness Coaching Program](#)

*[12 Week](#) program Includes 2 virtual check-ins per month, customized exercise and meal plans, and periodic body measurements.*

- [Purchase Jumpstart Exercise Cards:](#)

*Deck of 51 Exercise Cards you can use to design your own workouts at home or at the gym. Great option for couples! Reference videos with modifications available on my website.*

- [Order a Copy of The Weight Is Over:](#)

*This is the book that inspired the Jumpstart Nutrition Program! Includes a powerful weight loss memoir, inspirational messages, and low carb recipes.*

- [Buy a T-shirt, or Hoodie from StanPFitness Designs:](#)

*Each design is created using motivational expressions Stanley uses with clients. This encouragement helps when working out, and in living everyday life!*

## CONCLUSION

I hope this program has been transformative for you. Remember this is a marathon, not a sprint. Changing your body involves changing the way you think, and both processes take time.

Learn as much as you can about your body and the foods that you eat. Read the nutrition labels, and talk to professionals like personal trainers and physicians. Know that you may not be able to simply copy whatever you see someone else doing to get particular results. Even if you do use someone else's workout routines and diet plans, it's important to know how to factor in your unique body composition so you can tailor those methods to meet your needs. The more you know, the better you will execute.

If you want to excel, you need to take the time to log your food intake. You need to know what eating your favorite cereal means in terms of sugar intake and how many calories that sandwich you prepare for lunch is packing. How many Sunday meals do we cook and enjoy with our families without considering how much fat and sodium we're ingesting? The time for mindful eating has arrived, and the days of frivolous consumption are over!

There are no quick fixes here. You will have to carve out time to exercise, so you can increase your lean muscle and burn the extra fat. Pair up with a trainer or an exercise partner, and push through your limits! Your body will feel sore, and you will face moments of exhaustion. But when your health is on the line, you will need to do what it takes. A Randy Glasbergen cartoon depicts an overweight character's trip to the doctor's office. It appears the man doesn't want to work out. After the checkup the physician asks the patient: What fits your schedule better, exercising one hour a day or being dead twenty four hours a day? There's no escaping it: you will have to do the work!

The more I reflect, the more I realize that we were all created to move forward, and life itself is an exercise in advancement. The ability of living organisms to evolve and adapt speaks to this.

I am amazed at the life cycle of a frog. It starts off as a tadpole, born with no legs, arms, or lungs. It doesn't need them because it lives underwater like a fish: using its tail to swim, breathing through gills, and feeding on algae. At some point its lungs start to form, skin covers its gills, and teeth begin to grow, preparing its mouth to handle the insects it will consume. Life above the surface of the water is waiting. When its tail disappears and its limbs protrude from its



body, the tadpole has matured into a frog. An animal that, in most cases, could never survive outside the water now has the ability to succeed both in and out of its aquatic environment. Amphibians are not the only species to go through metamorphosis after birth. Butterflies start off as caterpillars, and dragonflies start off as nymphs. Neither is born with the ability to fly.

Like these creatures, we are transformed through time and process. Our ability to embrace change can mean the difference between hovering beneath the surface and leaping forward. It could mean the difference between crawling among the leaves, and soaring with the wind. What greater level awaits you, as you move forward through the process of becoming a brand new you? Keep exercising, continue eating properly, and never stop tracking your progress. It will get tough sometimes, but you don't become more successful by staying where you are today. I close with words from the great Dr. Martin Luther King Jr:

*“If you can't fly, then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”*

Please take a moment to write a [brief review of my Jumpstart Nutrition Program by clicking here](#). This will help me continue providing great service to you and others who will join our fitness community. Your feedback is greatly appreciated!

## ABOUT THE AUTHOR



Stanley Porter is a certified nutrition coach, personal trainer, bodybuilder, and educator. He is the coauthor of *The Weight Is Over*, and the creator of his own Jumpstart 6 Week Nutrition Program. Inspired by his own 25 lb. weight loss, Mr. Porter has been helping clients get results since 2015. In 2019, Mr. Porter embarked on a career as a bodybuilder. Two years later, at age 48, he won first place in the Masters Bodybuilding category at the NFF Texas Classic. A master at motivating people, his specialties include weight loss, stress management, bodybuilding, and nutrition.

Prior to a career in fitness, Stanley served more than 12 years as a teacher for the Boston Public Schools. During that time he mentored many aspiring educators, and served as a guest lecturer for Northeastern University's School of Education. An accomplished writer, Mr. Porter has written over thirty songs, and three books. He has also served as a minister across several denominations of the Christian faith for over 25 years.

Contact Stanley Porter for workshops, private fitness instruction, or fitness coaching through his website at [www.stanleyporter.net](http://www.stanleyporter.net).